

INSIDE

**Battle of Bands
winner returns**

W
weekend

A SUPER SPREAD

**Snacking is a winner
at Super Bowl**

MANY EVENTS THIS WEEK



2021
weekender
Sioux City Journal

Siouxland's Choice
AWARDS



YOU VOTED!
WE DID A LOT OF COUNTING...

Watch for the results...

COMING FEBRUARY 25!

QUESTION OF THE WEEK

What is your must-have food for any Super Bowl Party?



Chad Pauling
Retail and Digital
Advertising Director
cpauling
@siouxcityjournal.com
"Bacon-wrapped mini
weenies."



Earl Horlyk
Staff Writer
earl.horlyk@lee.net
"Chili, Buffalo wings,
messy dips on game day. A
call for a steam cleaner on
the day after."



Nikki Ahlquist
Graphic Designer
Nikki.Ahlquist@lee.net
"What's the Super
Bowl!?! Doesn't exist in
my world. Popcorn and a
good movie is all I'll
need."



Mason Dockter
Staff Writer
mdockter@
siouxcityjournal.com
"Those little sausages in
the BBQ sauce, whose
name escapes me, are dev-
ilishly good little things. In
addition, I'm very fond of
venison, and I would be
pleased if somebody
served that at a Super
Bowl party. Also meat-
balls."

Have a question
you'd like us to
answer? Send it
to [events@
siouxland.net](mailto:events@siouxland.net)
and it may end
up on this page.



@SCWeekender



Become a fan!

The Weekender is published every Thursday by Sioux City Journal Communications, P.O. Box 118, 515 Pavonia St., Sioux City, Iowa, 712-293-4313, email, events@siouxland.net. The Weekender welcomes unsolicited submissions, but is in no way responsible for their safety, return or publication. Opinions expressed herein are those of the writer(s) and may not reflect the opinion of the Weekender, its management and employees or its advertisers. Please recycle.



Your comments welcome

Have something to say? We'd like to hear it. Seriously. Call 712-293-4229 or email events@siouxland.net

Contributors

Tim Hynds, Jesse Brothers

ON THE COVER: What will you be having on Super Bowl Sunday? Culinary Arts students Eric Divis, left, and Jaden Kelsheimer present their menu for Super Bowl weekend at Western Iowa Tech Community College's test kitchen and dining room. Photo by Jesse Brothers, The Weekender

Sioux City Journal
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Destinations

PHOTO CONTEST

Enter to win
up to \$1,000!

Sioux City Journal
SIOUXCITYJOURNAL.COM

Vacation photographs often capture perfect moments in favorite places. Send us your best ones by Feb. 5th for a chance to

win up to \$1,000

in our Destinations Photo Contest! The top photographs submitted will also be featured in a national publication reaching more than 1 million households.

1st prize: \$1,000

2nd prize: \$500

3rd prize: \$250

Voting starts 2/8 - get your entries in now, and then encourage friends and family to vote for your picture.

SiouxCityJournal.com/contests

SUX 6

THE BEST THINGS TO DO IN SIOUXLAND



Gaige' Finder

Wanna find some hard-charging music? The Nebraska-based Dillion Gaige Band will be at the Marquee, 1225 4th St., at 9 p.m. Friday. Also appearing will be special guest Jake Kloefkorn.

2

Celebrate a centennial!

Guess who is celebrating its 100th birthday? If you said it is Delaware county's Backbone State Park, you're right! See the traveling "20 Artists, 20 Parks" – a celebration of Iowa's many state parks, including Backbone – at the Sioux City Art Center, 225 Nebraska St., between now and May 9.

3

Star gazers

Artificial Stars is back with a familiar face (at least for fans of this newspaper). Former writer Ari Lebowitz is the new bass player for the "Battle of the Bands" winning group. See the Stars plus Ari at 8 p.m. Saturday at Vangarde Arts, 416 Pierce St.



Ben Grillet
CHRISTOPHER
BRAUNSCHWEIG,
THE WEEKENDER

Red Dirt Country, Siouxland-style!

4

Country rockers Ben Grillet and Dane Louis will be bringing their distinctive sounds to Beer Can Alley, 1109 4th St., for live sets that start at 9 p.m. Saturday.

5

African-American Women & Iowa

See how African-American women played a role in the state's suffrage movement in an exhibit at the Sioux City Public Museum, 607 4th St., now through Feb. 14.



Mike and
Jack Langley
PROVIDED

Brrr no more! The Langleys are here!

6

Legendary musicians Jack and Mike Langley will be presenting "Songs that Shake Off the Winter Blues" during a Betty Strong Encounter Center Facebook Live Show that begins at 2 p.m. Sunday at Facebook.com/sclandc.

