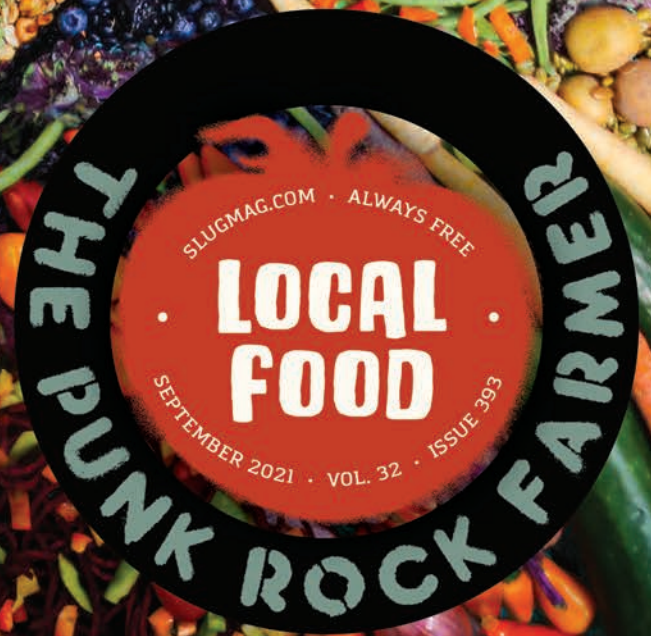


SLUG MAG





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TRIGGERS AND SLIPS

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ABOUT THE COVER: Aldine “Strychnine” Grossi, aka *KRCL’s The Punk Rock Farmer* on the “RadioACTive” series, promotes homegrown food. In homage, artist **Jesse Draper** (@jessedraper on Instagram) uses actual *Harmons* food in a portrait of Grossi. Read about Grossi on pg. 6.

Corinne Bauer

Contributor Limelight Contributing Writer



Corinne Bauer has been sharing Utah’s most beloved food spots through her *SLUG* Food Reviews since May of 2020. Each review takes us on a culinary journey through Bauer’s tastebuds and curious exploration. We are grateful to have Bauer on our team and look forward to exploring more with her! Read her review on *Wings on Wheels* on pg. 22!

Alexis Perno

Contributor Limelight Editorial Intern



Joining our *SLUG* Editorial Intern team in November of 2020, Alexis Perno has since excelled as a Copy Editor, Contributing Writer and Distro Driver. However, Perno’s most admired contributions are their enthusiasm and infectious, positive energy that radiates through the office whenever they come in! Read their article on the Food Justice Coalition on pg. 14!

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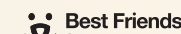
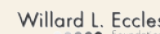
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While Aldine “Al” Grossi (aka **Aldine Strychnine**, aka the Punk Rock Farmer) shows me around his garden in Millcreek, the devotion and love given to tending his eggplants, peppers, potatoes and tomatoes is apparent. Plants in various stages of growth are neatly arranged in rows by type under the partial shade of plum and peach trees flanking both sides of a chicken coop. The bounty from this slice of paradise is something Grossi believes even urbanites with a small amount of space can achieve.

Alongside **Lara Jones**, Grossi hosts “Punk Rock Farmer Fridays” on KRCL’s “RadioACTIVE,” a segment dedicated to issues like homegrown food, companion growing and how local gardeners overcome pests, drought and other harsh Utah conditions. Grossi visits the gardens of local growers such as **Marybeth Janerich** from *Wasatch Community Gardens* and talks to local food activists on subjects around avoiding big agriculture as well as practical solutions for things you can grow to eat

healthier, such as **Shannon Barham** from *Green Phoenix Farm*.

Grossi and Jones met and became friends through Salt Lake’s punk scene in the ‘80s. Their rapport on “RadioACTIVE” is symbiotic, as both share a passion for the punk ethics of DIY. Jones approached Grossi to do the homegrown-focused segment after Grossi posted a Facebook photo of a giant tomato with the caption “One Big F’n Tomato!” For six years, the goal of “Punk Rock Farmer” has been to cultivate SLC’s home-growing community.

“I want everybody to know where their food comes from,” Grossi says. “I want people to go out and turn a little piece of their backyard.” He’s found the community of growers in SLC particularly helpful and says that there are resources abound for beginners. Grossi loves to contribute to seed exchanges—which can help everyone, especially lower-income

FRESH FRUIT FOR PLOTTING VEGETABLES:

AL GROSSI



90.9FM KRCL's Aldine Grossi, the Punk Rock Farmer, aims to galvanize our local community to grow “big F’n tomatoes”—or whatever you’d like to grow—in your own backyard.



Photo: Jessica Bundy

folks, start their own food garden.

Grossi takes pride in his cooking and plans his garden around produce he loves to eat. “I really love to cook,” he says. “I cook out of my garden [and] I grow things I know [I’ll] make dishes out of.” Grossi’s favorite dishes are a nod to his Italian heritage—eggplant parmesan and sauces that he makes from the unique varieties of tomatoes in his garden, specifically Abruzzese.

For Grossi, being able to grow and eat healthy food is not only empowering, but can improve overall quality of life: “It makes your gut happy; it makes your thoughts happy; it creates a collective consciousness that can change everything,” he says. “If we all just eat good food, we’ll all feel a lot better and we’ll all think a lot better.”

While Grossi’s life has always been enmeshed in farming, punk rock was equally vital. “I moved [to Salt Lake] in ‘78, and I heard KRCL when it started in ‘79,” he says. “I heard some punk music that **Brad Collins** [of *Raunch Records*] was playing on the radio. ‘Behind the Zion Curtain’ was the name of his show ... It was **Zounds** from England, and the message really got me.”

Grossi has played in many punk bands, including **Poison Idea**, **The Suburbs** and **Maimed for Life**. For him, the ideas of farming and punk rock are mutually sustaining. “Going against authority, it’s big punk rock shit,” he says. “I think it’s the most punk rock thing about growing your own food and going against the system. You can do it in your own backyard, and that’s the beauty of it.”

“Punk Rock Farmer Fridays” airs on 90.9FM KRCL on Friday evenings on “RadioACTIVE,” 6–7 p.m. You can find Grossi’s Punk Rock Farmer blog, which includes prior episodes, at krcl.org/blog/category/punk-rock-farmer.

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Have you ever stopped into your neighborhood chain grocers looking for specific ingredients and left PLUM out of luck? The wrong types of peppers, a limited bean selection, a frustratingly small wall of oils and fats? Don't settle for mystery marinera, refundable rice or frozen facades of international favorites! The Salt Lake Valley is overflowing with locally owned markets that take you around the world from your very own kitchen. If you're itching to circumnavigate the culinary globe, take our SAGE advice and give these seven spots a visit.



Check, please! Ditch Americanized Mexican restaurants for real-deal ingredients at local carnercia, panaderia and pasteleria *Anaya's Market*. Your carne asada cookout is fully possible with authentic ingredients such as pre-seasoned carne asada, fresh esquites (seasoned corn topped with queso fresco, chili and lime), premade Mexican rice and a wide bean selection. Some antojitos (treats) you can order fresh include fresas con crema (strawberries and cream) and raspados de sabores (flavored shaved ice). *Anaya's Market* sets you up for a good time in and out of the store! –*Bianca Velasquez*

660 N 1200 West, SLC | 801.364.3114
Mon.–Sun., 9 a.m.–10 p.m.



Japan-Sage Market's unassuming exterior houses a wealth of East Asian grocery necessities through an intimate shopping experience, from a wide variety of chili oils, green teas and rice noodles to a winding assemblage of prepackaged noodle dishes and frozen goods—and of course, a wall of the popular favorite Ramune drinks. During my Thursday lunch hour visit, a host of patrons stopped in to grab some of the store's house-made ramen dishes, an obvious must-try if you find yourself in the store's south Downtown neighborhood. –*Audrey Lockie*

1515 S Main Street, SLC | 801.484.4122
Mon.–Sat., 10 a.m.–6 p.m. | Closed Sun.



Similar to many markets on this list, *Mahider* doubles as one of Utah's finest Ethiopian restaurants and one of its only Ethiopian markets, providing assistance whether you're in need of an array of spices like black cumin and koseret or bird's eye chili peppers to make a mitmita mix. Also check the grains aisle for teff flour, the key ingredient in Injera, the signature bread of Ethiopian cuisine (though good luck trying to make anything nearly as light and spongy as the Injera from *Mahider's* kitchen). –*Audrey Lockie*

