

INSIDE

**Latham Park
presses on
with Art in
Park**

W
weekender

**SHAPE
SHIFTERS**

**Gym can help you trim
those extra pounds**

MANY EVENTS THIS WEEK

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Which decade had the best music?

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



Chad Pauling
Retail and Digital Advertising Director
cpauling@siouxcityjournal.com
"Not even close. The '90s."



Earl Horlyk
Staff Writer
"The 1990s. Any decade that can produce music as diverse as Nirvana, Oasis and Weezer can't be beat."



Diane Dykes
Staff Writer
ddykes@siouxcityjournal.com
"Since my playlist includes everything from metal to Disney music, I'm not that picky with music. If I had to choose, it's a tie between the '80s and 2000s."



Cole Paxton
Online editor
"The 2000s. The best artists at their professional peaks."



@SCWeekender



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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, Justin Wan

ON THE COVER: Sean Conlin, owner of Crossfit Sculpt, performs cable crossovers at his gym. Photo by Jesse Brothers, the Weekender

SIUXLAND'S TOP 50 RESTAURANTS

2020 WINNERS!

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FIND OUT SOON! COMING SEPTEMBER 18

Lifelong Learning offers ‘maker’ classes for those at home

BY DIANE DYKES

Mara Hall, coordinator of the Institute of Lifelong Learning, wants to provide ways for students to learn and grow from home.

Hall said she knows that many are tired of courses over Zoom, but she’s going to continue to do them in this fall in order to keep everyone safe.

Hall hopes that by adding “maker” classes to the Western Iowa Tech Community College roster, students will find some joy and comfort about coming together.

“It’s still virtual, but you’re creating something,” Hall said. “I want them to look forward to still getting together.”

Hall has planned lots of maker classes for this year, including cake

decorating, cheese making and earring design.

“Everything will have kits that will be delivered and individualize for each class,” Hall said.

Everyone is welcome to sign up and participate. Hall said she has expanded from retirees to anyone who needs an outlet for self-care during this time. Hall said she wanted to give people a chance to de-stress through a creative outlet.

“I think these are classes I would personally take and want to participate in,” Hall said.

The lifelong learning classes will start in September. Besides the “maker” classes, there will be courses in everything from history to technology.

Hall also has wanted to bring tours to her students because they aren’t able to travel around like

they usually do. Students have been understanding, even if they are a little disappointed they don’t get to go out on tours.

These virtual tours will include The Warrior Hotel and the Oscar Karl vineyard.

“The biggest struggle is hoping people will take the risk to do Zoom,” Hall said. “If anyone needs help getting set up, I’m super willing and happy to get people started.”

Hall is hoping to have in-person classes again next year, but she wants to wait and see how everything goes. She said by November she will do what she can do for classes.

The catalog for life long learning for the fall semester is online right now. More information and catalog can be



PROVIDED

Coordinator Mara Hall hopes that Lifelong Learning course will help students “de-stress” during the coronavirus pandemic.

found on the Western Iowa Tech Community College website.

“I think it’s going to be exciting,” Hall said.

2020 Pets on Parade has online element, too

BY DIANE DYKES

You don’t need a pet to be a part of the 2020 Pets on Parade. Anyone can participate, whether they are pet owners or not.

The 18th annual event will be held from 9 a.m. to noon Sept. 19 at Riverside Park.

Missie Fischer, director of development at the Siouxland Humane Society, said this will be the organization’s first event in months, and she is looking forward to it.

Pets on Parade is a fundraiser to help all the homeless animals across Siouxland. Fischer said they have thousands of animals come to the Humane Society each year. Because of the coronavirus, they got hit hard financially.

“Animals don’t have a voice, and if we’re not here for them and the community doesn’t help support them, there’s no one to

take care of them,” Fischer said.

The Humane Society has other programs that help both the shelter animals and programs to help those who don’t want to lose their pets. Fischer said there are many different programs that the Humane Society does in addition to finding homes for all the adoptable pets.

Fischer said if it’s necessary, Pets on Parade will be moved online to ensure it doesn’t have to cancel.

“I don’t know how that’s going to look, but we have the capability to do that,” Fischer said.

The Siouxland Humane Society has been mindful of everything to keep those participating in person safe.

