

W
weekender

INSIDE
New tech devices



WOODWIND MASTER

**Oboist brings jazzy improvisation
to Symphony concert**

MANY EVENTS THIS WEEK

QUESTION OF THE WEEK

If you could play any kind of musical instrument, what would it be?



Jared McNett
Online editor/Reporter
mcnett@siouxcityjournal.com
"Being a master harmonica player would be pretty sick."



Earl Horlyk
Staff Writer
earl.horlyk@lee.net
"I'd love to be a classy drummer like the Rolling Stones' Charlie Watts. Though I think my propensity for spazziness will make me drum like Animal from the 'Muppet Show.'"



Mason Dockter
Staff Writer
mdockter@siouxcityjournal.com
"Either learning to play the triangle or the kazoo shouldn't be too difficult, right?"

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



X @SCWeekender

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The Weekender is published every Thursday by Sioux City Journal Communications, 2802 Castles Gate Drive, 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 and Jesse Brothers



ON THE COVER: A Southern California native, Jeffrey Paul plays oboe in both the Sioux City and Sioux Falls Symphony Orchestras. He also plays various instruments in small jazz groups and big bands. (Provided)

CALENDAR

MUSIC

NMM Live - Andrea Ross & Robbie Erhard, 12 p.m., Feb. 16; National Music Museum, 414 East Clark St., Vermillion, S.D. Information: 605-658-3450.

Free Show: Above the Covers, 8 p.m., Feb. 16; Hard Rock Casino, 111 3rd St. Information: 712-226-7600.

Humbletown - Folk Rock, 8 p.m., Feb. 17; Vangarde Arts, 416 Pierce St. Information: <http://www.vangardearts.com/events>.

Sioux City Symphony Orchestra Elgar: Symphony No. 1, 7:30 p.m., Feb. 17; Orpheum Theater, 528 Pierce St. Information: 712-277-2111.

Shake off the Winter Blues with the Langleys, 2 p.m., Feb. 18; Betty Strong Encounter Center, 900 Larsen Park Rd. Information: 712-224-5242.

Hill Country Funk with Wain McFarlane & Friends, 8 p.m., Feb. 23; Vangarde Arts, 416 Pierce St. Information: <http://www.vangardearts.com/events>.

Free Show: Seriously Shirley 8 p.m., Feb. 23; Hard Rock Casino, 111 3rd St. Information: 712-226-7600.

Bywater Call - Seven Piece Soulful Blues, 8 p.m., Feb. 27; Vangarde Arts, 416 Pierce St. Information: <http://www.vangardearts.com/events>.

Journey, 7:30 p.m., Feb. 28; Tyson Events Center, 401 Gordon Drive. Information: 712-279-4850.

Submit an event:

Do you have an event you'd like to submit to our calendar? Call 712-293-4313, e-mail events@siouxland.net or enter online at www.sioxland.net. Include event date, time, event name, contact name and phone number.

Deadline: Noon the Friday prior to publication. (Early deadlines in effect the week before holidays).

NMM Live - Humbletown, 12 p.m., March 1; National Music Museum, 414 East Clark St., Vermillion, S.D. Information: 605-658-3450.

That Arena Rock Show, 8 p.m., March 1; Hard Rock Casino, 111 3rd St. Information: 712-226-7600.

Avey Grouws Band, 8 p.m., March 1; Vangarde Arts, 416 Pierce St. Information: <http://www.vangardearts.com/events>.

PLEASE SEE CALENDAR, PAGE 5

CARTOON



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MOVIES

THURSDAY, FEBRUARY 15 - WEDNESDAY, FEBRUARY 21

'LAND OF BAD'

(Rated R for strong bloody violence and language throughout)

A rookie air force combat controller and a seasoned drone pilot support a Delta Force team as they try to shift a mission gone wrong into a rescue operation.



PROVIDED



PROVIDED

'LIGHTS OUT'

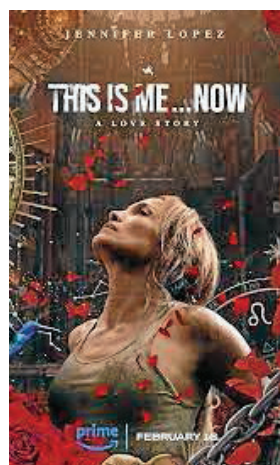
(Rated R for violence and pervasive language)

A drifting ex-soldier turns underground fighter with the help of a just released ex-con, pitting them both against a crime boss, corrupt cops and hired killers.