CALENDAR

DANCE

FEBRUARY 7

Free couples pattern dancing class, The Don's Sports Bar & Grill, 801 W. 13th St., S. Sioux City. Join Boots & Buckles Dance Club at The Don's in South Sioux every Sunday starting at 1 p.m. for free couples pattern dancing classes. 712-204-4500. 1-4 p.m.

FEBRUARY 10

Free Line Dance Classes, 801 W. 13th St., 801 W. 13th St., S. Sioux City. Line Dance class for beginners to intermediate level. 7122044500. 10-11 a.m.

FEBRUARY 14

Free couples pattern dancing class, The Don's Sports Bar & Grill, 801 W. 13th St., S. Sioux City. Join Boots & Buckles Dance Club at The Don's in South Sioux every Sunday starting at 1 p.m. for free couples pattern dancing classes. 712-204-4500. 1-4 p.m.

FEBRUARY 17

Free Line Dance Classes, 801 W. 13th St., 801 W. 13th St., S.

Sioux City. Line Dance class for beginners to intermediate level. 7122044500. 10-11 a.m.

FEBRUARY 21

Free couples pattern dancing class, The Don's Sports Bar & Grill, 801 W. 13th St., S. Sioux City. Join Boots & Buckles Dance Club at The Don's in South Sioux every Sunday starting at 1 p.m. for free couples pattern dancing classes. 712-204-4500. 1-4 p.m.

FEBRUARY 24

Free Line Dance Classes, 801 W. 13th St., 801 W. 13th St., S. Sioux City. Line Dance class for beginners to intermediate level. 7122044500. 10-11 a.m.

FEBRUARY 28

Free couples pattern dancing class, The Don's Sports Bar & Grill, 801 W. 13th St., S. Sioux City. Join Boots & Buckles Dance Club at The Don's in South Sioux every Sunday starting at 1 p.m. for free couples pattern dancing classes. 712-204-4500. 1-4 p.m.

MARCH 3

Free Line Dance Classes, 801 W. 13th St., 801 W. 13th St., S. Sioux City. Line Dance class for beginners to intermediate level. 7122044500. 10-11 a.m.

GIG

FEBRUARY 9

Acoustix Entertainment, The Marquee, 1225 Fourth St., Sioux City. Join DJ Diablo for a night of premium karaoke entertainment. Karaoke starts at 9 p.m. every Tuesday night at The Marquee. 1225 Fourth Street. 712-560-4288. 9 p.m.- Feb. 10, 2 a.m.

FEBRUARY 16

Acoustix Entertainment, The Marquee, 1225 Fourth St., Sioux City. Join DJ Diablo for a night of premium karaoke entertainment. Karaoke starts at 9 p.m. every Tuesday night at The Marquee. 1225 Fourth Street. 712-560-4288. 9 p.m.- Feb. 17, 2 a.m.

FEBRUARY 23

Acoustix Entertainment, The Marquee, 1225 Fourth St., Sioux

City. Join DJ Diablo for a night of premium karaoke entertainment. Karaoke starts at 9 p.m. every Tuesday night at The Marquee. 1225 Fourth Street. 712-560-4288. 9 p.m.- Feb. 24, 2 a.m.

MARCH 2

Acoustix Entertainment, The Marquee, 1225 Fourth St., Sioux City. Join DJ Diablo for a night of premium karaoke entertainment. Karaoke starts at 9 p.m. every Tuesday night at The Marquee. 1225 Fourth Street. 712-560-4288. 9 p.m.- March 3, 2 a.m.

LOCAL / COMMUNITY

FEBRUARY 4

Board Game Night, Brightside Cafe, 525 Fourth St., Sioux City. For a \$5 cover charge you can access our ever-growing board game library. Pizza and grilled paninis are served along with snack foods like chips and muffins. 712-224-7827. 5 p.m.- Feb. 7, 12 a.m. \$5.

GOOD FOOD TO GO AT JODEANS

Takeout Meals for Just **\$4.00!**

• Chicken • Walleye • Catfish

Includes mashed potatoes & gravy and steamed vegetable



OTHER TO GO OPTIONS

- Chicken Tenders: **\$1 Each**
- Chicken to Go: **\$1.10 Each**
- Pork Chops to Go: **\$1.25 Each**
- Walleye or Catfish Per Piece: **\$1.25 Each**
- Ice Cream Shakes: **\$2.00**
- Macaroni or Potato Salad: 1 quart for \$5 or 12 oz for **\$2.75**
- Family Pack Chicken: **\$20**