Fischer said the group has been encouraging people to wear masks and using hand sanitizer.

Those who are uncomfortable

going to the event can still get involved at home, Fischer said. They can donate and be part of the silent auction.

More information can be found through Facebook at www.facebook.com/SiouxlandHumaneSociety.

Pets on Parade will have music, a large silent auction, a lot of new and old vendors and goodie bags.

Fischer expects a lower attendance, but she hopes that people will still be involved even from the comfort of their homes.

“I hope people will open up their hearts and minds, and if they don’t feel comfortable to attend that they will support us in some way,” Fischer said. “Please still consider supporting us.”

There is also a softball tournament that will be held on Saturday. Pets are not allowed on the softball fields.



ALEX BOISJOLIE, SIOUX CITY JOURNAL

Runners set off from the starting line of a 5k fun run for the Siouxland Humane Society’s Pets on Parade fundraiser at Riverside Park in this 2017 file photo.

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).

CALENDAR

DANCE

SEPTEMBER 17

Country Dance Lessons, The Don's Sports Bar & Grill, 801 W. 13th St., S. Sioux City. You will learn the 2step, waltz, tripple 2step, Barn dance and more. 7:15-8:45 a.m.

SEPTEMBER 20

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

SEPTEMBER 21

Beginner Linedance Class, The Don's Sports Bar & Grill, 801 W. 13th St., S. Sioux City. Will start with the basic steps and then learn many many fun dances. Good exercise and a great way to meet new friends. Only \$5 pp. for more info call Karen 712-276-6694. 7:15-8:45 a.m.

FUNDRAISERS

SEPTEMBER 19

2020 Pets on Parade, Riverside Park, 1301 Riverside Blvd., Sioux City. Pledged and timed 5k run and 1 mile fun walk with or without pets. Large silent auction and vendor tables. Pet contests and dj. 712-252-2614. 9 a.m.-noon Free.

GIG

SEPTEMBER 22

Acoustix Entertainment, The Marquee, 1225 Fourth St., Sioux City. Join DJ Diablo for a night of premium karaoke entertainment. Karaoke starts at 9 p.m. every Tuesday night at The Marquee. 1225 Fourth Street. 712-560-4288. 9 p.m.- Sept. 23, 2 a.m.

LOCAL / COMMUNITY

SEPTEMBER 17

Board Game Night, Brightside Cafe, 525 Fourth St., Sioux City. For a \$5 cover charge you

can access our ever-growing board game library. Pizza and grilled paninis are served along with snack foods like chips and muffins. 712-224-7827. 5 p.m.-Sept. 20, 12 a.m. \$5.

SEPTEMBER 23

Midweek Mommy and Me Morning, St. Thomas Orthodox Church, 1100 Jones St., Sioux City. Midweek Mommy and Me Morning every Wednesday, 9-11. 712-258-7166. 9-11 a.m.

MOTORCYCLES

SEPTEMBER 17

Motorcycle Ride Night, Casey's, 4727 Southern Hills Drive, Sioux City. Join the Sioux City chapter of Christian Motorcyclists Association as we ride. 7125740934. 5:45-9 p.m.

SPORTS, HEALTH & FITNESS

SEPTEMBER 18

Kingdom Fit Strength & Tone, Calvary Lutheran Church, 4400 Central St., Sioux City. Weight lifting class with supervision from certified instructor. 712-202-5052. 5:25-6:30 p.m. Free.

SEPTEMBER 22

Kingdom Fit Strength & Tone, Calvary Lutheran Church, 4400 Central St., Sioux City. Weight lifting class with supervision from certified instructor. 712-202-5052. 5:25-6:30 p.m. Free.

THEATRE

SEPTEMBER 18

3 Heath Brothers, The Browns Theater, 11 Central Ave. NW., Le Mars. The 3 Heath Brothers Nicholas, Clayton, & Christian come to sing. 1:30 a.m.-9 p.m.

SEPTEMBER 19

Born Country Show, The Browns Theater, 11 Central Ave. NW., Le Mars. The Browns bring their Iowa Farm roots to life with songs that will have you singing all night. 1:30-3:30 p.m.

