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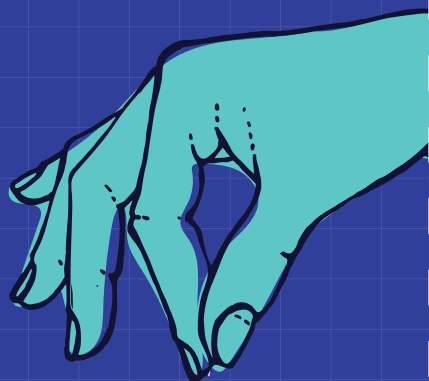
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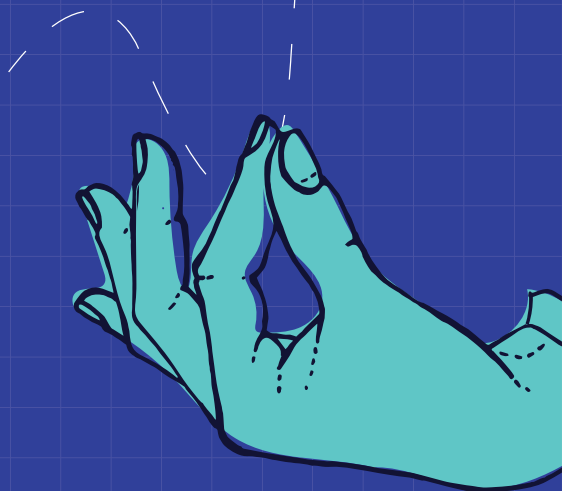
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Little Village is an independent, community-supported news and culture publication based in Iowa City. Through journalism, essays and events, we work to improve our community in the Iowa City, Coralville and Cedar Rapids area according to a few core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

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PAUL BRENNAN

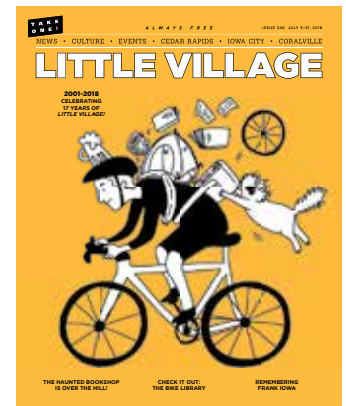
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LETTERS

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.

TOO MANY HOGS, TOO MUCH CORPORATE GREED

Two thousand four hundred ninety-nine. That is the magic maximum number of hogs allowed to construct a new confined animal feeding operation (CAFO, or factory farm) in Iowa without notifying local or county officials or adhering to state government regulations. Only a cursory review and approval by the Iowa Department of Natural Resources (DNR), and filing a plan for manure management with the county auditor, are required. There are no minimum requirements for acreage or distance from residences, schools, parks and sources of water unless the CAFO

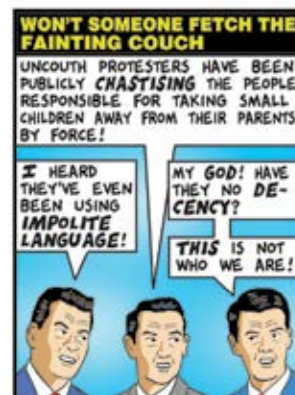
contains 2,500 hogs or more.

Currently, there are approximately 11,500 CAFOs that have been approved by the DNR, and another 5,000 operations never approved but detected by DNR satellite photos, according to a Sept. 15, 2017 *Des Moines Register* article. Representatives of the state, Farm Bureau and meat packing corporations estimate that Iowa should be able to handle 45,700 CAFOs. CAFOs produce lots of cheap pork (one-third of which we export) and the vast majority of the chickens and eggs consumed in Iowa. CAFOs also provide jobs in many economically distressed areas of the state. So what is the problem?

First, we have a huge manure problem. CAFO manure is stored in concrete lagoons under the hog sheds that can and have leaked raw manure into our water supply. Farmers

THIS MODERN WORLD

by TOM TOMORROW



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also spray liquified manure onto fields. Runoff and farmland tile drainage systems pollute our water supply and contribute to Iowa's current ranking as the state with the third most contaminated water.

Hog manure releases methane, carbon monoxide, nitrogen, phosphorous, heavy salts and minerals into our atmosphere, contributing significantly to global warming.

Particulate matter from all this manure pollutes our air and soil. Nationally, CAFOs produce three times the amount of feces produced by the entire human population of the United States, according to the U.S. Department of Agriculture. Hog manure releases methane, carbon monoxide, nitrogen, phosphorous, heavy salts and minerals into our atmosphere, contributing significantly to global warming. And this concentrated

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LETTERS & INTERACTIONS

quantity of manure stinks! Just ask those who live close to a CAFO or drive around the countryside yourself on a warm, breezy day.

Second, CAFOs are making us sick. Hogs living in overcrowded sheds and standing on metal grates directly over the manure pits are fed antibiotics to prevent disease and promote growth. We ingest these antibiotics when we eat pork. Research from the University of Iowa and other universities has linked antibiotic resistant diseases such as the deadly MRSA virus to CAFOs. In addition, headaches, nausea, respiratory illnesses and developmental delays in infants and children have been reported in those living close to CAFOs. (Jefferson County Farmers and Neighbors, Inc. has several excellent reports on the research documenting the harmful effects of CAFO manure on children's health and the environment.)

Third, consumers have little to gain economically from CAFOs. Farm record data indicate that the costs of industrial factory hog farms are only slightly lower than costs of

average commercial producers. And the lion's share of profits from the sale of pork go to the corporate owners, not to the individual farmers. Corporations are locating CAFOs pretty much wherever they want and most of that is in rural areas where they meet less resistance, regardless of the economic or social consequences for citizens. Small rural communities surrounded by factory hog farms and manure odors are hardly attractive to new businesses and young productive people who might be considering moving into the state.

Fourth, CAFOS are cruel and inhumane to both workers and pigs. The meat-packing industry employs many poor and immigrant workers who may not have legal papers. These workers are exposed to harmful fumes and chemicals from all the manure and often work dangerous jobs with unpaid overtime and no benefits in the packing plants. The threat of losing their income and deportation always looms, so they cannot complain. When ICE (Immigration and Customs Enforcement) does show up, the corporate

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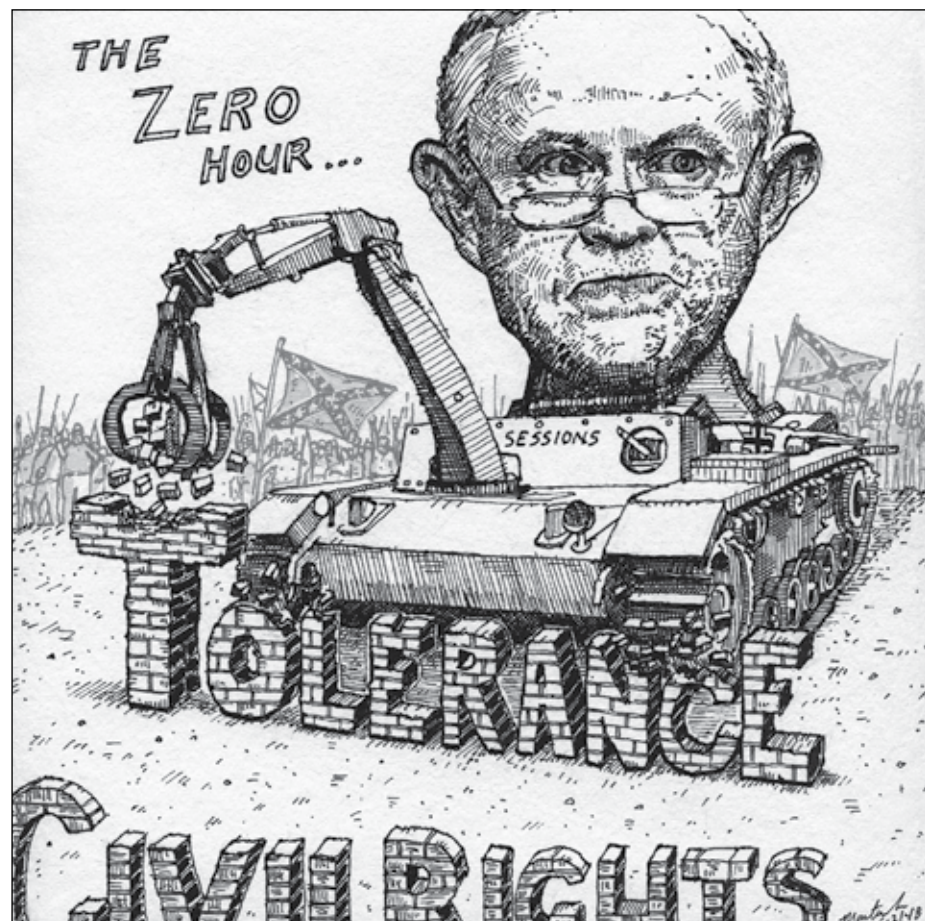


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STRESS FRACTURES

JOHN MARTINEK





/LittleVillage **READER POLL:**

RAGBRAI is coming to Iowa City on July 27. Locals, what will you be doing?



owners typically never pay a penalty or change their exploitative practices. Only the workers suffer.

Pigs are forced to live out their lives in overcrowded, stressful pens and breathe ammonia fumes. CAFOs that use farrowing crates are particularly cruel to the sows who spend most of their lives in cages so small they cannot walk or turn around. The industry has even found an ingenious way to deliver electrical shock to the sow who has the misfortune of lying on her piglets. When it's time for the pigs to go to market, their torture continues. They are herded into crowded semis using electrical prods, often applied to the rectum, if they don't move fast enough. Transported without food or water, they must suffer under diesel fumes, ammonia and extreme heat in the summer and are subjected to freezing temperatures in the trucks in winter. There are documented cases of hogs whose skin has frozen to the metal truck trailer side.

After herding into the packing plant, again with the aid of the electrical prods, the animals are supposed to be put out of their misery with stun guns applied to the brain. But evidence from outside observers and employees reported by PETA (People for the Ethical Treatment of Animals) indicates that the stun guns may misfire due to equipment failure or lack of employee training. The result is that some pigs are dunked in the scalding tank while still alive! These plants operate 24 hours per day, seven days a week and may kill 1,000 hogs per hour.

So, what can we do? Both rural and urban Iowans must become active in shaping the destiny of our communities and state. Factory farming is not just a problem for poor, rural communities. The current Iowa

state legislature has killed our precious Iowa value of local control. Like Big Tobacco, Big Oil and Big Pharma, Big Ag has the money and the power to influence the majority of our state legislators and government officials. They become complicit as their hefty campaign chests assure reelection. We cannot allow self-interest economics and corporate greed to continue to destroy our land, water, air and rural communities.

In his book *The Essentials of Economic Sustainability*, John Ikerd observed that just as the South gave birth to the civil rights movement, it can be the predominantly rural states that save our land, air and water. So we must be active. You may choose to not eat pork. If you enjoy meat, ask your grocer or restaurant where their meat comes from. Although roughly 90 percent of pork sold in grocery stores and restaurants comes from CAFOs, there are many remaining farms that produce quality meat under healthy, humane conditions. Ask before you buy.

Call, email or write your legislators and government officials. Sign petitions. Talk to your neighbors, friends and family. Ask your county board of supervisors how they intend to promote sustainable and responsible farming methods. Ask candidates who are running for office their position on these issues. And *vote!* Vote in every local, county, state and national election for which you are registered. The point is, *do whatever you can, but just do something!!* And do it now.

The CAFOs are coming to Johnson County. **LV**

—Sandra Alper and Miriam Kashia,
100 Grannies

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The Iowa Dispatch

The Revolution Needs Better Sound Design

The fight for immigration reform began at the border. • BY JO ANDREASSEN



The Iowa Dispatch features the voices of Iowans scattered around the country and the world, offering a local perspective on national and international issues.

The daily summer temperature in the Chihuahuan Desert, the land that stretches from the middle of New Mexico and southeast through Texas and Mexico toward the Gulf, frequently surges above 100 degrees. The desert itself receives about 9 inches of rain a year, and very little of that during the summer months. Mix in devastating dust storms that often darken the sky and choke people to death in 70-plus mile-per-hour winds, and you have one of the most inhospitable places in the country.