Includes 10pc Chicken-Large mashed potato, 4 dinner rolls, large salad

Call & Order Ahead

2809 Broadway, Yankton, SD
605-665-9884 • jodeans.com

SHOWTIMES

LOCAL THEATERS

Promenade 14

924 Fourth St
712 277 8300

Our Friend 4:15 7:10

The Marksman 4:40 7:10

Wonder Woman 1984
4:20 6:45

Monster Hunter 4:35
7:15

News of the World 4:00
6:50

Promising Young Woman 4:00 7:00

The Croods: A New Age
4:10 5:00 6:35

Fatale 7:30

The Little Things 4:00
5:00 7:00

The War with Grandpa
4:25 6:50

Despicable Me 4:10

Remember the Titans
4:00 6:45

www.acxcinemas.com

AMC Southern Hills
12

4400 Sergeant Rd
712-276-3062

The Croods: A New Age
6:30

Earwig and the Witch
7:00

The Little Things 6:45
7:15

The Marksman 7:00

Monster Hunter 7:45

News of the World 7:15

Wonder Woman 1984
6:45

www.amctheatres.com
Near By Theaters

Royal Cinema

33 Central Ave SW., Le Mars, Iowa
712-564-1778

The Croods: A New Age
6:30

The Marksman 7:00

News of the World 6:45
www.acxcinemas.com

Pioneer 3 Theater

110 S 11th St, Nebraska City, NE

402-873-6487

The Croods: A New Age
6:30

The Marksman 7:00

News of the World 6:45

Legacy 3 Theater

712 W Sheridan Ave,
Shenandoah, IA
712-246-2245

www.acxcinemas.com
See website for showtimes

Main Street 7

866 E 23rd St, Fremont, NE

402-727-8986

www.acxcinemas.com
See website for showtimes

Majestic Theatre

310 Main St, Wayne, NE
402-833-1833

www.majesticonmain.org
See website for showtimes

Coyote Twin

10 E Main St, Vermillion, SD

605-624-3331

vermilliontheaters.com
See website for showtimes

Holland Plaza Theatre

717 8th St SE Orange City, IA

712-737-8866

The Croods: A New Age
7:25

The Little Things 7:15

Our Friend 7:20

Monster Hunter 7:30

News of the World 7:25
krullcinemas.com

Main St. 3

401 9th St, Sheldon, Iowa
712-342-2344

The War with Grandpa
7:00

The Little Things 7:15
Our Friend 7:30
krullcinemas.com

MUSKETEERS HOCKEY

UPCOMING GAMES

SATURDAY, FEBRUARY 6
vs. DES MOINES

TUESDAY, FEBRUARY 9
vs. OMAHA

7:05 PM PUCK DROP
TYSON EVENTS CENTER - SIOUX CITY, IA

musketeershockey.com

Call 252-2116 or get your tickets at the Tyson Events Center.



weekender

REALIGNING STARS

Battle of the Band winners return with renewed energy and a new member

BY EARL HORLYK

After a more than one-year hiatus, 2018 Battle of Bands winner Artificial Stars is ready to fly high again, according to founding member, guitarist Jeff Kothian.

"I'm guessing our last official official gig was more than a year ago," Kothian, who started the band with friend and guitarist Neil Strub in 2017, explained. "It may have been closer to a year-and-a-half ago."

That's a long time for any band, especially for Artificial Stars, which as its name implies, is an ensemble group without a front man.

"It'll be great to have the band on stage again," Kothian said. "We've been looking forward to it for a long time."

Artificial Stars will be coming to Vangarde Arts, 416 Pierce St., for an 8 p.m. Saturday show that also features Omaha-based band Gallivant and muralist Jessica Hammond (aka "Brutal Doodles").

Along with returning drummer Luke Sweeney, Artificial Stars will have a new bass player, Ari Lebowitz, who replaced Jesus Iniguez, who now lives in Omaha.

Wait, Artificial Stars' bass player is Ari Lebowitz, the former writer of *The Weekender*?

"I hadn't been in a band for more than 15 years," he said. "I'm so excited to be playing with these guys."

"We have nothing but great things to say about Jesus and we miss him and everything he brought to the band," Kothian said. "However, life goes on. We're excited for this new chapter with the band."

Still, fans will be pleased Artificial Stars is continuing to walk



MIKE KESSEL, KESSEL KREATIONS

2018 Battle of the Band winners Artificial Stars will be performing at 8 p.m. Saturday at Vangarde Arts, 416 Pierce St.

the line between indie/pop and rock.

"I've always thought if something sounds good, it is good," Kothian said. "It didn't matter the category."

This eclecticism worked well for a rocker like Kothian as it did for Sweeney, who was influenced by hip-hop drummers, and Lebowitz, who grew up listening to such groups as Red Hot Chili Peppers, Audioslave and Rage Against the Machine.

"We gel together," Kothian said. "It works."

Another nice thing is the return

of founding member, guitarist Neil Strub.

"As soon as we won Battle of the Bands, Neil moved out of state," Kothian said. "Although he could still play gigs, it wasn't easy. With him now back in the area, we can get back to booking gigs."