'THIS IS ME: NOW'

(Rated PG-13 for language and sexual situation)

Coinciding with the release of her album of the same name, this narrative-driven odyssey tells the story of Jennifer Lopez's journey to love through her own eyes.



PROVIDED

AIR FORCE ONE DOWN'

(Rated R for violence and language throughout)

On her first assignment aboard Air Force One, a rookie Secret Service agent faces the ultimate test when terrorists hijack the plane, intent on derailing a pivotal energy deal. With the President's life on the line and a global crisis at stake, her bravery and skills are pushed to the limit in a relentless battle that could change the course of history



PROVIDED

'NO WAY UP'

(Rated R for language and bloody grisly images)

Characters from different backgrounds are thrown together when the plane they're travelling on crashes into the Pacific Ocean. A nightmare fight for survival ensues with the air supply running out and dangers creeping in from all sides.

SHOWTIMES

LOCAL THEATERS

Promenade 14

924 Fourth St., 712-277-8300
Mean Girls 1:00 1:40 4:00 4:30 :00 7:35 9:15 9:55
The Beekeeper 1:45 4:30 7:15 9:50
The Book of Clarence 1:10 4:05 7:00 9:55
Night Swim 1:55 4:40 7:15 9:40
The Boys in the Boat 12:10 3:50 6:50 9:50
Anybody But You 1:50 4:25 7:40 9:45

AMC Southern Hills 12

4400 Sergeant Road, 712-276-3062
Anyone But You 3:00 5:30 8:00
Aquaman and the Lost Kingdom 3:00 5:50
The Beekeeper 5:20 7:55
The Book of Clarence 3:25 6:20
The Boys in the Boat 3:10 6:15
Mean Girls 5:00 8:00
www.amctheatres.com

Royal 3 Cinema

33 Central Ave SW., Le Mars, IA, 712-564-1778
Mean Girls 7:00
The Beekeeper 7:20
Migration 7:10
www.royal3cinema.com

Pioneer 3 Theater

110 S. 11th St., Nebraska City, NE 402-873-6487
Wonka 7:05 9:45
Migration 7:00 9:35
Aquaman and the Lost Kingdom 6:30 9:30
www.acxcinemas.com

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.majesticmain.org
 See website for showtimes

Coyote Twin

10 E Main St., Vermillion, SD 605-624-3331
vermilliontheaters.com
 See website for showtimes

Holland Plaza Theater

717 Eighth St. SE Orange City, IA 712-737-8866
Mean Girls 7:00
The Beekeeper 7:25
Night Swim 7:30
The Boys in the Boat 7:15
krullcinemas.com

Main St. 3

401 Ninth St., Sheldon, IA
Mean Girls 7:00
The Beekeeper 7:25
Night Swim 7:30
krullcinemas.com

New DVD releases for this week:

'The Hunger Games: The Ballad of Songbirds and Snakes'
 'The Marvels'
 'Priscilla'
 'Cellphone'
 'Monster High'

SUX 6

THE BEST THINGS TO DO IN SIOUXLAND

1 Cover-ups!

What do you call a band that covers everything from AC/DC to The Killers to Shania Twain? Well, we call that type of band Above the Covers – a Siouxland's Choice band – which is playing a free show at 8 p.m. Friday at Hard Rock Hotel & Casino's Anthem 111 Third St.



2 Are you a 'Dunder'-head?

How knowledgeable are you about the sitcom "The Office?" For instance, did you know the original British series ran for two seasons, amassing 14 episodes while the American version ran nine seasons and netted more than 200 episodes. that's a lot of trivia. Win prizes at "The Office" trivia party at 8 p.m. Friday at The Marquee, 1225 Fourth St.

3 All lemon, no pits!

The Nebraska-based Lemon Fresh Day may sound like dish soap. Instead, they are a party band with an avid following. Lemon Fresh Day will perform at 9 p.m. Saturday at DOXX Warehouse Bar, 1219 Fifth St.



4 Drink beer, take bad photos!

Now, we don't this at all. Jefferson Beer Supply's Nicki and Anthony are asking people to recreate their most embarrassing 1990's era photos in order to shoot new embarrassing photos. Well, at least the beer will be good. This event will take place from noon to 6:15 p.m. Saturday at 116 Main St., Jefferson, S.D.



