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WHERE YOUR STORY LIVES

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Lawmakers look at limiting traffic cams

Police chiefs say cameras have led to fewer fatal crashes

TOM BARTON
Journal Des Moines Bureau

Iowa lawmakers once again are moving forward with a bill that would restrict the ability of cities like Cedar Rapids to use traffic enforcement cameras along interstates, state highways and county roadways.

A three-member House Public Safety subcommittee this week advanced legislation, House File 173, that would prohibit municipalities from placing or using automated traffic enforcement systems along state and county roads within the city's boundaries, including state highways and interstates.

Placement and use of such devices by cities would be restricted



JUSTIN WAN, SIOUX CITY JOURNAL

In this March 2019 file photo, an automated traffic enforcement camera is monitoring the intersection of Gordon Drive and South Fairmount Street in Sioux City.

to city streets. However, the bill does not prohibit the Iowa Department of Transportation from placing and using the devices on

primary roads, or a county from placing and using cameras on secondary roads. The bill also limits the civil penalty for a traffic cita-

tion captured by the traffic enforcement cameras.

In 2018, the cities of Des Moines, Muscatine and Cedar Rapids successfully challenged rules established by the Iowa DOT that prohibited cities from placing the systems on highways and interstates.

"The foundation of the bill is not to eliminate traffic cameras, but just to decide who can place them and where they can place them," said bill sponsor Rep. Matthew Rinker, R-Burlington. He said the bill still provides cities an opportunity to place traffic cameras on primary roadways through a process that involves the state.

The bill revives attempts over the years by Iowa lawmakers to prohibit or regulate use of the devices, which capture video of vehicles speeding or running red lights. Law enforcement then reviews the images captured by a camera vendor, and issues cita-

tions to the vehicle's registered owners.

Iowa cities, including Cedar Rapids, Des Moines and Davenport, see the cameras as traffic safety tools that reduce public safety costs, while some lawmakers slam them as cash-generating constitutional violations. At least 10 Iowa cities have automated traffic enforcement systems, according to the Iowa DOT.

The city of Cedar Rapids began using automated traffic enforcement in 2010. The city uses the cameras at nine locations along its primary highway system and major thoroughfares for both speed and red-light enforcement, including four speed cameras around the S-curve on Interstate 380 near downtown. Speeding citations are issued for vehicles that exceed the posted speed limit by 12 mph or more.

Please see **TRAFFIC**, Page A4

LOOK TO THE SKIES AROUND GAVINS POINT



TIM HYNDS, SIOUX CITY JOURNAL

A bald eagle roosts in a tree along the Missouri River downstream from Gavins Point Dam in Yankton, South Dakota. The area downstream of the dam is a popular area to watch bald eagles during the winter because the open water near the dam enables the birds to find fish to eat.

Time for an eagle eye

Winter is the time to see bald eagles at Gavins Point

CROFTON, Neb. — If Dugan Smith's office window faced north instead of south, he'd probably be much less productive this time of year.

When you've got bald eagles soaring, swooping and diving in the air outside, it's hard not to take a break, walk to the observation room on the north side of the Lewis and Clark Visitor Center and spend a few minutes watching what they're up to. Situated on a bluff above Gavins Point Dam and the



NICK HYTREK

Missouri River, the visitor center gives Smith a front-row seat to the dozens of eagles that can be seen some winter days snagging fish from the unfrozen water below the dam or keeping watch from the tall trees lining the river.

"You feel like you can reach out and touch them when they fly by the visitor center," said Smith, a park ranger. "It's a pretty sight."

There's something about seeing a bald eagle that never gets old. Catching a glimpse of that white head gleaming in

the sunshine while driving past the tall trees near a river always leads to the temptation to pull the car over and watch.

What's the attraction? Maybe because for so long seeing a bald eagle was a rare sight. After years of hunting, poisoning and use of the pesticide DDT, our national symbol's population had dropped so low it was placed on the endangered species list.

Please see **EAGLES**, Page A5

To WATCH a clip of eagle roosting, point your smartphone camera at the QR Code and tap the link. NEWSVU

Laurel suspect bound over to district court

NICK HYTREK
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HARTINGTON, Neb. — For three years, Carrie Jones told a Nebraska State Patrol investigator, Gene Twiford had verbally harassed her.

He'd drive by her house and shout sexual comments to her and on other occasions said things to her in the Post Office or at the Dollar General store in Laurel, where they both lived.

By early August, she'd had enough, telling her husband, Jason, he needed to do something.

"She eventually said she got to stop or I'm going to kill him," State Patrol Sgt. Brad Higgins said at Carrie Jones' preliminary hearing Wednesday in Cedar County Court.

Higgins said Carrie Jones told him the couple had argued on Aug. 3, and she pointed a loaded handgun at her husband, then held a knife to his neck, telling him he needed to stand up for her and get the harassment to stop.

Hours later, Twiford, 86, was dead, found shot to death along with his wife, Janet, 85, and their daughter Dana Twiford, 55, in their burning home at 503 Elm St.

Higgins said Carrie Jones told him in an interview that she didn't tell Jason to kill Twiford, but did say she'd do it if he didn't.

Carrie Jones, 43, of Laurel, is charged with first-degree murder, tampering with physical evidence and being an accessory to a felony for the Aug. 4 death of Twiford.

Jason Jones, 42, is charged with four counts each of first-degree murder and use of a firearm to commit a felony and two counts of first-degree arson. He's accused of shooting the Twifords and also Michele Ebeling, 53, who lived across the street from Jason and Carrie Jones. Jason Jones is also suspected of setting fire to both homes.

Carrie Jones is being charged as aiding and abetting in Gene Twiford's death. Assistant Nebraska Attorney Corey O'Brien

Please see **SUSPECT**, Page A5

VIEW: To WATCH a press conference clip of Nebraska State Patrol Col. John Bolduc discussing the incident in Laurel, Neb., point your smartphone camera at the QR Code and tap the link. **NEWSVU**

Woodbury County tax levies to drop by 1 cent

CAITLIN YAMADA
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SIOUX CITY — Tax rates next fiscal year for both urban and rural residents will decrease by one cent.

The Woodbury County Board of Supervisors said they were able to close a massive \$6.3 million gap and reduce the tax levy.

Tax rates for the next fiscal year are currently set at \$7.14 for urban and \$9.60 for rural per \$1,000 of taxable valuation. The board will hold a public hearing on March 7 and the budget will be certified March 28.

The gap to keep the same rate as FY2023 was the largest in years, almost triple the previous year.

Board Chair Matthew Ung said

the board started with the largest shortfall in county history.

"It will be the ninth year in a row that the tax rate has not been increased on county-wide residents and I think that's extraordinary," Ung said previously.

While there are still items pending that could change the budget, it would only further decrease the budget, not increase it and would go back into reserves without decreasing tax levies, Budget Director Dennis Butler said.

Historically, \$2 million has been the gap the supervisors needed to fill to keep the property tax levy the same. Last year, the board sought to close a \$2.6 million gap.