Which will be a relief to Sweeney, who considers himself the group's task master.

Or in other words, the "star dad" in Artificial Stars.

"Right now, I'm the only literal dad member in the band," Sweeney said.

It also allows Strub and Kothian the room to write new material.

"The only good thing that came out of the pandemic is it gave us time to write music," Kothian said. "The pandemic closed up our venue but we could still write our music."

Indeed, Artificial Stars has enough material to record a full-length album, which Kothian predicted will be out before the end of 2021.

Until then, it will just be clear skies for these Artificial Stars.

"When a band goes quiet, fans move on," Kothian said. "We

DETAILS

WHAT: Artificial Stars, with guests Gallivant and artist Brutal Doodles

WHEN: 8 p.m. Saturday

WHERE: Vangarde Arts, 416 Pierce St.

THINGS TO KNOW: Masks are required and so is social distancing

just want everyone to know that Artificial Stars is back and we're ready with some great, new music."



BEN MARGOT, ASSOCIATED PRESS

Instacart worker Saori Okawa shops for produce for home delivery July 1 in San Leandro, Calif. Okawa is one of more than a million gig workers who make a living driving people to airports, picking out produce at grocery stores or providing child care for working parents.

ALL ABOUT GIG WORK

3 things to know before you get started in the field

KELSEY SHEEHY | NerdWallet

Shutdowns, layoffs and salary cuts brought on by the coronavirus pandemic have left millions of Americans searching for new sources of income. Those who've recently turned to gig work may be weeks away from a financial surprise in the form of unexpected tax bills and insurance coverage fine print.

"These are the two key items that most new business owners overlook," says Chris Russell, a San Diego-based certified financial planner who specializes in business owners and the self-employed.

Don't consider yourself a small-business owner? Well, let's start there.

1 TO THE IRS, YOU ARE A SMALL BUSINESS

Sure, you're just running food deliveries. But that simple act makes you a small business in the eyes of the IRS. And that opinion is the only one that counts when it comes to taxes.

"Basically, you're considered an independent contractor," says Garrett Watson, a senior policy analyst with the Tax Foundation, a nonprofit organization. "You don't need to do anything super complicated. You don't need to incorporate or do anything like that."

But you do need to pay taxes on any money you earn through gig work. This fact is often an unwelcome, and expensive, surprise for new gig workers. As an employee, income and payroll taxes are automatically withheld from your paycheck.

"No taxes are deducted from the money you make as a business owner," Russell says. "Meaning that you will likely owe a lot of money to the IRS when you file your returns."

A good rule of thumb: For every dollar you earn doing gig work, save 30% to put toward income and self-employment taxes. Going forward, plan to estimate and pay those taxes quarterly to avoid a penalty from the IRS.

And if you're thinking "I didn't earn much. I won't report it. How will the IRS know?" Don't. It'll know.

2 EXPENSE TRACKING IS YOUR BEST FRIEND

Gig work isn't all money in the bank. You are incurring expenses, too. Keep track of those as you can likely deduct some of them and lower that tax bill we talked about a second ago.

"Keep good and honest records to take advantage of all deductions that you're entitled to," says Ryan Greiser, a certified financial planner in Doylestown, Pennsylvania.

Apps like Stride, Hurdler and MileIQ automatically track your mileage and expenses, for free or a nominal fee, to help you calculate taxes. Depending on your situation, Greiser says QuickBooks might be worth exploring.

"It is a small investment to track expenses, estimate your quarterly taxes, track your mileage and pay your quarterly taxes online," Greiser says.

You also want to investigate the nuances of what can and cannot be deducted depending on your slice of gig work, Watson says, pointing to ride-hailing services as an example. Say you drop a passenger off and drive across town to find your next ride, he says. Can you deduct the cost of gas used in between rides? (You can.) The IRS Gig Economy Tax Center is a good place to find answers to your questions.

How IRS defines gig work

Gig work is certain activity you do to earn income, often through an app or website (digital platform), like:

- Drive a car for booked rides or deliveries
- Rent out property or part of it
- Run errands or complete tasks
- Sell goods online
- Rent equipment
- Provide creative or professional services
- Provide other temporary, on-demand or freelance work

Note: This list does not include all types of gig work.

What are digital platforms?

Digital platforms are businesses that match workers' services or goods with customers via apps or websites. This includes businesses that provide access to:

- Ridesharing services
- Delivery services
- Crafts and handmade item marketplaces
- On-demand labor and repair services
- Property and space rentals

Note: This list does not include all types of digital platforms.

Source: IRS

3 INSURANCE CAN BE COMPLICATED

The IRS isn't the only agency that needs to know about your new income stream. Your insurance agent needs to be clued in, too. Not disclosing your work could get you dropped from your policy in some cases. And, beyond that, your insurance agent can help you understand what aspects of your gig work are covered.

