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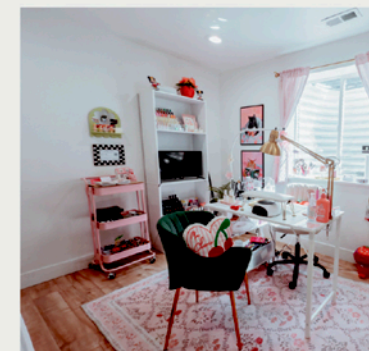
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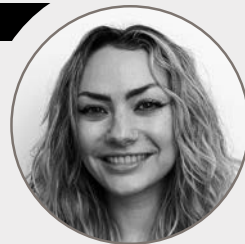


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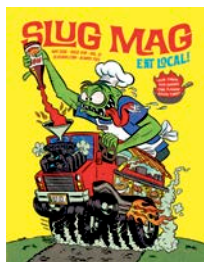
When it comes to community outreach in Utah, no one extends their arm further than Rosalie Wasser. In every aspect of her life, Wasser delivers (positively) explosive results from her dynamite role on the sales team to her fire cracker performances as a burlesque dancer! Give them hell, Rosalie!

Contributor Limelight

Sean Rinn
Contributing Writer



With the taste for a good story, Sean Rinn knows how to get it done. Rinn brings an articulated flow to each assignment he's tasked with, turning up the heat on the local eateries and giving them a fair assessment. Read his feature on five chefs with five fiery dishes on pg. 20-21!



Eat Local Issue: It's a feast for all the senses, as *SLUG Magazine* dishes out the best in restaurants and food that Utah has to offer. From home grown ingredients to food challenges too bold to stomach, you're in for a treat! Inspired by Ed "Big Daddy" Roth, illustrator **Robin Banks (@ramenbanks)** pays homage with this fiery racer fueled by hot sauce. Check out the high-scorville feature about five flaming-hot dishes on pg. 20-21.

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SO F'koshing GOOD!

By James Orme • greaserjames@gmail.com || Photos by Talyn Behzad

It always surprises me when I see a craftsperson focus on a seemingly simple thing — not only how far they elevate their chosen medium but how much of a role creativity plays. Inspired by dwindling career prospects in graphic design, **Brent Knudsen** has been busy building *F'Kosh* — a business out of what started as a hobby.

“I lost my job in 2022,” Knudsen says. “I got to the point in my mid 40s, doing graphic design and freelance work. Around that time, my wife had given me a pizza oven, and once you start making pizzas, you realize that making pizza is really making bread.” Building up his baking chops, Knudsen found a versatile bread that he could use as a blank canvas for his creations.

“I made some baguettes, some big loaves, and then I started making this focaccia bread,” Knudsen says. Knowing that the people in his life would be supportive or at the very least polite about his focaccia, Knudsen took an opportunity to try out his product on an impartial audience.

“So I started making it for my friends and family,” Knudsen says. “Of course my mom was always going to like it, but I had a chance to see if people liked it on a larger scale. I’m from Seattle, and my brother-in-law, who organizes marathons and 5K races up there, asked me if I wanted to provide focaccia at the end of a big 5K for 250 people. So I had to use my friend’s kitchen, and I knew I liked making bread, but do I like doing it under last-minute, bad

conditions? And I did, and people really liked it.”

Moving forward, this new venture quickly came with new challenges, as they began working at farmer’s markets and other events.

“We decided to do the Orem farmer’s market,” Knudsen says. “It’s a lot of work and I wasn’t sure, but I learned that there’s a tendency for people running these booths to be very passive and wait for people to come to them. I knew I had to push past that and get in front of people, and I’d watch them take a sample and keep walking, take a few steps, do a double-take and turn around. So every week we did better and better, and by the end of the summer we were doing five farmer’s markets a week.”

Choosing to focus on focaccia doesn’t limit Knudsen’s creativity; savory selections like Pepperoni Hot Honey and Cheddar Jalapeño, and on the sweet side, Lemon Raspberry and Cinnamon, are just a few of the different options they offer.

“I wish I had more time to experiment,” Knudsen says. “Sometimes I don’t even have extra dough to experiment with, but I look around and see what works as a pizza for example, and then I start thinking about how I can make it work for me. Or if it works as a doughnut flavor, maybe I can tweak it for focaccia.”

Confidence in his abilities and product eventually led Knudsen to



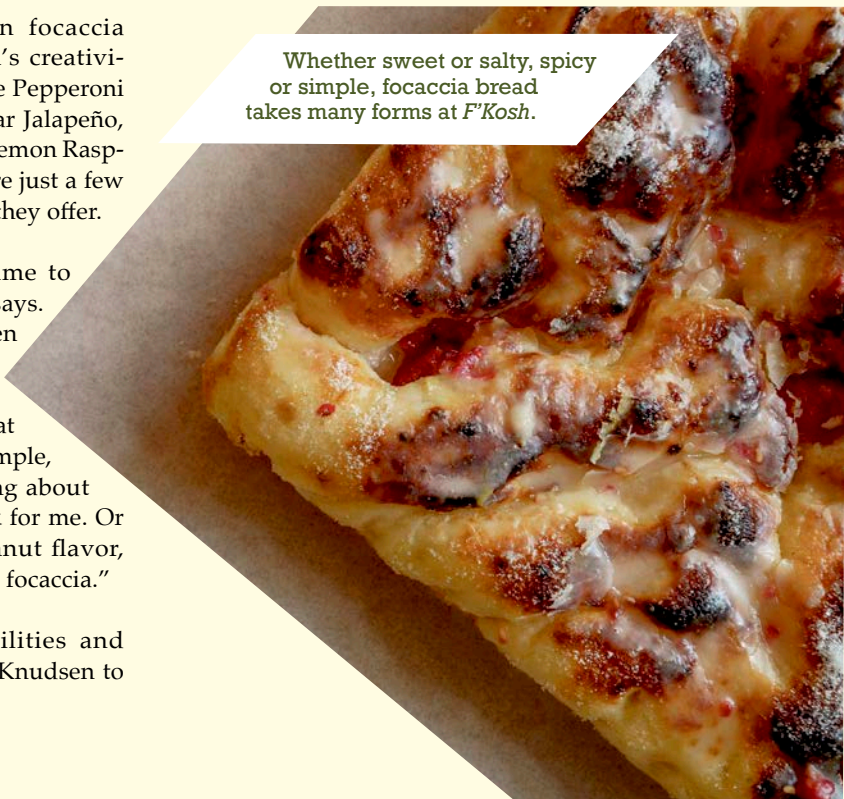
Brent and Mia Knudsen found the home-baked passion of making focaccia bread.

opening up a brick and mortar bakery in downtown Lehi. He and his wife **Mia** now employ a few family members and a few kids from the area.

“At the end of the day, all I want is for everybody that lives a mile or two from here to come buy a loaf,” Knudsen says. “Obviously, I need to make enough money to be able to keep the lights on and employ all these people. But having a high-quality product and a positive addition to our community is the most important thing.”

The first thing you get from Knudsen and his crew is that this is personal — a devotion to quality and community. Although there are easier, faster and cheaper ways to do it, it would never be as good as the way they do it.

F'Kosh is open Monday through Saturday at 11 a.m. until they sell out!



Whether sweet or salty, spicy or simple, focaccia bread takes many forms at *F'Kosh*.

Est. 1997

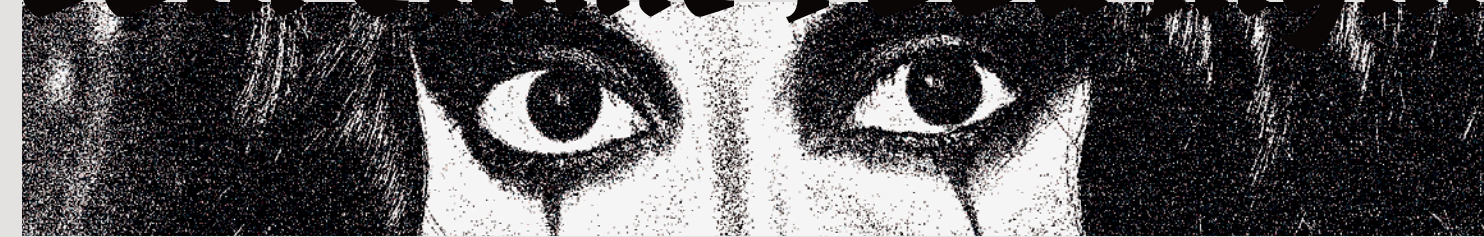
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Foreign Food and Friendly Faces Goth Ethnic Food Night



By Braxtyn Birrell • braxtynb101@gmail.com || Photos by John Taylor

With unknown origins dating back to a Utah goth group on a Yahoo forum, Goth Ethnic Food Night has been introducing goths to each other and to new types of food since the early 2000s. "I've been asking around to find out who started it, and no one can give me a straight answer," says current Goth Ethnic Food Night organizer, **Jen Ogle**. Originally, the group was sporadic, and as the forum gained up to 100 members, the organizers got overwhelmed. When other social media platforms eventually stole the spotlight from Yahoo, the group petered out.

In 2018, those who had been around long enough to remember the days of yore started to reminisce about Goth Ethnic Food Night. With the blessing of the person who had organized it last, Ogle took it upon herself to rebirth the group and has been hosting it since. Once a month, a new restaurant is chosen, and everyone is welcome to join in on the reservation.

