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# LITTLE VILLAGE

SOUND LIFE

**Q & A:** John Hopkins ditched lowa City for a life of international intrigue, and who can blame him? Pg. 16

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# LV

VOL. 23 ISSUE 235 JAN. 17-FEB. 6, 2018

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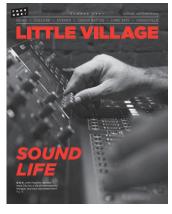
Little Village is an independent, community-supported news and culture publication based in lowa City. Through journalism, essays and events, we work to improve our community in the lowa City, Coralville and Cedar Rapids area according to a few core values: environmental sustainability, affordability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

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Cover photo by Zak Neumann

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## Camille A. Brown & Dancers, *ink*

Saturday, January 27, 2018, 7:30 pm

#### A HANCHER COMMISSION

"The heart of the work is about seeing the dancers," says Camille A. Brown. "They are people. What are the stories that live inside of their bodies?" Her new work, *ink*, seeks to reclaim African American narratives and culture from appropriation and silence. The third work in a trilogy about identity, *ink* is an amalgamation of African dance, African American social dance, tap, jazz, modern, and hip-hop.

This presentation of Camille A. Brown & Dancers is made possible by the New England Foundation for the Arts' National Dance Project, with lead funding from the Doris Duke Charitable Foundation and The Andrew W. Mellon Foundation.



	TICKETS:	ORCHESTRA	PARTERRE	LOWER BALCONY	
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## Creative Matters Lecture with Camille A. Brown

A partnership with the UI Office of Research & Economic Development

Friday, January 26, 7:30 pm Strauss Hall, Hancher Auditorium Free and open to the public

More information: creativematters.research.uiowa.edu

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# Cloud Gate Dance Theatre of Taiwan, *Formosa*

Sunday, February 25, 2018, 2:00 pm

Lin Hwai-min is the founder and artistic director of Cloud Gate Dance Theatre of Taiwan. He is also a University of Iowa graduate, earning his MFA from the Iowa Writers' Workshop in 1971. He received his first training in modern dance while he was a UI student. After studying at the Martha Graham Center of Contemporary Dance, he founded Cloud Gate in 1973. The company blends Asian traditions with a modern sensibility to create beautiful works performed to great acclaim around the world. Formosa is inspired by the landscape and history of Taiwan while also reflecting on universal human experiences.

This tour is made possible by the grants from the Ministry of Culture and the Ministry of Foreign Affairs, Republic of China (Taiwan).

TICKETS:	ORCHESTRA	PARTERRE	LOWER BALCONY	UPPER BALCONY
ADULT	\$60	\$60   \$50	\$60   \$50	\$50   \$40
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## IN MEMORIAM

LV encourages community members, including candidates for office, to submit letters to Editor@LittleVillageMag.com. To be considered for print publication, letters should be under 500 words. Preference is given to letters that have not been published elsewhere.

#### **AFTER DECADES OF** feeding

and entertaining Cedar Rapidians, chef Basil Hadjis passed away last month at the age of 62. Owner of the Vernon Inn, Fourth Street Diner and Sweet Basil's Pizza Pie and Basil's Food, Hadjis was a mainstay of the local culinary scene. Most recently, Hadjis could be found at the Mount Vernon Road Hy-Vee, preparing meals at the Market Grille.

Born in 1955 in Cedar Rapids, Hadjis attended Washington High School and afterwards pursued culinary aspirations, working in regional restaurants before returning to Cedar Rapids to open one of his own. Armed with family recipes and the help of his brothers Demetrios and Alex Hadjis, Basil opened The Vernon Inn on his 21st birthday. As any

Cedar Rapids native will tell you, the Vernon Inn was a institution on the city's southeast side, serving Greek favorites such as gyros, moussaka, spanakopita and saganaki for 36 years before it closed in 2012. The warm, welcoming atmosphere and staff coupled with great food made it the type of place that was comfortable for any occasion.

The Vernon Inn was common thread throughout my childhood. My parents, both foodservice sales reps, would often bring me along as they made their rounds checking in with accounts. My childhood was punctuated with memories of chefs and waitstaff and dimly lit dining rooms before service. At the Vernon Inn, I could look forward to black licorice doled out from the kitchen.



**OPA!** Basil Hadjis at the Mt. Vernon Road Hy-Vee in Cedar Rapids. Photo courtesy of the Hadjis family

The restaurant hosted numerous dinners for my family over the years and we were often generously treated to something special from the kitchen—as a 9-year-old diner, the flaming saganaki prepared for us was the pinnacle of culinary achievement. And as I grew up and exercised my independence in highschool, "the Greek Place" served as a testing ground for maturity, allowing my crew of friends to order countless plates of gyros and fries and drain their soda supplies before jetting off to school dances.

The draw of the restaurant was obviously about more than just the food and atmosphere-it was about Hadjis himself. His energy, his charisma, his rapport with patrons were a constant.

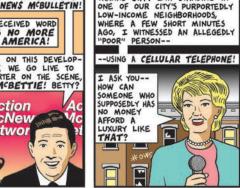
"The Vernon Inn was a very special place and home for so many customers that came religiously—they knew the family, they knew the staff—they took pride in being part of the Vernon Inn. That stemmed from Basil; he knew everyone and always had a smile and great energy," remembers former Vernon Inn employee Tim Oathout, co-owner and head chef of Zeppelins Bar & Grill.

"I got my start in my career at the Vernon Inn," Oathout explained. "I feel very fortunate that I was brought into that restaurant at the start. Basil taught me that if you are passionate about what you do and the people who are doing it for you, they turn around and run with your passion."

Tony Morrow, store director of the 1st











SINCE THESE THINGS WOULD CON-



by TOM TOMORROW

THANKS BIFF! I'M STANDING IN

# HAVE AN OPINION?

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EDITOR@LITTLEVILLAGEMAG.COM

Avenue Hy-Vee store in Iowa City, hired Hadjis for the Mount Vernon store in 2014 and remarked, "He was one of the best hires I've ever made; a perfect fit, really. He was an exciting and charismatic guy who was all about food and family."

Together the pair envisioned regular Greek dinners as an outlet for the cooking Hadjis was known for at the Vernon Inn. "People missed his food, they grew up on it—two or three generations passed through his restaurants. It was nostalgic for them," Morrow said. Hadjis' monthly dinners regularly sold out.

It wasn't just the customers who enjoyed those monthly dinners.

"Basil derived a great sense of pleasure from watching people enjoy his food," Morrow said.

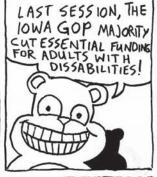
Hadjis' personality was also a draw at the Mount Vernon Road Hy-Vee, just as it had been for decades at the Vernon Inn.

"I could be gone for a month and no one would notice," Morrow remembered joking with Hadjis. "But if Basil was gone for a few days, people would wonder where he was." LV/

-Frankie Schneckloth

# FUTE BY Locke Ward







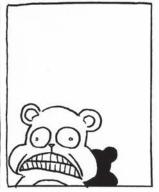












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#### Man wrongly arrested for robbery because he was Facebook friends with other suspects sues Linn County

Wow. -Kenny W.

#### UI student organizer who became Obama staffer publishes oral history on '08 Caucuses

No idea that this is what you were doing Chris! Proud of you man, hope you're well. —Sam D.

January 3, 2008 was an AMAZING night! —Barbara F.

He knows his audience. — *loe l* 

## Community forum will focus on the impact of proposed Cedar Rapids school closures on neighborhoods

"Cedar Rapids will become a less desirable place to live. That should be a concern for everyone." How can building 10 brand new schools make CR a less desirable place to live? The new schools will have adequate & consistent heating/ cooling, additional safety features, meet ADA requirement and have technology capabilities that will be usable for lifetimes to come. These are things that several of the current schools do not have. I've talked with people on the facilities committee. They are already planning on saving historical architectural elements of the current schools and incorporating them in the new school design to maintain pride in our community history. While some families may opt out of the district during construction phases, I suspect a number of them (along with other families that already open enroll in Linn Mar & College Community districts because they don't like their neighborhood school) will return once the new buildings are done. —Amy

#### Crab Rangoon pizza is coming to Cedar Rapids

Can CR handle Fong's? —Jeff A.

Maybe by 2019 the line will be down to a manageable length.

— Ron B.

Crab Rangoon Pizza is the threeword phrase I never knew I needed in my life until now. —*Richard C.* 

You should try a Crab
Rangoon Pizza at Cappy's
Pizza, Need Pizza, or the
Quarter Barrel Arcade &
Brewery ... cuz, local!
—The Quarter Barrel Arcade
& Brewery

Well played! Interest piqued; here's hoping it's as exquisite an experience as my taste buds are imagining.

—Richard C.

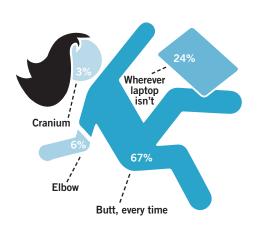
Sounds incomprehensible. —*Peter B.* 

It's amazing! — Allison H.



## READER POLL:

What's the best body part to sacrifice when slipping on the ice?



#### Letter to the Editor: Paul Ryan promoting a higher birth rate? 'Misogyny in its finest hour'

Sorry Paul Ryan you make me want to have kids even less. —Rachel G.

Boo this man! —Sally B.

### Ten ways Iowa City changed in 2017

Too much heartbreak in 2017. —Lauri D.

### LGBTQ rights advocate Zach Wahls announces Iowa Senate run

Go, Zach! - Marcia C. N.

Making lowa City proud!!! The beginning of hope for lowa!

—Marty J. F.

This is good news. —Charlotte W.

### Gov. Reynolds sued for 'unlawful misuse of state funds'

She is a bright one. —Paula H.

Lock her up. —Paul G. P.

Imagine that... —Kevin M.

## Betas closing its doors in Cedar Rapids' NewBo District

I assume they will be replaced by alphas while looking on in despair. —Joe S.

Nooooooooooo! Such a great place! —*Wendy C.* 

I'm gonna miss those meatballs and that bread. —Rachel G.

Heartbreaking. —Lauri D. LV/

# LOVE EVERYONE



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## Billy Childs Quartet

Friday, February 2-3, 2018, 7:00 and 9:30 pm Club Hancher in Strauss Hall

Pianist and composer Billy Childs joined the Ying Quartet for a classical concert last season at Hancher. This season, he returns for a run of Club Hancher performances with his jazz quartet.

The four-time Grammy winner and his bandmates are grounded in bebop's quartet roots, but their musical path explores expansive territories of rhythmic and melodic counterpoint.

Club Hancher events are intimate affairs featuring table seating and available refreshments in the room. The 7:00 pm performances are all but sold out. But those in the know make plans for the late show.

TICKETS:	GENERAL ADMISSION	· - · · -		
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# Amir ElSaffar and Rivers of Sound

Thursday, February 8, 2018, 7:30 pm

The Wire says Amir ElSaffar is "uniquely poised to reconcile jazz and Arabic music without doing either harm." A trumpeter, santur player, vocalist, and composer, ElSaffar is steeped in classical and jazz traditions while also bringing the microtones and ornaments idiomatic to Arabic music into play. He is also a practitioner of the endangered Iraqi maqam music, which influences both his playing and his composing. All of this adds up to the Chicago Tribune calling ElSaffar "one of the most promising figures in jazz today."

His band, Rivers of Sound, features 17 musicians who blend eastern and western music by using resonance as their organizing principle. As pitches and rhythms become fluid, so do cultural boundaries. The result is a fresh transcultural soundscape.

TICKETS: 0	RCHESTRA	PARTERRE	LOWER BALCONY
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YOUTH	\$17	\$10   \$10	\$17   \$10

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windows. Most

of the damage

was caused by

the smoke. We

were safe and

we didn't lose



#### **Democracy in Crisis**

## **Fire and Fire and Fury**

Steve Bannon and what a bad week really looks like. • BY BAYNARD WOODS

went to bed on Saturday night reading *Fire and the Fury*, which, if I need to explain it at this point, is Michael Wolff's ribald and riveting account of the early days of the Trump regime. It quickly became clear in the book that no one involved in Trump's campaign expected, or wanted, him to win. [Editor's note: The book has been criticized for inaccuracies and issues with transparency and sourcing.]

I looked over and smoke was coming up through the floorboards. Then it burst into flame. By the foot of the bed.

Fire and fury ensued. This is the essence of this year.