Please see **WOODBURY**, Page A4

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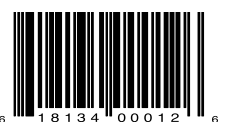
We need to love our kids more than our guns.
- **DIANNE BOSTIC, SIOUX CITY**

Weather

Mostly cloudy, windy
High 26 • Low 10
FORECAST • A3

Inside

| | | | |
|---------|----|------------|----|
| SPORTS | B1 | OPINION | A9 |
| NATION | A6 | BUSINESS | B7 |
| WEATHER | A3 | OBITUARIES | A7 |



States scramble to replace ripped-off SNAP benefits

ELAINE S. POVICH
Stateline.org

Last September, when Baltimore resident Tzu Yang went grocery shopping for his intellectually disabled daughter with a food benefits card that he thought was worth about \$300, he discovered at the checkout that the card had no value left. The same thing happened in October, November and December.

The benefits meant for Hawlie Yang, age 37 but with the mental capacity of a 5-year-old, were being systematically stolen.

Tzu Yang contacted local authorities but never got the money back. The stolen electronic benefits were used locally and as far away as New York, he discovered. But neither he nor police could find out who filched them, and the state agencies involved provided no help or reimbursement.

They told him there's no returning of benefits stolen from electronic benefit transfer, or EBT, cards, Yang, a retired businessman, said in a phone interview.

Yang is not alone. All over the country, state agencies and people who receive aid through the Supplemental Nutrition Assistance Program, commonly known as food stamps, are reporting the theft of millions of dollars in benefits. And unlike regular credit or debit cards where refunds are often available when thieves poach funds, EBT cards don't have those protections. That leaves many victims with no recourse.

Some help may be coming, thanks to a new federal mandate that allows states to use federal money to reimburse SNAP recipients whose benefits were stolen through electronic card fraud. The federal law also calls on states to increase the cards' security. But advocates for those with low incomes and some lawmakers say the payments are only a half-step toward fixing



JUSTIN SULLIVAN, GETTY IMAGES

State agencies and people who receive aid through the Supplemental Nutrition Assistance Program, commonly known as food stamps, are reporting the theft of millions of dollars in benefits.

the problem.

The mandate, included in the \$1.7 trillion federal omnibus spending bill signed by President Joe Biden in late December, requires states to replace EBT card benefits that were stolen after Oct. 1, 2022, through September 2024.

States have until the end of February to draw up plans to use federal money they get for the SNAP program to reimburse recipients who were ripped off.

Although federal and state governments jointly fund SNAP, prior to passage of the gigantic bill, states could only use their own funds for reimbursement. As a result, only a handful, including California, the District of Columbia, Michigan, Rhode Island and Wisconsin, reimbursed stolen benefits, according to the American Public Human Services Association. The nonprofit membership organization for state and local human service agencies surveyed states on this issue last fall.

State legislatures are grap-

pling with how to comply, said the association's senior director Matthew Lyons. "More states are confronting how they are approaching this issue and planning for the omnibus provisions," he said in a phone interview.

The fraud problem with food benefit cards skyrocketed in the spring and summer last year. News reports and law enforcement agencies said the benefits most likely were stolen with "skimming" devices attached by crooked employees or thieves posing as customers to card processing machines at store checkouts. The skimmers take seconds to install, and law enforcement officials say they are often placed late at night when store employees are distracted. Those devices clone the data encoded on the cards and can also steal PINs.

The new federal law requires states to submit plans by Feb. 27 to make EBT cards more secure. So far, according to an email to Stateline from a U.S. Department

of Agriculture spokesperson, no state has yet forwarded a plan to the department. And critics say since the law did not spell out parameters on how to make the cards more tamper-proof, there may still be room for misuse.

"It's important to address the underlying issue," said U.S. Democratic Rep. Dutch Ruppersberger of Maryland, who was contacted for help by Yang and others in Maryland.

"We need to make these debit cards more secure in the first place," he said in a phone interview. "That's what we didn't do (in the omnibus bill)."

Rip-offs skyrocketed to more than \$1 billion last year in Maryland alone, rising from \$92,000 in reported losses in the state in 2021, his office said.

Ruppersberger, who introduced an earlier bill to address the issue, much of which was incorporated into the omnibus, has introduced legislation to address the security gaps of EBT cards and make the reimbursements retroactive before the October 2022 date. "We need to protect them and make them whole," he said.

At least two bills are pending in the Maryland legislature that would require closer monitoring of EBT transactions, installation of more tamper-proof chips on cards and restoration of stolen funds.

Ed Bolen, director of SNAP state strategies at the left-leaning research institute Center on Budget and Policy Priorities, said that while the omnibus law may improve some of the problems, the law is "pretty vague" and leaves those who lost their benefits before October 2022 in the lurch.

"It's definitely unfair" because many victims lost benefits during the summer of 2021 when the fraud took off, he said. "It was those folks' hardship that drew attention to this, and some of them may be out of luck."

Anthon, Iowa man pleads guilty to conspiracy to distribute fentanyl, methamphetamine and cocaine

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SIoux CITY — A 38-year-old Anthon, Iowa, man pleaded guilty in federal court this past week to conspiracy to distribute methamphetamine, cocaine and fentanyl.

During a plea hearing at the U.S. District Court in Sioux City, Brett Sauser confessed to taking part in the distribution of 350 grams of meth as well as possessing at least 20 grams, a piece, of fentanyl, ketamine and MDMA (ecstasy) from January 2019 until August 2022.

Sauser was able to get the drugs

through the dark web and the U.S. Postal Service, according to a press release from the U.S. Department of Justice.

"In August of 2022, law enforcement executed a search warrant at Sauser's residence after a covert delivery of a package containing 1/4 pound of methamphetamine," the U.S. DOJ said. "The evidence seized included three separate baggies of methamphetamine, approximately 3.5 grams each, plus small amounts of MDMA, heroin, ketamine, LSD, marijuana (including a nearly full-sized marijuana

plant), three bags of mushroom roots (for manufacture of psilocybin mushrooms) and various drug use and distribution paraphernalia."

In addition to the conspiracy to distribute charge, Sauser also pleaded guilty to one count of possession with intent to distribute methamphetamine within a protected location. Per the U.S. DOJ, Sauser lived within 1,000 feet of Memorial Park and Anthon Elementary School.

For the charge of conspiracy, Sauser faces at least 10 years in federal prison and could re-

ceive a possible life sentence. As for the possession with intent charge, Sauser would see at least five years imprisonment.

In March 2018, Sauser pleaded guilty to single counts of explosive permit violation and third-offense possession of a controlled substance after authorities located explosives on his property after an investigation into a fire that damaged his garage.

For those charges, Sauser received a 10-year prison sentence from the Woodbury County District Court.

Sioux City Council votes to add four police officers

DOLLY A. BUTZ
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SIoux CITY — The Sioux City Council voted Wednesday in a split decision to add four police officers in the next budget year.

During a wrap-up budget session, Mayor Pro Tem Dan Moore made a motion to include the hiring of four additional police officers in the FY 2024 operating budget. Mayor Bob Scott asked to amend Moore's motion to two officers.

Scott's amendment was defeated by a vote of 1 to 4. Moore's motion passed 4 to 1, with Scott casting the lone "no" vote.

Scott noted that he isn't op-

posed to the additional officers.

"I'm not going to vote for four officers. I'm not opposed," Scott said before the vote. "I can't vote for four, when you're asking other departments to do a whole lot less. I understand, but I think you want some sort of progression to show the council's good faith. I think two officers, personally, does that."

