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## Russ Holsten

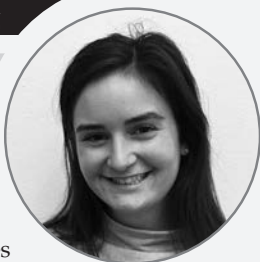
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Russ Holsten has been one of *SLUG*'s most consistent and dedicated music writers since 2016. A versatile writer, Holsten shines most in the nearly 100 music reviews he's written since joining. As comfortable with punk and alt-rock as he is pop, noise, metal or country, Holsten has long provided a driving force behind *SLUG*'s music coverage and we can't wait for what's come!

## Kelly Fernandez

Contributor Limelight  
Contributing Writer



Since moving from Ohio, Kelly Fernandez has had no trouble making SLC home. Our favorite characteristic about Fernandez is how she approaches anything with endless enthusiasm. Working at *SLUG* as a Contributing Writer, Distro Driver and Event Volunteer, Fernandez enlivens each area with ease. Read her feature on *SLC QI Community Acupuncture* on pg. 8!

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# THE CALM BEFORE ADORN ENSO PIERCING & ADORNMENT

By Parker Mortensen • @coldbloom | Photos: John Barkiple



Bottom (L-R) Kandi Kitchin, Zoey Bee Robbins and Devvan Zeimet. Top (L-R) Dustin Robbins, Tara Bueche, Ciara Robbins, Jake Hansen and Kenzi Marie.

When I quit my first real, adult job at 26, I got my ears pierced at ENSO. I was burnt out on office work and knew it, but the physical experience of burnout is something no one prepares you for: I felt simultaneously tense and lethargic, like I needed to make a fundamental shift but had no connection to my body after molding it into a 9-5 machine. On a lark I made an appointment and nervously walked into the studio. It wasn't my first piercing, but it was the first time I felt quite so rudderless. I was making myself vulnerable—I had second thoughts. Then I met Dustin Robbins.

Robbins and his partner, Tara Bueche, own and operate ENSO piercing at 900 S. and 336 East in Salt Lake. While Robbins and several staff focus on piercing and modification, Bueche handles jewelry and administration. Robbins is a calming, soothing presence, the exact demeanor you want from someone who's about to put a hole in you. Open since 2015, ENSO strives to give every customer an experience that invites the best of what the process of body modification can offer us: controlled, physical release, a sense of reclamation over the body and celebration or marking of an occasion.

"[There's] the one thing I always remember from my younger years when I'd go into a tattoo shop to talk about piercings," says Robbins. "They'd be dicks!" Bueche and Robbins met in an era when snobbery over body modding was du jour, when not having any tattoos or piercings marked you as an outsider who still needed to prove yourself as not a poser. "That's how we met, actually," says Bueche. "I went to a studio for scarification, and people weren't being accepting because I didn't have any tattoos yet. I had basic ear piercings, but that didn't mean I didn't know what I wanted next."



Enso Piercing & Adornment curate their jewelry collection with style.

Bueche was directed to Robbins but was so frustrated she nearly gave up. After talking on the phone, they met in person. "He was just so calming and made me comfortable. That's the thing we've wanted to keep: Be very inviting, very welcoming no matter what," she says.

ENSO radiates calm. Their high-quality jewelry is mostly made from titanium gold and niobium—no nickel—to avoid allergic reactions. The studio is bright with natural light and painted in a soothing turquoise, a far cry from the platonic tattoo studio in which piercing's roots lie. "Piercing and tattooing [had once been] mashed into one—they're nothing alike. They're not the same skillset or the same type of art," says Bueche. To me in 2022 this distinction feels intuitive, but it's easy to forget how taboo forcibly lumped these practices together. You'd get a piercing at a tattoo parlor like a side dish for your main course. Who else was gonna pierce you? The intensity was part of the whole sell. Now tattoo artists focus on their artwork and piercers focus on the constellation of placement and jewelry that gives people bodily control.

Robbins has been piercing for about 25 years and professionally for 20. This lack of distinction in body modification made it hard to initially break into the practice. After some early, amateur piercings on himself and from friends, Robbins began his journey into the practice from one of the originators of modern body piercing in Los Angeles during a week-long course, which he found through reading crass magazines like "Savage Tattoo" and "Body Play."

Robbins embodies this ethos of acceptance and inviting calm through the pain. Piercing has given him self-awareness, helping him connect with people in vulnerable positions. "There is still a journey—it's not like I'm all of a sudden the person I want to be—but each step of the way there is something that I never saw before," he says.

Visit [ensopiercing.com](http://ensopiercing.com) to schedule an appointment and learn more about the art of body modification.

SLUG MAGAZINE'S

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Illustration by @alethialunares

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\*Previously Released

Partial proceeds from the sale of this release go toward Mestizo Institute of Culture and Arts (MICA).



Curation support for Death By Salt VI was provided by Craft Lake City, a 501c3 nonprofit arts organization.

# SLC Qi

Community  
Acupuncture

Personalized, Accessible  
Acupuncture

By Kelly Fernandez  
talesofevergreenhills@gmail.com



Matt Jevtic of SLC Qi Acupuncture aims to provide an affordable, community-based alternative to healing.

SLC Qi Community Acupuncture (the Qi is pronounced “chi”) may be the missing piece in your healing process. This clinic joins a nationwide movement to remove the financial barrier for people to access this form of Chinese medicine, a complete body of medicine that approaches many health issues. In the beginning, most patients seen at the clinic were low-income patients who were able to take advantage of the low-cost business model. Nowadays, the clinic’s spectrum of patients has grown broader, which can be attributed to their reputation for achieving good results. Patients seeking treatment at the clinic range from needs for chronic disorders such as Parkinson’s Disease to more humble ailments such as insomnia or stress.

11 years ago, Matt Jevtic started SLC Qi with about 10 recliners and 10,000 acupuncture needles. After being introduced to his mentor, the late Dr. Richard Tan, and learning about the People’s Organization of Community Acupuncture (POCA), Jevtic was affirmed in his belief that acupuncture was his tool in his calling as a healer. He began by treating about 150 patients a week on his own until he could eventually sustain a second and third acupuncturist. The clinic has grown to perform over 10,000 treatments

every year. The most common ailment they see is physical pain, such as back pain, followed by issues surrounding stress and mental health, and internal medicine concerns, such as digestive issues. “Not only can acupuncture treat many problems in a healthy and natural way, but it can play a role in our patients’ spiritual lives as well. Clinics like this one are serving as centers of connection, positivity and decompression for people,” Jevtic says.

SLC Qi Community Acupuncture is a social business, meaning that it is mission-driven rather than capitalizing on client needs. Their team generally makes decisions based on their mission to provide accessible and effective medicine. Jevtic leads his team with an emphasis on prioritizing the word “community” in their name as much as “acupuncture.” This allows practitioners to use their healing efforts to facilitate a space for connection, compassion and caring for as many people as they can.