Ultimately, the fire in my bedroom wasn't nearly as bad as it could have been. The fire department—Big Government!—was there before the fire destroyed much. They cut through the floor and broke the

That was a horrible thought: Trump and his motley crew of enablers,

## They thought we were better than we were. They thought they were safe because we would never elect Donald Trump.

anything of real value. We have renters insurance, and I'm writing this from a hotel, where I spent a lot of time waiting on the bureaucracy of insurance and disaster mitigation to move. I bought the audio book of *Fire and Fury* and listened to the rest of it as I threw out former possessions

overestimated the American people.

They thought we were better than we were.

They thought they were safe because we would never elect Donald Trump.

the doltish adult children, sleazeballs like Paul Manafort and Corey

Lewandowski, fascists like Steve Bannon and Stephen Miller, they all

I went to sleep with this somber thought. At some point in the night, I woke up smelling smoke. I got up and looked around and sniffed and couldn't find anything. It was like 10 degrees in Baltimore that night so I assumed if was a neighbor's fireplace.

At about 9 a.m., my wife woke me. "The dog is acting weird," she said.

The dog was shaking, pawing at us.

"Smoke!" my wife yelled.

that were now nothing but junk.

However difficult my week, it turned out to be much better than that enjoyed by many of the people in the figurative conflagration of the book—especially Bannon.

Bannon is the almost Ahab-esque antihero of *Fire and Fury*, which in many ways charts his rise and fall—at least up until the point that the book's publication precipitated a further fall. For being such a horrendous pseudo-intellectual schlub, Bannon is also fascinating, a far-right Svengali. According to Harvard studies, during the last election, Breitbart was three-times as influential as its next closest

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competitor (measured in terms of retweets and shares) than the titanic Fox News. Bannon was at least partly responsible for that—and for getting Trump elected.

That perception, that Bannon orchestrated Trump's victory, as shown in another book, Joshua Green's *Devil's Bargain*, was probably the number one factor in his August White House ouster—even more important than the alt-right terror that ripped apart Charlottesville that month.

In *Fire and Fury*, though, Bannon is right about how horrible the Trump kids and Jared Kushner are. It was actually beautiful to listen to him (or Holter Graham, who read the audiobook) railing against the idiocy of Jarvanaka—Jared Kushner and Ivanka Trump.

And Jarvanka were also right about him, his whack-job far-right Leninism, reveling in the destruction of the world. That circular firing squad is what makes the book so compelling. All of these people are so disastrously wrong about America, but they are pretty right when they assess each other's weaknesses. Bannon's weaknesses are nearly infinite—and the most important ones are intellectual. Sure he's a slob and all that, but he is a sexist, racist, "nationalist," who created a section of the Breitbart site called Black Crime.

After Wolff quoted Bannon saying that Don Jr.'s Russia meeting was treasonous, the president went on the attack with a new epithet, "Sloppy Steve." Bannon tried to apologize, saying he was really attacking his predecessor as Trump's campaign manager, Paul Manafort. But it wasn't enough. Bannon was fired first from Breitbart and then from his Sirius XM show (with Fox preemptively refusing to hire him). Worst of all, billionaires Robert and Rebekah Mercer, who have supported most of his endeavors and funded his nationalist undertakings, cut ties with their schlubby honey badger.

I watched out all of this play out on cable as I tried to deal with the disaster bureaucracy. And it was delightful to see the pundits all talking about Bannon's terrible week, even if it came for all the wrong reasons.

Bannon, by the way, did not have the worst week in Washington. That would go to the more than 12,000 Salvadorans who live in the district (the numbers are far larger if you count the D.C. suburbs, which have large Salvadoran enclaves). Ultimately, a Department of Homeland Security directive to end the Temporary Protected Status (TPS) for people who came to the U.S. from El Salvador following a 2001 earthquake will affect more than 200,000 people who have been in the U.S. for more than 15 years now. It's almost impossible to imagine how deeply that will affect their communities in and around the district.

Bannon may be gone but this is the essence of the dark alignment of Bannon's alt-right with Jeff Sessions' revanchist racism and Trump's big boner for a wall. So on Thursday, when Trump was meeting with a group of senators about TPS and asked why we have so many people coming here from "shithole countries," like El Salvador, Haiti (which already had its TPS rescinded) and various nations in Africa, it was clear that it didn't matter whether or not Bannon was in the White House or not.

Trump, Bannon and their crew may have overestimated the electorate in their expectation of losing. We should not make the same mistake and overestimate them. Whatever happens to Bannon, racists now rule the executive branch. LV/

Baynard Woods is a reporter at 'The Real News.' Email baynard@ therealnews.com. Twitter @baynardwoods.



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## Village Meat Market

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'm not very familiar with the Czech
Village area of Cedar Rapids, but one day
I was there and so hungry that I knew
I wouldn't make it back to Iowa City
before my stomach started eating itself. So
I hopped onto my phone and searched for
breakfast options nearby. Strangely, a meat
market was one of the options.
The Village Meat Market Café

had a handful of stars next to it, so my husband and I decided to give it a shot.

I walked in the door and began to salivate as I tried not to fall into the abyss of reading every interesting meat description in the glass case or on the chalkboard above. A friendly server saw us and got us seated at a table near the window (I think she was a one-person show that morning—butcher, server and chef). Her confident and casual demeanor helped make for a very comfortable experience. She didn't stand on ceremony but treated us like family.

The food on the decently priced menu might seem basic on paper, but it was nothing

less than a party for my taste buds. The breakfast portion of their menu only had five items on it. My husband got the Cowboy Quiche; I got the Tomato Basil Wrap. I'm a big sharer at restaurants (whether my husband likes it or not) and really liked his quiche—simple but tasty. The wrap was good

# There is no meatloaf I've ever tasted that compares to what I tasted at the Village Meat Market Café.

as well. Most impressive, however, was the butcher loaf, an ingredient in both dishes.

Butcher loaf (I learned from our server) is a special type of Czech meatloaf—but let me tell you there is no meatloaf I've ever tasted that compares to what I tasted at the Village Meat Market Café. The flavor is almost bacon-y, but not as heavy, and the texture is tender and consistent throughout. I had to force myself to slow down so I didn't just inhale (it

was a bitter battle, my friends).

We stayed another 20 minutes after paying as I asked about the items in the meat case. I walked away with more butcher loaf and some smoked sausage and liverwurst (a food item I'd chalked up to urban legend). The sausages were tasty and the liverwurst was

incredibly rich—not for the faint of heart. I fried up slices of the butcher loaf the next morning and grieved the dwindling supply after each bite. It's the type of new food high that is forever chased but almost impossible to duplicate.

If you find yourself wandering Czech Village, pop into the Village Meat Market Café for some simple and delicious fare. But don't leave without taking some butcher loaf home. Yeah, you could always go back and get it another time, but what if the zombie apocalypse happens, or the world explodes, or your teeth fall out? Best not take that chance. LV/

—Rachel Korach Howell

#### IOWA CITY NORTHSIDE MARKETPLACE

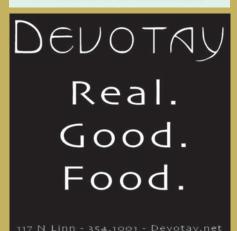


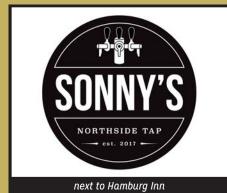
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16 JAN. 17-FEB. 6, 2018 LITTLEVILLAGEMAG.COM/LV235

or the past decade, legendary Iowa City citizen John Hopkins has been living on the road as a highly sought-after front-of-house tour sound engineer for some of the heaviest and most beloved sludge and stoner metal bands in the galaxy: the Melvins, Corrosion of Conformity, High on Fire, Orange Goblin, Weedeater, Neurosis, Boris, Uncle Acid & the Deadbeats, Alabama Thunderpussy, Municipal Waste, Buzzov•en and others. We caught up with Hopkins in September of last year after sound check at the Melvins gig in Rock Island.

Daniel Davis: So what year did you move to Iowa City? I grew up an hour south of the Quad Cities, in Oquawka [Illinois]. Iowa City was the place where I was really starting to dig into the really underground stuff. I would drive up there all the time and go to BJ's and Record Collector. I moved in '95 and I've pretty much been here off and on ever since.

they got the kick drum like that," and just paid attention.

Scrid was the first band Hopkins' toured with; Karaff was a bandmate. He joined Scrid as a guitar player shortly after the band moved to Iowa City. He drove back and forth for about a year before finally moving to Iowa City as

well. After Scrid, Hopkins and Scrid bandmate Craig Owsley formed seminal Iowa City sludge band Kita, which toured up until the time that Hopkins started going out on the road doing sound.

## "I figured I was probably gonna punch a time clock in some shitty kitchen until my knees finally broke up with me."

—John Hopkins

I was doing door [at Gabe's] to fund going on tour [with Scrid]. I'd pick up a bunch of door shifts and sock all that money away. It was as much about getting into any show I wanted to go to for free and getting cheap beer.

At the time Jason Tobias was doing most of the sound shifts, and he found out that I knew how to do sound. He just started riding my ass. He would just give me all this grief, like, "Why are you just sitting here?" He rode me about it till I was like, "OK, yeah, I'll do sound."

So it was basically University of Gabes, as [veteran Iowa City percussionist] Jim Viner has so aptly put it. There's a bunch of dudes that went on to do sound. That whole thing was so casual, there was never zeroing the board out after the show, so I would walk in and [John] Svec [who went on to run Minstrel Recording Studio/EarthTone Recording in Iowa City for two decades] and Bronson [Karaff] were doing most of the shows at that point, and I would go in and be like, "Oh, that's how they did it; that's how

Board games Hopkins preps sound for the Melvins in September at Rock Island Brewing Company Zak Neumann / Little Village

Liv Carrow: Did it ever even cross your mind that there might be a career in rock and roll for you? There was no motive to it. I figured I was probably gonna punch a time clock in some shitty kitchen until my knees finally broke up with me.

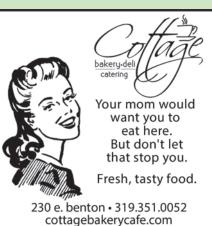
DD: So who was the first band you went on the road with doing sound? That woulda been Alabama Thunderpussy, from Richmond [Virginia], in 2007. I lived the first year in Iowa City with the bassist for Scrid, and for five years I lived with the singer. Our house was always the flophouse for any band coming through on tour. Typically Bronson or I would do sound. And when those bands started getting to a point where they were making money to take crew on tour, when those offers [started] rolling in I just jumped on it.

Then I toured with Weedeater for about four years. That was a tough job. They would go out at least twice a year and they live hard. They were a handful, but I had a lot of really amazing times with those guys. I also just wanted to bash my head against the wall almost every night. it was just chaos ... I was the baby-sitter. I knew they partied ... they had stayed at my house a bunch, but for



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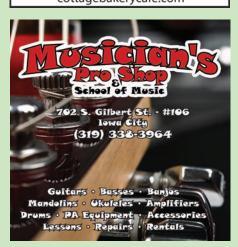
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whatever reason I always lived in this fantasy world that maybe one of them kept it together each night, or the merch guy was keeping it together. Well, it turned out the merch guy was chowing down painkillers all the time and he was as much of a fuckup as anyone was. It was a lot of "cat herding." There was many mornings I'd get up to leave and they were still up.

LC: Did you question what you were doing at any point? Almost daily! It would be like, "I'm never doing this again," and then ... bands that were less chaotic started hitting me up. Weedeater led to the [Corrosion of Conformity] gig and that was pretty much the main thing I did from 2011 when they started touring again. And then just all kinds of shit has sprung up from that.

DD: At what point did it start seeming like you'd be able to actually have this be your living? I was super lucky. When it first started I worked at [New Pioneer] Coop, and they let me have four or five weeks off to do that Alabama Thunderpussy tour. When the Weedeater thing came up I just quit. I knew I'd land somewhere. So I came home and I was pulling shifts at Bluebird and at Mickey's. They were both really cool and really generous and let me come and go, always made sure I had shifts when I came home. Eventually once I hit that point where it was over 200 days out per year I was like, "I don't really think I need to come home and work. This is an actual job now." [In 2016], it was almost 280 days out. That's more than working 40 hours a week at home.