Transporting food or people? You need to know if your personal car insurance policy covers incidents while you're on the job. (It likely won't.) Rideshare or commercial auto insurance could fill in the gaps.

While the platform you work on might cover you with a commercial policy, it kicks in only under specific circumstances. It's important to know the details of that coverage.

Uber and Lyft provide commercial coverage for drivers, but it applies only if you have passengers in the car or are on the way to pick up a passenger after accepting a ride. DoorDash provides liability coverage only and just when food is in your car. GrubHub and Instacart don't provide any commercial coverage for delivery drivers on their platforms.

Gridiron grub

Super Bowl Sunday strategies for championship snackers
(*plus we believe football will also be played)

BY EARL HORLYK

Western Iowa Tech Community College culinary arts and hospitality students Eric Divis and Jaden Kelsheimer have many things in common.

For instance, both of them love to cook for friends and family. Plus, they are also die-hard Dallas Cowboys fanatics.

"I've been a Dallas Cowboys fan since way back when," Divis, a Sioux Cityan who played football in middle school and high school, explained.

"I love the Cowboys and my mom loves the Minnesota Vikings," Kelsheimer, a Windom, Minnesota, native, said with a laugh. "We tease each other over which team is doing better at the time."

Hut-hut-huh?

Uh, guys, you know this is a story about Super Bowl food, right? Hate to break this news to you, but the Cowboys won't be one of the teams playing at Tampa, Florida's Raymond James Stadium.

Sorry, it will be the AFC's Kansas City Chiefs (14-2) battling the NFC's Tampa Bay Buccaneers (11-5) at Super Bowl LV on Sunday.

Crickets.

"The food can be the star of the show for Super Bowl," Divis mentioned diplomatically while Kelsheimer nodded her head in agreement.

OK, with that unpleasantry out of the way, the kids certainly aren't wrong to choose the buffet action over the shenanigans going on in the field.



JESSE BROTHERS, THE WEEKENDER

Western Iowa Tech Community College Culinary Arts students Eric Divis, left, and Jaden Kelsheimer, right, talk about some of the comfort foods favorites a few days prior to Super Bowl Sunday, which is now considered the second largest food "holiday" in America.

Indeed, Super Bowl Sunday is now the second-largest food “holiday” in the United States, second only to Thanksgiving.

Unlike Turkey Day, Super Bowl Sunday is one of the most popular days of the year for takeout. To be precise, one out of seven Americans will order takeout while the Bucs and the Chiefs grapple for gridiron supremacy.

So, what kind of gridiron grub will your fellow countrymen be scarfing down? Topping the charts will be pizza. Coming in at No. 2 is chicken wings.

Due to COVID-19 concerns, we suspect humongous Super Bowl gatherings will be out while more manageable shindigs will be in.

Which means this may be the year for people to fix their own football feasts.

Having said that, WITCC culinary arts instructor Mike Gasaway said Super Bowl Sunday is perhaps not the occasion for experimental gastronomy.

“People like comfort food for the Super Bowl,” he explained. “That means plenty of chips, dips, wings and stuff to grab and go.”

All right, but you can still add a bit of panache onto food served during football’s biggest night, Divis said.

“People often make food with recipes that are set in stone,” he said. “Chef Gasaway and (administrative program coordinator) Chef (Brett) McCarthy said a recipe should be a guidepost and our food should reflect their own knowledge and creativity.”

“Our students will soon be entering the work force and, soon, they’ll be creating menus on their own,” Gasaway said. “Our program will prepare them for that.”

Divis certainly knew the drill well. He has worked in professional kitchens most of his life and his dad has spent his career as a general manager for various local restaurants.

If Divis could pinpoint his particular cuisine, what would it be?

All-American food with a few nods to international fare, he said.

And how did Kelsheimer describe her culinary expertise?

“I’m a pickle queen,” she said.



TOP: Chicken wings came in second place when it came to Super Bowl Sunday’s most ubiquitous foods. What came in first place? Pizza, of course. BOTTOM LEFT: Cookies baked by Chef Bret McCarthy and Western Iowa Tech Community College’s Culinary Arts and Hospitality students are part of a Super Bowl Sunday display. BOTTOM RIGHT: For Super Bowl Sunday, keep your food fun and portable. A spread of dips including hummus, ranch, chili, and beer cheese, can be a welcome part of any Super Bowl party, according to Western Iowa Tech Community College’s Mike Gasaway.

Um ... what?
“I love pickles and enjoy pickling things,” Kelsheimer explained.

This is a nice talent to have on Super Bowl Sunday, where veggies and a variety of dips often play a leading role.

Such dippable fare – in the form of hummus, ranch, chili and beer cheese – was in abundance at WITCC’s dining room-slash-test kitchen.

Wait, is that popcorn topping Gasaway’s beer cheese dip?