Most of the Chihuahuan Desert is within the jurisdiction of U.S. Customs and Border Protection (CBP) and their enforcement counterpart, Immigration and Customs Enforcement (ICE). That full jurisdiction is within 100 miles of any border (Canadian, Mexican, ocean) and within it, CBP and ICE have a fair amount of autonomy in their

Protestors march on a Customs and Border Protection facility in El Paso, Texas on Tuesday, June 19. Photo by Jo Andreasen

operations. It is in the Chihuahuan desert that the enforcement of President Trump and

Drum circles and chants rippled through the crowd, defiantly shouting down border agents.

Attorney General Jeff Sessions' "zero tolerance" immigration policy has been exposed to the world—including the separation of children from their parents, and the holding of these children in tent camps and facilities.

In response, hundreds of local protests have surged to join the standing protests

against standard ICE and CBP abuses. I attended two of these local protests specifically targeted at ending the Trump policy of separating parents and their children at the border. The first on June 17—Father's Day—organized with less than a 48-hour turnaround by Texas Senate hopeful Beto O'Rourke. The start location of this particular march was moved a few times in order to accommodate the swiftly increasing number of attendees, eventually settling at the Tornillo-Guadalupe Toll Plaza, about 10 minutes outside of Fabens, Texas.

My husband and I attended with our 2-year-old child, Sonje, arrived about 15 minutes before the event was set to begin, and were absolutely floored by the turnout. All along every ridge of the highway, cars were parked—and swarms of people were flooding the Toll Plaza.

Many organizations who protest regularly the overreach of ICE and CBP were there, from the Democratic Socialists of America to the Coalición de Derechos Humanos and the Border Network for Human Rights. But joining these organizations were hundreds of people with their own handmade signs with custom slogans criticizing the current administration and figures (Trump, Sessions, McConnell, etc.) within it. I spoke with one woman, there with her husband. A self-proclaimed "staunch Republican," she insisted that this was "not a political rally," but instead something that "everyone should agree on."

I have seen crowd estimates from O'Rourke's camp that say there were about 1,000 people at the march, but I feel confident there were more.

Accommodating that number of people

on such short notice is extremely difficult, but I will say that the entire event suffered from a complete lack of organization. While some chants ("El pueblo unido/jamás será vencido" or "Let our children go," among others) were able to gain traction in some parts of the crowd, event organizers found it

almost impossible to coalesce people around a singular goal.

O'Rourke was joined by Veronica Escobar (The El Paso judge who is vying for his vacated seat), El Paso's Democratic state representatives, a few more state reps and, eventually, Joe Kennedy III (D-MA 4th District). The arrival of these public figures only added to the complexities of the gathering. Occasionally, speeches would be delivered from within the mob—but no one I spoke to was able to hear what was being said. This did not stop the cheers from rippling through the crowd, but the attitude was generally "I didn't hear what was said, but I support it if they're talking here."

Those of us who recognize the terrors of ICE and CBP on a daily basis were sometimes at odds with protesters who wished to focus specifically on children being separated from their parents. There was a lone woman who identified as a representative of the Right to Life Committee of New Mexico who felt that this policy was "too far," but the rally too political for her. I actually agreed. It felt much more like a campaign rally for O'Rourke than a targeted action against the institutions and administration responsible for immigrant persecution. I continue to believe O'Rourke has his heart in the right place, but in my view, his organizers took advantage of an opportune moment.

That feeling of "political rally" contrasted greatly with the march organized on Tuesday, June 19 by the Border Network for Human Rights (BNHR). With a week's planning time, the organization and action plan of this particular march was substantially more pointed. This may primarily be because the BNHR is experienced at doing this marches regularly against these institutions which have always been guilty of violating basic human rights, but it is also partially because the turnout was much smaller, around 750.

The group started at Edgemere Park in El Paso and marched to a processing facility run by CBP. My immediate cohorts consisted of a number of elderly women from Las Cruces (including a wonderful woman named Jeanne) and our state representative, Bill McCamley. All had been at the march earlier in the week and shared my ambivalent impressions.

Signs were handed out to those who had none, extra crates of water were available and we marched a determined path in two-by-two formation, when able. Upon arriving, six large lettered signs spelling C-L-O-S-E-D

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were held across the entrance as the crowd halted traffic.

Drum circles and chants rippled through the crowd throughout the march and sit-in, defiantly shouting down border agents who began to set up cameras and recording equipment in the parking lot and from the roof of their facility. Once we had settled in, there was a series of speeches delivered from behind the gates by the organization's leaders, but once again—even with a microphone and speaker system—the majority of the crowd was unable to engage with the statements being made. At the same time, different sections of the group were busy shouting slogans and yelling at border agents—all worthwhile actions, but demonstrating a lack of direction within the crowd.

However, shutting down the facility felt like action—an action that I fully support. The only time I saw the crowd part was to let an emergency vehicle through; otherwise, members of the group stood back and helped guide vehicles to turn around and provide directions when necessary. Border patrol agents, without irony, expressed that they were being prevented from going home.

Without national action, national response, these actions mean very little. And if the administration realizes their mistakes and properly reverses the policy and reunites families, activists fear the rest of the country will grow silent once more.

The marches, however, will continue. Concentration camps or not, there is violence at the border perpetuated by an arm of the federal government. If there was one message to take away from these rallies (and the ones that have been organized daily for the past few weeks), it is that protesters are empowered by the national support. But those who have only recently been empowered to defend immigrants' rights, from Texas to Iowa, must remember—the problem is more systemic than this one policy. **LV**

Jo Andreassen currently lives in New Mexico with their wife Becca, husband Per and 2-year-old Sonje. Jo works as an instructor at New Mexico State University where they are finishing their graduate degrees in writing, rhetoric and gender studies. Jo has a background in the mental health and social services field, but focuses most of their days on activism and writing. Born and raised in the rural Iowa countryside, Jo can't wait to get out of the blistering New Mexico heat and return home to the Midwest.

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Two Cats, 50,000 Books and 40 years

The Haunted Bookshop reaches a new milestone. • BY ABBY EVANS



Despite its spooky-sounding name and the fact it's in one of Iowa City's oldest buildings, any mysterious noise heard in the Haunted Bookshop is likely the work of the shop's cats, not ghosts.

The store's name comes from Christopher Morley's 1919 novel, *The Haunted Bookshop*. The only unquiet dead in the novel are "the ghosts of the books I haven't read," the fictional shop's owner tells another character. "That's why I call this place the Haunted Bookshop."

In the book, the shop is the center of an improbable international conspiracy—a book is stolen, people are kidnapped by a spy, a bomb explodes. At Iowa City's Haunted Bookshop things are much calmer.

Over the past 40 years, the Haunted Bookshop has grown into Iowa City's largest secondhand bookstore, which means much of the action in the shop involves cleaning the 25,000 to 35,000 used books that come in every year.

"We exist to provide a way to reuse," owner Nialle Sylvan said.

Nierme, the Haunted Bookshop's mildew-sniffing wonder, gets some well-deserved love from store owner Nialle Sylvan.

Photo by Zak Neumann

Sylvan has owned The Haunted Bookshop since 2004. The business was started and named on October 16, 1978 by the original

"A lot of strong women have been here, and it feels kind of good to know that." —Nialle Sylvan

owner, Rok Williams. It was a good year for bookstores in Iowa City—Prairie Lights also opened its doors that year.

The bookshop had three previous locations before it was moved to the historic Wentz house on N Gilbert Street in 2013. Built in 1847, the Greek Revival-style house is the only remaining two-story 19th-century house

in Iowa City constructed from native stone.

The house has been the location of several businesses owned and operated by women throughout its history. "A lot of strong women have been here, and it feels kind of good to know that ... I belong in that succession," Sylvan said.

The bookshop houses approximately 50,000 books; the range of topics covered can be seen in Weldon's room, one of the shop's 10 rooms. Weldon's room is focused on Iowa-centered books, containing everything from graphic novels to books on food and cooking.

"The books about Iowa and the books about food are in the same place, which makes sense to everybody who actually is from Iowa," Sylvan said.

More than books have found a second home in The Haunted Bookshop. There was also Phey.

Phey was the shop's first cat. She came to live at the bookshop for a month after her owners' home was damaged in the 2006 tornado.

"[S]he certainly was a joy to meet and to share, and she inspired bringing Nierme and Logan on to the staff, and I don't know what we would do without them. They're just a constant source of delight and funny stories," Sylvan said.

Logan handles the traditional cat role of pest control. Nierme has a more specialized job. When patrons bring in books to be sold, she is in charge of sniffing them for mildew. If Nierme snarls, Sylvan knows not to buy the books.

"She has a particular face that she makes when she smells mildew, and so even if I can't smell it, you know cats have a much

better sense of smell like all mammals do compared to humans, so she'll make this face ... this lip-curved-back kind of face," Sylvan said.

Sylvan views her job as a "cultural calling." Her favorite part is interacting with customers and recommending books.

She feels a particular affinity for the shy reader and takes her responsibility as the sole curator for the bookshop's selections seriously.

"Because it is a used bookstore, because I do all the buying, I'm in a position to curate a selection based on what I know of my community," Sylvan said. "I can have a really

big LGBT section, when it's not picked clean ... and by that, make the statement that this is OK. If this is you, this is OK. You can be here. You're welcome here."

That sense of community is reflected in the store's furniture. Much of it was donated as gifts from patrons. The rocking chairs and cozy couches evoke a sense of comfort and familiarity. "It's not just the furniture, it's also the books that are themselves loaded with all of these different memories of people," Sylvan said.

In January, the shop's sense of community was challenged when an outside wall was spray-painted with a message accusing an employee of being a "sexual abuser." This incited controversy on social media, but no accusations were confirmed, nor charges filed. Sylvan said of the incident, "I will never stop trying to make this place a safe and accessible place for everyone."

Because the Wentz House has been listed on the National Register of Historic Places since 1974, there were restrictions on what could be used to strip off the spray paint. Crushed walnuts, commonly used to gently remove layers of paint during art restoration, were rubbed against the building to clean it.

In addition to providing a space for readers and cats, the Haunted Bookshop also raises between \$10,000 and \$15,000 each year for Iowa City's Free Medical Clinic. Near the back door are shelves packed with books—\$1.00 for hardcovers, 50 cents for paperbacks—and all proceeds from those sales are donated to the clinic.

"The Free Medical Clinic has this amazing ability to turn basically every dollar into five dollars' worth of medical supplies or services," Sylvan said.

To celebrate the 40th birthday of the Haunted Bookshop, Sylvan plans to create a scavenger hunt in the store and have an excerpt read from Christopher Morley's *The Haunted Bookshop*.

"So many people have memories attached to this place and some of them have, in their kindness, given me mementos of the long history of the store before I got here," Sylvan said. "I want to hide those around the store and I want to give people the chance to be surprised by memories and maybe by what those memories evoke." LV/

Abby Evans is a Little Village intern and admirer of mildew-detecting cats. She is a senior at the University of Iowa studying English and creative writing.

