

INSIDE

Concerts galore

W
weekender

FLEXING AN IDEA

Entrepreneur tests
workout supplement



MANY EVENTS THIS WEEK

QUESTION OF THE WEEK

What is the holiday-related movie or TV show you must see every Christmas?



Chad Pauling
Publisher
cpauling

@siouxcityjournal.com
"Elf" is a classic. 'Klaus' is becoming a classic."



Earl Horlyk
Staff Writer
earl.horlyk@lee.net

"I may be getting a lump of coal in my stocking but 'Bad Santa' seems to be making an annual appearance on my stack of 'must-see' Christmas flicks."



Mason Dockter
Staff Writer
mdockter@

siouxcityjournal.com
"You can never go wrong with 'The Christmas Story.'"

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



@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 and Jesse Brothers



ON THE COVER: Mauricio Rodriguez, a Sioux City entrepreneur, talks about his new Glacier Pop flavored dietary supplement called Pre-Mitive in Sioux City, Iowa. Photo by Jesse Brothers.

CALENDAR

MUSIC

Merry TUBACHRISTMAS, 2 p.m., Dec. 10; Stanley Auditorium, Betty Strong Encounter Center, 900 Larsen Park Rd. Information: 712-224-5242.

A Very Garie Christmas, 8 p.m., Dec. 10; Vangarde Arts, 416 Pierce St. Information: <http://www.vangardearts.com/events>.

Mike Zito Band, 8 p.m., Dec. 16; Vangarde Arts, 416 Pierce St. Information: <http://www.vangardearts.com/events>.

Classic Langley Originals and Holiday Favorites, 2 p.m., Dec. 18; Stanley Auditorium, Betty Strong Encounter Center, 900 Larsen Park Rd. Information: 712-224-5242.

Sioux City Symphony Orchestra Christmas With The Symphony featuring Brulé, 3 p.m., Dec. 18; Orpheum Theater, 528 Pierce St. Information: 712-277-2111.

Big, Bad Cash Band - A Tribute to the Man in Black, 8 p.m., Dec. 23; Vangarde Arts, 416 Pierce St. Information: <http://www.vangardearts.com/events>.

New Year's Eve Bash Featuring: The Spazmatics, 8 p.m., Dec. 31; Hard Rock Casino, 111 3rd St. Information: 712-226-7625.

ART

Sioux City Art Center: Nancy Friedemann-Sánchez: Turn of the Sea, Aug. 20 to March 5; Camera Club: Greatest Hits, Nov. 17 to Feb. 12; Larassa Kabel: Sojourn, Nov. 17 to Feb. 12; Grant Wood's Corn Room mural, ongoing; Earth-Water-Light, ongoing.

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

OUTDOORS

Winter Fun Day and Artist Open House, 10 a.m., Dec. 10; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838.

Nature Tales - Letters & Numbers, 10 a.m., Dec. 13; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838.

Wild N' Woodsy Art Club, 4:30 p.m., Dec. 13; Dorothy Pecaut

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).

Nature Center, 4500 Sioux River Road. Information: 712-258-0838.

Winter Solstice Yoga, 5 p.m., Dec. 21; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838.

Meet a Screech!, 10 a.m., 2 p.m., Dec. 28; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838.

Winter Break Camp, 9 a.m., Dec. 29; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838.

The Mitten, 10 a.m., Dec. 30; Dorothy Pecaut Nature Center, 4500 Sioux River Road. Information: 712-258-0838.

THEATER

Jamie Kennedy, 8 p.m., Dec. 16; Hard Rock Casino, 111 3rd St. Information: 712-226-7625.

COMMUNITY

Little Yellow Dog Auction, 11 a.m., Dec. 10; Ho-Chunk Centre, 600 4th St.

Bethlehem Revisited, 12 p.m., Dec. 11, St. John's Lutheran Church, 201 1st Ave. NW, Le Mars, Iowa. Information: 712-546-8855.

Inclusive Sioux City Advisory Committee Meeting, 4:30 p.m., Dec. 14; Sioux City City Hall, 405 6th St. Information: 712-203-7738.

Hinton Holiday Vendor & Craft Show, 9 a.m., Dec. 17; Hinton Community Center, 205 West Main St., Hinton, Iowa. Information: 712-251-5309.

