

QUESTION OF THE WEEK

Who would your dream Saturday in the Park act be and why?



Chad Pauling Publisher cpauling @siouxcityjournal.com "I'm not too picky. It's a free show and the acts they have are great."



Earl Horlvk Staff Writer earl.horlyk@lee.net "George Clinton with Parliament-Funkadelic because you can never have too much funk!'



Jaylen Rees Advertising sales representative "Red Hot Chili Peppers because I have never seen them live and think they would put on a great show!"



Mason Dockter Staff Writer mdockter@ siouxcityjournal.com "They've got a few pretty OK acts these days -Portugal the Man or Billie Eilish or something might be cool. Or Jimi Hendrix. but I think he's dead."

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





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@sioux-



land.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: For the very special 30th anniversary of Saturday in the Park, we're filling a special double issue



MUSIC

Kenny Wayne Shepherd, 8 p.m., June 26, Hard Rock Casino, 111 3rd St. Information: 844-222-7265

Eric Slaughter Jazz Guitar, 8 p.m., June 26, Vangarde Arts, 416 Pierce St. Information: www. vangardearts.com/events.

Steel Panther, 7 p.m., July 9, Hard Rock Casino, 111 3rd St. Information: 844-222-7265.

Brantley Gilbert, 7 p.m., July 10, Hard Rock Casino, 111 3rd St. Information: 844-222-7265.

Mark Chesnutt, 8 p.m., July 15, Hard Rock Casino, 111 3rd St. Information: 844-222-7265.

Staind, 7 p.m., July 16, Hard Rock Casino, 111 3rd St. Information: 844-222-7265.

Stevie Ray Visited, 8 p.m., July 17, Hard Rock Casino, 111 3rd St. Information: 844-222-7265.

THEATER

Uncaged: Untold Stories from the Cast of Tiger King, 7 p.m., June 25, Hard Rock Casino, 111 3rd St. Information: 844-222-7265.

ART

Sioux City Art Center: Sioux City Art Center Selects, May 21 to Sept. 12; Briar Cliff Review Exhibition, April 22 to July 18; Grant Wood's Corn Room mural, ongoing; Artists of the Upper Midwest, ongoing; Artists in the Permanent Collection, ongoing.

OUTDOORS

Trekking Thursdays, 6 p.m., June 24, Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838

Animal Adaptations, 10 a.m., June 25, Snyder Bend Park, 2924 Snyder Bend Road, Salix, Iowa. Information: 712-258-0838

lowa mammals, 7 p.m. June 26; Little Sioux Park, 1746 O'Brien Ave., Correctionville. Meet by the country school house. Limited to 30 people. Information: 712-258-0838.

FILM

Siouxland Inspiration Film Festival, Gates open at 8 p.m., movies start at sunset, June 25; Scenic Park. 801 River View Drive. South Sioux City. Infomration: 712-226-4320.

COMMUNITY

Audiobook book talk, 6 p.m., June 28; South Sioux City Library, 2121 Dakota Ave. Information: 402-494-7545.

Pet care book talk, 6 p.m., July 12; South Sioux City Library, 2121 Dakota Ave. Information: 402-494-7545.

Great Plains Zoomobile, 6 p.m., July 15, South Sioux City Library, 2121 Dakota Ave. Information: 402-494-7545.

North High Class of '81 40th Reunion, 6 p.m., July 17, İckey Nickel Bar & Grill, 4700 41st St. Information: 315-761-6379

Submit an event:

Do vou 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).

INFORMATIONAL

- LSI Foster Care and Adoption Orientation for Native American Families, 6 p.m. June 29, Urban Native Center, 1501 Geneva St. Information: 866-409-2351
- Medicare 101, 11 a.m. July 7, Le Mars Public Library, 46 First St. SW, Le Mars, Iowa. Information: 712-221-8886
- Bruguier's Cabin Tours, 2-4 p.m. July 11, 1301 Riverside Blvd. Guided tours of the first building in Sioux City. Information: 712-259-2772.

CONTINUING EVENTS

- Food Truck Fridays, 11 a.m. to 1:30 p.m., June 25, July 2, July 9; 620 Pearl St. Information: 712-266-6452.
- Happy Hour at Blue Cafe, 5 p.m. June 25, July 2, 9; 1301 Pierce St. Information: 712-574-1751.
- Community Drum Circle, 5 p.m. June 25, July 2, 9; 1307 Pierce St. Information: 712-574-1751.
- Sioux City Farmers Market, 8 a.m., June 26, 30, July 3, 7, 10, 14, 17, 21; Tyson Event Center Parking Lot, Corner of TriView Ave. and Pearl St. Information: 712-279-4850
- "Sunny" Swap Meet. noon to 4 p.m. June 27. July 11, 18; Singing Hills Secondhand Finds and Furnishings, 4400 S. York St. Information: 712-233-2345.
- Line Dance Classes. 10 a.m., June 30, July 7, 14. 21; 801 W. 13th St., South Sioux City. Information: 712-204-4500.
- Hump Day Series, 5 p.m., June 30, July 14, 21; Tyson Events Center Outside Plaza. Information: 712-279-4850
- Swap on the Block, June 26, July 31; 1307 Pierce St. Information: 712-574-1751.
- Animal Origami, 5:30 p.m., July 1, 8; South Sioux City Library, 2121 Dakota Ave. Information: 402-494-7545
- Explore 4H, 3 p.m. July 7, 14; South Sioux City Library, 2121 Dakota Ave. Information: 402-494-7545.

with all the information you need to enjoy the annual event.



JIM LEE, THE WEEKENDER

People watch as Trombone Shorty and Orleans Avenue perform during Saturday in the Park in 2017. The annual Sioux City music fest won the Siouxland's Choice Award for the best "Outdoor Festival/Event."

Two days worth of SITP, two weeks worth of the Weekender

BY EARL HORLYK

If your biceps are bulging sim- overcrowding. ply by picking up this publication, you'll notice that it is not the typical edition of The Weekender.

Instead, this is the special Blues City Journal edition of The Weekender, where we partner up with Saturday in the Park (SITP) for blanket coverage of Siouxland's premier music festival.

However, this year's SITP is unlike any other.

First of the all, the event will be the 30th festival in a 31 year history.

Yup, like everything else last year, 2020's SITP was canceled due to concerns over the COV-ID-19 pandemic.

It is also why this year's SITP won't be held on a solitary Satur-

Yet, that means more fun for you since the Main Stage and the Abe Stage will have two headliners instead of one.

down the house on July 2 while the legendary John Fogerty will be plowing his way through the Centerfield with a Major League set scheduled for July 3.

Similarly, the ABE Stage will have two headliners on two nights. Southern California punk rockers Face to Face will be making things smolder on July 2 while hip-hopthings ablaze on July 3.

Beyond the headliners, you'll waiting to entertain you.

day. The festivities will take place to see new interviews with local nal is too freakin' big to handle!

on July 2 and 3 as a way to lessen artists like Ultra Violent Fever and GhostCat in addition to hot new acts like Valerie June, WizTheMc and Trombone Shorty.

Wait, there's more.

SITP is also the place for the On July 2, AJR will bringing Kids Zone, Arts Alley and one fantastic food vendor after another. You'll get a sneak peak in this Blues City Journal as well.

Wow, that's a lot of gnarly stuff, right? We agree.

That's why the Blues City Journal will be on the rack for two weeks, instead of one!

We're giving readers two weeks to acquaint themselves to everyper Waka Flocka Flame will set thing they need to know about SITP.

What are we going to be doing find artists of all genres, ready and on the Weekender's off week? Joining a freakin' health club be-Check out the Blues City Journal cause this year's Blues City Jour-





www.siouxland.net . 06.24.2021 . Weekender . 3

30 years of music royalty & space cadets

Test your Saturday in the Park trivia knowledge

BY EARL HORLYK

Want to make someone feel incredibly old?

Tell them that 1991 was the year the Soviet Union officially dissolved, the postage stamp went from costing 25 cents to 29 cents, and the very first Saturday in the Park (SITP) was held at Grandview Park.

For 30 Independence Day weekends, SITP has brought legendary performers, critically-acclaimed darlings, up-andcoming groups and regional royalty to light up Sioux



Building Community.





DAWN J. SAGERT, THE WEEKENDER Ziggy Marley at Saturday in the Park.

City's historic Bandshell in a free music festival. Given it has such an

illustrious history, here are 11 things that every SITP aficionado must know.

WHO HEADLINED THE

FIRST SITP: Blues musician Clarence "Gatemouth" Brown had the honors. Other 1991 acts included Bad Manners, Buckwheat Zydeco and the Table Rockers.

FANCY MEETING YOU AGAIN:

Some repeater acts include the Neville Brothers, Rod Piazza & The Mighty Flyers and Santana fit the bill. Trombone Shorty will make his second appearance at this year's SITP. He was here with Orleans Avenue in 2017.



Flo Rida performs during Saturday in the Park at Grandview Park in Sioux City in 2019.

WHICH ROYALTY HAS BEEN TO SITP: Aretha Franklin ("Queen of Soul") was here

in 2015, Tito Puente ("King of the Mambo") graced us with his presence in 1996, and B.B. King held court in 2007.

WHO HAS HAD THE MOST SITP ENCORES: Winnebago, Neb.-based blues singer Curt

St. Cyr, who has performed the festival at least eight times between 1991 and 2005.

DOES SITP RUN IN THE

FAMILY: In 1997, Rita Marley and her Maccabee Band played SITP. Her son, Ziggy Marley (along with the Melody Makers) played the festival in 1999 and 2014. The Allman Brothers Band, with Gregg Allman, was here in 2000. Gregg's son Devon Allman was here with Honeytribe in 2006.

DUDE, AREN'T YOU ON A MAP OR SOMETHING: See Taj

Mahal (1996), North Mississippi Allstars (2015), Bangkok Rooster (1994), and Michigan Rattlers (2019). Special mention: Flo Rida (2019).

WOODSTOCK 1969 ALUMNI

SOCIETY: That would be Santana (1994 and 2010) as well as John Fogerty (as a member of Creedence Clearwater Revival), who is playing 2021's SITP.

JUST A BUNCH OF ANIMALS:

The Black Crowes (2005), Counting Crows (2009), Garrett "Possum" Judice and the Couilions (2003), Ratdog (2000) and The Sharks (1991). Extra credit: The Brian Setzer Orchestra (with former Stray Cat Brian Setzer at the helm).

HORTICULTURALISTS AT

HEART: Tallgrass (2013), The Wallflowers (2003) and The Zucchini Brothers (2004). Sorry, we will not allow Michelle Branch (2003) in this category.



PHOTO BY BLANE BOURGEOIS Aretha Franklin was the headliner for Saturday in the Park's 25th anniversary concert in 2015. She wowed the crowd, giving concertgoers a performance they won't soon forget.

MISCELLANEOUS SPACE

CADETS: Galactic (2018), Lazer Rocket Arm (2011) and Blue Moon (1998).

MUSICIANS WITH NAMES

THAT TERRIFY US: George Thorogood & The Destroyers (2019), Big Head Todd & The Monsters (1997 and 2016), Snakebeard Jackson (2008) and Walter Wolfman and the Roadmasters (1992).



Producer's Comments

Who could have ever imagined that what happened was going to happen? A bit over 1 year ago we were cancelling SITP's 30{sup}th{/sup} anniversary festival. In 29 years we encountered many many challenges



but never once came remotely close to cancelling. I don't want to belabor this point, except to acknowledge that the last 18 months left all, or at least most of us

BERNSTEIN at least most of us with a completely new outlook on life, new perspective, and, at least for me, a significantly greater ap-

for me, a significantly greater appreciation for so many people and things I love, including just the ability to be able to present a festival like Saturday in the Park.