The Sioux City Police Department, which is allocated 127 full-time officers, is currently experiencing "burnouts" and dealing with injuries and retirements at a time when the community is growing, according to Sioux City Police Chief Rex Mueller.

"We need more manpower, so that we can redistrict, meaning we redraw the lines of our community and where officers work,"

Mueller told the council.

District 9, which includes Morningside and Whispering Creek, is increasing the community's footprint, according to Mueller.

"Right now, since we don't have additional bodies, we're leaving the district lines as is. And, we kind of try to fill in the blanks," he said.

Scott said it takes about six officers to increase a district, not four.

"Four may allow you to change your district, which would be a huge mistake, for one shift, maybe two. But, it doesn't allow you to change and add a district. Four officers will not do that," he said.

Mueller agreed with Scott that the department would need more officers to do that. He said increas-

ing the number of officers, however, will eventually lead to redistricting and a better distribution of the workload.

"We're really concentrating on essential services here. We want to make sure that we can still maintain, if we have losses like we've suffered here, those essential services. We don't want to tell you, all of a sudden, we're not going to respond to that," Mueller said. "We want to maintain services, if we deal with losses that are expected and unexpected, so that we can continue to provide a certain level of service and safety to the community."

Council members Julie Schoenherr and Alex Watters expressed interest in using a portion of the city's red light and speed camera revenue to cover some of the cost of adding

BRIEFS

Cherokee, Iowa man claims lottery prize

STORM LAKE, Iowa — A Cherokee, Iowa, man's wallet got a whole lot heavier this week.

On Tuesday, William Brady claimed a \$10,000 Iowa Lottery prize at the Storm Lake regional office after he won a "\$100,000 Mega Crossword" scratch game.

According to a release from the Iowa Lottery, the \$10 game features 38 top prizes of \$100,000 as well as 76 prizes of \$10,000.

Brady bought his winning scratcher from the Casey's at 1200 N. Second St. in Cherokee, according to the Iowa Lottery.

One man killed in Union County, S.D., crash

BERESFORD, S.D. — One man was killed and another man was injured in a three-vehicle crash, Tuesday afternoon, east of Beresford in Union County.

According to South Dakota's Highway Patrol, a 2007 Kenworth semitruck and trailer was traveling east on South Dakota Highway 46. The driver swerved to avoid rear-ending an east-bound pickup truck which was turning into a private driveway.

The semitruck and trailer crossed into the westbound lane, colliding head-on with a westbound 2012 Kenworth semitruck and trailer.

The 2007 Kenworth driver, a 76-year-old man, wasn't wearing a seatbelt and was thrown from the truck.

He was pronounced dead at the scene. The 2012 Kenworth driver, a 38-year-old man, was wearing a seatbelt and suffered serious, non-life-threatening injuries.

He was transported to a Sioux Falls hospital by ambulance.

The pickup driver, a 45-year-old man, was wearing a seatbelt and wasn't injured.

The names of all three people aren't being released, pending notification of family members.

The 2012 Kenworth was hauling ethanol fuel. Highway 46, west of Beresford, was closed to traffic for six hours while a hazardous material team responded at the scene.

South Dakota's Highway Patrol said an investigation into the crash is continuing.

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The three Rs

To see a clip about how the city of Sioux City handles its recycling, head to our website and search "Sioux City's recycling transfer point". Then enjoy the video clip our visual staff put together.

TOP TALKER

Elon Musk hopes to have Twitter CEO toward the end of year

JON GAMBRELL Associated Press

DUBAI, United Arab Emirates — Billionaire Elon Musk said Wednesday that he anticipates finding a CEO for Twitter "probably toward the end of this year."

Speaking via a video call to the World Government Summit in Dubai, Musk said making sure the platform can function remained the most important thing for him.

"I think I need to stabilize the organization and just make sure it's in a financial healthy place," Musk said when asked about when he'd name a CEO. "I'm guessing probably toward the end of this year would be good timing to find someone else to run the company."

It remains unclear how seriously Musk will take that timeline. His comment came only hours after he posted images of his shiba inu dog, Floki, on Twitter as the company's "CEO."

"So much better than that other guy!" wrote Musk, who often posts memes. After making the posts, a cryptocurrency known as Dogecoin, based around the image of a shiba inu meme, rose in value by around 5%. Musk previously has suggested Twitter accept Dogecoin in transactions.

Musk, 51, made his wealth initially on the finance website PayPal, then created the spacecraft company SpaceX and invested in the electric car company Tesla. In recent months, however, more attention has been focused on the chaos surrounding his \$44 billion purchase of Twitter.

Meanwhile, the Ukrainian military's use of Musk's satellite internet service Starlink as it



KAMRAN JEBREILI, ASSOCIATED PRESS

Elon Musk talks virtually to UAE Minister of Cabinet Affairs Mohammad Al Gergawi Wednesday during the World Government Summit in Dubai, United Arab Emirates.

defends itself against Russia's ongoing invasion has put Musk off and on at the center of the war.

Musk offered a wide-ranging 35-minute discussion that touched on the billionaire's fears about artificial intelligence, the collapse of civilization and the possibility of space aliens. But questions about Twitter kept coming back up as Musk described both Tesla and SpaceX as able to function without his direct, day-to-day involvement.

"Twitter is still somewhat a startup in reverse," he said. "There's work required here to get Twitter to sort of a stable position and to really build the engine of software engineering."

Musk also sought to portray his takeover of San Francisco-based Twitter as a cultural correction. Since taking over the company, he restored Donald Trump's access to the platform after the then-president lost access to the website after a pro-Trump mob attacked the U.S. Capitol on Jan. 6, 2021.

Musk also reinstated the accounts of several people who spread misinformation about the coronavirus, including Rep. Marjorie Taylor Greene, R-Ga.

"I think that the general idea is just to reflect the values of the people as opposed to imposing the values of essentially San Francisco and Berkeley, which are so somewhat of a niche ideology as compared to the rest of the world," Musk said. "And, you know, Twitter was, I think, doing a little too much to impose a niche."

Musk's takeover at Twitter has seen mass firings and other cost-cutting measures. Musk, who is on the hook for about \$1 billion in yearly interest payments for his purchase, has been trying to find way to maximize profits at the company.

However, some of Musk's decisions conflicted with the reasons that journalists, governments and others rely on Twitter as an information-sharing platform.

Musk on Wednesday described the need for users to

rely on Twitter for trusted information from verified accounts. However, a confused rollout to a paid verified account system saw some impersonate famous companies, leading to a further withdrawal of needed advertising cash to the site.

"Twitter is certainly quite the rollercoaster," Musk acknowledged.

Musk warned that artificial intelligence should be regulated "very carefully," describing it as akin to the promise of nuclear power but the danger of atomic bombs. He also cautioned against having a single civilization or "too much cooperation" on Earth, saying it could "collapse" a society that's like a "tiny candle in a vast darkness."

When asked about the existence of aliens, Musk had a firm response.

"The crazy thing is, I've seen no evidence of alien technology or alien life whatsoever. And I think I'd know because of SpaceX," he said. "I don't think anybody knows more about space, you know, than me."