“That’s the way they make it in Wisconsin,” he said. “That’s the way I make it here.”

A veteran professional chef, Gasaway said he enjoyed educating young people into the food and hospitality fields.

“We’ve been fortunate to have so many great kids come through this program,” he said. “It’s not an easy path, but if cooking is your passion, it can be quite rewarding.”

While some of Gasaway’s students come from a restaurant background like Divis, others are

like Kelsheimer, who learned to cook for her family.

“My parents worked and it became my job to get dinner ready,” Kelsheimer said. “Cooking was something I had a knack for.”

More than that, Kelsheimer enjoyed how cooking for others made her feel.

“I love cooking because it allows me to share a part of myself with others,” she said. “I knew that was what I wanted to do with my life.”

Divis felt the same way.

“It makes you happy to see



ASSOCIATED PRESS

Eric Church and Jazmine Sullivan will join forces to sing the national anthem at the Super Bowl.

Countdown to a chowdown!

For true football aficionados, the sport is actually a game of statistics.

For the gluttonous team at the Weekender, we’ll be gauging Super Bowl LV by using a different sort of metric.

We’ve already determined Super Bowl Sunday is America’s second largest food holiday, next to Thanksgiving.

So, what will armchair quarterbacks be gnawing on come game time? Anything they can get their mitts on!

The National Chicken Council estimates Americans will eat more than 100 million pounds of chicken wings on Sunday. If you can quite picture what that looks like, it amounts to around 1.25 billion wings!

More than half of Americans prefer ranch dressing to dip their favorite bird parts.

But beefeaters certainly won’t be lonely. Super Bowl Weekender is second only to the Fourth of July when it comes to grilling. Nearly 14 billion burgers will be served up for the big game.

Feh, all good things must come to an end.

Come Super Bowl Monday, antacid sales will increase by around 20 percent while 1.5 million Americans will call in sick for work.

Snack wisely, friends, snack wisely.

people enjoy your food,” he said. “It is very satisfying.”

And creating food for a fun Super Bowl party can also be satisfying.

After all, Super Bowl in all about the food, right? Oh, plus there’s also some football involved as well.

ETC.

SIouxLAND STRANGE

A roundup of
bizarre
happenings
from Siouxland's
police logs.

WHY IS MY BANK ACCOUNT OVERDRAWN BY \$18,950?

STORM LAKE, Iowa – This wasn't going to go unnoticed.

On Dec. 23, Storm Lake Police were notified of suspicious activity on the bank account of a Storm Lake resident. Police were advised by the resident that they had observed forged checks drawn on their account and passed at a Storm Lake financial institution on two dates in December.

The checks totaled \$19,000, according to a press release from the Storm Lake Police Department.

After an investigation, police allege that two women, 21-year-old Karina Torrejon Pupo and 30-year-old Evelin Basteiro Cesar, both of Storm Lake, obtained checks from the victim knowingly forged and passed the checks at financial institutions without the victim's knowledge or consent.

On Jan. 26, Storm Lake Police arrested Torrejon Pupo and Basteiro Cesar in connection with the incident. The women face charges of ongoing criminal conduct, a class B felony; two counts of forgery, a class D felony; and two counts of second-degree theft, a class D felony.

Basteiro Cesar and Torrejon Pupo were booked and held at the Buena Vista County Jail on \$10,000 bond.

DRUGS IN JAIL CAN LAND YOU IN JAIL

It's a big hassle when they find your drugs during the jail booking – it's almost like having a regular tube of toothpaste in your bag at the airport.

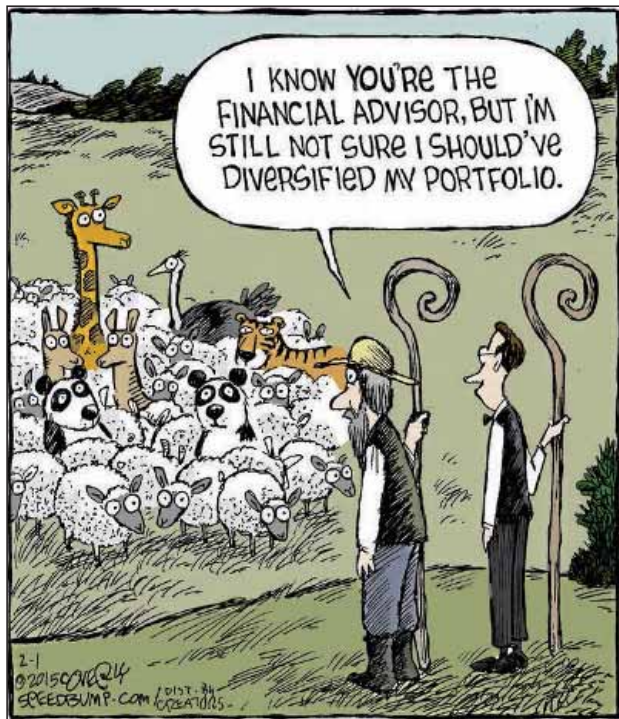
A Sioux City woman is facing charges after contraband was found on her as she was booked into jail for an unrelated matter.