What did I miss the most about last year you might ask? Working with our committee. I have come to realize we have such an

amazing, close knit bond, just like a family, and going a year without being able to get in the trenches with everyone was really sad and I really missed it. That being said I know they were there every step of the way, from initial planning last spring to cancellation, and that brutal zoom press conference where so many committee members were online to hear the news for themselves, first hand, even though they all knew it was coming (one of the most gut wrenching moments of my life). It was a collective bummer for all of us, as so many cancellations were for everyone in our community, and the world, last year. We, after all, are a society that loves to connect, and gather at times in very large groups to hear really awesome music performed live (and for free), and to that end not experiencing that last year was really sad...but also will make our pending return that much sweeter.

The last year represented great

loss for so many of us. much unrelated to COVID. For me, knowing my friends Danny Hasha (who loved John Fogerty), Cherie Hansen and Paul Frank won't be able to attend SITP this year is incredibly sad. For our SITP family, not having Bob Cannon in the Volunteer tent flipping burgers or Curt St. Cvr performing at our 30th fest fills us with sorrow. We all experienced much loss over the past 18 months, on many different levels, and will be thinking of all who are no longer with us as we get back out there and do what they all loved so much...if nothing else we owe it to those not only who are gone, but those who worked so hard to keep us safe over the past 18 months to carry on so this year's fest is a tribute to them.

30 years is a long time. Much has changed but so much stays the same. Somehow we have survived as a festival. Upon reflection on the subject the main reason I can think of is community. Our

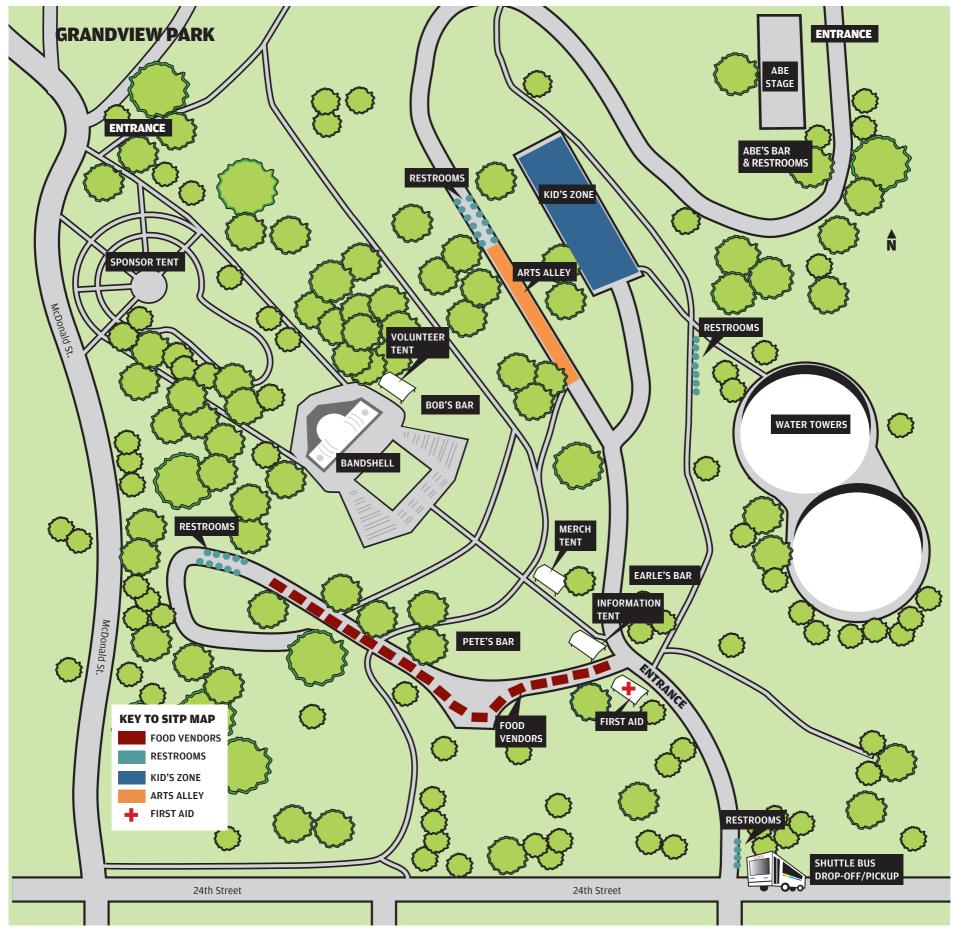
community cherishes SITP, and events and gatherings like it. Sure, it wouldn't have happened without the aid of many individuals. but without the support of our community it would not have survived. This starts with our committee of course, and our sponsors who "foot the bill" for this craziness yearly and keep it free. Free is no small point, and probably why we have endured, and without the sponsors that wouldn't happen. Our City government gives us great support as well and has since day one, when Joanne Grueskin and Judy Nicholls shepherded us through the innerworkings of City Hall. So many local businesses and individuals drop everything to help us, to volunteer, to lend a hand however they can. Without community we wouldn't have lasted 5 years, let alone 30/31.

So that brings us to this year. So much will be different. A new location for the amazing Abe Stage, a fenced off park with no beer gardens but instead one big one, a family friendly zone with no beer, two nights...lots of changes for an event coming off of a forced hiatus. John Fogerty was slated to perform last year and we are so grateful he hung with us and will close Saturday night. AJR will be amazing Friday, a fantastic group with an awesome young appeal that will keep us fresh and relevant by continuing to help us build a new fan base for SITP. And the Abe with its amazing line up of headliners as well help keep us more relevant today than we were 30 years ago.

This year's "theme" at SITP will be RESPECT. Many months ago we announced a number of safeguards we were going to implement to be able to produce a festival this year and still be respectful of the need to protect public health and respect the incredibly hard work of our communities' public health officials. We have continued to evolve those safeguards, but still request the utmost respect for all involved, starting with our planning committee and producers of the festival this year. We have strived to strike a balance that works for as many as possible, realizing it won't work for everyone. Whether

PLEASE SEE BERNSTEIN, PAGE 22





Lee Enterprises graphic

DANCE Pain-Free CNOS

605-217-2667

Food vendors

1. GOBBLESTOP TURKEY SHOP

- Giant turkey legs
- Fried green beans
- Smoked mac and cheese
- Pork chop on a stick
- Steak sandwich

2. BURRITO ISLAND

- Island Burrito
- Meat Burrito
- Nachos
- Mini donuts

3. TORNADO FUNNEL CAKES

- Funnel cakes
- Cheese curds
- Ravioli
- Corn dogs

4. WELLS BLUE BUNNY

- Ice cream sandwich
- Bomb Pop
- Champ cones
- Chilly Cow "healthy"

5. GODFATHER'S PIZZA

- Pizza by the slice
- Whole pizzas
- Monkey bread

- 6. GYRO'S & MORE
 - Chicken pitas
 - Combo pitas • Veggie pitas
 - Gyro's
 - Salads
- 7. SMOKING R BBO
- Pulled pork sandwich
- Beef brisket sandwich
- Redneck Salad
- BBQ Nachos
- Homemade Country Sausage
- Homemade Sweet Tea

8. MARCO'S

- Indian tacos
- Walking tacos
- Taco supreme
- Prime rib sandwich
- Taco blizzards
- Corn dogs
- 9. TORNADO LEMONADE
- Fresh squeezed lemonade
- Hand dipped corn dogs
- Fresh battered cheese curds • Fresh cut fries
- **10. LEOS MOTIE FLAVOR**
- **SNOW CONES** Snow Cones

JIM LEE. SIOUX CITY JOURNAL

People walk past the food vendors during Saturday in the Park at Grandview Park in 2017.

- Hot dogs
 - Chicken Tenderloin
 - Fried Chicken
- sage, or cheese
- Garlic parmesan bread sticks
- **12. BRIGHTSIDE CAFÉ &**
- DELI
- Breakfast sandwiches Tacos

- Burritos
- **13. THE PARTHENON**
- Gyros
- Chicken gyros
- Spicy gyros
- Veggie pita
- Hot and spicy chicken gyros
- Fruit drinks
- **14. FICKLE CHICKS**
 - Shaved ice
- Wild island drinks

• Cotton candy

- 15. MJ'S 1919 DRAFT **ROOT BEER**
- 1010 draft root beer
- 1919 draft root beer floats
- Old fashioned buddy sodas and floats
 - Carmel apple slices
- **16.J&J KETTLE CORN**
- Regular kettle corn (white sugar)
- Carmel kettle corn



- Dirty Rice **11. PAPA JOHN'S** • Pizza slice (pepperoni, sau-

Eempirical

Proud sponsor of Saturday in the Park

17Am

30 YEARS of Great Music

www.empiricalfoods.com

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DAWN J. SAGERT, SIOUX CITY JOURNAL Lauren Saul, 6, of Sioux City, leaps across an attraction in the Kid Zone during the 2014 Saturday in the Park music festival.



Kid's Zone

KID'S ZONE HOURS 2 p.m. – 7 p.m., Saturday, July 3

KID'S ZONE WRISTBAND PRICING

Saturday in the Park All Day Wristband – \$10

All Wristband Sales end at 7 p.m.

*No tickets will be available for sale this year; only the Saturday in the Park All Day Wristband will be sold.

**No refunds, exchanges or rain checks.

***Don't forget to have your little ones wear socks! Sometimes the inflatables can get warm on the bottom of their little feet!

This year's Kid's Zone will be packed full of entertainers, inflatables, food vendors and activities to keep kids of all ages busy all day long!

GUEST WEATHER WITH KCAU-TV (WWW. SIOUXLANDPROUD.COM) Join KCAU 9 Chief Meteorologist Scott Larson for your opportunity to forecast the weather at Saturday in the Park. It's your chance to get in front of the camera and tell us if it's going to be sunny, rainy or maybe even a chance of snow! Stop by the KCAU 9 tent between noon and 4 p.m. and have your forecast recorded for on-air.

NORM WAITT SR. YMCA (WWW.NWSYMCA.ORG)

Join the Y for a variety of funfilled activities! Kids as little as 3 will be able to make their way through our sports-themed obstacle course to burn off some much-needed energy. We will also have information through our Whales Tales Water Safety curriculum: stop by, learn some and FISH for a prize! And if water and sports are not your thing, don't worry, we have you covered! Come make your very own craft

MOTOROLA SOLUTIONS
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Motorola Solutions Integrated Safe Technology Ecosystem





Teagan Treglia, 6, of Sioux City, flips through the air while enjoying rides in the Kids Zone during the 2014 Saturday in the Park music festival at Grandview Park.

with our Y-Club staff OR for \$5 you can make your very own tie-dyed t-shirt.

MR. TWISTER (WWW. MRTWISTER.ORG)

A popular performer in the KCAU Kid's Zone each year, Mr. Twister is back once again armed with fun and balloons! For the past 18 years, Mr. Twister has entertained children at Saturday in the Park with his wacky assortment of balloons. Make sure to bring the young ones up to visit Mr. Twister and ask for a FREE crazy balloon sculpture.

INFLATABLES

This year's Kid's Zone will feature inflatables to entertain kids of all ages all day long. There will be old favorites such as the



Kalaya Divis, 8, of Sioux City, climbs an attraction in the Kids Zone during 2013's Saturday in the Park.

Eurobungy, obstacles courses and a bounce house. Be sure to stop up to the Kid's Zone to check out all of the attractions! Inflatables will be open until 7 p.m.

READY. SET. PrEP.

What if there were a pill that could help prevent HIV?

THERE IS.



Pre-exposure prophylaxis (or PrEP) is a way to prevent people who do not have HIV from getting HIV, by taking one pill every day as prescribed.

> Find out if PrEP medication is right for you. Talk to your healthcare professional or find a provider at stophiviowa.org.

> > → 319.930.9093

READY

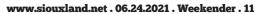
SET

Ending

Epidemic

HIV

STOPHIVIOWA.ORG



STOP HIV

IOWA

Legal Stuff

1. NO GUNS, NO FIREWORKS, NO WEAPONS OR FIREARMS ALLOWED (EVEN WITH A LICENSE TO CARRY OR A CONCEAL CARRY PERMIT). A City of Sioux City ordinance prohibits both inside city parks, and we prohibit them at this festival event.