SUXX 6

THE BEST THINGS TO DO IN SIOUXLAND

Dan Bublitz' comedy

1 Join comedian Dan Bublitz at Marty's Tap, 1306 Court St., as he prepares for his upcoming comedy special at 8 p.m. Friday

New season for Lamb

2 Lamb Theatre, 417 Market St, opens its 41st season Friday with an in person production of "Outside Mullingar." The show runs through Oct. 4. Go to www.lambtheatre.com for performance dates and times

Outdoors art work

3 Check out local artwork at Latham Park, 1915 S. Lemon St., from 10 a.m. to 4 p.m. Saturday. The annual festival features old and new artists.

Drive-in movie

4 Join ISU Extension and Outreach of Woodbury Country for an outdoor showing of Diary of a Wimpy Kid: The Long Haul for 4-H programs at 8 p.m. Saturday at South Sioux City's drive-in theater at 1280 Riverview Drive.

Live music

5 They're back! Party band Trust returns to the Marquee, 1225 Fourth St., for a performance at 9 p.m. Saturday.

Pets on Parade

6 Bring your furry friend to Riverside Park starting at 9 a.m. Saturday. Take a leisurely 1-mile walk with your pet or race in a timed 5K run.

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SHARE FACTS ABOUT COVID-19 AND HIV

FACT
1

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

As with other viral respiratory infections, the risk for people with HIV getting very sick is greatest in:

- People with a low CD4 cell count
- People not on HIV treatment (antiretroviral therapy or ART)

FEVER



FACT
2

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Insure that you refill and take all of your medications as prescribed
- Stay home as much as possible

FACT
3

You can help stop COVID-19 by knowing the signs and symptoms.

- Fever
- Cough
- Shortness of breath

Symptoms may appear
2-14 days after exposure.

COUGH



FACT
4

If you are sick with COVID-19 or think you might have COVID-19, care for yourself and help protect other people in your home and community.

- Call ahead before visiting your doctor
- Avoid public transportation
- Stay home and away from others
- Establish a plan for remote clinical care
 - Try to establish a telemedicine link through your HIV care provider's online portal
 - If telemedicine is not available to you, make sure you can communicate with your provider by phone or text

SHORTNESS OF BREATH



[cdc.gov/COVID-19](https://www.cdc.gov/COVID-19)

AT THE MOVIES



We want to know what you think about the movies. You can Tweet us your reviews @scweekender or share them on Facebook, www.facebook.com/siouxcityweekender. We'll pick the best comments on Monday before the next Weekender. Here are this week's movies:

EVERYONE'S A CRITIC

UNHINGED

STARRING: Russell Crowe, Caren Pistorius

STORY: After a confrontation with an unstable man at an intersection, a woman becomes the target of his rage.

RATED: R

VERDICT: Your movie review could go here. Tweet us @scweekender

WORDS ON BATHROOM WALLS

STARRING: Charlie Plummer, Taylor Russell

STORY: Diagnosed with a mental illness halfway through his senior year of high school, a witty, introspective teen struggles to keep it a secret while falling in love with a brilliant classmate who inspires him to not be defined by his condition.

RATED: PG-13

VERDICT: Your movie review could go here. Tweet us @scweekender

THE NEW MUTANTS

STARRING: Maisie Williams, Anya Taylor-Joy, Charlie Heaton

STORY: Five young mutants, just discovering their abilities while held in a secret facility against their will, fight to escape their past sins and save themselves.

RATING: PG-13

VERDICT: Your movie review could go here. Tweet us @scweekender

TENET

STARRING: John David Washington, Robert Pattinson, Elizabeth Debicki

STORY: Armed with only one word, Tenet, and fighting for the survival of the entire world, a Protagonist journeys through a twilight world of international espionage on a mission that will unfold in something beyond real time

RATING: PG-13

VERDICT: Your movie review could go here. Tweet us @scweekender

BILL & TED FACE THE MUSIC

STARRING: Keanu Reeves, Alex Winter, Kristen Schaal

STORY: Once told they'd save the universe during a time-traveling adventure, 2 would-be rockers from San Dimas, California find themselves as middle-aged dads still trying to crank out a hit song and fulfill their destiny.