FAQ

Did Ann Landers and Dear Abby ever work at the Journal? As syndicated columnists, yes. The Journal was one of a handful of papers around the world that ran both advice columnists. The reason? They're both Sioux City natives. Abby (or as we knew her, Pauline Esther Friedman) was in The Journal first. Then, sister Ann (Esther Pauline Friedman) asked if she could be in the paper, too.

If you have a question for FAQ, send it to bmiller@siouxcityjournal.com or mail it to Bruce Miller, Sioux City Journal, 515 Pavonia St., Sioux City, IA 51101

ONLINE POLL

Today's Question: Did you enjoy your Valentine's Day?

Yesterday's Poll

Question: Did you get any Valentine's Day gifts this year?



SPEAKOUT

Today's Question: What is your favorite snack food?

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QUOTE

"Too often we... enjoy the comfort of opinion without the discomfort of thought."

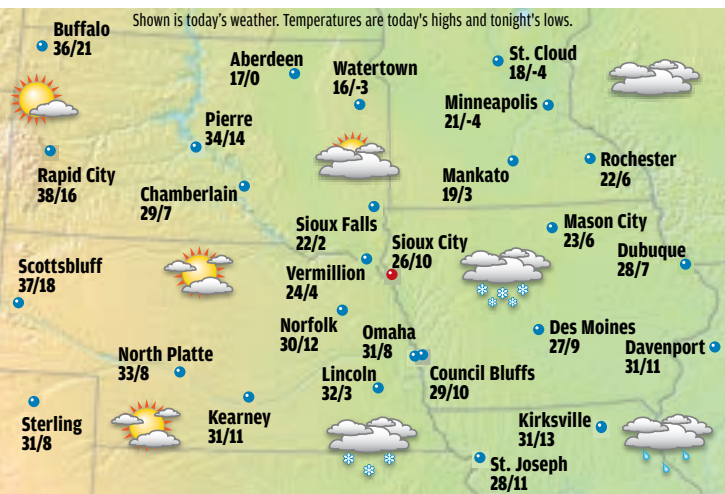
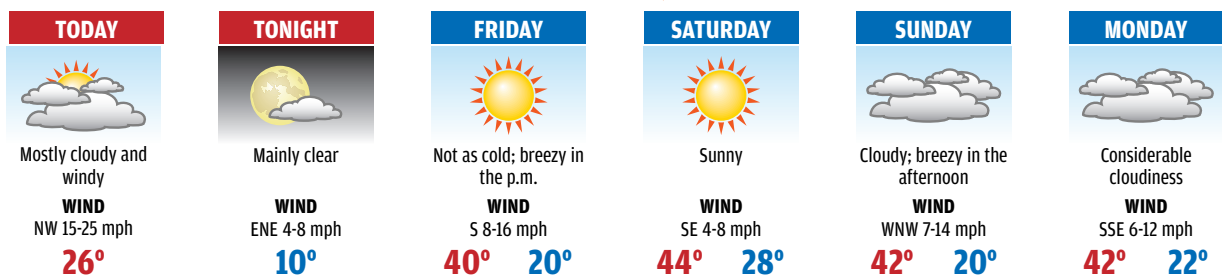
John F. Kennedy (1917-1963) American president

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SIouxLAND FIVE-DAY FORECAST



REGIONAL SUMMARY: Very windy today; mostly cloudy. Periods of snow during the morning, accumulating up to an inch in western Iowa; cold in southeastern South Dakota. Mainly clear tonight; frigid in southeastern South Dakota. Plenty of sunshine tomorrow. Sunny Saturday.

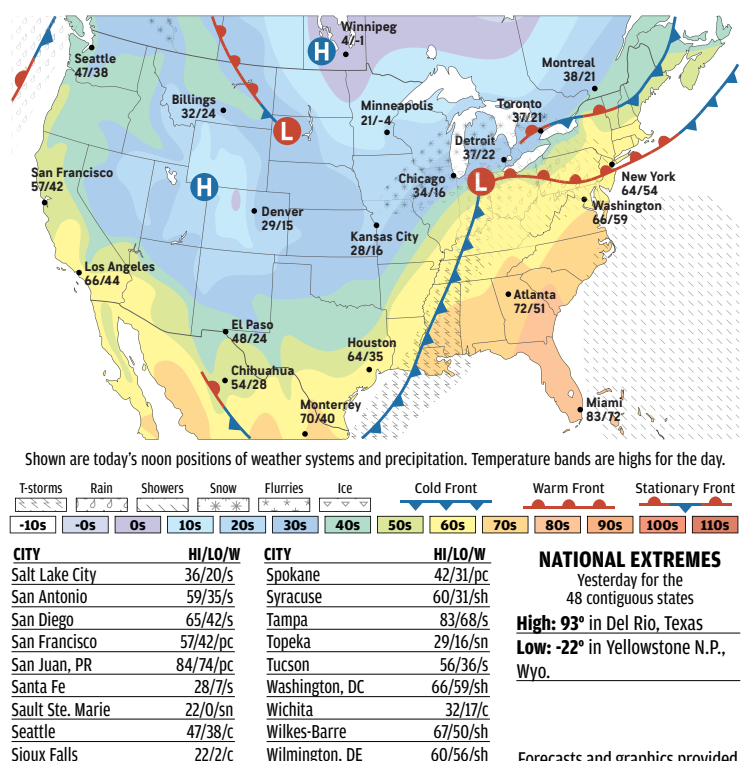
ALMANAC

Table with weather statistics: TEMPERATURES, TODAY'S RECORDS, PRECIPITATION, MISSOURI RIVER, HEATING DEGREE DAYS, SUN AND MOON.

NATIONAL CITIES TODAY

Table listing weather for various national cities including Albany, Albuquerque, Anchorage, Atlanta, etc.

NATIONAL FORECAST TODAY



Attempt to connect with beau's daughter fizzles

DEAR ABBY: I'm divorced and have been dating my guy friend for five years. We recognized after we started dating that we love each other, and we planned to move in together after a year of dating. I was so excited when we started making plans that I reached out to my guy's ex-wife and daughter as a friendly gesture.

His daughter was getting married later in the year, so I tried to reassure her that I understood how stressful a big wedding is, and I wouldn't be offended if I wasn't invited. I wasn't invited. Following the wedding, the first time I met his ex-wife and children was excruciating. His daughter was very unpleasant to me.

Now, years later, the situation has not improved. If I try to be Facebook friends, his daughter accepts my offer, but limits what I can see. This is ridiculous. After five years, I would like to just gently close that door. Is that being mean or realistic? — TRIED, AND TRIED AGAIN

DEAR TRIED: When you reached out to your partner's daughter, perhaps you came on a little too strong. It seems like a warm and caring gesture, unless your relationship was the reason his marriage ended. Have you talked to your partner about it? Perhaps he can help. This situation won't improve if you "gently close the door." You don't need to track his adult daughter's activities on Facebook. (If she hated you, she would block you entirely.) It couldn't hurt to step back and stick with the status quo, and that's what I recommend. DEAR ABBY: My

husband and I have been together 30 years and married for 25. We have four wonderful adult children and four beautiful grandchildren. We started our family very young and are now entering our 50s. I'm ready to get out and travel the world, but my husband wants to move closer to one of our children to help with the kids. We have had many loud conversations regarding my unwillingness to raise children all over again. I love my grandchildren, but having been a mother since I was 16, I'm enjoying my newfound freedom.