5 So long, winter!

Iowa Rock 'Roll Music Association Hall of Famers Jack and Mike Langley will perform a "Shake Off the Winter" concert at 2 p.m. Sunday at the Betty Strong Encounter Center, 900 Larsen Park Road. At least, this year, the groundhog has predicted an early spring. So there's that.

6 Look up, count birds!

Do you like birds? The naturalists at the Dorothy Pecaut Nature Center sure do. That's why, beginning at 10 a.m. Friday, the 4500 Sioux River Road facility will host the Great Weekend Bird Count Hike. Get some fresh air with a naturalist like Kari Sandage and see hi to some feathery friends.



Calendar

From 2

Sam Hunt Outskirts Tour 2024, 7:30 p.m., March 14; Tyson Events Center, 401 Gordon Drive. Information: 712-279-4850.

NMM Live - Molly Haddad & Logan Wadley, 12 p.m., March 15; National Music Museum, 414 East Clark St., Vermillion, S.D. Information: 605-658-3450.

Sioux City Symphony Orchestra Windborne's Music Of Led Zeppelin, 7:30 p.m., March 16; Orpheum Theater, 528 Pierce St. Information: 712-277-2111.

NMM Live - Jason Laczkoski & Brett Cooper, 12 p.m., March 29; National Music Museum, 414

East Clark St., Vermillion, S.D. Information: 605-658-3450.

Mania - The ABBA Tribute, 7 p.m., March 30; Orpheum Theater, 528 Pierce St. Information: 712-279-4850.

Sioux City Symphony Orchestra Sarah Change And Copland, 7:30 p.m., April 20; Orpheum Theater, 528 Pierce St. Information: 712-277-2111.

Smells Like Nirvana, 8 p.m., May 4; Hard Rock Casino, 111 3rd St. Information: 712-226-7600.

Hairball, 7 p.m., May 17; Tyson Events Center, 401 Gordon Drive. Information: 712-279-4850.

Clutch: New World Samurai Tour 2024, 8 p.m., May 17; Hard Rock Casino, 111 3rd St. Information: 712-226-7600.

ART

Sioux City Art Center: Therman Statom: Novella, Feb. 1 to July 14; Youth Art Month Exhibition: Elementary School Students, Feb. 24 to April 21; ARTcetera 2024, March 22 to April 12; Tim Olson: The Notable Iowans & Other Midwestern Oddities, May 9 to Sept. 15; Grant Wood's Corn Room mural, ongoing; Earth-Water-Light, ongoing.

Residential: Art by Jonas Lynch, 7 p.m., Feb. 16; Vangarde Arts, 416 Pierce St. Information: <http://www.vangardearts.com/events>.

OUTDOORS

Great Backyard Bird Count Bird Hike, 10 a.m., Feb. 16; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information:

712-258-0838

Iowa Owls, 4 p.m., Feb. 16; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838

Snakes on the Plains: Surviving a Harsh Environment, 11 a.m., Feb. 17; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838

Woodbury County Conservation Foundation Annual Meeting, 1 p.m., Feb. 17; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838

Woodbury County Conservation Members Only - Snakes of the Plains Meet and Greet, 1:30 p.m., Feb. 17; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838

Coffee & Conservations:

Ambassadors of DPNC, 10 a.m., Feb. 21; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838.

Feature of Creatures Series:

Talkin' Tails, 5 p.m., Feb. 22; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838.

Owl Program & Hike, 6:30 p.m., Feb. 23; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838.

THEATER

Baby Shark's Big Broadwave Tour, 10 a.m., Feb. 3; Orpheum Theater, 528 Pierce St. Information: 712-279-4850.

Charlie Behrens: Good Old Fashioned Tour, 8 p.m., Feb. 23; Orpheum Theater, 528 Pierce St.

Information: 712-279-4850.

The Book of Mormon, 7:30 p.m., March 27, 28; Orpheum Theater, 528 Pierce St. Information: 712-279-4850.

Blippi: The Wonderful World Tour, 6 p.m., April 5; Orpheum Theater, 528 Pierce St. Information: 712-279-4850.

Come From Away, 7:30 p.m., April 24; Orpheum Theater, 528 Pierce St. Information: 712-279-4850.

The Cher Show, 7 p.m., June 3; Orpheum Theater, 528 Pierce St. Information: 712-279-4850.