Some spots that have been blessed by the bats' presence this year include *Bohemian Brewery*, *Oromian Restaurant* and *Beirut Cafe*, with their most recent being *Baek Ri Hyang* on April 25. Ogle tries to balance patronizing restaurants she's never been to and returning to established favorites among the group. With the group being around so long, it has outlasted some beloved businesses. Some of Ogle's favorite memories take place at now-closed favorites, like Utah's first Lebanese restaurant, *Cedars of Lebanon*, which included belly dancing with dinner.

With only Facebook events and word of mouth to advertise the group, attendance is a challenge for Ogle. "Sometimes, we go to a nice restaurant and get 20 people, then we go to a similar place and only get five," Ogle confesses. With an average of 10 people attending, another challenge arises in finding restaurants that accept large reservations. That does not stop them from trying the best ethnic food around, though.

Despite the challenges, a fresh face shows up at the table almost every time. And the connections that are made as a result outweigh any roadblocks that occur while organizing the dinners. "It's open to everyone, so people make new connections and meet new friends," Ogle says. Among the new friends are a core group who consistently attend.

The connection between goth culture and ethnic food might not seem obvious, but both groups are underrepresented in Utah, each with deep potential to form a community. Ogle states the obvious: "We live in a very White place. We needed more culture in the scene."

Food is just one way of getting goths together, though. "We want to get people together outside the club," Ogle explains. "Some of us are aging, and the club is too immature." The group has expanded and branched out, inspiring other events for goths to meet people outside of the club atmosphere.

While the dinners depend on Ogle's schedule, they often take place on the last Friday of the month. Keep an eye on the Goth Ethnic Food Night Facebook page to see which restaurant is next and add your name to the reservation. You can also post your recommendations for future restaurant picks. Reservations are often due four days before the dinner, but Ogle always reserves a few extra seats for stragglers.

If you're looking to be introduced to foreign food and friendly faces, look no further. "Come eat good food and meet good people," Ogle encourages. Coming up on their 50th event since COVID, the group is going strong and isn't going anywhere anytime soon.



Among the new friends are a core group who consistently attend.
(L-R: Erin, Reny, Jen, Jed, Kip & Storm)



Once a month, a new restaurant is chosen for Goth Ethnic Food Night, and everyone is welcome to join in on the reservation.

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KIMBALL ART CENTER'S

"((RE))SOUNDING"

By Libby Leonard • lleonardwrites@gmail.com
Photos by John Taylor

With the Wasatch Range to the west and the Uintas peaking to the east, Park City is a veritable Walden Pond of the West, where art lives in every vista as much as it does in the community. Nowhere is that vital and vibrant spirit more apparent than at *Kimball Art Center*, Park City's longest-standing nonprofit. Open Tuesday-Saturday, the center features year-round rotating exhibitions of contemporary art from all over the world. Celebrating the 50th anniversary of the center's opening this year, *Kimball* remains as dedicated as ever to founder **Bill Kimball's** vision of making art both accessible and personal.

"Contemporary artists are such important storytellers of the world that we live in and connectors between ourselves and the people in the world around us," says curator **Nancy Stoaks**. It's this guiding philosophy that inspired Stoaks for the center's upcoming exhibition, "*(Re)sounding*," which opens on May 15. "I like introducing people to all different kinds of work," Stoaks says. "Sometimes when you come, you'll find a beautiful oil painting, but sometimes you're going to find something completely different, made out of materials that you never thought an artist would use to make work, or just something that challenges your idea of what art can be."

"*(Re)sounding*" is exactly that: an exhibition that explores the relationship between the audible and the visible, featuring immersive installations, interactive systems, soundscape sculptures and innovative art that "approaches sound not simply as something we hear, but as something we inhabit, shape and are shaped by," Stoaks says. Sounds cool, right? It will be. Featuring the works of interdisciplinary, sound and media artists like **Jon Bernson** and **Christine Sun Kim**, this is an exhibition that invites visitors to participate in — and reflect on their own — sonic landscapes.



Janet Cardiff & George Bures Miller, LOVE, 2023. Photographs, electronics, audio, 27 x 23 x 2 inches. Courtesy of the artists and Fraenkel Gallery, San Francisco.

Bernson will be installing a site-specific work of suspended antique tape players for "*(Re)sounding*," previously shown at the *Minnesota Street Project*. The tapes will be playing sounds at *Kimball* inspired by the space itself, where Bernson will be "working with something that was already there, but where I felt the sound could add a component to the space that might one day be there or that one might imagine is there if cued by the sound." Walking around will be like creating your own personal mixed tape, Bernson says.

"I really enjoy interacting with the physical space, whether it's a gallery, or museum, or public space, or theater or film set; whatever it is, these become characters in and of themselves, and so I'm excited to see what mysteries the physical space has to offer and how that can be brought to life in a refreshing way by something that I'm creating," Bernson says. This immersive interactivity will be one of the most



unique aspects of the exhibition; works shown like "*The Ambient Machine*" by **Yuri Suzuki** and the soundscaped quilts of Utah artists **Mary Toscano** and **Andrew Rease Shaw** will encourage visitors to engage with the tactile and visual aspects of sound.

This unique exhibit invites visitors to think about sound in critical ways — ways that Stoaks says she hopes will inspire a practice of deep listening. Sun Kim's work explores the physical, cultural and social dimensions of sound, highlighting in particular the experience of sound and the way it is translated for non-hearing people. Similarly, **Christian Marclay's** work interrogates the ways sight and sound can both enrich and challenge one another. **Jacob Kirkegaard's** work draws attention to the sonic landscapes of often unnoticed environments; for "*(Re)sounding*," his work will explore the massive global waste management system.

"*(Re)sounding*" runs through September, in tandem with this year's *Kimball Arts Festival*. Show your support by visiting this one-of-a-kind, ear-opening experience! Pro tip: take a tour for the most immersive, personalized art experience. Check them out at kimballartcenter.org and on Instagram @[kimballartcenter](https://www.instagram.com/kimballartcenter) for information on the opening night cocktail party as well as workshops, classes, artist panels and more.



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TEST OF TASTE | FOOD CHALLENGES TO TRY AND



By Alton Barnhart | altonboy2009@gmail.com

Food. We humans have some rather extreme relationships with whatever we throw down in the boiler. Where one side of the planet is killing each other for granules, the other side is bottlenecking arteries with another deep-fried bird. Food is the crowd-pleaser, the event coordinator and sometimes the safety blanket. Yet when most see comida as sustenance to sustain livelihood, a few patches see it as a feastly challenge capacity, mental strength and local legendry. Not everyone answers the call for greatness, and to be honest, I should've sent it to voicemail. However, I'm not one who looks for any easy way out when I grabbed a knife and fork for such a flavorful conquest.

My first challenge dragged me down south to Center Street Provo. A tightly-knit sub shop with its Toon Town typeface sneered with tantalizing hiss, *Sensuous Sandwich*. The lot reminded me of *The Philadelphian*, except with a roomier welcome and scotch-taped with posters you would find in a 1980s boy's bedroom, like *Calvin and Hobbes*. I caught wind of their 24-inch-long gambit — two Chuck Taylors in length of grain, meat and cheese finished in under 30 minutes. The ball was truly in my court when I could pick the type of sandwich. I settled on the classic French dip after weighing out every option,

thinking the roast beef and Swiss cheese could make an easy flow with an au jus slip-and-slide. Munching away, the soggi-ness of the dipped sub helped immensely with its soaked paper towel flop. With 12 inches in (there's got to be a better way to word that...), I was positive to get it done. However, the freight train to get my Polaroid on the wall derailed when a certain someone in our group began spewing horror stories involving mealworms and lizard vomit. Have you ever felt so full that when eating, you're swirling your chewed food to cow cud so you don't gag during mid-gulp? It was hitting me tenfold.

The next challenge came from a smoke signal near Olympus Mountain. Narrowed in by Everest climbing gear and chalk-drawn menus of buffalo juices, *Wing Coop* calls upon the 11 challenge — 11 solar flare wings finished in under 11 minutes, complete with a free T-shirt. Sanctioned back to my kitchen island (out of fear of projectile magma), I munched away. My nose ran red like the River Nile, while my eyes became glossy and tempered. This is not to knock the wings, because they were evenly crisp and hand-

tossed to saucy perfection. However, under a couple of toothy breaths and a Sprite Chill, I was disappointed with how quickly the fire was extinguished. Maybe I've scorched my heat signatures off from too many Scassa La Boca dabs on Sunday steak night, but this is the guy who chugged a bottle of Spontaneous Combustion in a walk-in freezer... and woke up two hours later. If you've just scaled a snowball summit and can't feel your frozen nuggets, *Wing Coop* can keep them toasted.

For the homestretch, the traditional execution is to finish with a frozen dairy dessert. In the most patriotic pull I've been in over a decade, I divebombed into to conquer a revolutionary colossus known as The Liberty Bell Monumental Sundae. Dollop 13 scoops of ice cream for each American colony, four splashes of cavity-filling syrups, whipped cream, sprinkles and topped with a cherry in an upside-down liberty bell. Oh boy...

Halfway through sugary shivers and an agonizing rocky road ride to the porcelain, it dawned on me. What was the point? There's no way risking life and limb for public clout and a shirt that'll end up in the donation bin is worth it. Most food challenges are too ridiculous to even be feeble, yet after finishing, it wasn't the physical ability that I was worried about. It was that inner shame of how much I felt like a lard ass...

Open wide! Associate Editor Alton Barnhart is climbing the summit to beat three of the biggest, boldest food challenges of Utah.