2. COVID-19. DUE TO FEDERAL REOUIREMENTS. YOU MUST WEAR A MASK ON THE SHUTTLE BUS. NO EXCEPTIONS.

At the festival itself, if you have received a COVID-19 vaccine, you do not need to wear a mask. You are welcome to wear a mask and social distance if you feel more comfortable. If you have not been vaccinated, we recommend that you wear a mask and social distance per CDC recommendations. If you have tested positive for coronavirus recently, please do NOT attend the festival.

3. No PETS allowed at the festival except for as needed for disability purposes WITH CREDENTIALS.

The large crowds and heat that we frequently have at the festival are not good for your pet, who might suffer from heat stress or even get stepped on at the festival (that's not mentioning the stuff your pet may leave behind for others to sit on). If you leave your TV set tuned to Animal Planet and plenty of animal beverages around, your pets should do fine on their own. Of course, with any adult doggie beverages, make sure that your dog is at least 3 years old (21 in dog years). "RIVER MON-STERS" MUST BE LEFT IN THE MIS-SOURI RIVER.

4. No COOLERS except for health issues such as diabetics and gluten free conditions. ALL BAGS SUBJECT TO SEARCH AT ENTRANCE GATES.

Coolers simply take up too much valuable sitting space at Saturday in the Park, not to mention the negative impact they have on beverage and food sales that are needed to help keep this event FREE each year. Plus, we often end up picking up stray coolers Sunday morning. Please leave your own beverages at home

5. SATURDAY IN THE PARK IS NOT **RESPONSIBLE FOR LOST OR STO-**I FN ITFMS.

You should turn your lost people and lost personal possessions in at the Information Booth. Although we're told the Info Booth has a person who is able to figure out the owner's phone number for practically any cell phone, we cannot guarantee your lost phone (or any other item) will be returned to you. We can only guarantee that we might IT. find one and use it to call or text your girlfriend or boyfriend.

6. ALL BAGS SUBJECT TO SEARCH.

6A. CLEAR BAGS REQUESTED.

7. NO SMOKING IN DESIGNATED AREAS – especially in the seating areas close to the Bandshell. If we see any smoke coming from you, we will assume that you are on fire and promptly put you out!

8. PARENTS SHOULD BE RESPON-SIBLE FOR THEIR OWN CHILDREN. Please keep track of your kids. If for some reason you lose track of

them, contact the Information Booth Information Booth. They can be for such "Lost People."

9. PLEASE STAY OUT OF THE ROSES IN THE ROSE GARDEN: ONLY ADMIRE THEM. PLEASE STAY OUT OF THE WATER FOUNTAIN: ONLY ADMIRE IT. You should be aware that the **ROSES BITE!!!**

10. USE THAT BLANKET OR LOSE

In an effort to make Hard Rock Hotel and Casino's Saturday in the Park festival a fantastic experience for as many people as we possibly can, this year we ask you to once again abide by our policy regarding tents, umbrellas and blankets/tarps. The policy is:

- No tents or awnings are allowed – No shade umbrellas larger than a standard rain or golf umbrella allowed

- No unoccupied or under-occupied super-sized blankets or tarps reserving space for later visitors.

We intend to gather any rulebreaking items and store them for you at the Saturday in the Park

picked up when you head home for the night.

Saturday in the Park reserves the right to take and store your items. Saturday in the Park also reserves the right to use discretion in the removal of items that diminish other festival guests' enjoyment of the event.

11. NO OUTSIDE FOOD OR MER-CHANDISE VENDORS.

12. NO SOLICITING. ADVERTIS-ING. OR DISTRIBUTION OF FLYERS. BUSINESS CARDS. ETC., WITHOUT PRIOR APPROVAL OF FESTIVAL. **GRANDVIEW PARK IS RENTED TO** SATURDAY IN THE PARK, INC. FOR THE DAYS OF THE FESTIVAL AND THEREFORE ANY DISTRIBUTION OF MATERIALS, SOLICITING, OR AD-VERTISING INCLUDING PETITION-ING IS SOLELY AT DISCRETION OF FESTIVAL MANAGEMENT.

13. Must be 21 to purchase beer tickets and consume beer. Thanks for understanding,

Steve Kohl, SITP Legal Eagle

Imagine the Soundtrack to Your Life

The music you hear becomes a part of you, whether you're humming, singing or tapping along. We applaud the talented performers who contribute to the soundtracks of our lives.

The Holzrichter Morrison Group

712-234-4000.877-792-3233 hmgadvisors.com | HolzrichterMorrisonGroup@rwbaird.com



Private Wealth Management

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Main Stage Showtimes



FRIDAY 5:00 p.m. National Anthem with Phil Claevs 5:15 p.m. TBD 5:45 p.m. GhostCat 7:00 p.m. WizTheMc 8:45 p.m. AJR

SATURDAY **2 p.m.** National Anthem with Phil Claevs 2:05 p.m. Ultra Violet Fever 3:00 p.m. CTA 5 p.m. Valerie June 6:30 p.m. Trombone Shorty 9 p.m. John Fogerty



GhostCat

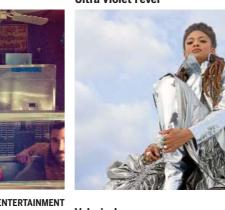
Ultra Violet Fever



WILLIAM MORRIS ENDEAVOR ENTERTAINMENT



WizTheMc





PROVIDED

PROVIDED



JIM LEE, THE WEEKENDER

Trombone Shorty

THE DRIFTERS **CORNELL GUNTER'S** COASTER THE PLATTERS



NOVEMBER 18TH **7:30PM**

ORPHEUMLIVE.COM | 712-279-4850 TYSON EVENTS CENTER BOX OFFICE, SIOUX CITY, IA

Abe Stage Lineup

FRIDAY, JULY 2

DANE LOUIS - 5 P.M.

Kicking off the evening on the Abe Stage, Dane Louis is a country singer/ songwriter from Sioux City. Louis, whose musical influences include John Mellencamp and Eric Church, describes his music as grittier than what is heard on the radio now. His first studio album release was "Lone Pine" in 2019, and this year he released his EP "Heartaches and Harlots."

ELEKTRIC ANIMALS - 6 P.M.

Elektric Animals is an alternative rock band from Denver. Their sound is a tasteful mix of '90s garage rock, classic blues, smooth alternative indie rock and a sprinkling of post-grunge. They burst onto the Denver scene in early 2018 with the singles "Obsessive" and "Cool Calm Collected."

HEATBOX - 7:20 P.M.

Heatbox, aka the One Man Entertainment System, is a Minneapolis-based funky beatboxing loop artist, video game host, voice-over actor, and computer programmer. He has performed with or in front of many of the world's biggest musical acts, and wowed crowds on some of the biggest stages and talent shows.

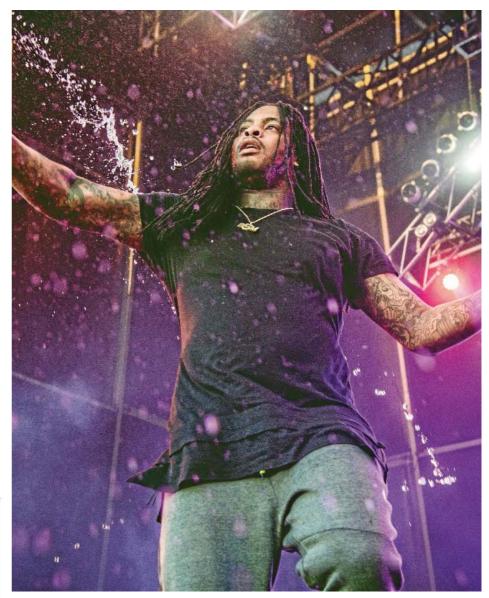
FACE TO FACE - 9 P.M. (FRIDAY HEADLINER)

Headlining Friday night, Face to Face is a punk rock band from Southern California, formed in 1991 by guitarist Trevor Keith, bassist Matt Riddle and drummer Rob Kurth. The band rose to fame in 1995 with their second studio album, "Big Choice," which included the radio hit "Disconnected." In 2004, Face to Face officially split to allow time for the members to focus on other projects. In 2008, after a four-year hiatus, Face to Face performed together in Pomona, California. Since then, the band has continued to perform together, and they have released four more studio albums.

RICHIE DAGGERS - 10:15 P.M. Richie Daggers is a DJ from Des Moines who got started in 2001. He is known for

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AMY HARRIS, INVISION/AP Waka Flocka Flame performs at the Okeechobee Music and Arts Festival in 2017 in Okeechobee, Fla.



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high-energy shows and a diverse arrangement of musical tastes. Daggers has done shows on the big stage with acts like Snoop Dogg and Ghostface Killah, as well as underground venues with punk rock acts such as Millions of Dead Cops. Daggers' approach to the art of the DJ takes influences from the DIY roots of punk rock to the fanciest of champagne in the club.

SATURDAY, JULY 3

SIOUX CITY CONSERVATORY OF MUSIC - 2 P.M.

The Sioux City Conservatory of Music is a nonprofit music center in Sioux City whose primary focus is to inspire those with a desire to study music and its essence. The conservatory provides music theory classes as well as vocal, guitar, percussion, brass, woodwind, piano and songwriting classes. Instructors study the history of every genre of music and encourage students to be bold in their music, to write their own songs and to play hard.

MR. BOMB - 3 P.M.

Mr. Bomb is a hip-hop artist from Omaha. He is an independent artist looking to connect through his love of music. He released an album earlier this year called "Don't Try" and has since been promoting songs from that album.

GLUE - 4:15 P.M.

Glue is a local alternative rock band from Sioux City.

PSYCHEDELIC SIDEKICK - 5:15 **P.M.**

Psychedelic Sidekick is a rapper, singer and songwriter based out of Sioux City. PSK released his debut EP, "Jays In My Ashtray," in the early fall of 2018 and remains an independent artist with roots in the tri-state area.

D.A.D - 6:15 P.M.

D.A.D. is a hip-hop duo from Sioux City. Jason Reinert, aka Eboli, and Mark Koenigs, aka Protige, are two rappers turned dads who started in 2016 and have released two studio albums. The duo has been prominent in the local hiphop scene.

YUNG GRAVY - 7:45 P.M.

Matthew Raymond Hauri, known professionally as Yung Gravy, is a rapper, singer, songwriter, producer and entrepreneur from Rochester, Minnesota. He first gained recognition in 2017, when two of his singles gained traction on SoundCloud. Both have since been

DETAILS

ABE STAGE BANDS & TIMES

FRIDAY

• **5:00** - **5:40**: Dane Louis (Sioux City, IA) Country

• 6:00 – 6:50: Elektric Animals (Denver, CO) Alternative Rock

• 7:20 - 8:20: Heatbox (Minneapolis, MN) Funk/Beatbox *Support

• 9:00 – 10:00: Face to Face (Victorville, CA) SoCal Punk Rock *Headliner

• 10:15 – 11:00: Richie Daggers (Des Moines, IA) EDM

Saturday:

• 2:00 – 2:40: Sioux City Conservatory of Music
• 3:00 – 3:40: Mr. Bomb (Omaha, NE) Hip Hop
• 4:15 – 5:00: Glue (Sioux City, IA) Alternative

• **5:15 – 6:00:** Psychedelic Sidekick (Sioux City, IA) Hip Hop

6:15 – 7:15: DAD (Sioux City, IA) Hip Hop
 7:45 – 8:30: Yung Gravy (Rochester.

MN) Hip Hop *Support

• 9:00 – 10:00: Waka Flocka Flame (New

York, NY) Hip Hop *Headliner • 10:15- 11:00: Kill OG (Des Moines, IA)

EDM

certified platinum by the RIAA. Since then, he has completed seven international tours, and has released one mixtape, three albums and seven EPs.

