weekender

INSIDE

Lots of bands



JUST JOE

Joe Gatto brings his impractical comedy to Siouxland

MANY EVENTS THIS WEEK

SIOUX CITY'S FREE READ | JANUARY 11-17, 2024 | VOL. 24 ISSUE 49 | AT WWW.SIOUXLAND.NET: EVENTS, MOVIE LISTINGS, BANDS & MORE

QUESTION OF THE WEEK

January happens to be National Hot Tea Month. What is your favorite type of hot tea?



Jared McNett
Online editor/Reporter
mcnett@siouxcityjournal.com
"I never mind a robust, flavorful oolong."



Earl Horlyk
Staff Writer
earl.horlyk@lee.net
"Matcha is a tea that has a sickly green tint to it. Must be healthy, right?"



Mason Dockter
Staff Writer
mdockter@siouxcityjournal.com
"Jasmine green or Earl Grey are terrific. But preparing tea is a lot more work than coffee so I tend to drink far more of the latter."

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

Weekender
www.siouxland.net

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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: Joe Gatto has an Orpheum Theatre gig slated for this week. Provided photo.

CALENDAR

MUSIC

Bob Merchant & The Shadows - Winter Dance Party, 8 p.m., Jan. 13; Vangarde Arts, 416 Pierce St. Information: http://www.vangardearts.com/events.

NMM Live - Rawlins Piano Trio, 2 p.m., Jan. 28; National Music Museum, 414 East Clark St., Vermillion, S.D. Information: 605-658-3450.

Casey Donahew, 8 p.m., Feb. 10; Hard Rock Casino, 111 3rd St. Information: 712-226-7600.

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.

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

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

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.

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.

ART

Sioux City Art Center: Teo Nguyen: Viêt Nam Peace Project, Aug. 17 to Jan. 14; Judy Onofrio: Deep Dive, Sept. 21 to Feb. 11; 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; Grant Wood's Corn Room mural, ongoing; Earth-Water-Light, ongoing.

OUTDOORS

School's Out, Nature's In: Track Attack!, 10 a.m., Jan. 12; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838.

Winter Seed Sowing, 1 p.m., Jan. 13; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838.

Coffee & Conservations: Hiking the Appalachian Trail, 10 a.m., Jan. 17; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838.

Feature of Creatures Series: Whose Toes Are Those?, 5 p.m., Jan. 18; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838.

Yoga at the Nature Center, 5:30 p.m., Jan. 31; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838.

THEATER

Joe Gatto's Night of Comedy, 7 p.m., Jan. 12; Orpheum Theater, 528 Pierce St. Information: 712-279-4850.

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

Love is a Battlefield, 5 p.m., Feb. 10; WinnaVegas Casino, 1500 330 St., Sloan, Iowa. Information: 800-468-9466.

Jesus Christ Superstar, 7:30 p.m., Feb. 13; 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.

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

SEE CALENDAR, PAGE 5

COMIC



MOVIES

THURSDAY, JAN. 11 - WEDNESDAY, JAN. 17

'THE BEEKEEPER'



(Rated R for strong violence throughout, pervasive language and sexual situation)
One man's brutal campaign for vengeance takes on national stakes after he is revealed to be a former operative of a powerful and clandestine organization known as "Beekeepers"

'MEAN GIRLS'



(Rated PG-13 for sexual material, strong language and teen drinking)
Cady Heron is a hit with the Plastics, an A-list girl clique at her new school when she makes the mistake of falling for Aaron Samuels, the ex-boyfriend of alpha Plastic Regina George.

'LIFT'



(Rated PG-13 for violence and action, suggestive material and some language)
Follows a master thief and her ex-boyfriend who team up to steal $100 million in gold bullion being transported on a 777 passenger flight.

'THE NIGHT THEY CAME HOME'



(Rated R for violence and some sexual references)
A frontier lawman partners with an Indian detective to hunt down a ruthless band of teenage criminals known as the Rufus Buck Gang.