Hopkins' touring took him entirely around the world in 2017, starting in LA, then to

Checking records At Wooly's, September 2017
Zak Neumann / Little Village

London, Singapore, Perth, and back to LA. He did two tours with Boris, a Japanese experimental band, in 2016, including a trip to Russia. Hopkins said he had to choose between them and the Melvins for 2017.

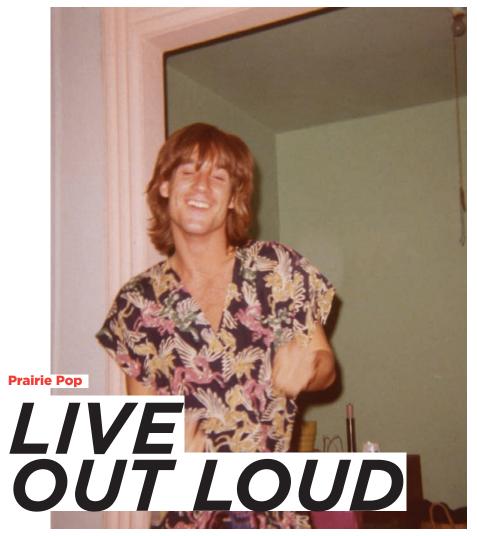
*LC:* Do you have plans work with any other bands? The Melvins already hit me up for [2018] and said, "We want you to be the guy." I'm way fine with that.

Buzzov•en is trying to get me to do the second leg of their tour. I'll probably do it. They're much calmer than they were. And even the tours I did with Buzzov•en in 2010 or 2011 weren't shit compared to the stories I've heard about those guys back in the day. They were straight up outlaws.

LC: Do you feel like you're living some kind of charmed life? Everyday! I don't take it for granted because for 10 years now I've only ever toured, with one exception, with bands that I loved, that I was already a fan of ... The Melvins are probably my favorite band ever. The only band I have ever loved more than the Melvins was Kiss when I was a kid. I get to hang out with my favorite band all the time. Not bad at all. LV/

Liv Carrow is a musician, writer and graduate student living in the Quad Cities. She enjoys telling bad jokes and collecting obsolete media items

Daniel Davis is a local musician and artist who's still learning the difference between right and wrong.





Dressed for success Lance Loud, photographed by his best friend Kristian Hoffman



tian Hoffma

What happened when a 1970s family stopped being polite and started getting real. • BY KEMBREW MCLEOD

orty-five years ago—on Jan. 11, 1973—the first reality series premiered on PBS, and television would never be the same. An American Family became an immediate pop culture sensation that was discussed by newspaper columnists, debated by television pundits and even taken seriously by respected scholars like Margaret Mead.

In a *TV Guide* article, the famous anthropologist declared that the show was "as new and significant as the invention of drama or the novel—a new way in which people can learn to look at life, by seeing the real life of others interpreted by the camera." (If only she had lived long enough to see *The Jersey Shore*.)

It also introduced audiences to television's first openly gay man, Lance Loud. After growing up in Santa Barbara, California,

Lance dove into New York's downtown underground when he and his best friend Kristian Hoffman—who also appeared in *An American Family*—formed a band during high school and eventually moved east. The two friends frequented downtown haunts upon their arrival and later formed a punk band named The Mumps in the mid 1970s, often sharing stages with the Ramones, Blondie and Television.

Because the "reality television" format wouldn't be established until the early 1990s, An American Family felt completely new and fresh, but it still had all the hallmarks of a typical hit television show. The Louds were an attractive, relatively privileged family bubbling with conflict just beneath the surface. The two most prominent sources of dramatic tension were Lance's unrepressed homosexuality and the onscreen divorce of

parents Pat and Bill Loud.

It is often erroneously reported that Lance "came out" on the show, but he actually never tried to hide being gay in the first place. It was fairly obvious when the cameras began rolling. Because homosexuality wasn't something openly discussed on network television, it was the parents' divorce that framed the overall narrative.

"The story of Pat and Bill's failed marriage was perhaps straightforward enough in what it suggested about the problems of the contemporary family," historian Andreas Killen wrote in his book 1973 Nervous Breakdown, "but the Lance storyline opened up an altogether more complicated Pandora's box: issues of generational conflict, sexual orientation and, not least, the medium's claims to realism. Lance and his mother quickly emerged as the series's central characters—hardly surprising, given that it was their actions that brought the traditional family most sharply into question."

After Kristian met Lance in art class while attending high school in Santa Barbara, he quickly became part of the Loud's extended family. "Whenever one of Pat's children brings home someone, it's her kid," Kristian said. "So it was a real exciting to have such warm company to be allowed into." Around 1970,

the pair escaped the hippie haven of California and moved to New York, where the economy had crashed and the rents were low. An American Family, when it began shooting in 1971, filmed them there and when they returned to Santa Barbara and even on a trip to Europe. During this time, Lance and Kristian didn't think twice about having cameras examine every part of their lives-

"Also, we were young and thought we were the most fascinating people in the world. It didn't really occur to us that we might not be that interesting."

—Kristian Hoffman

"We were in a self-deluded dream that we were going to somehow become big rock stars or big artists like Andy Warhol, or some crazy thing," Kristian said. "So when this opportunity came to us with An American Family, it didn't seem unnatural at all. It just seemed

for it was all part of their master plan.



like, 'Well, life is progressing like we expected. Someone is paying attention,' so we're going to move forward and do something crazy. Also, we were young and thought we were the most fascinating people in the world. It didn't really occur to us that we might not be that interesting."

> The omnipresent cameras gave Lance and Kristian a cache they hadn't earned, literally opening doors for them (people saw the production crew and thought they must be famous). "Lance learned posture in front of the camera," Kristian said, "and out of all of the family, I think he was the quickest learner of how to make a drama center around him." Lance impishly

broke the frame and addressed viewers directly in a knowing way, an early televised expression of the emerging postmodern sensibility. He made fun of the conventions of documentary filmmaking and even turned the personal drama of his parent's divorce into a meta, mediated moment. He spoke of the big breakup in a highly theatrical tone during one episode, noting that Pat and Bill Loud had been rehearsing this tragic scene for ages.

Near the end of the series, for example, Lance could also be seen camping it up when he arrived at the Santa Barbara airport in full drag. Back at the Loud family's home, in a scene soundtracked by the Velvet Underground, the big brother gave his sisters makeup tips and paraded around in colorful clothes. Lance's playful undermining of the codes of observational cinema certainly made for great television, and it also helped

The OG reality TV The Louds on the cover of Newsweek, 1973



make the medium safe for irony.

Lance became the show's breakout star—appearing with the other Louds on *The Dick Cavett Show*, the cover of *Newsweek* and in several other major media outlets in 1973.

He stirred up passionate (and often vicious) debates about homosexuality back when it was still a verboten subject on broadcast television.

"The press response was totally bewildering because we expected it to be reviewed as a documentary, and instead they reviewed the family," Kristian said. "The vitriol was just palpable. So that started to hurt after a while."

Writing for *The New York Times Magazine*, feminist writer Anne Roiphe exemplified the

mainstream critical reception—particularly her treatment of what she called "the flamboyant, leechlike, homosexuality of their oldest son, Lance." He stirred up passionate (and often vicious) debates about homosex-

uality back when it was still a verboten subject on broadcast television. Lance Loud became the poster child of moral decay and camp excess, a divisive lightning rod that helped spark America's culture wars.

"The Andy Warhol

prophecy of 15 minutes of fame for any and everyone," Lance said, "blew up on our doorstep." LV/

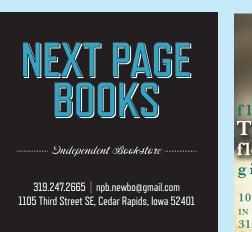
Stay tuned this year for Kembrew McLeod's reality series debut about a university professor who is also a robot, filled with several hijinks.



Kristian Hoffman

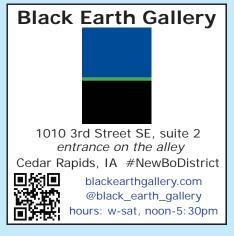
















# 2.6.18 OBERMANN CONVERSATIONS 2017-18

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#### **A-List**

## **Magical Mystery Book Tour**

Nate Staniforth brings his examination of wonder, doubt and magic to the Englert.

#### BY GENEVIEVE TRAINOR

agician Nate Staniforth is interested in wonder—and he believes the rest of the world is, too. Wonder, he says, is something everyone cares about, but no one discusses. He wants that to change.

"In our culture, wonder has been ceded to the realm of Hallmark cards and Disney family entertainment," he says during a wide-ranging Saturday morning conversation at High Ground Cafe. "But everyone cares about it. Everybody loves magic. Those moments where you lose your breath and just think, 'Wow, that's magic!'—people search for that everywhere."

He hopes that people search for that in his shows. But he knows that there are some who

go to "sit there and try to figure everything out," and those who go "ironically." The goal, though, he says, is for everyone, no matter their reason for going, to have the same experience by the end.

Staniforth is about to embark on a tour that will bring him back to Iowa City's Englert Theatre on Feb. 3. The impetus is *Here Is Real Magic*, the book, released on Jan. 16, that chronicles his journey with magic and wonder, from his childhood in Ames through a trip to India that brought more questions than answers.

The tour is a hybrid: His publisher and his manager joined forces in scheduling it to ensure that, at each stop, they partner with a local bookstore (Prairie Lights, here in Iowa City), and he envisions shows that are broken into three acts, with the first two being his usual magic show and the third dedicated to the book.

Here Is Real Magic is the latest step in Staniforth's exploration of a host of ideas regarding wonder and its impact on our world. He recounts a story in the book of a meeting with a teacher in Rishikesh, India. After Staniforth performed several illusions, the man praised his skill, but expressed caution.

Staniforth writes, "... he suggested that I was using those talents in the wrong way. He told me I was like a young child who had been given a dollar and wasted it on candy rather than buying something important. 'At this stage, you are only using your dollar for

Nate Staniforth Real Magic Tour, Englert Theatre, Saturday, Feb. 3, 8 p.m. \$10-20 Photo by Zak Neumann

applause.' You shouldn't use it for a performance, he said. 'It should be utilized for something higher inside you.'"

The book, Staniforth says, is the most concrete step forward he's taken towards heeding that advice.

"I didn't know what to do with that for a long time, because he was essentially saying, 'Look at the last 20 years of your life and know that it's a waste,'" he says. "I love magic, and I tolerate show business—sometimes well, sometimes poorly ... I've learned to be on stage because that's part of the job, but the book was this amazing way to sort of chase down those same ideas without having to wear skinny jeans and walk around on stage."

Here Is Real Magic is an engaging, relatable collection of anecdotes from a someone who's greatest asset, as both a writer and a performer, is his ability to bring his audience along on his journey. He still doesn't know for certain what that conversation in India meant, but he's continually figuring it out, through any means necessary.

"For the longest time," he says, "I thought that I could say everything that I wanted to say with a magic trick ... But when I came back from India it felt like I had just been struck by lightning, and I needed to ground it somehow. That's when I first thought, 'Maybe I should learn how to write, maybe I should learn how to speak, maybe I should learn how to open my eyes to other forms of communication,' because I wasn't confident that I could just do it with a card trick."

"I love magic, but it's really good at saying one thing. And I'm jealous of poets and musicians and writers who get to talk about anything they want to. Can you imagine, like, banging your head against the wall for 20 years trying to do one thing, and 'Oh, maybe I'll just write about it!"