1465 S State Street, SLC | 801.975.1111
Tues.–Sat., 11 a.m.–9 p.m. | Closed Sun. and Mon.



Centered around providing authentic Middle Eastern and Mediterranean food items, *Black Cherry Mediterranean Market* is Millcreek's hub for items such as halal meat and other kosher items. *Black Cherry Market* not only provides specialty items such as Khoresh Fesenjan and black honey molasses, but they go the extra mile to help patrons understand how to use these ingredients, what dishes to cook them with and their cultural significance. Visit @blackcherrymarket on Instagram to learn more about what this shop has to offer! –*Bianca Velasquez*

4346 S 900 East, SLC | 801.904.3989
Mon.–Sat., 10 a.m.–8 p.m. | Sun., 12 p.m.–5 p.m.



While enjoying plates from around the world in your own home is an exceptional experience, sometimes enjoying the fruits of your local land can be exactly what you're craving. *Jade Market* is SLC's corner bodega peddling local items such as **Chili Beak Caramels**, *Laziz Kitchen* products, *Clifford Family Farm* eggs, *Caffe Ibis* coffee and more. In addition to this cornucopia of Utah-based treasures, *Jade Market* hosts *Delicious Venezuelan Food* (@deliciousut) who serve empanadas, arempas and other Venezuelan favorites. Stop by for your local-treat needs! –*Bianca Velasquez*

353 W 200 South, SLC | 801.521.2106
Mon.–Sat., 8 a.m.–12 a.m. | Sun., 10 a.m.–10 p.m.



As Utah's oldest and largest Poly-Asian market, *Pares Polynesian Market* has been a prominent specialty grocers spot for locals since 1975. Stocking items such as lau lau leaves and Samoan sausage in conjunction with Shin Ramen and Japanese sardines, *Pares Polynesian Market* is known for its range in both Asian and Polynesian food items along with houseware items and gifts. When stopping by, make sure to pick up their most beloved baked goods—pineapple half moon pies and manapuas! –*Bianca Velasquez*

1745 Carriage Square, SLC | 801.966.0056
Tues.–Sat., 10 a.m.–7 p.m. | Sun., 10 a.m.–4 p.m.
Closed Mon.



Among bountiful aisles of chutneys, boxed curries and more, Indo-Pak market *Qaderi Sweetz n Spices'* massive aisle of spices and dals shines as a culinary haven—staples like Toor Dal and Kashmiri Chili Powder sit alongside more unique ingredients like personal favorite whole Urad beans and more whole spices than you can shake your pestle at. What's more, *Qaderi* has a floor (literally) overflowing with pots and pans if you need to pick up a proper kadai for your dal or a degchi for a complex biryani construction. –*Audrey Lockie*

1785 State Street, SLC | 801.484.0265
Tues.—Sun., 10:30 a.m.–7 p.m. | Closed Mon.

AS a natural observer of soil science, John Webster was bound to find biochar in 2018 when he was looking for a side project. Amid a serious bout of climate anxiety, Webster needed a direction that utilized his passion for environmental justice and tangibly worked to improve it. When Webster found biochar, his grief was mobilized to bring this impactful soil addendum—one of six integral climate solutions—from his backyard to the public.

Webster realized that much of Western society prioritizes convenience over the integrity of species, ecosystems and the land. In order to incorporate biochar into the mainstream, “We have to begin telling the story of using the resources we already have above ground,” Webster says. The storytelling process came to fruition after Webster became certified with the **International Biochar Initiative**, established GoBiochar and began consulting farmers, collectives and backyard growers to get the word out.

In its most digestible definition, biochar is a refined charcoal product. Wood waste (the remnants of trees that, if left untouched, can become hazardous fire fuel) is baked at a high temperature in the absence of oxygen to create this compound. When added to soil, biochar’s impactful tendrils reach far beyond what the eye can see. Microbial and fungal life thrive in soil mixed with biochar and compost. “The soil’s ability to hold water and level nutrients increases, which, when added to lawns, allows the lawns to stay greener with less water,” Webster says. When added to the soil, biochar also encourages photosynthesis to take place so that trees and plants grow faster, thereby more quickly absorbing carbon from the atmosphere.

The process of forest degradation releases harmful gases like nitrous oxide, methane and carbon dioxide into the atmosphere. Rising rates of drought weaken pine trees and make them more susceptible to beetle infestations, causing the trees to die in large numbers. Against the natural, 30+-year decomposi-

GoBiochar processes wood waste into a unique compound that works wonders on your garden or farm.



John Webster works with GoBiochar to provide a gardening solution that’s both soil- and environmentally friendly.

tion process, using the trees to make biochar can eliminate 99% of nitrous oxide, approximately 80% of methane and about 60% of CO2 emissions. “We are taking a waste stream and converting it to value—a long-term value for the betterment of the environment,” Webster says.

For environmental stewards at home, biochar can be added into the soil of personal gardens and can also capture excess carbon as those plants mature. For at-home gardeners, Webster suggests combining organic compost, humate, azomite, organic fertilizer and a mycorrhizal fungi start. When left to charge and combine for a few days, this mixture will allow all of the elements to work together and create the optimal biology for improving soil health. Webster has seen firsthand how adding biochar expedited the rates of garden productivity, improves soil health and retains water so that less water is needed.

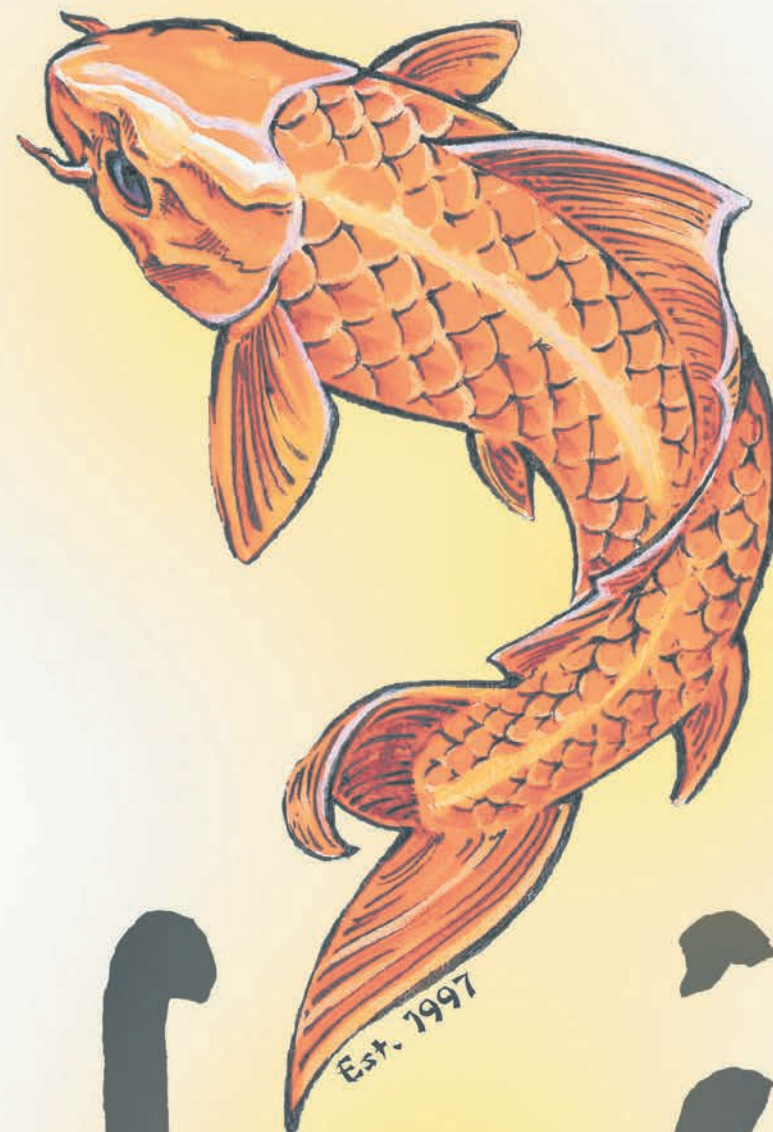
Webster views biochar as a tool through which people can actually get their hands on change. “Biochar is about environmental justice through regenerative processes, which is undeniably intertwined with social justice. When you are being a pollution contributor, it’s often those in at-risk communities that are affected the most,” Webster says. In the future, Webster plans on starting a nonprofit centered around education for the generations who will have to deal with the serious repercussions of climate change enacted by generations that existed long before they did. “Instead of shouting in the wind about climate frustrations, they can get their hands on things and know that they are making a real impact,” Webster says.