SLC Qi Community Acupuncture provides you an hour dedicated to your personalized relief. You will spend a portion of that time discussing your overall daily needs and concerns with your practitioner. The rest of your time will be spent relaxing in

a recliner as you receive acupuncture at points on the body, primarily on the arms and legs. You are even welcome to bring your own headphones, furthering your comfort level. After your first appointment, you will be able to construct and explore a potential treatment process with your practitioner. A variety of factors will determine how often acupuncture could be for you and what other options may be best for your path. This process paves the way for an overall holistic opportunity to tackle that complaint you have placed on the back burner—and do it for a bargain.

If the needles make you uncomfortable, your treatment may include other techniques such as acupressure, Shiatsu massage, Thai-yoga massage and other forms of bodywork. Aside from acupuncture, the clinic also has a large herbal pharmacy, and herbal formulas may be an option in your treatment plan. Other services also include electric stimulation, suction cupping and coaching in Qi-Gong or meditation practices. Open seven days a week, the clinic is waiting to welcome you to try something new in your quest for your best wellness. You can learn more or quickly book an appointment at [slcqi.com](http://slcqi.com).



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## NATURAL LAW APOTHECARY

### AN HERBAN MARKET

By Dylan Bueche • [dylan@slugmag.com](mailto:dylan@slugmag.com)  
Photos: Bonneville Jones

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Amid the dust and noise of the industrial area near the People's Freeway, a flower grows out of a crack in the concrete. *Natural Law Apothecary* rises out of the street shrouded by snaking vines and a plant-covered trellis in an otherwise dusty, grey environment. With roots in a fully self-sufficient homestead in Vermont, *Natural Law Apothecary* is the Salt Lake extension of the **Bowen** family's life grown directly out of the land. According to their website, *Natural Law* offers "over 500 organic or wild-harvested bulk herbs, over 70 resins and burnable items, over 100 local alchemical preparations and over 150 in-house prepared tinctures," providing a space stocked with holistic medicine and infused with a connection to nature.

One of the greatest offerings of this transcendent neighborhood locale is the opportunities for education they present. While the Bowens can answer nearly any question about herbalism and ancient medicine with

near-encyclopedic knowledge on the subjects, don't expect a typical diagnosis. Rather, *Natural Law Apothecary* provides the tools for self-sovereignty alongside the support and guidance to take control over your own body. "It wasn't about us and our practice—it was about everybody who came to us, everyone who came through the door," says store Co-owner **Marinda Bowen**.

As many participants in our broken western healthcare system can testify, seeking medical help can often feel invasive and disempowering. This apothecary stands to serve the individual through education and empowerment, developing new offerings and finding ways around tinctures and teas for those who can't do alcohol or hot drinks. "We love to do local and we love to grow our own herbs, but we quickly realized we needed to help the woman from Morocco who wanted her Syrian Rue, or the man from South America who wanted his Chapparal," says Marinda. *Natural Law's* extensive



Along with Michael and Marinda Bowen, Fio Bowen (pictured) makes up part of the family team that runs *Natural Law Apothecary*.

library is also open to those who come in without a lot of experience, and customers can browse through books from centuries ago as well as more contemporary tomes to learn more about themselves and the power of the herbs.

Likewise, *Natural Law* hosts myriad events for the community. Winding around wall-to-wall jars of herbs, tinctures, salves and glycerides of indeterminate age and origin, a door leads to another room hosting a small stage for open mic and ample room for ceremony. Up the stairs to the second floor is a gathering space adorned with murals, cushions and yoga mats. Here, the community comes together to hold workshops and classes that range from Kundalini yoga to trainings for death doulas (my next band name). Nearly three dozen local artists regularly work out of the space. As the week rotates dynamically through different classes, celebrations and opportunities for education, there is something for everyone willing to learn and a space for anyone with a skill to share.

I attended the weekly *Meditation Monday* in an attempt to continue avoiding therapy. Led by local underground hip-hop artists **Burnell Washburn** and **Trevor Nielson** (T-Mental), the group session featured a large set of singing bowls as the centerpiece while Washburn and Nielson guided the journey and another participant saged me consensually (in response to my body odor, I worried). Beginning in Sugarhouse Park before finding a home at *Natural Law*, Washburn says, "We teach a lot of different styles [of meditation], mixing and matching different cultures and ancient teachings"—and the pair were happy to pass on their tools and perspective in the donation-based class. I left extremely concerned about my posture, but otherwise at peace.

In addition to the artists that host events in the space, *Natural Law* boasts the work from nearly 40 local artisans selling their crafts. While the Bowens do the lion's share of the alchemy, they have offerings from around the world and are always sourcing more. From sensory deprivation tanks to sensory-cleansing sound baths, *Natural Law* has something for anyone who wants to take care of their body—or just feel more connected to it.



The walls of *Natural Law Apothecary* are lined—floor-to-ceiling—with jars of homemade remedies and tinctures.

# IRIS

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# EVERYBODY WANTS TO LOOK FLY

## Salt City Grillz Boutique

By Bianca Velasquez • [bianca@slugmag.com](mailto:bianca@slugmag.com)



Photo: Jessica Bundy



Photo courtesy of Salt City Grillz

Salt City Grillz Boutique Founder and Operator Jeffrey Broxton provides Salt Lake with a new edge through custom grillz, clothing and jewelry. One of the Salt City Grillz 16-piece gold grill sets.

Growing up in the late '90s and early 2000s exposed my young mind to a multitude of trends that served as vehicles for self-expression. Customization was the cornerstone of individuality, and shows like *Pimp My Ride* and *Extreme Makeover* held our society by the neck with the promise of true uniqueness. Today, **Jeffrey Broxton of Broxton Enterprises** introduces one trend that has held over for decades—custom grillz. Through his storefront, *Salt City Grillz Boutique*, Broxton offers our community's first and only custom teeth grill studio where patrons can order their very own set to smile about.

Since 2016, Broxton has been taking orders for four–24 piece grillz (gold or silver teeth covers used decoratively) and customizing them to the customer's personality and vision. "When I started this profession I was making house calls, so you would call me and we'd set up an appointment after my day job as an aircraft mechanic," he says. Coming from Savannah, Georgia, Broxton identified the demand for this style of expression in Utah and started advertising at parties and dance clubs where he could find clientele that could identify with grillz. "At the beginning this was solely guerilla marketing. Every show, you'd come out and have a flier on your car," he says.

Today, Broxton runs a full operation out of his storefront in South Salt Lake. "Rubies, emeralds—anything you can think of, we can make. If you can dream it, we can conceive it," Broxton says. "That's the fly thing about it—you can customize it and it isn't permanent, so you can mix it up." Broxton's custom options traverse diamond-encrusted caps, fang caps, full gold sets and much more. In conjunction, his clientele is as varied as his product. As a literal word-of-mouth business, Broxton has customers coming from all walks of life and from all over the world to work with him. "I even have soccer moms with gold in their teeth," he says.

However, *Salt City Grillz'* custom grill process is consultation-based and fully dependent on what the customer is specifically seeking. The boutique purposefully does not carry grill samples in-house, instead showing examples based on previous customer's experiences. "Come in for your consultation appointment and then let the wizard go behind the curtain and do his magic," he says. Broxton designs the concept after the consultation, taking the mold of the teeth and working with jewelers to execute the commission. This leaves customers with a truly tailored product that amplifies their specific personality, as opposed to picking out a style because it looks good on someone else. "Someone will come in with

no teeth and their head down. then they'll go into the bathroom, snap their teeth in and come out a different person," says Broxton.