'SELF RELIANCE'



(Rated R for language throughout)
Given the opportunity to participate in a life or death reality game show, one man discovers there's a lot to live for.

NEW DVD RELEASES

'Far Haven'
'The Highest of Stake'
'The Royal Hotel'
'The Turned Us Into Killers'
'The Mental State'

SHOWTIMES

LOCAL THEATERS

Promenade 14

924 Fourth St., 712-277-8300
Wonka 1:00 1:20 1:40 3:40 4:10 4:20 6:40 7:20 7:40
Maestro 1:15 4:10 7:05
Godzilla Minus One 1:00 4:00 7:00
Hunger Games: The Ballad of Songbirds and Snakes 12:50 4:10 7:50
The Boy and the Heron 1:10 4:15 7:15
Napoleon 12:50 6:40
Wish 1:50 4:15 6:50 9:20
Thanksgiving 4:10
Trolls Band Together 1:30 4:15 6:45

AMC Southern Hills 12

4400 Sergeant Road, 712-276-3062
Wonka 1:00 4:00 7:00
Aquaman and the Lost Kingdom 12:10 2:05 3:05 5:00 6:00 8:00 8:50
Migration 12:00 12:30 2:30 3:00
Anyone But You 2:30 5:00 7:30
Godzilla Minus One 3:15 6:10
The Iron Claw 1:00
www.amctheatres.com

Royal 3 Cinema

33 Central Ave SW., Le Mars, IA, 712-564-1778
Wonka 7:00
Trolls Band Together 7:10
Napoleon 6:50
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.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 Theater

717 Eighth St. SE Orange City, IA 712-737-8866
The Hunger Games: The Ballad of Songbirds and Snakes 7:00
Wonka 7:20
Wish 7:30
krullcinemas.com

Main St. 3

401 Ninth St., Sheldon, IA
Trolls Band Together 6:30 9:00
Wonka 6:20 9:10
Wish 6:40 9:00
krullcinemas.com

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SUX 6

THE BEST THINGS TO DO IN SIOUXLAND



4 Beer & boffs!

The guys at Siouxland Comedy know that ha-ha along with some hoppy hooch is a recipe for a great night of fun. See standups John Sigmund and Brent Bradley at 7 p.m. Saturday at Jefferson Beer Supply, 202 Main St., Jefferson, S.D.



1 Ice, ice baby!

So how are your winter driving skills? Bet you're no match for the extreme athlete participating in the World Championship ICE Racing "Revenge Tour," taking place at 7 p.m., Saturday at the Tyson Events Center, 401 Gordon Drive. Witness as the most fearless racers shred the arenas solid ice track with more than 2000 razor sharp studs in their tires!



2 Cubic zirconia not allowed!

There may not be diamond mines in Akron, Iowa, but Plymouth County does have a Diamond Avenue. Billing themselves as one of the state's most popular cover bands, Diamond Avenue will be taking the stage at 9 p.m. Saturday at The Marquee, 1225 Fourth St.



3 The Shadows know!

Bob Merchant has been a part of Iowa's rock & roll scene for nearly 60 years. See Merchant and his band The Shadows tear up the Vangarde Arts stage, 416 Pierce St., for an 8 p.m. Saturday Winter Dance Party show.



5 Meter readers!

Alright, get all of your Travis Bickle jokes out in the open. Yes, Taxi Driver – a six-piece cover band from Omaha – will be doing a 9 p.m. Saturday show at DOXX Warehouse Bar, 1219 Fifth St. You looking at me? Nah, we'll be looking at them.



6 On the radio!

The Radio Rangers – a duo consisting of retired music teachers – will perform original music as well as classic covers from artists like Carole King, Willie Nelson and Paul McCartney. See them at 2 p.m. Saturday at the Betty Strong Encounter Center, 900 Larsen Park Road.

Calendar

FROM 2

Pierce St. Information: 712-279-4850.

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

COMMUNITY

Sound Bath & Meditation 6 p.m., Jan. 22; The Expansion Center, 1119 4th St. Information: 605-232-8888.