GoBiochar offers free samples to anyone who wants to feel how inherent our draw to the earth and its soil is. “It checks every box and does it for the right reasons. Let’s get the word out,” Webster says. Full directions, tips and more information can be found on GoBiochar’s website (gobiochar.com).

Climate Resilience and Restoration using Biochar

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By Olivia Greene • greenecg@gmail.com
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AMANO CHOCOLATE

Engineer Turned Chocolatier Crafts Perfect Chocolate

By Kara Dempsey • karadempsey@karadwrites.com
Photos by Gilbert Cisneros



With *Amano Artisan Chocolate*, Art Pollard aims for the highest caliber possible in chocolate concoctions.

Amano Artisan Chocolate began as an engineer's humble challenge, an "I can do that" idea that others laughed about. Nearly twenty years later, the former pet project is now an internationally recognized, award-winning bean-to-bar brand that works tirelessly to bend and break our preconceived ideologies about chocolate.

Art Pollard, Owner and Founder, describes how *Amano* transformed from a handful of machines in a cramped apartment to the wholesale distributor it is today. He spent years tracking down the most unique cacao beans from all over the world. This, he says, is how chocolate should be made. Each recipe he creates is carefully developed from the best ingredients he can find. This means that his menu rarely changes, if at all. When he is unable to obtain a certain caliber of bean, production of that specific bar will be halted to guarantee the quality of his chocolate and the satisfaction of his loyal customer base. "There was a lot of trial and error in the beginning," Pollard says.

No two cacao growing regions are the same, as the beans are affected by geography and climate. This causes the beans to take on distinctive characteristics that are easy to overpower. When experi-

menting with flavors, Pollard takes those nuances into consideration. "Our Dos Rios bar, [with beans] from the Dominican Republic has a taste of bergamot, orange and lavender," he says. "Cardamom and orange are a natural flavor pair. Black pepper is a flavor enhancer. So pairing these three just makes sense—it's amazingly scrumptious." He prefers not to exceed 70% dark chocolate, as this is the ideal percentage in his opinion and experience.

Among their commercial products, *Amano Artisan Chocolate* offers one-pound bags of chocolate coins that state "For Chefs" on the labels. This is a rare option for a small-batch, artisan chocolatier to provide. Pollard says he offers this product due to his personal connection to the culinary industry and how it was this relationship that helped him access parts of the world that would normally exclude your everyday tourist. "If you use good-quality chocolate," he says, "it improves the flavor of whatever you are making significantly and sets you apart from the rest." He spoke of the various chefs that take advantage of the availability of such products, from local places like the restaurants in *Snowbird* to distant ones such as *Chez Panisse* in Berkeley, California.

When asked about what was next on the agen-

da for *Amano*, Pollard shares exciting news about a brand new bar. He brought in thousands of pounds of ingredients from Europe and, "It's something that nobody else has done," he says. He also briefly mentions something about world domination through fine chocolate, which I'm sure no one would truly resent if it were to happen.

I was able to procure two bars of my own to try. I chose the one we spoke about, Cardamom Black Pepper, and another from the Sambirano Valley of Madagascar for comparison. *Amano's* reputation is well-deserved, as both were delicious. Pollard says on the packaging of the Madagascar, "Try this chocolate and you'll be sure you have found a favorite," and he is right. "One of the things that is wonderful about chocolate in particular is that it brings joy to people," he says. "It just makes people happy, and that's what we need. We need a world that is more happy." I couldn't agree more. Follow *Amano Artisan Chocolate* on Facebook, Twitter and Instagram @[amanochocolate](https://www.instagram.com/amanochocolate). You can find *Amano* chocolates at most Salt Lake City grocery stores including *Harmons*, *Caputo's* and *Liberty Heights Fresh*, as well as online at [amanochocolate.com](https://www.amanochocolate.com).

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FOOD FOR THOUGHT — WITH THE — FOOD JUSTICE COALITION

By Alexis Perno | alexis.perno1@gmail.com • Photos by Kevin Edwards



Food Justice Coalition Founder Jeanette Padilla and FJC volunteers prepare plant-based meals for unsheltered citizens of SLC.

When **Jeanette Padilla** began raising money for a Christmas dinner to feed the unsheltered back in December 2020, she raised a lot more than anticipated. After feeding over 200 people, “We thought, ‘Let’s keep feeding people,’” she says. “We saw that there was a real need beyond what we were able to do for Christmas.” The surplus donations ran out three months later, and the Food Justice Coalition (FJC) took its place with Padilla at the helm, providing nutrient-dense, vegan meals on a nearly weekly basis.

The FJC is community-powered at every step: A volunteer team prepares the meals before distributing the same day to several unsheltered encampments around Salt Lake. Monetary donations help purchase ingredients, and local restaurants such as *Publik Ed’s* donated kitchen space when it had closed due to the pandemic. Other restaurants and small farms donate surplus food, helping to avoid food waste.

Meals ranging from pasta primavera to three-bean chili to tofu burritos are plant-based and organic when possible. As someone who has volunteered with the group, I can confirm that the food is delicious. Padilla says that by feeding unsheltered folks meals like these, it shows them that the community cares about their health.

“When you are having your nutritional needs met and you’re not eating just to survive ... it gives you the energy you need to move about your day, to think clearly and to be in a more positive mindset,” she says. “[We are] very mindful of the content we give them because we think that everybody should be eating this way and have access to this food.”

Padilla knows this firsthand. Growing up, she experienced both food and housing insecurity after her family immigrated from Mexico. At one point, Padilla benefited from the canned-food drive at her school. “It was at that moment I really became aware of how bad our situation was and how so many other people were experiencing the same thing. The power of community to come together,” she says, “that helped save us.”

Now as a private chef, Padilla uses her expertise in the kitchen to provide roughly 1,500 meals a month. By cooking so frequently, she is able to brainstorm new and improved meals to distribute, but most important to her is the feedback given by the unsheltered community. “We always get this first reaction of, ‘Oh wow, this looks incredible,’ and to us, that’s beautiful to hear,” she says. “Then they go and they taste it and they

say, ‘Oh, this doesn’t just look great, this tastes amazing,’ and to us, it makes it all worth it.”

As the FJC undergoes the process of becoming a nonprofit, Padilla says she’s trying to focus on expanding the food program. “I think the biggest obstacle has been that we have not had a stable location to work out of,” she says. “We’re not this large nonprofit. We are not taking in large amounts of money. We’re nowhere near that with our funding, so we don’t have access to lease a commercial kitchen that would provide us more stability.”

Despite these obstacles, there’s more to come in the future as the organization tackles some long-term goals—the biggest being a community center that provides pay-what-you-can cooking workshops and a community-operated, free-food pantry. If you’d like to support the FJC’s mission, a little goes a long way: \$5 buys two bags of ice for cold water distribution, \$10 sees three cases of water (one distribution day uses six cases), \$20 provides K95 masks to volunteers and the unhoused and \$30 prepares 12 meals. You can donate via Venmo [@FoodJusticeCoalition](https://www.venmo.com/foodjusticecoalition), and if you can’t support financially, volunteers are always needed. Find out more through their Instagram [@foodjusticecoalition](https://www.instagram.com/foodjusticecoalition).



Food Justice Coalition volunteers Trevani Wolgramm and Caroline Petrielo distributing food to unsheltered individuals.

black Lives matter

@manda.bull

SLUG Mag stands with you in demanding **equality** and **justice** for all.

An Acronym for Salt Lake UnderGround, *SLUG Magazine’s* mission is to amplify Salt Lake City’s thriving alternative and underrepresented music, arts, lifestyle and events subcultures with thoughtful media coverage and exclusive event curation.

SLUG Mag recognizes the long history of racism and discrimination that continues to live in the independent arts and lifestyle communities we exist within and cover, not just here in Salt Lake but across the country. We’re working internally to review our processes and practices to reevaluate whether we’re truly accomplishing our core mission of diversity and inclusion across all the fields and disciplines we cover.

If you have any comments, questions or feedback for us, please reach out to our Executive Editor, Angela H. Brown, at: angela@slugmag.com.

FOOD JUSTICE COALITION

Urban Micro Farming Power

THE STORY OF LINCOLN STREET FARM AND GROWING FOOD FOR THE COMMUNITY

By Olivia Greene | greenecg@gmail.com



(L-R) Nico and Nat Dicou offer locally grown foods such as tomatoes and jelly melon cucumbers at their urban farm, *Lincoln Street Farm*.