Luckily, trusting Broxton as the designer and visionary comes easy. As a true entrepreneur and creative, Broxton displays his stylistic capabilities from the way he dresses (with each detail, from his shoes to his teeth, matching) to the eclectic atmosphere of the boutique. "This place never ceases to amaze me. I tell people when they walk in here they are walking into my imagination," Broxton says. In addition to his custom grill work, Broxton offers custom jewelry and his own clothing creations. This includes brightly colored, matching sweat suits with Broxton's own screen-printed designs, embroidered hats and a collection of screen-printed shirts.

Aside from creative endeavors, Broxton maintains an overarching mission for Broxton Enterprises as a whole. "I'm just trying to put paint where it ain't. It is hard to pinpoint what is Utah," he says. "I really wanted to do something that would say to an out-of-town person that this is another version of Utah. This is my culture that I'm giving to the people." You can set up an appointment with Broxton via instagram at [@saltcitygrillz](https://www.instagram.com/saltcitygrillz), his website, [saltcitygrillz.com](http://saltcitygrillz.com), or by stopping in at the storefront on 17 W. Sunset Ave. in South Salt Lake.

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Photo: Jovany Villalobos

# MUSOR

Local psych-rock trio Musor create music around the principle of perpetual experimentation

By Andrew Christiansen [achristiansen01@gmail.com](mailto:achristiansen01@gmail.com)

It may be cold, but hope is not lost—some of the most exciting Utah-based psych-rock artists are playing at January's *Localized Showcase*. The show features co-headliners Musor



and **The Painted Roses** with opener **The Psychomatics**. *SLUG Localized* is \$5 at *Urban Lounge* on Jan. 20 (doors at 7 p.m., music at 8 p.m.) and is sponsored by *Uinta Brewing* and *Huge Brands*.

In April 2016, Salt Lake-based psychedelic rock band Musor had their first show as a band with two members—friends **Alan Orellana** (vocals, guitar) and **Diego Delgado** (drums), who met at college in Peru in 2005. At that show, they met **Javier Catalan** (bass), who offered to fill the role of bassist. Almost six years later, Musor is releasing their debut album.

In their writing process, Musor is constantly looking to adjust their songs with small tweaks. "This experimenting never ends because you always find new things," Orellana says. The songs from their upcoming album, which doesn't have a name yet, were mostly written during the pandemic. Having only officially put out one song, "Dejame," Musor are excited for listeners to hear the new album. "I think the most exciting element of Musor's music is the dynamic of the songs—starting with peaceful melodies and gradually building up into something deeply profound and finally ending in intense chaos," Delgado says.

local psychedelic music scene grow firsthand. "Now, there's more bands doing this type of music with a similar kind of vibe, but they're bringing their own flavor and style," Orellana says. Last year, Musor played at several *Psych Lake City* concerts at *Urban Lounge* with other local psychedelic rock bands such as **Casio Ghost** and **Hobosapien**. "I like it because it's this psychedelic wave coming from outside, and it's growing here," Delgado says.

Orellana and Delgado grew up in Peru listening to Peruvian folk music, cumbia and **Luis Alberto "El Flaco" Spinetta**, but coming to the U.S. in their early twenties opened a new world. "Living here gave us access to a variety of instruments, amplifiers and guitar effects which were not accessible in our country," Delgado says.

Musor tried to record their album in their practice room for several months, but their lack of knowledge regarding recording space, equipment and other aspects proved to be a difficult hurdle. "We could not capture what we think the Musor sound is. We realized that recording is another kind of art," Delgado says. From there, they went to *Sunspell Records* to record a couple of songs—it went so well that they decided to record the whole album there. Here, Musor was able to add extra guitars and integrate piano and saxophone into a song on the album.

A core part of Musor's identity as a band are their live shows, and they've never played more than in the year 2021. "This year has been crazy for us—we've been playing two, sometimes three shows per month, compared to when we started when we played two or three times a year," Delgado says. Musor keeps their concerts unique—"Every show we try to do something different," Orellana says. A Musor set includes messing with the transitions and structure of their songs and appealing to improvisation, especially with guitar solos. "Whatever the mood tells us, we go with," Delgado says. Catch Musor live at *SLUG Localized* on Jan. 20, and you can find Musor on Instagram [@musorband](https://www.instagram.com/musorband).

Finding their sound was a process for Musor. "At first we were trying to play like our heroes—we love **Led Zeppelin**, **Jimi Hendrix** and **Pink Floyd**," Orellana says. It developed as they played together more often and Orellana experimented with the songs' tones, using guitar effects such as fuzz, reverb and wah-wah. "I think that's when a more psychedelic sound came to define the band," Catalan says.

Since they began creating music together, Musor has witnessed the



Photo: Tiff Duke

The Painted Roses' diverse, psychedelic sound reflects the close-knit music community of their Logan hometown.

# THE PAINTED ROSES

By Andrew Christiansen [achristiansen01@gmail.com](mailto:achristiansen01@gmail.com)

Logan hasn't always been the first city that comes to mind for the best Utah music, but that's changing. Indie psychedelic folk-rock band **The Painted Roses** are at the heart of a growing Logan music scene that includes artists such as **Sorrymom** and **Guava Tree**. "The Logan music scene has its own particular sound," says **Cole Stocker** (vocals, guitar). "Everyone plays in everyone's bands; we're all influenced by each other and we all hang out and party together."



each other." Harris initially joined the band because she's well-versed in music theory and vocals, which Stocker sees as a "turning point where we were able to learn to sing together instead of getting in each other's way."

The Painted Roses officially formed in 2018, but Stocker is the only current member from the original lineup. **Nora Barlow** (vocals) and **Alex Schneider** (guitar) joined in 2019, **Shane Wegner** (drums) and **Allie Harris** (vocals, acoustic guitar) in 2020 and **Niall Thorley** (bass, vocals) joined last year, replacing their previous bassist, **Sam Johnson** (Guava Tree), who now plays for **Sammy Brue**.

adding to the varied genres in their music. "We'll play a country song, a blues song, then a psyche-grunge song," Stocker says. *Stone Cold Killer* was recorded at the Logan venue and recording studio *WhySound*, which is essentially Logan's version of *Kilby Court*—intimate, quirky and the heart of the city's music scene. The album was largely recorded live with overdubbing of vocals and some synth and guitar textures. Even the overdubbed vocals were gang recorded, captured by a room mic while all four vocalists sang their parts. "We felt we had a special chemistry as a live band and wanted to put out an album that felt like we were being truthful to ourselves and the audience about who we were," Stocker says.

The Painted Roses are grateful to be a part of a growing Utah music scene that they feel is more supportive than ever. "Everybody's friends with each other; we're all kind of in the business together and we're all happy to see each other," Wegner says. "No one is ever jealous of another group or artist." Referencing popular Utah-based bands like **Neon Trees** and **The Backseat Lovers**, Thorley says, "I think in Utah, there's kind of this 'If they can do it, we can' mentality. In other places, the number of bands that are around can be a little overwhelming for local start-up bands, but here there is that beacon of hope. These people came from this nowhere place—they made it happen so we can too."