My son and his wife both have successful careers. They can afford quality child care, and I don't see the need for us to uproot our lives and move hours away just to be on-call babysitters. I love the town we live in, and I'm starting to resent his relentless "persuasion" and suggestions that relocation is what "most grandmothers would love to do." Advice? — STAYING PUT IN FLORIDA

DEAR STAYING: Having raised four wonderful children since the age of 16, your feelings are understandable. I will assume that your husband wants to uproot your lives because he is retired and has nothing meaningful to occupy his time. Please do not allow him to wear you down if you are not equally enthusiastic about becoming an on-call babysitter. You deserve to travel if you have the means to do it. He could take that time to travel to wherever your son and his family live and give them a break in your absence. That way you will both be doing something you enjoy.

PAID ADVERTISEMENT

Scientists Stunned After Shocking Discovery Reveals True Cause of Fatigue

New research finds unlikely source for why some seniors have an endless supply of energy

For the millions of Americans suffering from fatigue there is finally hope.

A new study reveals our energy levels don't have to decline with age.

Published by the National Institutes of Health, this peer-reviewed study caused shockwaves in the scientific community. That's because it runs counter to everything scientists have believed about energy levels and aging for years. But the evidence is undeniable.

Researchers analyzing 142 scientific papers determined the key to gaining more energy with age lies inside our cells — in our mitochondria.

Mitochondria play a critical role in generating metabolic energy. They are responsible for converting the food we eat into energy we can use. A paper published by the Department of Cell and Developmental Biology even called them "the gatekeepers" of cellular life and death. That's how vital they are to the survival of human cells.

However as we age, the number of our mitochondria declines. In addition, the mitochondria become susceptible to DNA damage, decreased function, oxidative stress and even mutations. All of which results in excess fatigue, accelerated aging and poor health.

But thanks to this study, America's No. 1 anti-aging doctor has been able to develop a new, all-natural solution that helps seniors increase the number of their mitochondria, so they can "rewind" the clock on old age.

"By taking this one compound you can quickly restore the mitochondria inside your cells," explains Dr. Al Sears — founder and director of the world-renowned Sears Institute for Anti-Aging Medicine.

"And, once your mitochondria levels are restored, you will have so much energy that you will feel decades younger."

Unique Discovery Restores Mitochondria

For more than 20 years, Dr. Sears has been considered America's No.1 anti-aging pioneer. He has authored over 500 scientific papers and has appeared on dozens of media outlets including ABC News, CNN, Lifetime, and many more.

Now, his latest discovery — a unique molecule that restores mitochondria inside cells — is so popular that seniors all across the country are stocking up on this new, all-natural energy-boosters.

Users say this advanced formula, sold under the name **Ultra Accel II**, allows them to experience the energy levels they had in their 20s and 30s. Those who've been lucky enough to get their hands on **Ultra Accel II** report seeing remarkable, almost unbelievable results.

As John H., from Bradenton, Florida reports: "I'm a 70-year-old man and I've been taking **Ultra Accel II** for 2 1/2 months. On a recent treadmill test, I was told that I did as well as several patients tested who were in their 20s."

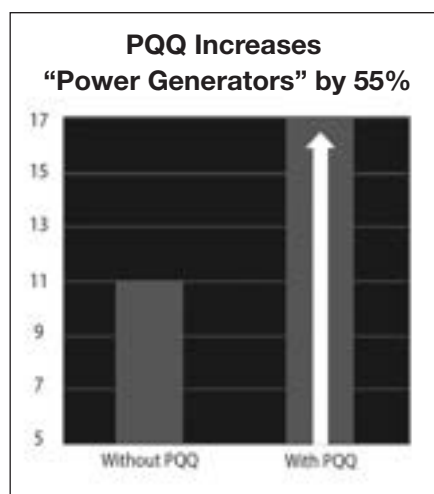
As Karyn E. from Palm Beach, Florida says "I noticed more energy within 24 hours of taking **Ultra Accel II**. I was thrilled to have all that extra strength and endurance. Then after a few months, I ran out... and within a week, all that extra energy disappeared. Now, I'll never be without **Ultra Accel II**."

Study Confirms 100% Success Rate

Scientists recently gathered a group of men and women suffering from high levels of fatigue.

Over an eight-week period they gave the subjects a daily dose of **Ultra Accel II**'s core compound. The results? All of the participants felt a significant improvement in energy levels. And the study reported a 100% success rate in boosting the energy levels of those suffering from fatigue.

That's because PQQ (CoQ10's



more powerful cousin) — the core ingredient in **Ultra Accel II** — is the only natural molecule that supports healthy numbers of mitochondria — the power generators inside your cells.

In one study, mice fed PQQ increased the number of mitochondria in their cells by more than 55%, in only eight weeks.

In addition to feeling more energized, users often report feeling mentally younger, with fewer "senior moments" and brain fog. That's because the key compound has been shown to stimulate the production of NGF, which helps trigger the growth of new brain cells.

"I've been taking **Ultra Accel II** continuously for over 12 months and I've found my energy levels to be as high or higher with less exercise. People can't believe I turn 50 this year," reports Wayne L.

And Jerry M. says he "noticed a difference within a few days... my endurance doubled. I love it. There really is something about **Ultra Accel II** that I can FEEL. It's not just in your body either. You can feel it mentally, too. This is something I'll be taking for a long time."

Demand For Ultra Accel II Soars

"For too long, millions of Americans have suffered the life-ruining effects of fatigue and lethargy," says Dr. Sears when asked about the remarkable success of **Ultra Accel II**.

"Until now, there's never been a science-backed solution that actually works and guarantees real results," continued Dr. Sears, "but with the release of **Ultra Accel II** that all changes and now you can unlock an endless supply of all-day energy, at any age."

Due to the unprecedented demand and recent media exposure, people are struggling to get their hands on this low cost, prescription-free energy booster.

However, through our partnership with the Sears Institute for Anti-Aging Medicine we've managed to secure a small supply exclusively for readers of this publication. For the next 48 hours only we're able to offer a special discounted supply of **Ultra Accel II**.

How To Try It Risk-Free

Ultra Accel II is not available in any store at any price.

The only way to get this potent energy booster is by calling the Sears Health Hotline at **1-800-433-1476** within the next 48 hours and taking advantage of this special offer.

Dr. Sears is so confident in this product he's protecting customers with a 100% money-back guarantee on every order. "Just send back the unused bottles within 90 days of purchase, and I'll refund every penny of your purchase price," he adds.

The Hotline will be taking orders for the next 48 hours only. After that, the number will be shut down allowing them to restock.

Call **1-800-433-1476** to secure your limited supply of **Ultra Accel II**. It's completely safe and no prescription is required. Those who call within the first 24-hours qualify for a significant discount. To take advantage of this great offer use Promo Code **NP223UA14** when you call.



JESSE BROTHERS, SIOUX CITY JOURNAL

Matthew Ung, Chairperson (R) 4th District, leads the Woodbury County Board of Supervisors meeting at the Woodbury County Courthouse on Jan. 24, 2023 in Sioux City.

Woodbury

From A1

million gap.

The board has been working at each meeting throughout the month to make small and large cuts from department budgets to bridge the \$6.3 million increase. As of Feb. 10 the board had surplus revenues of \$57,703.