Hearts for TeamMates, 4 p.m., Feb. 2; Cottonwood Inn and Conference Center, 4420 Dakota Ave., South Sioux City. Information: 712-494-2440.

Special Event: HeARTful Valentines, 6 p.m., Feb. 14; Gilchrist Learning Center, 220 Pierce St. Information: 712-279-6580.

Ann Rehan Goebel Foundation Winter Gala, 6 p.m., Feb. 24; South Sioux City Marriott Riverfront, 385 East 4th St., South Sioux City. Information: 712-898-1043.

INFORMATIONAL

The 16 Laws of Communication: 8-Week Program, 12 p.m., Jan. 16, 23, 30, Feb. 6, 13, 20, 27, March 5; 1119 4th St. Suite 218. Information: 712-540-5721.

SPORTING

World Championship Motorcycle Ice Racing, 7 p.m., Jan. 13; Tyson Events Center, 401 Gordon Drive. Information: 712-279-4850.

Sioux City Stampede Rodeo, 7 p.m., Feb. 9, 10; Tyson Events Center, 401 Gordon Drive. Information: 712-279-4850.

Harlem Globetrotters, 7 p.m., March 28; Tyson Events Center, 401 Gordon Drive. Information: 712-279-4850.

Hot Wheels Monster Trucks, 12:30 p.m., 7:30 p.m., May 11; 2:30 p.m., May 12; Tyson Events Center, 401 Gordon Drive. Information: 712-279-4850.

HISTORICAL

NMM Special Exhibition "As Good As Gold: The First 50 Years", Jan. 20 to Dec. 30; National Music Museum, 414 E. Clark St., Vermillion, S.D. Information: 605-658-3450.

KIDS ACTIVITIES

Ages 10-13 Art Expressions Session: Sculpture (Youth), 4:30 p.m., Jan. 11, 18, 25, Feb. 1, 8; Gilchrist Learning Center, 220 Pierce St. Information: 712-279-6580.

Ages 6-9 Art Explorations Session: Printing & Printmaking (Youth), 4:30 p.m., Jan. 11, 18, 25, Feb. 1, 8; Gilchrist Learning Center, 220 Pierce St. Information: 712-279-6580.

ART CLASSES

Art for the Curious: Textiles with Kelsey Gill, 10 a.m., Jan. 20, 27, Feb. 3, 10; Gilchrist Learning Center, 220 Pierce St. Information: 712-279-6580.

Intro to Alcohol Ink with Paula Crandell, 1 p.m., Jan. 20; Gilchrist Learning Center, 220 Pierce St. Information: 712-279-6580.

Intermediate & Advanced Watercolor with Glenda Drennen (Adult Painting), 1 p.m., Jan. 22, 29, Feb. 5, 12; Gilchrist Learning Center, 220 Pierce St. Information: 712-279-6580.

Art for the Curious: Drawing & Painting with Katie Olson, 6 p.m., Feb. 15, 22, 29, March 7, 14; Gilchrist Learning Center, 220 Pierce St. Information: 712-279-6580.

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.siouxland.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).

We can stop HIV, Iowa.

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(Impractical) Joker's wild

Joe Gatto used to get laughs with wacky costumes. Now, family life has proven to be ever funnier



Best known for being a cast member of the long-running hidden camera TV comedy series "Impractical Jokers," standup comic Joe Gatto will bring his "Joe Gatto's Night of Comedy" to the Orpheum Theatre at 7 p.m. Friday.



Comedian Joe Gatto has recently started "Gatto Pups & Friends," a nonprofit organization facilitating the adoption of senior and disabled dogs.

BY EARL HORLYK

Joe Gatto's life consists of cool moms, rambunctious kids, good friends, tail-wagging pups and all the cannoli a person can eat.

In other words, the Long Island, New York, native has very little to complain about.

"My life may seem crazy," Gatto said with a chuckle. "But that's what I like about it."

Best known for appearing on the long-running hidden camera TV comedy series "Impractical Jokers," the 47-year-old will be bringing his "Joe Gatto's Night of Comedy" tour to the Orpheum Theatre, 528 Pierce St., at 7 p.m. Friday.