WAKA FLOCKA FLAME - 9 P.M. (SATURDAY HEADLINER)

Headlining Saturday night, Juaquin James Malphurs, known professionally as Waka Flocka Flame, was one of the biggest breakout rappers of the late 2000s and early 2010s. The Atlanta-based artist cracked the top 20 of the Billboard R&B/Hip-Hop songs chart with the 2009 single "O Let's Do It." That hit led to his debut studio album, "Flockaveli," in 2010, which cracked the top 10 of the album charts. After collaborating with Gucci Mane on the 2011 album "Ferrari Boyz," Waka Flocka followed that up with his second top ten LP, "Triple F Life: Friends, Fans and Family," in 2012. Since then, Waka Flocka Flame had released a number of mixtapes and has stylistically shifted to EDM.

KILL OG - 10:15 P.M. Kill OG is an EDM artist from Des Moines.



Saturday in the Park

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Morningside Branch 4201 S. Lakeport | (712) 276-3135

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People walk through arts ally during Saturday in the Park at Grandview Park Saturday, July 6, 2013.

What kind of items can you find in Arts Alley? Here's a list.

AZAPAZA - SIOUX CITY, IA

Azapaza is a small grassroots operation, born in Montreal, Canada, in 1999, and now based out of Sioux City. We are a family of musicians and artists highly involved in our local community. Much of our "gear" is imported from India. Our merchandise has finally found a home among the eclectic group of treasures at Mama Moon Raye's (1302 Pierce St., Sioux City)! Go check it out!

BECKY'S JEWELRY BOUTIQUE, MANKATO, MN

Becky's Jewelry Boutique offers a wide variety of beautiful jewelry, including hand-wrapped pendants with natural crystals & stones, rings, bracelets, earrings and hair accessories. Becky also makes suncatchers, Chakra dream catchers and more. Come see what's new this year!

BIO CHI INSTITUTE/ MIND & BODY CONNECTION - SIOUX CITY, IA

BCI Institute students are back again this year to offer relaxing chair massages. Enjoy a chair massage in the shade or try Ashiatsu Bars on one of the tables. This is a great way to reduce stress & make the best of your day.



LAURA WEHDE

Thousands gathered for the 22nd annual Saturday in the Park, July 7, 2012, at Grandview Park. Festival goers take time out from the music to get a massage or view arts and crafts in Arts Alley.

Massages start at \$5.00.

CHRISTY'S CRYSTALS - MANKATO, MN

Come get your magic on with Christy's Crystals. Crystals, stones, healing items and other shiny amazing things. Find what you need to raise your vibration and create positive vibes and

energy.

COSMIC DYES -LINWOOD, KS

We have been selling high quality hand-dyed clothing for children and adults for over 30 years. Come on by and see us!

PLEASE SEE ARTS, PAGE 18

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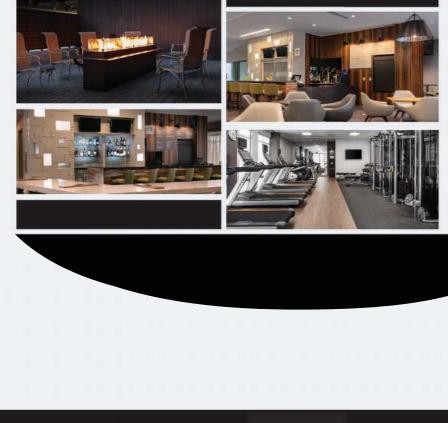








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JUSTIN WAN PHOTOS, SIOUX CITY JOURNAL A view of the Saturday in the Park at Grandview Park in Sioux City, Iowa in 2019.

Arts

FROM 16

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HELLO MADAME -SIOUX CITY. IA

I sell many items made by hand, such as jewelry, shoes, dolls, bracelets, adult and kids dresses, etc.

IEWELRY IUNKIES -SIOUX CITY. IA

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are necklaces, bracelets, anklets, and most are adjustable. You will not be disappointed.

IOSINA SUPPLIES LLC - WEST DES **MOINES, IA**

We have unique items made from wood, soapstone and Banana fiber. These one-of-a-kind African souvenirs will make great gifts for you or your loved ones.

LIVE LAUGH AND **SHOP - SIOUX** CENTER. IA

Live Laugh and Shop will everything in between, I've be selling some unique and one-of-a-kind merchandise at the festival.

ON THE ROCKS -**INDEPENDENCE, LA**

SSC native crystal jewelry designer specializing in healing stone crystal jewelry. Hand-crafted wire and electroformed wearable art. with one-ofa-kind healing crystals. Made with love and Reiki infused to enhance your energy with the universal life force energy. Much love and peace!

PEACE MAKER IEWELRY & HILLBILLY ROCK SHOP - SIOUX CITY

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JUSTIN WAN PHOTOS, THE WEEKENDER ABOVE: Snow tha Product got the audience going in the Abe Stage in this 2019 Journal file photo.

LEFT: George Thorogood and the Destroyers performs during 2019's Saturday in the Park at Grandview Park.





JUSTIN WAN PHOTOS, SIOUX CITY JOURNAL Flo Rida performed at 2019's Saturday in the Park at Grandview Park.



crowd gathers as Flo Rida performs during Saturday in the Park in 2019.

Marque Snow of Omaha dances during 2018's Saturday in the Park in Sioux City.



"Music is the literature of the heart; it commences where speech ends." - Alphonse de Lamartine

Sioux City Journal

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JUSTIN WAN, SIOUX CITY JOURNAL Fareedah Aleem of Arrested Development performs during 2018's Saturday in the Park in Sioux City.

Supernova performs at the Abe Stage at Saturday in the Park at **Grandview Park** in Sioux City in 2016. JUSTIN WAN, SIOUX **CITY JOURNAL**





Prof performs on the Abe Stage during Saturday in the Park in Sioux City's Grandview Park in 2017.



A crowd grows at 2018's Saturday in the Park.

Bernstein

FROM 5

vou are vaccinated or not, want to wear a mask or not, like rock or rap, blues or hip hop, men or women, turkey legs or pizza, we just ask that you respect everyone at Saturday in the Park in the same way you would want

to be respected. A simple ask we know, and one that is obvious and not a problem for loyal SITP attendees for sure without question!

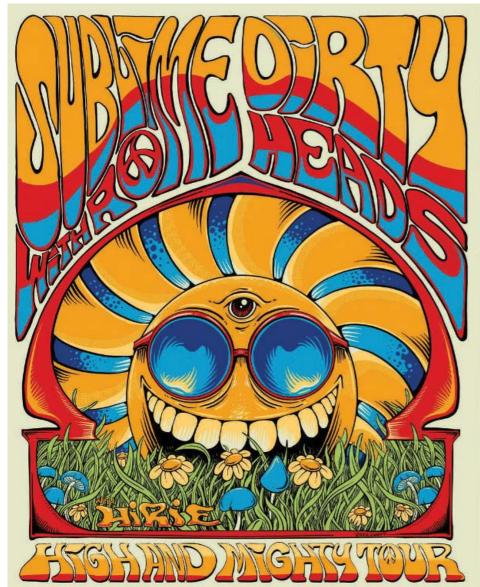
In closing personally I'd like to just say thank you...thanks for sticking with us through so much and for showing up every year. Thank you to the committee for giving this 1000% every year and no matter how hard it

gets always looking back the day after with pride and laughter. Thank you to Dee and George, for pouring so much into this day in and out. Thank you to all my friends and family, who deal with a lot of emotions and short fuses from me around this time of year, for the last few decades. And thank you to you all for your respect and tolerance this year as we forge new ground.

When Adam, Tom and I sat around dreaming this thing up decades ago we never imagined the present festival as it exists. That being said I can't think of a more fitting way to bring us out of COVID than SITP, and to that point I must say it's an honor, and also great responsibility to be entrusted to be able to produce an event that I hope has the collective impact that I

believe this year's festival will have.

We are beyond ready to get back out there and gather and enjoy great live music. I can't wait to see you on July 2 and 3. and as pumped as you are to be there, I promise you I will be more pumped that we could welcome you all back to Grandview Park! See you soon. DB



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Sir Mix-a-Lot performs on the Abe Stage at Saturday in the Park in 2016.



JUSTIN WAN, THE WEEKENDER



JIM LEE, SIOUX CITY JOURNAL ABOVE: The Revivalists performed during 2017's Saturday in the Park at Grandview Park in Sioux City.

R

LEFT: Lincoln statue



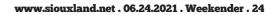
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Trombone Shorty revels in the 'gumbo' that is the **New Orleans music scene**

EARL HORLYK

ehorlyk@siouxcityjournal.com roy Andrews was five minutes late for his phone interview because he had to help his mom get shopping bags from the car.

"You see, my mom's been living with me for a while," he said as the ping of an opened door was was born into a family business heard in the background. "In fact, this has been the longest stretch I've been home in New Orleans since I graduated from high school and before I went on tour with Lenny Kravitz's band."

You see. Andrews is better known as Trombone Shorty, a Crescent City-based performer who will be going on right before headliner John Fogerty on July 3 at the Main Stage for Saturday in the Park (SITP).

He is already an SITP veteran,

having performed at the event with Orleans Avenue back in 2017.

To be fair. Andrews can also be considered a veteran musician since he's been making music in the Big Easy for nearly 30 of his 35 years.

Some might say that Andrews when he took up his signature trombone. This is because his older brother James is a wellknown bandleader and any number of honorary uncles, aunts and cousins were in the music business.

Even his mom would be plaving the music of Aretha Franklin. Rav Charles and Prince all the time.

"When you live in New Orleans, music is a part of who you are," Andrews said.

This was especially for

Andrews, who grew up in Treme, which is widely considered to be Ground Zero for New Orleans' African-American street music culture.

"I was always that little kid who would be playing music and dancing, pretending I was much older, during all of the second line (street) parades," he said.

Apparently, Andrews was hard to miss. His talent and insatiable interest in jazz history set him apart.

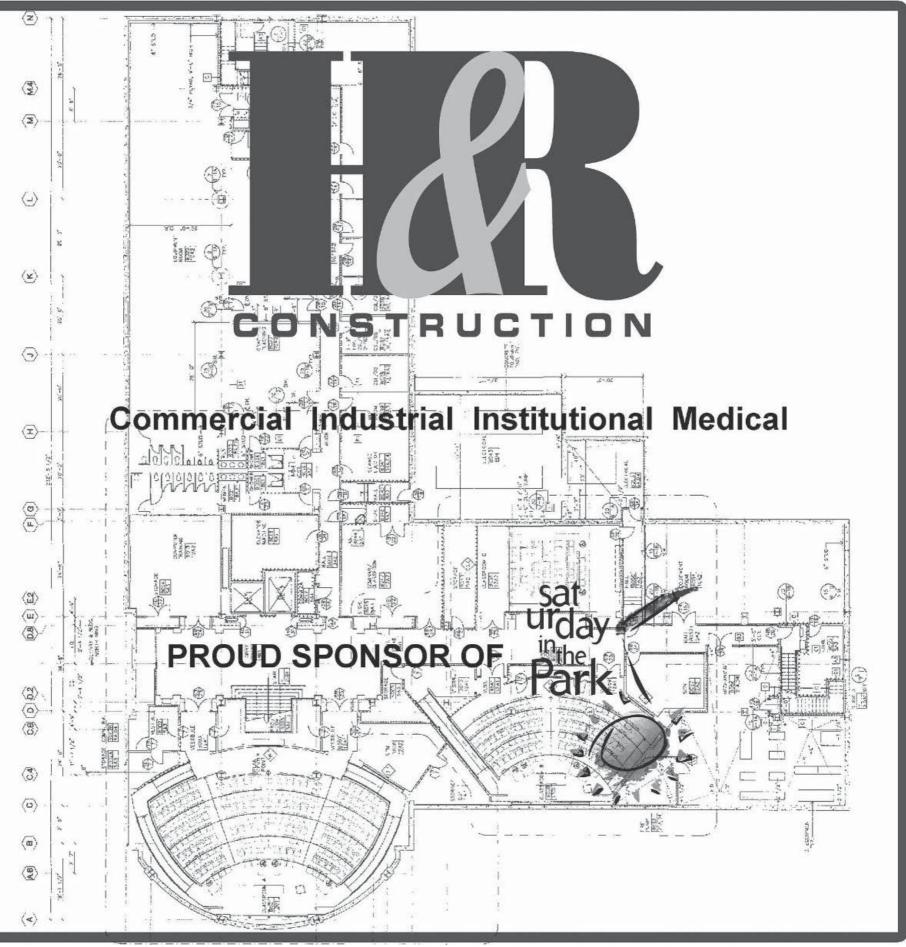
It also allowed him the opportunity to study at the New Orleans Center for Creative Arts (NOC-CA), a prestigious arts high school whose alumni include everybody from Jon Batiste to Harry Connick Ir. as well as at least four members of the musical Marsalis family.