RATING: PG-13

VERDICT: Your movie review could go here. Tweet us @scweekender

THE PERSONAL HISTORY OF DAVID COPPERFIELD

STARRING: Dev Patel, Hugh Laurie, Tilda Swinton

STORY: A modern take on Charles Dickens's classic tale of a young orphan who is able to triumph over many obstacles.

RATING: PG

VERDICT: Your movie review could go here. Tweet us @scweekender

BROKEN HEARTS GALLERY

STARRING: Geraldine Viswanathan, Dacre Montgomery, Utkarsh Ambudkar

STORY: After a break up, a young woman decides to start a gallery where people can leave trinkets from past relationships.

RATING: PG-13

VERDICT: Your movie review could go here. Tweet us @scweekender

INFIDEL

STARRING: Jim Caviezel, Claudia Karvan, Hal Ozsan

STORY: An American man, played by Jim Caviezel, is kidnapped after a friend invites him to Cairo to speak out about recent militant uprisings. His wife heads to the city after hearing the news, determined to get him back.

RATING: R

VERDICT: Your movie review could go here. Tweet us @scweekender

BEFORE THE FIRE

STARRING: Jenna Lyng Adams, Jackson Davis, Ryan Vigilant

STORY: When a global pandemic forces a TV actress to escape to her rural hometown, an intruder from her past proves as dangerous as the encroaching virus.

RATING: NR

VERDICT: Your movie review could go here. Tweet us @scweekender

New DVD releases for this week:

"The Secret Dare to Dream"
"Red Shoes and the Seven Dwarfs"
"Most Wanted"
"Let it Snow"
"Ava"

SHOWTIMES

Local Theaters

Promenade 14

924 Fourth St
(712) 277-8300

www.acxcinemas.com

Tent 7:00

The Broken Hearts Gallery 7:30

The Way I See It 7:00

The Secrets We Keep 7:15

AMC Southern Hills 12

4400 Sergeant Rd
712-276-3062

www.amctheatres.com

Infidel 7:15, 7:45

Near By Theaters

Royal 3 Cinema

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

www.acxcinemas.com

See website for show-times

Pioneer 3 Theater

110 S 11th St, Nebraska City, NE
402-873-6487

www.acxcinemas.com

See website for show-times

Main Street 7

866 E 23rd St, Fremont, NE
402-727-8986

www.acxcinemas.com

See website for show-times

Majestic Theatre

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

www.majesticonmain.org

See website for show-times

Coyote Twin

10 E Main St, Vermillion, SD
605-624-3331

vermilliontheaters.com

Tenet 4:00 7:00 10:00

Before the Fire 4:30 7:30 9:30

See website for show-times

Holland Plaza Theatre

717 8th St SE Orange City, IA
712-737-8866

krullcinemas.com/

Tent 6:30 9:35

The Broken Hearts Gallery 6:45 9:15

Unhinged 7:00 9:10

Bill & Ted Face the Music 7:00 9:15

The New Mutants 7:15 9:30

See website for show-times

Main St. 3

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

krullcinemas.com/

Tent 6:30 9:35

The Broken Hearts Gallery 7:00 9:20

The New Mutants 7:15 9:30

See website for show-times

NEW TO THEATERS



CLOUDBURST ENTERTAINMENT

Jim Caviezel and Claudia Karvan star in the crime thriller *Infidel*.

Infidel (Rated R for violence and language) An American man is kidnapped after a friend invites him to Cairo to speak out about recent militant uprisings. His wife heads to the city after hearing the news, determined to get him back.



Sean Conlin, owner of Crossfit Sculpt, does pull-ups on the rings at his gym.

JESSE BROTHERS PHOTOS, THE WEEKENDER

GET IN SHAPE

Sculpt Fitness pros say they can help

BY DIANE DYKES

Worried about that COVID-19 weight you might have gained over the summer?

Sculpt Fitness and Rehab is just one of the places that can provide a plan.

"We tailor the workouts to fit everybody's need," owner Sean Conlin said. "Regardless of their fitness level or their experience."

Sculpt Fitness and Rehab was supposed to open back in March, but due to other gyms shutting down, the

date was pushed to June 1.

Conlin said he and his partner, Brady Summers, wanted to open their own gym to provide an option for those who wanted cross-fit training. The gym they used to frequent got rid of its program, so they decided to fill the need.