The balance is a delicate one. Writing, of course, can't do everything either, and every means of expression has its own drawbacks. Staniforth is exploring different modes of communication, but still firmly believes that everyone should

## EVENTS

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AREA EVENTS PRESENTED BY ORCHESTRA IOWA

#### LITERATURE

#### 1/17

Paul's Book Club, Prairie Lights Books & Cafe, Iowa City, 7 p.m., Free

#### 1/18

Art Lover's Book Club:
'Stone Mirrors: The
Sculpture and Silence of
Edmonia Lewis,' Cedar
Rapids Museum Of Art,
4 p.m., Free
Winding Path Sangha
Mindfulness Book
Discussion Series,
Wesley Center, Iowa
City, 5 p.m., Free
Writers In The Storm,
Artisan's Sanctuary,
Marion, 7 p.m., Free

#### 1/19

Olivia Clare & James Han Mattson, Prairie Lights Books & Cafe, Iowa City, 7 p.m., Free

#### 1/20

Plot, Character, Idea: Turning Inspiration into Story, w/ Robyn Groth, Artisan's Sanctuary, Marion, 1 p.m., Free

#### 1/23

Writers In The Storm, Artisan's Sanctuary, Marion, 7 p.m., Free

#### 1/25

Winding Path Sangha Mindfulness Book Discussion Series, Wesley Center, Iowa City, 5 p.m., Free

#### 1/26

The Wapsipinicon
Almanac, Prairie Lights
Books & Cafe, Iowa
City, 7 p.m., Free

#### 1/29

Thisbe Nissen & Jay Baron Nicorvo, Prairie Lights Books & Cafe, Iowa City, 7 p.m., Free

#### 1/31

Peter Heller, Prairie Lights Books & Cafe, Iowa City, 7 p.m., Free

#### **2/**1

Writers In The Storm,
Artisan's Sanctuary,
Marion, 11 a.m., Free
Winding Path Sangha
Mindfulness Book
Discussion Series,
Wesley Center, Iowa
City, 5 p.m., Free
Cedar Rapids Comic Con
Affiliate Event: William
Jones, African American
Museum of Iowa, Cedar
Rapids, 6:30 p.m.,
Free

## **Tom Hunt,** *Prairie Lights Books & Cafe, Iowa City, 7 p.m., Free*

#### **2/3**

Nate Staniforth w/ Real Magic Tour, The Englert Theatre, Iowa City, 8 p.m., \$10-20

#### 2/4

Gina Vild, Prairie Lights Books & Cafe, Iowa City, 3 p.m., Free Writers In The Storm, Artisan's Sanctuary, Marion, 7 p.m., Free

#### 2/5

Jamie Quatro, Prairie
Lights Books & Cafe,
Iowa City, 7 p.m., Free

#### 2/6

Mining the Story
Within: The Bedrock of
Narrative—Session 1/4,
Iowa Writers' House,
Iowa City, 6 p.m., \$265
Writers In The Storm,
Artisan's Sanctuary,
Marion, 7 p.m., Free

know one good magic trick, and he's even happy to help them learn.

"We're all sort of performing for each other all the time," he says. "The thing that a really great piece of magic does is, for just half a second, strips all of that away. As soon as something impossible happens, you can't be cool anymore. You can't consciously be anything, you're just sort of fused to the moment. I feel like magicians get to see a very beautiful side of people that's normally kept quiet. It's changed the way I see the world. I want other people to have access to that, if they want it."

It's not a question of power, he notes. It's not a question of a magician taking vulnerability from their audience. It's about giving them a gift. And that gives the magician something even more profound than power in return.

"One of the best ways to feel wonder yourself is to give it away. It's like parents pretending to be Santa Claus on Christmas, right? You're not doing that to fool your children; you're doing that to share this sort of enchantment together," he says.

Magic, he is quick to point out, is *not* the endgame. "It's more about how you look than where you look," he says.

"The trouble with magic tricks is that they're thin, rickety and cannot support the weight of what they're trying to carry. So the best they can do is just carry it until you can take that on your own ... I think one of the reasons [magic] is amazing is because it can't last. Because it's ephemeral."

The true goal, it seems, is the wonder that the magic tricks illuminate.

"Once you accept that what you're creating with magic is valuable ... how can you take that same conviction and use it for something that has more lasting power than a show?" he asks. "I'm open to suggestions!"

Staniforth performs a different show every night, he says, and the show for Iowa City isn't yet written. A lot of each show depends on the venue—a theatre and a bar,

for example, have a vastly different vibe and attract distinctly different audiences. At a bar, Staniforth often has to fight for the kind of rapt attention that's just handed to him by seated patrons in a theatre.

Then there's the changes to the act itself. He adds something new on every tour, even if sometimes it's just a small change to an already-established trick. There are pieces in his show, he says, that he's been working on since high school, improving iteratively. Other illusions can't be performed until they reach a certain point of accuracy. He has a tradition of introducing a new illusion at every Englert show (this will be his third).

The question he has wrestled with since his trip to India is how, and whether, to frame his act. If *Here Is Real Magic* was a first step towards doing "something higher" with his

"I think one of the

reasons [magic]

because it can't

last. Because it's

—Nate Staniforth

is amazing is

ephemeral."

skillset, how does he leverage his stage show into becoming step two?

"How open should I be about what I'm actually trying to do?," he asks. "I'm trying to package an awful lot into the pill-shaped vessel of a magic show."

It's a constant tension between the trivial role magic has in the modern world and the weight of what he's trying to impart.

"The thing that a moment of impossibility gives you," he says

of the effect of a really successful trick, "[is that] it's like a reminder that whatever your cosmology is, it's insufficient."

In the cultures and eras when magic was considered a faith practice, he says, many of the techniques used were the same as those used by stage magicians today. But their purpose wasn't to trick or to deceive, he says, but to serve as a conduit between people and the wider world around them.

"That fascinates me a lot," he says, "but I don't know how to take that and dress it up as a magic show. You have to work in the culture that you're in." LV/

Genevieve Trainor believes in magic.

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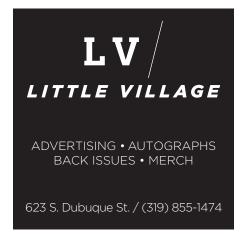
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# EVENTS

1/17

'Detroit,' Riverside Theatre, Iowa City, 7:30 p.m., \$18-30

SPT Theatre Presents: 'A Modern Salon,' Brucemore, Cedar Rapids, 7:30 p.m., \$40-50

**Iowa City Community Theater** Presents: 'Superior Donuts,'

Johnson County Fairgrounds, Iowa City, 7:30 p.m., \$9-17

**Cedar Rapids Opera Theatre** with Orchestra Iowa Present:

'Turandot,' Paramount Theatre Cedar Rapids, 7:30 p.m., \$19-69

Willie Farrell w/ Kris Covi, Penguin's Comedy Club, Cedar Rapids, 8 p.m., \$12.50-15

'Detroit,' Riverside Theatre, Iowa City, 7:30 p.m., \$18-30

SOLD OUT-SPT Theatre Presents: 'A Modern Salon,' Brucemore, Cedar

Rapids, 7:30 p.m., \$40-50 **Iowa City Community Theater Presents:** 

'Superior Donuts,' Johnson County Fairgrounds, Iowa City, 7:30 p.m., \$9-17

Willie Farrell w/ Kris Covi, Penguin's Comedy Club, Cedar Rapids, 8 p.m., \$12.50-15

'Detroit,' Riverside Theatre, Iowa City, 2 p.m., \$18-30

Cedar Rapids Opera Theatre with Orchestra Iowa Present: 'Turandot,'

Paramount Theatre Cedar Rapids, 2 p.m., \$19-69

**Iowa City Community Theater Presents:** 'Superior Donuts,' Johnson County Fairgrounds, Iowa City, 2 p.m., \$9-17

PAW Patrol Live!, Adler Theatre, Davenport, 6 p.m., \$22-108



Camille A. Brown & Dancers:

'ink,' Hancher, Iowa City, Saturday, Jan. 27, 7:30 p.m., \$10-40 Dancer and choreographer Camille Brown, a 2016 Guggenheim fellow, has had work commissioned by Alvin Ailey American Dance Theater. Urban Bush Women and more. Now, she presents ink, an original Hancher commission. The piece is the third in a trilogy about identity, and incorporates elements of African dance, African American social dance, tap, jazz, modern and hip-hop. Youth tickets are \$10-20, university student tickets are \$10-36 and adult tickets are \$30-40. Brown will also give a lecture on Jan. 26, as part of the Creative Matters Lecture Series.

**PAW Patrol** 

Live!. Adler Theatre. Davenport, 6 p.m., \$22-108 **Hubbard Street Dance Chicago**,

Des Moines Civic Center, 7:30 p.m.,

'Detroit,' Riverside Theatre, Iowa City, 7:30 p.m., \$12-30

1/26

'Detroit,' Riverside Theatre, Iowa City, 7:30 p.m., \$18-30

'Andrew Lippa's Wild Party,' Theatre Cedar Rapids, 7:30 p.m., \$28-36 'STOMP.' Des Moines Civic Center. 7:30 p.m., \$35-60

**Iowa City Community Theater Presents:** 'Superior Donuts,' Johnson County Fairgrounds, Iowa City, 7:30 p.m., \$9-17

SPT Theatre Presents: 'A Modern Salon.' Brucemore, Cedar Rapids, 7:30 p.m.,

Mike Armstrong w/ Ben Jones, Penguin's Comedy Club, Cedar Rapids, 8 p.m.,

'Significant Other,' Giving Tree Theater, Marion, 8 p.m., \$15-120

**1/27** 

Camille A. Brown & Dancers: 'ink,' Hancher, Iowa City, 7:30 p.m., \$10-

'STOMP,' Des Moines Civic Center, 5 & 9 p.m., \$35-60

Murder Mystery Dinner: Pretty Woman of Death, Cedar Ridge Distillery, Swisher, 6 p.m., \$50

RHCR Theatre Presents: 'Write. Act. Watch.'-A 24 Hour Play Festival & Silent Auction, Cedar Rapids Public Library Downtown, 6 p.m., \$12

'Detroit.' Riverside Theatre. Iowa Citv. 7:30 p.m., \$18-30

'Andrew Lippa's Wild Party,' Theatre Cedar Rapids, 7:30 p.m., \$28-36 **Iowa City Community Theater Presents:** 'Superior Donuts,' Johnson County Fairgrounds, Iowa City, 7:30 p.m., \$9-17

SPT Theatre Presents: 'A Modern Salon,' Brucemore, Cedar Rapids, 7:30 p.m., \$40-50

Mike Armstrong w/ Ben Jones, Penguin's Comedy Club, Cedar Rapids, 8 p.m., \$15-18

'The Wizard of Oz,' Adler Theatre, Davenport, 8 p.m., \$40.50-68 'Significant Other,' Giving Tree Theater, Marion, 8 p.m., \$15-120

#### THEATRE &

#### **PERFORMANCE**

#### 1/28

**'STOMP,'** Des Moines Civic Center, 1 p.m., \$35-60

**'Detroit,'** Riverside Theatre, Iowa City, 2 p.m., \$18-30

Iowa City Community
Theater Presents:

'Superior Donuts,'

Johnson County Fairgrounds, Iowa City, 2 p.m., \$9-17

1/29

'The Wizard of Oz,'

Paramount Theatre Cedar Rapids, 7:30 p.m., \$53-73

1/30

'One Funny Mother,' Des Moines Civic Center, 7:30 p.m., \$28-45

#### 1/31

'One Funny Mother,' Des Moines Civic Center, 7:30 p.m., \$28-45 Rory Scovel w/ Zach Martina, Jessica Misra, The Mill, Iowa City, 8 p.m., \$15-18

#### 2/1

Theatre, Iowa City, 7:30 p.m., \$12-30
'One Funny Mother,' Des Moines Civic Center, 7:30 p.m., \$28-45
'Andrew Lippa's Wild Party,' Theatre Cedar Rapids, 7:30 p.m.,

'Detroit,' Riverside

\$28-36 **2/2** 

'One Funny Mother,' Des Moines Civic Center, 7:30 p.m., \$28-50 'Andrew Lippa's Wild Party,' Theatre Cedar Rapids, 7:30 p.m., \$28-36 'Detroit,' Riverside Theatre, Iowa City, 7:30 p.m., \$18-30

'Significant Other,' Giving Tree Theater, Marion, 8 p.m., \$15-120

Andy Kindler w/ David Spaliaras, Penguin's Comedy Club, Cedar Rapids, 8 p.m., \$17.50-20

2/3

'One Funny Mother,' Des Moines Civic Center, 5 & 8 p.m., \$28-50

'Detroit,' Riverside Theatre, Iowa City, 7:30 p.m., \$18-30

'Andrew Lippa's Wild

Party,' Theatre Cedar Rapids, 7:30 p.m., \$28-36

'Significant Other,' Giving Tree Theater, Marion, 8 p.m., \$15-120

Andy Kindler w/ David Spaliaras, Penguin's Comedy Club, Cedar Rapids, 8 p.m., \$17.50-20

2/4

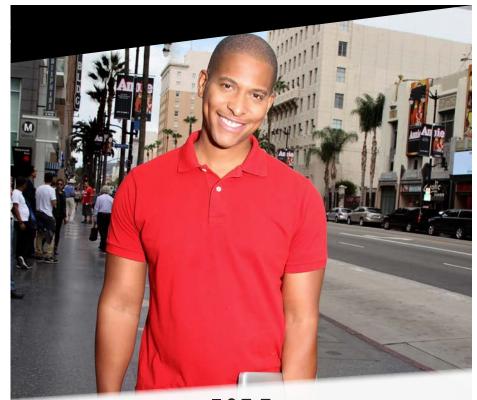
**'Significant Other,'** *Giving Tree Theater, Marion, 2 p.m., \$15-120* **'Detroit,'** *Riverside* 