Winter Break Camp, 7:30 a.m., Dec. 26-Jan. 3; Norm Waitt Sr. YMCA, 604 Riverview Dr., South Sioux City. Information: 402-404-8439.

SPORTING

The Arena Invitational, 4:30 p.m., Dec. 15; 2 p.m., Dec. 16; 9 a.m. Dec. 17; Tyson Events Center, 401 Gordon Drive. Information: 712-279-4850.

HISTORICAL

Japanese Strategies to Win WWII..., 2 p.m., Dec. 11; Stanley Auditorium, Betty Strong Encounter Center, 900 Larsen Park Rd. Information: 712-224-5242.

KIDS ACTIVITIES

Fairy Houses Children's Craft Program, 11 a.m., Dec. 10; South Sioux City Public Library, 2121 Dakota Ave., South Sioux City. Information: 402-494-7545.

Decorate Holiday Sugar Cookies, 1 p.m., Dec. 17; Lewis & Clark Interpretive Center, 900 Larsen Park Rd. Information: 712-224-5242.

CONTINUING EVENTS

Breathe Yoga & Meditation Class, 5:30 p.m., Dec. 8, 13, 15, 20, 22, 27, 29, Jan. 3; Breathe Yoga & Meditation Center, 1551 Indian Hills Dr. Building C. Information: 712-293-4900.

Siouxland Discovery Barbershop Chorus, 7 p.m., Dec. 12, 19, 26, Jan. 2; Friendship Community Church, 305 Sergeant Square Drive, Sergeant Bluff. Information: 712-212-3633.

Tangled Yarns, 6 p.m., Dec. 13, 20, 27; South Sioux City Public Library, 2121 Dakota Avenue, South Sioux City. Information: 402-494-7545.

SUX 6

THE BEST THINGS TO DO IN SIOUXLAND

1

This 'Cadi' can bark!

A Soft-coated Wheaten Terrier named Cadillac (Cadi for short) will be the pooch du jour during the 87th annual Little Yellow Dog Auction, a fundraiser for the Journal's Goodfellow Charities, at noon Saturday at the Ho-Chunk Centre, 614 Fourth St. Just for clarification, when we say "pooch du jour," we're auctioning her off and not eating her.

Paint now, boot-scoot later!

2

How's this for a weird combo? Country music club Beer Can Alley, 1109 Fourth St., will be joining

forces with Poppin' Bottles n' Brusher for an ornament painting party at 6:30 p.m. Wednesday. Why are we picturing balls filled with images of dirt roads, red pickup trucks and Waylon Jennings?



It's so Garie, it's scary!

3

In what has become a uniquely Sioux City tradition, comic Garie Lewis will be presenting "A Very Garie Christmas" at 8 p.m. Saturday at Vangarde Arts, 416 Pierce St. Perry Como and Andy Williams may be gone. Oy, "God bless us everyone," indeed!

Tuba-rific!

4

When one thinks of Christmas music, the low tones of a tuba is not a natural accompaniment. Perhaps, "Merry TUBACHRISTMAS," an all-tuba concert, taking place at noon Saturday, at the Betty Strong Encounter Center, 900 Larsen Park Road, may change everybody's mind.

Santa, is that you?

5

Can Santa be the homeless guy sitting on a park bench? That's the question posed by "Another Night Before Christmas," a new musical which will finish its run with 7:30 p.m. shows Thursday through Saturday and a 1:30 p.m. Sunday matinee at Lamb Arts Regional Theatre, 417 Market St.



Harps will be a-plucking!

6

Well, actually one harp will be in play and veteran harpist Mary Watts will be a-plucking. She'll be performing a 2 p.m. Sunday program at the Betty Strong Encounter Center, 900 Larsen Park Road.

MUSKETEERS HOCKEY

FRIDAY, DECEMBER 9



VS.



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SATURDAY, DECEMBER 10



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rporter@sioxcityjournal.com



87th Annual LITTLE YELLOW DOG AUCTION

SATURDAY, DEC. 10 • 11:00 AM

— *Ho-Chunk Centre • Sioux City, IA* —

A fundraiser for Journal Goodfellow Charities, which buys christmas toys and books for local children in need. The All-America Concert Band will begin a program of Christmas music at 11 a.m. and will play throughout the event. The auction will begin at noon.

Watch live online at facebook.com/SiouxCityJournal
and listen live on KSCJ 1360 radio.