Illustration: @kodiakattack

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AT SWEDISH MOOSE CANDY COMPANY

By Jennifer Perry • jennifersperry18@gmail.com

Photos by Gilbert Cisneros



In Sweden, candy isn't just a random sweet treat – it's a weekly ritual. Lördagsgodis, or Saturday candy, is a common Swedish childhood tradition. As part of this tradition, children visit candy stores on Saturdays as a reward at the end of the week. Once there, they can create their own unique bag of sweets, choosing from dozens of options in all shapes, textures, flavors and colors. This "pick-and-mix" style is a staple of the Swedish candy experience and exactly what **Camilla Simonsen** and **Sanna Mård-Castman** wanted to bring to Utah when they opened *Swedish Moose Candy Company*.

Simonsen and Mård-Castman have been friends since they were teenagers and share a strong connection with the nostalgic sweets of home. "I've lived here for 36 years, but I travel back and forth to visit family," Simonsen says. "Every time I would come back here, I would bring back suitcases of candy that had become popular here over the years. So we would always say, 'We need to open a candy store.'"

Before finding a permanent home, *Swedish Moose Candy Co.* had humble beginnings, first operating out of a rented shed and then converting a horse trailer into a mobile candy store with 60 bins of sweets.

"We started in a little trailer for private events and Christmas markets just to see how people would react to it and if it would be worth investing money," Mård-Castman says. "We felt it was an experience that was worth our time." The trailer also gave them the freedom to be selective about their future storefront. "We wanted to be in the perfect

location," Simonsen adds. "It had to be 100% right."

Since opening its doors in Downtown Provo at the end of 2025, *Swedish Moose Candy Co.* has provided joy and excitement to customers of all ages with its wide selection of sweet and sour gummies, foamy, fruit-flavored marshmallows, rich chocolate and of course, black licorice. "I've been amazed at the demographic," Simonsen says. "I see many 25- to 40-year-old men who come in for their wives but get excited when they hear about the natural ingredients. We originally wondered if our target was kids or millennials, but it's really everyone."

So, how about those natural ingredients? Sweden is widely considered the world leader in candy consumption. However, candy and food ingredients are heavily regulated. Unlike heavily processed American candy, traditional Swedish



Simonsen (L) and Mård-Castman (R) have been friends since they were teenagers and share a strong connection with the nostalgic sweets of home.

candy is made of natural ingredients like red pepper and beets. Cornsyrup and artificial dyes are not allowed.

"You don't feel the same way when you eat [Swedish candy]," Mård-Castman says. "You know, our bodies and our minds are now so sensitive to everything that we eat and drink. I think the reason the candy is so popular now is because of the ingredients."

From the quality ingredients to the social media virality to the memorable logo, *Swedish Moose Candy Co.* shows no signs of slowing down any time soon. Simonsen and Mård-Castman are opening two new stores in American Fork and St. George later this spring.

The highlight of the experience for both owners has been meeting new customers and seeing their reactions when they try the candy.

"A lot of people that come in have never tried Swedish candy or chocolate before, and to see their wide-eyed reaction, just like on TikTok videos, is amazing," Simonsen says. "I think exactly the same. It's a happy place to be here. People come in happy, and they leave happier," Mård-Castman adds.

If you're planning to visit *Swedish Moose Candy Co.*, here are some expert recommendations:

Sanna's Favorites: Chocolate-covered Coco Dots, Sour Grapefruit Bottles (Sockerbit) and Fizzy Rings (Fizzy Ringar).

Camilla's Favorites: The Sour S (S-Märke), Licorice Chalk (Schoolkrijt) and the Cola Bottle (Colaflaskor).

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DOWNTOWN DELIGHTS

vegan and gluten-free gems in salt lake city



By Anna Walker • annaawalk@gmail.com || Illustration by Colin Stuart

Dietary restrictions don't have to be just that — a restriction. The Salt Lake valley is home to a plethora of restaurants, bakeries and cafes that cater to every palate and diet. Whether you're looking for a simple gluten-free meal or a perfected vegan ice cream, SLC has some stellar options that aren't just gluten-free or vegan; they're surprisingly all the better for it!

SpudTodd's

As an overly-enthusiastic potato lover, I was awestruck to learn that West Jordan housed *SpudTodd's*, a potato-centric (and gluten-free!) restaurant. I ordered a fully-loaded "The Cheesy" (\$8.96), while my friend ordered the Buffalo Garbage Fries (\$12.96), a well-balanced ratio of fries to toppings, complete with tangy buffalo chicken, cheddar cheese and chives. With oversized cups of fry sauce and a full dirty soda bar, *SpudTodd's* is distinctly Utahn, and I wouldn't have it any other way. Don't miss their Sweet Frybread (\$6.96), a scrumptious circle of fried dough that pairs nicely with their signature honey butter. As the *SpudTodd's* website proclaims, "This is no ordinary spud. It's a time machine that takes you to times and places you want to go again!" And trust me, it delivers on that promise. Keep up with them on their website, www.spudtodds.com.

MonkeyWrench

Diehard SLC vegans will already be familiar with *MonkeyWrench*, known for their crave-worthy non-dairy ice cream and vegan desserts. Their specialty flavors take the cake (literally); popular ones include "Budderfinger," a vanilla base with generous amounts of giant peanut butter candy bar pieces, Lemon Blueberry Ripple, a lemon base with a housemade blueberry compote throughout, and their seasonal flavor, "Peanut Butter Choboskey," Irish whiskey-soaked chocolate cake pieces and fudge sauce in peanut butter ice cream. I snagged a kid's scoop (\$4.50) of the Lavender Blueberry Honeycomb, an ideal flavor for spring. The lavender base is definitely floral, but combined with the tart frozen blueberries and sweet honeycomb candy, it makes for a refreshing, flavorful treat. Be sure to check out their newest location in Sugarhouse at 1845 S 700 E. View their full menu or order online at monkeywrench-109928.square.site, and find them on Instagram @[monkeywrench_slc](https://www.instagram.com/monkeywrench_slc).

Good Food

As their slogan insists, *Good Food Gluten Free Bakery* is "not your basic batch." *Good Food* is 100% gluten-free and has been serving up breads, scones and other tasty treats downtown since 2009. Fan favorites include the eclairs (\$6.50), zucchini bread (\$6.00) and their drool-worthy cinnamon rolls (\$6.00). I got there close to closing, and although a lot of the shelves were empty (a sure sign of success if you ask me), I was lucky enough to snag a cinnamon roll of my own. At first glance, they might seem somewhat over-frosted, but the denseness of the roll balances out the airy cream cheese completely. One bite had me audibly "mmm"-ing in my car (sorry, I just couldn't wait!). I'll be taking another trip ASAP to grab some freshly-baked gems for my gluten-free girlies. Follow *Good Food* on Instagram @[goodfoodglutenfreebakery](https://www.instagram.com/goodfoodglutenfreebakery).

City Cakes

As my friend and I walked into *City Cakes Bakery & Cafe*, we let out a collective "OOO!" as the bakery case of meticulously frosted cupcakes came into view. *City Cakes* encapsulates the typical American bakery — brightly lit and sweetly decorated — but it lets the artfully decorated cakes and goodies speak for themselves, all with the added bonus of offering solely gluten-free and vegan options. As a Thin Mint, peppermint patty-loving girl, their mint bar (\$3.00) was right up my alley. Don't let the hunk of neon green scare you off; the treat features a hearty serving of mint, yes, but when sandwiched between the chewy, rich brownie layer and thin crunch of the chocolatey top layer, it's truly a delight to the senses. If sweets aren't your thing, check out their grab-and-go options like Mac & Cheeze (\$8.35), Tempeh Chik'n Salad (\$10.50) and Chili (\$11.30). Visit their website www.citycakescafe.com or check out their Instagram @[citycakesslc](https://www.instagram.com/citycakesslc).

CHEF'S CHOICE

LOST IN THE SAUCE

By Sean Rinn • rinnsean@gmail.com

As political tensions rise to heights we haven't seen in generations and the temperatures in Utah's winter plateau as we transition to spring, why don't our taste buds join in on turning up the heat? We asked five talented local chefs how they would use a local hot sauce in their restaurant's dishes. With vast cultural representation across each dish, could the thing that fixes the damage done to our melting pot be a little hot sauce?

NICK ZOCCO

URBAN HILL



Photo: Nicole Marriner

Chef Nick Zocco's dish is a hiramasa crudo with smokey blackberry "hot sauce" aguachile, spicy compressed cucumber and fennel. Because Zocco enjoys raw fish preparations, crudo is one of his favorite dishes, so naturally, he had to make his own. Blackberries are almost in season, so why not lean into that anticipation and put a twist on this beloved dish? This spicy fresh fruit paired with sushi-grade fish is a delicious combo, allowing the bright acidity of the blackberry along with its sweet

and sour flavor to complement the raw fish incredibly well. Zocco noticed the heat of Z's Blackberry Ghost Pepper hot sauce on its own was far stronger, but by adding it to the aguachile, it balanced perfectly with the smoky, fruity flavor of the blackberries as a complementary finishing sauce. This is the perfect tone-setting dish for a lovely meal. Zocco claims Mexico takes the crown in hot sauce, since salsa is a foundation in their cuisine, not just a condiment.

Hot Sauce: Z's Blackberry Ghost Pepper

Chef Brendan Kawakami's featured dish is a sunchoke fritter with a spicy yogurt tahini sauce. Kawakami was inspired to make this because of his love for a bite that is a little crunchy, salty and spicy. The hot sauce chosen was the Zahava flavor from the local Utah hot sauce maker Flaming Homer's, which reminded him of his favorite hot sauce he ever had from a falafel spot in New York City. Drawn to Middle Eastern flavors, Kawakami adds a dab (or three) in the fritter mix to tie things

together, but it really makes its presence known in the yogurt tahini dip. Coupled with creamy yogurt, nutty tahini, garlic and a little pomegranate molasses, the sauce really shines with its heat as well as its list of spices. Starchy foods like sunchoke and the potatoes in these fritters are great foils and vehicles for flavor and spice, allowing a balance for the spice to be present in the flavor but not overwhelming for the diner.