Theatre, Iowa City, 2 p.m., \$18-30

'Andrew Lippa's Wild

Party,' Theatre Cedar Rapids, 2:30 p.m., \$28-36

'One Funny Mother,' Des Moines Civic Center, 3 p.m., \$28-45



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#### CINEMA

#### 1/18

The Picture Show: 'Song of the Sea,' FilmScene, lowa City, 3:30 p.m., Free-\$5

1/20

'The Outhouse,' Octopus College Hill, Cedar Falls, 8 p.m.. \$5

The Picture Show: 'Happy Feet,'
FilmScene, Iowa City, 10 a.m.,
Free-\$5

365 Horror Films x Factory of Fear Present: Killer Dog Night, Rozz-Tox, Rock Island, 7 p.m., Free

#### 1/21

Humanists of Linn County
Present: 'Losing Our Religion,'

Collins Road Theatres, Marion, 10 a.m., \$5 suggested donation

The Picture Show: 'Happy Feet,'
FilmScene, Iowa City, 10 a.m.,
Free-\$5

#### 1/23

RVAP Presents: Stalking in the Cinema—a Discussion, lowa City Public Library, 6 p.m., Free

1/24

'At the River I Stand' Screening and Discussion, Iowa Memorial Union, Iowa City, 6:30 p.m., Free

1/25

The Picture Show: 'Happy Feet,'
FilmScene, Iowa City, 3:30
p.m., Free-\$5

1/26

Backcountry Film Festival, Big Grove Brewery & Taproom, Iowa City, 7 p.m., \$15

1/27

The Picture Show: 'A Monster Calls,' FilmScene, Iowa City, 10 a.m., Free-\$5

Backcountry Film Festival,

Indian Creek Nature Center, Cedar Rapids, 7 p.m., \$15

1/28

The Picture Show: 'A Monster Calls,' FilmScene, Iowa City, 10 a.m., Free-\$5
Rozz-Tox Nordic Film Series: '101 Reykjavik,' Rozz-Tox, Rock Island, 8 p.m., Free

2/1

The Picture Show: 'A Monster Calls,' FilmScene, lowa City, 3:30 p.m., \$5

2/3

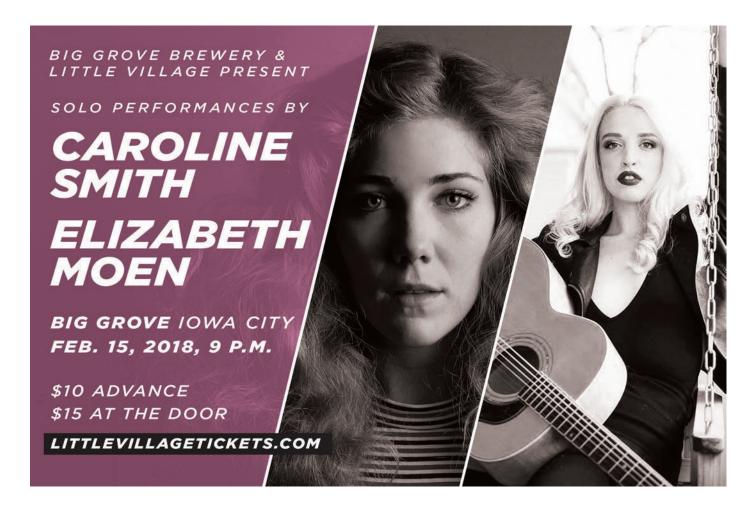
The Picture Show: 'Animation Show of Shows,' FilmScene, Iowa City, 10 a.m., Free-\$5

2/4

The Picture Show: 'Animation Show of Shows,' FilmScene, Iowa City, 10 a.m., Free-\$5



'The Outhouse,' Octopus College Hill, Cedar Falls, Saturday, Jan. 20, 8 p.m., \$5 The Outhouse, an all-ages punk venue in the middle of a Kansas cornfield, operated from 1985-1997. he spot was an essential stop on the underground touring scene in the '80s. Now, it's the subject of a film by University of Kansas graduate and frequent Outhouse patron Brad Norman. It premiered in Lawrence, Kansas in October 2017. Octopus College Hill is showing the film on Saturday, Jan. 20. The documentary features interviews from some of the many notable performers that graced the stage at the Outhouse, including Henry Rollins and, significantly, Ice T. Photo by Ryan Schierling



#### 1/17

Live Music w/ Drew Hurn, Lion Bridge Brewing Company, Cedar Rapids, 6 p.m., Free The Funk Hunters w/ Defunk, Blue Moose Tap House, Iowa City, 9 p.m., \$13-15

#### 1/18

**Four Movements Toward** Freedom: A Creative Showcase, Hancher, Iowa City, 6:30 p.m., Free

Live Music w/ Devin Scott, Cedar Ridge Distillery, Swisher, 6 p.m., Free New Energy ft. Jordan Burgett, Dream Team, Baby Loc Dog, KallMeAvioo, KM Rukie, Gavin Thatcher, LeMarcko Benson, Blue Moose Tap House, Iowa City, 6 p.m., \$5-8 South City Revival, Big Grove Brewery & Taproom, Iowa City, 9 p.m., Free Local H w/ Otros Outros, Bird Worship, Gabe's, Iowa City, 9 p.m., \$12 Megan Hamilton & the Bermudas w/ the Tripp Brothers, Mister Whiskerz, OnO, Puzzles, Blue Moose Tap House, Iowa City, 9

p.m., \$8



The Hooten Hallers Big Grove Brewery & Taproom, Iowa City, Friday, Jan. 26, 10 p.m., Free The Hooten Hallers are heading up from Columbia, Missouri—a return home for powerful bari and bass sax player Kellie Everett, a former lowa Citian. The band is best described as shit-kickin' music; one part dark country, one part roots rock and one part straight punk. They're touring in support of their April 2017 self-titled album, which brings a more direct blues influence into the mix. Everett and bandmates John Randall and Andy Rehm are playing a not-to-be-missed Friday night free show at Big Grove Brewery—a perfect way to kick off the weekend. Photo by Corey Warner

# RIVERSIDE

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**Deltaphonic w/Jordan Bruce,** *Dick's Tap & Shake Room, 9 p.m., Free* 

Goose Town w/ Glass

Femur, Octopus College Hill, Cedar Falls, 9 p.m., \$5

**30th Anniversary Party** 

#### 1/20

w/ Aaron Kamm & the
One Drops w/ 6 Odd Rats,
Goosetown, Glass Femur,
Soul Sherpa, Iowa City
Yacht Club, 6 p.m., \$10
Branson on the Road,
Ohnward Fine Arts
Center, 7 p.m., \$13-25
The Ice Breakers, Parlor
City Pub and Eatery,
Cedar Rapids, 8 p.m.,
Free

Jack Harlow, Blue Moose Tap House, Iowa City, 9 p.m., \$15

Katy Guillen & the Girls, Big Grove Brewery & Taproom, Iowa City, 10 p.m., Free

#### 1/21

Mark Bernat & Friends with the Manhattan Chamber Players, Old Capitol Museum, Iowa City, 3 p.m., Free Humbird w/ Croatians, Rozz-Tox, Rock Island, 8 p.m., \$5-10
Big Mean Sound Machine, Gabe's, Iowa City, 8

1/23

p.m., \$8-10

SOLD OUT—Jason Isbell and the 400 Unit w/ James McMurtry, Paramount

Theatre Cedar Rapids, 8 p.m., \$32.50-60

1/25

**The Cantafios,** Cafe Paradiso, Fairfield, 6 p.m., \$5 Red Cedar Chamber
Music, Lowe Park Arts
& Environment Center,
Marion, 7 p.m., Free
Dave Simonett w/ Andrea
Van Kompen, The Mill,

Iowa City, 8 p.m., \$15-

**1/26** 

The Hooten Hallers, Big Grove Brewery & Taproom, Iowa City, 10 p.m., Free

Red Cedar Chamber Music, Cedar Rapids Public Library Downtown, 12 p.m., Free

Red Cedar Chamber Music, Fairfax Public Library, 7 p.m., Free Tonic Sol-fa, Coralville

Center for the Performing Arts, 7:30 p.m., \$17-27 Orchestra Iowa Showcase Chamber Series: 'Folk Songs & Horn Calls,' Opus

Concert Cafe, Cedar Rapids, 7:30 p.m., \$26 Amelia and Melina w/

Costanzas, Octopus College Hill, Cedar Falls, 9 p.m., \$5

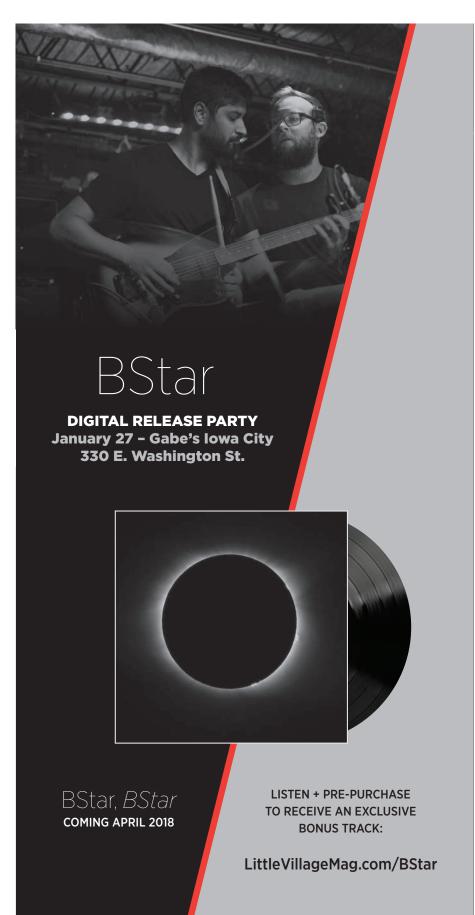
Funk Nocturnal, Caucho, Cedar Rapids, 9 p.m., Free

Fuel On Fire w/ Hot Room, B-Sides, Iowa City Yacht Club, 10 p.m., \$6 Split Lip Rayfield w/ Chatsworth and Dupree, Gabe's, Iowa City, 10 p.m., \$10-15

Orchestra Iowa Showcase

1/27

Chamber Series: 'Folk
Songs & Horn Calls,' Opus
Concert Cafe, Cedar
Rapids, 7:30 p.m., \$26
Saul Lubaroff Trio,
Sanctuary Pub, Iowa City,
8 p.m., Free
Red Lamborghini II,
Octopus College Hill,
Cedar Falls, 9 p.m., \$5
BStar Album Release Party
w/ Haunter, Gabe's, Iowa
City, 9 p.m., \$7











#### MUSIC

Three Son Green w/
Copper Smoke Trails, Hep
Cat, Iowa City Yacht Club,
10 p.m., \$6

1/28

Orchestra Iowa Showcase Chamber Series: 'Folk Songs & Horn Calls,'

Coralville Center for the Performing Arts, 2:30 p.m., \$26

1/29

**Shwayze,** Blue Moose Tap House, Iowa City, 8 p.m., \$15-17

1/31

Jam Session w/ Maury Baker, Artisan's Sanctuary, Marion, 7 p.m., \$15

2/1

**Becca Sutlive,** *Big Grove Brewery & Taproom, Iowa City, 8 p.m., Free* 

2/2

Billy Childs Quartet,

Hancher, Iowa City, 7 & 9:30 p.m., \$10-25
Harry Potter and the

Sorcerer's Stone—In

Concert, Des Moines Civic Center, 7:30 p.m., \$69-84

Hep Cat w/ Good Morning Midnight, Port Authority,

The Mill, Iowa City, 8 p.m., \$7

"Daddy-O" Dennis McMurrin with Dan

Johnson, Sanctuary Pub, lowa City, 8 p.m., Free Grassfed, Big Grove Brewery & Taproom, Iowa City, 9 p.m., Free

Elizabeth Moen, Octopus College Hill, Cedar Falls, 9 p.m., \$5

Superfun Yeah Yeah Rocketship w/ Crystal City, Iowa City Yacht Club, 10 p.m., \$7 2/3