COMMUNITY

Jim Tillman Book Signing, 5:30 p.m., Feb. 15; South Sioux City Public Library, 2121 Dakota Ave., South Sioux City. Information: 402-494-7545.

We can stop HIV, Iowa— by taking a **whole-person** **approach** to our sexual health.

Get screened for HIV at least once in your lifetime, *and* request HIV screening any time you are getting tested for sexually-transmitted infections (STIs).

Talk openly with your provider about your sex life, so they can help you figure out which tests are best for you. There's not a single test for all STIs—each STI has its own test.

STIs can cause long-term health issues when left untreated. They can also increase your chances of acquiring HIV. Getting tested for all sexually-transmitted infections is the best step you can take to protect your own health and help to stop HIV in Iowa!

STOP HIV IOWA

Learn more at
stophiviowa.org





Sioux City Symphony Orchestra's principal oboist Jeffrey Paul will premiere his "Concerto for an Oboe" at 7:30 p.m. Saturday at the Orpheum Theatre. PROVIDED

REED all about it

Symphony oboist to bring jazzy improvisation to new concerto

BY EARL HORLYK

Known for its clear, penetrating, reedy sound, the oboe is considered one of the most difficult woodwind instruments to master.

Due to it having a uniquely varied tone, the oboe is often overlooked when it comes to concerto music.

That is until musical director Ryan Haskins approached Sioux City Symphony Orchestra's chief oboist Jeffrey Paul with a proposal last season.

"Ryan said he schedule to do a concerto which focused on the oboe and asked if I had any suggestions on music that should be played," Paul recalled. "Instead of relying on a well-known piece of work, I told him that I was willing to compose a piece written by myself."

"When Jeff said he was willing to write the piece, I was ecstatic," Haskins explained. "I knew the work would be unique that we were in very good hands."

Paul's "Concerto for an Oboe" will have its world premiere at the Sioux City Symphony Orchestra (SCSO) concert, at 7:30 p.m. Saturday at the Orpheum Theatre, 528 Pierce St.

In addition to Paul's three-movement piece, the symphony orchestra is slated to perform Samuel Coleridge-Taylor's "Overture to tie Song of Hiawatha" as well as the First Symphony by Edward Elgar, the British composer whose work is full of grandeur, intimacy and intensely personal.

Paul's own work can also be described as deeply personal. After all, the Southern California native has began playing music at age four, became an aspiring concert pianist

DETAILS

WHAT: Sioux City Symphony Orchestra concert, featuring Edward Elgar's "Symphony No. 1" and the world premiere of a concerto written and performed by SCSO principal oboist Jeffrey Paul

WHEN: 7:30 p.m. Saturday

WHERE: Orpheum Theatre, 528 Pierce St.

by the age of 10 and began playing in youth, college and professional symphonies as a teenager.

He also branched in acting and singing in multiple community theater performances, parlayed his talents in rock, jazz and folk bands while excelling as a pianist, oboist or any musical instrument he could get his hands on.

"To say music represented a big part of my life seemed like an understatement," Paul said. "At times, it *was* my life."

This was especially true when Paul attended the acclaimed Eastman School of Music as well as the University of Southern California.

It was after graduation that her decided to move to the Midwest.

"I was working as a freelance musician in Los Angeles but I was also starting a family," Paul said. "I needed a steady paycheck and the Sioux Falls Symphony Orchestra offered me a job as their principal oboist."

Based in Sioux Falls for more than 20 years, he also plays oboe for the Sioux City Symphony Orchestra and performs on piano and saxophone in various small jazz groups as well as big bands.



Above: **Jeffrey Paul (third from the left)** has been the Sioux City Symphony Orchestra's principal oboe for more than a decade. The veteran musician's "Concerto for an Oboe" will premiere at 7:30 p.m. Saturday at the Orpheum Theatre.

Right: **A graduate of both the prestigious Eastman School of Music and the University of South California,** Jeffrey Paul's career as a classical musician actually began when he was 10 years old.

Yet Paul's love of performing and composing is deeply rooted in the realm of ethnic folk music.

"You'd be surprised by how many classical composers were inspired by the rustic sounds of ethnic music," he explained. "Even Beethoven had an affection for Celtic music."

Paul surmised that this is because composers are attracted to certain sounds. Whether it is the sound the winds makes in a grove of trees or the high-pitched wail of bagpipe, music becomes a language unto

itself.