Hot Sauce: Flaming Homer's Zahava

BRENDAN KAWAKAMI

NORTH CREEK GRILL

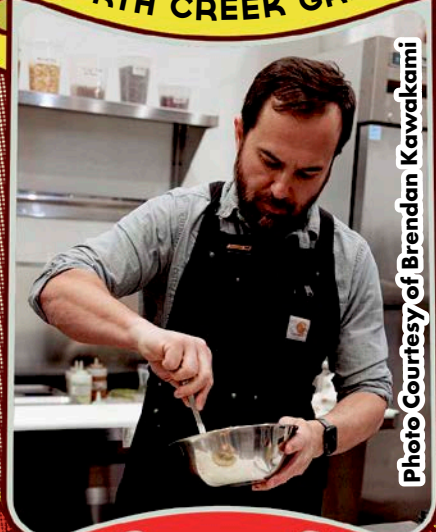


Photo Courtesy of Brendan Kawakami

Chefs Travis Herbert and Sapo utilized the Van Kartzel Sunrise Orange Pepper hot sauce for their jerk chicken sandwich. The sandwich consists of jerk-marinated, grilled and shredded chicken breast, goat cheese mint guacamole, salted cabbage, fried plantains and orange hot sauce, all on a brioche bun. "We wanted the hot sauce to be the star of the show here," Herbert says. The idea was to pick the hottest sauce on their list to show flavor and heat working well together. The

chicken is marinated for 24 hours then grilled for char and crust. Once shredded, it is placed on a bed of goat cheese mint guacamole, which adds creamy texture and eases some of the heat from the sauce. The salted cabbage brings an element of tang, while plantains contribute crispness and a touch of island flavor to round out the dish. The hot sauce is drizzled over, bringing all the heat and flavor that honors the Jamaican islands and delivers an unapologetically bold flavor.

Hot Sauce: Van Kwartel Sunrise Orange Pepper

ROMINA RASMUSSEN

CHEZ NIBS



Photo: Logan Sorenson

Chef Romina Rasmussen wanted it to be clear that there is hot sauce in the coconut ganache bonbons, but she wanted it to be subtle because she doesn't like when heat dominates a dish to the point of distracting from the taste, and she also didn't want to put anyone off who isn't a fan of heat. Rasmussen used Uncle Chainsaw's Death Walking Terror hot sauce because of its East Asian flavor profile, which she paired with the coconut ganache as a base because of the prominence of coconut in Asian

desserts. The chocolate shell is about 67% chocolate, the coconut-hot sauce ganache is made with a vegan white chocolate and the kalamansi pâte de fruit, which adds an element of lime juice that complements the heat, was made with pectin, making this bonbon plant-based. This bonbon that looks like euphoric fluffy white clouds in a perfect blue sky appears tranquil, but has flavor with personality, incorporating a winning combination of coconut flavors and delightful heat.

Hot Sauce: Uncle Chainsaw's Death Walking Terror

Finally, Tommy Nguyen makes a Bahn Mi, his version of a Vietnamese po boy, beer-battered catfish in a Thai hot sauce that is the perfect blend of heat and flavor. Nguyen takes this old favorite and drives it to flavor town. "For the uninitiated, I think this sauce could be a little hot," Nguyen says, so he decided to cut the sauce with lime, cumin and Kewpie mayo so the flavor still shines amidst the heat. The Bahn Mi is a cultural mingling between

catfish paired with the Thai sauce in a classic Vietnamese sandwich. Hot sauce is used both in the beer batter to fry the fish and after in the Kewpie mayo mix, enriching the flavor combinations and the textures while heightening the spice. Thai chili is the pepper Nguyen grew up eating, so he knew this sandwich had to be influenced by that Asian flavor that he feels goes with everything, and we're inclined to agree.

Hot Sauce: Heat Street Muay Thai

TOMMY NGUYEN

THE PEARL



Photo: Logan Sorenson



Photo: Logan Sorenson

TRAVIS HERBERT

FELT

WELLER'S BISTRO

Brings German Cuisine to Utahns, and They Can't Get Enough

By Carlyle Price • carlyslep@gmail.com
Photos by Dominic Jordan

Have you ever dreamed of traveling to Germany? Packing a bag, enduring a long flight, just to get your hands on some fresh schnitzel? What about pretzels or bratwurst? Luckily for Utahns, you won't have to travel quite that far, all thanks to *Weller's Bistro*, with locations in Ogden and Layton.

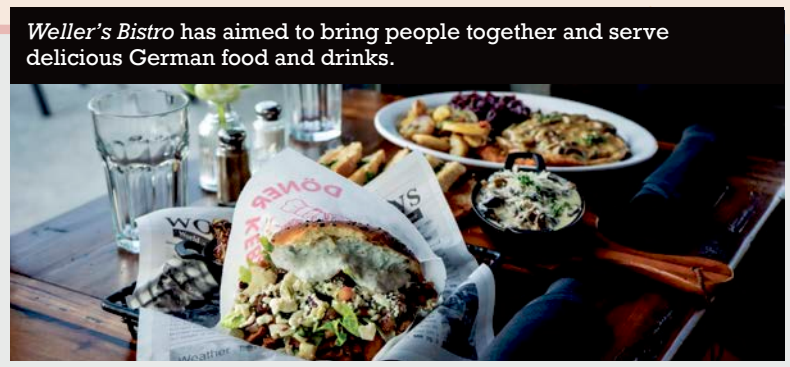
Opening its doors in August of 2019, *Weller's Bistro* has aimed to bring people together and serve delicious German food and drinks. Restaurant owner **Jan Weller** says the establishment enjoys seeing familiar faces, as guests return frequently to enjoy their favorite dishes.

Weller, originally from Germany, has worked in the industry for almost 30 years. From culinary training in Germany to working at the *Savoy Hotel* in London, Weller's background in fine dining prepared him for his culinary career. He then moved to Utah in 2003, where he continued his fine-dining work at *Goldener Hirsch*. He eventually found himself working at the *High West Distillery*, which he credits for inspiring a new love of approachable, fun dining experiences.

Weller says it was "always my dream to open my own restaurant. The dream kind of solidified in 2018." That year, Italian restaurant *Gabor Brothers Main St. Grill & Pizzeria* closed its doors, and the space became available. Weller said he had enjoyed the restaurant and was sad to see it go, but was thrilled over the new opportunity. "I couldn't believe it," Weller says. "It all came together pretty quickly at that point, because location is everything. It's right on Main Street."



Jan Weller has introduced German food to many people in the area and is always happy to see them come back for more.



Weller's Bistro has aimed to bring people together and serve delicious German food and drinks.

Weller's Bistro also inherited the brick pizza oven left from the *Gabor Brothers* and decided to keep pizza on the menu! German staples featured on the menu include goulash, schnitzel, frikadellen and a German dip sandwich. And if you're not hungry enough, wait until I tell you the *Bistro's* pretzels are made fresh in-house. They even have a rotating drink menu, which features German beers and seasonal cocktails. "The menu is kind of a mix of German and American food, I would say. It kind of reflects me in a way," Weller says.

Weller has introduced German food to many people in the area and is always happy to see them come back for more. He's also found the restaurant to be a little slice of Germany for people with personal ties to the country. "There's a lot of German heritage in Utah. There's a lot of returned missionaries. There's a lot of people on Hill Air Force Base that have been stationed here." Maybe home is where the stomach is.

Beyond scratch-made food, Weller is focused on his guests

and aims to give them a great experience whenever they come in. "We try to keep it fun for regulars," Weller says. "You know, we have a lot of regulars in Layton that come in for the specials, because they've tried everything." Weller says he hopes his is the kind of restaurant people return to a couple times a month, rather than just for special occasions. "We just want to put forth a product that is high in quality and that is approachable for people," he says.

A second *Weller's Bistro* opened in Ogden in July 2025 and has a large patio where Weller hopes everyone and their dogs will spend the summer. *Weller's Bistro* also offers catering and has a food truck called the *Döner Wagon*, which can be found at rotating locations, including *T.F. Brewing* in Salt Lake City. Weller says he is looking to expand *Weller's Bistro* in the future and hinted that the Salt Lake area may be next. Until then, you can visit their Layton or Ogden locations and give them a follow on their Instagram @wellersbistro.



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LEARNING AS YOU GROW WITH THE EASTER GARDENER

By Jamie Christensen • jamiec1331@gmail.com

Whether it's the preservatives and pesticides found in mass-marketed produce or the genetic mutilation of strawberries the size of your hand, visiting a grocery store in 2026 can feel as though you're sacrificing money to prioritize nutrition. While the desire to grow your own vegetables may seem unrealistic — especially for those living in a city — local gardener **Rebecca Easter** is burying that narrative underneath mounds of nutrient-dense soil nestled neatly in sustainably-sourced planter boxes. With the aid of social media, community resources and the guidance of other gardeners, Easter has transformed her rental home's backyard into a lively space decorated fruitfully with wildflowers, pollinators and fresh produce.