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Journal Goodfellow Charities, Inc. is a 108 year old local tradition that provides gifts and books to thousands of underprivileged Siouxland children during the Christmas season every year.

This local non-profit is led by Sioux City Journal employees, supported by volunteers and completely funded by generous businesses, organizations, and individuals with strong ties to our community.

Show your support for Siouxland and become a Goodfellow by choosing to support in any way you can.



Journal Goodfellow Charities, Inc.
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712-293-4291 • mschmith@siouxcityjournal.com
siouxcityjournal.com/goodfellows

DONATIONS ARE APPRECIATED!

Volunteer opportunities are available.

Contact us to learn how you can get involved
with Journal Goodfellow Charities, Inc.

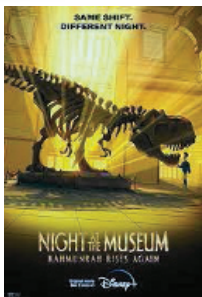


SAVE THE DATE: 87th Annual Little Yellow Dog Auction • Saturday, December 10, 2022 • Ho-Chunk Centre in Downtown Sioux City • 12:00 PM Noon

www.sioxland.net • 12.8.2022 • Weekender • 7

MOVIES

THURSDAY, DEC. 8 - WEDNESDAY, DEC. 14



'NIGHT AT THE MUSEUM: KAHMUNRAH RIDES AGAIN'

(Rated PG for action/peril and some rude humor)

Nick Daley hesitates becoming a museum night watchman and Kahmunrah returns to conquer the world.

'EMPIRE OF LIGHT'

(Rated R for sexual content, language and brief violence)

A drama about the power of human connection during turbulent times, set in an English coastal town in the early 1980s.

'FATHER STU: REBORN' (Rated R for language throughout)

Follows the life of Father Stuart Long, a boxer-turned-priest who inspired countless people during his journey from self-destruction to redemption.

'THE WHALE'

(Rated R for language, some drug usage and sexual content)

A reclusive English teacher attempts to reconnect with his estranged teenage daughter.

'SOMETHING FROM TIFFANY'S'

(Rated PG-13 for language, some suggestive comments and a drug reference)

Follows a woman as her life gets upended when an engagement ring that was for someone else leads her to the person she's meant to be with.

NEW DVD RELEASES FOR THE WEEK

'Amsterdam'
'Clerks III'
'Medieval'

'Animal Kingdom Season Six'
'Better Call Saul - Season Six'

SHOWTIMES

Local Theaters

Promenade 14

924 Fourth St.
712-277-8300

Black Panther: Wakanda Forever

4:00 6:30 7:00

Violent Night 4:05 6:50 7:30

Black Adam 4:05

Chunky Shrapnel 7:00

Ticket to Paradise 4:25

Bones and All 4:00 7:00

Devotion 4:00 7:15

Strange World 4:10 6:45

The Menu 4:10 7:10

Spirited 4:10 7:15

Top Gun: Maverick 4:05 7:00

www.acxcinema.com

AMC Southern Hills 12

4400 Sergeant Road
712-276-3062

The Menu 3:45 6:20

Black Panther: Wakanda Forever

3:00 3:30 4:00 7:00 8:00

Black Adam 3:10 6:40

Strange World 4:30 7:00 7:20

Ticket to Paradise 3:40

Violent Night 5:00 8:00

Devotion 4:15 7:30

Bones and All 3:45 7:15

www.amctheatres.com

Nearby Theaters

Royal 3 Cinema

33 Central Ave SW., Le Mars, Iowa;

712-564-1778

Black Panther: Wakanda Forever

7:00

Strange World 7:10

Violent Night 7:20

www.acxcinemas.com

Pioneer 3 Theater

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

Black Panther: Wakanda Forever

6:30

Strange World 7:10

Violent Night 7:20

www.acxcinemas.com

Legacy 3 Theater

712 W Sheridan Ave, Shenandoah, IA
712-246-2245

Black Panther: Wakanda Forever

7:00

Strange World 7:10

Violent Night 7:20

www.acxcinemas.com

Main Street 7

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

www.acxcinemas.com

See website for showtimes

Majestic Theatre

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

www.majesticnman.org

See website for showtimes

Coyote Twin

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

vermilliontheaters.com

See website for showtimes

Holland Plaza Theater

717 Eighth St. SE Orange City, IA;
712-737-8866

Black Panther: Wakanda Forever
7:15

The Menu 7:30

Violent Night 7:25

Devotion 7:25

Strange World 7:30

krullcinemas.com

Main St. 3

401 Ninth St., Sheldon, IA
712-342-2344

Spirited 7:30

Strange World 7:20

Violent Night 7:40

krullcinemas.com



DEAR
ANNIE
ANNIE LANE

Can you feel blah about a relationship?