Already an improvisational veteran following years with the Tenderloins – a comedy troupe founded with his "Impractical Jokers" castmates Sal Vulcano, Brian Quinn and James "Murr" Murray – Gatto admitted making the transition to standup comedy was a challenging one.

"In some respect, I was lucky," he explained. "While people recognized me from the 300 episodes of 'Impractical Jokers' that I appeared in, they knew me as myself. I never played a character because I was always just Joe."

To be fair, the Gatto from "Impractical Jokers" could be over-the-top. After all, his best known gags from the TruTV series involved dressing up like a genie or a "merman" or gobbling up food from the plates of strangers.

"The reason 'Impractical Jokers' has worked so well is because we were never mean-spirited," he said. "On other hidden camera comedy shows, it is the unsuspecting victim who is being made fun of. On our show, it is either me or Sal or Brian or Murr who were the goat of the gag."

And often in the case of Gatto, it sometimes meant appearing scantily attired.

"If you got it, flaunt it," the admittedly portly Gatto noted.

However, Gatto announced he was leaving "Impractical Jokers" at the end of 2021 for personal reasons.



COURTESY PHOTOS

Joe Gatto

While he left the show on good terms, he needed to fix his marriage.

"However, due to some issues in my personal life, I had to step away. Bessy and I have decided to amicably part ways, so now I need to focus on being the best father and co-parent to our two incredible kids," Gatto said at the time.

Two years later, Gatto and his wife have reconciled and continue to raise their daughter Milana and son Remington in Glen Head, Long Island.

"My 'Impractical Jokers' schedule took me away from my family too often," he said. "With my standup show, I'll be working weekends but I'll be home with the kids during the work week."

Gatto's less restrictive itinerary also allows him to work on behalf of causes he believes in.

That includes his involvement in several antibullying organizations as well as in the nonprofit "Gatto Pups and Friends," which advocates for the "Adopt, Don't Shop" movement, facilitating adoptions for senior or disabled dogs.

He even has time to do a popular iHeart Radio Podcast called "Two Cool Moms," with fellow comedian Steve Byrne.

"Steve grew up with a cool mom and my mom is very crazy, very Italian and very cool," Gatto said. "Together, Steve and I dispense all of the wisdom our moms have shared with us."

OK, now that he's mentioned it, what is the best advice Gatto's mom ever gave him?

"That's an easy one," he said. "Mom told me to surround myself with quality people. Sal, Brian and Murr weren't just my 'Impractical Jokers' friends. Our friendship goes all the way back to the days when we were classmates at Monsignor Farrell High School in Staten Island more than 30 years ago."

"You don't remain close to people like that for so long if they weren't quality," Gatto added.

With that in mind, would Gatto ever consider a return to "Impractical Jokers"?

"Of course, I'll never say never," he said. "Though I'm very happy doing standup right now."

For one thing, Gatto no longer needs to dress up like a mermaid any more.

"In my standup show, I'm a storyteller," he said. "I don't have to do the crazy stunts to get a laugh."

Gatto does note that crazy things still happen to him on a daily basis.

"Before each show, I'll take a walking tour of whatever city I'm in," he explained. "I might swing by a mom-and-pop coffee shop, meeting with people."

"Sometimes, the best comedy comes from connecting with people while you're doing a coffee run," Gatto continued. "Who knows? That material may end up in my show a few hours later."

Hmm, this sounds very practical for a guy who used to make his living by being *impractical*.

"Like I said, my life has always bene crazy," Gatto maintained. "That's what I like about it."

DETAILS

WHAT: "Joe Gatto's Night of Comedy," starring standup comic Joe Gatto ("Impractical Jokers")
WHEN: 7 p.m. Friday
WHERE: Orpheum Theatre, 528 Pierce St.