This current amount includes the full recommendation given by the compensation board for elected officials and a temporary placeholder for the deputies union contract that is still being negotiated.

The compensation board made a recommendation of a 7 percent increase for Auditor Pat Gill, Treasurer Tina Bertrand and County Attorney James Loomis, a 10 percent increase for the Board of Supervisors and a 22 percent increase for

Sheriff Chad Sheehan.

The board has until the budget is certified to decrease these percentages by the same rate.

This year's budget gap was closed through a variety of budget cuts, appropriations and the use of other avenues of funding.

One of the largest changes that affected the budget was the use of \$2.5 million of the proceeds from the sale of the county farm. This is the second year the board has made this move.

Other large decreases were \$670,500 from the district health allocation reduction and instead using American Rescue Plan Act funding; \$535,000 reduction for equipment for various departments using gaming funding instead; \$411,738 from the correctional facility sheriff's budget; and \$225,000 from lowering the secondary

roads minimum tax asking.

Many of the smaller reductions were due to a "40-hour accrual" reduction.

The budget cannot increase after Tuesday, but the supervisors can continue to trim the spending plan until the budget is certified in March.

The overall tax asking was proposed to increase by roughly \$7.8 million with improvement requests.

Without the improvement requests the tax asking was proposed to increase by \$7.3 million. Last year it was around \$6.3 million, Butler said. If nothing was changed, the potential tax rate was \$8.07 for urban and \$10.69 for rural per \$1,000 of taxable valuation.

The FY2023 budget had tax rates of \$7.15 for urban and \$9.61 for rural per \$1,000 of taxable valuation. This was a two-cent decrease for both from the FY22 budget.

Traffic

From A1

Cedar Rapids Police Chief Wayne Jerman spoke at Tuesday's legislative hearing, expressing his strong opposition to the bill. Jerman and Des Moines Police Chief Dana Wingert said use of use of the cameras has resulted in a reduction in traffic crashes, including fatal crashes and those with injuries.

Both cities worked with the Iowa DOT to identify and place cameras along stretches of Interstate 235 or I-380 with elevated curves prone to crashes but leave no room for stationing squad cars for traffic enforcement.

"Any way you choose to look at this bill, it's a backdoor ban on the use of ATEs," Jerman told lawmakers. "I can unequivocally state 100 percent that ATEs save lives."

Since Cedar Rapids began using the cameras in 2010, Jerman said the city has witnessed only one speed-related fatality collision where cameras are located, which occurred in 2016 "during the period where the state made us turn our cameras off."

Jerman provided lawmakers with a photo of the crash. A sedan traveling in excess of 100 mph crashed into the back of a Cedar Rapids police sport utility vehicle stopped to investigate a wreck in the southbound lanes of I-380 near the First Avenue W exit. Two Cedar Rapids residents in the sedan died at the scene. Both officers survived, but one was forced to retire a month shy of his 32nd birthday due to his injuries, Jerman said.

"I can't emphasize enough that we put cameras where the data and the analysis calls for them, and we have seen driver behavior change," he said.

Part of the revenue from the automated traffic enforcement program is used for public safety purposes, including supporting the funding of 33 Cedar Rapids police officer positions and public safety programs. Money also has been used in the past to purchase police and fire equipment and support social justice programs such as the Citizen Review Board and Urban Dreams.

Since inception, Cedar Rapids has issued about 675,000 citations and roughly half have been paid,

Jerman said. During January, Cedar Rapids police officers issued 9,288 citations for speeding and red-light violations captured by the traffic cameras.

The cameras generated more than \$5.3 million in revenue from traffic citations for the fiscal year that ended June 30, 2022. And the city has budgeted for nearly \$6 million in revenue generated by the traffic cameras for the current fiscal year.

Cedar Rapids partners with vendor Sensys Gatso USA Inc. to run the program. For red light citations, Sensys Gatso receives \$22 per paid citation and the city receives \$78 per paid citation. For speed citations, the vendor receives \$20 per paid citation and the amount to the city varies depending on the amount of the fine.

The bill advanced to the full House Public Safety Committee for consideration on a 2-0 party-line vote. Rep. Ako Abdul-Samad, D-Des Moines, declined to sign off on the bill.

"I think that since we as legislators want to help our law enforcement officers provide public safety that we should support them," Abdul-Samad said.

Northeast College expanding South Sioux campus

CAITLIN YAMADA
cyamada@SiouxCityJournal.com

SOUTH SIOUX CITY — Northeast Community College has approved a \$9.8 million project to expand their South Sioux campus by adding a commercial driver's license truck driving training facility and expanding its industrial training building for welding.

Northeast's Board of Governors gave final approval on Tuesday for the additions just west of the main campus building at 1001 College Way, according to a Northeast College news release.

Leah Barrett, college president, said the expansion of the programs will provide increased opportunities for individuals who are looking to expand their skills as they seek employment in the two fields that are in high demand in the Siouxland region.

The college will construct

an 11,600 square foot commercial driver's license truck driving training facility and an adjacent truck driving range, and a 1,500 square foot addition to its existing industrial training building to increase capacity of the welding program.

The CDL training building will include two classrooms, a simulator room, instructor offices, drive-thru access and an outdoor shelter for storing and charging. The CDL training range will provide space for instruction of all required maneuvers to obtain a CDL certificate.

The addition to the existing industrial training facility will support an expanded area for 20 welding booths and provide space for student supervision and safety.

Work on the driving range is expected to begin this spring; construction on the building projects is scheduled to begin in Fall 2023 with completion in Summer 2024, according to the news

release.

The \$9.8 million will come from American Rescue Plan Act funds with other federal grant funds and donations through fundraising efforts, not college funds, according to the release.

Additionally, Northeast will use \$500,000 from a \$1 million U.S. Dept. of Labor community funding appropriations request that was in the Fiscal Year 2023 Omnibus Appropriations budget.

"This project will allow Northeast Community College to meet increased employer requests for workers with the specialized skills of truck driving and welding to fill vacant positions and foster business growth in the region," Barrett said. "It will also improve the attainment rate in Northeast's 20-county service area and in the State of Nebraska in an effort to achieve the goal of 70% established by the Legislature last year."

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. RESULTS MAY VARY.

Suspect

From A1

told Judge Douglas Luebe that Jones had the intent to kill Twiford and either encouraged her husband to commit the crime or participated in it herself.

“She makes it pretty clear she had the intent to kill him and get rid of the problem,” O’Brien said.

Jones’ attorney, Nathan Stratton, said the state had not shown Jones persuaded her husband to kill anyone.

“Nowhere does she tell him ... go kill him,” Stratton said. “She was upset at her husband. She was venting at him to get a reaction.”

Luebe found probable cause for Carrie Jones to face trial and ordered her bound over to district court. Her arraignment was scheduled for Feb. 27.

Firefighters responded to Ebeling’s home at 209 Elm St. after a neighbor reported an explosion just after 3 a.m. Aug. 4. While authorities were at Ebeling’s home, a fire at the Twiford home at 503 Elm St. was reported.

Higgins said Jones told investigators she had just gotten home from her truck driving job in Sioux City when she and her neighbors noticed Ebeling’s house across the

street was on fire.

Jones said she saw someone stumbling from the house and went to help him. It was her badly burned husband, who she said told her he’d seen the fire and had gone to see if he could help.