"I think that's why I've always been attracted to folk music from around the world," he said. "You don't need to speak the language to understand the music."

In fact, this is Paul's philosophy when it comes to playing music and in composing it.

"As a composer, I am almost never at a loss for ideas," he said. "But it must come from a point of passion."

The passion may come from a

unique sound an oboe can make that emulates in nature or it can come in piece which finds inspiration in the "peasant music" that Paul loves to write.

Yet Paul's most distinctive trait comes from his training in the jazz world.

"Classical music isn't known for improvisation the way that jazz is," he said. "Why not bring the spontaneity of jazz, incorporate it into classical music?"

This was exactly the spark of

ingenuity that Haskins wanted from Paul. It is something he wants to rub off on some of the other musicians.

"While our musicians come from all walks of life, few of them have the versatility that Jeff has," he said. "I think Jeff's energy can excite the other symphony orchestra members."

Paul has a similar hope for



audience members.

"Symphonic music should tell a story while still challenging audience expectations," he said. "That is what keeps the form fresh."

Going for TV's top honor

Ex-Spencer radio announcer wins Emmy Award for voiceover work

BY EARL HORLYK

Jon Armond knows exactly how Susan Lucci felt.

Just like the longtime star of TV's "All My Children," he had plenty of Emmy nominations – and losses – next to his name.

However, Armond – similar to the woman who made Erica Kane a television icon – eventually emerged victorious.

After nine nominations, the former Northwest Iowa broadcaster won an Emmy for his narration in CBS's "One Jets Drive," a series which chronicled the NFL season of the New York Jets.

"The people who say that is an honor just to be nominated don't know what they're talking about," Armond said a few weeks following the Jan. 16 ceremony. "Winning is definitely more fun."

The road hadn't always been easy for Armond, a native southern Californian who worked as a staff announcer at Spencer, Iowa's KICD-A.M. Radio from 1996 to 2010.

"I was interested in a career in radio but Los Angeles was not a good place to break into the



PROVIDED BY JON ARMOND

Former Spencer, Iowa radio announcer Jon Armond won a national Emmy Award for Outstanding Narration in a Television Series for his work on "One Jets Drive," which chronicled the season of the New York Jets football team. This is Armond's first win after nine Emmy nominations.

business," Armond explained. "L.A. represented one of the largest radio markets in the country and, once, people landed a good gig, they'd never leave it."

Because of that, he began sending audition tapes to small radio stations across the country.

"The folks over at KICD heard my tape and took a chance on me," Armond recalled. "Before I knew it, I was on a plane to Iowa."

Unfortunately, he landed during a historic cold snap in January.

"When I left San Diego, it was

81 degrees," Armond remembered. "When I arrived in Spencer, the temp was 27 below. Here I was in a leather jacket – the heaviest piece of clothing that I owned – thinking this was either the greatest adventure or the biggest mistake in my life."

Luckily, he was able to adjust to both Iowa weather as well as the state's slower pace.

"Growing up, I was so used to being closer to everything," Armond said. "That wasn't the case in Spencer. If we wanted to go shopping, it meant an all-day trip,

either to Sioux City or Sioux Falls."

"When Spencer finally got its own Super Walmart, it was a big deal," he said, chuckling at the memory. "It seriously cut down on my driving time."

Yet Armond was charmed by his new life.

"Two of my three kids were born in Iowa," he said. "It was great place to raise a family."

Eventually, Armond left Spencer to host a morning radio show in Portland, Maine before moving back to the West Coast.

"Despite having plenty of on-air experience, Los Angeles was a tough radio market for me," he said. "Instead, I devoted my energy to voiceover work."

This has proven to be a good career choice for Armond, whose voice can be heard advertising everything from Toyotas to Target to Dunkin' Donuts.

"The nice thing about voiceovers is that, in most cases, you don't need to do it in a professional studio," he said. "Voiceovers, nowadays, can be done at home and at the convenience of the artist."

That is how Armond voice-tracked his Emmy Award-winning work on "One Jets Drive," which he has been doing for the past few seasons.

Is is also how he provided the narration for upcoming documentaries produced as part of The History Channel's ongoing "That Built" series.

"The shows that worked on involved entertainers who've made a significant influence in America," Armond said.

Looking back at his career, Armond is pleased with the start he got in Northwest Iowa.

In fact, he credited his KICD experience as his first big break.

