



W weekender

INSIDE:
THAT MISSING
'CHOICE' CATEGORY

BATTLE OF BITES

North High stages food truck wars

MANY EVENTS THIS WEEK

SIOUX CITY'S FREE READ | MARCH 2-8, 2023 | VOL. 24 ISSUE 4 | AT WWW.SIOUXLAND.NET: EVENTS, MOVIE LISTINGS, BANDS & MORE

QUESTION OF THE WEEK

Tuesday is National Breakfast Cereal Day. What is your all-time fave breakfast cereal?



Chad Pauling
Publisher
cpauling

@siouxcityjournal.com
"I am a lover of cereal. Always have been. All-time favorite is going to be tough. Cinnamon Toast Crunch, Lucky Charms, Apple Jacks with Marshmallows (a deep cut as it's hard to find) are all great. I guess I'll answer with one you can't really get anymore – Rice Crispy Treats Cereal."



Earl Horlyk
Staff Writer
earl.horlyk@lee.net

"I'm old enough to remember when Honey Smacks and Golden Crisp were known by their more accurate Sugar Smacks and Sugar Crisp names. That was when they were identified as the least healthy cereal to be marketed to kids. By any name, these cereals are close to my (sugar-coated) heart."



Mason Dockter
Staff Writer
mdockter@siouxcityjournal.com
"Anything with a high-fiber content will get my vote."

Have a question you'd like us to answer? Send it to 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 and Jesse Brothers



ON THE COVER: Restaurateur Tyson Sanchez said food trucks are a (relatively) less expensive way to enter the food industry. The North High school graduate opened Daga's on Wheels, his first food truck, at age 22. (Photo by Jesse Brothers, The Weekender)

CALENDAR

MUSIC

NMM Live! Concert - Chris Vallillo, 12 p.m., March 3; National Music Museum, 414 E. Clark St., Vermillion, S.D. Information: 605-658-3450.

The Kentucky Headhunters, 8 p.m., March 3; Hard Rock Casino, 111 3rd St. Information: 712-226-7600.

Head East, 8 p.m., March 4; Hard Rock Casino, 111 3rd St. Information: 712-226-7600.

Nick Schnebelen - Blues Rocker, 8 p.m., March 4; Vangarde Arts, 416 Pierce St. Information: <http://www.vangardearts.com/events>.

Sioux City Symphony Orchestra John Osborn: A Legend Returns Home, 7:30 p.m., March 11; Orpheum Theater, 528 Pierce St. Information: 712-277-2111.

Powerman 5000, 8 p.m., March 11; Hard Rock Casino, 111 3rd St. Information: 712-226-7600.

Good Morning Bedlam - Furious Folk, 8 p.m., March 11; Vangarde Arts, 416 Pierce St. Information: <http://www.vangardearts.com/events>.

REO Speedwagon, 7:30 p.m., March 17; Orpheum Theater, 528 Pierce St. Information: 712-279-4850.

Ryan Kisor Trio, 8 p.m., March 17; Vangarde Arts, 416 Pierce St. Information: <http://www.vangardearts.com/events>.

Pet Rock, 8 p.m., March 18; Hard Rock Casino, 111 3rd St. Information: 712-226-7600.

Think Floyd USA, 8 p.m., March 18; Hard Rock Casino, 111 3rd St. Information: 712-226-7600.

ART

Sioux City Art Center: Nancy Friedemann-Sánchez: Turn of the Sea, Aug. 20 to March 5; Heavy, Nov. 11 to April 23; Youth Art Month Exhibition: Middle School Students, Feb. 25 to April 9; Facing a Changed World, March 16 to July 30; Grant Wood's Corn Room mural, ongoing; Earth-Water-Light, ongoing.

Betty Strong Encounter Center and Lewis & Clark Interpretive Center: Scraposaurs Traveling Exhibit, year-long.

THEATER

Menopause The Musical, 7 p.m., March 4; Orpheum Theater, 528 Pierce St. Information: 712-279-4850.