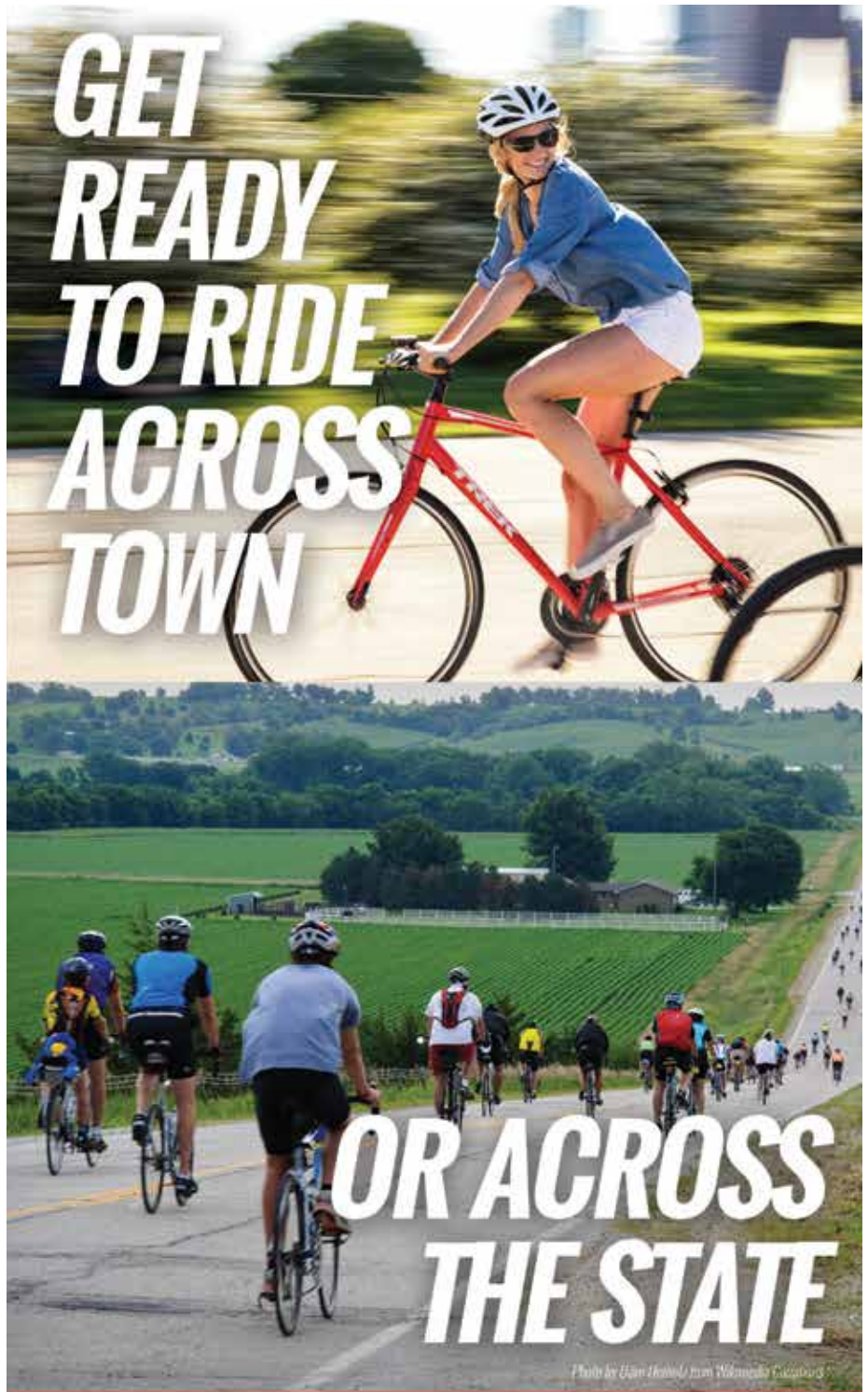


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ONE MORE CRAZY IOWA CITY IDEA: THE BIKE LIBRARY

BY PAUL BRENNAN



Looking up from the bicycle he was working on, Brian Loring recalled the reaction he got the first time he proposed creating a volunteer-run organization that would fix up old bikes people could “check out” for a modest fee.

“I think everyone thought it was kind of stupid,” Loring said. “It was sort of, ‘Okay, it’s just one more crazy Iowa City idea.’”

But it’s an idea that has worked. Since its founding in 2004, the Iowa City Bike Library has repaired and refurbished almost 1,700 donated bikes. Anyone can check out a bike for six months, in exchange for a deposit. The deposits run from \$75 to \$300, depending on the bike. At the end of six months, the bike can be returned and the deposit is refunded,

minus a \$50 sustainability fee to cover wear and tear. Or the person keeps the bike and the Bike Library keeps the deposit. Most people keep the bike.

“The whole philosophy behind this is getting bikes into the hands of as many people as possible,” Loring said.

Loring started thinking about a library-style program after observing the Yellow Bike movement while he was living in California in the 1990s.

“You’d spray-paint a bike yellow and leave it out for people to use,” Loring explained. The problem was the bikes tended to be old and there was no system in place to maintain them.

“It’s a great concept on some level, but you

also need a bike that works to get from point A to point B,” Loring said.

Loring continued mulling over the idea for a bike check-out program after he moved back to Iowa City, where he’d lived in the 1980s while attending graduate school. (When not volunteering at the Bike Library, Loring’s the executive director of Neighborhood Centers of Johnson County.) He knew Iowa City was receptive to ideas that seem eccentric elsewhere.

Finding volunteers wasn’t a problem. Getting city approval wasn’t either.

“I took [the concept] to the city,” Loring said. “The city was doing a youth bike program, and they had some spare bikes.” He didn’t have a fully fleshed-out proposal, but it



Audrey Wiedemeier (left), the Bike Library's executive director. *Photo by Zak Neumann.* **Brian Loring (above), founder.** *Photo by Paul Brennan*

didn't matter.

"Basically, rather than try to figure it all out, I said 'let's just start something and see where it goes.'"

With a card table at the Iowa City Farmers Market and four bikes in tow, the Bike Library got its start. But not under that name.

"I think initially we called it the Arts and Community Bike Project, or something stu-

that had housed John Wilson Sporting Goods and was using it as a storage facility. The Bike Library was given space in the front part of the building.

"The roof leaked, so we had this internal gutter system running the water away from us. The ceiling was falling down, but who cares? It was a great space, and the location was fantastic," Loring said. "The key factor in our success was the location—being right there, downtown with all the foot traffic."

"The first year was kind of rough, but we got through it," Loring recalled. The all-volunteer staff brought their own tools and built

their own workbenches and tables.

"It's all about the volunteers. That's what made this thing work," Loring said. "We came up

with a core of about 15 people who were just solid."

There's still one problem the Bike Library hasn't been able to resolve: space. After 10 years, they had to leave the old Wilson building because it was torn down to make room for the Chauncey Swan Parking Ramp. Since then, the Bike Library has struggled to find an affordable space large enough to

"The whole philosophy behind this is getting bikes into the hands of as many people as possible." —Brian Loring

pid like that," Loring said.

At that first Farmers Market, three of the four bikes were checked out.

As soon as the program began to grow, it became obvious they needed space to work on and store the donated bikes.

"I knew Steven Atkins, the [then] city manager, and I spoke with him and a few others and finally talked them into [providing the Bike Library space]," Loring said. At the time, the city owned the downtown building

CONT. ON >> PG. 34

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En Español

De un hombre a otro: deja de interrumpir a las mujeres

POR SAMUEL JAMBROVIĆ

Hace tres años, una de mis mejores amigas me dijo algo que realmente tenía que escuchar: que yo la interrumpía todo el tiempo.

Me da mucha pena admitirlo, pero ella tenía razón. En vez de escucharla, de reflexionar sobre mi comportamiento y, sobre todo, de ofrecerle una disculpa, me distraje buscando cualquier excusa para justificar mis acciones. Me dije que mi amiga exageraba; todo el mundo se interrumpía independientemente de cuestiones de género. Más que nada, me aferré a la idea de que yo, un feminista muy orgulloso de serlo, era demasiado consciente de estos temas como para hacer algo tan descaradamente machista.

Unos días después, estaba hablando por teléfono con mi madre y me fijé que estaba interrumpiéndola una y otra vez mientras ella trataba de contarme una historia. Por fin entendí lo que mi amiga había tratado de decirme y sentí una vergüenza profunda. Aún peor, me di cuenta de que mi madre se había acostumbrado a que yo la cortara así; cuando le pregunté si era verdad, me dijo que sí, pero que casi toda la familia se lo hacía (somos cinco hombres y dos mujeres) y que le había dejado de importar hacía mucho tiempo. Tres años después de esa conversación, todavía me arden las mejillas al recordarla, sobre todo porque no he podido reprimir del todo esta tendencia mía a hablar primero y sin consideración por los demás.

Por ejemplo, hace poco yo fui presentador para una lectura aquí en Iowa City y al final una colega del programa de traducción levantó la mano y me preguntó si podía promocionar otra lectura que estaba planeada para el día siguiente. En vez de pasarle el micrófono, insistí en ser el que informara al público sobre el evento a pesar de no saber la mayoría de los detalles. Tuve el impulso de retener el control sobre el micrófono y actué sobre ese impulso sin pensarlo dos veces. Me da incluso más pena hablar de este último suceso porque volví a cometer el mismo error aun



Blair Gauntt

disponiendo del conocimiento para evitarlo.

De estas experiencias he aprendido dos lecciones fundamentales: uno, parte de ser un buen amigo es tener la valentía de contarle a alguien que sus acciones le están haciendo daño a otra persona, y dos, parte de reparar ese daño es tener la valentía de pedir perdón.

Tuve el impulso de retener el control sobre el micrófono y actué sobre ese impulso sin pensarlo dos veces.

Este ensayo es una disculpa (y un agradecimiento) a mi amiga, a mi madre, a mi colega y a todas las mujeres que he interrumpido a lo largo de mi vida. Espero que los hombres que lean este texto evalúen su propia conducta y, aún más importante, arreglen las cosas con las mujeres que han silenciado. De manera más general, espero que mis experiencias demuestren que el acto de llamarle la atención a alguien por su comportamiento

discriminatorio de hecho puede fomentar una relación aún más cercana y respetuosa entre dos personas.

Hay una tendencia persistente entre los hombres—fruto de nuestra socialización desde una edad temprana que luego se refuerza por casi todos los aspectos de la sociedad—a

interrumpir a las mujeres, a explicarles las cosas, a hablar por ellas y a presumir que entendemos su experiencia por el mero hecho de que también somos seres humanos. En

mi caso, tuve la suerte de que una amiga me advirtiera sobre esta tendencia y que tuviera la paciencia de aguantarme mientras procesaba la realidad de lo que había hecho durante tantos años. Desafortunadamente, no todos los hombres tenemos una amiga así, y de los que sí tenemos una, muy pocos hemos aprendido a escucharla.

My Locker Room Talk: Stop Interrupting Women

WRITTEN AND TRANSLATED BY
SAMUEL JAMBROVIĆ

Three years ago, one of my closest friends said something to me that I desperately needed to hear: I interrupted her all the time.

I'm ashamed to admit it, but she was right. Instead of listening to her, reflecting on my behavior and, most importantly, apologizing, I tried coming up with ways to justify my actions. I told myself that my friend was exaggerating; interrupting other people is something we all do and has nothing to do with a person's gender. Most of all, I held firmly to the belief that I, a proud feminist, was far too aware of these issues to do something so blatantly sexist.

A few days later, I was on the phone with my mom and caught myself interrupting her over and over again as she was trying to tell me a story. I finally understood what my friend had been trying to tell me and felt a deep sense of shame. Even worse, I realized that my mom had gotten used to me cutting her off like this; when I asked her if this was true, she said yes, but that almost everyone at home did so (there are five men and two women in my family) and that she'd stopped caring about it a long time ago. Three years later, my face still burns when I think back to that conversation, especially since I haven't been able to fully curb my tendency of speaking first and without consideration for others.

For instance, I was recently the presenter for a reading here in Iowa City, and at the end a colleague from the translation program raised her hand and asked me if she could promote a different reading scheduled for the following day. Instead of passing her the microphone, I insisted on being the one to inform the audience of the event even though I barely knew any of the details. My impulse was to retain control of the microphone, and I acted on that impulse without hesitation. I'm even more ashamed of this particular instance because I fell into the same pattern of behavior even when I thought I had the knowledge



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to prevent it from happening again.

I've learned two important lessons from these experiences: one, part of being a good friend is having the courage to tell someone when their actions are harmful to someone else, and two, part of repairing that harm is having the courage to apologize. This essay is an apology (and a thank you) to my friend, my mom, my colleague and all the women I've interrupted throughout my life. My hope is that the men who read this text will evaluate their own behavior and, ideally, make amends with the women they've habitually silenced. More generally, I hope my experiences show that finding

My impulse was to retain control of the microphone, and I acted on that impulse without hesitation.

the courage to call someone's attention to their discriminatory behavior can in fact lead to a closer, more respectful relationship between two people.