Now, Armond has an Emmy to add to his shelf at home.

"Well, what's better than winning one Emmy? Winning two Emmys, of course," he said with a laugh. "Now, I want to have a pair."

'Comedy of Errors' coming to Dordt

BY EARL HORLYK

SIoux CENTER, Iowa – William Shakespeare's "The Comedy of Errors" will be presented by the Dordt University's Theatre Arts Department at 7:30 p.m. Feb. 21 - 24, with a 2 p.m. Sunday night.

The show is under the direction of faculty member Laurel Koerner.

Tickets may be purchased at <https://dordt.ticketleap.com/>.

Drawing inspiration from the



Koerner

his father's home in Syracuse. The men are searching for their long-lost brothers after being tragically

silent film era for both the look and acting style of the show, "The Comedy of Errors" follows Antipholus and his servant Dromio as they arrive in Ephesus after traveling from

separated at birth. Syracuse natives aren't allowed in Ephesus, but their desire to go undetected is quickly thwarted when everyone they meet seems to already know who they are. Hilarity ensues, as the twin brothers of both Antipholus and Dromio are in the same city and are continually mistaken for the brothers they've never met.

Koerner says that "Comedy of Errors" is a good point of entry to Shakespeare. "My hope is that

people who think they don't like Shakespeare's plays or don't 'get' them will find themselves pleasantly surprised by our rendition," she says.

Inspired by physical comedy in the vein of Charlie Chaplin and Buster Keaton, Koerner and her team added a twist of vintage circus to the 1920s aesthetic to amplify the story's confusions and illusions as well as to develop the characters' eccentricities in lively and colorful

ways. The story takes place in a port city where the gears of business are always turning—an important plot point, says Koerner, so they sought to capture the Mediterranean feel in the architecture to set the scene.

"There is, of course, a lot of comedy in the word play, turns of phrases, and double meanings, which is typical of Shakespeare's comedies," adds Koerner. "We've worked hard to make the meaning behind the words clear."

Workout wearables

CNET | CNET.com

Fitness trackers are packed with features to help you keep up with step, exercise and movement goals. They're also able to track your sleep patterns and some even let you know when you should be taking a rest day.

There are dozens of dedicated fitness tracker options to choose from that come in the form of wristbands, shoe insoles with activity-tracking features and smartwatches. We've rounded up our favorite trackers based on price, form and function. Each of them requires a mobile app to track your progress and some let you see phone notifications on your wrist.

These are three of CNET's top choices:

3 fitness trackers that help you keep tabs on your goals

Best smartwatch for fitness features

Apple Watch Series 9

The Apple Watch Series 9 is a true smartwatch. It has a temperature, blood oxygen and ECG sensor and comes in 41 and 45mm sizes. You can also choose a cellular or LTE model that lets you take calls and answer messages from your wrist without your phone, although that does cost extra. There are comprehensive tools for runners and cyclists on the Series 9 that give you in-depth looks at your running metrics. With WatchOS 10 you can also connect Bluetooth cycling accessories like power pedals to the watch.

The Series 9 also has the S9 chip that enables the Double Tap gesture so you can pinch your thumb and forefinger together to control the watch when you can't reach it with the other hand. Battery life generally lasts 18 hours with typical use, so you will need to charge this watch every day.



Fitbit Inspire 3

If you're looking for a fitness band that's discreet,

affordable and has a long-lasting battery, consider the Fitbit Inspire 3. You won't get the built-in GPS or mobile payment options on the Charge 6, but it has health and fitness tracking essentials, including heart-rate monitoring, automatic workout detection and a detailed sleep analysis.

The battery can last as long as 10 days, so you won't need to charge it as often as other Fitbits. The screen is small, so it can be more difficult to read than other trackers and smartwatches.

Best battery life

Fitbit Charge 6

The Fitbit Charge 6 is the best Fitbit you can get right now. With great health and fitness features including an electrocardiogram (ECG or EKG) app and excellent sleep tracking, it now connects to gym equipment and fitness apps so you can see your live heart rate data during a workout. The Charge 6 also connects to Google Maps from your phone for turn-by-turn navigation on your wrist and has closer integration with other Google apps like YouTube Music and Google Wallet.