At around 2:46 a.m. Jan. 29, 46-year-old Darla J. Larsen-Provost of Sioux City was being booked into the Woodbury County Jail on a warrant out of Plymouth County, according to a criminal complaint.

She "was warned several times prior and during a search of (her) person, that if any contraband made it into the jail it would be a felony" but she maintained she had nothing, according to the complaint.

A small plastic container, with .08 grams of methamphetamine, was found in her brassiere during a search.

Larsen-Provost faces a charge of introducing intoxicants or drugs into an institution, a class D felony. She was held in the Woodbury County Jail on \$4,000 bond.

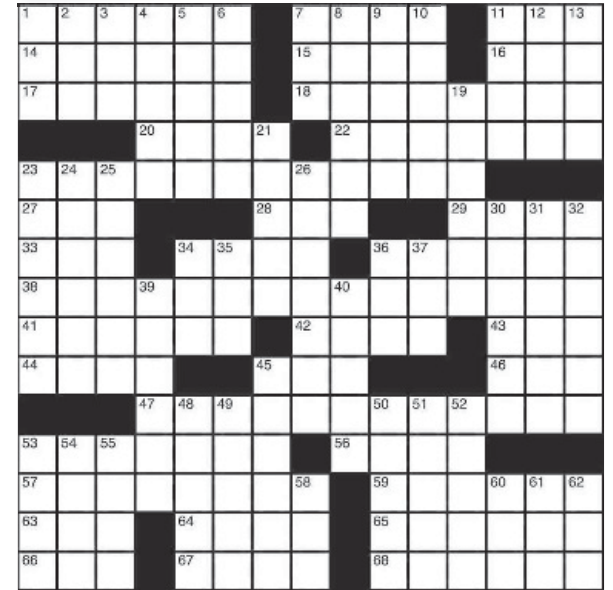


SUDOKU

DIRECTIONS: Complete the grid so that every row, column and 3x3 box contains digits 1 to 9.

	4	2		9		1		6
		7				5		
	8							
	1				3			
	6	4						2
			1	5				
			8					3
		6		2	7			
				4	5	9		

CROSSWORD



Across

- 1 Big divides
7 Vat sediment
11 Swindler
14 Aid, as a fallen teammate
15 Munch Museum city
16 Crazy Eights relative
17 Connected
18 Power of a Hummer?
20 Greek group
22 Discreetly, in slang
23 Enormous card revealed at end of magician's routine?
27 Form fig.
28 Fictional anchor Nessman
29 Goes apace
33 "Your point being?"
34 __ 51
36 The slightest bit
38 Tattoo depicting the last woolly mammoth?
41 Avoids
42 Muslim leader
43 Carol contraction
44 Immobilize with a charge
45 "Moby-Dick" setting
46 Bullring bravo
47 Avian mascot on a refueling vessel?
53 Three on a match, they say
56 Ikea purchase
57 Hotel employee who only works one day a month?
59 Acted greenly?
63 It usually needs breaking
64 1968 self-named folk album
65 Stands in a studio
66 Wrap up
67 Changes to green, say
68 Subject of a 2016 U.K. referendum, and a hint to five puzzle answers
- 2 Egg producer
3 The lot
4 Calvin's spaceman alter ego, in comics
5 Literature Nobel Alice
6 Weapon for Goliath
7 Teammate of Babe
8 Legally prevents
9 Justice Kagan
10 Cymbal sound?
11 "Friday I'm in Love" band, with "The"
12 Saved, in a way
13 Holiday song
19 "Ah, I see what you meant"
21 Household cleaning brand
23 Give a hand
24 Dolphins Hall of Famer Larry
25 Japanese mushrooms
26 More substantial
30 "Will this work for you?"
31 French star
32 Longtime breath freshener
34 Back to a mate
35 Dorm, briefly
36 Gasteyer of "SNL" (1996-2002)
37 Network for film buffs
39 Chocolatey Post cereal
40 Apple models
45 Declining due to age
48 "Grr!"
49 Comic Denis
50 Biblical mount
51 "The bad news is ..."
52 It might have a champion
53 Sound __
54 Score after deuce
55 Monopoly card
58 Mexican pair
60 __ roles
61 Inventor Whitney
62 Summer hrs.

If you must cheat, the answers are in the classified section on page 12

ADVICE

ANSWERS FOR ALL YOUR WOES



SCIENCE ADVICE GODDESS

AMY ALKON

Flee Bites

I broke up with my boyfriend because he didn't prioritize our relationship and wouldn't commit. He now wants to get back together and has been sending me cards and letters for weeks. Is it foolish to give him another shot?