Harry Potter and the Sorcerer's Stone—In Concert, Des Moines Civic Center, 1:30 & 7:30

p.m., \$69-125

Metro Orchestra Festival,

Paramount Theatre Cedar Rapids, 6:15 p.m., \$7-10

Billy Childs Quartet,

Hancher, Iowa City, 7 & 9:30 p.m., \$10-25

Quad City Symphony Orchestra Presents

Masterworks IV: Postcards from Venice, Adler

Theatre, Davenport, 8 p.m., \$8-62

Elizabeth Moen, Cafe Paradiso, Fairfield, 8 p.m., \$5

Jason Boland & the Stragglers, First Avenue Club, Iowa City, 8 p.m.,

Williams & Wallace,

Parlor City Pub and Eatery, Cedar Rapids, 8 p.m., Free

**Dave Moore,** Sanctuary Pub, Iowa City, 8 p.m., Free

Summer Camp On the Road Festival, Iowa City Yacht Club, 9 p.m., \$5

The Copper Smoke Trials w/ Kiriko, Jess Fuller,

Octopus College Hill, Cedar Falls, 9 p.m., \$5

2/4

Piano Sundays: American Liszt Society with Special

Guests, Old Capitol Museum, Iowa City, 1:30 p.m., Free

2/5

Gobsmacked!, Des Moines Civic Center, 7:30 p.m., \$17.50-47.50

2/6

Jeff Austin w/ Flash In A Pan, Gabe's, Iowa City, 8 p.m., \$15-18 COMING SOON TO IOWA CITY



#### HEADLINERS







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#### 1/17

History at the Grove: 3D Scanning Iowa City's Beer Caves, Big Grove Brewery & Taproom, Iowa City, 5:30 p.m., Free

#### 1/18

Cantina Quiz Challenge, Caucho, Cedar Rapids, 9 p.m., \$5

#### 1/19

Cedar Rapids RoughRiders vs. Team USA U-18, Cedar Rapids Ice Arena, 7:05 p.m., \$10.75-35.75 Quad City Mallards vs. Kalamazoo Wings, TaxSlayer Center, Moline, 7:05 p.m., \$10-30

#### 1/20

Women's March Iowa City, Weatherdance Fountain, Iowa City Pedestrian Mall, 9:30 a.m., Free Build your Microbiome with Dr. Terry Wahls, Hills Bank Coralville, 10 a.m., \$10

Cedar Rapids RoughRiders vs. Dubuque Fighting Saints, Cedar Rapids Ice Arena, 7:05 p.m., \$10.75-35.75

#### 1/21

LWVJC Sunday Speaker Series, Iowa City Public Library, Room A., 2 p.m., Free

Quad City Mallards vs.
Cincinnati Cyclones,
TaxSlayer Center, Moline,
4:05 p.m., \$10-30

Artisan's Sanctuary Benefit/Fundraiser, Artisan's Sanctuary, Marion, 1.p.m., \$15

1/22

Health and Wellness: The Tower Garden/Juice Plus w/ Mark Woldruff, Artisan's Sanctuary, Marion, 7 p.m., Free

1/24

Lifelong Learning: Garden Planning & Growing Food in Unusual Places, Indian Creek Nature Center, Cedar Rapids, 6 p.m., \$10-12

1/26 Creative Matters Lecture with Camille A. Brown, Hancher, Iowa City, 7:30 p.m., Free Cinch World's Toughest Rodeo, TaxSlayer Center, Moline, 7:30 p.m., \$10-62

#### 1/27

lowa City Moms Demand Action Fifth Anniversary Celebration, lowa City Public Library, 2 p.m., Free

Cinch World's Toughest Rodeo, TaxSlayer Center, Moline, 7:30 p.m., \$15-62

1/30

Drummers' Workshop with Maury Baker, Artisan's Sanctuary, Marion, 6 p.m., \$55 Official CR Comic Con

Official CR Comic Con Trivia Night, Cedar Rapids Public Library Downtown, 6 p.m., Free

#### 1/31

Quad City Mallards vs. Cincinnati Cyclones, TaxSlayer Center, Moline, 6:35 p.m., \$10-30

**Full Moon Yoga Series:** 

#### 2/2

Candlelight Meditation,
Indian Creek Nature
Center, Cedar Rapids, 6
p.m., \$15-20
Night at the Museum: Don't
be a Dodo!, UI Museum
of Natural History, Iowa
City, 6 p.m., \$30-35
Cedar Rapids RoughRiders
vs. Dubuque Fighting
Saints, Cedar Rapids
Ice Arena, 7:05 p.m.,
\$10.75-35.75

Ice Arena, 7:05 p.m., \$10.75-35.75 Quad City Mallards vs. Kalamazoo Wings, TaxSlayer Center, Moline, 7:05 p.m., \$10-30 Cedar Rapids Comic Con 2018, Doubletree by Hilton, Cedar Rapids, 10 a.m., Free-\$25 Quad City Mallards vs. Wichita Thunder, TaxSlayer Center, Moline, 7:05 p.m., \$10-30

**2/5**Caucus Day, Various
Locations, 7 p.m., Free

2/6

Trail Trekkers: Nocturnal
Neighbors, Indian Creek
Nature Center, Cedar
Rapids, 10 a.m., Free
'Unraveling & Mending: Art
as Political Witness'—An
Obermann Conversation,
Iowa City Public Library,
4 p.m., Free

2/3

With so much to see and do, we need two cities to pack it all in!

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IOWA GAMES
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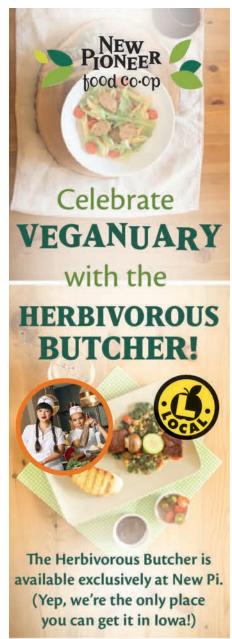
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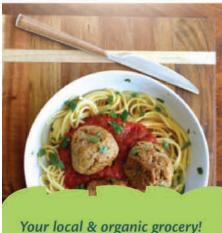
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#### ARTS, CRAFTS & EXHIBITIONS



**Cedar Rapids Comic Con Affiliate Event: Gene Ha, Cedar Rapids Public** Library Downtown, Friday, Feb. 2, 2 p.m., Free In conjunction with the Cedar Rapids Comic Con happening on Saturday, Feb. 3, Eisner-award-winning comics artist Gene Ha will be answering questions at the Cedar Rapids Public Library. Best known for his work on Alan Moore's Top 10 and Top 10: The Forty-Niners, Ha's art can also be seen in Fables and Justice League. His own series, Mae, was published by Dark Horse in 2016. No registration is required for this free event, but seating is limited to 200. Photo by Luigi Novi

#### 1/17

Paint By The Glass: Wine & Watercolors, Cedar Ridge Distillery, Swisher, 6 p.m., \$30

1/18
Kids Sewing: Wise Owl
Backpack—Session 1/2,
Home Ec. Workshop,
lowa City, 3:30 p.m.,
\$55/course

Wine & Design: Airplant Orb, Moss, Iowa City, 6 p.m., \$25 Sewing: The Beatrix Top—Session 2/2, Home Ec. Workshop, Iowa City, 6:30 p.m., \$65/ course

1/19
Gyrls Night Out: Double
Braided Copper Wire
Bracelet, Beadology,
Iowa City, 5:30 p.m.,
\$58

Flower Design 101, Willow & Stock, Iowa City, 6:30 p.m., \$63 1/20

CRAW Starburst Pendant,
Beadology, Iowa City,
10 a.m., \$68
Knitting: Two-at-a-time
Top-down Socks—
Session 1/3, Home Ec.
Workshop, Iowa City, 1
p.m., \$60/course

1/21
Flame II: Next Steps in
Making Glass Beads,
Beadology, Iowa City,
12 p.m., \$98
Artifactory's Life Drawing
Drop-In Session,
Beadology, Iowa City, 5
p.m., \$10

1/22 Sewing: Minimalist Robe—Session 1/2, Home Ec. Workshop, Iowa City, 6 p.m., \$60/ course

Knitting: Peppermint & Pine—Session 1/3, Home Ec. Workshop, Iowa City, 6 p.m., \$50/

Knitting: Winter Honey Shawl—Session 2/3, Home Ec. Workshop, Iowa City, 6:30 p.m., \$45/course

1/23
Quilt Start to Finish:
Four Winds Quilt—
Session 2/3, Home Ec.
Workshop, Iowa City, 6
p.m., \$85/course
Knitting: Maize
Mittens—Session 1/2,

Home Ec. Workshop, lowa City, 6:30 p.m., \$40/course

Art Therapy as a Healing Modality with Dr. David O'Donaghue, Artisan's Sanctuary, Marion, 7 p.m., Free 1/25

Backpack—Session 1/2,
Home Ec. Workshop,
Iowa City, 3:30 p.m.,
\$55/course
Knitting: Earflap Hat—
Session 1/2, Home Ec.
Workshop, Iowa City,
6:30 p.m., \$40/course
Behind the Scenes Tour
with Curator Stefanie
Kohn, National Czech
& Slovak Museum &
Library, Cedar Rapids,
6:30 p.m., \$25

Kids Sewing: Wise Owl

1/26
Craft Party: Throw Pillow with Invisible Zipper,
Home Ec. Workshop,
Iowa City, 6 p.m., \$35
Exhibition on Screen:
David Hockney, The
Englert Theatre, Iowa

New Class: Metal Clay Pendant, Before and After Firing—Session 1/2, Beadology, Iowa City, 10 a.m., \$118/

City, 7 p.m., \$15-18

course Workshop: Fairy Garden, Moss. Iowa Citv. 11 a.m., \$30 Knitting: Two-at-a-time Top-down Socks-Session 2/3, Home Ec. Workshop, Iowa City, 1 p.m., \$60/course Pearl Knotting, Beadology, Iowa City, 3 p.m., \$58 **Youth Floral Design** Workshop, Willow & Stock, Iowa City, 4 p.m., \$45

Stock, lowa City, 4 p.m., \$45 Dear Future Closing Reception and Art Auction, Public Space One, lowa City, 6 p.m., Free

#### 1/28

Sewing: Toaster Sweater, Home Ec. Workshop, Iowa City, 1 p.m., \$60 New Class: Metal Clay Pendant, Before and After Firing—Session 2/2, Beadology, Iowa City, 1

Beadology, Iowa City, p.m., \$118/course

#### 1/29

Sewing: Minimalist Robe—Session 1/2,

Home Ec. Workshop, Iowa City, 6 p.m., \$60/ course

Knitting: Peppermint & Pine—Session 2/3,

Home Ec. Workshop, Iowa City, 6 p.m., \$50/ course

Lecture: Gülru Çakmak, Art Building West, Iowa City, 7:30 p.m., Free

1/30

Wire Wrapped Earrings through Kirkwood Community College,

Beadology, Iowa City, 2 p.m., \$60

Quilt Start to Finish: Four Winds Quilt— Session 3/3, Home Ec. Workshop, Iowa City, 6 p.m., \$85/course

1/31

Knitting: Basic Hat— Session 1/2, Home Ec. Workshop, Iowa City, 6 p.m., \$35/course

2/1

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

Knitting: Earflap Hat— Session 2/2, Home Ec. Workshop, Iowa City, 6:30 p.m., \$40/course

#### **2/2**

Cedar Rapids Comic Con Affiliate Event: Gene Ha, Cedar Rapids Public

Library Downtown, 2 p.m., Free

Knitting: Flax Pullover Sweater—Session 1/4,

Home Ec. Workshop, Iowa City, 6 p.m., \$60/ course

2/3

Brick Stitch Earrings with Fringe, Beadology, Iowa City, 10 a.m., \$58

Family Fun Day: What An Artist Sees, Cedar Rapids Museum Of Art,

Rapids Museum Of A 11 a.m., Free

Knitting: Two-at-a-time Top-down Socks—

Session 3/3, Home Ec. Workshop, Iowa City, 1 p.m., \$60/course

Make 3 Pairs of Earrings: Intro to Wirework,

Beadology, Iowa City, 3 p.m., \$58

2/4

Superheroes of History
Day 2018, National
Czech & Slovak
Museum & Library,
Cedar Rapids, 1 p.m.,
Free