ADVICE

ANSWERS FOR ALL YOUR WOES



DEAR ANNIE

ANNIE LANE

Couple is worlds apart before tying the knot

Dear Annie: My fiancee and I have been together for six years, and I am having a hard time understanding where I fit in her life. She claims to love me, but lately, her actions just don't say that. She puts everyone ahead of me. Last Christmas, we went to her mom's on the other side of the country and her mom told her she had to introduce me as her friend.

She still has contact with her ex-husband, who, after we got together, asked her to send him inappropriate pictures of herself. She contacts him when she gets drunk, about every six months. Then she lies about it, even when I catch her talking to him.

Her daughter who is 30 just had her fourth child, and my fiancee devotes time and money to her. Her daughter makes more money than both of us. We spent over $250 on a baby shower for her daughter and only about $50 on my son and his wife when they were expecting their first child.

I just feel like I am being used and taken advantage of. We bought a car together last summer, and she put it solely in her name. Every time I ask if we can get my name on the title, she says, "Sure, you pay for it." I think we should go halves like we did paying for the car. — **Scared and Confused**

Dear Scared and Confused: Actions speak louder than words, and it sounds like she is being selfish and entitled. But it is up to you to stick up for yourself and say that you are not going to give half the money if she doesn't put the car in your name. As far as how much money was spent on her daughter versus your son, try not to count pennies. It's about the celebration of the baby and the love that is present, not the amount of money spent on the celebration.

I suggest you both go to counseling before you tie the knot. Best of luck to you.

Dear Annie: The information you gave regarding the National Domestic Abuse Hotline is wonderful. In addition, I'd like to encourage Trapped, or any other woman (or man or child!), to reach out to their primary care provider. We are usually aware of our local women's shelters and can move women and children immediately — often from our office and out a back door if needed — to a safe place. Trapped can make an appointment with her provider for an annual checkup. If he insists on going into the exam room, after the nurse does blood pressure, etc., she can ask to use the bathroom and slip a prewritten note to the nurse or leave the note in the bathroom. That should prompt the provider to make her husband leave the exam room. Unfortunately, I've had to do this too often in my practice. — **Nurse Practitioner Who's Been There**

Dear Nurse Practitioner: Thank you for your letter. Reaching out to your primary care provider is a wonderful suggestion for those suffering domestic abuse.



TWEEN 12 AND 20

DR. ROBERT WALLACE

I'm shocked and this made my skin crawl

DR. WALLACE: I live in a small community and am a girl who is 17. I met a guy of my age in a larger town about 45 minutes away from us three months ago.

We began dating on weekends only and we've traded traveling to each community on alternating weekends. My parents are really great about this as my mom will drive me up there on my travel weekends and she will drop me off at his house, say hello to his parents and then get some shopping in until my date ends. Sometimes she'll even sit and drink coffee with his mom, and it's nice that our parents are friendly with one another. My curfew has been a bit early, but she takes me up there before lunch so I get enough time to hang out with my date before we have to

But last week on a Wednesday I saw my out-of-town guy at our local mall! At first I didn't think it was him because he walked the other way. My friends and I followed him through the mall until he couldn't go any further and I finally saw that it was indeed him! I asked him how he got down to our area and he said he was able to borrow the family car.

Then I asked him why he didn't call me first, and he told me that he just wanted to check up on me. I asked him how he knew I was at the mall and he confessed he saw my friends pick me up from my house! I was so stunned by this that I almost couldn't speak! Then I just told him I had to go as my girlfriends and I were leaving to see a movie together, so he just said that he would see me over the upcoming weekend.

Before the weekend arrived last week, I told him that I needed time to myself for a while, so I canceled my visit to his town. I also did the same this weekend.

I'm worried enough about him sneaking down here to spy on me to maybe stop seeing him entirely. I made a few excuses to my mom about why I wasn't planning to see him last weekend or this one, but she does not know about him sneaking around to watch me to see what I was doing. I'm totally creeped out every time I think about this. What should I do at this point? — **This Made My Skin Crawl, via email**

HIS MADE MY SKIN CRAWL: I recommend that you immediately inform your mother of exactly what happened and let her know that this is the reason you've held off seeing him the last two weekends. Ask your mother for her advice and take things from there. Your mom will no doubt talk this over with your father at length, so bringing both parents into the picture here is a good thing to do in my opinion.