There is a persistent tendency among men—a product of our socialization from an early age that is later reinforced by virtually every aspect of society—to interrupt women, to explain things to them, to speak for them and to presume that we understand their experience simply because we're also human beings. In my case, I was lucky enough to have a friend who warned me about this tendency and had the patience to put up with me while I processed the reality of what I'd done for so many years. Unfortunately, not all men have a friend like this, and of those who do, even fewer have learned how to listen. LV

Samuel Jambrović is a recent MFA graduate of the Spanish Creative Writing program at the University of Iowa and a current MA candidate in linguistics.

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International Fare in Iowa City

A profile of international cuisine available in the greater Iowa City area.
BY CLAIRE MCGRANAHAN

For the first time in over 40 years, Iowa City is hosting bicyclists and their entourages from all 50 states and a multitude of countries for the Register's Annual Great Bike Ride Across Iowa—better known as RAGBRAI. In celebration of our international guests, we've put together this guide to eating cross-continently in our fine town.

French

Crêpes de Luxe Cafe
309 E College St, Iowa City

Reward yourself twice over and sleep in

for Crêpes de Luxe Café's mid-morning opening. Crêpes de Luxe serves its eponymous dish in many savory and sweet styles, with buckwheat or gluten-free batters also available. Head chef and owner Hicham Chehouani hails from Morocco; after a stint in France, he brought his delicate culinary creations to the streets of Iowa City.

Middle-Eastern/Mediterranean

Oasis Falafel, 206 N Linn St, Iowa City

To fuel up for a long day on the tires, head to Oasis Falafel on the north side of Iowa City for the Madjadra falafel, made of



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Mexican

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La Regia Taqueria is a food-truck-turned-casual-restaurant formerly known as La Michoacana. Coupled with a market full of piñatas, fresh chorizo and sauces, La Regia boasts “the best authentic Mexican food in Iowa City.” Pro tip: Order your food with a glass bottle of classic soda, such as Jarritos or Mexican Coca-Cola.

Caribbean

Island Vybz, moves throughout the greater Iowa City area (see Facebook for details)

If you’re lucky enough to spot the tie-dyed “mobile rasta-rant” Island Vybz, be sure to get in line. Whether you order the Jerk

Pork specialty meal or the Yah Mon Burger, you’ll be bobbing your head to reggae beats while enjoying a hearty portion of spicy and sweet Jamaican flavors. We recommend sipping a ginger beer with your plantains.

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In Memoriam

Remembering the Fantastic Frank Iowa

The RAGBRAI celebrity was an Iowa City legend. • BY JEFF DUNN

For the first time in RAGBRAI's 45-year history, one of the true legends of the event will be missing. Frank Iowa, the only person from Iowa City to ride in every RAGBRAI, passed away on April 30.

He was born Gregson Schmidt, but his love for his state prompted him to adopt the name by which he became known around his hometown of Iowa City. Over the last 45 RAGBRAIs, "Frank Iowa" became synonymous with the cross-state bike ride.

I had the pleasure of first meeting Frank on RAGBRAI in 1985. I was 26 years old and a decent road cyclist who loved to ride fast. One day, I got a later start than normal and spent most of my day riding at the back of the pack. It was there I found some of the more colorful riders, including Frank. His trademark *Duck Dynasty*-style facial hair was dark in those days and made it easy to spot him in the crowds of more than 10,000 cyclists.

I had heard about Frank: He was known for partying all day and riding late in the night to reach the next overnight stop. But I was surprised when I met him. While riding with Frank, I learned why he enjoyed the slower pace at the rear of RAGBRAI. It was all about savoring every moment of the ride. He enjoyed a cigarette and a beer at every

stop, but enjoyed even more the history of the towns we rode through, and Iowa in general. Frank taught me about different styles of barn, heirloom vs. hybrid corn and the Amana Colonies.

He had a passion for life, living simply within his means and finding enjoyment in the moment.

Teams are not uncommon on RAGBRAI, and Frank founded one of the most enduring: Frank Iowa and the Rogues of the Night. He handed out "gold" coins to teammates on the 40th anniversary of the group in 2012, an image of a horned cyclist and the word "Rogues" engraved on one side, a map of Iowa on the other. My stepson, Nick, is a proud owner of one of these coins.

A day with Frank started with him waking up around 9 or 9:30 a.m., when most of the other riders on our team were packed and heading out. Frank would savor a large cup of coffee and a cigarette while planning his day,



which meant discussing where his favorite RAGBRAI vendor, Mr. Pork Chop, was on the route. Then he'd pack up his small tent and his modest belongings and load them on our Team RADPAN (Ride All Day, Party All Night) bus.

Frank loved riding his bike, but wasn't flashy about it. I remember once picking him up at the Coralville Target where he got a new bike specifically for RAGBRAI. We loaded it into our bus and one of my teammates, Tom Leacock, helped adjust the bike and get

it ready for the ride.

Frank's attire was much the same as his bicycle: simple and completely functional. He wore printed cotton T-shirts, baseball caps, baggy shorts, mid-calf socks, sneakers and nondescript cycling sunglasses.

There was not a pretentious bone in Frank's body. He had a passion for life, living simply within his means and finding enjoyment in the moment. There was always something very comfortable about hanging out with Frank. He made friends with ease, and other RAGBRAI riders were always happy to see him. When you saw Frank, you knew you

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RAGBRAI IN IOWA CITY

On July 27, Day 6 of RAGBRAI, bicyclists will wake up in Sigourney and ride northeast 57.8 miles (climbing 1,413 feet, a relatively mild incline). A break is scheduled in Kalona before heading through Riverside, Hills and finally to Iowa City.

Riders will enter town via South Gilbert Street, using Market Street, Madison Street, Iowa Avenue, Riverside Drive and Park Road to get to City Park.

The Book it to Iowa City Bash will begin at 4 p.m. in downtown Iowa City, the mainstage located at the intersection of Clinton Street and Iowa Avenue. Taking that stage between 4 and 10 p.m. will be the Jayhawks, from the Twin Cities; Blitzen Trapper of Portland, Oregon; and local artists Elizabeth Moen and Kevin “B.F.” Burt. Of-age patrons are invited to purchase drinks from downtown bars and restaurants and carry them freely in the designated event area. Food and drink vendors will also be present.

Saturday, July 28—the seventh and final day of RAGBRAI—riders will head out of Iowa City the way they came (substituting Jefferson Street for Market Street). They have a 68.9-mile ride with a climb of 1,585 feet to get to Davenport and the RAGBRAI finish line. Wilton is the last official break stop.



On the first day of his first RAGBRAI, Jody Schomaker (R) met Frank Iowa (L).

Photo courtesy of Jody Schomaker

were at the end of the ride, and it was probably time to say a quick hello and get back on the bike.

Outside of RAGBRAI, Frank kept in touch with his friends over Facebook. I could always count on Frank commenting on my Facebook posts. He loved science and enjoyed sharing the articles he was reading with his friends.

Frank and I were in contact at least once a week throughout the year, but several weeks ago, I realized I hadn't heard from him for awhile. I was concerned and got in touch with his workplace, and that's how I learned he had passed away. Frank's Facebook page

has been taken down, but I created a Friends of Frank Iowa page for people to share stories about him.

Since Frank's passing, I've had several teams contact me and share some of their experiences with Frank. The common theme from every team has been how entertaining and welcoming Frank was.

During the 33 years I knew Frank, nothing changed about him, except his beard got a little grayer. His RAGBRAI celebrity grew significantly over the years and he loved to talk about the towns, the stops, the food and the music. He was a wonderful ambassador for Iowa, his Iowa City community and RAGBRAI. LV

Jeff Dunn misses Frank terribly and wants him to get the recognition he deserves.

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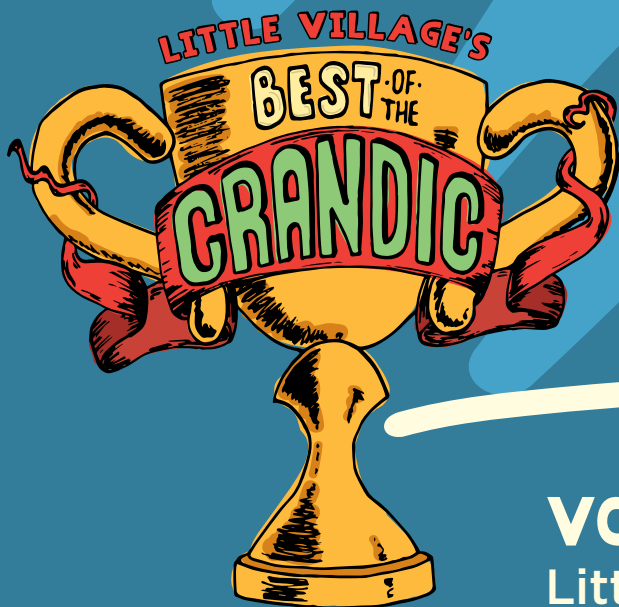
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LittleVillageMag.com/CRANDIC

EDITORS' PICKS

MINNEAPOLIS NEO-SOUL

Nooky Jones w/ the Trollies,

Yacht Club, Iowa City, 9:30 p.m., \$8

Beloved folk rockers the Trollies reunite for one night only ahead of the Nooky Jones set.

FRI., JULY 6

NEIGHBORHOOD SCREENING

'Won't You Be My Neighbor?',

FilmScene, Iowa City, 6 p.m., \$6.50-

10.50 *Downtown*

FUZZ-HEAVY ROCK W/ A '60S VIBE

Doc Miller w/ Blinds, Strange

Foliage, Punch Drunk Fighter,

Yacht Club, Iowa City, 9 p.m., \$7

SAT., JULY 7

CR Pride Fest, Newbo City Market,

Cedar Rapids, 11 a.m., *Free Eastern*

Iowa Circus Collective, a drag show, bands and more!

NEIGHBORHOOD SCREENING

'Won't You Be My Neighbor?',

FilmScene, Iowa City, 1 p.m., \$6.50-9

Shimek, Hickory Hill, Goosetown

NEW FESTIVAL!

Harvest Music Festival, Harvest

Preserve Foundation, Iowa City, 2 p.m.,

Free Jordy Searcy headlining

NEIGHBORHOOD SCREENING

'Won't You Be My Neighbor?',

FilmScene, Iowa City, 3:30 p.m., \$6.50-

9 *Northside, Morningside/Glendale,*

Bluffwood

WAIT, IS INDUSTRIAL A THING AGAIN?!

Amerakin Overdose w/ Silent

Redemption, Once Around,

Citadel, Gabe's, Iowa City, 6 p.m.,

\$12-15 *A horror rock aesthetic and*

killer vocals kick this Portland, Oregon

act up a notch over some of their

inspirations.

SUPPORT THE FLOODWATER COMEDY

FESTIVAL!

Floodwater Comedy

Fundraiser, The Mill, Iowa City, 8

p.m., \$8

SUN., JULY 8

NEIGHBORHOOD SCREENING

'Won't You Be My Neighbor?',

FilmScene, Iowa City, 1 p.m., \$6.50-9

Eastside, Washington Hills, Windsor

Ridge, College Green

NEIGHBORHOOD SCREENING

'Won't You Be My Neighbor?',

FilmScene, Iowa City, 3:30 p.m., \$6.50-

9 *Melrose, Miller/Orchard, Weeber,*

Harlocke, University Heights

ROOFTOP SERIES

'Point Break,' FilmScene, Iowa City,

8 p.m., \$15

QUEER COUNTRY

► **H.C. McEntire w/ Good**

Morning Midnight, The Mill, Iowa

City, 8 p.m., \$10-12 *Mount Moriah's*

McEntire dropped a solo album in

January that paints her dreamy vocals

onto a classic country backdrop.