Le Mars Community Theatre Presents On Golden Pond, 7:30 p.m. March 9, 10, 11; 2 p.m., March 12; Le Mars Community Theatre, 105 1st St. Northeast, Le Mars, Iowa. Information: 712-546-5788

COMMUNITY

Simple Sewing, 5 p.m., March 8; South Sioux City Public Library, 2121 Dakota Ave., South Sioux City. Information: 402-494-7545.

Works in Progress: Open Mic for Stories, Poetry + More, 7 p.m., March 11; Design West Sioux City, 1014 Design Place. Information: info@

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).

allykarsyn.com.

Equipping the Persecuted 2nd Annual Fundraising Gala with Kevin Sorbo, 6 p.m., March 18; 1132 Larsen Park Road. Information: 319-504-1771.

INFORMATIONAL

Financial Peace University, 11:45 a.m., March 5, 12; Morningside Lutheran Church, 700 South Martha St. Information: 712-560-6684.

SPORTING

Adult Co-ed Volleyball Tournament, 8 a.m., March 11; Norm Waitt Sr. YMCA, 601 River View Drive, South Sioux City. Information: 402-404-8439.

HISTORICAL

NMM Special Exhibition "As Good As Gold: The First 50 Years", Jan. 20 to Oct. 7; National Music Museum, 414 E. Clark St., Vermillion, S.D. Information: 605-658-3450.

CONTINUING EVENTS

Breathe Yoga & Meditation Class, 5:30 p.m., March 2, 7, 9, 14, 16, 21; 9 a.m. March 4, 11, 18; Breathe Yoga & Meditation Center, 1551 Indian Hills Dr. Building C. Information: 712-293-4900.

Holy Cross Parish Famous Fish Dinner, 4:30 p.m., March 3, 10, 17; Holy Cross Parish St. Michael Catholic Church, 2223 Indian Hills Drive. Information: 712-277-2949.

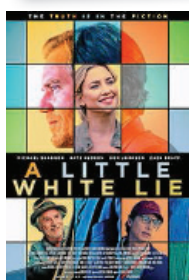
Saturday Art Lesson, 10:30 a.m., March 4, 11, 18; Gilchrist Learning Center, 220 Pierce St. Information: 712-279-6580.

Siouxland Discovery Barbershop Chorus Rehearsal, 7 p.m., March 6, 13, 20; Friendship Community Church, 305 Sergeant Square Drive, Sergeant Bluff. Information: 712-212-3633.

Tech Talks with Reenie, 6 p.m., March 8, 15, 22; South Sioux City Public Library, 2121 Dakota Ave., South Sioux City. Information: 402-494-7545.

MOVIES

THURSDAY, MARCH 2 - WEDNESDAY, MARCH 8



'A LITTLE WHITE LIE'
(Rated R for strong language) When a handyman living in New York City is mistaken for a famous and famously reclusive writer, he's brought to a university where he is to deliver a keynote address to save the school's literary festival.



'TRANSFUSION'
(Rated R for violence, language throughout, teen drinking and drug use) A former Special Forces operative thrust into the criminal underworld to keep his only son from being taken from him.



'CREED III' (Rated PG-13 for intense sports action, violence and some strong language) Adonis has been thriving in both his career and family life, but when a childhood friend and former boxing prodigy resurfaces, the face-off is more than just a fight.

'OPERATION FORTUNE: RUSE DE GUERRE'
(Rated R for language and violence) Special agent Orson Fortune and his team of operatives recruit one of Hollywood's biggest movie stars to help them on an undercover mission when the sale of a deadly new weapons technology threatens to disrupt the world order.



'PALM TREES AND POWER LINES' (Rated R for disturbing material, sexual violence, sexual content, language and drug/alcohol use - all by teenagers) A disconnected teenage girl enters a relationship with a man twice her age. She sees him as the solution to all her problems, but his intentions are not what they seem.