PLEASE SEE TROMBONE, PAGE 28



PROVIDED

Trombone Shorty EMILY BUTLER





Trombone Shorty



Trombone

FROM 26

"At NOCCA, it felt like I was living a parallel life," Andrews explained. "My jazz classmates couldn't understand why I like rock and rap. My friends from the neighborhood couldn't understand why I was getting bogged down into all of this technical stuff.

"I knew people who rely only on natural ability can only go so far," he said. "You need to have that technical training to take you to the next level."

However, too much technique isn't good either.

"I remember my first school concert and the audience was just listening and not on their feet," Andrews said. "It was weird."

Yet it was this versatility that allowed him to subsequently play with everybody from Prince to Dierks Bentley. Andrews has even branched into children's literature. He is the author of "Trombone Shorty" (2015) as well as "The 5 O'Clock Band" (2018), with illustrations by Bryan Collier.

Despite that, his heart remains with the music of New Orleans.

"There is no one sound for New Orleans music," Andrews said. "It takes from a little of this and little of that. Taken all together, it becomes a big pot of gumbo."

Still, he can't wait to get back on the road.

"I love New Orleans but I miss that spiritual connection a musician makes with an audience when he plays a live set," Andrews said. "I miss that energy and I miss the smiles."

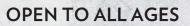
Andrews let out a chuck-le.

"If it was possible for me to play music 365 days out of the year, well, I'd be playing music 365 days out of the year."

PROVIDED body from Bentley.



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Inspired by a wide variety of artists, WizTheMc is taking hip-hop to a new level

EARL HORLYK

ehorlyk@siouxcityjournal.com It wasn't that long ago when WizTheMc would freestyle rap in the shower before heading off to high school.

A Cape Town, South Africa, native who was raised in Germany before moving to Toronto, Canada, the now-22-year-old literally learned how to rap by watching YouTube tutorials.

"I love music," Wiz explained. "For a short time, I'd picture myself being a director, shooting music videos for other people. Then, I couldn't picture anybody else in the videos other than myself."

Indeed, it became Wiz's mission to make it in the music business.

"There was never a Plan B," he said with confidence.

With hit singles like "The One," "For a Minute" and "All My Friends Are Stoned," Wiz is clearly on his way.

In fact, he'll be on the Grandview Park Bandshell Main Stage at Saturday in the Park on July 2, opening for headliners AJR.

But Wiz's rap is different than other hiphop artists.

Inspired by artists as diverse as The Beatles and Queen, his sound is decidedly old school and new school at the same time.

"If you had to define my sound, it would be sort of a new school Red Hot Chili Peppers," Wiz explained. "Like their music, my songs have a melody, plus I'm singing while I'm rapping."

He said his sound continues to evolve.

"The rap that I first got into was super masculine," Wiz said. "Now, I feel comfortable enough to write powerful songs about love and heartbreak while staying authentic."

Taken even further, he said music allows him to create a whole new world with a sound that is infectious as it is accessible.

However, Wiz's world is currently a bit chaotic.

In Los Angeles for the first time in his life, Wiz said his days revolve around rehearsals and networking with music industry professionals.

"That's a bit different," Wiz admitted. "I'm not quite anonymous anymore and can't hang out with my friends. It is pretty much music all the time right now."

When he does have free time, Wiz is keeping fit by playing basketball or doing



PROVIDED Born in South Africa, raised in Germany and now based in Canada, WizTheMc is bringing a new voice to the world of hip-hop. He'll be on Saturday in the Park's Main Stage on July 2.

"I'm not a workaholic but I can't always dial things back. I've been working so hard towards my dream, I need to keep moving forward."

WIZTHEMC

some sparring in a boxing ring.

This experience is also putting him in a reflective frame of mind.

"I mentioned that I loved burgers in an interview a while back," Wiz recalled. "A friend told me that I shouldn't mention stuff like that because she said burgers weren't great for the environment.

"You just have to be mindful of what you put in your body," Wiz said. "That really got me thinking."

And what are other people thinking about WizTheMc? They're thinking he's someone who is ready to break out of the pack.

Which is fine by him.

"I'm not a workaholic but I can't always dial things back," Wiz said. "I've been working so hard towards my dream, I need to keep moving forward."

That includes going back to live performing.

"This is something I missed a lot during the pandemic," Wiz said. "I want to change people's perception of what rap is."

Plus he can't wait to perform at SITP. "I think I'll be checking the other acts on

"I think I'll be checking the other acts on the bill and have a blast," Wiz said. "I'm really looking forward to it."

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Indie pop trio AJR will be the headliner for the first day of the 30th annual Saturday in the Park on July 2.

WILLIAM MORRIS ENDEAVOR ENTERTAINMENT

Meet the Mets!

Eight fun facts every AJR fanatic needs to know

EARL HORLYK

ehorlyk@siouxcityjournal.com No, they're not called ATM, ATV or even the AMA.

AJR – the pop music group made up of brothers Adam, Jack and Rvan Met - is an acronym that never sounds right when you say it or when you type it.

However, the band has been topping the charts for the past few years.

With four best-selling albums under their belts, AJR is known for

such hit singles as "I'm Ready" and "Burning Down the House." The recently released single "Bang!" is AJR's highest charting song, peaking at No. 8 on Billboard's Hot 100 in Ianuary. More significantly, the New York-based brother band will be the headlining act on July 2 for the Main Stage at Saturday in the Park (SITP).

So, as a way to sound smarter than you are, here are facts that every AJR fanatic - or AJR fanatic wannabe - should known about the group.

WHICH ONE IS WHICH? Adam is the eldest Met. He sings and plays bass guitar and percussion.

Jack sings lead, and plays guitar, melodica, drums, keyboards and, when necessary, cowbell.

Ryan sings and plays keyboards as well as the ukulele.

THE BROTHERS ARE **BRAINIACS**

With a degree in philosophy and business. Adam Met is a Ph.D AIR ARE SAVVY WITH candidate at the University of Birmingham in England, Rvan and Jack went to Columbia University.

All three attended the Professional Children's School in Manhattan and their parents are both architects.

HEY, DIDN'T I SEE YOU **GUYS IN CENTRAL PARK?** The brothers began busking

around Central Park and Washington Square Park in 2006.

BROS WHO PLAY TOGETHER, STAY

TOGETHER Ryan and Jack Met still live together. They share a Bouvier dog named Shay.

SOCIAL MEDIA

How do you get noticed by movers and shakers? Share a tweet with them. Ryan Met tweeted a link to AJR's "I'm Ready" to 80 celebrities. Australian singer Sia took notice and told her manager, and he is now the co-manager of AJR.

LIVING ROOM/ **RECORDING STUDIO**

Originally, AJR wrote, produced and mixed their own material in the living room of their Chelsea apartment in Manhattan.

WHO ARE YOUR INSPIRATIONS?

AJR cite The Beach Boys, Simon & Garfunkel and Imagine Dragons as inspiring their sound.

UNIQUE COLLABORATORS

AIR collaborated with Rivers Cuomo (Weezer) on their single "Sober Up." That's cool. On their single "Ordinaryish People," they collaborated with Blue Man Group. Which is weird. We've never heard Blue Man Group talk, let alone sing!





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We try to think of everything to make your SITP experience the best. One of the ways we do this is to offer you a hassle-free way to attend without dealing with the frustration of finding a parking spot within a square mile of the beautiful Grandview Park.

Feel spoiled by being chauffeured to the event by a nice driver in a very nice Sioux City bus as you and yours are comfortably swaying back and forth in the bus singing "The Wheels on the Bus" in eightpart harmony.

Park at the Tyson Events Center, 401 Gordon Drive, and get picked up at the fountain area. You can even get a ride back after having more fun than any of us deserves to have.

Shuttle buses will begin at 4 p.m. Friday and 1:30 p.m. Saturday. They will run throughout the day and evening until the festival ends. MASKS MUST BE WORN ON THE SHUTTLE PER FEDERAL REGULATIONS. Seating capacity is limited and we ask for your cooperation and patience as waiting

times may be longer. Shuttle costs each way are: Adult Cash Fare \$1.80, Senior Citizen/Medicare Cardholder/Disability Cash Fare \$.90, Youth Cash Fare \$1.55 and Children under 5 Free (accompanied by an adult).

Have fun, ride the bus, be safe, be thankful and may peace be on your journey.

Phyl Claeys, The Keeper of the Gates SITP

It's easy being green at SITP

While your neighbor one blanket over may seem a little trashy, that is still no **excuse** to throw your garbage in their direction. Take the time to dispose of it properly. Help out the small army of volunteers who clean the park after the festival by throwing your trash away in the appropriate recycling and garbage bins throughout the park. You won't have any trouble finding them as there are about **350** containers that can be found around the park. Thank you for your earthly consideration.

Refill your water bottle at SITP

The Hard Rock Hotel & Casino's Saturday in the Park festival will this year feature water bottle refilling stations.

The stations will eliminate plastic bottle waste, and encourage hydration, giving patrons a healthy, environmentally friendly way to enjoy this year's festival. Eventgoers are invited to bring their own water bottles to the park.

Cash for the day section

If you were silly enough to forget your wad o' cash at home, then the ATMs will surely quell your worries of having to leave the park (say sayonara to your parking spot). Machines will be located in the Merchandise tent and in the Abe Stage area, so don't think for a second that we don't have you covered.

Of course we recommend you bring cash to the event, but then we couldn't collect the convenience fee. We're trying to keep you prepared – especially since an ATM will be located next to the Merchandise tent. Plus, you never know what you may find from the vendors in Arts Alley!

Beer Breakdown

Grab a cold one and enjoy the SITP Festival in style. Here's what you need to know about the beer this year.

No BYOB. Please respect that this is a free festival made possible in part by the beer sales. No alcoholic beverages are allowed to be brought into the park. Supporting the sales provides a lineup like we have this year!

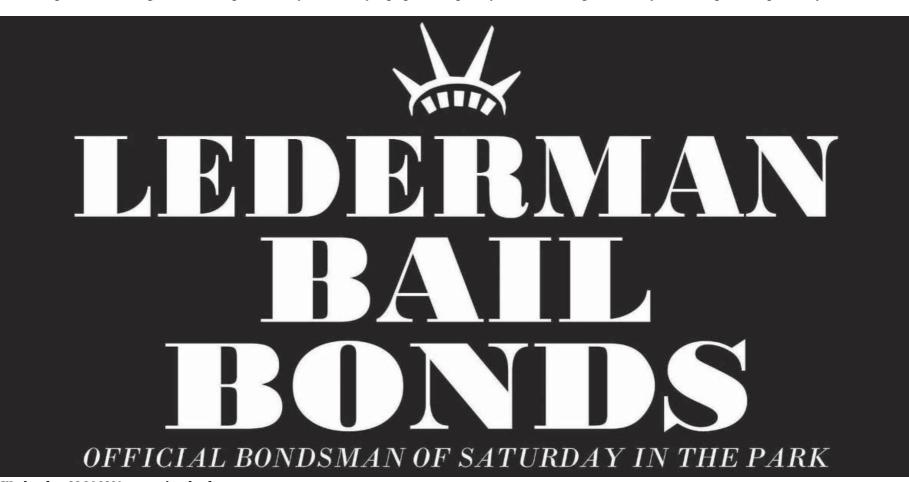
The price is right. Buy 5 tickets for \$25. Individual tickets cost \$6.