Whether someone is taking a cross-fit class or is involved in personal training, trainers' attentiveness is paramount, Conlin said.

The trainers make sure clients' forms are correct and they're not pushing too hard

DETAILS

What: Sculpt Fitness and Rehab

Where: 1000 S. Lewis Blvd.

When: 5:30 a.m. to 8 p.m. Monday Through Friday. Saturday 8 a.m. - 10 a.m.

Phone: (712) 943-2248

so they risk injury.

Accountability is key, Conlin added.



Crossfit Sculpt is a gym for rehabilitation and recovery. Members can join a number of fitness classes or opt for one-on-one personal training.

Sculpt Fitness offers group cross-fit classes, personal training and a program called, "Level Up Athletics," which is geared toward sport-specific training.

Sculpt Fitness also offers different types of therapies, like chiropractic therapy.

The classes offered at Sculpt Fitness are not structured, said Conlin. He said people have been a little hesitant at first In group settings, "they're unsure of the movements and how they're supposed to perform

them," Conlin said. That's where the trainers come in.

Conlin said cross-fit is fun and goal-oriented activity.

Classes are Monday through Wednesday mornings and afternoons. They also have classes Fridays and Saturdays.

"Thursday is a recovery day," Conlin said. "There's not necessarily any structured class."

Clients are welcome to come in on Thursdays for their own workout or have a makeup class.

"All of the fitness classes are scaled," Conlin said.

Anything from the weight to the movement will be scaled down to what people are comfortable with. Conlin said newcomers can modify moves.

"People need to look at other aspect of their health," Conlin said. "Not just fitness but their mental health. Being sanitary, being isolated, it can be somewhat depressing and people need to be able to go out and do stuff."



Crossfit Sculpt offers both fitness classes and one-on-one personal training in Sergeant Bluff, Iowa.

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The Gary & Dani Show longs for normalcy to return to music

BY DIANE DYKES

Gary and Dani Tompkins say the first months of the coronavirus pandemic were difficult.

"A good three or four months that we didn't do any (gigs) and that was horrible," Gary said.

Known locally as The Gary & Dani Show, the two have been performing in the area since 2011.

Gary said he has been into music since grade school, and when he was 12 years old, he started to play the guitar after seeing his sister's boyfriend play it.

"There was always music in my home," Dani said. "On my 50th birthday, Gary made arrangements for me to sing with Roadhouse and from then on I was, 'Oh can we do this?'"

Gary and Dani got their start by practicing at a Labor Day party at a friend's house. Dani said their first gig happened not long after that.

They play at places like the Farmer's Market, 4 Brothers Bar&Grill, bars around Sioux City and senior care facilities.

They have things booked, but Gary said they don't know if they'll do those shows, since there are coronavirus concerns.

That's disappointing because, Gary said, musicians feed off the music and the people listening. "It's one thing to practice at home for yourself and another to play live."

The two thought about doing Facebook live to fill a void, but Gary said it's not the same as a show and didn't do it.

"The connection we have with

people isn't there, that's a huge part of it," Gary said.

When they do get to perform live, Dani said, there have been crowds. At the Patio, for example, they've been able to pack the house.

"We usually do a structured set and then we hand those out (song lists)," Gary said. "Audience members yell out requests for the rest of the night. It makes it fun. So we're kind of jukebox from that point on."

Dani said they play music from the 1950s to today's hits. Their favorite songs are from the Eagles.

"There's always a song that'll get you," Dani said. "One of my favorite songs right now is 'The House That Built Me' by Miranda Lambert. I love doing that one."



PROVIDED

The Gary and Dani Show perform a host of music styles, giving their audiences an opportunity to make requests.

Art in the Park presses on with 18th edition

BY DIANE DYKES

Need something similar to ArtSplash? Latham Park will be home to the 18th Annual Art in the Park.

It will be held from 10 a.m. to 4 p.m. Sept. 19 at 1915 S. Lemon St.

"People come all day long," Sheryl Brosamle, the vice president of the Latham Park Friends, said. "I know it's always been several hundred."

Brosamle said many artists encouraged the organization to hold the event this year.

While she understands they won't have all their regular artists due to coronavirus concerns, Brosamle said there will be more new artists participating – some 20 in all.