The Charge 6 has a built-in GPS so you can track outdoor workouts without your phone, plus a blood oxygen sensor. The Daily Readiness Score can also tell you if your body is up to taking on a workout, or if you should take a rest day. But many of Fitbit's most useful features, like this score, are available only as part of Fitbit's \$10-a-month Premium service. Without a Premium subscription, you can still use the Charge 6 for fitness and health tracking, it just won't give you the most

Best all-around fitness tracker



Fitbit Inspire 3
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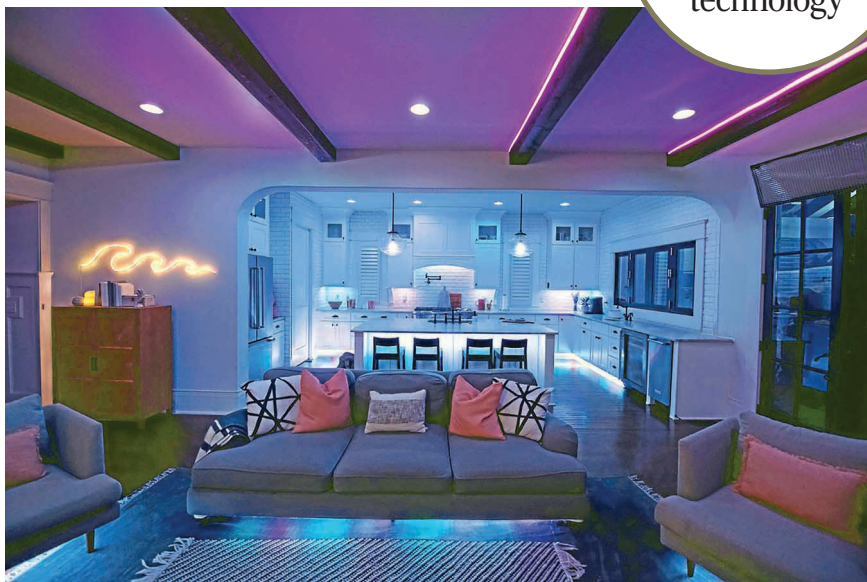
www.siouxcityjournal.com/ads . 2/15/2024 . Weekender . 1

Cool devices

GREGG ELLMAN | Tribune News Service

Here's a quick sampling of the many devices that hit my inbox. These four are already available or set to launch this year.

Gadgets that incorporate cutting-edge technology

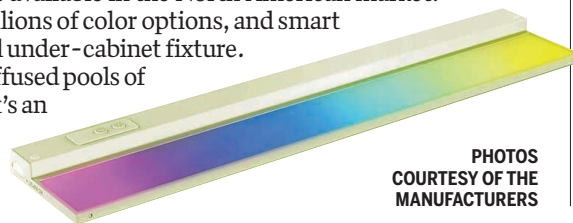


GE LIGHTING CYNC REVEAL UNDER-CABINET LIGHTS

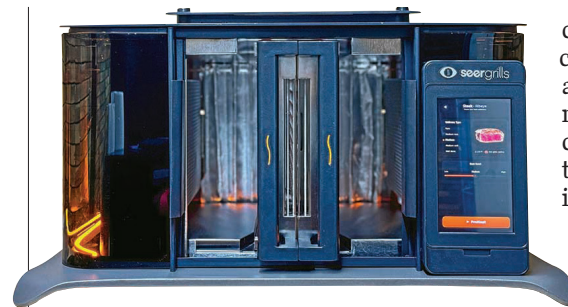
gelighting.com, \$59.99, available later in 2024

GE Lighting, a Savant Company, will launch all-new Cync Reveal HD+ Full-Color under-cabinet fixtures and pucks. They are promoted as the first and only full-color and edge-lit bright under-cabinet lights available in the North American market. They display exceptional clarity, millions of color options, and smart control in an elegant, easy-to-install under-cabinet fixture.

They illuminate countertops with diffused pools of vibrant colors and pure, clean light. It's an easy-to-install system that allows up to 10 fixtures to be connected to one another. Apps and voice controls can adjust the lighting system.