MON., JULY 9

NEIGHBORHOOD SCREENING

'Won't You Be My Neighbor?',

FilmScene, Iowa City, 6 p.m., \$6.50-

10.50 *Peninsula, Manville Heights,*

Normandy, Longfellow

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HARVEST SONS FRI 7/13 9PM

DANDELION STOMPERS SAT 7/14 6PM

THE SLOW DRAWS FRI 7/20 9PM

RAGBRAI FRI 7/27 11AM-11PM

SOCIETY OF BROKEN SOULS FRI 8/3 9PM

TWINS FRI 8/10 9PM

GONE COUNTRY SAT 8/11 4PM \$5

JOHN D AMATO FRI 8/17 9PM

DAN HUBBARD FRI 8/24 9PM

BACKYARD BLUES FEST SAT 8/25 4PM \$5

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CALIFORNIA METALCORE

Phineas w/ Earth Groans, Doppelgänger, Far From Fearless, Caught in the Crypt, Plains, Gabe's, Iowa City, 6 p.m., \$13-15

THROUGH JULY 14

Camp Euforia, Lone Tree, 5 p.m., \$70-125 *This annual festival is having its 15th anniversary this year!*

NEIGHBORHOOD SCREENING

'Won't You Be My Neighbor?', FilmScene, Iowa City, 6 p.m., \$6.50-10.50 *Oak Grove, Lucas Farms, Creekside*

NEIGHBORHOOD SCREENING

'Won't You Be My Neighbor?', FilmScene, Iowa City, 7 p.m., \$6.50-10.50 *Coralville, Tiffin*

THU., JULY 12

FAMILY AND CHILDREN'S SERIES

The Picture Show: 'Jumanji', FilmScene, Iowa City, 10 a.m., Free-\$5
Also showing July 14 & 15



TUE., JULY 10 WED., JULY 11

DAMN THE MAN!

'Empire Records,' FilmScene and Pullman Bar & Diner, Iowa City, 5:30 p.m., \$40-45

THROUGH JULY 14

University of Iowa International Trombone Festival, Various Venues, Iowa City
Visit www.trombonefestival.net for full schedule and details!

LAS VEGAS HIP HOP-JAZZ FUSION

The Lique, Sanctuary Pub, Iowa City, 8 p.m., Free

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EDITORS' PICKS

BRINGING EXPLORATION TO LIFE

National Geographic Live with Steve Winter, Paramount Theatre, Cedar Rapids, 7:30 p.m., \$30-40 *Storytelling experience with nature photographer Winter in a program titled, "On the Trail of Big Cats: Tigers, Cougars, and Snow Leopards."*

OPENING NIGHT! RUNS THROUGH

JULY 21

'Picnic,' Brucemore, Cedar Rapids, 7:30 p.m., \$15-25

THROUGH JULY 21

Studio Improv—Summer Series, Theatre Cedar Rapids, 7:30 p.m., \$12-15

FMWT VOL. 3, EDITION #5

Period Bomb w/ Praxis, Trumpet Blossom Cafe, Iowa City, 9:30 p.m., \$8

FRI., JULY 13

OPENING NIGHT! RUNS THROUGH

JULY 29

'The Wolves,' Giving Tree Theater, Marion, 8 p.m., \$20

PEORIA, ILLINOIS AMERICANA

Harvest Sons, Big Grove Brewery & Taproom, Iowa City, 9 p.m., Free

EMO-PUNK ROCKERS FROM DES

MOINES

Buddy Danger w/ Social Que, Novagolde, Blist Her, Yacht Club, Iowa City, 9 p.m., \$8 *Wear your best horror movie costume to this Friday the 13th show for a chance to win a \$50 prize!*

DES MOINES SYNTH DUO

Ancient Posse w/ Caleb Condit, Dick's Tap and Shake Room, Cedar Rapids, 10:30 p.m., \$8-10

SPECIAL FRIDAY NIGHT LATE SHIFT AT

THE GRINDHOUSE!

'Friday the 13th Part V: A New Beginning,' FilmScene, Iowa City, 11 p.m., \$5.50

SAT., JULY 14

INAUGURAL MULTI-GENRE FESTIVAL

G14 Music Festival, Flanders Farms, Cummings, 9 a.m., \$30-65, Camping \$8, Events \$5-8

North Liberty Blues & BBQ,

Centennial Park, 10 a.m., Free *Music kicks off with the Tanya English Band at 1 p.m.; don't miss headliner Fantastic Negrito at 9 p.m.!*

THE SCOTTISH PLAY

National Theatre Live Presents: 'Macbeth,' Englert Theatre, Iowa City, 2 p.m., \$15-18 *Something's wicked on the Englert screen! Young upstart kills the king in the wake of a bloody civil war. Just don't say his name in a theater ...*

NEIGHBORHOOD SCREENING

'Won't You Be My Neighbor?', FilmScene, Iowa City, 3:30 p.m., \$6.50-9 *Wetherby, Grantwood, Pepperwood, Broadway, Hilltop, Paddock*

VIRTUOSIC ACOUSTIC GUITAR

The Larry Keel Experience, CSPS Legion Arts, Cedar Rapids, 8 p.m., \$18-22

RIGHTEOUS ROCKABILLY

The Living Deads w/ Death Valley Welcome Center, St. October, Yacht Club, Iowa City, 9 p.m., \$7 *This two-piece has been on the road for eight years straight, averaging 200 shows a year.*

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EDITORS' PICKS



DOCUMENTARY
'Somewhere Only We Know,'
 Groundswell, Cedar Rapids, 7 p.m., Free
 Director Kyle Duane Kazimour, an alum of Iowa BIG (project-driven high school in Cedar Rapids), started Ambivalence Studios when he was 15. Now, with Iowa BIG, the studio has co-produced Kazimour's first feature film, which has already won Best Feature Documentary at Toronto's Alternative Film Festival.

TUE., JULY 17

**SUN.,
 JULY 15**

NEIGHBORHOOD SCREENING
'Won't You Be My Neighbor?',
 FilmScene, Iowa City, 1 p.m., \$6.50-9
 North Liberty

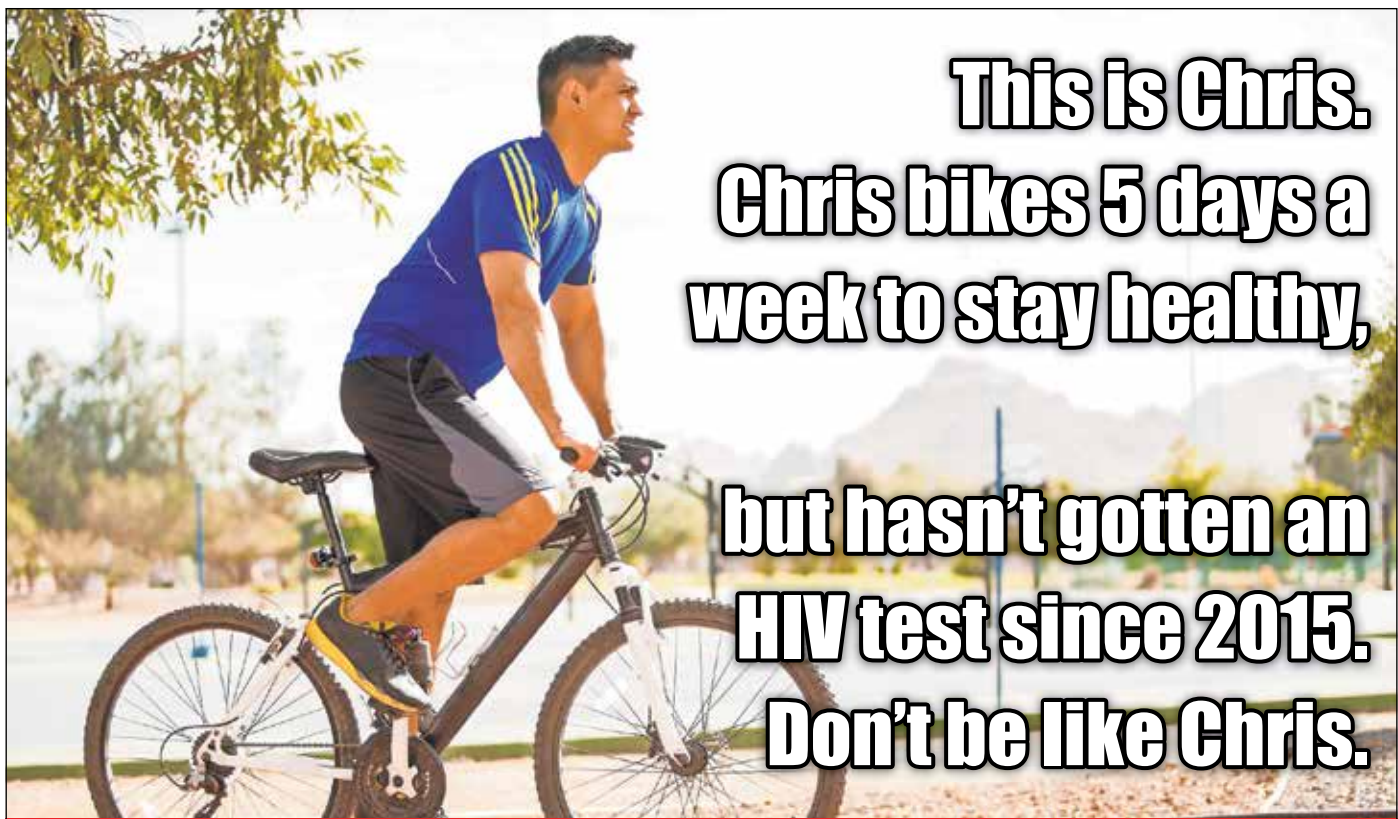
CLOSING PERFORMANCE—HOW VERY
Heathers: The Musical, Theatre
 Cedar Rapids, 2:30 p.m., \$28-36

NEIGHBORHOOD SCREENING
'Won't You Be My Neighbor?',
 FilmScene, Iowa City, 3:30 p.m., \$6.50-9
 Solon, West Branch

MON., JULY 16

PRIDE AT FILMSCENE
 ▲ **'Ma Vie En Rose,'** FilmScene,
 Iowa City, 7 p.m., \$8-10.50

*OPENING PERFORMANCE! RUNS
 THROUGH JULY 28*
**Theatre for Young
 Audiences: 'The Riddle of
 Rumpelstiltskin,'** Old Creamery
 Theatre, Amana, 10 a.m., \$10



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NEIGHBORHOOD SCREENING
'Won't You Be My Neighbor?',
 FilmScene, Iowa City, 6 p.m., \$6.50-
 10.50 Walnut Ridge, Galway Hills,
 Country Club, Southwest, West High

WED., JULY 18

NEIGHBORHOOD SCREENING
'Won't You Be My Neighbor?',
 FilmScene, Iowa City, 7 p.m., \$6.50-
 10.50 Bryn Mawr, Ty Cae, Penny Bryn,
 Westside, Mormon Trek, Willow Creek

THU., JULY 19

FAMILY AND CHILDREN'S SERIES
The Picture Show: 'Wonder,'
 FilmScene, Iowa City, 10 a.m., Free-\$2
 Also showing July 21 & 22



READING
Cameron Dayton, Prairie Lights,
 Iowa City, 5 p.m., Free A writer and
 developer for Blizzard Entertainment,
 EA Games and Activision, IC native
 Dayton will read from his first novel,
 'Etherwalker,' the start of a trilogy, with
 the second book due out in 2019.

INFECTIOUSLY POSITIVE FOLK-POP
Adam Ezra Group, CSPA Legion
 Arts, Cedar Rapids, 7 p.m., \$16-19

OPENING PERFORMANCE! RUNS
 THROUGH JULY 29
'Greater Tuna,' Old Creamery
 Theatre, Amana, 2 p.m., \$16.50-26.50

GOTHIC AMERICANA
**◀ The Handsome Family w/
 Chris Crofton, The Mill, Iowa City,**
 8 p.m., \$20-23 Husband and wife
 duo Brett and Rennie Sparks add a
 drummer and multi-instrumentalist for
 this tour of their dark and eerie tunes.

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EDITORS' PICKS

FRI., JULY 20

READING: 'DEAD GIRLS'

Alice Bolin, Prairie Lights, Iowa City, 7 p.m., Free

SAT., JULY 21

FUN FOR THE WHOLE FAMILY!