Your mother at least knows and has a friendly relationship with his parents so if there is even a shred of an innocuous explanation to his actions, it can be considered. If there is not, this is a huge red flag and should be treated as such. If he's jealous enough to spy on you surreptitiously at 17, what do you think he may be capable of at 20, 25 or 35?

Different rules

DR. WALLACE: I have a great friend in school, and we are both between the ages of 16 and 17. We're both high grade point average students and we will both likely graduate our high school with honors and go on to very nice colleges after high school.

My question to you is about why some parents clamp down on the teens while others trust their teenagers to a point and give them some leeway. This is the case with our two sets of parents, and I'll bet you can probably guess which set of parents I have in this equation. (You'd know that if I had the "enough leeway" parents I probably wouldn't be sending a question to you!)

His parents trust his judgment enough to give him both a fair curfew and the ability to both date and drive his family's car from time to time.

My parents, on the other hand, say I can't date until I'm 16.5 years old, I can't use our family car and my curfew is an hour and a half shorter than his! I feel this is totally ridiculous. We're almost like twins even though we don't share any common relatives. We both think alike, act alike and achieve alike. Yet my parents have me in a vise-like clamp while his parents trust him pretty well and give him some slack and flexibility to enjoy his teenage experience pretty well. I feel shortchanged? Why do different parents treat very similar teens so differently? — **Unequal Treatment, via email**

UNEQUAL TREATMENT: This is a very common theme amongst the stream of questions I receive. There are many answers to it, but the most general answer I can give you is that while your life experience and that of your good friend are similar, the life experiences of your fathers (and mothers as well) are likely not so closely aligned.

Parents usually develop their rules and discipline style first drawing upon their own experiences when they were your age, then based upon their peer group of parents and their personal viewpoint of the world. These factors often form the basis of their sets of rules for their own teenagers.

There is no right and wrong answer here, and I can remind you that although your friend has not run into any problems or issues yet, there is still time before he turns 18 for his situation to change.

If you wish to gain more "leeway," as you put it, I suggest that you demonstrate great responsibility and reliability at all times, be helpful and home and when the time is right, ask for a slight increase to your curfew, for example. Don't seek the full 1.5 hours that you'd like, but rather start your request at a half-hour and then respect the new rules to minute. Over time, if you maintain a perfect curfew record, go back and request a little more time as you go.

Remind your parents that you are older, wiser and even more responsible than you were three, six or nine months ago for example. Also point to your immaculate track record, smile and be low key about things, and I trust you'll be able to make some ongoing progress in segments.


PROVIDED

Spirited emotion to underscore Wayne State College trumpet recital

WAYNE, Neb. – Spirited emotion underscores Michael Genslinger's faculty trumpet recital at 7:30 p.m. Jan. 16, in the Peterson Fine Arts Building's Ramsey Theatre at Wayne State College.

The performance is free and open to the public and it will also be livestreamed. To view the livestream, visit www.wsc.edu/watch-live. The program is accessible by selecting the event from the Music Events list at www.wsc.edu/music.

Genslinger will perform "Concerto in D Major" by Georg Philipp Telemann. "Prayer for Ukraine" by Gregory Pascuzzi honors human suffering, while "A Hymn for the Lost and the Living" by Eric Ewazen pays tribute to the anguish of 9/11.

The concert closes with the excitement and color of "Latin Jazz Suite" by Alice Gomez, with Brad Weber playing congas. Weber is an adjunct instructor of percussion at Wayne State.

National Civics Bee coming to Sioux City

The Siouxland Chamber of Commerce is joining other independent Chambers of Commerce from across the country to host a first-of-its-kind civics competition that encourages Americans to engage in the educational pursuit of civics and citizenship and contributing to their communities.

Organized in partnership with the Civic Trust of the U.S. Chamber of Commerce Foundation, the 2024 National Civics Bee is open to middle school students from public, private, charter and home schools in Iowa. The contest will be held in Sioux City for the very first time.