Carrie Jones said she took Jason Jones inside, and he handed her his .44-caliber handgun and told her to put it away.

Carrie Jones said she peeled his burned clothes from his body and washed him in the bathtub before bandaging him and putting him in bed. He refused to go to the hospital, and Jones told investigators she didn’t think she could force someone to seek care if they refused.

Carrie Jones said she had put his burned clothing in a bag and tossed it out of the bathroom, then told authorities in following interviews she didn’t know what happened to the clothes, which have never been found.

Jason Jones was arrested later that day and taken to a Lincoln, Nebraska, hospital for treatment of severe burns. He remains in custody at the Nebraska Department of Corrections Reception and Treatment Center in Lincoln, where his medical care is continuing.

Carrie Jones initially told investigators she knew of

no reason why her husband would have committed the crimes because they had no problems with their neighbors. Only during a follow-up interview with Higgins on Aug. 16 did she disclose the alleged harassment by Twiford. She also said Ebeling and her boyfriend often stared at her when she was in her yard and they “were weird.”

Investigators found empty .44-caliber shell casings near Ebeling’s body and a Ruger handgun registered to Jason Jones in the Twiford home. A backpack found inside the Twiford home contained receipts from Jones’ credit card for gas cans and gas. Gas cans were found at both homes.

A review of surveillance camera footage from a Laurel gas station showed Jason Jones filling up the gas cans, investigators said.

Prosecutors have filed notice of intent to seek the death penalty against Jason Jones if he’s found guilty of first-degree murder. His attorney has filed a motion to quash portions of Nebraska’s death penalty statute, saying they’re unconstitutional. At a Monday hearing, a judge ordered both sides to file briefs on the matter before he issues a ruling.

Jason Jones has not yet been arraigned.



TRISHA BENTON, CEDAR COUNTY NEWS, POOL

Carrie Jones, right, listens as her attorney, Douglas Stratton, speaks during a Jan. 23 hearing in Cedar County District Court in Hartington, Nebraska. Jones is charged with first-degree murder, tampering with physical evidence and accessory to a felony in connection with the Aug. 4 quadruple homicide in Laurel, Nebraska.

Eagles

From A1

“Back when I started birding in the early ‘70s, it was rare to see one in the winter,” said Bill Huser, of South Sioux City. “I knew people back in the day that had never seen one before.”

Bald eagles didn’t nest around here, Huser said. But now many do, and their large nests can be seen along waterways such as the Big Sioux River north of Sioux City.

And Siouxland has become a popular wintering spot for bald eagles, which will fly from frozen northern areas and congregate anywhere there’s open wa-

ter providing a steady source of fish and geese for food. It’s why Gavins Point Dam near Yankton, South Dakota, is a prime spot to see eagles. The water just below the dam doesn’t freeze over, so it attracts bald eagles looking for a meal.

Smith said some days it’s possible to see dozens of eagles in the trees or floating in the updrafts caused by north winds hitting the river bluffs. They’re a year-round attraction for birders, who can often be found near the dam with cameras and binoculars pointed skyward. Smith understands the attraction.

“I think it’s just they’re majestic. I think it’s the way they

look and what they represent,” he said.

It’s hard to think of a world without such a beautiful creature. Thanks to conservation and recovery efforts, including the government’s banning of DDT, we don’t have to. Bald eagle populations have rebounded, and they’re no longer on the endangered list, though migratory bird and eagle protection legislation still gives them cover.

Seeing a bald eagle nowadays is no rare event. You just need to know where to look.

Huser said any open water during the winter will attract eagles seeking a food source. They’re common along the

Missouri River, and Riverside Park on Sioux City’s west side is a great place to see bald eagles in the trees along the Big Sioux River. Numerous eagles can be seen along the Big Sioux as you drive north on Iowa Highway 12 out of Sioux City.

The area around Little Sioux Park near Correctionville, Iowa, also is a good site for eagle watching, Huser said, and about 50 were seen a week ago in trees lining the Little Sioux River along Iowa Highway 31 between Anthon and Oto, according to a post on the Loess Hills Audubon Society’s website.

“You never know. They go where the food is and where the

geese are,” Huser said.

Once the ice melts, the eagles will spread out. Those who came from the frozen northern waters will return home to nest, and the local nesting pairs will begin focusing on raising the next generation. By the end of March, bald eagles will be a less common site, though there are several who are year-round residents in this area, a big change from the days when few, if any, called Siouxland home.

“It’s a great thing to see a species that was having trouble and losing population rebound like that,” Huser said.

It’s great to see them, period. Even better now that there’s more of them around.

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NATION&WORLD

DIGEST

Balloon downing prompts threats

BEIJING — China said Wednesday it will take measures against United States entities related to the downing of a suspected Chinese spy balloon off the American East Coast.

At a daily briefing, Foreign Ministry spokesperson Wang Wenbin gave no details and did not identify the targets of the measures.

China says the balloon was an unmanned weather airship blown off course and accuses the U.S. of overreacting in bringing it down with a missile fired from an F-22 fighter jet. Since the Feb. 4 downing of the balloon, the U.S. sanctioned six Chinese entities it said are linked to Beijing's aerospace programs.

While China denies the balloon was a military asset, it has yet to say what government department or company was responsible.

Also Wednesday, U.S. Ambassador to Japan Rahm Emanuel said the Chinese balloon's intrusion was part of a pattern of aggressive behavior by Beijing.

NATO chief urges defense spending

BRUSSELS — NATO Secretary-General Jens Stoltenberg on Wednesday urged the 30 member countries to commit to spending at least 2% of their gross domestic product on defense by a set date, as Russia's war on Ukraine and other threats eat into military spending.

NATO allies agreed in 2014, after Russia annexed Ukraine's Crimean Peninsula, to halt the spending cuts they made after the Cold War and move toward spending 2% of GDP on their defense budgets by 2024. That pledge expires next year, and NATO is working on a new target. Some members suggested NATO should move toward a 2.5% guideline, though others say that's unrealistic.

The United States spends more on its defense budget than all the other allies combined, putting 3.47% of GDP into its military coffers, according to NATO estimates for last year.

BRIEFLY

IRS NOMINEE: Republican and Democratic senators, who have been arguing over how much money to give the IRS and how it should be spent, found at least one point of unanimity Wednesday as they considered President Joe Biden's nominee to lead the agency: Both sides wished Danny Werfel good luck with the worst job in Washington.

HAZARDOUS SPILL: A portion of the main freeway that runs through the southern Arizona desert and links the state's two largest cities remained closed outside Tucson on Wednesday morning, after a deadly crash caused a hazardous material leak Tuesday and forced evacuations nearby.

GAETZ: Rep. Matt Gaetz, a Republican firebrand known for his strong support of former President Donald Trump, said Wednesday that the Justice Department ended a sex trafficking case with no charges against him.

POLICE: Amid a renewed nationwide focus on police qualifications following the fatal beating of Tyre Nichols in Memphis, an Oregon lawmaker introduced a bill that would require law enforcement officers to complete at least two years of higher education.

THEME PARKS: Universal Orlando Resort plans to raise its starting minimum wage by \$2 to \$17 an hour, becoming the wage leader among the big theme parks in central Florida just as rival Walt Disney World is in contract talks with unions that are pushing to increase the starting hourly wage from \$15 to \$18.