New DVD releases for this week:

'Puss in Boots: The Last Wish'

'Whitney Houston: I Wanna Dance with Someone'

'Devotion'

'God's Country'

'Resident Alien, Season 2'

SHOWTIMES

Local Theaters

Promenade 14

924 Fourth St.

712-277-8300

Creed III 7:00

Cocaine Bear 4:05 4:55 7:05 7:55

Marlowe 6:45

Magic Mike's Last Dance 4:15 7:50

Ant-Man and the Wasp:

Quantummania 4:00 4:20 4:40 7:20 7:40

Knock at the Cabin 4:30 7:15

Jesus Revolution 4:00 4:45 6:50

Avatar: The Way of Water 3:50 6:50

80 for Brady 4:20 7:50

Marlowe 4:15 7:15

Puss in Boots: The Last Wish 4:10

www.acxcinemas.com

AMC Southern Hills 12

4400 Sergeant Road

712-276-3062

Creed 7:00

Ant-Man and the Wasp:

Quantummania 4:15

Cocaine Bear 7:00

Jesus Revolution 7:45

Operation Fortune: Ruse De Guerre 6:00

www.amctheatres.com

Nearby Theaters

Royal 3 Cinema

33 Central Ave SW., Le Mars, Iowa

712-564-1778

Ant-Man and the Moth:

Quantummania 7:00

80 for Brady 7:10

Magic Mike's Last Dance 7:20

www.acxcinemas.com

Pioneer 3 Theater

110 S. 11th St., Nebraska City, NE

402-873-6487

Ant-Man and the Moth:

Quantummania 7:00

Marlowe 7:30

Magic Mike's Last Dance 7:15

www.acxcinemas.com

Legacy 3 Theater

712 W Sheridan Ave, Shenandoah, IA

712-246-2245

Ant-Man and the Moth:

Quantummania 7:00

80 for Brady 7:10

Magic Mike's Last Dance 7:20

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

A Man Called Otto 7:15

Ant-Man and the Moth:

Quantummania 7:15

Jesus Revolution 7:20

Magic Mike's Last Dance 7:25

Cocaine Bear 7:30

krullcinemas.com

Main St. 3

401 Ninth St., Sheldon, IA

712-342-2344

Ant-Man and the Moth:

Quantummania 6:30 9:15

80 for Brady 6:50 9:40

Jesus Revolution 6:40 9:20

krullcinemas.com

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JULY 7TH

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Whoops, we forgot one!

With no more delay,
here are your
Siouxland's Choice
Award service winners

BY EARL HORLYK

Remember last week's Weekender, where we had page after page after page of Siouxland's Choice Award winners?

Whoops, we missed one page.

Here are all of the people, places and businesses who make Siouxland shine in the service area.

Want to know who was Siouxland's favorite attorney, carpet cleaner or funeral parlor? Keep reading and find out.

Which building has the best public restroom and which business had the friendliest customers service? Spoiler alert: it is listed down below.

Which publication has the reddest face? That would be the Weekender for forgetting to print this important category.

Hey, consider this the first entry for the 2023 Siouxland's Choice Awards.

Live life better with the 2023 service first-place finishers and favorites of Siouxland's Choice Awards.

AG/INDUSTRIAL DEALER

First place: S & S Equipment, Inc.
Favorite: Titan Machinery
Favorite: Ziegler CAT

APARTMENT COMPLEX

First Place: CC Properties
Favorite: Bluebird Flats
Favorite: Summit at Sunnybrook Village

ATTORNEY

First place: Goosmann Law Firm, PLC
Favorite: Buchheit Law, PLC
Favorite: Crary Huff Law Firm



JESSE BROTHERS, THE WEEKENDER

The entryway at Bluebird Flats apartments is decorated with a lounge area and artwork on the walls in downtown Sioux City. The complex was selected as a Siouxland's Choice by Sioux City Journal and Weekender readers.