What's brewing. We will have a beer to suit almost every taste profile for your enjoyment. It isn't often that a festival offers a selection of over a dozen brands and styles from high-end and craft choices to the most popular domestic brews. All beers will be sold as packaged beers (cans). Brands available will be Budweiser, Bud Light, Busch Light, Michelob Ultra, Bud Light Seltzer Mango, Bud Light Seltzer Black Cherry, Goose Lemon Shandy, Goose IPA, Golden Road Mango Cart. Ready to drink Liquor - (Cutwater) Tequila Margarita 13% ABV, Tequila Mango Margarita 13% ABV, Vodka Soda Lime 5% ABV, Vodka Mule 7% ABV, Rum & Cola 7% ABV. Local offerings will also be available from Sioux City's local brew pubs.

Make sure you had at least 21 birthdays. Why is that? Because only then will you be able to drink all those adult beverages. No exceptions, you must be 21!

New this year. The park will be totally fenced in with three entrances, so there will not be fenced-in Beer Gardens. Beer will be able to be consumed throughout the park (excluding the Kid's Zone and the family friendly area). There will be four beer stations available to purchase adult beverages. These beverage stations will be named for their location, Earle's (main trailer near water tower), Abe's (near Abe Stage), Bob's (north side of bandshell) and Pete's (south side of bandshell).

Don't want to leave your spot? Beer Hawkers will be weaving in and out of the crowd to bring you a beverage. **NOTE:** the Hawkers will be trading in cash only, so keep currency available.



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OMA



Legendary rocker John Fogerty will be the headliner at Saturday in the Park on July 3. The iconic musician recently released "Fogerty's Factory," a CD of classic covers he made with two of his sons and a daughter as fellow musicians.

Lessons from a 'Fortunate Son' JOHN FOGERTY ON BEING A ROCK AND ROLL REBEL AT AGE 76

EARL HORLYK

ehorlyk@siouxcityjournal.com When the COVID-19 pandemic hit in 2020, rock legend John Fogerty was in the midst of a "John Fogerty: My 50 Year Trip" concert tour.

As concert venues closed down around the world, the 76-year-old Rock and Roll Hall of Fame inductee was forced to end the tour that commemorated the golden anniversary of the breakout year for Creedence Clearwater Revival (CCR).

In 1969, CCR – which Fogerty helped to found – appeared at Woodstock while releasing such seminal "swamp rock" hits as "Bad Moon Rising," "Born on the Bayou" and "Proud Mary."

Fogerty left CCR just two years later in order to begin a successful solo career.

With the coronavirus now on the wane, Fogerty is finally ready to hit the road again, and Saturday in the Park (SITP) will be among his first post-COVID gigs.

"I'm not comfortable in a football stadium yet, but the (Grandview Park) Bandshell will be perfect," he said a few weeks prior to his date as the SITP July 3rd headliner. "I'm really looking forward to it."

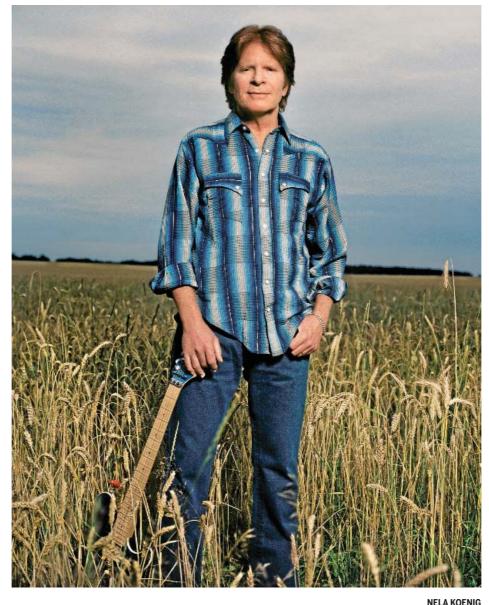
BORN ON A BAYOU ... BY WAY OF EL CERRITO, CALIFORNIA After all, Fogerty has been a rock and

roller since junior high school.

"I started playing in bands in junior high as well as in high school," he said. "Like everybody else in the early 1960s, I was influenced by guys like Little Richard, Bo Diddley and Jerry Lee Lewis, who were the forefathers of rock and roll."

Eventually, Fogerty formed a band called the Blue Velvets, which subsequently became the Golliwogs.

Drafted into military service during the Vietnam War in 1966, he began a two-year stint with the United States Army Service.



Legendary rocker John Fogerty will be the headliner on the second night of Saturday in the Park on July 3.

Following his service, Fogerty rejoined the Golliwogs, which would soon be renamed Creedence Clearwater Revival.

"I've always had a theory that bands begin by emulating the musicians they admire," he explained. "Just like me, (The Beatles') John Lennon and Paul McCartney were influenced by people like Little Richard. As they became more established, they began writing innocent songs like 'I Wanna Hold Your Hand' before writing edgier, confident material.

"I matured a lot and grew confident in my songwriting after I was discharged from the service," Fogerty said. "That was when I hit a creative peak by writing 'Born on the Bayou' and 'Proud Mary!"

Which reminds us: how could a guy who was born in Berkeley, California, and raised in El Cerrito, California, write such southern roots-y soul classics?

"Don't know? Maybe I was feeling swampy at the time," Fogerty said with a chuckle.

FINALLY BACK IN 'CENTERFIELD'

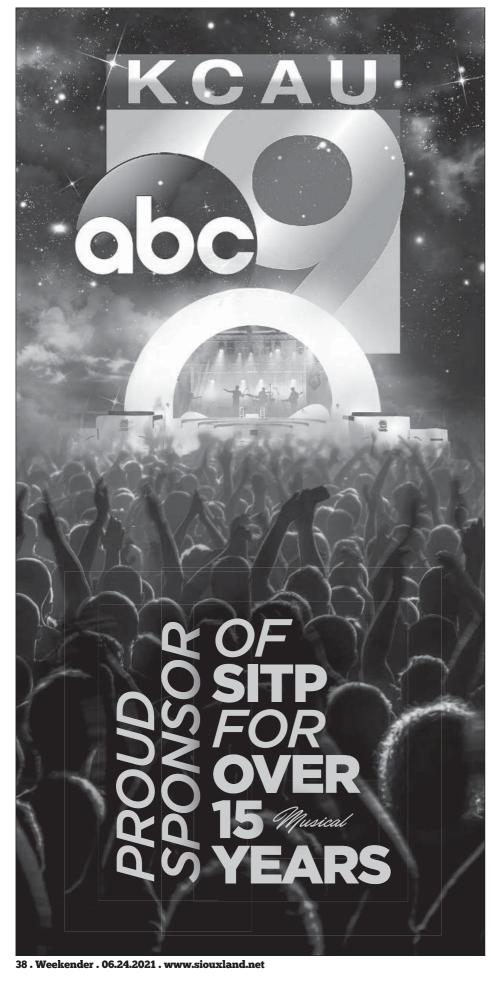
After leaving CCR, Fogerty struggled to find his way as a solo artist. With his foot squarely in the genre of roots rock and blue-eyed soul, he saw the music world turn to a dance music known as disco.

"I'm not a fan of disco," he said in no uncertain terms. "I wasn't upset when it died."

Fogerty's fortunes changed with his 1985 album "Centerfield," which yielded a bestselling title track in addition to "The Old Man Down the Road," another top ten hit.

By then, Fogerty's musical acumen – as well as his fashion sense – began to inspire a younger generation of rockers.

PLEASE SEE FOGERTY, PAGE 38



Fogerty

FROM 37

"I didn't know it at the time but (Nirvana's) Kurt Cobain was a fan of mine," Fogerty said. "My wardrobe of plaid, flannel shirts was about as un-rock-star-like as you can get. When Cobain came out in similar clothes, he was influenced by me."

Performers were also drawn to his lyrics, which have always been poignant and raw.

Just as raw was Fogerty's 2015 autobiography, "Fortunate Son," which was hard on former cohorts, record labels and, especially, himself.

"When you write songs or a book, don't be afraid to show your scars," he said. "Don't hide it by bandaging it up. Those scars come from life."

Indeed, performing has allowed Fogerty to showcase his life spent, scars and all.

That is, until COVID-19 hit and the music stopped for a while.

A PERFECT, PANDEMIC-INSPIRED PROJECT

During lockdown, Fogerty's wife suggested that he do classic cover songs for an album that would be called "Fogerty's Factory," a nod toward CCR's 1970 classic "Cosmo's Factory."

Further more, Julie Fogerty wanted the album to be recorded at the couple's home, and use sons Shane and Tyler as well as daughter Kelsy as fellow musicians. "In the back of my mind, I was wondering if we could pull it off," Fogerty said. "The kids sounded great and I'm pleased with the result."

To be fair, it's hard to go wrong with an album full of iconic, Fogerty-penned tunes like "Down on the Corner," "Have You Ever Seen the Rain" and "Long As I Can See the Light," right?

"There's a part of me who wonders, am I a good songwriter or did I get lucky?" he said "Songwriting is a process and a lot of my first ideas weren't good ideas. I just kept working and reworking on songs until I got it to where I wanted it to be.

"On the other hand, some songwriters can write a hit song in 15 minutes," Fogerty noted. "Who's a better songwriter: them or me?"

It's surprising for an artist of Fogerty's caliber to express self-doubt. But music still matters to him.

Plus he's in no hurry to retire.

"I'll retire when I can't perform the way I want to perform," Fogerty said. "This time hasn't come yet."

With the release of "Fogerty's Factory" last year, he now has 10 solo albums to his credit. And he's considering going back into the recording studio again.

"It used to be a sign of rebellion for a young person to make a rock and roll record," Fogerty said. "I'm beginning to rethink that. It's not hard for a 26-yearold to release an album. When you're a 76-year-old who is releasing an album? Now, that's being a rebel."



EVAN AGOSTINI, INVISION/AP Musician John Fogerty performs at the Woodstock 50 lineup announcement in 2019 at Electric Lady Studios in New York.





GhostCat

SKYLER JACKSON

sjackson@siouxcityjournal.com GhostCat has come a long way since they formed nearly eight years ago, going from small, local gigs, to performing on the Main Stage at Saturday in the Park.

After playing the Abe Stage twice before, the band will be making its Main Stage debut.

On Friday, July 2, they will open at 5 p.m., followed by hip-hop artist WizTheMc, with the Main Stage headliner, indie-pop trio AJR, closing for the night. GhostCat, fronted by vocalist and guitarist Alex Erwin, has continued to gain a local following over the years as they play bigger live shows.

On June 11, they played their biggest one yet at the Sioux City Hard Rock Hotel & Casino, opening for the alt-rock band Everclear in front of a sold-out crowd.

But Saturday in the Park will be a step above that as far as excitement for the band.

"Most of us growing up here or around here know how huge Saturday in the Park has always been," Erwin said. "And its tradition, how many people turn out, and the legends that have been on that main stage."

And after a year of limited live shows and having to focus more on songwriting, being able to perform in front of full audiences again has to add to the excite ment.

"We definitely focused more on songwriting since shows were kind of limited," Erwin said.

"We've been wanting this for a

long time," he added. "And when we found out, we were pretty excited."

GhostCat released their first studio album, "Useless Fairy-Tales," in 2014, and have since released two more studio albums, two demos and the 2019 single "Lasers." The band currently consists of bassist Cody Garwood; his twin brother, keyboardist Josh Garwood; guitarist Josh Lee; drummer Steve Skog; and Erwin.