Participating students are invited to take part in the first-round civics essay competition. A panel of local leaders will review and judge the 500-word essays and the top-20 scoring students will be selected to move on to the next round of competition, which is a live quiz event to test their civics knowledge.

The Siouxland Chamber of Commerce will host this event at 7 p.m. March 4 at the RE/MAX City Centre, 712 Fourth St. The finalists and top winners will receive various prizes including $500 cash for the first-place student. Local winners will have the opportunity to compete statewide and the state winner will compete nationwide.

"We are pleased to sponsor this event locally and enthused about this unique opportunity to help our young people learn more about the democratic process, representative government and the importance of informed citizenship," said Siouxland Chamber of Commerce executive vice president Barbara Sloniker.


Sloniker

For more information on the essay topic, competition rules and prizes and ways to submit essays, go to siouxlandchamber.com.

STI testing:
It's **snow** big deal.

Sexually transmitted infections (STIs) like gonorrhea and chlamydia are both more common and easier to get than you might think. Many people experience no symptoms. If you are sexually active, make STI testing part of your regular health routine!

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Public Health
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According to a study by Drexel University, art-making activities such as drawing, coloring or doodling can activate the reward pathways in the brain, which can boost mental health and creativity.

BACK TO THE DRAWING BOARD?

Research suggests doodling may spark creative juices at work

MARCEL SCHWANTES | Inc.

The current business environment can be intense, making the need for creativity crucial to achieve new solutions and original ideas.

However, how do you activate people's creativity at work? This will sound far-fetched, but follow the science here.

According to a study by Drexel University, art-making activities such as drawing, coloring or doodling can activate the reward pathways in the brain, which is known to boost mental health and creativity.

Researchers used functional near-infrared spectroscopy (fNIRS) technology to measure blood flow related to rewards in areas of the brain while participants completed various art-making projects.

The activities included coloring in a mandala, doodling within or around a circle marked on a paper, and having a free-drawing session, each for three minutes, with rest periods in between. During all three activities, there was an increase in blood flow in the prefrontal cortex of the brain, which forms a part of the wiring for our brain's reward circuit.

"This shows that there might be inherent pleasure in doing art activities independent of the end results," said the study's lead author.

The advantages of creating art go beyond just the pleasure of the activity itself. According to surveys before and after the art-making activities, participants who engaged in art-making felt more creative and were better able to solve problems. These findings have important implications and highlight the inherent benefits of art in promoting creativity, focus, productivity and well-being. But there's one clear winner in all this art-making.

DOODLING GIVES YOU MORE BENEFITS

Between drawing, coloring and doodling, the latter takes the cake. When you are facing a challenging project or problem at work and feel stuck, the solution may be to start doodling.

Doodling is a simple and accessible activity that can help you tap into your creative side and generate new ideas. In doodling, your mind is free to wander, and you can explore different thoughts and possibilities.

The act of doodling also has a calming effect, which can help reduce stress and anxiety, making it an excellent tool for improving your overall well-being, which also will make you more productive.

Doodling, the research suggests, can evoke positive emotions and should be considered a therapeutic tool for everyone, regardless of their skill level. After all, we're talking doodling here — a judgment-free activity.

Because doodling frequently can have a positive impact on your mood, according to the research, the more you doodle, the stronger the mood-boosting effect can be. Studies have shown that doodling can help reduce stress and create a focused mindset.

Besides its stress-reducing capabilities, doodling can enhance a person's problem-solving and communication skills in the workplace. Many successful people use doodling to boost their creativity and focus. This fact challenges the misconception that doodling is a mere distraction.

So, the next time you feel overwhelmed or need a break, take a few minutes to grab a pen and paper and let your mind wander — you might be surprised at the results.