BANK/CREDIT UNION

First place: Telco Triad Community Credit Union
Favorite: Security National Bank
Favorite: Siouxland Federal Credit Union

BEST CUSTOMER SERVICE

First place: Chick-fil-A
Favorite: Beginner's Luck Tackle & Supply
Favorite: Security National Bank

BEST PLACE TO WORK

First place: Siouxland Women's Health Care PC
Favorite: Security National Bank
Favorite: Sunrise Retirement Community

BEST STAFFING AGENCY

First place: Aventure
Favorite: Helping Hands Nursing Solution, Inc.
Favorite: Short Staffed

BUILDER/CONTRACTOR

First place: Shook Handyman, Inc.
Favorite: L & L Builders Co.
Favorite: WA Klinger LLC

CARPET CLEANING

First place: Heaven's Best Carpet Cleaning
Favorite: Harstad Carpet Cleaning

Favorite: Spahn's Property Solutions LLC

CHARITABLE/NONPROFIT

First place: Noah's Hope Animal Rescue
Favorite: Camp High Hopes
Favorite: Siouxland Mental Health Center

CHILD CARE

First place: Siouxland Christian Preschool
Favorite: Bluff's Little Thinkers
Favorite: KidLogic Child Care & Preschool, Inc.

DRY CLEANING/LAUNDRY

First place: Davenport Cleaners
Favorite: Bush Dry Cleaners
Favorite: Pierce Street Laundry

FLORIST

First place: The Barn Loft Home Decor, Accents & Artisan Market
Favorite: A Step in Thyme Florals
Favorite: Hy-Vee Florals

FUNERAL HOME

First place: Meyer Brothers Funeral Home
Favorite: Goslar Funeral Home and Monument
Favorite: Waterbury Funeral Services of Sioux City



JESSE BROTHERS, THE WEEKENDER

The historic Warrior Hotel, at the corner of 6th Street and Nebraska Street, was chosen Siouxland's Choice for Hotel by Weekender and Sioux City Journal readers.

HIGHER EDUCATION

First place: Briar Cliff University
Favorite: Morningside University
Favorite: Western Iowa Tech Community College

HOTEL

First place: The Warrior Hotel, Autograph Collection
Favorite: Hard Rock Hotel & Casino Sioux City
Favorite: Stoney Creek Hotel Sioux City

INSURANCE AGENCY

First place: State Farm Insurance Craig Wegner
Favorite: American Family Insurance Mark Johnson
Favorite: Goodin Insurance Agency

INSURANCE AGENT

First place: Health Markets - Shannon Stewart
Favorite: Goodin Insurance Agency - Jake Goodin
Favorite: State Farm - Craig Wegner

INVESTMENT/FINANCIAL FIRM

First place: Security National Bank
Favorite: Primerica - Financial Services David Slothower

Favorite: Siouxland Federal Credit Union

PET GROOMING

First place: Bird's Bath and Grooming LLC
Favorite: Bark Avenue
Favorite Grooming by Emilee

PHOTOGRAPHER

First place: Amy Cloud Photography
Favorite: Britton Hacke Photography
Favorite: Justine Leonard Photography

PUBLIC RESTROOM

First place: The Warrior Hotel, Autograph Collection
Favorite: Art SUX Gallery
Favorite: Orpheum Theatre

SOCIAL MEDIA

First place: Britton Hacke Photography
Favorite: Fat Boy Food Blog
Favorite: Siouxland Severe Weather Network

VETERINARIAN

First place: Siouxland Animal Hospital
Favorite: Elk Creek Animal Hospital
Favorite: Lakeport Veterinary Hospital

ADVICE

ANSWERS FOR ALL YOUR WOES



**DEAR
ANNIE**
ANNIE LANE

Loneliness is Driving Me to Infidelity

Dear Annie: I love your column, though the recent letters about abusive siblings and

your responses have me concerned. The cultural pressure in the U.S. for victims to somehow be responsible for getting abusive people to change is a damaging and ineffective response to bullies.

I can't imagine that you would encourage a child being bullied to just be kinder to their bully, thinking it will decrease the abuse.

Asking adults to extend olive branches is just as ineffective. It halves the responsibility of the abusive person (since they are getting away with the behavior) and doubles the responsibility of the

victim (since they are now responsible both for their own response and also need to try harder to get the abusive person to stop).