Whether Nat and Nico Dicou realize it or not, their micro-farm and small business, *Lincoln Street Farm*, stands as a blueprint for intentional and sustainable pursuits. When the pandemic hit in March 2020 the Dicous were working office jobs. It became clear to them how valuable their time was and how much more rewarding it felt to be fully engaged with what they love—creating and backyard growing. Since then, the *Lincoln Street Farm* has been providing unique seedlings, produce and homemade self-care products to the Salt Lake Valley from their homestead and micro farm.

Nico had been into gardening for years, and when the two moved in together, Nat's affinity for gardening sprouted, too. "Gardening is such a positive addiction," Nat says. "It becomes the food you eat, the sunlight you feel and meditative exercise. You watch everything come to fruition—surprises, successes, failures and all." The house where they fostered the micro-farm was built the same year Utah officially became a state in 1896. The iconic greenhouse is an original at-home build-a-greenhouse-kit from 1905 composed of safety glass and chicken wire. The mini-orchard, cascading tomato vines and strings of twinkly lights provide the perfect backdrop for the small-scale farm production.

The Dicous' 0.2 acre has hosted two seedling sales this year with over 50 types of heirloom tomato varieties. Their "Grow at Home" seedling soirées have offered the



community a local option first as "opposed to whatever *Lowe's* has in stock," Nico says. Their driveway gate is swung open for the event so local gardeners can walk beside the repurposed wooden garden beds, freestanding crops and candle-making shed in the back. Through the support the Dicous have seen, it's clear how much the Salt Lake crowd enjoys visiting their space. "The community finds us and keeps coming back," Nico says. "It is like a living organism that we keep attending to, feeding it and creating something together."

For September, the product they're most excited to share is the jelly melon cucumber. The thorny and oval-shaped fruit is neither a true cucumber nor melon, yet is bursting with both flavors. Referred to as a "dinosaur egg" by *Farmers Market* passersby, the Dicous are ready to share this satisfying fruit with *Lincoln Street Farm* patrons.

Garlic and heirloom tomatoes with names like Blue Tiger and White Currant will also be available throughout the fall. Another way the couple has incorporated garden goods into sellable products is by growing edible flowers. In place of grass, they've thoughtfully planted dahlias, roses and

tulips in a field then dried and encased them in lollipops. By teaching the community how to propagate lavender, at-home gardeners have been inspired to bake and make syrups with organic lavender buds.

The Dicous demonstrate that by repurposing the resources you have and putting work into the land, it comes back to you tenfold. "Everyone can chip in and put food back into local neighborhoods," Nico says. Urban farming and at-home gardening is a forgiving and rewarding pursuit because if a vegetable doesn't work out the first time, the soil allows you to try again. As when cooking with new ingredients or beginning a new hobby, they remind us that you don't have to start big to sell. "Just start with one pie or one candle, and go from there," Nat says.

Through an intentional and symbiotic relationship with their garden, business and community, the Dicous set the example of how to grow your own food and make an impact through urban farming. "The community sees how we are always learning and that reflects on them," Nico says. "They realize they don't have to have every weed pulled up or be perfect either."

Visit *Lincoln Street Farm* at the *Pioneer Park Downtown Farmers Market* on Saturdays, 8 a.m.–1 p.m., virtually at lincolnstreetfarm.com, or message Nat and Nico on Instagram @[lincolnstreetfarm](https://www.instagram.com/lincolnstreetfarm) to stop by the micro farm itself.



September SLUG Picnic

By Aidan Croft
aidanpcroft@gmail.com

In a slurry of sound, *SLUG Picnic* is back for our September showcase featuring **NARC**, **Gag Order**, **TOTAL CEREAL** and **MUTIE**, who bring a pugnacity of pop-culture, politics and punk. *SLUG Picnic* takes place on Saturday, Sept. 25, at 230 S. 500 West in Salt Lake City. Tickets are \$5. Picnic seating starts at 5 p.m., and music is 6–9 p.m. *SLUG Picnic*’s sponsors are *Dented Brick Distillery*, *Sparrow Electric*, *Gem City Fine Foods*, *Squatters*, *Les Madeleines* and *GREENbike*.

NARC @narcpv

“Obviously, ‘Blue Lives Splatter’ is about how we want to fight and kill every cop,” says **Emma Anderson**, the singer of powerviolence trio **NARC**. Joined by **Spencer Anderson** (guitar) and **Tyler Barrani** (drums), the band released their first record, *Personifying the Antithesis of American Values*, earlier this year. “We wanted **NARC** to be darker and heavier,” says Spencer, “more violencey.”

NARC pulls its influences from other women-fronted, three-piece powerviolence and grindcore groups such as **Shitstormtrooper**, but with a revolutionary fervor. “My last name is Arabic and half my family is from Benghazi. My last name in English literally means ‘outsider,’” says Barrani. “I was raised in post-9-11 America—I’ve never not been randomly selected going through an airport ... testing my palms for explosive residue.” It’s the delirium from experiences like these that reverberate out of **NARC**’s tracks like “Feminine Fuckability as Social Currency” and “Hooded Conspiracy.”

Now able to play live again, **NARC** is frequently playing benefit shows for members of the community or larger organizations, such as the *Indian Residential School Survivors Society*. “If it wasn’t for this scene, the people that I’ve met [and] the music that we play, I don’t know where the fuck I’d be in life right now,” says Barrani. The Salt Lake punk scene’s inclusivity is what sets it apart from other cities, according to the band. Whether newly moved to town or having a first experience at a show, “They’re taken care of,” says Barrani.



Photo: @robtookthis

L–R: Tyler Barrani, Emma Anderson and Spencer Anderson.



Photo: @robtookthis

L–R: Tyler Barrani, Ronnie Rot, Dan and Spencer Anderson.

Gag Order @officialgagorderband

Gag Order formed after members **Dan** (bass), **Spencer Anderson** (guitar) and **Tyler Barrani** (drums) met while on tour with separate projects. Finally converging in Salt Lake, the group brought **Ronnie Rot** (vox) in and began writing hardcore punk songs inspired by their experiences growing up in the Southwest. “Spic,” off their newest EP, *Overruled*, details the intergenerational trauma and white supremacy **Dan** faced as one of the only queer people of color in his area. “[The song] refers to my Grandma being an atomic-bomb survivor in Japan and also that in the Southwest, we’re often

downwind of radiation,” he says.

“One night I got jumped ... While they were beating me up, they were calling me everything they hated,” says **Dan**. **Rot** and **Dan** share vocals on the track and recall the experience in the lyrics by reciting the racial slurs that were inflicted onto him by his assailants before ending with “You left me bleeding, but still breathing.”

Now playing shows again at venues such as the soon-to-be-torn-down *Broadway Place* building, the band has been met with an evolving city and an equally evolving crowd. “There’s so many more people than before,” says **Anderson**. “There’s a whole

generation of kids that are showing up ... They’re great.” Packed into a small room with the ceiling dripping with sweat and condensation, the crowd kept the show alive. “Nobody left. No matter how bad or nasty and gnarly it was, no one left,” says **Barrani**.

TOTAL CEREAL @totalxcereal

There’s a video of **TOTAL CEREAL** playing for a small crowd on the waterfront in Duluth. Shot late at night, the reflecting moonlight backlights the band’s rag-tag setup with a serenity that, paired with

their guttural noisecore performance, becomes an emblematic scene of the group’s ethos. “We just drove up, set up and played at this random space where we were hoping the cops wouldn’t show up,” says **Sam Rodriguez**, who founded **TOTAL CEREAL** with his brother, **Conrad Callirgos**. The premise: create a song a day with influences from noise groups like Japan’s *SETE STAR SEPT*.

“If you put out a song every day, it’s like a commercial,” says **Rodriguez**. “It’s an ad; it’s a brand; it’s merchandising. But [it’s done] understanding that stuff’s all really stupid.” Appropriating the logos of mega-corporate monoliths such as *McDonald’s*



Photo courtesy of TOTAL CEREAL

Members of Mutie.



Photo courtesy of MUTIE

is an essential ingredient of the **TOTAL CEREAL** brand as is the recontextualization of pop-culture iconography—from **John Carpenter** to hentai to *Mighty Morphin Power Rangers*, it’s all **TOTAL CEREAL**.