Kinderfest, Amana, 10 a.m., Free

IMAGINE OTHER WORLDS WITH AUTHORS

I.O.W.A. Book Signing Event, Marion
Columbus Club, 10 a.m., Free *Iowa authors gather for a
multi-author, multi-genre signing event.*

CHICAGO FOLK BALLADEER

Bonnie Koloc w/ Don Stille, CSPA Legion Arts,
Cedar Rapids, 8 p.m., \$20-25 *Her website calls her
"The greatest living singer that you probably never
heard of"—and if you haven't heard of her, it's true.
Her voice will chill and melt you.*

THRASHGRASS—YES, THRASHGRASS

The Native Howl w/ Ethel Shank, Trash
Wizard, Yacht Club, Iowa City, 9 p.m., \$8-10

FMWT VOL. 3, EDITION #6

Fire-Toolz w/ Purcha\$e, Trumpet Blossom Cafe,
Iowa City, 9 p.m., \$8

SUN., JULY 22

CLOSING PERFORMANCE

'The 39 Steps,' Riverside Theatre, Iowa City, 2
p.m., \$18-30

ROOFTOP SERIES

'Hedwig and the Angry Inch,' FilmScene,
Iowa City, 8 p.m., \$15

ENTRANCING SINGER FROM DENVER, COLORADO

Esmé Patterson w/ Elizabeth Moen, Brooks
Strause, Trumpet Blossom Cafe, Iowa City, 9 p.m., \$10

MON., JULY 23

READING: 'SURPRISING PLACE'

Malinda McCullom, Prairie Lights, Iowa City, 7
p.m., Free

TUE., JULY 24

A FULL DAY OF HANDS-ON STEM ACTIVITIES

STEM Fest at the Johnson County Fair,
Johnson County Fairgrounds, Iowa City, 10 a.m., Free

WED., JULY 25

OMAHA, NEBRASKA STONER-DOOM

**Black Velvet w/ Brotherhood of the
Mudkat**, Gabe's, Iowa City, 9 p.m., Free

THU., JULY 26

FAMILY AND CHILDREN'S SERIES

The Picture Show: 'The Illusionist,'
FilmScene, Iowa City, 10 a.m., Free-\$5 *Also showing
July 28 & 29*

HONKY TONK BLUEGRASS MEETS MODERN FOLK

**The Savage Hearts + Awful Purdies w/
Gabrielle Kouri**, The Mill, Iowa City, 6 p.m., \$10-12



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>> CONT. FROM PG. 15

acomodate the work it does. The lease on its current location at 700 S Dubuque St expired in February. The building's owner wouldn't renew the lease, because he has his eye on redeveloping the property, but has given the Bike Library a series of extensions. Those extensions will probably stop before the end of the year.

"We need about 3,500 square feet of space," Audrey Wiedemeier, who became the Bike Library's executive director in May, told *Little Village*. The fact Bike Library now has a full-time executive director—a position created in 2016—is a sign of how it has evolved over the past 14 years.

From a few people with four bikes and a card table, it's grown into a nonprofit where the volunteers donated more than 2,000 hours in 2017. In addition to checking out more than 100 bikes in the past year, the Bike Library also sold more than 200 as-is bikes. "Usually the bikes are in good enough shape that people can take them to a bike shop to fix them up or even repair them by themselves," Wiedemeier said.

The Bike Library has also launched educational programs. Last spring, it started a program for kids aged 6 to 9, teaching them about cycling and the basics of bike maintenance.

"I have a passion for getting bikes out to kids," Loring said. "A lot of us see that as part of our mission: making bikes part of every kid's childhood."

In the last year, the Bike Library has donated 40 bikes to Iowa City kids through its educational program.

There are now programs six days each week at the Bike Library, and on Friday nights members of the public can rent a bench to work on their own bikes. For \$5 an hour, people get a workspace and have access to all the Bike Library's tools.

Even while facing the imminent loss of its current home, the nonprofit is still reaching out to involve the community.

"We could always use more volunteers. You don't have to be a mechanic, there's a place for everybody," Wiedemeier said. "If you have other skills you think could help a nonprofit bike shop, then we want you." LV/

Since coming to Iowa City a year ago, Paul Brennan has grown used to its crazy ideas.

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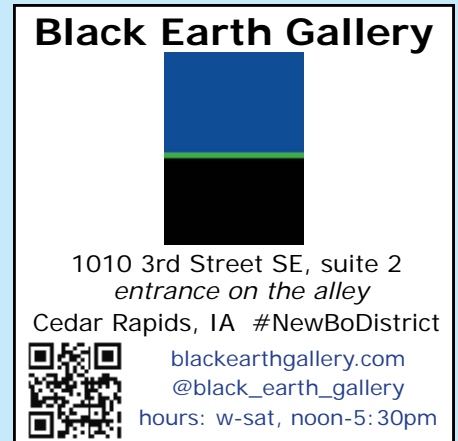
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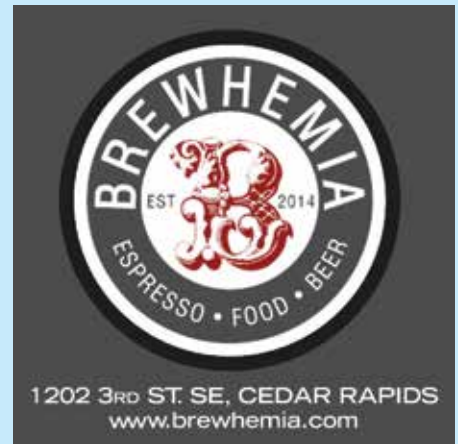
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OPENING NIGHT! RUNS THROUGH AUG. 4

Bedlam House Presents: 'Not About Heroes,' Coe College Dows Theatre, 7:30 p.m., Free-\$25 This inaugural production for Bedlam House explores the meeting between war poets Siegfried Sassoon and Wilfred Owen, told through poetry and letters (by Stephen MacDonald). Military and first responders admitted free.

FRI., 27 JULY

RAGBRAI EVENT: TWIN CITIES AMERICANA

The Jayhawks w/ Blitzen Trapper, Kevin "B.F." Burt, Elizabeth Moen, Downtown Iowa City, 4 p.m., Free

OPENING NIGHT! RUNS THROUGH JULY 29

Combined Efforts Theatre Presents: 'Worthless,' City High School Opstead Auditorium, Iowa City, 7 p.m., Free-\$10

NEW JERSEY RAP

Fetty Wap & Sean Kingston w/ Mike Jones, Semi Sixteen and Rahlan Kay, U.S. Cellular Center, Cedar Rapids, 7 p.m., \$53-100

RAGBRAI EVENT: IS THIS HEAVEN?

'Field of Dreams,' FilmScene's alleyway, Iowa City, 8 p.m., Free

INDIE-POP DUO FROM UPSTATE NEW YORK

The Sea The Sea, CSPA Legion Arts, Cedar Rapids, 8 p.m., \$16-19

RAGBRAI EVENT: ROCHESTER, MINNESOTA BRASS

BAND

After Party with Loudmouth Brass Band & ION, Yacht Club, Iowa City, 10 p.m., Free

SAT., JULY 28

BENEFIT FOR THE CORALVILLE FOOD PANTRY

Wiffle Ball Tournament, The Wiffle Ball Field, Springville, 9 a.m., \$100/team (free to watch)

SUMMER OF THE ARTS FRIDAY NIGHT CONCERT SERIES—ON SATURDAY!

The Fez, Downtown Iowa City, 6:30 p.m., Free

VIBRANT INDIE POP

Wild Moccasins w/ TBD, The Mill, Iowa City, 8 p.m., \$10-12

WELCOME A NEW MUSIC LABEL TO THE SCENE

Tiger Tapes Label Launch Party, Thew Brewing Company, Cedar Rapids, 7 p.m., Free

FMWT VOL. 3, EDITION #7

Daniel Wyche w/ Justin K Comer, Trumpet Blossom Cafe, Iowa City, 9 p.m., \$8

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EDITORS' PICKS



DELECTABLE STONER DOOM FROM
AUSTIN, TEXAS

▲ **The Sword w/ Ume**, Blue
Moose Taphouse, 7:30 p.m., \$17-20

Photo by Brian Tamborello

SUN., JULY 29

READING: 'FOREIGN GROUND'

Kate Kasten, Prairie Lights, Iowa
City, 3 p.m., Free

INDIANAPOLIS HARDCORE

**Pickwick Commons w/
Doppelganger**, Shattered Crown
Crown, Still Standing, Gabe's, Iowa City,
6:30 p.m., \$10

SINGER-SONGWRITER FROM
DUBUQUE

River Glen Trio, Big Grove Brewery
& Taproom, Iowa City, 9 p.m., Free

MON., JULY 30

GRILLED SWEET CORN

Sweet Corn Feed, Coralville
Farmers Market, 5 p.m., \$1/ear

TUE., JULY 31

OPEN THROUGH AUG. 3

Fair Trade Trunk Show,
Downtown Iowa City, 11 a.m., retail
prices *Ten Thousand Villages* takes over
one of the downtown pop-up spots for
youth and adult clothing *Global Mamas*
in Ghana and *Mata Traders* in India.

READING: 'HONEST VISION'

Julie Boatman Filucci, Prairie
Lights, Iowa City, 7 p.m., Free

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City, 9 p.m., TBD



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MONDAYS Open Mic, *The Mill, Iowa City, 8 p.m., Free Honeycombs of Comedy, Iowa City Yacht Club, 9 p.m., \$3*

TUESDAYS Cultivate Hope Market, *Cultivate Hope Urban Farm, Cedar Rapids, 4:30 p.m.*
Practice at the Prairie, *Indian Creek Nature Center, 6 p.m., Free Blues Jam, Parlor City Pub and Eatery, Cedar Rapids, 7 p.m., Free Yahoo Drummers, Downtown Iowa City, 7:30 p.m., Free Weekly Old-Timey Jam Sessions, Trumpet Blossom Cafe, Iowa City, 7:30 p.m., Free Comedy & Karaoke, Studio 13, Iowa City, 9 p.m., Free Karaoke Tuesdays, The Mill, Iowa City, 10 p.m., Free*

WEDNESDAYS Iowa City Open Coffee, *Merge, Iowa City, 8 a.m., Free Food Truck Wednesdays, NewBo City Market, Cedar Rapids, 11 a.m. NewBo Farmers Market, NewBo City Market, Cedar Rapids, 4:30 p.m. Iowa City Wednesday Farmers Market, Chauncey Swan Ramp, Iowa City, 5 p.m. Gentle Yoga, Public Space One, Iowa City, 5 p.m., \$5-10 Break Dance Group, Public Space One, Iowa City, 6 p.m., Free Burlington Street Bluegrass Band, The Mill, Iowa City, 6 p.m., \$5 (2nd & 4th Wednesdays) Bluegrass Jam, The Mill,*

Iowa City, 7 p.m., Free (3rd Wednesday) 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)

THURSDAYS I.C. Press Co-op open shop, *Public Space One, Iowa City, 4 p.m., Free Meet Me at the Market, NewBo City Market, 5 p.m., Free Iowa City Meditation Class: How To Transform Your Life, Quaker Friends Meeting House, Iowa City, 6:30 p.m., \$5-10 Novel Conversations, Coralville Community Library, 7 p.m., Free (3rd Thursday) Thursday Night Live Open Mic, Uptown Bill's, Iowa City, 7 p.m., Free Daddy-O, Parlor City Pub and Eatery, Cedar Rapids, 7 p.m., Free Waterloo Municipal Band, RiverLoop Amphitheatre, Waterloo, 7:30 p.m. Free Underground Open Mic, Open Jam and Mug Night, Yacht Club, 8 p.m., Free Live Jazz, Clinton Street Social Club, Iowa City, 8 p.m., Free (1st & 3rd Thursdays Karaoke Thursday, Studio 13, Iowa City, 8 p.m., Free Retrofit Vinyl w/ DJ Olaz Fük, Dick's Tap & Shake Room, Cedar Rapids, 9 p.m., Free*

FRIDAYS NewBo Open Coffee, *Roasters Coffeehouse in NewBo City Market, Cedar Rapids, 8 a.m., Free (2nd & 4th Fridays) Friday Night Concert Series, Downtown Iowa City, 6:30 p.m., Free Friday Night Out, Ceramics Center, Cedar Rapids, 6:30 p.m., \$40 FAC Dance Party, The Union, Iowa City, 7 p.m. Sasha Belle Presents: Friday Night Drag & Dance Party, Studio 13, Iowa City, 10:30 p.m., \$5 SoulShake, Gabe's, Iowa City, 10 p.m., Free*