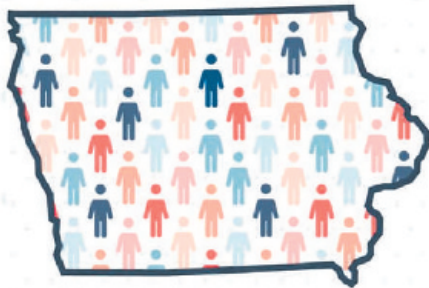
It is critically important for victims to be able to set limits and gain distance from abusive people; at the same time, it is vital for abusive people to be given feedback that their behavior is unacceptable. This is about personal responsibility. Victims need to have the esteem to set limits, and bullies need to increase their awareness of problem behavior and make it stop.

Thanks for listening and for all of your columns over the years! — **A Doctor with**

Advice

Dear Doctor: Your advice is excellent and much appreciated. You are absolutely correct that victims need to set boundaries and not let bullies bully them. Sometimes, though, when there are conflicts in families, it is not always a clear bully-and-victim situation, as you know, and each person in a quarrel has some responsibility for making the other person feel bad. However, you make several brilliant points in your letter, especially when one party is unquestionably the bully in the situation. Thank you for writing and for your wonderful insights.

We can stop HIV, Iowa.



It all starts with health equity—meaning everyone has a fair and just opportunity to be healthy.

To achieve this, we need to remove obstacles to good health, such as poverty, discrimination, and racism, which support an environment in which HIV thrives.

We must work together so that all Iowans have access to the resources they need to

Prevent Diagnose and Treat HIV.

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stophiviowa.org



**STOP
HIV
IOWA**



JESSE BROTHERS PHOTOS, THE WEEKENDER
Tyson Sanchez, right, a 2011 North High School graduate and owner of the Daga's on Wheels food truck, gives business advice to students in Kelsey Miller's ProStart II class before the young entrepreneurs start the Third annual Food Truck Wars project at Sioux City North High School.



Carson Kunz, left, Jose Valladolid, Nick Hynds, Jairo Arias, and Sean Perry, right, sample salsas from Dagas on Wheels while they listen to a presentation from Tyson Sanchez, owner of Dagas on Wheels.

Food for thought

Are sugar-coated Korean hot dogs or chicken and waffle burgers coming to a food truck near you?

BY EARL HORLYK

Don't be surprised if you'll some day see a food truck specializing with plenty of Seoul cooking.

And yes, we do mean a mobile eatery, featuring street foods from Seoul, South Korea, may be coming to Sioux City.

At least that's the hope of Ella Zimney, a North High School senior who pitched the idea of a Korean hot dog food truck during the kickoff of ProStart's third annual Food Truck Wars project.

A partnership between the Iowa Restaurant Association and the National Restaurant Association Educational Foundation, ProStart gives culinary and/or business-minded students the skills needed to make it in the food service industry.

That includes creating a "Shark Tank" competition in which kids create a concept of a food truck, a business and marketing plan as well as a menu proposal that will

be evaluated by a panel of industry experts.

OK, we'll bite. What the heck is a *Korean Hot Dog*, anyway?

"A Korean Hot Dog is like an American Corn Dog, with some key differences," Zimney explained.

Both hot dogs are coated in batter before being deep-fried. Yet the Korean version has gooey cheese blanketing the sausage before it is battered for a steamy bath.

After it emerges from the deep fryer, the Korean Hot Dog is then covered with sugar, giving it a sweet outer coat.

Huh, a food that is part corn dog and part sugar doughnut? Ding, ding, ding, we have a winner!

Actually, Zimney and her fellow students will have to meet the criteria set by judges like Tyson Sanchez, who is not only the owner of the successful Daga's on Wheels food truck but is also a 2011 North graduate.



Ever wanted to open your own food truck? That is the dream of these North High School ProStart students. They were getting expert advice from Tyson Sanchez, owner of the Daga's on Wheels food truck and, himself, a North High School grad.

"When students see Tyson, they see someone who made a success for himself in the restaurant field," teacher Kelsey Miller explained. "But they also see a guy who was a high school

student with a dream not too long ago."