On their debut album, *Stone Cold Killer*, The Painted Roses provide a unique collection of songs that showcases their clear talent and chemistry as a band—whether that be in the psychedelic-tinged folk rock on "Temptation," the gentle indie rock of "The Run" or the hard-rock-tinged "My Day," which includes an electrifying, catchy guitar and confidently sung, personal lyrics: "Sometimes love means moving on / And my day / My day is gonna come."

Everyone in The Painted Roses has their own unique influences,

The Painted Roses' four main vocalists set them apart from other bands, with each singer offering a different style. "Allie has a very traditional, folk-country voice, where Nora has more of an alternative vocal and Sam has a grunge, '90s vocal," Stocker says. With this dynamic, Stocker says the band has "had to learn how to sing together and figure out how those tones come together and not take away from

Even though they released *Stone Cold Killer* last year, the band is already working on another album that they're hoping to release sometime this summer. "Moving forward, I could see a lot more folk rock with more psychedelic jam elements [as well as] really trying to tighten our harmonies." Catch The Painted Roses live at *SLUG Localized* on Jan. 20. You can find The Painted Roses on Instagram [@thepaintedrosesband](https://www.instagram.com/thepaintedrosesband) and Twitter [@thepaintedroses](https://twitter.com/thepaintedroses).



## An Air of Flair For Your Hair: Retro-Barbers

By Audrey Lockie • [audrey@slugmag.com](mailto:audrey@slugmag.com)

Photos: John Barkiple

Retro-Barbers  
370 S. 300 East unit 112, SLC | 801.318.3851  
M-F: 9 a.m.-5 p.m. | Sa: 9 a.m.-3 p.m.



In style and substance, *Retro-Barbers* exudes the flair of decades past.

"At *Retro-Barbers* ... it's not a haircut—it's an experience," says **Vanessa Williams**, Founder and Owner of *Retro-Barbers*. Tucked away into a small nook in the *Church + State* building on 400 S., *Retro-Barbers* looks back at visual and aesthetic trends from the mid-20th century to create a singular barbershop experience unlike any other in the city while still providing exacting, individualized haircuts and facial hair grooming. Opened just over a year ago, *Retro-Barbers* pride themselves in a one-of-a-kind trip to a barbershop and their customer-focused service in all their cuts, trims and shaves.

"When a client comes to our space, they should feel immersed in the atmosphere and have a place where they can leave their worries behind and be pampered," says Williams. The tenets of self-care and relaxation are a hallmark of many a barbershop, but *Retro-Barbers* extends the ethos with their all-encompassing aesthetic. "The retro theme is tantamount to the experience. You can find us [barbers] in pin-up, retro styles," she says of the staff's commitment to the brand. "The retro aesthetic is so fun to play with, and I thank **Turned Treasure** for helping me source my antiques."

Specifically, the inspiration for *Retro-Barbers* came from Williams' lifelong obsession with fashion from the '30s, '40s and '50s and a visit to a barbershop in Rome that was themed after a "chic speakeasy," in Williams' words. After visiting another speakeasy-themed barbershop in Las Vegas, Williams decided that the Beehive

state needed its own offering: "I wanted to create a space ... where people could come and not feel rushed, [to] have a unique place to pamper themselves and trust the people who took care of them and have a full, spa-like experience for men," she says.

The most obvious homage to this vintage mindset arrives via *Retro-Barbers'* curated appearance. From the antique fridge sitting in the corner to the big, bright, red barber chairs, the shop recalls the classic look of barbershops of yore. Alongside these visual nods, Williams also curates in-shop music to reflect the retro-focus with "the best of the big-band, swing-era sound and also the creativity of current musicians who appropriate current songs and put them back in the big band swing era," she says.

In addition to these surface-level allusions, *Retro-Barbers* also honors the hairstyle and grooming traditions of their mid-century touchstones. "We pride ourselves on mastering the old fashioned while [also] being up to date on the latest men's fashions. We especially are adept at beard and mustache sculpting," says Williams. "One of the unique things about our barber shop is that we fully sculpt their beards to best fit their desired shape and finish with blow drying and a heat comb." *Retro-Barbers* name each of their services after classic cocktails, from the Old Fashioned (comprehensive haircut with hot towel neck shave) to the Whiskey Sour (full-face shave). Williams goes above and beyond in each package, rounding out the normal haircut services with massages,

pre-cut consultations and more.

Looking ahead, *Retro-Barbers* hopes to expand their two-person team into a quartet of barbers and increase their reach. "The end goal is to keep it intimate and special—we won't grow any of our locations to [be] bigger than four barbers," says Williams. Instead, she hopes to open more *Retro-Barbers* locations with unique themes. "This shop is aviation-themed, and I want to have several small shops—one themed to classic cars, another trains and another boats," she says. Find more information at [retro-barbers.com](http://retro-barbers.com) and follow the shop on Instagram @slcretrobarbers.



Owner Vanessa Williams models the vintage aesthetic of *Retro-Barbers* after her love of '30s, '40s and '50s fashion.



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RIDE, RIOT, REHAB AND RUN

# REBEL HOUSE'S COMMUNITY-CENTRIC WORKOUT CLASSES

By Audrey Lockie • [audrey@slugmag.com](mailto:audrey@slugmag.com)



Photos by John Barkiple

(L-R) Nina and Devin Pearson established *Rebel House* for clients seeking physical, mental and spiritual growth.

Local workout studio *Rebel House* prides themselves on evading all the things you hate about workouts: the pressure, the anxiety, the solitude, the drudgery. “When we opened the studio, we were looking for a community for ourselves,” says Co-founder and Co-owner **Devin Pearson**. “That has always been our number-one mission—to build community. All we talk about with our teams is being connected, caring about the people, looking people in the eyes, actually making a connection to these people, getting to know them [and] getting to know their names.”

Alongside fellow Co-founder and Co-owner **Nina Pearson**, Devin works to cultivate this communal space from the get-go. Walking into *Rebel's* open-locker-room lobby set up, patrons are immediately greeted by *Rebel* staff for check-in. Those just leaving classes, those lacing up for the next ones and instructors alike mingle in this interim space, providing the Pearson's desired sense of connection and community. “You start to see that this place is a safe space for people ... because of its authenticity,” says Devin. Both Pearsons note that they've fostered real, sustained relationships with many clients over the years. “We know their parents, their birthday, when they go on vacation!” says Nina.

The geniality extends into *Rebel's* classes, as well, where the Pearsons sidestep physical appearance goals in favor of mental health improvement. “We don't allow our trainers to talk about getting in your beach body. It's all about, ‘How do you feel? How do you feel in your body and in your mind? Can you feel a little bit better each time you come in here?’,” says Nina. “It's not about how you look—it's about your mental health, your physical health, how you feel and just trying to better yourself every day.” By erasing the stigma and judgment surrounding working out (especially public exercise), *Rebel* hopes to highlight these

innate personal benefits found in physical fitness.