Their music is described as

alternative/indie rock, but they are not limited to one sound. Erwin has said in the past that the band has a lot of varied sounds.

Some bands that have influenced Erwin in his songwriting have been the Beatles, Radiohead and the Strokes. He said that he likes alternative and indie rock because of how simple and relatable it is.

"I try to write things for myself that I'll enjoy but also that people will feel connected to and enjoy easily," Erwin said.

"When you're young especially, you're trying to figure out who you are and you want to do," he added.

Before forming GhostCat, Erwin started playing music in eighth grade and has been in numerous bands throughout high school and in college at Iowa State.

"I'm proud of GhostCat and where we are," Erwin said. "Of all the projects I've been involved with, this is definitely my favorite."

Erwin has been thankful for the journey he and GhostCat has been on thus far and is excited for the band to keep growing and making music together.

After Saturday in the Park, what's next for GhostCat? Erwin said that the band is writing and recording new material and they will continue to play big live shows.

"Just really try to hone in on the energy and momentum we've created and not slow down," he said.



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RAPID TRANSIT

Veteran drummer Seraphine brings CTA to SITP

EARL HORLYK

ehorlyk@siouxcityjoranl.com For the first time in 30 years, it is likely that Saturday in the Park (SITP) concertgoers will actually hear "Saturday in the Park," played by one of the song's originators.

That's because Danny Seraphine, one of the co-founders of the pioneering jazz-rock band Chicago, will be on Grandview Park's Main Stage on July 3.

The veteran drummer – and actual Chicago native – will be joined by California Transit Authority (CTA), a band he's helmed since 2006.

"Audiences know me best from Chicago," said Seraphine, a 23-year member of the Rock and Roll Hall of Fame-inducted group. "They'd be disappointed if I didn't play Chicago tunes and that includes 'Saturday in the Park.'

"I'll never disappoint the fans," he added.

Indeed, the 72-year-old Seraphine is still very much a showman.

Growing up in the Windy City's



Drummer Danny Seraphine, a founding member of the legendary band Chicago, will bring CTA to SITP's main stage on July 3.

northwest side, he began playing drums at age 9 while attending St. Priscilla Catholic Grade School.

Enamored by such hardcore drummers as Gene Krupa and Buddy Rich, Seraphine set out to emulate their frenetic playing style.

"Now, those guys were crazy aggressive on their drums," he said, chuckling at the memory. "That's why I wanted to be crazy aggressive."

The ambitious Seraphine was also inspired by rock and roll drummers like The Beatles' Ringo Star in addition to the big band drummer Chuck Flores and the jazz drummer Papa Jo Jones.

This diverse background helped Seraphine when he and a handful of his friends started a band that described itself as "a rock and roll band with horns" in the late 1960s.

Originally called Chicago Transit Authority, the group subsequently shortened its name to Chicago as a way to avoid confusion – and a lawsuit – with the mass transit provider in Illinois' largest city.

Seraphine parted ways with Chicago in 1990, retiring from the music

BARS

scene for more than 15 years.

"I burned out from touring," he said. "I said I'd only get back into music if I began to miss music. Took me a while to figure it out but, yeah, I missed it. That's when CTA was born."

Teaming up with veteran guitarist Marc Bonilla and keyboardist Ed Roth, Seraphine subsequently added vocalists Tony Grant and Travis Davis into the mix.

"We used to say CTA is Chicago on steroids," Seraphine said. "That's pretty much what it is."

It certainly is whenever Seraphine plays an extended drum solo.

"I don't always do drum solos but when I'm inspired, I'll do one," he said. "In a live setting, there is something really exciting about the drums that gets to you."

In fact, Seraphine said playing the drums is a real workout for him.

"I compare it to going to a health club," he said. "I still belong to a health club but the drums keep me in shape."

Off stage, Seraphine is actually a bit of a sportsman, going fly fishing and playing golf during his leisure time.

Having said that, he continues to love performing.

"I play what I love to play," Seraphine said. "Nothing can be better than that."

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Ultra Violet Fever living their musical dream

SKYLER JACKSON

sjackson@siouxcityjournal.com Ultra Violet Fever is continuing to live its artistic dreams, creating a magical music experience for anyone willing to listen.

The band will be making its Saturday in the Park debut on Saturday, July 3, as the opening Main Stage act preceding Valerie June and Trombone Shorty.

"I kind of felt like I flew out of this atmosphere when we found out we had landed the gig," said Angela Lambrecht, founding member of Ultra Violet Fever.

The band will also proceed the legendary artists CTA, a group fronted by Danny Seraphine, founding member of the group Chicago; and John Fogerty, songwriter and former member of Creedence Clearwater Revival.

"I don't even really know how to explain it," Lambrecht said. "I'm just really hoping that I can have some form of grounding on that day."

Lambrecht has gained a reputation as a talented one-womanband act who can sing, play guitar and harmonica, and even drum with her feet.

She said that sharing the stage with Danny Seraphine, who's also a drummer, is going to be an amazing experience.

Ultra Violet Fever's musical style is a mix of Americana folk and blues music. Their musical influences include Sublime, Janis Joplin, Blind Melon, and Red Hot Chili Peppers, among others.

"I like the realness and the rawness that comes out of them,"



Ultra Violet Fever

Lambrecht said. "Between the vocals and the lyrics, it's all very emotional based." The band's lineup consists of Lambrecht, her fiancé Shawn Blomberg, Adrian Kolbo and Randall Wood, and they mostly perform as a full band in the tri-state

area.

In June 2019, they released a limited edition vinyl record, "Epimedium Sagittatum," with Las Vegas drummer Carl Collison.

Already a local musician for quite a few years, Lambrecht started Ultra Violet Fever with her friend Velvet Adams in 2015. Around that time, they met Blomberg and Kolbo at a Vangarde Arts show.

"When Velvet decided to start a new journey in a different state, Shawn and Adrian were like 'hey we should just join forces and keep Ultra Violet Fever going;" Lambrecht said.

And by the end of the next year, Wood had also joined the band.

When Ultra Violet Fever isn't playing local or regional gigs, Lambrecht and Blomberg tour together as a duo with their trusty dog and PR manager Zephyr.

Lambrecht and Blomberg both thrive on the gypsy lifestyle, traveling the country and living in their RV while on the road.

"I love traveling, I love experiencing new places, new surroundings, new environments," Lambrecht said. "And music has been a total way to be able to do that.

"It's a really phenomenal experience that I think everybody needs to embark on at some point in their life," she added.

So what's next for Ultra Violet Fever? After Saturday in the Park, Lambrecht said that the band will play a show at Blackbird Bend Casino, opening up for the country/pop crossover band Exile.

"I just have a really good feeling that we're just going to continue to grow, and continue to evolve," she said.







Saturday in the Park is one of the premier festivals in the upper Midwest and is best known for its eclectic mixture of musical traditions. **As proud supporters,** Hard Rock Hotel & Casino Sioux City would like to congratulate them on bringing us

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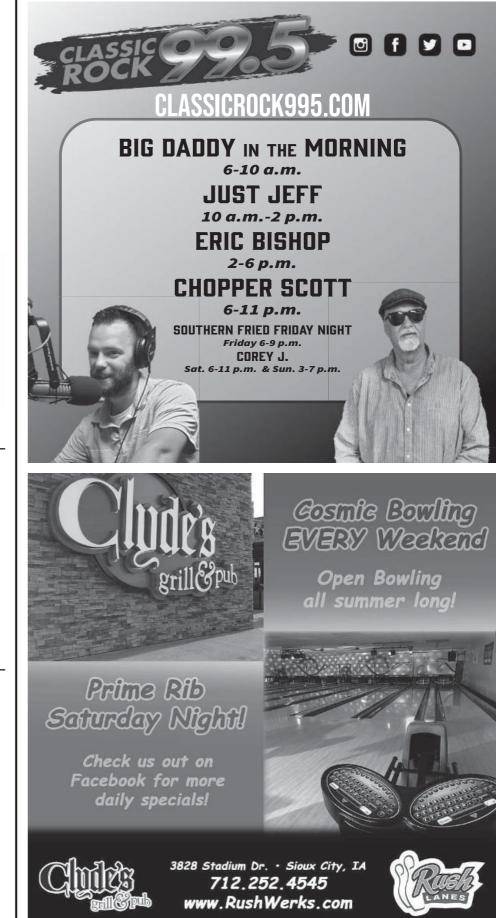
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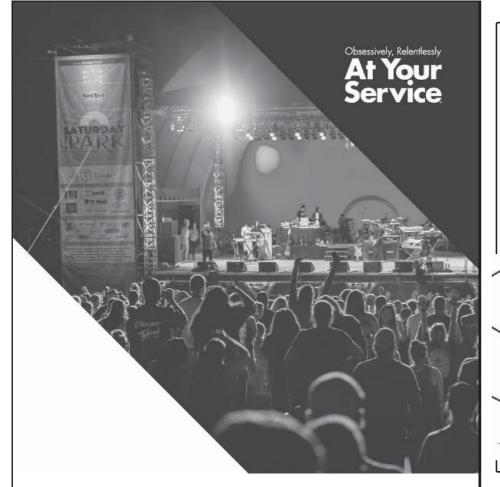


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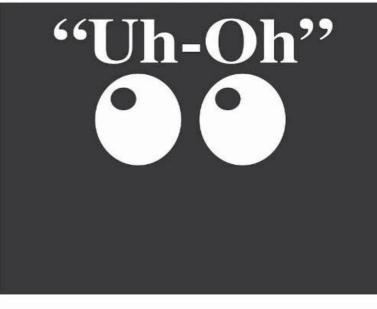


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Mural art

Well-known Siouxland movers and shakers to be immortalized in new exhibit

BY EARL HORLYK

Weapons of mass destruction? What about weapons of mass *construction*?

That's been a guiding principle behind Tim Kerr's art as well as in life.

A native Texan, Kerr has been a part of such seminal hardcore punk and post-punk bands as Big Boys, Poison 13, and Bad Mutha Goose and the Brothers Grimm.

When he wasn't making music, the 65-year-old was creating art on album covers, posters, skateboards and, increasingly, in galleries across the country and around the world.

A large selection of Kerr's art will be on display during an exhibit at the Sioux City Conservatory of Music's The Block Gallery, 1307 Pierce St., which opens at 6 p.m. July 1.

The Sioux City-based indie band GhostCat is slated to perform and Kerr will officially unveil a large mural called, what else?, "Weapons of Mass Construction," that will highlight individuals who've made a difference in Siouxland.

"Art can change hearts and art can change minds," Kerr said.

Kerr should know. He's been making socially aware art ever since he took home first place honor at a fire prevention contest when he was in elementary school.

Sioux City Conservatory of Music cofounder – and original member of the legendary punk group T.S.O.L – Ron Emory befriended Kerr nearly 40 years ago.

"Tim and I bonded over punk rock, skateboarding and surfing," Emory said.

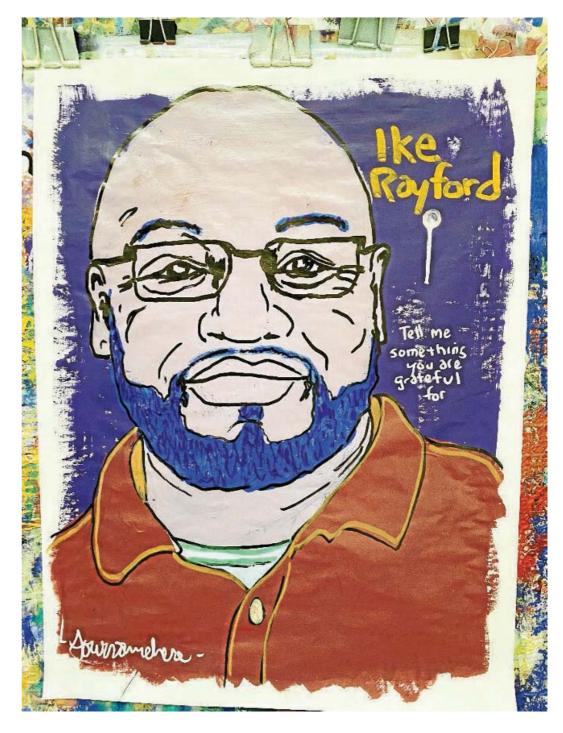
The two men also bonded over art.