Dear Annie: I'm at a stage in my life where personal growth has taken hold in the absence of my husband. My husband is still here and alive, but he frequently travels for work, and I am often left to my own devices for days at a time as a stay-at-home mom of two young boys. I've taken to calling these days "idle time," as if the engine of our marriage is sitting and idling while he's gone.

This idle time has left me with ample time for self-reflection and personal growth, and I have found myself becoming ambivalent about my marriage and my husband. I do love him and miss him when he's away, but often I find myself annoyed with him when he is home. I sometimes wish he were on the road again as he interrupts our routines and takes back the house.

I fantasize about doing this on my own, since that's basically what I do anyway Monday through Friday, 16-20 weeks out of the year. On the flip side, while I enjoy my "me time," I do not enjoy the chaos of two little boys on my own and appreciate when I have him home to help, as we have no family in our area to help.

I don't hate him, and I'm not desperately unhappy, and I feel like divorce is a very severe reaction to just being "meh" about this relationship. He's looking into a new job that would be 100% remote, which might help the situation. Our marriage was stronger than ever during the first 18 months of the pandemic, maybe because he was working from home. Can someone just feel

blah about a relationship for a while without taking drastic measures? Or should we divorce so I can get away from a blah marriage? — **Divorce Ambivalent**

Dear Divorce

Ambivalent: Feeling blah about a marriage is not a reason to get a divorce, but it is a reason to explore ways you can feel more jazzed up or excited about your marriage. Having young children at home and a husband who is working a lot and traveling can certainly be stressful. Sometimes, when our needs are not being met, we shut down and start to have a blah feeling. The best thing you can do for yourself is to talk to your husband honestly. Try to remember the good feelings you had when he was home during the pandemic. Whatever you did then, do some of those things together as a family and separately as a couple.

You are feeling lonely, which is understandable, and instead of dealing with those feelings, you are blaming him and looking for the eject button. Talking to him about your feelings will help alleviate a lot of the confusion in your mind. I'm sure he misses you and the boys a lot when he is away at work. Communication is key. If you have trouble communicating directly, you could also seek the help of a professional marriage counselor.

Remind yourself that the blah feeling won't last forever and that with the right amount of help, you can start living your life filled with joy and sparks.

Supplemental income

Sioux City man goes prehistoric with new workout dietary powder

BY EARL HORLYK

The advertising mascot for Mauricio Rodriguez may be a long-extinct, prehistoric beast but the Sioux City-based entrepreneur insists his new product is actually cutting edge.

Specifically, the East High School graduate is the manufacturer of Pre-mitive, a pre-workout supplement which is available at Rexius Nutrition Eat Fit Go, 4501 Southern Hills Drive.

In case you don't know, a pre-workout supplement – or a “pre-workout,” for short – is a generic term for a product that athletes and weightlifters use to increase energy, endurance and focus.

They can also help a person recover from fatigue after an especially grueling workout.

Most supplements contain stimulants like caffeine, creatine and amino acids in various dosages. Rodriguez, an experienced weightlifter and owner of a company called OUTCRY Corp., said he acted as a “lab rat” for Pre-Mitive, adjusting the level of each ingredient for peak performance.

“It worked on the days that I went to the gym as well as the days that I didn’t,” he said.

Alright, here is the disclaimer.

A pre-workout supplement is just that. It's a dietary supplement and not medicine or a bottle of vitamins.

“If you have any health issues or a sensitivity, don't take supplements,” Rodriguez said. “If you experience digestive problems, an irregular heartbeat or a rise in your heartbeat, stop your workout and seek out medical attention immediately.”

This is why he wanted the label on each bottle of Pre-Mitive to



Sioux City-based entrepreneur Mauricio Rodriguez wanted a way to recover from grueling workouts at the gym. That's why he worked with a manufacturer to create a pre-workout dietary supplement called Pre-Mitive.

clearly spell out what's inside it.