Red Flag? A man who's all, "Forget the Tinder randos! I need you!" is a man whose sexual freedom means less to him than being with you. It's basically like a lion knocking on the door of the zoo: "Got a cage for me?"

Still, it's natural you're giving his pleas to get back together the side-eye: "Hmmp. So...I wasn't good enough for you before, but I'm suddenly good enough for you now?!" However, his unwillingness to commit may have had little to do with you.

There's this myth that you just need to find "the right person" and then you and Senor Perfecto ride off into the sunset together to Happily Ever After. In fact, clinical psychologist Judith Sills explains that you need to find not just *the right person*, but *the right person at the right time*: when both you and he are ready to commit. "Readiness" doesn't strike lightning bolt-style; it develops. It's a psychological shift that acts as a "catalyst for commitment": for the intimacy, vulnerability, and responsibility for another person that

commitment entails.

Evolutionary psychologists David Buss and David Schmitt observe that having sex can ultimately cost women vastly more than it costs men: nine months of pregnancy plus a squalling kid to feed versus a teaspoon of sperm plus a wave goodbye. So, for men, "a short-term sexual strategy" – casual sex with a variety of women – has "reproductive benefits," allowing them to leave more descendants carrying their genes (in contrast with a "long-term sexual strategy," commitment). However, which strategy is optimal for an individual man or woman is context-dependent. Contexts that motivate a man to commit include wanting a family, a meaningful partnership, and/or a "highly desirable woman" who can afford to put her foot down: "Relationship or bust, Bob."

Chances are the "foot" scenario is behind your previously blase Bob's transformation (probably along with how we don't always realize what we have until we've lost it). Tell him something soon – either that you'll hear him out or that it's over. If it's the latter, knowing now will allow him to go out with dignity – before he scrapes bottom on chick flick lines to poach for his letters and decides begging for love can be genderfluid: "I'm also just a girl, standing in front of a boy, asking him to love her."

Got a problem? Write Amy Alkon, 171 Pier Ave. #280, Santa Monica CA 90405 or email AdviceAmy@aol.com



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ASTRO ADVICE

EUGENIA LAST

Distance yourself from unpredictable people and situations this year. Explore new interests and align yourself with people who share your goals. The world is your oyster if you position yourself for success. Make things happen and enjoy what life has to offer. Be the master of your destiny. Romance is featured.

AQUARIUS (Jan. 20-Feb. 19)

– Read the fine print before you make a decision. Someone you least expect may try to outsmart you. Be respectful, but speak up if you think you spot a mistake. Keep the peace.

PISCES (Feb. 20-March 20)

– A change of plans will play out in your favor. Don't complain about something that may not occur. Keep a low profile, do things your way and be satisfied with the work you do.

ARIES (March 21-April 19)

– Be patient with partners. Don't let your emotions lead to potentially damaging argument. Pay attention, do a good job and choose love over discord. Relationships are more important than your pride.

TAURUS (April 20-May 20)

– Talks will be explosive if you aren't mindful of what others want. Work on projects that you can do by yourself. Focus on creativity, be inventive and keep moving until you finish what you start.

GEMINI (May 21-June 20)

– Emotions will rise to the surface. Learn the lessons of the past. Be helpful and take care of unfinished business to avoid problems with institutions. Romance and love are encouraged.

CANCER (June 21-July 22)

– Connect with someone who shares your interests or concerns. Don't make a financial donation that you cannot afford. You'll get more in return if you contribute your skills, time or experience.

LEO (July 23-Aug. 22)

– An unexpected financial change will have emotional implications. Look at every angle, and figure out the best way to make the most of a situation that you cannot alter.

VIRGO (Aug. 23-Sept. 22)

– Don't rely on others to make changes. Do the work yourself,

and take the credit for the outcome. Refuse to let a personal matter stand between you and what you are trying to achieve.

LIBRA (Sept. 23-Oct. 23)

– Problems at home will develop if you haven't spent enough time nurturing personal relationships or taking care of domestic matters. Examine your financial situation.

SCORPIO (Oct. 24-Nov. 22)

– A change heading in your direction will make you feel unsure about life, love and your prospects. Don't ignore what's happening. Do your part, and rid yourself of undue stress.

SAGITTARIUS (Nov. 23-Dec. 21)

– Use your connections to get ahead. Pay off debts and collect money owed. Financial and lifestyle changes will give you a new lease on life. Capitalize on your newfound energy.

CAPRICORN (Dec. 22-Jan. 19)

– Put more energy into your surroundings and domestic relationships. Be attentive, and make personal changes that will make life less stressful for your loved ones. Learn from your mistakes.

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