*Rebel's* team of class instructors make up the front lines for this holistic approach to workout culture. These team members prepare the ever-important playlists for each class (with selections traversing EDM, '90s hip-hop, modern pop and everything in between), greet patrons and guide the session based on their personal approach to mental and physical betterment. “We always tell our trainers, ‘We do not want you to be like anyone else; we want you to be yourself,’” says Devin. Nina adds that “what their messages are in class, what their music choices are—we encourage them to really be themselves in that aspect.” *Rebel's* trainers bring their own tastes and personalities to the forefront, allowing the studio to offer the perfect class for every patron.

Currently, *Rebel House* offers three classes—Ride (beat-based cycling), Riot (boxing with light weight training) and Rehab (yoga-inspired stretching)—with plans to add a new class combining beat-based running and heavy-weights, Run, when they open their new Downtown SLC location in early 2022. Each of these classes intentionally highlights a different fitness area, from strength training to cardio to flexibility and more. Nina views the studio's varied options as one of the *Rebel's* strongest points: “[We're] really, really good at everything we do,” she says. “Our classes are on point.”

As *Rebel House* continues to expand, grow and hone their vision, they'll retain their people-first mindset. In Nina's words, they've accomplished their goal if *Rebel* patrons exit classes thinking, “I've mentally got stronger. I'm a better person and I love myself more.” *Rebel House* currently has locations in Downtown Salt Lake and Sugarhouse, with new locations in Salt Lake and Riverton set to open in 2022. Visit their website, [rebelhouse.com](http://rebelhouse.com), or follow them on Instagram @ [rebelhouse](https://www.instagram.com/rebelhouse) for information on classes, memberships and more.



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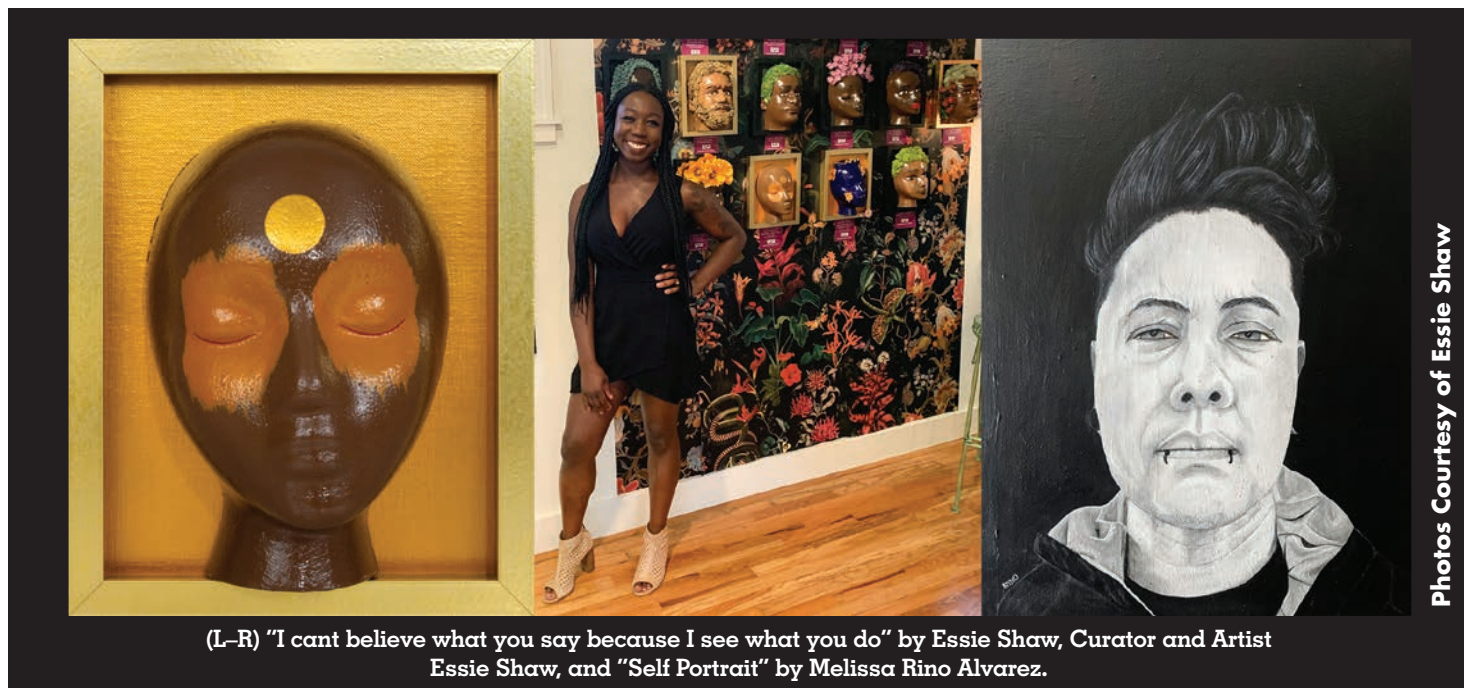
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Photos Courtesy of Essie Shaw

(L-R) "I cant believe what you say because I see what you do" by Essie Shaw, Curator and Artist Essie Shaw, and "Self Portrait" by Melissa Rino Alvarez.

*Sonder*, an exhibition debuting at *The Urban Arts Gallery*, demonstrates how one's subjective existence is always intertwined with a collective. We exist simultaneously as ourselves and with each other. *Sonder* demonstrates our mutual connectedness by immersing visitors in a mosaic of local artists' self-portraits. "Sonder is the realization that everyone around us is living a life as complex as our own," says **Essie Shaw**, the curator of *Sonder*. We concurrently perform the leading role in our own lives and assume innumerable supporting roles in others'.

Shaw connected with local artists to co-create an exhibit that displays their portraits in the forms of paintings, glass art, photographs and mixed-media artworks. "As more artists signed on to the show, I felt a sense of closeness to them knowing that we were all working on a shared exhibit." *Sonder* features self-portraits created by **Melissa "Rino" Alvarez, Jodi McRaney Rusho, Laura Sharp Wilson, Alyana DeSouza, Caroline Kane, Alice Lopez, Cecilia Izarraraz, Halley Bruno, Cat Palmer, Nataly Welch, Emma Goldgar, Pedro Hueramo Rico, Raynola Dominguez** and **Grace Ryser**.

"I encouraged each of the artists to create portraits and other artwork that represent how they see themselves," Shaw says. "Each piece is deeply personal to them." *Sonder's* collection of portraits embody the collective

vibrancy and complexity of our personal lives. "This collection of art shines a light on the challenges that we face as individuals and the perspective that our lived experiences have given us," she says. By engrossing visitors in a collection of local artists' self-understandings and images, *Sonder* emphasizes the interconnections between our subjective and collective existence.

Shaw says that the past two years have been extremely isolating because what it means to live has rapidly changed. *Sonder* compels us to understand that everyone is floundering along their own storyline and urges us to connect in the face of violently alienating systems, institutions and circumstances. "If there is one thing we can all agree on, the last two years have brought about an abundance of uncertainty and fear for the future," she says. "We are disillusioned with the 'system,' and we've lost what little faith we had in our elected officials."