In addition to the list of ingredients and their levels, Pre-Mitive also has a cartoon wooly mammoth.

“An artist from Universal Studios created our wooly mammoth,” Rodriguez said. “We went with it because it will always stand out on a shelf full of similar products.”

If Rodriguez sounds like an experienced marketer, well, it's because he is.

More than six years ago, the Weekender profiled Rodriguez and his friend TJ Frederickson when they created Bridge Messenger, a mobile social networking app that linked together several social media sites.

“I've always been a bit of an entrepreneur,” Rodriguez said. “I figured if I can't hit the goldmine

myself, I can become the guy who creates a better shovel.”

Which is what Pre-Mitive is all about.

It won't guarantee you'll look like the next Marvel movie superhero, but it may boost your endurance at the gym.

And you might recognize Pre-Mitive Glacier Pop's distinct flavor.

“We formulated the powder to taste like a certain, well-known popsicle,” Rodriguez suggested.

When Rodriguez was growing up, he wanted to make it big by the time he turned 25.

“That didn't happen,” the now 31-year-old said. “Now, the goal is make big by the time I turn 35.”

If not, then, Rodriguez has worked out a way to help other people to work out more effectively.



JESSE BROTHERS PHOTOS, THE WEEKENDER

An entrepreneur with a fondness for working out, Mauricio Rodriguez combined both interests by creating Pre-Mitive, a pre-workout dietary supplement for athletes, bodybuilders and others who want a boost in energy.

Sound smart

Things to know about supplements

WHAT IS A PRE-WORKOUT DIETARY SUPPLEMENT?

Either in pill or powder form, a pre-workout supplement is meant to give you a boost of energy when you exercise. Common ingredients include caffeine and creatine.

WHAT A PRE-WORKOUT SUPPLEMENT IS NOT

A pre-workout supplement is not medicine nor is it a form of health food. Don't take too much and read the label carefully.

USE CAUTION AND COMMON SENSE

As with any supplement, you will need to talk to a physician before hand. An ingredient in a supplement may be detrimental and, even, dangerous when combined with medication.

HERE ARE SOME THINGS TO BE AWARE OF

Side effects of any pre-workout dietary supplement may include digestive problems, irregular heartbeat, rise in blood pressure and changes in blood sugar.

If you have any symptoms, stop your workout and contact a doctor immediately.

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EMPLOYMENT OPPORTUNITIES



Athletic Trainer: Assist Head Athletic Trainer with the administration of Athletic Training services, operations, staff and facilities. Provides preventative care, evaluation, treatment and rehabilitation of athletic injuries. Work as a member of the Athletic Training staff to supervise the daily operation of the athletic training room, camps, practices and competitions of intercollegiate athletic programs.

Required Qualifications: Bachelor's degree in athletic training or related field; BOC Certified Athletic Trainer; Nebraska licensure for athletic training or eligible to apply.

Salary: Competitive, commensurate with qualifications and experience. Attractive and comprehensive fringe benefit package. Annual Salary range is \$41,902.00 - \$52,378.00.

Assistant Director - Residence Life: The Hall Supervisor provides leadership in several major functions of the Residence Life department in a dynamic team atmosphere. The Assistant Directors for Hall Supervision administer the comprehensive living-learning environment for residence halls housing students and serve as the primary professional staff available in the residence halls for student contact. Hall supervisors are responsible for facilitating community development that enhances academic success and personal growth and are required to live in an on-campus residence hall apartment or equivalent. The hall supervisor also is responsible for implementing programming in the halls to stimulate student growth and development and serve as judicial officers for the College. This position oversees the day-to-day operations of the residence hall environment in conjunction with other department staff and serves as an emergency responder in an on-call rotation.

Required Qualifications: Bachelor's degree or related work experience

Salary Information: Minimum salary for this position is \$37,930.00. Appointment includes apartment on campus with utilities, reserved parking space (permit purchase required), and a block meal plan while classes are in session.

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

EMPLOYMENT OPPORTUNITIES



Licensed Student Counselor:

Provides professional counseling to students on academic and personal matters. Provides individual and group therapy and counseling. Responsible for vocational testing and assessment, program development and evaluation and outreach activities. Consults with academic departments and student affairs departments. May be involved in crisis prevention, or aiding with adjustment problems after a major life event. Maintains confidential records.