One would never suspect that a quaint Salt Lake City home conveniently located to the immediate south of a Smith's parking lot would actually be the perfect location to nurture a small greenhouse, eclectic rows of colorful pots and whimsical makeshift beds and planters growing veggies, flowers and herbs. Easter, known through her social media as *The Easter Gardener*, has been practicing self-sufficiency through gardening ever since reading the literary classic *The Secret Garden*. "It changed my life," Easter says. "I closed the book, went to Walmart, bought two little pots and filled them with one flower each. I was just done after that."

What began as a patio filled with flowers at her home in Tucson, Arizona led to Easter continuing to plant as she and her husband moved to Utah in 2020. At the height of COVID-19, Easter recalls feeling, "desperate for a community. I

thought, 'I should start an Instagram that is just plants.' I didn't want all of the negativity. I just wanted plants and gardens and loveliness." That same evening, Easter remembers her husband finding an old bookshelf in the trash, which he repurposed to become Easter's first raised garden bed planted with tomatoes and herbs.

"I've been able to learn through my Instagram," she says. "That's what I wanted. I wanted to learn from other people because we don't have this ancestral knowledge passed down from generation to generation anymore." Easter notes that she's found a community of gardeners online that have answered questions, offered support, lent out tools and helped her feel less alone as she continues to build her garden through trial and error. "Fail fast," she advises. "The quicker you know something's not working then you can fix it and redirect. Every time you fail, you learn."

Beyond social platforms, Easter also credits community gardens as being a great resource for those interested in learning to grow. She first rented a plot at Wasatch

Community Gardens as a way to — both literally and metaphorically — get her hands dirty. If newcomers prefer to learn at home, however, Easter emphasizes using what you already have to get started, motioning around her yard toward the number of repurposed buckets and older pots with sprouts already visible. While you may need to drill a drainage hole yourself, the only other items you really need are dirt and seeds (which you may also be able to grab for free through local seed libraries found at any public library near you!).

From a quick scroll through Easter's current gardening journey, viewers can find plenty of handy tips and tricks including recycling old cardboard and bundles of sticks as weed barriers under soil, utilizing fabric grow bags to produce potatoes, collecting dandelion heads to steep your own dandelion tea and plenty of candid shorts that capture her badass determination to continue failing upward — all while likely wearing a heat-protectant hat and floral sundress.

Currently, Easter is working on her certification to become a Master Gardener from Utah State. As she prepares for the spring-to-summer transition, her backyard is littered with pots, planters and seed trays containing strawberries, tomatoes, eggplants, cucumbers, peppers, watermelons, lettuce, peas, cilantro, dill as well as many flowers and wildflowers to support pollinators. Follow her Instagram and TikTok @*theeastergardener* for gardening tips and updates following a fruitful harvest!



Photo: Carly Duke

Promoting homegrown ingredients and self-sustainability, Rebecca Easter is "growing" quite a following.

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MODERN SPEED



Photo: Ethan Clewell

(L-R) Made up of Scott Madsen, Tyler Vella, Steven Siggard and Kevin Egbert, the band Modern Speed is pumping out psychedelic sounds.

By Ezra Smith | @saskatchewan_official

The ice is melting, the sun is out and the flowers are in bloom — it's about damn time for another *SLUG Localized* and we've got you covered. Witness the sounds of sonomatic sounds of **Fiig**, melt your face to a punk fusion with **Mortigi Tempo** and retrieve your soul back from the underworld with **Modern Speed**. It's a night you don't want to miss! Make your way to *Kilby Court* Thursday, May 21 for one helluva time!

The room I interviewed Modern Speed in was particularly unusual. There was a surfboard in the corner — in a city roughly 650 miles from the nearest ocean wave — an indoor hot tub, a massage table and two walls covered in mirror panels from floor to ceiling. If I hadn't seen **Tyler Vella's** guitars and pedalboard racked in the corner, I would have assumed I had just walked into a porno set. The stage was set for a rather unique interview.

I had already listened to their single "Stegosaurus," which was released last March, but as the rest of the band gradually filed into the room, Vella played the rest of their upcoming album in its unfinished state — an album which left me pleasantly surprised, as it sounded significantly more refined and polished than the band's original demo EP from 2021 and subsequent singles. Their modern sound is akin to **Tame Impala** in their prime: a laid-back atmosphere with punchy 70s drums that sound as dead as a doornail.

Vella, the only consistent member in the band's tenure, explained that a reduction in output was the catalyst for an entire lineup change, explaining the change in sound. Besides "Stegosaurus," the band had not released any material in about

three years. **Scott Madsen**, known for his solo project **Adrift Airship**, was brought in to play keys and help produce after several successful sessions with Vella. Next was **Kevin Egbert**, brought in to cover bass guitar and the band's stellar album artwork. And the most recent addition to the group is **Steven Siggard**, who refers to himself as Kevin Parker's 'Choppleganger.' He's a drummer-vocalist polymath best known for his solo project **Psychomatics**. It's an updated lineup that **Eric Watson** of Mortigi Tempo called a supergroup, a sentiment that Vella seems to resonate with quite heavily.

"I feel like this lineup that we have right now is just such a powerhouse. I think everyone here is bringing so much energy... The collaboration is just insane!" Vella says. "I think we have just leveled up tremendously."

I'd be inclined to agree. The band has a musical savant in the form of Siggard — who manages to play consistent beats in time while singing droning, moving vocal lines — an incredible graphic designer and bassist in the form of Egbert and a seasoned veteran of engineering in the form of Madsen, who has been mixing and producing for the last 18 years.

With how refined "Stegosaurus" and the rest of the unfinished album sounded, I was under the presumption that the band had worked with **Aggressive Audio** or **Sunspell Records**, who pushed out the band's previous singles. As it turns out, "Stegosaurus" and the rest of their record are entirely home-grown. Madsen runs a studio in Bountiful called **Planet B Records**, which Madsen explained is a complete and proper recording company in all but legality, as he had not registered the name as an LLC yet.

During our interview, Madsen and I spoke in some detail about the state of Utah's music scene: "We talk about this often, and we think that anybody who has a chance of making it from Salt Lake immediately moves to LA, and I think that's sort of the problem, because if we had a band who made it who stayed in Salt Lake, I think that would bring a lot of people to a lot of venues," Madsen says. "That's my goal as a producer, to help somebody make it who stays here and helps the scene."

The band states they plan to release another single on May 8, with intentions to release their full album on the day of their *SLUG Localized* show on May 21. Their latest single "Stegosaurus" is available on all streaming platforms.

(L-R): Nicholas Allen, Billy Blur, Eric Watson and Marc "Kool Ranch" Leach are blending heavy punk and psych-rock as Mortigi Tempo.



Photo: Ethan Clewell

MORTIGI TEMPO

By Ezra Smith | @saskatchewan_official

I found it fitting that such a high adrenaline, wall-of-noise band as Mortigi Tempo would meet for our interview in the back of a motorcycle garage, but after hearing the diverse range of sounds and emotion conveyed by their latest self-titled album, I had no clue what to expect from the group. The band has a rather sparse social media presence, and from the preliminary research I did, I was under the impression that the group was a trio, which is why I found myself surprised to see four men walk across the street to meet me outside of the yard of the shop. They had just returned from their set at *Treefort Music Fest* in Boise.

First, there was **Chris Fallo** on lead guitar and vocals, who I was familiar with from my interview with *Modern Speed*, who spoke very highly of his work. Then, there was **Marc Leach**, the bass player, who was by far the most extravagantly dressed of the four. **Eric Watson**, the drummer and amateur mountain biker, was third. Watson was the most recent addition to the group, and donning by far the least extravagant outfit, that being a Carhartt crew neck, jeans and compression wrap for his sprained ankle. Finally, I met **Nicholas Allen** on keys, who had recently returned to the group after a temporary hiatus.

Watson told me that when the band originally formed in 2012, Leach was the group's drummer, with Allen on bass. When Allen went on hiatus, Watson was brought on for drums and Leach filled Allen's original position, forming the current lineup. They prefer Fender and Reverend guitars, with giant 4x12 Fender cabs from the 60s and 70s and staggering buzzsaw fuzz effects cranked no lower than eight. The result is the wall of sound and driving beat that drove the band's single releases. I think it makes their self-titled record so much more interesting, which yes, contains the fuzzy, desert rock sound the band is known for but also has more pared down acoustic tracks akin to **Bon Iver** and near avant-garde drum machine noise rock akin to **Big Black**.

Fallo explained to me that the diversity of sound stemmed from the production of the record, which Watson said was "One third recorded here, one third recorded in Portland and one third recorded in Chris' bedroom." They had pieced together the more refined A-sides "HINDSIGHT" and "FULL SAIL VERTIGO" with **Stephan Hawkes** in Portland over the course of a day and a half. It was a session that formed a bond between the band and the engineer,

who additionally mixed and mastered "INTRO" and most of the B-sides for the band.

"He's like Mr. Rock!" Fallo says, "Yeah, we went up to Portland, and he was like, 'How many of these nine different Marshalls do you want to try?'... and he was like, 'Okay, now let's pair it with a different cabinet. Which one of these cabinets do you like the most?'" The band also found themselves collaborating with Scott Madsen of Modern Speed, who assisted with bus mixing and key parts on "FLOATED." Madsen additionally spoke positively of the band. Fallo said "BROKEN HARD DRIVES" was directly mastered from a single demo file, as he was unable to get the project files back off the drive they were originally stored on, hence the name, and that "PROJECT 3 SLUDGE IN C," the album's most unusual sounding track, was an in-the-box experiment for the band who opted to use drum machines and preamp distortion for the track.

Fallo says the band will be doing more recordings this year, with the intent to push out more political and emotionally driven songs. Their self-titled record is available on all platforms and in CD format, with plans to release a vinyl version of the album as well.