With local venues often resistant to book them, the brothers created the label **CITY OF DIS** to carve out a home for local noisecore and powerviolence groups and attract touring acts. Totaling over 70 releases with dozens of bands, their serialized ambitions have come to fruition. “The last house show was insane ... It said a lot for the scene. Hopefully, all those people will go off and set up a band of their own,” says **Rodriguez**. “Hopefully, they play fast—fast and bad sets.”

MUTIE @mutie_hxcpunk

In a pro wrestling–inspired, battle-of-the-bands setup, noisecore group **MUTIE** built up a cardboard city on the floor of *The Beehive Social Club* for their *Godzilla*-themed concert. As the bands dueled it out, the kaiju-minded crowd stomped down upon the vulnerable township and gleefully incited havoc. “I managed to protect one specific cardboard building for a full 90 seconds ... I remain proud of that to this day,” says **Doug** (The King of Cutoffs), who plays drums in **MUTIE**’s most current iteration along with vocalist **Sam Rodriguez** (Tape Face), **Ian** (Big Dummy) on bass and **Crosby** and **Conrad Callirgos** on guitar.

A blend of **X-Men**, **Francis Harold And The Holograms** and other mutant-punk groups, the members of **MUTIE** don a full persona with an ever-rotating series of masks. “You’d be surprised how separate you can feel, even though you know it’s just you under a mask,” says **Rodriguez**. The path and makeup of **MUTIE** are an unfolding chronicle aided by their elastic sensibilities. “[We’re] very free-form. What anyone wants to wear, what anyone wants to do and can bring ... [It] became a very collaborative performance-art piece,” says **Ian**.

“Outside of the punk scene, [performance art is] often this weird, hoity-toity thing. But I’m used to it as just a dumb, fun thing you can do,” says **Doug**. It’s **MUTIE**’s spirit of childlike revelry that emanates from their monster-mash, capitalist-bash sound and drives the group onward—no matter their assemblage.



FOOD IS MEDICINE

Ma & Paws Bakery's Holistic Approach to Pet Food

By Jamie Christensen | jamiec1331@gmail.com

Recently, my partner and I adopted a two-year-old labrador mix named **Bailey**. As a first time pet parent, I was eager to educate myself on the best options for maintaining a healthy dog. I immediately searched online for information on vitamins, supplements, oils, broths, the best treats to purchase and the ones to avoid. I knew this animal under my care deserved to eat as well as I could afford to feed her. *Ma & Paws Bakery* carries a similar attitude—they believe food is medicine, and the right ingredients can actively affect your pet's lifestyle for the better.

Ma & Paws Bakery was founded in June of 1998 by **Diane Sanders** after she recognized her dog **Asta** was experiencing allergies alongside other health issues. Sanders noticed the problems persisted when she fed Asta the “commercially prepared pet food” found at traditional grocery stores. Sanders took to addressing the problem on her own, educating herself about pet nourishment, the best ingredients and how to address special dietary needs for Asta and, eventually, her own clients' dogs. After her retirement, **Megan Kilpatrick**, who learned the trade and worked under Sanders for six years, purchased *Ma & Paws Bakery* in 2014 and continues to uphold this mantra of sourcing holistic and organic pet ingredients.

“To us at *Ma & Paws Bakery*, holistic [means] taking the entirety of the creature into consideration—mind, body and soul—[while] factoring in the impacts of the environment, seasons, activity and interaction,” says Kilpatrick about the bakery's approach to natural pet food (primarily for dogs and cats). When customers visit the store with pet concerns, a “game plan” of holistic food alternatives is developed while still regarding special dietary restrictions and preferences. She says, “[The bakery's] knowledge of how to use food as medicine is one of our top services. Our clients come in for information and experience.”



Photo: [lmsorenson.net](https://www.instagram.com/lmsorenson.net)

Ma and Paws' handmade treats are made out of a GMO-free, whole wheat flour base with savory and/or sweet ingredients added.

new batches of treats throughout the day—oat and peanut butter doughnuts, personalized pizzas and giant parmesan sticks with extra cheese among them. Other customer favorites include freeze-dried duck heads, elk horn, beef tendons and their Raw Bar (which includes a combination of frozen and freeze-dried animal bits). You can also browse their range of dietary supplements, CBD and calming aids, toys, feeding equipment, grooming products and a small selection of collars, harnesses and leashes. Pets are of course allowed into the store (leashed) with the option to have your animal sample out different foods and treats.

My advice for first time pet owners like myself seeking out quality ingredients is to look to *Ma & Paws'* website for educational articles or to come in and chat with the team. “We focus on education and can point you in the direction of reliable sources of information,” says Kilpatrick. “In the years that I have been helping pet

parents, I have found no one way works for all. We are here to help the pet parent navigate this big world of companion animals.”



Currently, *Ma & Paws Bakery* has two locations—their original location in Millcreek and a new storefront in American Fork, which also offers three unique, self-serving dog wash stations for you to clean your pup while you're there! Check out the bakery at their website maandpawsbakeryinc.com and Instagram [@maandpawsbakery](https://www.instagram.com/maandpawsbakery) for more information.



Spicing Up

WEEKNIGHTS WITH WINGS ON WHEELS

By Corinne Bauer | corinnebauer@icloud.com
Photos by Joshua Joye



Wings on Wheels will be serving up Garlic Parmesan Wings (pictured) and more at SLUG Picnic Sept. 25 at the SLUG HQ.



Food trucks are one of my favorite ways to enjoy the local food scene; I love the variety of options and the built-in picnic feel of grabbing a meal from a mobile vender. *Wings on Wheels* is a local truck that offers a small and delicious menu at parks and events across the Salt Lake Valley. I caught up with them at the *SOHO Food Park*, a convenient place to try several food trucks in one trip.

On a hot day, wings may not seem like the wisest decision, but when you're already sweating, why not crank up the heat with something spicy? I arrived in the early evening and was quickly charmed by the skateboarding chicken on the *Wings and Wheels* food truck. The limited menu made ordering easy and ensured that everything was tasty and fresh. It took about fifteen minutes to get our food after ordering, and every item was hot and crispy.

After picking up our food, we settled in a shady corner and got things started with an order of the Veggie Loaded Fries (\$9.99). I opened the box and was immediately hit with an herbaceous and spicy scent. The takeout container was stacked high with a

hulking pile of golden fries that peaked out from under green sauce, banana peppers, mixed greens, black beans and chickpeas.

After taking in the sights and smells of the box, I put together my first bite. I worked to get some of everything on my fork and was pleased by the combination of flavors and textures. I crunched my way through a crispy bite and took time to savor the contrast that the creamy, mild chickpeas and black beans brought to the spicy bite. If anything was missing it was just a touch of fat—cheese or dressing to add a little more balance to the heat.

Now it was time for the meat of the matter, the wings themselves. At \$10.99 for an eight piece order, the wings are a good deal and come in a variety of flavors. I decided to start with a classic, Buffalo Wings at a medium heat. I opened the box to find that my hands almost immediately took on the required mess that eating any wings entails. The red sauce coated the chicken and my hands with sticky, spicy goodness. I bit into my first wing and found that the saucy exterior covered crispy skin and tender meat. A smoky flavor filled my mouth and

I tasted the tart and slightly thin ranch that was served on the side. We made quick work of these spicy snacks and moved on to the second flavor.

Garlic Parmesan Wings at a mild heat were sitting in a tempting puddle of garlicky butter. Despite the saucy look, the wings were crisp in my mouth and the buttery cheesy flavor brought me to pizza night in the best possible way. These wings are addictive and snacky, and though eight is certainly enough for two, it is tempting to not share them anyway.

If you want tasty wings with excellent flavor combinations, you should take the time to track down the *Wings on Wheels* truck and try them out. Bring a crowd and try every flavor so you don't miss out on the indulgent experience. Full disclosure—you will get messy, but after licking your fingers and using a wet wipe, you'll be clean again and ready to head back for seconds. Check them out on instagram [@wingsonwheels.wow](https://www.instagram.com/wingsonwheels.wow) or on facebook at [facebook.com/wingsonwheels](https://www.facebook.com/wingsonwheels) for their weekly schedule and a closer look at what they have to offer.