Among those exhibiting: traditional artists, soap makers and craftspeople.



PROVIDED PHOTOS

A sampling of past Art in the Park offerings.

"One of our new ones is called neon crystal games," she said. "That's a teenager who is doing 3D printed tile games called, 'Chained.'"

A crowd favorite from Vermilion, S.D., will also be there with clothing and accessories.

"So it's a nice variety of types of arts," Brosamle said.



Artists in all media have exhibited at Art in the Park.

Already, a number of people have indicated they're eager to attend.

"A lot of people start their Christmas shopping at our event," Brosamle said. "We know the whole event will be a little

different."

There won't be a full day of entertainment but there will be acts and two food trucks.

Brosamle said she hopes the people who do come out will have fun and be safe.

ADVICE

ANSWERS FOR ALL YOUR WOES

Real Houseknives

I was dismayed at how off-base you were when I read your response to a woman wanting to give her female friend advice to stop her from dating and hooking up so much after her breakup. It's common knowledge that it's men who go off on women for being promiscuous and tell them to not dress sexy. It's one more form of patriarchal control. Why blame women for this?

--Angry Woman Living In The Real World

When men at construction sites catcall women, it generally isn't with remarks like, "If you had more self-respect, you'd wear a nice, classy long skirt."

There is a widely held belief that it's mainly men who try to curtail women's sexual expression – particularly that of single women – raging at them for engaging in hookup-athons or wearing skirts the size of an airmail stamp. There are men who do this, especially in repressive cultures, and even in our own.

But if you give this notion some thought, with an eye to our evolved psychology, it really doesn't make sense. Men and women evolved to have different mating strategies based on their physical differences, like how women can get pregnant from sex and left with a howling child to feed and care for. This probably worked out better – meaning an ancestral woman

was more likely to leave surviving descendants to pass on her genes – if she didn't end up a single mom digging for grubs on the African savanna.

There's a good deal of evidence that female emotions evolved to push women to seek commitment and feel bad when it doesn't seem to be there, even when they hook up with a guy they know they want nothing more to do with. Though many men want (or eventually want) long-term relationships, a man can choose to dad up for a baby that results from sex... or choose to be all "bye forever!" and still have a good shot at passing on his genes. (Thanks, single lady grub-digging on the savanna!)

This means that casual sex is a mating strategy that tends to be optimal for men in a way it isn't for women. Or, as evolutionary psychologist David Schmitt puts it, "Men tend to desire easy sexual access" to "large numbers of sex partners"; in other words, they tend to be up for casual sex with a slew of hot women (or a slew of women with a pulse).

Getting back to your notion that it's men who tamp down women's sexual expressiveness, sure, if a man's married to a woman, he might ask her to close up a few buttons on her blouse before they go to some pervy neighbor's party. But say the woman in the cleavage-a-boo blouse is not the man's wife.