SATURDAYS Iowa City Sunday Farmers Market, *Chauncey Swan Ramp, Iowa City, 7:30 a.m. Cedar Rapids Downtown Farmers Market, 7:30 a.m. (1st & 3rd Saturdays) Pop-Up Market, NewBo City Market, Cedar Rapids, 10 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 2018 Free Movie Series, Outside McBride Hall, Iowa City, Times vary, Free Elation Dance Party, Studio 13, Iowa City, 9 p.m., \$5*

SUNDAYS Sunday Yoga in the Shake Room, *Dick's Tap & Shake Room, Cedar Rapids, 10 a.m., \$15 Sunday Funday, Iowa City Public Library, Iowa City, 2 p.m., Free Pub Quiz, The Mill, Iowa City, 9 p.m., \$1*



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DEAR KIKI

Dear Kiki,
I'd like to try dating again, specifically trying out Tinder. I recently moved outside of Iowa City, away from my abuser. He doesn't know where I live. I know that Tinder uses your location. How can I be safe on the app, and is there a way to use the app without your location being known?
Sincerely, Looking for Love after Abuse

Dear Looking,

I commend you for getting out of an abusive relationship. It is a dangerous and fearful time for victims, especially in the beginning stage, which it sounds like you're still in. Iowa City is not a big city, and even though you're outside of town, which might seem safer as you're less likely to run into your abuser at the grocery store, your location in Oxford or Mt. Vernon will be more obvious on a dating site that is location-based. Maybe your ex won't see your profile, but someone who knows you both might. Then you could possibly be looked for in a smaller area where you would be easier to find. So I will be blunt up front, your safety is of utmost importance now.

I'm generally familiar with most dating apps—even a few as a mostly disappointed dater. (Not to say there aren't amazing love stories that began on Match or super hot hook-ups that happen from a swipe on Tinder.) Regardless of the app you choose, beginning communication online can seem innocuous enough, but it also begets a lot of deception, dick pics and unsavory loners who are severely lacking in attractive social skills—or worse.

Domestic violence in Iowa City has increased. According to Iowa City Police Domestic Violence Investigator Scott Stevens, "Traditionally, going back, Iowa City police has handled between 500 to 600 cases of relationship-related violence (so, domestic assault, harassment, stalking, violation of no contact orders). In 2017, we

had a little more. We had over 700 of those cases."

Here are a couple of statistics from the National Coalition Against Domestic Violence: One in three female murder victims are killed by intimate partners; 94 percent of murder-suicide victims are female. If you don't already have one, have you considered getting a court protective order that tells your abuser to stay away from you? Also, keep any evidence if he tried to contact you: Write down the time, date and place. Keep emails, phone messages, gifts, letters or notes. Photograph anything of yours that he damages, especially if you receive any injuries. Do not hesitate to get in touch with resources in our area for support (see below).

I understand the desire for love, companionship and support from an intimate partner, but because you have only recently moved away from your abuser, I am concerned you could be operating from a vulnerable position, emotionally and physically. I would suggest not rushing into another relationship—maybe you will meet someone organically, who you can get to know slowly and safely. I wish you all the best. *xoxo, Kiki LV*

RESOURCES

Domestic Violence Intervention Program 1105 S Gilbert Ct
#300, Iowa City, 319-351-1043;
24 Hour Hotline: 800-373-1043

Rape Victim Advocacy Program 332 S Linn St #100,
Iowa City, 319-335-6001; RVAP
Crisis Line: 800-228-1625;
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Questions about love and sex in the Iowa City-Cedar Rapids area can be submitted to dearkiki@littlevillagemag.com, or anonymously at littlevillagemag.com/dearkiki. Questions may be edited for clarity and length, and may appear either in print or online at littlevillagemag.com.

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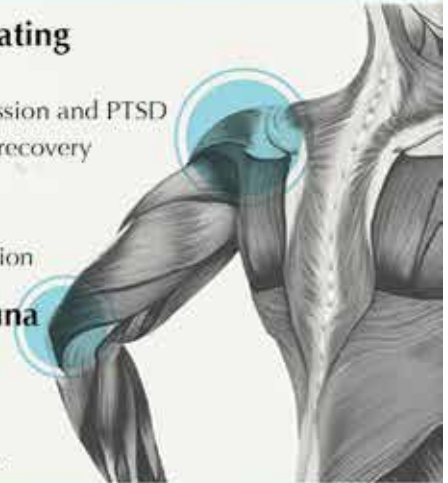


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Is Prevacen cognitive supplement as effective as its TV ad states?

—Rob Sutterfield

Probably not, but you don't have to take my word for it. Just ask the Federal Trade Commission, which together with the New York Attorney General filed a lawsuit last year over those claims you're wondering about, Rob, calling them "false and unsubstantiated."

A little catch-up for those TV-shunning readers who consequently have never heard of this stuff: Prevacen is a dietary supplement whose key ingredient is a protein extracted from jellyfish, called apoaequorin. Wisconsin-based Quincy Bioscience, the manufacturer, claims apoaequorin aids cognitive function and memory by supplementing proteins lost in the brain during aging. The bone of contention here is their commercials' reference to a "double-blind, placebo-controlled study"—sounds legit, no?—in which folks who took the pills daily were said to have demonstrated rapid improvement in recall ability: 20 percent better in 90 days.

Just one problem: The clinical trial cited apparently didn't show anything of the sort. In this study, 218 subjects with "self-reported memory concerns" were given either apoaequorin or a placebo, then took a test gauging verbal recall. The results? Zip—no difference between the treatment group and the control group. The FTC suit alleges that Quincy's researchers (on the company payroll, let's note) basically sliced and diced these unpromising numbers via what's called post-hoc analysis: going back into the data and poking around in search of correlations you didn't predict beforehand. Post-hoc findings can be useful as a basis for further study, but seemingly Quincy just took three such analyses that tentatively pointed to some cognitive improvement (ignoring 27 others that didn't) and touted *those* results on TV.

On top of that, the complaint alleges, Quincy hasn't proven satisfactorily that apoaequorin ingested orally can cross the blood-brain barrier: even if it were an effective brain supplement, in other words, it would presumably need to get to your brain to work its magic, whereas all evidence points to it breaking down in the digestive process. So the answer to your question, Rob, is: Who knows if Prevacen works, but you're still welcome to shell out \$24 to \$68 a bottle and see what happens.

Then again, there are currently scores of other brain supplements on the market you could sample instead, though these don't come with a lot of scientific backup, either. Welcome to the burgeoning field referred to as nootropics (from Greek words for "mind" and "bending"), awash with various arcane-sounding products all claiming to improve mental function.

Why so much interest now? Well, one reason is that baby boomers are getting to that age where at best they keep misplacing their keys; at worst, they're developing conditions like Alzheimer's. (The FTC claimed the Prevacen ads "preyed on the fears of older consumers experiencing age-related memory loss.") Another major driver here is Silicon Valley, which is on fire with the idea that the brain can be "hacked" into greater productivity, ideally using drugs that are easier to get (and tolerate) than prescription-only pills like Adderall. A 2017 *Washington Post* article profiled one Bay Area entrepreneur who was taking 25 pills a day to give him "the cognitive edge he needs" to do business. I'll confess I find this all a bit dispiriting. Remember when we used to take unlicensed mind-altering drugs for *fun*?

It'd be tough to make any broad claims for the effectiveness of this stuff, simply because there's so much of it out there: from Huperzine A, a moss-derived supplement thought to improve short-term memory, to the amino acid L-carnitine, which hasn't yet been demonstrated to provide meaningful cognitive benefit, though on the plus side it may impart a fishy smell to your bodily secretions.

But beyond the merits of any one product lurks a bigger issue: because these are marketed as supplements, they're unregulated by the Food and Drug Administration. The Dietary Supplement Health and Education Act of 1994, or DSHEA, places such products outside the FDA's ambit—essentially they're considered food, not medicine. With the uptick in allegedly brain-boosting supplements on the market have come concerns, as with Prevacen, of unscrupulous marketers selling useless or even harmful products to credulous consumers and facing few consequences. Speaking to *Wired*, a supplements expert from Harvard med school said, "If I were looking for opportunities to make a lot of money while deceiving people, I think going into the brain supplement business would be real high on my list."

Will they continue to get away with it? No reason to think not. Quincy Bioscience's strategy on the FTC suit, filed in January 2017, seemed to be to wait it out; the company characterized the plaintiff as an overreaching lame-duck regulatory body that'd be reined in by the Trump administration. The suit was thrown out last September and is now in the appeals process, but the company's sanguinity reflected that of the supplements industry at large, which was described by one trade website as feeling "bullish" about its prospects under the current anti-regulatory regime. In some quarters at least, it's evidently reassuring to know there's a snake-oil salesman in the White House. **LV**

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ASTROLOGY BY ROB BREZSNY

CANCER (June 21-July 22): An open letter to Cancerians from Rob Brezsný's mother, Felice: I want you to know that I played a big role in helping my Cancerian son become the empathetic, creative, thoughtful, crazy character he is today. I nurtured his idiosyncrasies. I made him feel secure and well-loved. My care freed him to develop his unusual ideas and life. So as you read Rob's horoscopes, remember that there's part of me inside him. And that part of me is nurturing you just as I once nurtured him. I and he are giving you love for the quirky, distinctive person you actually are, not some fantasy version of you. I and he are helping you feel more secure and well-appreciated. Now I encourage you to cash in on all that support. As Rob has told me, it's time for you Cancerians to reach new heights in your drive to express your unique self.

LEO (July 23-Aug. 22): The ghost orchid is a rare white wildflower that disappeared from the British countryside around 1986. The nation's botanists declared it officially extinct in 2005. But four years later, a tenacious amateur located a specimen growing in the West Midlands area. The species wasn't gone forever, after all. I foresee a comparable revival for you in the coming weeks, Leo. An interesting influence or sweet thing that you imagined to be permanently defunct may return to your life. Be alert!

VIRGO (Aug. 23-Sept. 22): The ancient Greek poet Sappho described "a sweet-apple turning red high on the tip of the topmost branch." The apple pickers left it there, she suggested, but not because they missed seeing it. It was just too high. "They couldn't reach it," wrote Sappho (translated by Julia Dubnoff). Let's use this scenario as a handy metaphor for your current situation, Virgo. I am assigning you the task of doing whatever is necessary to fetch that glorious, seemingly unattainable sweet-apple. It may not be easy. You'll probably need to summon extra ingenuity to reach it, as well as some as-yet unguessed form of help.

LIBRA (Sept. 23-Oct. 22): Is there any prize more precious than knowing your calling? Can any other satisfaction compare with the joy of understanding why you're here on Earth? In my view, it's the supreme blessing: to have discovered the tasks that can ceaselessly educate and impassion you; to do the work or play that enables you to offer your best gifts; to be intimately engaged with an activity that consistently asks you to overcome your limitations and grow into a more complete version of yourself. For some people, their calling is a job: marine biologist, kindergarten teacher, advocate for the homeless. For others, it's a hobby, like long-distance running, bird-watching or mountain-climbing. St. Therese of Lisieux said, "My calling is love!" Poet Marina Tsvetaeva said her calling was "To listen to my soul." Do you know yours, Libra? Now is an excellent time to either discover yours or hone in further on its precise nature

SCORPIO (Oct. 23-Nov. 21): Have you entertained any high-quality fantasies about faraway treasures lately? Have you delivered communiqués to any promising beauties who may ultimately offer you treats? Have you made long-distance inquiries about speculative possibilities that could be inclined to travel in your direction from their frontier sanctuaries? Would you consider making some subtle change in yourself so that you're no longer forcing the call of the wild to wait and wait and wait?