2/5

Knitting: Peppermint & Pine—Session 3/3,

Home Ec. Workshop, Iowa City, 6 p.m., \$50/ course

Knitting: Winter Honey Shawl—Session 3/3,

Home Ec. Workshop, lowa City, 6:30 p.m., \$45/course

2/6

Knitting: Maize
Mittens—Session 2/2,
Home Ec. Workshop,
Iowa City, 6:30 p.m.,
\$40/course

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VALERIE JUNE

WEDNESDAY, FEBRUARY 21
ANI DIFRANCO

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#### **FOOD & DRINK**

#### 1/18

Third Thursday Public Tasting Party: Game Day Snacks, Harvest Oil & Vinegar, Iowa City, 6 p.m., Free

#### 1/19

**Downtown Hot Cocoa Crawl,** *Downtown Iowa City, 5* p.m., \$15

#### 1/20

FilmScene Presents: Big Brew - Homebrewfest, Big Grove Brewery & Taproom, Iowa City, 4 p.m., \$20 suggested donation

#### 1/27

Brrr Fest Bus Ride From LBBC, Lion Bridge Brewing Company, Cedar Rapids, 12 p.m., \$65 (includes admission and round-trip bus ride)

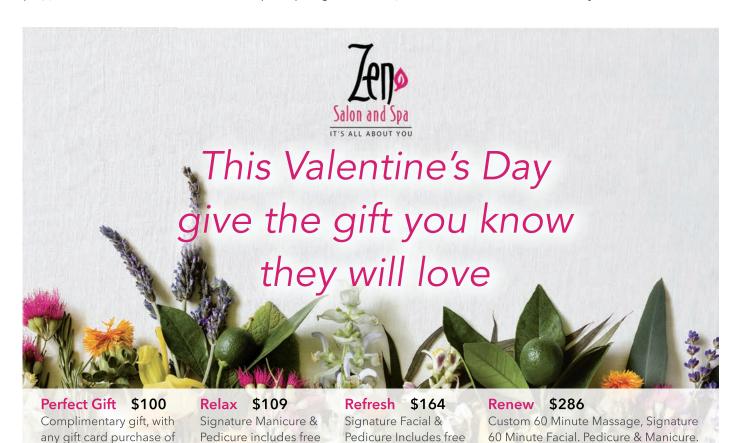
Brrr Fest, Coralville Marriott Hotel & Conference Center Exhibit Hall, Coralville, 12 p.m., \$30-45

#### 1/30

Traditional Pasta Sauces Cooking Class with Julie Parisi of ZaZa's Pasta, New Pioneer Food Co-op, Coralville, 6 p.m., \$15



FilmScene Presents: Big Brew - Homebrewfest, Big Grove Brewery & Taproom, Iowa City, Saturday, Jan. 20, 4 p.m., \$20 suggested donation FilmScene is taking their fourth annual Homebrewfest on the road. The event, which has in the past taken place at the theatre, is shifting venues to Big Grove Brewery & Taproom this year. With that change comes another new element: This year, the fest will feature its first ever wort challenge. Brewers were given Big Grove's Arms Race wort (unfermented malt) to work with, and you can sample each and every result. The \$20 suggested donation includes a souvenir tasting glass to take home with you. Over 30 local brewers will be participating in this event, a fundraiser for FilmScene. Photo by Zak Neumann



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Burlington Street Bluegrass Band, The Mill, Iowa City, 6 p.m., \$5 (2nd & 4th Wednesdays) Open Mic Night, Penguin's Comedy Club, Cedar Rapids, 8 p.m., Free Open Mic, Cafe Paradiso, Fairfield, 8 p.m., Free Open Stage, Studio 13, Iowa City, 10 p.m., Free Late Shift at the Grindhouse, Film Scene, Iowa City, 10 p.m., \$4 Talk Art, The Mill, Iowa City, 10:30 p.m., Free (2nd & 4th Wednesdays)

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#### SATURDAYS

Weekend Brunch, Atlas Restaurant, Iowa City, 8 a.m. Family Storytime, Iowa City Public Library, 10:30 a.m., Free I.C. Press Co-op Open Shop, Public Space One, Iowa City, 12 p.m., Free Saturday Night Music, Uptown Bill's, Iowa City, 7 p.m., Free Elation Dance Party, Studio 13, Iowa City, 9 p.m., \$5

#### SUNDAYS Weekend Brunch,

Atlas Restaurant, Iowa City, 8 a.m. Pub Quiz, The Mill, Iowa City, 9 p.m., \$1

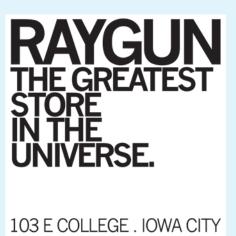




## IOWA CITY DOWNTOWN





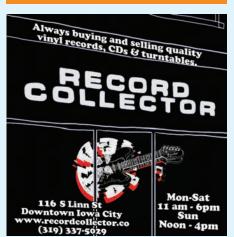


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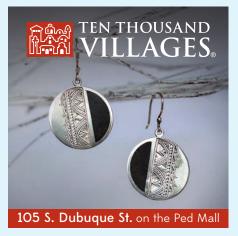
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#### THE STRAIGHT DOPE BY CECIL ADAMS

Recently it was announced that medical experts had lowered the numbers of what acceptable blood pressures are, so now nearly half of all adults are considered to have high blood pressure. Is this a drug-company ploy to get even more people on medications? —Pressured in Michigan

unny, isn't it? What with the fast food, the sedentary lifestyles and the increasingly hair-raising national politics, we Americans shouldn't really need help getting diagnosed with high blood pressure—doing just fine, thanks. Yet along come these goalpost-moving guidelines: Where previously hypertension meant 140 over 90 and up, the new threshold is 130 over 80—meaning that, yep, quite literally overnight, a full 46 percent of Americans now have high blood pressure.

The change came via a report in November from the American Heart Association (AHA) and the American College of Cardiology, part of a regular, federally sanctioned process to guide medical practices across the country. Redefining a worrisome medical condition to include 14 percent more patients sounds drastic, but how big a deal is it really? I'd submit to you that what we're looking at is a little more nuanced than the breathless news coverage would suggest—though you're certainly not wrong, Pressured, to cast a skeptical eye.

The shady stuff we'll get to in a minute, but first, the official line on the matter—why, in theory at least, the new guidelines aren't simply a big drug-company ploy. According to defenders, the idea isn't to get more folks on medication but to keep more folks off it, by motivating them into blood-pressure-lowering lifestyle changes before meds become necessary. Anyway, hypertension drugs work best on those with systolic blood pressures of 140 and above, so the newly designated high blood pressure sufferers, the 130-to-139 crowd, aren't even the target market; according to one estimate, the new numbers will mean only a 1.9 percent increase nationwide in the prescription of blood-pressure meds. (Which admittedly shakes out to about 4 million people—not nothing.) So the half-the-country'sgot-high blood pressure framing is maybe a little hyperbolic—one could reasonably argue the AHA et al just want to get you to quit smoking, while it's the headline writers who are trying to give you a heart attack.

If the guidelines are broadly unobjectionable, you honestly can't say the same about the medico-corporate milieu whence they emerged, which has taken deserved heat. The last time blood-pressure guidelines underwent major revision, back in 2003, the change prompted a Seattle Times investigation focusing on the links between the new rules and the pharmaceutical companies uncomfortably close to their creation. The 2003 report created a new condition called "prehypertension" (eliminated in the 2017 update), it recommended the wider use of

hypertension drugs—and, conveniently enough, nine of the 11 authors of the report, the *Times* found, had ties to Big Pharma.

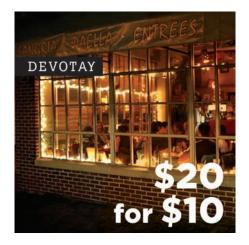
That's a conflict of interest basically baked into this particular system. Groups like the American Heart Organization and the American Cancer Society are what's called patient advocacy organizations, or PAOs, and over time have come to be heavy hitters on the American medical scene: authoring guidelines, influencing policy and regulatory decisions, sponsoring research, etc. Who can disagree with patient advocacy? Unfortunately, that kind of work ain't cheap, and many PAOs receive substantial funding from for-profit companies, including pharma manufacturers and medical-device makers.

A 2017 sample of PAOs found that 67 percent received at least some cash from for-profit companies, and 12 percent got more than half their budget that way. This study was part of a series of *JAMA Internal Medicine* articles on the growing problem of industry influence on things like medical guidelines; it was noted elsewhere, for instance, that the industry-funded National Osteoporosis Foundation "continues to promote the idea of a widespread 'disease'" while "others point to concern about the condition's overdiagnosis and overtreatment."

The problem was described a bit more heatedly in a 2009 article in the New York Review of Books by Marcia Angell-longtime editor at a little pamphlet out of the northeast called the New England Journal of Medicine—about the infiltration of industry money into things like "expert panels" on health issues. Angell cited as an example the National Cholesterol Education Panel, which in 2004 recommended lowering acceptable levels of "bad" cholesterol, and eight of whose nine members proved to have financial ties to cholesterol-drug makers. Angell's conclusion? "It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines."

So there you have it. The specific guidelines you're asking about seem harmless enough, Pressured—most of us, anyway, could stand to exercise a little more. (We'll note that one big doctors' organization, the American Academy of Family Physicians, decided not to endorse the new hypertension guidelines—citing, among other issues, potential conflicts of interest on the authors' part.) But going forward, you'd be wise to take this sort of medical-pronouncement-from-on-high with a grain of salt—or, depending on your dietary restrictions, the low-so-dium flavor enhancer of your choice. LV

## READER PERKS



















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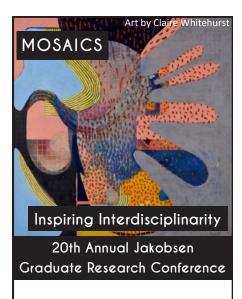
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#### ASTROLOGY BY ROB BREZSNY

AQUARIUS (Jan. 20-Feb. 18): "When one door closes, another opens." said inventor Alexander Graham Bell. "But we often look so long and so regretfully upon the closed door that we do not see the ones which open for us." Heed his advice, Aquarius. Take the time you need to mourn the lost opportunity. But don't take *more* than the time you need. The replacement or alternative to what's gone will show up sooner than you

PISCES (Feb. 19-March 20): Gilbert Stuart painted the most famous portrait of America's first president, George Washington. It's the image on the U.S. one-dollar bill. And yet Stuart never finished the masterpiece. Begun in 1796, it was still a work-in-progress when Stuart died in 1828. Leonardo da Vinci had a similar type of success. His incomplete painting The Virgin and Child with St. Anne hangs in the Louvre in Paris, and his unfinished The Adoration of the Magi has been in Florence's Uffizi Gallery since 1670. I propose that Stuart and da Vinci serve as your role models in the coming weeks. Maybe it's not merely OK if a certain project of yours remains unfinished; maybe that's actually the preferred outcome.

ARIES (March 21-April 19): Many American women did not have the right to vote until Aug. 18, 1920. On that day, the Tennessee General Assembly became the 36th state legislature to approve the 19th Amendment, thus sealing the legal requirements to change the U.S. Constitution and ensure women's suffrage. The ballot in Tennessee was close. At the last minute, 24-year-old legislator Harry T. Burn changed his mind from no to yes, thanks to a letter from his mother, who asked him to "be a good boy" and vote in favor. I suspect that in the coming weeks, Aries, you will be in a pivotal position not unlike Burn's. Your decision could affect more people than you know. Be a good boy or good girl.

TAURUS (April 20-May 20): In the coming weeks, Destiny will be calling you and calling you and calling you, inviting you to answer its summons. If you do indeed answer, it will provide you with clear instructions about what you will need to do expedite your ass in the direction of the future. If on the other hand you refuse to listen to Destiny's call, or hear it and refuse to respond, then Destiny will take a different tack. It won't provide any instructions, but will simply yank your ass in the direction of the future.

GEMINI (May 21-June 20): Looks like the Season of a Thousand and One Emotions hasn't drained and frazzled you. Yes, there may be a pool of tears next to your bed. Your altar might be filled with heaps of ashes, marking your burnt offerings. But you have somehow managed to extract a host of useful lessons from your tests and trials. You have surprised yourself with the resilience and resourcefulness you've been able to summon. And so the energy you've gained through these gritty triumphs is well worth the price you've had to pay.