"Yeah, I was a high school at North but I certainly didn't have the advantage of ProStart classes or programs like Food Truck

Wars," Sanchez said with a sigh. "If I had, I would've avoided a whole lot of mistakes."

Indeed, his initial food truck was an offshoot of Daga's Mexican Grill, a traditional



Tyson Sanchez, owner of Daga's on Wheels and Daga's on Broadway, shares tips of the trade with North High School ProStart students. As a class project, the students will soon embark on a "Shark Tank"-like competition for best food truck concept.

brick-and-mortar restaurant he started in Winnebago, Neb.

"I started the restaurant as a way to help my grandparents (both longtime meatpacking employees) a chance to retire and do what they loved doing (cooking)," Sanchez said. "Opening it in Winnebago was very strategic because we were the only Mexican restaurant in town. If a person wanted a taco, he's have to drive all the way to South Sioux City in order to get it."

Wanting to expand Daga's reach into Sioux City, Sanchez saved \$24,000 in order to purchase a used food truck eight years ago.

"We hooked up with Food Truck Fridays was just

starting up and that put us on the map," he explained.

What set Daga's apart was its unique menu items.

"A taco truck is almost synonymous with food trucks but Daga's was different," Sanchez maintained.

Where else could you get a Queso Taco, which was a quesadilla dressed up like taco? Or where else would you find burritos that were stuffed with meats, cheese, veggies, queso as well as everything from Hot Cheetos, Takis and Chili Cheese Frito corn chips?

Due to the popularity of Daga's on Wheels, Sanchez was able to open Daga's on Broadway, a Dakota City-based steakhouse and sports



Restaurateur Tyson Sanchez said food trucks are a (relatively) less expensive way to enter the food industry. The North High school graduate opened Daga's on Wheels, his first food truck, at age 22.

bar, as well as a second food truck that specializes in special events like weddings, graduations and community events.

Sanchez's ears immediately perked up after hearing off-the-beaten-track ideas like Zimney's Korean Hot Dog food truck.

He felt the same way after hearing Sean Perry's proposal for a down-home Southern food truck.

"People like chicken and waffles," Perry, a North senior, explained. "Why can't we turn chicken and waffles into a sandwich that you could eat with your hands?"

"I love where you're going with this," Sanchez said, impressed with the concept. "What else would

you do?"

"You can always add a beef patty and turn it into chicken and waffle burger," Perry suggested.

"Don't forget the sides," Sanchez said. "People love sides and southern cooking is all about the sides."

Then, they were off and running.

"A food truck is like any other type of business," Sanchez said. "It requires a



Tyson Sanchez, right, owner of Daga's on Wheels and North High School graduate, gives business advice to students in Kelsey Miller's ProStart II class before the young entrepreneurs start the 3rd annual Food Truck Wars project at Sioux City North High School.

lot of hard work and a lot of planning."

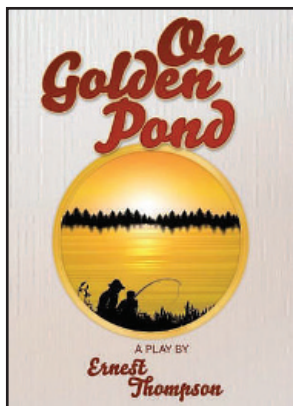
The advantage is the (relatively) low cost of starting a mobile restaurant and the ability to test market (and finesse) a unique concept and menu.

Eight years ago, people

weren't so sure about the Queso Taco. Now, it is Daga's on Wheels' biggest seller.

And who knows? A Chicken and Waffle Burger or a Korean Hot Dog may become your next go-to food truck meal..

Le Mars Community Theatre



March 9 - 15

Evening performances at 7:30pm

**Sunday matinee at 2pm
at the Postal Playhouse**

Reservations available March 1

**For reservations contact the
Postal Playhouse at (712) 546-5788,
Monday - Friday from 11am - 1pm.**

Online Registration Available at: www.lemarslive.org

MUSKETEERS HOCKEY

SUNDAY, MARCH 5

VS.