Global crises and chaos make it easier to reclude into our own lives to avoid spiraling into the void. But it is precisely these times that call for collective action, discourse and allyship. "I hope the environment and mood of the show will encourage conversation and sharing," Shaw says. From meticulous paintings to vibrant mixed-media sculptures, each artist's self-portrait reflects their own unique essence

and begets their own mood, medium and narrative. As a collection, *Sonder's* portraits epitomize the diversity of our experiences, identities and self-understandings. In this way, *Sonder* cultivates an environment for multicultural and intersectional dialogue about the self and collective being.

In encouraging an awareness of the vivacity and complexity of others' lives, *Sonder* helps us live with and for each other instead of living merely among each other. "My hope is that the realization that we are both the main character in our own stories, while also playing supporting roles in others' stories, can help us find a greater sense of togetherness," Shaw says. Amid injustices and corruption, *Sonder* encourages empathy, connection and coalition.

"*The Urban Arts Gallery* staff has been wonderful to work with," she says, "I am curating another show for the Gallery that will be showing in February 2022 titled *The Beat of Our Blood* and features the work of Black, Indigenous and POC local artists." *The Urban Arts Gallery* will exhibit *Sonder* from Jan. 4-30, with an artist's reception and gallery stroll on Friday, Jan. 21 from 6-9 p.m. "The gallery and the **Utah Arts Alliance** have given me a lot of freedom to bring my visions of both of these shows to life," Shaw says.



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Photo: John Barkiple

# BRICKS CORNER

## Utah's Taste of Detroit Style Pizza

By Corinne Bauer  
corinnebauer@icloud.com

Bricks Corner's decadent, thick and crunchy Cheesy Mushroom Afgoo pizza taunts anyone who lays eyes on it.

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For me, pizza is just about the best comfort food out there. Other things can work in specific instances, but good pizza hits the spot just about every time. On dreary winter days, I'm always in the mood for something comforting. So, it was on a cold and stormy winter night I made my way to *Bricks Corner* (a 2021 *Best of Utah* "Best Pizza" winner) to see what Detroit has to say about the world of pizza.

To start, I wanted something snacky, so we requested a small order of Cracked Tots (\$8). These fried potatoes are covered in pepper, sea salt, fresh herbs, truffle oil and parmesan and can be enjoyed with Awesome Sauce—fry sauce with a horseradish kick. The tots crunched lightly and made it easy to keep popping one after another into my mouth. The salt content and tender center elevated this lunchroom treat into the perfect snack and a great way to start the meal. I had never considered tots as a viable accompaniment to pizza, but now I'm not sure I can imagine pizza night without this addition.

With the worst of my hunger behind me, I could focus my full attention on the flavor

and texture of the pizza. The first pizza on my list was the Cheesy Mushroom Afgoo (\$17). This white-sauce pizza was covered in delicious, savory mushrooms with sweet, caramelized onions made bright by marinated tomatoes. The balance of sweet and savory was perfect, but the best thing about this pizza was how the cheese wrapped around the edge of the crust and caramelized into the most delicious, crunchy trim. The crunchy cheese brought both flavor and texture complexity that elevated the dish and made the edge pieces especially exciting.

For a more traditional pizza, I tried The Corner Margherita (\$16). This pizza was less flashy but executed perfectly. I bit through the cheesy and crunchy exterior to the soft, bread-like insides and well-balanced toppings. The sauce was light and allowed the real stars of the show to shine through. Balsamic sweetened the deal and highlighted the herby ricotta and bright, marinated tomatoes. Each bite had a little bit of everything, so there's no missing out on any element of this pizza.

If pizza isn't your favorite thing, *Bricks Corner* may still be the place for you. The Gucci Goooo (\$13.50) with a side of Brussels Slaw is an amazing vegetarian sandwich. In each bite you'll find roasted butternut squash, roasted peppers and tomato held together with melty mozzarella. Before you can make your way into the vegetable goodies, you must get your teeth through some of the best crisp focaccia you will ever try. The sandwich can also be served vegan. The accompanying slaw is colorful, crunchy and fresh, with a tangy dressing bringing a slight heat to your tongue.

The food at *Bricks Corner* is delicious. I'm looking forward to coming back in the future and trying a totally new selection of items off their menu. For an inside look at their offerings, check them out on Instagram @bricks\_corner, where they keep you abreast of specials and tantalize you with photos of everything they have to offer. There's no reason to battle the freezing weather on your own when instead you can go at it with one of the best pizzas in town, so head to *Bricks Corner* next time you find yourself with a case of the winter blues.



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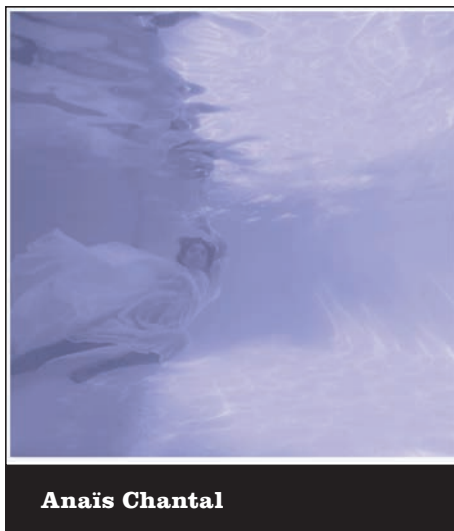
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# LOCAL MUSIC SINGLES ROUNDUP

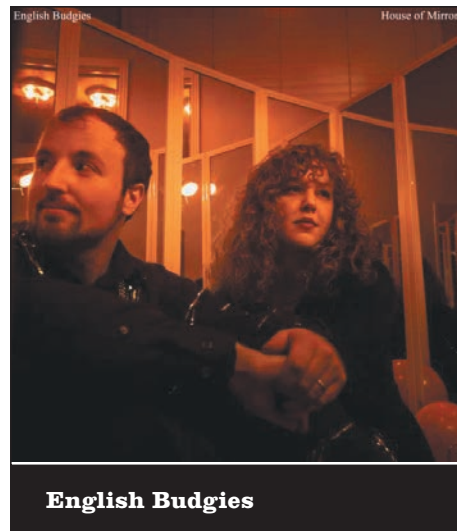
Here at *SLUG*, there is “No Bliss” without music. We would all be “LOST” in the silence, growing more and more disoriented, like standing in a “House of Mirrors” with no escape from ourselves—it’s just a “Time Bomb” waiting to go off. That said, we know a thing or two about music. If “you stay” for this month’s *Local Music Singles Roundup*, we’ll take you on another musical journey that will not disappoint.