Professional

The Center for Rural Affairs is currently accepting applications for a **Senior Policy Associate**, Agriculture and Conservation - Iowa. **Please visit cfra.org/careers for more information and application instructions**. EOE

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- Outdoors
- Public Meetings
- Shows Festivals
- Sports Rec
- Support Group
- Technology



PONCA PUBLIC SCHOOLS

District Office	Ponca High School	Ponca Elementary	Jackson Elementary
PO Box 568	PO Box 568	PO Box 568	PO Box 131
505 3rd Street	505 3rd Street	505 3rd Street	223 N John St.
Ponca, NE 68770	Ponca, NE 68770	Ponca, NE 68770	Jackson, NE 68743
402-755-5700	402-755-5701	402-755-5700	402-632-4276

NOW HIRING

- ✓ Elementary Principal
- ✓ Secondary School Counselor
- ✓ School Technologist/LAN Manager

Ponca Public Schools boasts an "Excellent" AQuESTT ranking, experienced staff, high achieving students, and unmatched community support. Ponca is a stable community located on the outskirts of the Sioux City metro area, giving residents the ideal balance of rural lifestyle and urban amenities, as well as Ponca State Park located just outside of town. Interested candidates should send a credential file including a cover letter, resume, certification, transcripts, and other applicable credentials to Superintendent Brendan Calahan at brendancalahan@poncaschool.org. Positions open until filled. EOE.

EMPLOYMENT OPPORTUNITY

IT Analyst

Work in a collaborative environment with a team of IT professionals, contributing your experience and expertise to accomplish the strategic IT goals of Wayne State College.

Use modern tools to develop custom functionality for the WSC website, service center software, student information system portal, and other web based systems.

Serve as the portal administrator for the student information system and manage the student, faculty, and staff dashboards within that system.

For a complete listing of job requirements and application procedures, visit our websit at **www.wsc.edu/hr,** call **402-375-7403,** or email **hr@wsc.edu**.
WSC IS AN EOE

EMPLOYMENT OPPORTUNITY

DIRECTOR- SERVICE CENTER AND ACADEMIC TECHNOLOGIES

Work in a collaborative environment with a team of IT professionals, contributing your experience and expertise to accomplish the strategic IT goals of Wayne State College.

Lead and grow a team responsible for academic technology support and service center functions of the client services unit.

Responsible for leading innovation, process improvement, and project management incorporating security best practices, user satisfaction, active collaboration with other units, and data informed decision-making.

For a complete listing of job requirements and application procedures, visit our websit at **www.wsc.edu/hr,** call **402-375-7403,** or email **hr@wsc.edu**.
WSC IS AN EOE

EMPLOYMENT OPPORTUNITY

DIRECTOR OF INFRASTRUCTURE & ENTERPRISE SERVICES

Work in a collaborative environment with a team of IT professionals, contributing your experience and expertise to accomplish the strategic IT goals of Wayne State College.

Lead and grow a team responsible for network infrastructure, operations and security, and identity and access management.

Responsible for leading innovation, process improvement, and project management incorporating security best practices, user satisfaction, active collaboration with other units, and data informed decision-making.

For a complete listing of job requirements and application procedures, visit our websit at **www.wsc.edu/hr,** call **402-375-7403,** or email **hr@wsc.edu**.
WSC IS AN EOE

PAPIO MISSOURI RIVER
NATURAL RESOURCES DISTRICT

Water Supply Operator/District Maintenance Technician

Walthill, NE

The Papio NRD has an opening for a Water Supply Operator/District Maintenance Technician. Position is located in Walthill, NE. Successful candidates must have basic knowledge of hydraulics, storage, delivery and protection of drinking water. Two years of work-related or natural resources experience preferred. Candidate must have a working knowledge of Microsoft Office. Starting salary is $19.80 to $24.75/hour BOE with **FULL BENEFITS**.

For position requirements and application forms go to www.papionrd.org or contact Tracy Thompson at 402-444-6222. Return completed applications to the District office at 8901 S. 154th Street, Omaha, NE 68138; or fax 402-895-6543; or email to tthompson@papionrd.org.

Application deadline is 4:00 p.m., Friday, January 19, 2024.

Drug/alcohol testing and background investigation required for anyone selected for this position. EEO/VET/Disabled.