HOW TO *Feast* AT O'Falafel Etc.

By Rebekah Bowman | gormsgian@gmail.com
Photos by Diego Cuevas

Murals surround you when you walk through the doors of *O'Falafel Etc.* Near the entrance is an enlarged photo of Al-Aqsa Mosque in Jerusalem, and on other walls are paintings of the Petra in Jordan and the Egyptian pyramids by artist **Kathem Alhamdani**. More paintings in Ancient Egyptian papyrus style surround the register, catching your eye as you step up to order.

O'Falafel Etc. is a family-owned restaurant specializing in a variety of Middle Eastern and Mediterranean cuisine. The owners are **Mustafa** and **Osama Khader** of Jerusalem, and they've been sharing their culinary expertise, family recipes and friendly hospitality with Salt Lake City since opening in 2008. The restaurant is casual enough for lunch with friends or a quick to-go falafel sandwich, but it's also a great dinner option with lots of seating to accommodate large groups of friends and family. The menu has a good amount of vegetarian options and reasonable pricing for their large portions of healthy, filling food. If you

order Turkish coffee (\$4.50), take the time to sip it and gaze at the murals.

I began my feast with a sampler plate of four appetizers (\$13.95): falafel, fowl, basil labaneh and hummus. This comes with fresh pita, baked in-house every day and the pride of the restaurant. I couldn't *not* get falafel. It was perfectly browned, crisp on the outside and soft on the inside, which was green with flavorful earthy herbs. I've had my fair share of falafel; I've had falafel with the texture of a crumbly dry granola bar and falafel with a decent crispiness and a not-green inside. This is the falafel I prefer: the best falafel in Salt Lake City.

The fowl had a garlicky and lemony zing, and the fava beans were hearty. The basil labaneh, made of thick tangy yogurt and flecked with basil, contrasted the fowl. The hummus was absolutely silken, completely smooth. It glided along the plate as I scooped it with pita. The drizzle of golden olive oil on top of the hummus added gleams of sun to every bite.

For my main entree, I had the makhshi tin (\$15.95): eggplant and ground beef in creamy tomato and yogurt sauce, layered over a bed of yellow basmati rice. When I first tasted the orange sauce, I was met with a delightful sprinkle of oregano. The eggplant was soft but not mushy, with a wholesome, mouthwatering flavor. The beef added chewiness to an otherwise soft dish. I think this is my new favorite entree at *O'Falafel Etc.* It's pure comfort food.

O'Falafel Etc. has a few dessert options, one of the most popular being their baklava (\$3.50). This time, I ordered the kunafa (\$6.95). The dessert arrived warm with crushed pistachio on top, and when I lifted out a bite, it trailed a melty string of cheese. The crispy shreds of phyllo on top create a medley of texture and the combination of sweet rosewater syrup and savory cheese yield a balanced flavor. I'd recommend the kunafa to people who want to enjoy a delicious, warming dessert without an overload of sweetness.

Through my many years of eating here, I've seen the owners chatting with customers and personally pouring their coffee. I've seen the restaurant bustling on the day of a local protest for Palestine, the atmosphere high-spirited, everyone wearing keffiyehs and fueling up on nourishing meals. *O'Falafel Etc.* doesn't just have delicious food — it's also a hearth of community, and you feel that warmth with every bite.

O'Falafel Etc.
790 E 2100 S #100, Salt Lake City 84106
(801) 487-7747
ofalafeletc.com
Mon-Sat: 10:30 a.m. - 9:30 p.m.,
Sun: 11 a.m. - 8 p.m.

Murals by Kathem Alhamdani line the walls at *O'Falafel Etc.*



O'Falafel Etc. is pure comfort food. (L-R: makhshi tin & kunafa)

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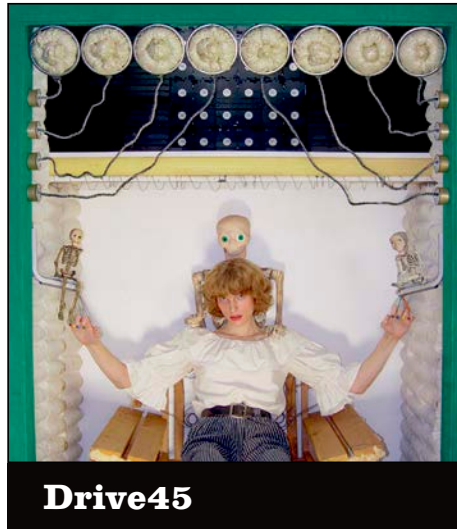
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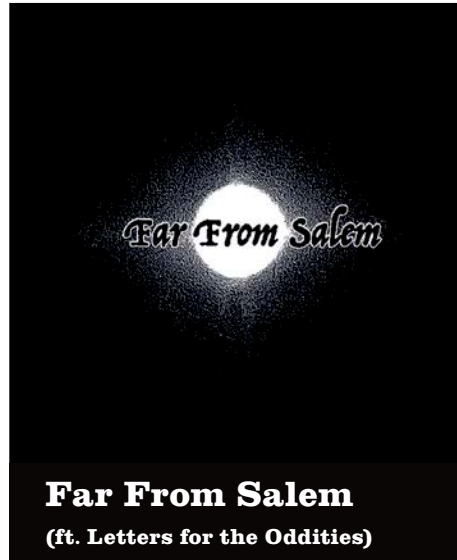
God, I'm fucking hungry...what should I get? Some iced-out emo rock to numb the heartache? Tempting, tempting... A good ol' fashioned indie folk tune to let the good times go? Sounds appetizing. Well if worst comes to worst, I think I have some musical egg rock in here somewhere. Order up on this month's edition of Local Music Singles Roundup! Still hungry? Read three more reviews at SLUGMag.com!



Drive45

"Concerned About"
Self-Released
Street: 10.10.2025
Drive45 = Danny Elfman + Andrew Lloyd Webber x Lemon Demon

What in the waggish, chocolate factory bullshit is this! With a Vaudeville player piano being sucked into a black hole and reverberated grunts and screams unnaturally weed-whacked together, the musical trickery of Drive45 egg-dropped "Concerned About." The upbeat, almost circus-y symphony is sugarily intoxicating (in the most funhouse sort). The track is somewhere between *Cabaret's* Kit Kat Klub and the zany mouse marching band from *Coraline*, with its drastic melody of sudden turns, drops and stops. Every instrument and vocal queue sounds mechanical in a **Rube Goldberg** sense, where all its inner workings of found objects fit in the most unorthodox way. Regarding themes, however, "Concerned About" reflects the chaotic hyperfixation that contributes to anxiety attacks with lyrics like "No, I'm not concerned about the knobs and switches on the oven / I've got to be concerned about my body / Yes, of course I am concerned about my health." I'm biting my nails just writing this review!
—Alton Barnhart



Far From Salem
(ft. Letters for the Oddities)

"The Contortionist"
Self-Released
Street: 12.01.2025
Far From Salem = "The Jetset Life Is Gonna Kill You" by MCR - everything but the bridge

As an emo at heart, I am often disappointed by modern bands who claim to be emo, as their music often just doesn't hit the right way. So I was delightfully surprised when Far From Salem pulled me back into the dark depths of my youth (it was 2015 in real life, but 2005 on my stereo) with "The Contortionist." The angst is established in the first half of the song, with the chorus begging, "Bring me down in the dead of night / Paint the floors with my blood." But the automatic headbanging doesn't kick in until about 2:30 when, after lots of obligatory whoas, the electric guitar takes the stage. These angular, visceral riffs remind me of sirens wailing in the background, which is fitting because I feel like this track would be played at the end of a movie after something bad has happened and the villain is sneaking away. —Braxtyn Birrell



it foot, it ears

"it Sermonette"
Self-Released
Street: 03.18.2026
it foot, it ears = Michael Gira x Geordie Greep

In a world of algorithmically optimized melodies and homogenized musical formulas, the people are hungry for microtones and polyrhythms. The sudden virality of bands like **Angine de Poitrine** is proof that two-man avant-punk units are the next big thing. But **Jason Rabb** and **Nick Foster** have been cooking up explosive, irreverent sounds for over 10 years, with only a guitar, drums and four immaculate ears. "it Sermonette," the single off their forthcoming album, *Tip toe loops*, is an excellent introduction to the duo's meticulously composed dissonance. The percussion and vocals ping-pong into a staccato dance that delights the senses: "Redeem again, rejoice again, hella televangelical." Halfway through the two-minute track, everything dissolves into fuzzy doom and anxious whisper shouting. Right before you're sucked into their apocalypse ("poca" for short), it foot, it ears catapults back to the same plucky notes from the beginning, ending with a cheeky flourish. If you aren't tickled by these whip-fast, freaky hijinks, I don't know what to tell you. —Asha Pruitt

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By Nichole Huntsman • nicholehuntsman@gmail.com

This is a message from outside of time. There's a copy of a copy hidden over the event horizon. The Imago is already here, residing as light, split through a prism.

ARIES:  *Opt In or Out*
 There's a mountain of work and a box full of wrong tools. Time to research better solutions. Options, fire sales and sudden recoveries. There are deals to be made and skills to be honed. You have a valuable position that could be cleverly leveraged to your advantage.

LEO:  *My Happy Place*
 This is the month to enjoy your private time at home. Treat yourself to all things cozy. Perhaps you could pick fresh flowers, host an intimate get-together, hang a sentimental photograph or cry over a movie. Make room for activities that bring joy and comfort to your heart.