CANCER (June 21-July 22): Every relationship is unique. The way you connect with another person—whether it's through friendship, romance, family or collaborative projects-should be free to find the distinctive identity that best suits its special chemistry. Therefore, it's a mistake to compare any of your alliances to some supposedly perfect ideal. Luckily, you're in an astrological period when you have extra savvy about cultivating unique models of togetherness. So I recommend that you devote the coming weeks to deepening and refining your most important bonds.

LEO (July 23-Aug. 22): During recent weeks, your main tasks have centered around themes often associated with strain and struggle: repair, workaround, reassessment, jury-rigging, adjustment, compromise. Amazingly, Leo, you have kept your suffering to a minimum as you have smartly done your hard work. In some cases you have even thrived. Congratulations

on being so industrious and steadfast! Beginning soon, you will glide into a smoother stage of your cycle. Be alert for the inviting signs. Don't assume you've got to keep grunting and

VIRGO (Aug. 23-Sept. 22): Norwegian artist Edvard Munch (1863-1944) created four versions of his iconic artwork The Scream. Each depicts a person who seems terribly upset. holding his head in his hands and opening his mouth wide as if unleashing a loud shriek. In 2012, one of these images of despair was sold for almost \$120 million. The money went to the son of a man who had been Munch's friend and patron. Can you think of a way that you and yours might also be able to extract value or get benefits from a negative emotion or a difficult experience? The coming weeks will be a favorable time to do just that.

LIBRA (Sept. 23-Oct. 22): "I think I like my brain best in a bar fight with my heart," says poet Clementine von Radics. While I appreciate that perspective, I advise you to do the opposite in the coming weeks. This will be a phase of your astrological cycle when you should definitely support your heart over your brain in bar fights, wrestling matches, shadow boxing contests, tugs of war, battles of wits and messy arguments. Here's one of the most important reasons why I say this: Your brain would be inclined to keep the conflict going until one party or the other suffers ignominious defeat, whereas your heart is much more likely to work toward a win-win conclusion.

SCORPIO (Oct. 23-Nov. 21): When he was 24 years old, Scorpio-born Zhu Yuanzhang (1328-1398) was a novice monk with little money who had just learned to read and write. He had spent years as a wandering beggar. By the time he was 40 years old, he was the emperor of China and founder of the Ming Dynasty, which ruled for 276 years. What happened in between? That's a long story. Zhu's adventurousness was a key asset, and so was his ability as an audacious and crafty tactician. His masterful devotion to detailed practical matters was also indispensable. If you are ever in your life going to begin an ascent even remotely comparable to Zhu's, Scorpio, it will be in the coming 10 months. Being brave and enterprising won't be enough. You must be disciplined and dogged, as well.

SAGITTARIUS (Nov. 22-Dec. 21): In 1892, the influential Atlantic Monthly magazine criticized Sagittarian poet Emily Dickinson, saying she "possessed an extremely unconventional and grotesque fancy." It dismissed her poetry as incoherent, and declared that an "eccentric, dreamy, half-educated recluse" like her "cannot with impunity set at defiance the laws of gravitation and grammar." This dire diss turned out to be laughably wrong. Dickinson is now regarded as one of the most original American poets. I offer this story up as a pep talk for you, Sagittarius. In the coming months, I suspect you'll be reinventing yourself. You'll be researching new approaches to living your life. In the course of these experiments, others may see you as being in the grip of unconventional or grotesque fantasy. They may consider you dreamy and eccentric. I hope you won't allow their misunderstandings to interfere with your playful yet serious work.

CAPRICORN (Dec. 22-Jan. 19): Bubble gum is more elastic and less sticky than regular chewing gum. That's why you can blow bubbles with it. A Capricorn accountant named Walter Diemer invented it in 1928 while working for the Fleer Chewing Gum Company. At the time he finally perfected the recipe, the only food dye he had on hand was pink. His early batches were all that color, and a tradition was born. That's why even today, most bubble gum is pink. I suspect a similar theme may unfold soon in your life. The conditions present at the beginning of a new project may deeply imprint the future evolution of the project. So try to make sure those are conditions you like! LV/

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#### TRAFFIC DEATH

Dead End

sumppumprecords.bandcamp.com/album/dead-end

et me start out by saying that it brings me so much joy that we have, here in Iowa, a label like

Sump Pump Records, that continually releases top-notch metal records. They're no one-trick pony; they release other genres all the time, including many albums that have been reviewed positively on this page. But someone there knows their heavy music, and I always feel a little rush of joy whenever I open an email or a package from Sump Pump, because I know it's going to contain something kickass.

I was home alone recently (a rare occurrence) and I took the opportunity to crank the volume and spin *Dead End*, the latest album by Des Moines four-piece Traffic Death, released on Sump Pump in December 2017. No, I don't have neighbors. If I did, their faces might have melted, and I would've been too wrapped up in the sounds to notice.

Dead End, the band's second full-length album, is a delightful horror show. It bounces gleefully from subgenre to subgenre, never quite deciding for more than a riff or two whether it wants to be doom, or speed, or death, or thrash—or just good, old-fashioned horror rock. The opening track, "Spontaneous Decomposition/Nothing to See Here" slides into your ear with a slow tease of a drone before slamming hard into the take-no-prisoners yocals.

The lyrics on the album are unflinching in their exploration of death and destruction, doused liberally in shock horror tropes, but approaching philosophical on several tracks, especially towards the end. The sci-fi fright fest of "Internal Void" ("A crypt filled with

corpses/From massive experiments/Some appear human, others a mystery") slips seamlessly into the introspection of album closer "Gone Forever/Consumed by Fire" ("Brains are unable to turn off, The screens are blaring and always on/No simple way to sit back and relax, When our conscience is all but gone"), with no irony or disconnect—the internal fears we face are inextricable from the external.

The high point of the album is the arc of three songs that lead up to the final track: "Run Them Out," "Gun in Hand" and "Internal Void." They are fun, relentless and rigorous in their musicality. "Run Them Out" and "Internal Void" both kick off with the trope of spoken text, the latter using a quote from the 1979 cannibalism flick *Don't Go Near the Park*. The driving speed of "Gun in Hand" drags you by the neck for all but the last five seconds, then drops into a doomy despondency.

All told, between the sometimes campy, sometimes dark lyrics, the unstable archetypes and the '80s throwback power metal guitar riffs, *Dead End* is an album that will take you on a trip through some dark places while having a hell of a lot of fun.

PEIS MALMAN NAMES

LILLE

COMPORIS

#### PETS WITH HUMAN NAMES

Creature Comforts

petswhn.bandcamp.com

reature Comforts, the 2017 sophomore effort from Des Moines three-piece Pets With Human Names, is a tight, solid, confident rock and roll album. The band—Alex Nickeson, Andrew Pierson and Benton Schoenrock—recorded the 10 tracks at Flat

Black Studios for a driven, polished disc that will make you want to throw it on repeat.

There's a lot of experimentation happening on this album. Unlike their 2014 self-titled debut, a raucous throwdown that really locked in their sound, *Creature Comforts* takes a step forward by plugging some stylistic motifs into myriad aesthetics. The album foregrounds the wide variety in the band's influences, and exhibits a playfulness and self-assuredness that make it impossible to dismiss.

They are having so much fun together, pushing each other's limits, eliciting each other's best performances.

Foremost among the throughlines on the album is Schoenrock's drumming. His playing is relentless—frenetic, even, at times—and its persistence is key to the band's style. Even when he's indulging in some experimentation of his own (notably, on "Temple"), there's a consistency to his drumming that is truly defining.

The album's trippy opening tracks—"Crystals," "Terracotta" and "Magenta"—are a real highlight of the whole. "Terracotta," which has some of the more intriguing vocal choices as well as excellent guitar work from Nickeson, is an incredibly patient tune. It's build-and-break repetition is a perfect lead-up to the delivery of "Magenta."

It's album closer "Mirrors" though that's the real reward. At 6:10, it's the album's longest song, but the band makes you feel like they could keep it up forever. They are having so much fun together, pushing each other's limits, eliciting each other's best performances. It's always a blast when an album ends with a long jam like that, because it really makes you feel as though the musicians enjoy the work, not just the end product.

*Creature Comforts* is an album not just for listening, but for re-listening. **LV**/

-Genevieve Trainor

#### LET'S ROLL BY FRANCIS HEANEY

The American Values Club Crossword is edited by Ben Tausig.

#### **ACROSS**

1. Fruit that doesn't need to be in every damn fruit salad, for god's sake 6. The *Misadventures of* 

6. The Misadventures of Awkward Black \_\_\_\_ (Issa

Rae memoir) 10. Intertwine

14. Native American who might speak Russian

15. Highest point

16. Brand once associated with Lacoste

17. Start conducting 19. Animal Tippi Hedren

once kept as a pet 20. Picked out from a lineup, say

21. "Harley-Davidson Releases New Motorcycle Designed for \_\_\_\_\_" (Onion

22. Gabor sister with nine marriages

24. Kind of wool

headline)

26. Network that aired *Felicity* 

28. French for "already"

30. Ones holding forth

34. Petty of the Traveling Wilburys

37. Comfortable way of

LV233 ANSWERS

reaching the finish

39. "Later," in La Paz

41. *The \_\_\_\_ of Physics* 42. What a soft answer turneth away

43. Grammatical situation caused by adverb placement

46. Stan of MCU cameos

47. Brandy glass

48. Gallagher brother with an outrageously thick Mancunian accent

50. Bob who led the Silver Bullet Band

52. Low-quality

56. Smog might exacerhate it

59. Arctic Circle bird

61. \_\_\_ hypothesis

62. "Beat it!"

63. Being completely frank

66. Manual's opposite

67. Nina García is its new editor-in-chief

68. Lincoln Center's \_\_\_ Tully Hall

69. Scheme

70. Fourteen in a fortnight

71. Takes to heart

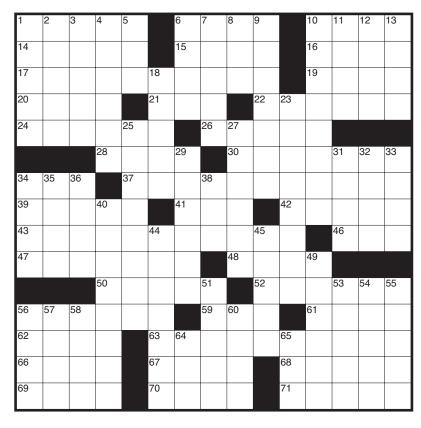
#### DOWN

S P A C E W A S T E P A P I H O L Y R O L L E R O M E N O U T S E L L I N G P E A T T R O T E E M S T A N N E E E D E R O M E N O T E A D E N P R T O T E B L E E D Z A G A T T T V S A I L S MOVER S H I T A V E P E N A L D U A N E L I P B A L M A V E R T E D L A H A R E L D E R S P O K E S E A R T T Y L T O N E P A A V O N U R M I A P E R A L P I N E L A C E R E D S M E S A G E P A D

Saying
 Dodge cleverly
 Pariah
 Showed up

5. To the \_\_\_\_ degree 6. Tycho's pal in the webcomic Penny Arcade
7. "That's gonna be impossible for me ..."
8.

Watergate initials
9. Album featuring
"Dazed and



Confused," for short 10. Comic strip hillbilly who was a fan of Fearless Fosdick

11. Dev, in *Master of None* 

12. Whispers flirtily13. She and Wilbur sing

"(You're) Timeless to Me" in *Hairspray* 

18. Entendre-laden eggplant, e.g.

 $23. \ Burkin is \ and \ such$ 

25. Paper element

27. Stuff applied in some spa massages

29. Outfit

31. And the like: Abbr. 32. Boring method to

learn by 33. Gender-inclusive

pronoun 34. New Mexico skiing

destination
35. He's called Mr.

Wednesday on TV's

American Gods

36. iPad option 38. Far-preferable alterna-

tive to a combover 40. Branch

44. Canceled out

45. Gotham City reporter Vale

49. One without the magic touch, in a certain fictional universe

51. Get one's act together after kinda sucking

53. 1985 title role for Glenn Close

54. Custom gift that's made by burning

55. Vertical reference lines on graphs

56. Stat

57. Place for Torah readings

58. Band that didn't actually sing "There's nothing that a hundred men on Mars could ever do," but wouldn't it be nice if they had?

60. Guitar Center purchases, briefly

64. \_\_\_\_ mode

65. "You know what, I'm gonna skip that"



## WHAT KIND OF CLOTHING SHOPPER ARE

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