3PM PUCK DROP

**PET SUPPLIES NIGHT BENEFITTING
NOAH'S HOPE & SIOUXLAND HUMANE SOCIETY
GIRL SCOUT GAME**

712-224-PUCK
TYSON EVENTS CENTER
MUSKETEERSHOCKEY.COM

SUX 6

THE BEST THINGS TO DO IN SIOUXLAND



1 Brawlin' with the Bandits!

Are you experiencing some post-Super Bowl football withdrawals? Yeah, we feel your pain. So do the Sioux City Bandits. Sioux City's indoor football league team will take on the Rapid City Marshalls at 7:05 p.m. Saturday at the Tyson Events Center, 401 Gordon Drive. We can't promise any scintillating color commentary from Tony Romo but you not be seeing any of his annoying Subway commercials either.

Bandits' Randall Blash tries to grab a pass intended for Marshal's Demetrius Davis during the Sioux City Bandits vs Rapid City Marshalls football action in Sioux City, Iowa, Saturday, June 4, 2022.
JESSE BROTHERS SIOUX CITY JOURNAL

2 What rhymes with 'hot flashes'?



We've never seen "Menopause: The Musical." Yet we've been assured it is very clever and lots of fun. Um, we may pass on this one. Although you can see it at 7 p.m. Saturday at the Orpheum Theatre, 528 Pierce St.

PROVIDED



PROVIDED

3 Music by Mapquest!

Confession time: we can't find directions without the aid of a map. Though we suspect members of the classic rock band Head East are expert travelers. They'll be in concert at 8 p.m. Saturday at Hard Rock Hotel & Casino's Anthem, 111 Third St. We'll be there ... if we can find the place.

Ready Fetty!

4

Former Siouxland's Choice winning rapper Fetty Fred (aka Fred Jacobsen) will be celebrating his 33rd birthday with 1) an all-star concert; 2) the release of his



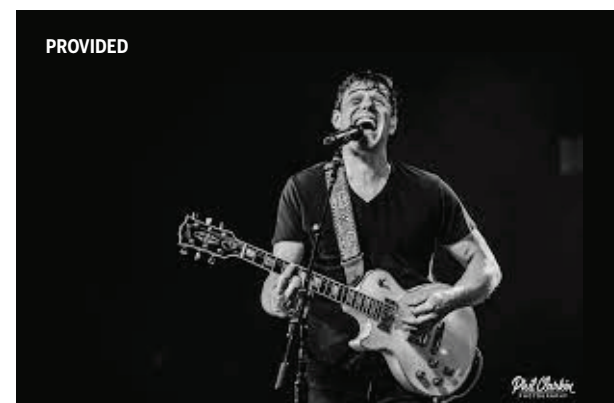
"Misconceptions" album; and, hopefully, 3) cake. Come to the Marquee, 1225 Fourth St. at 8 p.m. Saturday for a piece of cake. Plus a performance from Fetty Fred, of course.

Fred Jacobsen aka Fetty Fred.
JUSTIN WAN, THE WEEKENDER

In the 'Nick' of time!

5

Kansas City-based musician Nick Schnebelen is considered one of the top blues rock musicians working today. See this man work his axe at 8 p.m. Saturday at Vangarde Arts, 416 Pierce St.



PROVIDED

6 Exploration of baked goods!

When you think of Lewis & Clark, you're probably not thinking of baked goods. But experts say the boys from the Corps of Discovery may have had a sweet tooth. Kids can learn how to make a berry tart – a fave of L&C's – at 1 p.m. Saturday at the Sioux City Lewis & Clark Interpretive Center, 900 Larsen Park Road.

ADVICE

ANSWERS FOR ALL YOUR WOES



**TWEEN 12
AND 20
DR. WALLACE**

Is My Father Giving Me the Facts Here?

DR. WALLACE: My father works in the insurance industry and he's always telling me to be a safe driver, even though I feel that I already do, especially for a 17-year-old guy. I have a sister who is 18 and a half and attends college, and my father never says a word to her about her driving skills, habits or anything related to the subject as far as I know.

Why is it that my father rides me so

much about this? He also likes to quote statistics that say teenage male drivers are more dangerous on the roads than teenage female drivers are.