TAURUS:  *Rise with the Sun*
 Your attention is at a premium this month, divided between work and play. Get off the hedonic treadmill. Your brain wants all the dopamine, but you have bills to pay. Sleep when you need to and work when it's time. Eat first before sending off that heated message. Transmute emotional friction or frustration through physical movement or active meditation.

VIRGO:  *Red Light at Morn*
 Myths can be written as though factual. As the old mariner, I, too, saw the creature. Which way will you go, modern humans? As for the sailor and the overturned boat, there may be no direct explanation for the mishap. It's not the crises in life but the responses that matter. Watch for the signs and listen for the distant bell.




GEMINI:  *Declarations of Intent*
 All battles come to an end, with their inevitable winners and losers. In this conflict, you outmatch a weaker yet determined opponent. There have been irritating communication breakdowns and disruptions to the timetable. Prioritize your strategy and put these trivial matters behind you.





Illustration: @kitacactusart


CANCER:  *Virtual Reality*
 Running the streets as a dazed child, the territory feels the same, but you find yourself in a new location. Toroidal dizziness, mass and echolocation. Where are the hidden coordinates? Looks can be deceiving.


LIBRA:  *Love and Logic Boards*
 Be direct in your speech, using your words as tools of alignment. There will be a crucial conversation this month. The tribe is ready for your narrative. Gather the necessary talking points from the previous three months to influence and persuade others. It's time to talk, write and speak with conscious intention.

SCORPIO:  *Toward a New Base Reality*
 You've entered the transitional phase, approaching the threshold, held by time and circumstance. You must wait. It will be a season before the door opens. You may be tempted to initiate this new change, but you must complete your mission. Have faith, you have autumnal miracles waiting.

SAGITTARIUS:  *Sayest Thou*
 A broken record spins across the room from you, airing a memetic loop. It's a diatribe of argument and disagreement. It's the same noise you've heard before. This time, you recognize the missing phases in the pattern. You cross the room to return the stylus to the stand. Message received.

CAPRICORN:  *Womb to the Tomb*
 In the great void of the deep mysteries rests the Divine Feminine. No one knows her fully, as she exists in a state of potentiality. She is the womb of creation, and from her comes the weave of our observable universe. She's calling on you to stand in a state of reception, to receive and enjoy without guilt. Show up and receive the flow with grace.

AQUARIUS:  *Late Night Revelations*
 Confronted with valuable, new information, you will be the one to accept or reject the offer. Before a decision can be made, you must do your proper due diligence. Seek out a trusted advisor to act as a sounding board. You'll need time to validate claims.

PISCES:  *Tune In*
 You must discern fact from subjective fiction. That is when premonition becomes prophecy. This is not an easy task in today's cyber-influenced world. But when you take time to separate yourself from the din, you'll find your transmission comes through with startling accuracy.



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DAILY CALENDAR



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Friday, May 1

femtanyl - *Kilby Court*
Graveyard Violet
- *Quarters DLC*
Yaotl Mictlan
- *Metro Music Hall*

Saturday, May 2

Catalyst Music Festival
- *Davis Catalyst Center*
Hail the Sun - *The Depot*
Mac DeMarco
- *The Complex*

Sunday, May 3

TECH N9NE & E-40
- *The Complex*

Tuesday, May 5

Cut Worms
- *Urban Lounge*
Joyce Manor - *The Depot*

Wednesday, May 6

Drama Llama
- *Urban Lounge*
The New
Pornographers
- *Commonwealth Room*

Thursday, May 7

Desert Reverie
- *The Land*
Wayne Hancock
- *The State Room*

Friday, May 8

Craft Lake City
Maker's Mart Mixer
- *Millcreek Common*
Hippie Sabotage
- *The Complex*
King Tuff - *Urban Lounge*
Repo! The Genetic
Opera - *Alliance Theatre*

Saturday, May 9

AUXO - *Urban Lounge*
Charlie Puth
- *Maverik Center*
Cory Mon x Sean Hayes
- *The State Room*
ford. - *Urban Lounge*
Fatal Glory
- *Salt Lake Armory*

ROYAL BLISS
- *Leatherheads Sports Bar*
Steel & Seduction -
Metro Music Hall

Sunday, May 10

Boulet Brothers
- *Metro Music Hall*

Monday, May 11

The Scarlett Letter
- *Kilby Court*

Tuesday, May 12

Good Kid - *The Complex*
Mutilated Perception
- *Kilby Court*

Wednesday, May 13

Two Feet - *The Complex*

Thursday, May 14

Molotov Dress
- *Urban Lounge*
Sarah Gailey
- *Urban Arts Gallery*

Friday, May 15

(Re)sounding Art
Exhibition
- *Kimball Art Center*
Eric Johnson
- *Commonwealth Room*
Foxtide - *Kilby Court*
Kilby Block Party
- *Utah State Fairgrounds*

Pixie & The Partygrass
Boys - *Urban Lounge*
Show Me The Body
- *Urban Lounge*

Saturday, May 16

Baby Keem - *The Union*
Dehd / Automatic
- *Metro Music Hall*
Kevin Morby
- *Urban Lounge*
Queerby Block Party
feat. Pattie Gonia
- *The Complex*
THE CALIFORNIA
HONEYDROPS
- *Commonwealth Room*

Sunday, May 17

Snail Mail
- *Metro Music Hall*
The Craft - *Pioneer Hall*

Monday, May 18

IN YOUR GRAVE
- *The Pearl on Main*
Melody's Echo Chamber
- *Metro Music Hall*

Wednesday, May 20

Dethklok & Amon
Amarth - *The Union*

Thursday, May 21

Billy Joel & Sting
- *Rice-Eccles Stadium*

SLUG Localized
Fiig, Mortigi Tempo,
Modern Speed
- *Kilby Court*

Dead Calm - *The Beehive*
ECHO & THE
BUNNYMEN
- *The Union*
Pretty Gay Live! with
Catherine McCafferty
- *Metro Music Hall*
Yellowcard
- *America First Field*

Friday, May 22

Cactus Tree
- *Urban Lounge*
Kitty Kat Ball
- *The Complex*
Sepultura - *The Depot*
Spencer Sanders
- *The DLC at Quarters*

Saturday, May 23

Chaos & Carnage
- *The Complex*
NovaFest - *Sugar Space*
The Pickpockets
- *The State Room*

Sunday, May 24

Media Queen
- *Urban Lounge*

Monday, May 25

Rilo Kiley - *The Complex*

Thursday, May 28

Cheerleader Roadkill
- *Kilby Court*

Friday, May 29

Sister Wives
- *The State Room*

Saturday, May 30

Alicia Stockman
- *The Cabin*
Kesha - *Utah First Credit*
Union Amphitheatre
Nellie and the
Yardswillers
- *The Pearl on Main*

Sunday, May 31

Homestyle Dinner
Rolls - *Kilby Court*

Monday, Jun 1

Ringo Starr
- *Eccles Theater*

Tuesday, Jun 2

Neil deGrasse Tyson
- *Eccles Theater*

Wednesday, Jun 3

Pitbull - *Utah First Credit*
Union Amphitheatre

Thursday, Jun 4

Miss Iconique 2026
- *The Depot*

Friday, Jun 5

Bad Air Radio x
Lapdog
- *The State Room*
Cinnamon Brown &
the Eskimos Reunion
- *Velour Live Music Gallery*

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- ❗ KBP KICKOFF/ AFTER PARTIES

5.1 Powfu | Soundwell ❗ **5.2 Mac DeMarco** | The Complex ❗
5.2 The Brook & The Bluff | Soundwell **5.8 Hippie Sabotage** | The Complex
5.12 Good Kid | Soundwell **5.14 fakemink** | The Complex **5.16 Queerby Block Party: Pattie Gonia** | The Complex ❗ **5.21 Vundabar** | Soundwell
5.23 Ray Bull | Soundwell **5.24 Queen Herby** | The Depot ❗
5.25 Rilo Kiley | The Complex

KILBY COURT

5.1 Field Medic | 5.2 Cathedral Bells + Strawberry Milk | 5.3 trauma ray + glixen | 5.4 Never Ending Fall | 5.5 Ashley Kutcher | 5.6 Mackerelle | 5.7 Jared Benjamin ❗ | 5.8 Happy Landing | 5.9 Your Neighbors | 5.10 The Scarlett Letter | 5.11 Mutilated Perception | 5.12 Babes In Canyon ❗ | 5.13 MGNA Crrrta ❗ | 5.14 Foxtide ❗ | 5.18 Lower-town | 5.19 The Scratch | 5.20 Spynop Showcase | 5.21 SLUG: Modern Speed, Mortigi Tempo | 5.22 Worst Party Ever | 5.23 Prince Daddy & The Hyena | 5.24 Bixby | 5.25 Vinyl Williams | 5.26 Lunar Vacation | 5.27 Robb MacLean (Limbeck) | 5.28 Cheerleader Roadkill | 5.29 Arts Fishing Club | 5.30 Homestyle Dinner Rolls | 5.31 PALE HORSE 10 Year Anniversary Fest - Kilby Court Alley Show!