Alibi Bar & Place 369 Main St, Salt Lake City, UT 84111 Monthly Calendar September 2021

- 9/2 **Thurs.** Cumbia Night w/ Vibras Del Lago
- 9/3 **Fri.** DJ: Bo York
- 9/4 **Sat.** DJ: Spaz
- 9/5 **Sun.** Social Antidote Presents: [Sun]Day Sessions
- 9/9 **Thurs.** New City Movement Party w/ DJ Matthew Fit & Field Recordings
- 9/10 **Fri.** DJ: Blessed 1
- 9/11 **Sat.** DJ: James Beard
- 9/12 **Sun.** The Shake-Up! - Soul, Garage, Pop Psych, etc. w/ DJ Rockin' Robin & Special Guests
- 9/16 **Thurs.** Vibras Del Lago: Cumbia Pop Up!
- 9/17 **Fri.** DJ: Flash & Flare
- 9/18 **Sat.** DJ: Bo York
- 9/19 **Sun.** The Rubes LIVE!
- 9/23 **Thurs.** DJ: Concise Kilgore
- 9/24 **Fri.** DJ: Flash & Flare
- 9/25 **Sat.** DJ: James Beard
- 9/26 **Sun.** Alibi Beat Club - Mod, Garage, Freakbeat, etc. w/ DJ's Nix Beat & Retrograde



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ENTER THE KING'S MOUTH

An Immersive Art Experience

By Tim Schoof
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Photos by Kevin Edwards

A colossal chrome head stares out from the window of the front gallery at Ogden's *The Monarch* with bulging mirror eyes and a crown of silvery orbs bubbling upwards from the forehead to the ceiling. Music and lights spill out of the open mouth, and an extended pink tongue invites guests to crawl in and experience what's inside. This is *The King's Mouth*, an immersive art installation created by Wayne Coyne of psychedelic rock band **The Flaming Lips** and presented by **Ogden Contemporary Arts (OCA)**.

Since its debut in Baltimore in 2015, the exhibit evolved over time like a *Disneyland* ride spawning a cinematic universe. First, Coyne devised an experimental art installation in the shape of a giant head that blended striking visuals with music, resembling a statue of a mythical and decapitated god-king. Then, a surreal story emerged around the head told through Coyne's paintings and poetry. Viewers expected that since the project came from Coyne, music about it must exist. So **The Flaming Lips** created a full album, *King's Mouth: Music and Songs*, in 2019 with narrations from **Mick Jones** of **The Clash**. For the Ogden showing, new animations and *The King's Party* held at the exhibit started the night off in a flash of color and energy.

The King's Mouth naturally grew out of Coyne's career-long exploration of the intersection between visual art and music. The Flaming Lips's bombastic concerts feature confetti, light strips and Coyne crowd-surfing in a plastic bubble, all amplifying the musical performance to create a memorable experience. "The more that you can interact



Wayne Coyne, lead singer of The Flaming Lips, curated the exhibit to produce a visual component for the story of *The King's Mouth*.

The King's Mouth is a hands-on exhibit in which participants climb into the art piece itself to explore a sensory light show.

with the crowd, the more we're all doing something together and the more you can have a feeling about what you're doing. It affects you emotionally," Coyne says.

Coyne packed that vibrant energy inside the mouth of the cozy chrome head. The intimate setting lets the lights, sounds and emotions wash over anyone inside, leaving them to reflect on the experience once they reemerge. "There's just a couple of you in there. It's like, 'What is this?' 'This is cool!' 'What did it mean to you?' 'How'd it feel to you?'" says Coyne. "It gets it down to a much smaller level."

Venessa Castagnoli, Executive Director, first discussed bringing a visual arts component to the 2020 *Ogden Twilight* with concert series Co-founder **Jared Allen**. To accomplish this, they turned to Coyne and **The Flaming Lips**. "COVID obviously ruined everything in 2020, so we revisited the conversation once a vaccine was available," says Castagnoli. "Long story short, Coyne was super excited about the idea and we locked it down thanks to **Weber County RAMP** funds."

The exhibit fits perfectly with Ogden's wider programming as an ascendent

center for the arts. "Ogden's art scene is growing fast," says Castagnoli. "OCA is located right in the heart of the Nine Rails Creative District, an area that is changing how outsiders look at Ogden, and *The King's Mouth* provides a world class art experience for our community."

During his career of touring, Coyne noticed some American cities becoming "progressive" places where people produce bold and exciting work. Ogden's adventurous artistic spirit and community make it an ideal place for Coyne's exhibit. "I think it's mostly just a lot of cool people that have a little bit of say in what can happen here in Ogden just got together and said 'let's do this,'" he says. "This installation is just the most thorough and best one we've done. They've really done amazing work getting it all put up. All the videos, animation and the giant front room with *The King's Mouth* are just spectacular."

Experience *The King's Mouth* at the OCA Gallery in the *The Monarch* (455 25th Street, Ogden, UT) open until September 19. For more information about this exhibit and future installations, visit OCA's website ogdencontemporaryarts.org/.



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MIKE BROWN He's Heating Up!

By Mike Brown • mgb90210@gmail.com

For this year's *Food Issue*, I thought I'd share with you some of my favorite recipes. HAHA, JUST FUCKING KIDDING! Anyone who knows me (especially the few unlucky enough to date me) knows that I can barely boil water. I simply don't know how to cook.

Instead, for my day-to-day survival, I rely on one of the most under-appreciated appliances ever made, the microwave. As far as I'm concerned, the microwave is the most significant achievement of mankind right after fire. There are few substances that keep me alive: Camel Blues, Natural Light and whatever goes into my microwave.

I literally use it every day. Hell, I've even tried to use it for things other than food. I've learned that microwaves should mostly be only used for things you want to put in your mouth and not for metal or small living creatures.

But as far as un-edibles in a microwave goes, pop-movie culture has taught me a couple things, too. One is that you can microwave Gremlins if they are attacking your mom in her kitchen, as proven in the iconic documentary from the '80s, *Gremlins*. Another substantial movie moment is from the classic '90s biopic *Under Siege*, starring real-life cop and karate master **Steven Seagal**, in which he thwarts domestic terrorists aboard a nuclear navy ship by make-shifting a bomb out of a microwave. I don't know exactly how he does it, but Seagal is a hero and wizard.

Just like kids these days will never comprehend how I grew up with a pager to buy drugs when I was a teen, I have no idea how humans survived before microwaves. FYI, regarding pagers: You literally had to be either a doctor a drug dealer to have one. If you saw a guy checking his pager back in the day, you knew



Illustration: @sarahmaeliz

All the sustenance that nourishes Mike Brown's body, mind and spirit passes through the electromagnetic radiation of a microwave.

that guy was important or in an important situation. I check my microwave timer in the same way and with the same degree of importance, because burnt microwave popcorn is a disgusting tragedy.

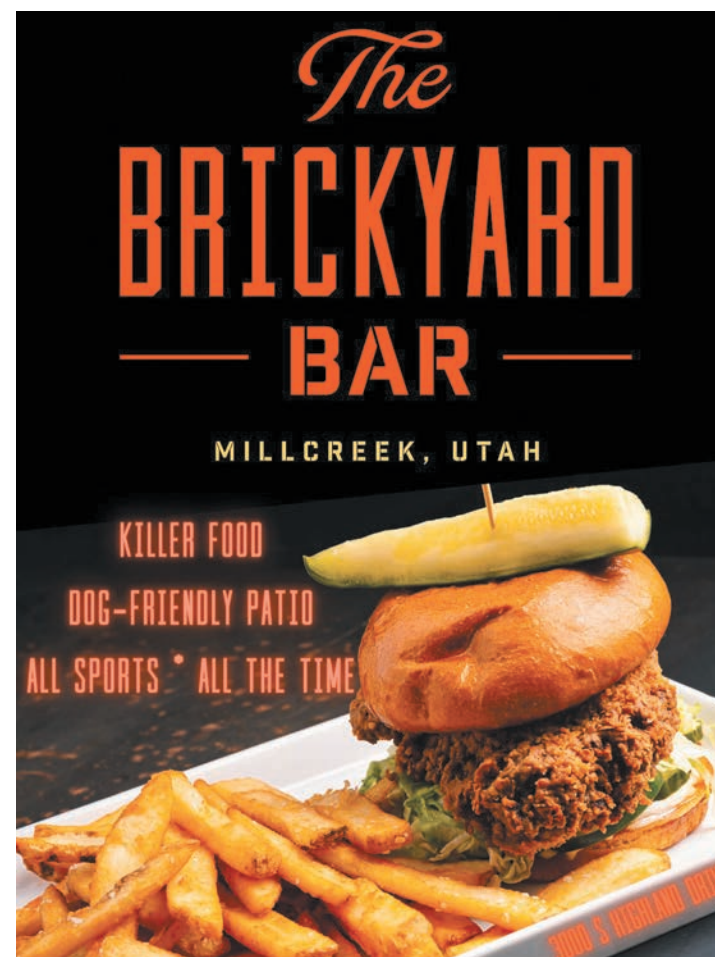
Throughout numerous years of using my microwave, I have mastered the art of not overcooking or undercooking my food, understanding the perfect rotation patterns in order not to get reheated fast food cold in the middle. Whether my food is frozen before it enters this celestial silver appliance or just needs a quick little warmup, I'm terrific at cooking with my microwave. If that's considered a culinary skill, then I'm a master chef.