"I had wanted to do a show featuring Tim's art for a long time," Emory said. "The timing wasn't right until now."

Kerr was especially excited about localizing his oversize mural by adding images of movers and shakers from Siouxland's art, music and civil rights community.

"There are people who make a difference on a daily basis," Kerr said. "They are the one who should recognized."

Sioux City NAACP president lke Rayford will be among the local people immortalized in "Weapons of Mass Construction," a new mural created by internationally renowned artist Tim Kerr for the Sioux City Conservatory of Music's The Block Gallery. The mural will be part of an exhibit, which begins at 6 p.m. July 1 at the 1307 Pierce St. art center. PROVIDED



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THE BEST THINGS TO DO AT SITP



One more chance to model a mask!

At this year's Saturday in the Park, masks will be recommended but not required. If you opted to mask, try something snazzy like SITP cofounder Dave Bernstein did.



Snow tha Product got the audience going in the Abe Stage in this 2019 Journal file photo. JUSTIN WAN, THE WEEKENDER

Put your fancy-schmancy iPhone or Galaxy to the test!



Admit the obvious: your smartphone is now smarter than you ... by a large margin. Test out that theory by obnoxiously recording or filming every memorable moment at SITP.



Practice your wave and/or your woo!



Come on, it's been a long time since you – or anybody else – has been to a concert. Feel free to practice your festival woo and your festival wave before hand.

If you have a lot of friends, maybe rehearse a mosh or two!

Take a siesta in public!



Too uptight to nap in public? Puh-leese, everybody gets tuckered out at SITP! Grab a few zzz's if you like.



Kristin Anderson of Sioux City reads during Saturday in the Park in Sioux City, Iowa on Saturday, July 7, 2018. JUSTIN WAN, THE WEEKENDER

T-shirt launchers aren't just for T-shirts anymore!



Last year at this time, you were hoarding enough toilet paper to last a decade. This year, TP may be used as fodder for launchers. Sigh, just like in the good old days ... like 2018!

Show off some skin!



Weekender staffers seldom need an excuse to shuck our shirts. Neither should you. It is always oppressively hot at Grandview Park, so show off some skin!





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Tennessee spirit

Singer-songwriter Valerie June is a breath of fresh air any month of the year

EARL HORLYK

ehorlyk@siouxcityjournal.com The first post-pandemic live performance of critically acclaimed singer-songwriter Valerie June will be at a "Black Women Breaking Ground" concert at Washington, D.C.'s Kennedy Center, alongside such iconic artists as Estelle and Angelique Kidjo.

Her second public appearance will be on Saturday in the Park's Main Stage on July 3.

Which performance is June most jazzed about? Maybe SITP.

"You mean there will be fireworks!" she exclaimed during a phone interview. "I love fireworks! I don't like setting them off myself but I love watching them in the night sky!"

A Tennessee-born singer, songwriter and multi-instrumentalist, June has built up a devoted following of music fans, which encompasses a mix of blues, country, gospel, soul and bluegrass.

Or as she described it, "organic moonshine music."

"Not every song has to fit into a certain genre," June said. "Yet, they all have lives and feelings and dreams and desire. As a singer, I get to interpret what those songs mean and allow it to get into my headspace."

And as they get into her headspace, music has the ability to become little spells.

"I've always been a fan of

(singer) Esperanza Spalding and she does a song that I love called '12 Little Spells,'" June said. "People don't realize there is a whole lot of magic and a whole lot of spirituality involved in music. We can't physically see it but we can all experience it."

With six albums under her belt (including this year's "The Moon and Stars: Prescription for Dreamers"), June has had many people come under spells for years now.

She's even released a book of poetry, "Maps for the Modern World," under her full name of Valerie June Hockett.

When it comes to poetry, June says she is inspired by the great Lebanese-American writer, poet, philosopher and visual artist Kahlil Gibran ("The Prophet").

credits her dad, a construction company owner and a part-time promoter, for introducing her to gospel singers as well as performers like Prince, Bobby Womack, and K-Ci & Jo-Jo.

"Music has the power to change minds and to change lives," June said. "You can't listen to Sam Cooke's 'A Change is Gonna Come' and not be moved by it."

Yet June credited her mom for keeping her grounded.

"My mom can sing, paint, cook, sew and do everything else well," she said. "Mom is truly a superwoman."



Valerie June

Indeed, June has spent much of the pandemic with her mom in Tennessee.

"Tennessee has everything But when it comes to music, she when it comes to music," she said. "Country, gospel, the blues, soul, we have it all."

Plus the state reportedly has plenty of record stores and June admitted she's addicted to vintage vinyl. Her last big splurge included purchases of records by everybody from Dolly Parton to Johnny Cash to the Kinks.

Though she said big stacks of records aren't always conducive with "the suitcase world" of a performer.

"That's been the biggest, unexpected pluses of the pandemic," June said. "I'm a bit of a home-



and take long bubble baths." Despite that, she's anxious to

get back to live performing. "That's where the magic happens," June said. "Magic and a whole lotta little spells."

And in Sioux City, June said she's anxious to go to the Farmers body who likes to work in a garden Market and might even scope out

a vintage record store.

Wait, remember you were going to scale back on vinyl records? You know, living the suitcase life and everything?

"Well, with my guitar, banjo, shoes, makeup, clothing and iPad, I might have room for a few more records," June said with a laugh.



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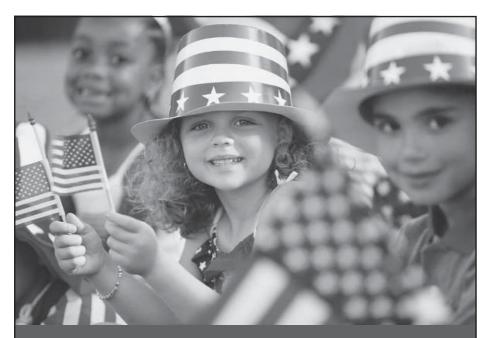


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ANSWERS FOR ALL YOUR WOES

CANCER (June 21-July 22) – Look for a unique way to get things completed within budget and on time. A change may be frustrating at first, but you will overcome any minor setback you face if you are diligent.

LEO (July 23-Aug. 22) – Look at all sides of a situation and follow your heart. Don't let anyone talk you into something indulgent. Channel your energy into something tangible, and you will find the right path.

VIRGO (Aug. 23-Sept. 22) – A pragmatic approach to an emotional situation will help you find a solution. A unique offer will intrigue you. Nurture an important relationship with a colleague. Romance is on the rise.

LIBRA (Sept. 23-Oct. 23) – Learn as you go; you will accomplish all that you set out to do. Discipline and an ambitious approach to life, learning and personal growth will take you down an exciting, engaging path.

SCORPIO (Oct. 24-Nov. 22) – Remain calm and in control, regardless of what others do or say. Stick to the truth, consider what you enjoy doing most and concentrate on exploring the possibilities available to you.

SAGITTARIUS (Nov. 23-Dec. 21) – Be open and honest about your feelings. Expand your relationships with people who share your concerns and are heading in a similar direction. Change your surroundings to suit your lifestyle.

CAPRICORN (Dec. 22-Jan. 19) – It's OK to do things differently. Focus on home, family and setting up your house to add to its comfort and convenience. Strive to reach your goal and to stabilize meaningful relationships.

AQUARIUS (Jan. 20-Feb. 19) – Don't make promises you cannot keep or give a false impression about your feelings. An intelligent explanation will help you sway the opinion of someone who can help you reach your goal.

PISCES (Feb. 20-March 20) – Head in a direction that makes you stretch your imagination. Strive to discover what you can do, keep an open mind and walk away from anything or anyone that isn't in your best interest.

ARIES (March 21-April 19) – Pursue something you enjoy doing. Do the best you can; you will make a difference.

Educational pursuits will pay off. The effort you put forth to reach your dreams will be noticed.

TAURUS (April 20-May 20) – Put your heart into your responsibilities. Others will notice your ability to get things done. Strive to advance. Leave nothing to chance, and you will excel.

GEMINI (May 21-June 20) – Share your thoughts openly and compassionately. Change begins with an idea and the art of persuasion. Use your charm to attract attention. Discipline, honesty and hard work will be necessary.

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SCIENCE **ADVICE** GODDESS **AMY ALKON**

Last year, I broke up with There's this assumption the man I was engaged to and loved deeply. I'd found out he was cheating on me constantly with many different women throughout our relationship. My life has gone on. but I often think of what he did to me and feel incredible anger. I'd like to forgive him, but I'm not sure how to do that when these feelings pop up throughout my week.

-Stuck

It's hard to move on emotionally when you not when you'd benefit from only have a grudge but take it everywhere with you like a cockroach on a little varn leash.

This isn't to say you should forgive the guy.

that forgiving someone who's wronged vou is the healthy, constructive thing to do - and, sure, it can be. Evolutionary social psychologist Michael McCullough defines forgiveness as "an internal process of getting over your ill will for an offender." He explains that forgiveness is "adaptive" - functional, beneficial - when there's a valuable relationship at stake: continuing contact with the perp (and it seems unlikely they'll be a repeat offender – harm you again in a similar way).

But you aren't looking

to re-up with the guy! And you probably have zero indication he's changed anything aside from which woman he's two-timing (or, uh, 22-timing, as a rough quarterly estimate). What you're really seeking is peace of mind. Consider that anger, like forgiveness, can be functional. The anger you still have probably remains for a reason: a warning sign that you're in danger of being cheated on again. But there's a way to shut off that alert – and protect yourself in the future and it's by turning this into a learning experience.

Be accountable for the part you played in what happened – not because, "Yay, blame the victim!" - but because it's the part you can control. Did you, perhaps, want so badly to

believe you'd found love that you ignored signs vou'd landed a cheating creep posing as an adoring bovfriend? Being honest about what you could and should – have done differently can become vour guide for what you *will* do differently the next guv around. A man can give you the sense he has a moral compass, but it's best vou give it a hard look to see it isn't cracked and dusty from constantly being dropped in other women's bedrooms.

GLUED-IN ALLERGY

I've been dating a guy for three months, and I'd like us to be exclusive, but I don't know how to go about addressing it. I'm worried that if I say I need him to commit. he'll feel pressured and bolt. -Quandary

For a man, agreeing to

go exclusive is a bit like wedding vows lite, as posed to the man's penis: "Do vou swear off sex with all the other ladies forever?" Penis: "Frankly. that sounds a little grim."

Men evolved to have the hots for sexual varietv – casual sex with a slew-apalooza of different partners – to a degree women do not. (An ancestral woman could get pregnant and stuck with a kid to raise after a single hookup with some rando, while the more randos Grok had sex with, the more likely he was to pass on his genes.)

Feminist scholars contend that "patriarchal" culture - not evolution - leads to men's greater preference for the sexual variety pack, but it even shows up in "genderegalitarian" Norway. Evolutionary scientist

Leif Edward Ottesen Kennair and his colleagues asked Norwegian men and women the number of sex partners they'd want over a 30-year period. Women, on average, wanted about five sex partners. Men? About 25!

Still, many men eventually tire of the swipe-right hussy of the night lifestyle (which. admittedly, isn't an option for men low on the mate-value ladder) and start feeling ready for a relationship. However, even if this guy's open to commitment and maybe already pointed in that direction, consider the lesson from "psychological reactance," a term coined by psychologist Jack Brehm. Our getting the sense that somebody's trying to control us, limit our freedom, motivates us to "react": rebel against being controlled.

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





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