METRO MUSIC HALL

5.2 Viva La Diva | 5.3 Viva La Diva | 5.6 Bad Broadcast ❗ | 5.7 Master Boot Record | 5.8 Steel & Seduction: Savage Spring | 5.9 Boulet Brothers: Dragula Tour | 5.11 Chet Faker | 5.13 Bad Broadcast ❗ | 5.14 DYKED x Jochis Queer Dance Party ❗ | 5.15 Dehd + Automatic ❗ | 5.16 Snail Mail ❗ | 5.17 Melody's Echo Chamber ❗ | 5.20 Pretty Gay Live! | 5.22 The Galaxy Band - Drag Concert | 5.23 NO HORIZON | 5.24 PEELINGFLESH | 5.27 Infected Rain | 5.28 Lucid | 5.29 All Your Friends ❗ | 5.30 Secondhand Serenade ❗

URBAN LOUNGE

5.1 Seeking The Sun | 5.2 (6pm) Sam Blasucci | 5.2 (10pm) Hot In Herre | 5.3 El Ten Eleven | 5.4 Cut Worms | 5.5 Drama Llama | 5.6 Dumbo Gets Mad + Levitation Room | 5.7 King Tuff | 5.8 FREE SHOW: AUXO | 5.9 ford. | 5.10 UADA | 5.13 Molotov Dress ❗ | 5.14 (6pm All Ages) Show Me The Body ❗ | 5.14 (8pm) Pixie & The Partygrass Boys ❗ | 5.15 Kevin Morby ❗ | 5.16 Sports ❗ | 5.18 Tripping Daisy | 5.20 Robert Lester Folsom | 5.21 Cactus Tree | 5.22 Spiritworld | 5.23 Media Queen | 5.24 Sequoia | 5.26 SensaMotion | 5.27 Harpers | 5.28 TrashMoon Ladies Night | 5.29 Willy Lowe | 5.30 2000's Rave | 5.31 ARANKA

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 This project is supported in part by an award from the National Endowment for the Arts

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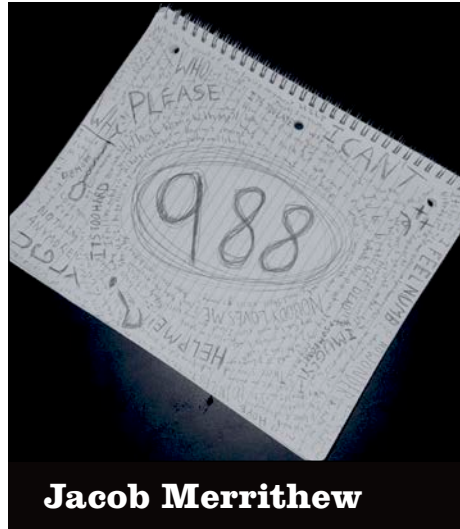
PIERCING STUDIO
— JEWELRY —



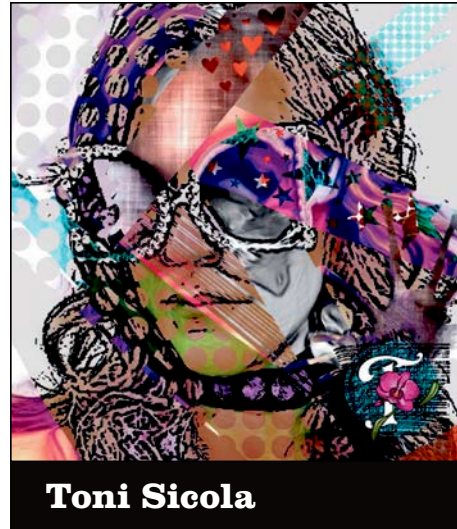
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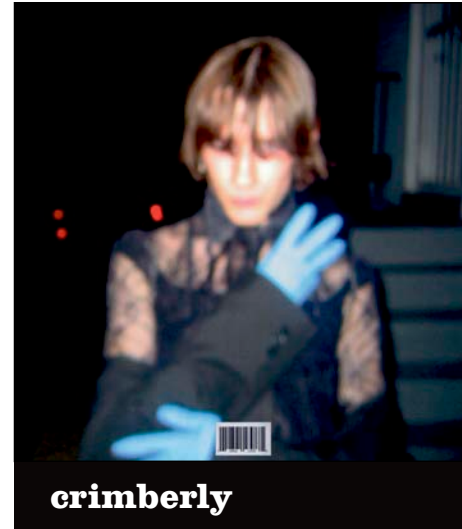
LOCAL MUSIC SINGLES ROUNDUP



Jacob Merrithew



Toni Sicola



crimberly

"988"
Self-Released
Jacob Merrithew = MGK + Logic + David Archuleta

Where was this track during the height of COVID-19, when we were trapped inside and exclusively listening to sad boi rap? Or was that just me? "988" tells a compelling story of fighting the depths of depression and suicidal ideation. The song tells the story of a young man writing a suicide letter to his dad: "And I really think I needed to write you / 'cause at the end of the day I'll be gone too / this bullet in my brain / will free me from the pain." The second verse shifts perspectives to his mother: "I know it's hard for you now / but we'll change the outcome / just come here close / I won't let you go." It's a beautiful story of a son and mother battling the challenges of mental health together and eventually coming out on top — all with a clean blend of stripped-back piano and steady bass that never overpowers the story, letting the emotion sit right where it needs to. —*Olivia Watts*

"I Wasn't Sure I Could"
Self-Released
Street: 04.18.25
Toni Sicola = Janis Joplin + Christine Sweeney

We've all either had or hoped for that moment where we stare in the mirror and decide it's time to take life by the reins. "I Wasn't Sure I Could" is a beautiful amalgamation of that feeling, finding your community of lost souls and seizing your independence. "Always searching for kindreds, the ones to call my own" is a statement that resonates deeply with me. People always seem to come and go, which makes it difficult to truly find your tribe. **Toni and the Enablers** blend the emotion of feeling lost and finding strength in yourself and the ones you love. Sicola does an impeccable job at highlighting the heart on your sleeve perspective — "I get my hopes up when I meet someone new, give them all the power to disappoint me through and through." Don't we all... This song is like a warm hug to the soul, reminding us that we can take our time to figure ourselves out. —*Damien Poelman*

"THIS IS MY SHITPOST ACCOUNT"
Self-Released
Street: 02.06.2026
crimberly = Oneohtrix Point Never + Aphex Twin / NXCRE

If a painting hung in a dark room with just enough light to see holographic TV fuzz etched onto a canvas, you would get the visual experience of "THIS IS MY SHITPOST ACCOUNT" by crimberly. It is a two-dimensional plane of electro-mechanical bursts that leap at you as you enter their flat domain. When you compress into what you thought was a lower dimension, drowned electronic vocals cry out from the bass drum and other buzzing noises that act as percussion. The song is neatly separated into three segments and runs three minutes 30 seconds long, so listeners can buckle in and be numerically satisfied for the ride on this long abandoned roller coaster from a chrome country. While it doesn't have the depth of sound and room to breathe as "usb3" from their *saltsick mixtape*, this track's two-dimensionality is its greatest strength and weakness. —*Jacob Kay*

food, nostalgia

When you hear the word food, what do you usually think of? Do you think of community gatherings with overflowing containers of shareable cuisines? Or maybe you think of five-star restaurants with shouting chefs, bustling tables and food straight out of a magazine? Or maybe, just maybe, you think of a meal that feels like home with every bite.

For Hong-Kong- and Utah-based artist Mercedes Nokyi Ng, food is all of these factors captured in her oil-painted canvases. Her art features paintings of food, her home in Hong Kong and "the randomness of life," as stated on her website. She works primarily in oil paint because she fell in love with it in college due to its "versatility and forgiveness. It takes a while to dry, and it makes me slow down a bit," Nokyi states.

When asked how food inspires her art, Nokyi responds, "I love the presentation of food and how it makes people want to eat it. Personally, I've always loved the idea of food, but have I always had a healthy relationship with food? No. I love the idea and presentation of food, but eating it was hard. Now, I'm at a much better place where I can look at food and also consume it as something that's joyful. That aspect of food makes me want to paint it as a way to celebrate life and a celebration of being a human being."

Her art also features so many of these wonderfully random snapshots of life, such as grocery shopping at local markets, fish, traffic in the city, etc. Nokyi is drawn to these seemingly random moments because, "As a person of color, sometimes I may have a hard time fitting in and finding my place here, but just being observant in my daily life has helped me to find a sense of joy. And I also say these things are random, but I believe things happen for a reason that connects me to other people. They're also precious moments that I want to



immortalize on my canvas." Especially since moving to Utah, and having to assimilate to the culture here, she's found herself observing these quiet moments where she can feel like she belongs.

As a Hong Kong-based artist, Nokyi draws inspiration from the sights and sounds of Hong Kong. "Hong Kong is part of my identity, and I feel like art is a way to show how I feel and what makes you *you*. It makes up a huge part of who I am and how I think. I feel like my art

Mercedes Nokyi Ng's art features so many wonderfully random snapshots of life.

and connection

IN MERCEDES NOKYI NG'S ART

By: Lizzie Richardson • @lizzylizardo02
Photos by Brent Landes



connects me to people with similar backgrounds so that I don't feel so alone or have to explain where I'm from. Having pictures makes it so much easier to visualize where I grew up and how fascinating it is to see where other immigrants grew up and their home, not just Hong Kong. Art is a powerful thing to me," Nokyi states.

The majority of Nokyi's paintings carry a sense of nostalgia because she doesn't usually get the chance to travel home often. So, in order to feel connected to her home, she paints scenes and memories from her childhood there. "I want to preserve my history and my roots. For me, I've tried to recollect my identity after being away from Hong Kong for so long. I don't want to lose myself, and art gives me the chance to have both identities at the same time," Nokyi says.

Nokyi is currently being featured in a group exhibition at the *Fice Gallery* titled "I Must Be Dreaming" and has an individual exhibit coming up in the basement of the *Anderson-Foothill Branch* of the library. Stop by and see her art that encapsulates the beauty of food, nostalgia and the mundane qualities of life.