I basically moved into my current apartment because it came with its own microwave. I really like the design. It's more slender than most microwaves, sterling silver and is mounted above my stove/oven, which I never use.

Hence, I never have to clean my oven! It also has a powerful fan built into it, which I've never had in a microwave before. It comes in handy in case I fart in my apartment or accidentally smoke a bunch of weed.

I don't want to talk shit on other microwaves; I think they are like kittens—they're all special in their own way. That is, except for gas station microwaves—they are a lot like gas station bathrooms. Tons of people use them, and they're seldom cleaned. At least in a gas station bathroom, you can hover if you're really in a pinch, but there's no real way to hover with your food.

I will end by saying that I readily admit I don't know how microwaves work, nor do I care. I don't know how a lot of things work. And that's OK, as long as my favorite appliance keeps me alive to rule another day. That's all!



LOCAL MUSIC SINGLE ROUNDUP

We picked the genres on our September “Local Music Singles Roundup” by throwing six ping-pong balls and seeing which cup they landed in. With sounds ranging from vaporwave (.mp3Neptune’s “Global Position”) to indie (Salduro’s “The Fix”) to hip-hop (CeeLos’ “Luxury”) to ‘90s grunge (Msking’s “Ghost”), there’s a song in here waiting to find its forever home in one of your playlists.



CeeLos

“Luxury”
Keep Finding Records DK
Street: 05.30
CeeLos = Post Malone + Louyah

“Luxury” is one of those tracks that if you listened to it as a child, it’d be a fun hip-hop beat to bop along to; when you listen as an adult and understand the lyrics, it gives you an existential crisis. This track is all about duality and juxtaposition. The essence lies in the lyrics—“All I see is luxury / I didn’t have no place to stay / I didn’t have no food to eat / ... All I see is luxury.” CeeLos gives the message that while you may not have a lot, wealth is about your mindset. A strong and smooth trap beat heightens the fanciful theme of the track, giving your mind a wave of calm. Once that beat starts, you just melt into the rhythm and flow, making this track truly a piece of luxury.
—Marina McTee



.mp3Neptune

“Global Position”
Self-Released
Street: 05.07
.mp3Neptune = Ursula’s Cartridges + Sun Electric + Carbon Based Lifeforms

Though both their moniker and affinity for internet-era iconography place .mp3Neptune firmly in the world of vaporwave, “Global Position” finds **Tremayne Gillis** on the outermost fringes of the genre. The track borrows heavily from ambient techno and the wider world of atmospheric electronica for a lush slow burn crammed to the gills with burbling, aquatic keyboards and languid grooves. The mix here is dense enough to create a vibrant soundscape while never becoming oppressive or overbearing, and steady shifts throughout the track make the 11-minute runtime feel both brisk and justified. Beats fade out and back in, filters mutate and dissolve, and hazy melodies swirl into being before melting into others. The results are wonderfully soothing and chill while still being dynamic enough to deliver the slight melancholic edge all the best vaporwave does. —Nic Renshaw



Msking

“Ghost”
Self-Released
Street: 06.18
Msking= Nirvana + The Smashing Pumpkins

On “Ghost,” Msking hearken back to the grunge rock of the ‘90s with undertones of contemporary pop-punk. Lead singer **Miranda Lewin** noted the lyrics for “Ghost” are open to interpretation, but she shared what they mean to the band: “For us, it refers to addressing the past. There are themes of existentialism, cynicism and fear of the unknown,” she says. **Karlie Bagnani**, bassist and vocalist for the track, says their biggest inspirations are Nirvana and The Smashing Pumpkins which can be heard in the gritty and calculated sound they create. The second chorus includes beautiful harmony vocals, eventually leading to a mini jam session and sing-along chant of “la la la life.” Msking have a new EP on the horizon and can be found on Instagram @msking.music.
—Andrew Christiansen

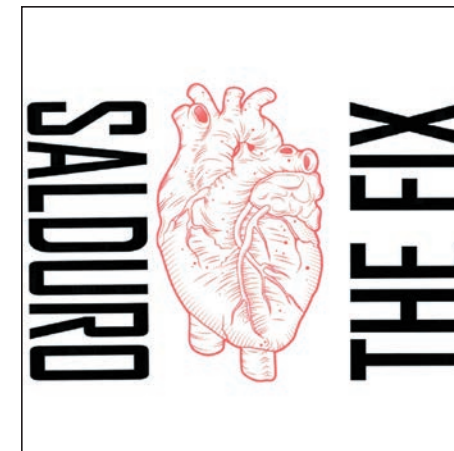
LOCAL MUSIC SINGLE ROUNDUP



Rotten Musicians

“TUNG”
Self-Released
Street: 05.06
Rotten Musicians = Alice Longyu Gao + Flying Lotus

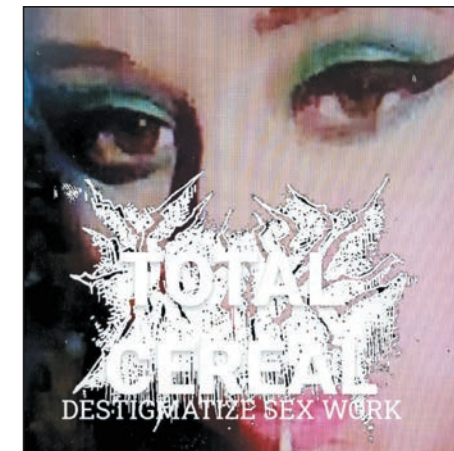
Rotten Musicians’ “TUNG” exists somewhere in between a late-night movie marathon of the least-checked-out Blockbuster VHS tapes and an over-observant encounter with a popsicle. “Put your tongue out / Put your tongue out,” sings the hip-hop group in a cultish chant that dares you to join their legion of lapping. Backed by a bass-forward beat, the rest of the track’s nasty mentions of various licks are brought to the forefront, allowing you to relish each and every slurp. Fortunately, the song stays away from being completely juvenile as a result of its extremely creative and satisfying production that somehow, in the middle of all this, sends you tip-toeing into the depths of a dragon’s lair to avoid being slathered by its fiery tongue. Give it a taste—“Don’t be tongue tied / Let your tongue glide”.
—Aidan Croft



Salduro

“The Fix”
Found Records DK
Street: 05.21
Salduro = The Painted Roses + Herring

Salduro is “back on the fix” with their latest single, and I don’t know why I haven’t been on it sooner! Who said easy listening had to be boring and basic? Who said indie could only be slow, repetitive drumbeats with depressed crooning laid over it? Definitely not Salduro, as this track is engaging and happy all the way through. “The Fix” track’s strength comes from its dynamic energy; **Lyndi Perry**’s voice is pleasant with a little grit to it, making this self-described ode to friendship perfect for any moment, whether it be floating around as background noise or danced to in the kitchen with the ones you love. In classic indie fashion, I had trouble making out some of the lyrics, but “The Fix” cheerfulness needs no interpretation—just let the emotions carry you to a memory softened by nostalgia. —Alexis Perno



TOTAL CEREAL

“destigmatize sex work
(feat. Zoey Laine)”
CITY OF DIS
Street: 04.05
TOTAL CEREAL = Sour Spirit + Hanatarash

With mumbled basslines oozing like boiled tar over one of the biggest, dumbest drum beats around, prolific noise/powerviolence act TOTAL CEREAL relish in the titular liberation of “destigmatize sex work.” Atop the distorted march, hellish vocals from porn star Zoey Laine traverse moans, sighs, screams and submissive pleas. Both Laine’s vocal track and the lumbering rock groove—sultrier, more composed than the skree of the single’s A-side—possess a vital playfulness and confidence. When TOTAL CEREAL reach a high point within the track’s death-march procession, the collision of the amplified noise and the drum’s physical heft radiates kinetic energy; Laine commands the space, her presence lifting the surrounding gloom toward ecstasy. In this embrace of self-defined sexual power and prowess, “destigmatize sex work” distances itself from noise’s often degraded, shock-value sexualities—pleasure over pain (unless that’s your thing).
—Audrey Lockie