**Anaïs Chantal**

“you stay”  
Self-Released  
Street: 11.18  
Anaïs Chantal = Pale Spring + Tirzah

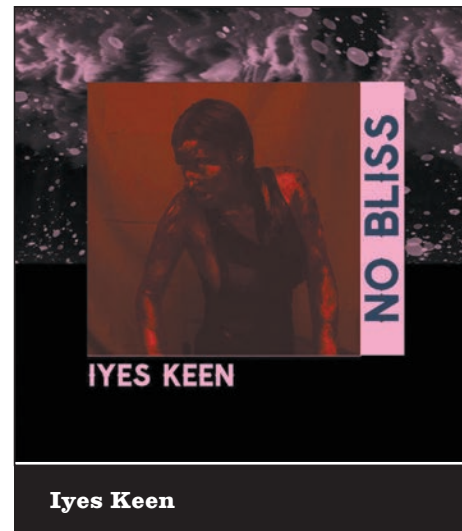
Contrasting the jazzy, neo-soul of her debut EP, *Birdie*, Anaïs Chantal’s first single in over two years sits in an ether of cosmic synthesizers; the analog-esque fuzz washes like waves sliding over each other in unordered bliss. This untethered instrumental gives the track a looseness as it moves between its verses and choruses, less defined by strict rhythmic and harmonic boundaries than it is natural flows of feeling. Atop this mix, Chantal intones lovelorn tensions in her search for security and understanding: “Am I damaged / Will I scare you away? / All my baggage / Watch their seams unwind and fray,” she sings, riding out the final syllable and sending her pondering thoughts into the void. Despite the production’s futuristic pull, Chantal’s velvety voice retains an old-world weariness in its jazz-inflected delivery—these may be the sounds of tomorrow, but they carry languages and emotions of yesterday. —Audrey Lockie



**English Budgies**

“House Of Mirrors”  
Self-Released  
Street: 09.24  
English Budgies = Camper Van Beethoven + Warren Zevon

English Budgies bounce and flutter like a hyper parakeet in a comfortable cage. “House Of Mirrors” is a fantastic new track about reflecting last year’s trauma through a funhouse mirror: “My teeth all feel wrong in my mouth, and I’m scared of my own reflection / Spent hours on end worried about nothing in my golden age of neglect.” Joe Vickrey (guitars, vocals), Jen Vickrey (bass, backing vocals) and Jakob Dayton (drums) start the track simply with an old-time piano and quickly explode the song into an upbeat, power-pop treat. Joe’s existential lyrics stand confidently next to sweet, soaring choruses that make it impossible not to sing along. “How am I gonna get myself over it / In a house of mirrors / Pointing the blame.” This may be the beginning of a new lost generation, but English Budgies make being lost so much fun. —Russ Holsten

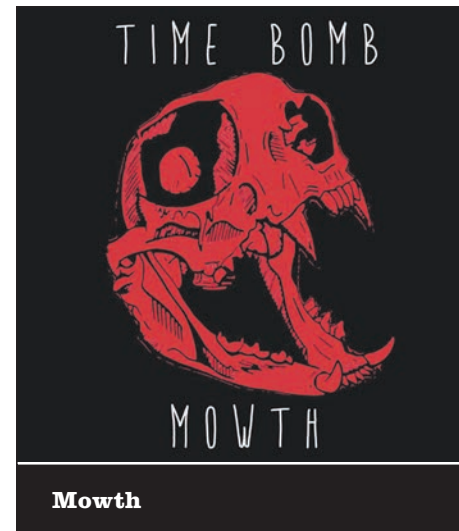


**Iyes Keen**

“No Bliss”  
Self-Released  
Street: 10.01  
Iyes Keen = Clan of Xymox + HIDE

Iyes Keen takes the title of her latest single as a musical challenge—there’s little light to be found on the scowling “No Bliss.” The track’s core synth riff stutters and pulses like a malfunctioning lunar drill, underlying Keen’s vocals as she traverses harsh whispers and passages of belted choruses in a distant, alien coo. The vocal effects make Keen sound as if she’s filtered through jagged scrap metal and faulty wiring, sometimes leaving her singing slightly tinny and often unintelligible. In this light, “No Bliss” functions best as a hi-velocity mood piece. It has moments of climax (notably in the beat switch around 2:00) as well as cycles of ebb and flow, but each segment services the piece’s uniformly sludgy and dour demeanor. Shapes and colors appear in the distance; Iyes Keen offers the listener little more than these cloudy gestures. —Audrey Lockie

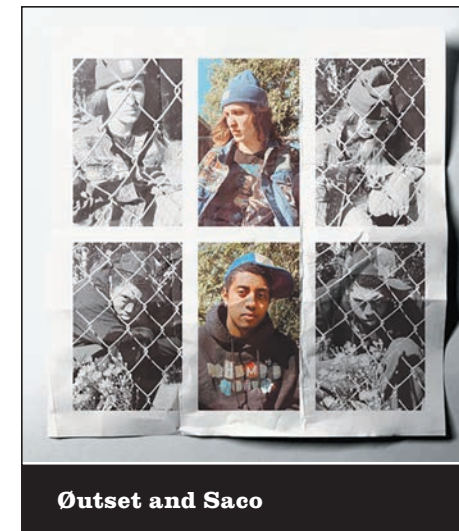
# LOCAL MUSIC SINGLES ROUNDUP



**Mowth**

“Time Bomb”  
Self-Released  
Street: 09.24  
Mowth = The Runaways + Wolf Alice

Is there anything better than femme-fronted punk? In the case of the four-piece band Mowth, it’s what they describe as dance-punk. Not in the sense of DJ dance music or rave jams but just edgy punk that makes people move with a little added electronic embellishment. Mowth’s most recent single, “Time Bomb,” is an example of this phenomenon, but it’s also got a small hint of folk-rock twang in the lead guitar. It’s an interesting pull of genre mixture, but at the end of the day, it rocks—one of those tracks you wish you were watching live. Lead vocalist Rachel Clark gives a classic, punk-angry femininity. Mowth is percussive but not over the top, and the tone of Clark’s voice is clean and smooth. The bass has some cool retro effects tied to it that gives the track that early 2000s punk feel. —Mary Culbertson



**Øtuset and Saco**

“Fun!”  
Self-Released  
Streets: 11.21  
Øtuset and Saco = Kodak Black + SahBabii

Bouncy and infectious with its melodies, the latest single from the duo of Øtuset and Saco is a vibey addition to their catalog. Opening with an ear-catching synth melody that pulls the listener in, the track eventually expands with a mellow, 808-led beat and vocals soaked in reverb, “Fun!” is able to create a laid-back mood that lends itself to an incredibly catchy hip-hop track. The carefree, romantic lyricism pairs nicely with a spacey, optimistic beat, and the vocal delivery—be it both artists coming in at once for a hook or the way the beat drops off to allow more room for the vocals during the chorus—shows Øtuset and Saco know how to pull ears when they want to. This is not a single to miss out on. —Connor Brady



**Ruby the Cozy King**

“LOST feat. GABRIELLE”  
Self-Released  
Street: 11.07  
Ruby the Cozy King = \$uicideboy\$ + Lil Peep

As winter approaches, local artist Ruby the Cozy King gives listeners a new punk-meets-hip-hop track made for hiding in warm cars during cold nights. “LOST feat. GABRIELLE” holds a clippy hip hop beat while Ruby’s raspy voice delivers tortured lyrics. GABRIELLE steadies the track with a feminine side, countering Ruby’s angsty vocal. It’s a two-toned single, each singer balancing out the other while maintaining the same punk sound.