ADVICE GODDESS

AMY ALKON

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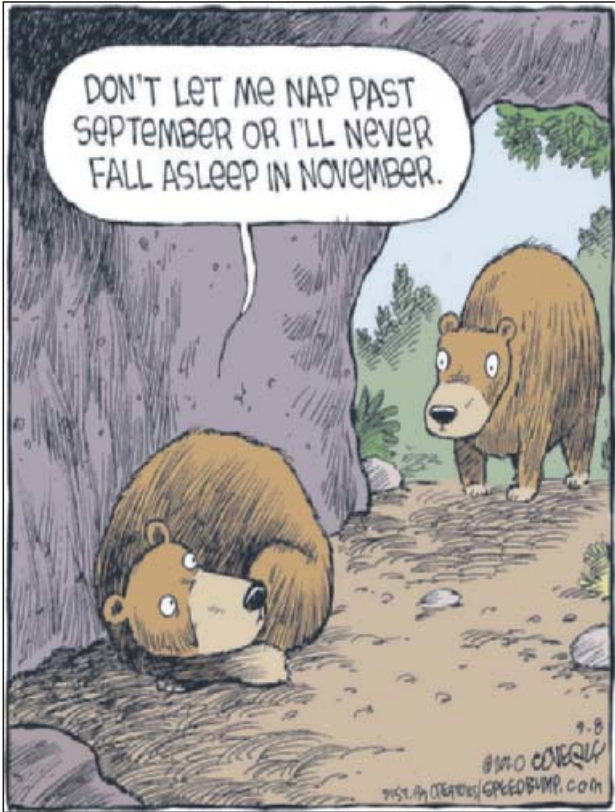
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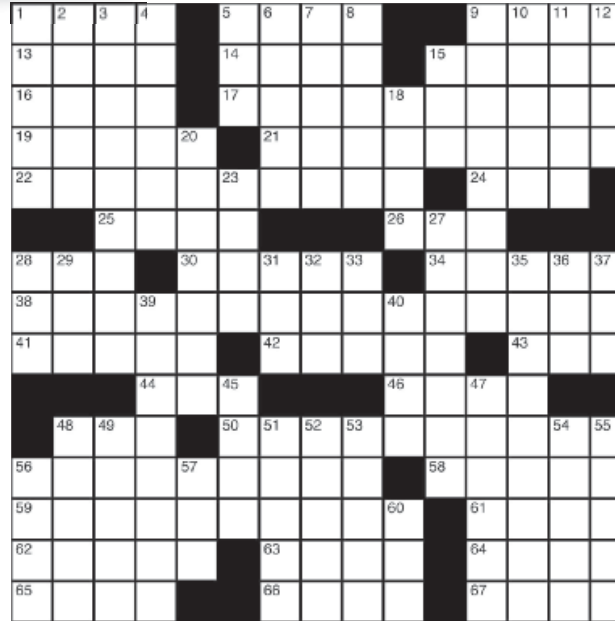
ETC.



CROSSWORD

Across

- 1 Penthouses, e.g.: Abbr.
- 5 Smartphone downloads
- 9 Metaphor for responsibilities
- 13 Adriatic port
- 14 March Madness org.
- 15 "Beavis and Butt-head" spin-off
- 16 Bickering
- 17 Start of a Charles M. Schulz quote
- 19 Rub the wrong way
- 21 Twelve-step helper
- 22 Quote, part 2
- 24 Non-neutral atom
- 25 Light sleeper's distraction
- 26 Living area in "The Martian," with "the"
- 28 A Gabor sister
- 30 Acts of faith?
- 34 Classic sci-fi villain
- 38 Quote, part 3
- 41 1980s attorney general
- 42 Shade related to violet
- 43 Responsibility
- 44 Bend
- 46 Cope with
- 48 Dept. head
- 50 Quote, part 4
- 56 Source of a siren



- 58 " _ Mio"
- 59 End of the quote
- 61 Avian crop
- 62 Score symbols
- 63 "You're kidding!"
- 64 Whodunit canine
- 65 Club with a blue and white diamond logo
- 66 Phillies slugger Hoskins
- 67 Nair rival, once
- 1 Old counters
- 2 Hiking network
- 3 Defense attorney's concern
- 4 Be paid to watch, as children
- 5 Prefix with -gram
- 6 Techie training site
- 7 Caroline Islands republic
- 8 Dost speak
- 9 Legendary Carthaginian general
- 10 "You _ busted!"

- 11 Attach with string
- 12 _ City, Iraq
- 15 The Carpenters, for one
- 18 Deep-water fish
- 20 More wicked, in Worcester
- 23 Touching competition?
- 27 Guacamole fruit
- 28 Disease-stricken tree
- 29 Face off
- 31 Knee injury initials
- 32 Key letter
- 33 La preceder
- 35 Long shot
- 36 Coming-in hr., roughly
- 37 Sales staff member
- 39 Romanov adherents
- 40 Lyricist Sammy
- 45 Tech tutorials site
- 47 ER diagnostic tool
- 48 Bucks
- 49 Sparkle
- 51 Yellowish brown
- 52 "Brideshead Revisited" novelist
- 53 Assortment
- 54 Thrill
- 55 Unfamiliar with
- 56 Sharable PC files
- 57 Brain and spinal cord: Abbr.
- 60 Saints' achievements: Abbr.

SUDOKU

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



Level: Intermediate

If you must cheat, the answers are in the classified section on page 14

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FINAL SAY

PARTING THOUGHTS UNTIL NEXT WEEK



Orchards offer sweet fall retreat

FALL FUN
BY DIANE DYKES

One of the best things about this time of year is making the time to go to an apple orchard on the weekend.