SAGITTARIUS (Nov. 22-Dec. 21): If a down-to-earth spiritual teacher advised you to go on a five-day meditation retreat in a sacred sanctuary, would you instead spend five days carousing with meth addicts in a cheap hotel? If a close friend confessed a secret she had concealed from everyone for years, would you unleash a nervous laugh and change the subject? If you read a horoscope that told you now is a favorable time to cultivate massive amounts of reverence, devotion, respect, gratitude,

innocence and awe, would you quickly blank it out of your mind and check your Instagram and Twitter accounts on your phone?

CAPRICORN (Dec. 22-Jan. 19): A typical working couple devotes an average of four minutes per day to focused conversation with each other. And it's common for a child and parent to engage in meaningful communication for just 20 minutes per week. I bring these sad facts to your attention, Capricorn, because I want to make sure you don't embody them in the coming weeks. If you hope to attract the best of life's blessings, you will need to give extra time and energy to the fine art of communing with those you care about.

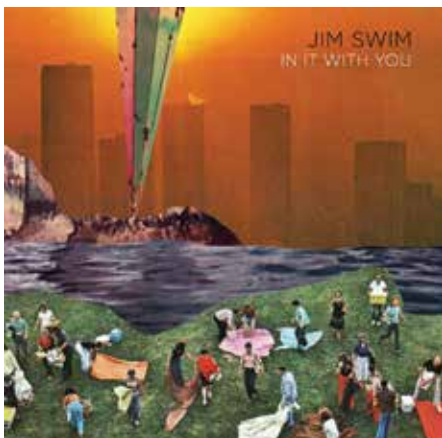
AQUARIUS (Jan. 20-Feb. 18): Allergies, irritants, stings, hypersensitivities: Sometimes you can make these annoyances work in your behalf. For example, my allergy to freshly-cut grass meant that when I was a teenager, I never had to waste my Saturday afternoons mowing the lawn in front of my family's suburban home. And the weird itching that plagued me whenever I got into the vicinity of my first sister's fiancé—if I had paid attention to it, I wouldn't have lent him the \$350 that he never repaid. So my advice, my itchy friend, is to be thankful for the twitch and the prickle and the pinch. In the coming days, they may offer you tips and clues that could prove valuable.

PISCES (Feb. 19-March 20): Are you somehow growing younger? Your stride seems bouncier, and your voice sounds more buoyant. Your thoughts seem fresher and your eyes brighter. I won't be surprised if you buy yourself new toys or jump in mud puddles. What's going on? Here's my guess: You're no longer willing to sleepwalk your way through the most boring things about being an adult. You may also be ready to wean yourself from certain responsibilities unless you can render them pleasurable at least some of the time. I hope so. It's time to bring more fun and games into your life.

ARIES (March 21-April 19): Twentieth-century French novelist Marcel Proust described 19th-century novelist Gustave Flaubert as a "trottoir roulant," or "rolling sidewalk": plodding, toneless, droning. Meanwhile, critic Roger Shattuck compared Proust's writing to an "electric generator" from which flows a "powerful current always ready to shock not only our morality but our very sense of humanity." In the coming weeks, I encourage you to find a middle ground between Flaubert and Proust. See if you can be moderately exciting, gently provocative and amiably enchanting. My analysis of the cosmic rhythms suggests that such an approach is likely to produce the best long-term results.

TAURUS (April 20-May 20): You remind me of Jack, the 9-year-old Taurus kid next door, who took up skateboarding on the huge trampoline his two moms put in their backyard. Like him, you seem eager to travel in two different modes at the same time. (And I'm glad to see you're being safe; you're not doing the equivalent of, say, breakdancing on an escalator or having sex in a car.) When Jack first began, he had difficulty in coordinating the bouncing with the rolling. But after a while he got good at it. I expect that you, too, will master your complex task.

GEMINI (May 21-June 20): From the day you were born, you have been cultivating a knack for mixing and blending. Along the way, you have accomplished mergers that would have been impossible for a lot of other people. Some of your experiments in amalgamation are legendary. If my astrological assessments are accurate, the year 2019 will bring forth some of your all-time most marvelous combinations and unifications. I expect you are even now setting the stage for those future fusions; you are building the foundations that will make them natural and inevitable. What can you do in the coming weeks to further that preparation? **LV**



IN IT WITH YOU

Jim Swim

itsjimswim.bandcamp.com

Weighing in at five tracks and 18 minutes, *In It With You*, the newest EP from Iowa artist Jim Swim, is difficult to pigeonhole in terms of genre. If pressed, I would describe it as a blend of hip hop, Nick Drake bootlegs, a book of poems by Rumi and a cold Arnold Palmer spiked with a little bit of whiskey.

What this EP is, above all else, is incredibly accessible, with deceptively well-crafted lyrics and a rich sonic soundscape. It's head-bobbing music, and the laidback tone is set firm and early with the opening track. "I Know a Free One" is the musical equivalent of moving your arm in a swimming motion outside the window driving down the interstate. Following is one of the sweetest damned love songs I've heard in a bit, "For the Rest of the Summer." The track starts off with an old-timey carnival intro, then drops into a syncopated, heartfelt list of accolades directed at a carefree lover. The song works because Swim avoids being cloying or sappy, but instead, seems envious. It's a cool way to tell someone you love them.

While there is enough consistency from track to track to create a sense of cohesion throughout this EP, there is also enough variation to allow for standout tracks. For me, "Ode to a Trembling Man" is that standout track. In it, Swim details his admiration for a former mentor who has presumably been arrested for engaging in political protest. He uses this character sketch to address a feeling many people have right now: that of admiring those fighting the good fight, while acknowledging and being frustrated with our own

complicity in not speaking out and acting ourselves. Lyrics and theme aside, the track also showcases Swim's maturing talents as a producer and arranger.

the Des Moines-based band, her list of influences are all accounted for and slathered up in cavernous reverb, which gives the album a hazy vibe. There's a lot for a fan of

What this EP is, above all else, is incredibly accessible, with deceptively well-crafted lyrics and a rich sonic soundscape.

Early in the album, Swim sings, "I should talk less, climb more, need to fall on my face/ More projects, more process, more progress, more grace." It's clear that Swim has not only grown as an artist, but is committed to continuing to grow. I look forward to seeing where he takes things next—but for now, I'm content to keep bobbing my head to this one.

—Lucas Benson



ANNALIBERA

OPIA

annaliberamusic.com

In her interview with the *Pants-Off Podcast*, Anna Gebhardt discussed the difficulty of coming up with a succinct genre for her band Annalibera. "I was going for a sound that would combine sort of where I came from with what I like to listen to: I like experimental music, I like electronic music, I like classical music and I like rock—you know, like just rock and roll. I came from Nebraska where I grew up listening to my mom's country music station. So, I was trying to combine all of that into some loud music."

Listening to the new album, *OPIA*, from

dreamy, shoegaze pop here, but the album is much more than that. Gebhardt left the farm to pursue voice and choral studies at Drake University in Des Moines, which paid in spades; her vocals are the centerpiece here, displaying incredible range and variety. She sings in an intoxicating lilting soubrette soprano (think Tori Amos, Kate Bush or even Linda Ronstadt) on songs like "Plants and Lamps," "ER" and "Easter Love."

All is not ethereal emoting here, however. Track three, "Tequila," which clocks in at a commercial-break length of 1:05, has tick-tock syncopation propelling squonky guitars and circular bass. Gebhardt gives a hungover tribute to the titular liquid: "We need sunshine! In our blood!" The track is probably meant as a goof, but I would have liked more of it. Pass the lime and salt, please.

While the rest of the music serves to support and complement Gebhardt, it's more than drapes and wallpaper for these walls of sound. Ryan Stier (who also performs as Extravision) brings the guitar textures to the record. His layered, distorted guitars on "Fourway" and the title track make them sound like they could have dropped off of a Jesus and Mary Chain album. Gebhardt sings through a haze of distortion climaxing at the choruses. Her voice pierces the fog like the headlights of an oncoming car: unexpected and illuminating.

In the same podcast interview, Gebhardt revealed the source of the band's name: the title of a 20th century Italian classical work which translates to "Free Anna." This idea is exemplified on *OPIA*. Anna Gebhardt freely goes from song to song and the band faithfully follows, making this album an exciting, engaging listen from beginning to end—an album I can't stop talking about. **LV**

—Michael Roeder

POWER GRID BY FRANCIS HEANEY

This crossword contains a metapuzzle whose answer is a fictional group. The American Values Club Crossword is edited by Ben Tausig.

ACROSS

1. Fixture behind a curtain, often
4. Swedish band soon to reunite for a "virtual tour"
8. Encircled
14. It climbs the walls
15. Hideout
16. Come out from the shadows
17. Trait of the driven
20. What three-hour-long movies may suffer from
21. ___ Belt
22. Spilled everything
23. Best alternative?
24. Sheet for hand-drawn animation
27. Hogwarts hree nicknamed "Mad-Eye"
31. How your pencil might be worn down after lots of use
34. Lead that a team is likely to use its best reliever to protect
35. Complete precision
39. Genre with lots of bass drops, briefly
40. Day before 45-Down: Abbr.
41. Program opened with a

DOWN

1. Poitier role of 1970
2. Body part of Sylvester's used as a punching bag by
3. Famously hedonistic British poet
4. Touched down
5. Outlaw
6. Discriminating types?
7. Legendary landing site
8. Check out of the library again
9. "You've convinced
10. "Meet the ___" (song played at some baseball games)
11. Test in a tube
12. Self-importance
13. Place for thieves or lions
18. Where Tara Lipinski won Olympic gold
19. *Person Throwing a Stone at a Bird* artist Joan
23. He played the title character in *The Thief of Bagdad*
24. Charge for bringing your own wine
25. Brown extension
26. *The Vampire Diaries* actress Jodi ___ O'Keefe
28. Carry awkwardly
29. LP filler?
30. Again, to Shakespeare
31. One of a whole bunch of spellings that can go after "Lao" to make a Chinese philosopher
32. Reference bk. whose first edition took over 40 years to publish in full
33. Fancy wardrobe
36. "Blah blah blah": Abbr.
37. "That's what ___ said" (extremely lazy joke format)
38. Tally
42. Part of DPI
43. Snoop

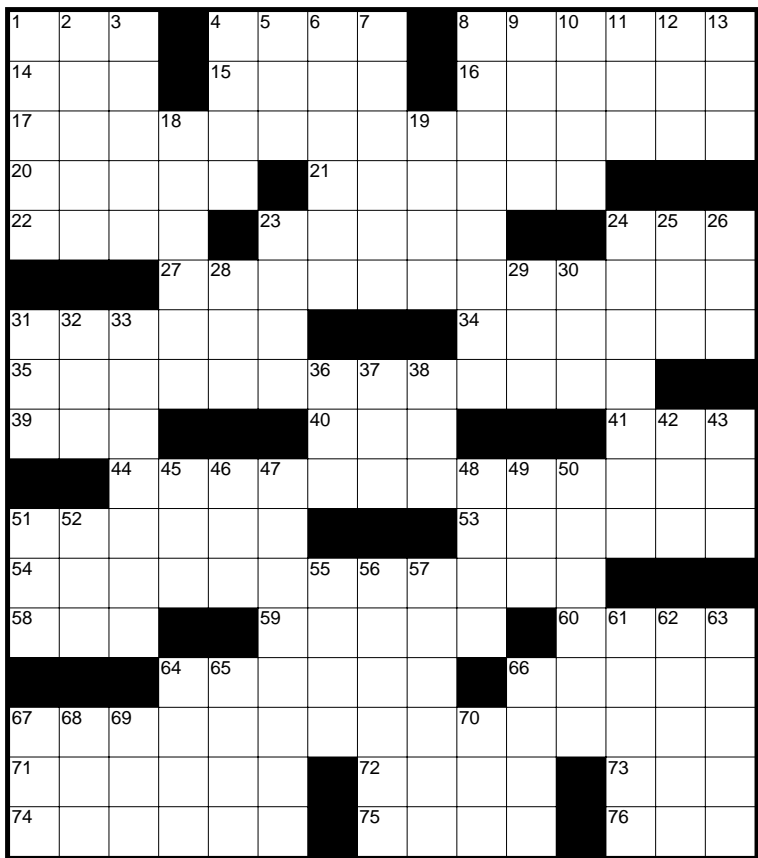
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LV245 ANSWERS



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