PHOTOS
COURTESY OF THE
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SEERGRILL PERFECTA GRILL

seergrills.com, \$3,500, available in late 2024

Seergrill announced the world's first AI-powered intelligent outdoor grill. It is said to use proprietary NeuralFire technology, which, in as little as 90 seconds with the touch of a button, will deliver chef-level results 10 times faster than

conventional cooking. The Perfecta can cook a 1-inch ribeye steak in 90 seconds and four chicken breasts in under three minutes, according to Seergrill. Users can customize cooking preferences in the Seergrill app. AI incorporates your information with sensor data to control the novel burner system and how a chef would achieve the best flavor profile, simplify healthy eating and create protein-rich meals. The Perfecta has a variety of modes, including grill or oven, and can add pizza and rotisserie modules. In chef mode, cooks have complete control. Propane or gas powers the stainless steel and ceramic glass-constructed grill. The drip tray is dishwasher safe and has a built-in emergency stop button. Lifetime software updates are included.



PLUGABLE THUNDERBOLT 4 DOCKING STATION

plugable.com, \$199

Plugable's Thunderbolt 4 and USB4 Dual HDMI Display Docking Station expands your computer's capabilities and experience with just one cable. It connects to the host computer via USB-C, has a compact, low-profile portable design, and calls itself the "jack of all trades." That is seen with its ports for dual-display HDMI at 4K 60Hz and other ports, including one downstream Thunderbolt, one USB-C (at 10Gbps), and two USB-A at 10Gbps and two USB-A at 5Gbps. It also has memory card slots for SD and microSD memory cards, gigabit Ethernet, and a 3.5mm headphone jack. It has a port to add K-Lock security (cable not included).



CATALYST DOG COLLAR FOR AIRTAG AND FLOATING WRIST LANYARD

catalystcase.com

Catalyst, an innovation company known for creating protection for electronic devices, has several new products. Among them are a Dog Collar for AirTag and a new Floating Wrist Lanyard.

The Catalyst Dog Collar for AirTag (\$24.99) is a new product category for Catalyst. It's designed to hold the Apple tracking device (not included), is adjustable, durable, quick-drying, and protects it from scratching and licking. The case clips comfortably onto the dog collar and is designed not to rub or irritate the dog's fur or skin. It seals around the back of the AirTag case and screws shut for security. AirTags are tracking devices that allow you to know where your pet is with an app, and the collar makes sure the two are always connected. Catalyst's Floating Wrist Lanyard (\$29.99) can be attached to all Catalyst Waterproof iPhone Cases, and other devices a lanyard can attach to. The bright orange floating strap is adjustable for your wrist and supports a weight of up to 12 ounces.





TIM HYND, SIOUX CITY JOURNAL

Haley Aguirre, archival records clerk at the Sioux City Public Museum, will present a program on Feb. 15 on how Sioux City went from having just 12 phone numbers in 1880 to over 75,000 telephones in operation by the end of the 1970s.

Museum to host history program

BY WEEKENDER STAFF

The Sioux City Public Museum's upcoming History at High Noon presentations focus on topics ranging from telephone companies to girls' sports to Stone Park. The popular lunchtime photographic program series is held on the third Thursday of the month at 12:05 p.m. at the Sioux City Public Museum. Attendees are invited to bring their own lunches to the free presentations.

February 15: Sioux City's Telephone

Companies (Rescheduled from December)

Presenter Haley Aguirre, archival records clerk, traces how Sioux City went from having just 12 phone numbers in 1880 to over 75,000 telephones in operation by the end of the 1970s. Artifacts from the Museum's Telephone Pioneers collection will be on display.

March 21: 100 Years of Girls Sports in Sioux City

Presenter Theresa Weaver, Curator of Education, chronicles young women's involvement in local sports in recognition

of Women's History Month. Learn how Title IX and social movements pushed Sioux City schools into girls' sports and how the iconic "Iowa Girl's Basketball" story played out locally.

April 18: The Story of Stone Park

Presenter Matt Anderson, Curator of History, traces the history of Sioux City's largest nature preserve and public recreation area. Covering more than 800 acres, it is also a pristine fragment of the Loess Hills.

The museum is located at 607 Fourth St.

All-America Concert to perform a 'Pale Blue concert

The Morningside University School of Visual and Performing Arts is presenting the All-America Concert Band in "Pale Blue Dot," at 3 p.m. Feb. 25 in Eppley Auditorium, 3625 Garretson Ave.

Under the direction of

Morningside instrumental activities director Christopher Brandt, the concert is inspired by the late American astronomer Carl Sagan.

The program aims to inspire our connection to Earth and the vast cosmos with musical compositions

as "Mother Earth Fanfare," "Earthsong" and "Song to the Moon."

"Audiences can expect a symphonic experience that transcends boundaries, combining artistry and science in a harmonious celebration."

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