For my family and I, it was a way not only to get apples from sweet trees, but also spend hours as a fun activity.

Even as I got older, I would look forward to the days we would go pick apples. I liked walking around, looking for something to snack on, while my parents gathered apples for baking.

Going to orchards gave me

the freedom to go out and do something after being stuck all day indoors because of school or work. It sucks not being able to stretch your legs and forget about the stress from those activities.

It also sometimes was the last time I could go out and enjoy the warm weather before the snow hit. I'm not ready for winter.

Going to an apple orchard was also one of the few things I could enjoy during the fall season when I was a kid or teen. Mostly because it doesn't really have an age limit.

The orchard my family goes to in Harrisburg S.D. has something for everyone to do. In addition to picking apples, you can walk through a store that has lots of apple flavored foods and treats. There also are many activities for kids, like climbing and running around bales of straw stacked in a circle. I swear I could still feel how stretchy and uncomfortable it was if my hands touched the straw.

Those days were some of the best, it gave a nice break from the struggles and stress I faced during

the week.

Plus, it was one of the few activities where my allergies didn't act up and I didn't feel like I was going to die from walking around too much. It helped that it was nice and cool so I didn't overheat.

Also, at this point in my life, going to apple orchards feels like one of the only things my family could still do together, if we're all around.

Getting together for vacations is becoming more difficult. Sometimes arranging weekend

trips also can be hard, especially when two of us are either in school or working.

Getting a Christmas tree the weekend after Thanksgiving? Not anymore since my mom developed an allergy. So we have a fake tree now.

So, going to an apple orchard seems like the only thing we can do together, even though going as a family might end soon with all of us spreading out.

At least I still have the memories of going together, and an orchard nearby I can go to.



ASTRO ADVICE EUGENIA LAST

Stop procrastinating and start doing. You need to pick up the pace and finish what you are pursuing. Sidestep anything that could mess with your mind or plans. Stay focused on what you want to accomplish, and success will follow.

VIRGO (Aug. 23-Sept. 22) – Stop worrying about what others

do; focus on what you want. A physical change should be put on hold until you research the possibilities further. Focus on practical matters and on getting ahead.

LIBRA (Sept. 23-Oct. 23) – Quiet time will help you sort through uncertainty. Relive some of the moments that haunt you, and you'll discover you are put-

ting too much blame on yourself. Let go of the past, and you'll find the path that leads to happiness.

SCORPIO (Oct. 24-Nov. 22) – Size up situations, and prepare to take action. Change is heading your way, and you want to be prepared to take advantage of whatever opportunity comes along.

SAGITTARIUS (Nov. 23-Dec. 21) – Think twice before you share your thoughts with others. Someone will misinterpret what you say and meddle in your personal affairs if you aren't careful.

CAPRICORN (Dec. 22-Jan. 19) – You can wheel and deal all you

want. You are in a prime position to advance, as long as you don't let your intellect clash with your intuition. Don't overreact or over-analyze.

AQUARIUS (Jan. 20-Feb. 19) – Look for alternative options, and do your research before heading down an unfamiliar path. If you are uncertain, sit tight until things become clearer. Love who you are.

PISCES (Feb. 20-March 20) – An emotional situation will cause you to change direction. Your feelings will be close to the surface and will lead to a place that feels right. Let go of the past and fol-

low your dreams.

ARIES (March 21-April 19) – Take a moment to digest what's happening around you before deciding to jump into the mix. A reserved approach will put you in a much better position. Look at the big picture.

TAURUS (April 20-May 20) – A change doesn't have to be drastic, but it should be practical. Refuse to let your emotions ruin a good thing. Truth matters if you want long-lasting results. Follow your heart.

GEMINI (May 21-June 20) – A situation will not be as it appears.

Don't act on an assumption. Channel your energy into personal gain, growth and physical well-being. Be observant, not aggressive.

CANCER (June 21-July 22) – Concentrate on partnerships and how you can contribute as a team player. Don't be fooled by someone with big yet impractical ideas.

LEO (July 23-Aug. 22) – Look over your objectives carefully, and make adjustments before sharing your ideas. You must do your best to gain all the support you can get. Romance is on the rise.

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