Required Qualifications: Master's degree and Mental health practitioner's license in Nebraska.

Salary: Competitive, commensurate with qualifications and experience. Attractive and comprehensive benefit package. Annual salary range is \$44,080 - \$55,099 (0.900 FTE)

Director- Continuing Education & Outreach:

Provides administrative oversight, conducts analytical analysis in the development, implementation, and on-going administration of specialized continuing education and outreach programs. Responsible for overseeing the budget, communication, and instruction for these specialized academic programs. Act as a liaison to the stakeholders in these programs. This position is located at the College Center in South Sioux City.

Required Qualifications: Bachelor's degree and related experience.

Salary: Competitive, commensurate with qualifications and experience. Attractive and comprehensive benefit package. Annual salary range is \$65,280.00 - \$81,600.00

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

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EMPLOYMENT OPPORTUNITY



Office Assistant II (EBS)

(May perform all the duties of an Office Assistant I, plus the following). This is responsible clerical and reception work of moderate complexity requiring professional discretion in the fulfillment of work responsibilities. Performs varied tasks such as being accountable for a wide range of duties related to student records and information and clerical support for the office or department. Work includes producing reports and documents from rough draft, dictation or verbal instruction, transcribing and distributing meeting minutes and coordinating staff/faculty appointments, meetings and travel arrangements. An employee within this classification is expected to exercise independent judgement in determining work priorities in accordance with departmental policies and procedures. Specific and general instructions are received from an administrative superior with work reviewed in the form of observation, efficiency and accuracy of work produced. Leadership may be provided for other clerical staff.

Required Qualifications: Graduation from Senior High School or equivalent supplemented by general clerical or business coursework and one to two years of clerical experience or any combination of skills, knowledge and abilities that meet these requirements.

Salary Information: Minimum starting salary is \$32,760.00

For a complete listing of job requirements and application procedures, visit our website at www.wsc.edu/hr, call 402-375-7403, or e-mail hr@wsc.edu.
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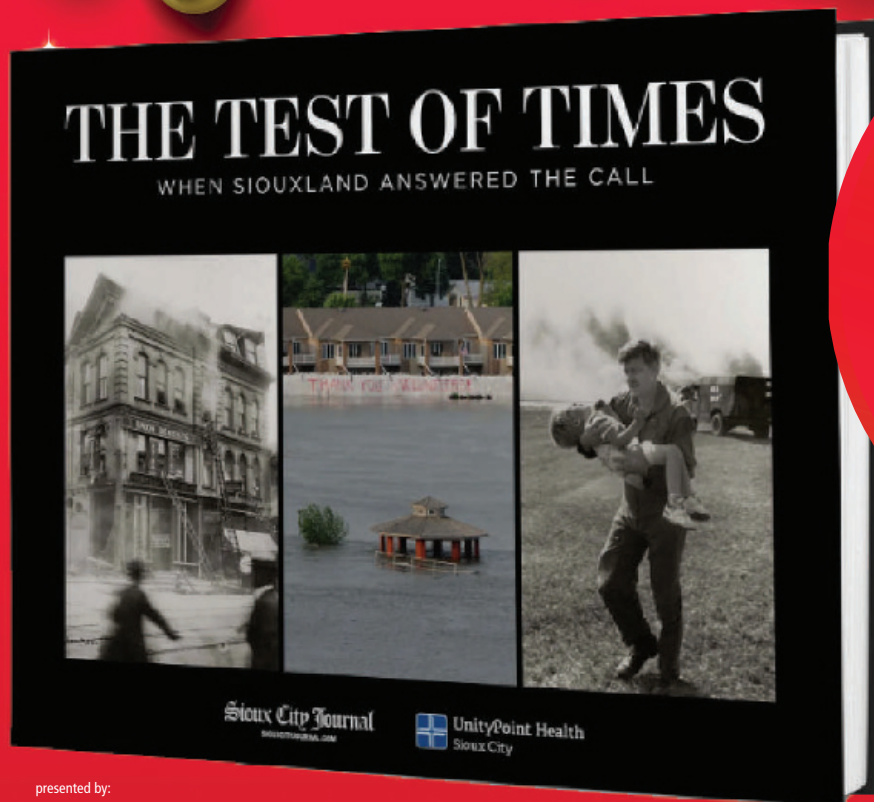
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