The lyrics are emotional despite the hard edge of Ruby’s voice, describing a familiar feeling of being lost, alone and panicked in an honest and vulnerable way. “Don’t know where I am, will you take my hand / Panicked again, will this ever end,” come through yearning speakers to reflect Ruby’s pain. This collaboration between Salt Lake artists reflects the darkness many experience but few can articulate. It provides an outlet, which we so often search for through musical expression. —Harper Haase



**Alibi Bar & Place**  
369 Main St, Salt Lake City, UT 84111  
**Monthly Calendar**  
**January 2022**

- 1/1 **Sat. DJ: Concise Kilgore**
- 1/2 **Sun. DJ: Spaz**
- 1/6 **Thurs. Vibras Del Lago - Cumbia Dance Party**
- 1/7 **Fri. DJ: Flash & Flare**
- 1/8 **Sat. DJ: Bo York**
- 1/9 **Sun. The Shake-Up w/ Robin Banks & Friends**
- 1/13 **Thurs. New City Movement Monthly Dance Party**
- 1/14 **Fri. DJ: Bo York**
- 1/15 **Sat. DJ: Flash & Flare**
- 1/16 **Sun. DJ: Andy Doors**
- 1/20 **Thurs. Night Court: Disco Boogie Dance Party**
- 1/21 **Fri. DJ: Flash & Flare**
- 1/22 **Sat. DJ: Spaz**
- 1/23 **Sun. DJ: Red Scare**
- 1/27 **Thurs. DJ: Myke Johnson**
- 1/28 **Fri. DJ: Bo York**
- 1/29 **Sat. DJ: James Beard esq.**
- 1/30 **Sun.: DJ: Blessed 1**



## APRÈS-SKI POWER RANKINGS

By Steve Koonce • beardy2010@gmail.com



Illustration: @happyclownscomefromcalifornia

You pay a king's ransom for a lift ticket, then fight traffic up a mountain, nearly kill yourself for parking and your reward? Four-five hours of cold snow, moderate exercise, bratty, asshole kids and a sunburn. I've never been much of a skier, but nobody does après-ski better than me. Here are the "Après-Ski Power Rankings," because you shred hard and party harder, bossman.

### Trending Down: The Big Baller Après-Ski

The brand new Solomons are locked in the Yakima rack on the Range Rover, you're famished and *Alta Lodge* is serving the meatloaf. Luckily, there's an awesome sushi spot just off the mountain at *The Happy Sumo*. Don't pair this choice with any old Japanese beer. Get a couple of Hitachino Nest Pirikas, a dram of Yamazaki single malt and a bottle of Diamond sake to pair with that \$20 Toro hand roll. That's baller.

### Trending Up: The Cheapskate Après-Ski

Let's face it—our dollar isn't going as far as it used to, and that means "après-on-a-budget." Don't settle for some nasty sandwiches! Pack yourself a tight-ass charcuterie board. Hit up *Caputo's* for double-cream brie, drunken goat cheese and a thing of Creminelli Tartufo sausage. Back that up with a four-pack of Granary Keller Bier from our

friends at *TF Brewing*. Thanks a lot, Biden.

### Trending Slightly Down: The Show-Off Après-Ski

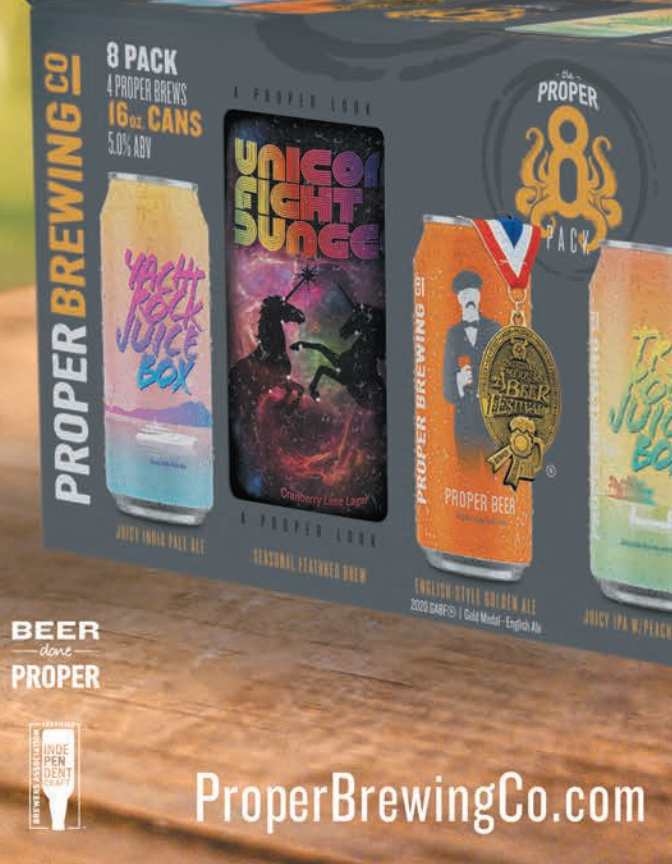
The in-laws are in town and it's time to show them that moving to the Wasatch Front was the right move. After shelling out for lift tickets, the Discover card still isn't maxed out. The move here is to hit up a local distillery after some hot turns. Get two taster flights for the table and Old Fashioneds made with your favorite brown liquor. Remember that charcuterie board from before? Get something like that but with little pickles for \$55. *High West* in Park City is damn impressive. Bonus points for hitting up *Eight Settlers* and getting the bone marrow appetizer with your \$16 drinks—you fucking show-off.

### Trending Way, Way Up: Nachos

Hands-down the best après-ski treat in the world is a big, nasty plate of nachos. I'm not even kidding when I say that I spent \$60 on nachos after falling down Whistler. Get the nachos, get a pitcher of *Bohemian Brewing's* Cherry Bock and lie about that last sick run where you totally got air on that wicked jump. *Nacho Mama's* downtown has the craziest selection with amazing toppings. *The Porcupine* has basic nachos but the best patio around. Choose what suits you, bro-ham.

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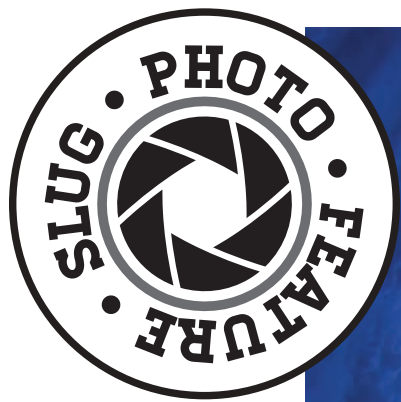
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# SNOW

By **Jovvany Villalobos** • [countercultureconscious.com](http://countercultureconscious.com)

The “Bonezone” has a rich history of bringing riders together before the lifts start spinning each season. “[I] always enjoyed coming across different log rails in the woods and the challenge of making it through them,” says Sullivan. “Coming to the Bonezone for the first time was so cool—the creativity and community was unmatched.” A snowboarder since nine, Sullivan appreciates the way *Brighton* makes space for the community in the pre-season. Check out [@bonezonebrighton](https://www.instagram.com/bonezonebrighton) on IG for information on free pre-season park riding.



**Brendan Sullivan** – Front Blunt – [@bonezonebrighton](https://www.instagram.com/bonezonebrighton)

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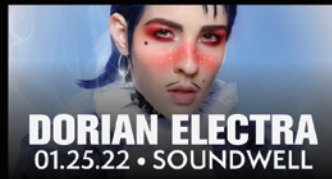
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