FILM REVIEWS



Together
 Director: Stephen Daldry
 In theaters: 08.27
 —Patrick Gibbs



Shang Chi and the Legend of the Ten Rings
 Director: Destin Daniel Cretton
 In theaters: 09.03
 —Patrick Gibbs



Not Going Quietly
 Director: Nicholas Bruckman
 In theaters: 08.13
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Candyman
 Director: Nia DaCosta
 In theaters: 08.27
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BMX

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By Jon Tinsley • @jontinsley

Shawn "Elf" Walters – Gap to Feeble Grind



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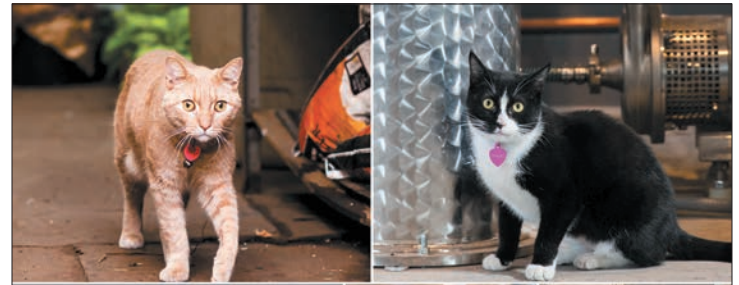
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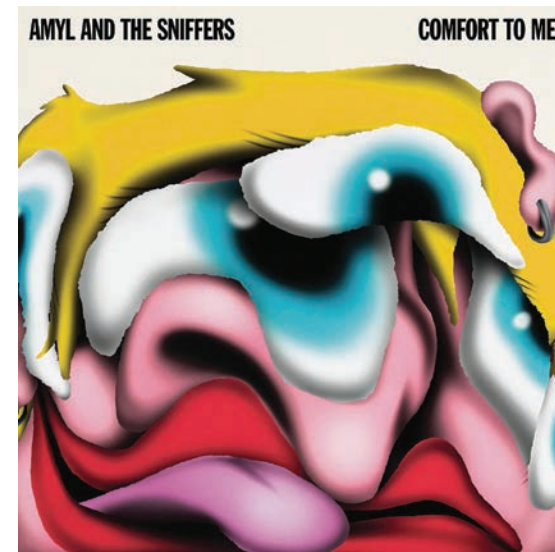
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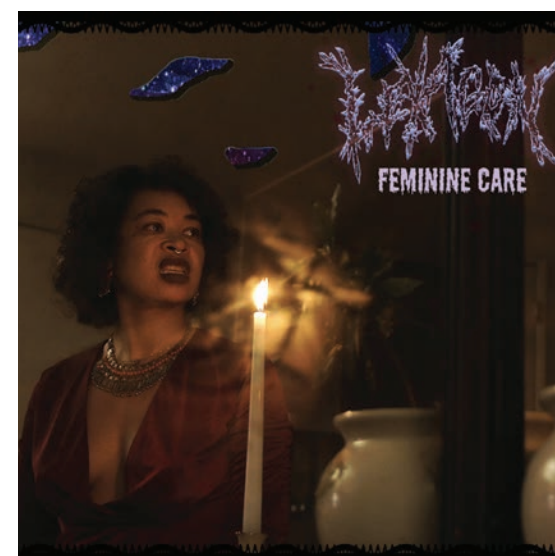


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MUSIC REVIEWS



Amyl and the Sniffers – *Comfort to Me*
(ATO, 09.10)
Amyl and the Sniffers = Ought + Priests
–Dylan Bueche



Lexagon – *Feminine Care*
(Ratskin Records, 09.10)
Lexagon = YATTA + Ian William Craig
–Audrey Lockie

Read full reviews at **SLUGMAG.COM**.

BEER > NOT BEER

THE BEST BEVERAGE FOR PAIRING WITH FOOD

By Rio Connelly • globalricon@gmail.com



Pairing beverages with food tends to feel formal. The truth is that we all do beverage pairing almost every day. When you feast on your favorite burger and fries and it doesn't taste right without a Diet Coke, you're food-pairing. I'm here to argue that for every meal or snack out there, you should be reaching for the superior libation, a beer.

Beer has many qualities that make it the ideal pairing beverage. The variety of flavors available in beer far exceeds that of wine, spirits or soda and may include acidity, bitterness, sweetness, as well as roasted, creamy, spicy or fruit flavors and more in nearly infinite combinations. This diversity makes it suitable for pairing with a wider array of foods than other beverages. Beer is also most often carbonated, which helps cleanse your palate between bites of flavorful or rich foods.

To start, consider "impact," or the intensity of a given flavor. BBQ ribs are a high-impact food while a low-impact food could be a delicate filet of white fish. *Squatters'* Hop Rising Double IPA is a high-impact beer while a light lager like *Fisher Brewing Company's* Fisher Beer is a low-impact beer. Generally, you


want to pair food with a beverage of similar impact level, or one will overpower the other. Also, when doing several courses, it's best to progress from lower- to higher-impact courses.

Next, successful pairings often complement or contrast to create winning combinations. You either want to reinforce flavors found in both food and beverage or use the pairing to add something different from one to the other. This could include accenting the bitter darkness of a flourless chocolate cake with a roasty beer like Big Bad Baptist from *Epic Brewing* or contrasting the bright, lemony acidity of (my brewery) *Proper Brewing Co.'s* Lake Effect Gose with rich and fatty cold cuts such as mortadella. The best pairings elevate each half, bringing out the best qualities of both and creating something greater.

Everyone's tongues are different, and your perfect pairings may be someone else's gag reel. Don't stress; do what you like! With these easy guidelines, you can turn a backyard BBQ to a dinner party or your lunch-break sandwich into a sublime beer-pairing opportunity.

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By Nathan Gentry • @nanoflicks



Steve Bingham – Front Smith – Avenues, SLC



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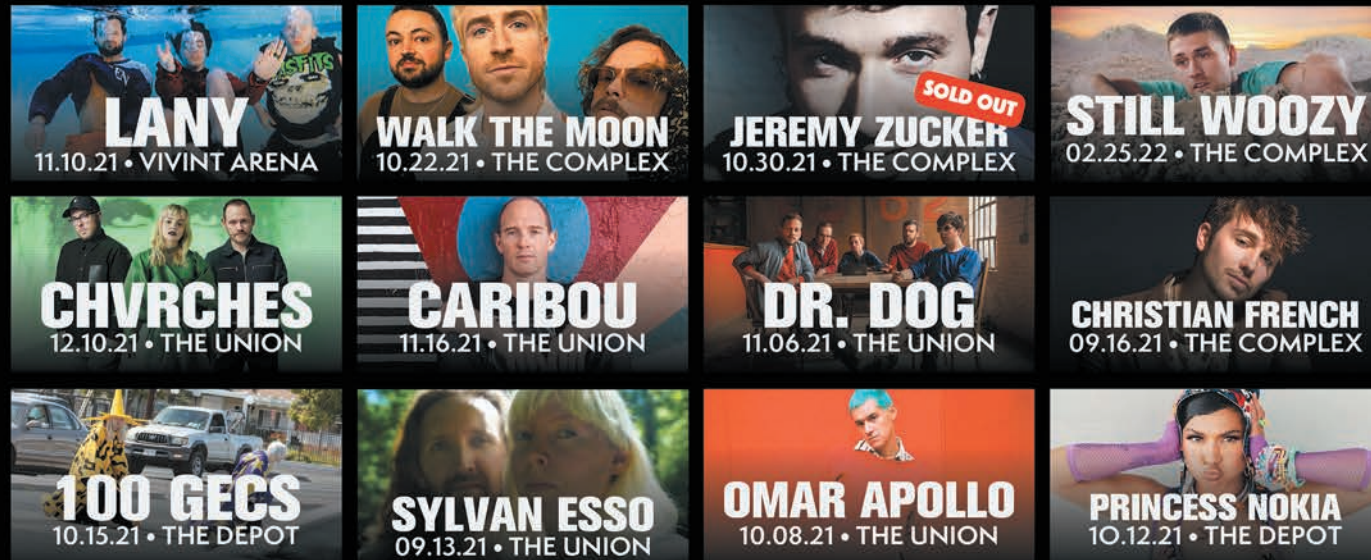
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