Is this true? Or is he just trying to needle me in a strange effort to bond with me? — Decent Teen Male Driver, via email

DECENT TEEN MALE DRIVER: I would have to say that your father is correct. I've seen many studies over the years and every single one of them indicated that teenage male drivers are more likely to speed on the roadways, are more likely to drive recklessly and are also more likely to not wear seatbelts than teenage female drivers are.

On top of all of that, when the topic of alcohol is involved, studies also indicate that a significantly larger percentage of teenage male drivers have admitted to driving a motor vehicle after consuming alcohol than female drivers have.

It's not necessarily that the guys are lacking in driving skills, but many of them suffer from peer pressure and machismo, which often causes them to make poor judgments and drive recklessly to show off in front of their friends or their female companions.

I'M NOT CONNECTING IN THESE CLASSES

DR. WALLACE: I'm a high school senior and overall, I'd say that I've been lucky enough to have had some great teachers during my high school years. I'm planning to go on to college next year and I consider myself to be a solid but not perfect student. My typical grade is a B, and I like a wide variety of subjects in school.

The reason I'm writing now is that I have two very strange and poor teachers this year! They are nice individuals, but I must tell you that I don't like their classes and I find it hard to parse the information they present in class.

Why are some teachers so much better than others? How can I deal with teachers that I find hard to learn from? — I'm Not Connecting Very Well, via email

I'M NOT CONNECTING VERY WELL: Teachers do indeed have their

own unique styles and approaches to the subjects they teach. I advise you to look at this situation not in terms of good or poor teachers, but in terms of styles and methods they use.

In my experience, it's always best to seek to make a connection, especially with teachers that you find more challenging to follow than others. The teachers you click with leave you comfortable and usually no further interaction is necessary. But when you find a teacher's style or approach difficult, it's best to meet with that teacher one-on-one to ask for tips, ideas and approaches that can help you to connect better in class and with the subject matter at hand.

All teachers bring something valuable to their classrooms, so look at these two classes as a challenge and seek to approach them in a manner that is both suitable for you and that produces the desired results of overall comprehension and a passing grade. Sometimes the most awkward classes you experience prepare you best for your future career(s) as life beyond high school is not always smooth, especially in the workplace. So step up and accept these classes as the preparatory opportunities that they are for you.

MYTH

Syphilis is a disease of the past.

FACT

Cases of syphilis in Woodbury County increased nearly 100 times from 2020 to 2022.

Syphilis is a sexually transmissible infection (STI) that can cause serious, long-term health problems. Cases of syphilis in Woodbury County are increasing more than anywhere else in the state of Iowa. Not everyone who has syphilis has symptoms, so people often don't realize they have it. That's why it's important for you to get tested regularly for STIs, including syphilis, if you're sexually active.

Find a testing location near you:

gettested.cdc.gov

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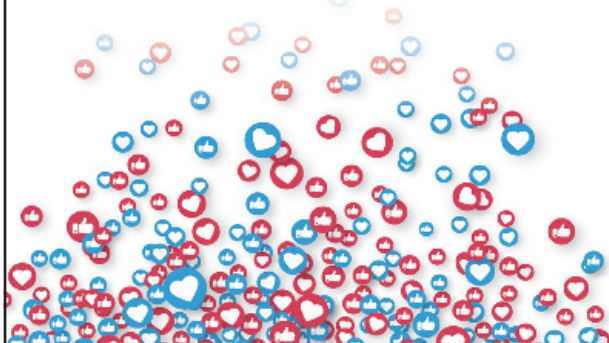
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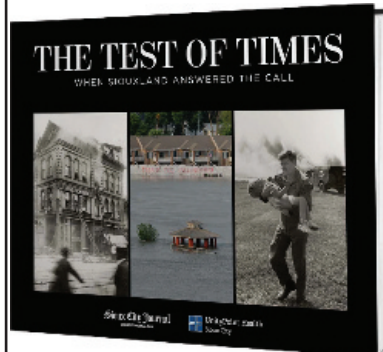
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