BUS CRASH: At least 39 migrants were killed and about 20 injured early Wednesday when the bus they were riding in tumbled off a cliff in western Panama, authorities said. Officials did not immediately report nationalities.

— Associated Press

BUFFALO MASSACRE

Mass shooter sentenced

Victim's relative tells white supremacist he was 'brainwashed'

CAROLYN THOMPSON AND JENNIFER PELTZ
Associated Press

BUFFALO, N.Y. — A white supremacist who killed 10 Black people at a Buffalo supermarket last year was sentenced to life in prison without parole Wednesday after relatives of his victims confronted him with pain and rage caused by his racist attack.

Anger briefly turned physical at Payton Gendron's sentencing when a man in the audience rushed at him. The man was quickly restrained; prosecutors later said he wouldn't be charged.

The proceeding then resumed with more emotional outpouring from people who lost loved ones or were themselves wounded in the attack.

Gendron, whose hatred was fueled by racist conspiracy theories he encountered online, cried during some of the testimony and apologized to victims and their families in a brief statement.

Some angrily condemned him; others quoted from the Bible or said they were praying for him. Several pointed out that he deliberately attacked a Black community far from his nearly all-white hometown.

"You've been brainwashed," Wayne Jones Sr., the only child of victim Celestine Chaney, said as sobs rose from the audience. "You don't even know Black people that

much to hate them. You learned this on the internet, and it was a big mistake."

"I hope you find it in your heart to apologize to these people, man. You did wrong for no reason," Jones said.

Gendron pleaded guilty in November to crimes including murder and domestic terrorism motivated by hate, a charge that carried an automatic life sentence.

"There can be no mercy for you, no understanding, no second chances," Judge Susan Eagan said as she sentenced him.

Gendron, 19, also faces separate federal charges that could carry a death sentence if the U.S. Justice Department chooses to seek it. His defense attorney said in December that Gendron is prepared to plead guilty in federal court as

well to avoid execution.

New York state does not have the death penalty.

Gendron wore bullet-resistant armor and a helmet equipped with a livestreaming camera as he carried out the May 14 attack with a semiautomatic rifle he purchased legally but then modified so he could load it with illegal high-capacity ammunition magazines.

Tamika Harper, a niece of victim Geraldine Talley, said she hoped Gendron would pray for forgiveness.

"Do I hate you? No. Do I want you to die? No. I want you to stay alive. I want you to think about this every day of your life," she said, speaking gently. "Think about my family and the other nine families that you've destroyed forever."

US AIR TRAVEL



J. SCOTT APPLEWHITE, ASSOCIATED PRESS

Sen. Ted Cruz, R-Texas, center, flanked by Sen. John Thune, R-S.D., left, and Chair Maria Cantwell, D-Wash., questions acting administrator of the Federal Aviation Administration Billy Nolen on Wednesday at the Capitol in Washington.

FAA head defends US air safety

Lawmakers question chief about recent close calls at airports

DAVID KOENIG
Associated Press

The head of the Federal Aviation Administration said Wednesday the agency has taken steps to avoid a repeat of the technology failure last month that briefly halted all flights nationwide, but he said he couldn't promise there won't be another breakdown.

Separately, acting FAA administrator Billy Nolen defended the safety of airline travel in the United States after recent incidents at John F. Kennedy Airport in New York, in Austin, Texas, and

off the coast of Hawaii. Still, Nolen said, he will assemble a team of experts to review airline safety.

"We are experiencing the safest period in aviation history, but we do not take that for granted," Nolen said during testimony before the Senate Commerce Committee. "Recent events remind us that we cannot become complacent."

The committee's hearing was billed as an examination of the failure of an FAA system that provides safety alerts to pilots, but lawmakers were most animated when they quizzed Nolen on the recent flight scares.

Sen. Ted Cruz, R-Texas, showed a video reenactment of the Feb. 4 Austin incident in which a FedEx cargo plane flew over the top of

a departing Southwest Airlines flight. Both planes were cleared to use the same runway. The FedEx pilots aborted their landing just in time to avoid a collision.

"How can this happen?" Cruz asked. "How did air traffic control direct one plane on to the runway to take off and another plane to land, and have them both within 100 feet of each other?"

Nolen said the incident is still under investigation by his agency and the National Transportation Safety Board, but he suggested the fact the planes did not collide should be reassuring.

Nolen also pointed out that the U.S. has not had a fatal crash involving an airline plane since 2009.

Separately, the breakdown of

the FAA system of distributing alerts called NOTAMs to pilots began late on Jan. 10 when contractors accidentally deleted files, corrupting the main database and a backup, he said.

Attempts to fix the problem by the next morning failed, and FAA barred all planes from taking off for almost two hours on Jan. 11, leading to 1,300 canceled flights and 11,000 delays.

Nolen said there is now a delay in synchronizing the databases to avoid both the main and backup going down at the same time, but he can't rule out a repeat.

Part of the NOTAM system is 30 years old, though most airline flights use a newer system, Nolen said. But during the failure, all flights were stopped.

US retail sales up in spite of inflation

Budget Office takes darker outlook despite some positive signs

ASSOCIATED PRESS

WASHINGTON — America's consumers rebounded last month from a weak holiday shopping season by boosting their spending at stores and restaurants at the fastest pace in almost two years, underscoring the economy's resilience in the face of higher prices and interest rate hikes by the Federal Reserve.

The government said Wednesday that retail sales jumped 3% in January, after having sunk the previous two months. It was the largest one-month increase since March 2021, when a round of stimulus checks gave a big boost to spending. Excluding the pan-

demic era, January's rise was the largest in more than two decades.

Wednesday's robust retail sales figures, along with a strong January jobs report, suggest the economy remains durable, perhaps even strengthening, and at little risk of succumbing to a recession anytime soon.

Meanwhile, the Congressional Budget Office said Wednesday that it expects the U.S. economy to stagnate this year with the unemployment rate jumping to 5.1% — a bleak outlook that was paired with a 10-year projection that publicly held U.S. debt would nearly double to \$46.4 trillion in 2033.

The updated 10-year Budget and Economic Outlook outlined stark expectations for the coming year as high interest rates and inflation, though easing, continue to impact U.S. households and businesses.

Russia claims minor progress in Ukraine

Kyiv says it needs a few more months to stage its own offensive

SUSIE BLANN
Associated Press

KYIV, Ukraine — Russian forces claimed some battlefield success Wednesday as Moscow's invasion of Ukraine labored to gain momentum almost a year after it began, while Ukraine said it needs another few months to stage its own offensive.

The Russian Defense Ministry said its troops broke through two Ukrainian defensive lines in the eastern Luhansk region and pushed back Ukrainian troops some two miles, forcing them to leave behind equipment and the bodies of those killed.

It was not possible to independently verify Moscow's claim.

Ukrainian officials made no immediate comment.

Russian artillery, drones and missiles have relentlessly pounded Ukrainian-held areas in the country's east for months, indiscriminately hitting civilian targets and wreaking destruction, as the war largely slowed to a grinding stalemate in the winter. Moscow is hungry for some progress after months of setbacks.

Meanwhile, Ukrainian Defense Minister Oleksiy Reznikov said his country's forces would need "a few months" to learn how to use new Western weapons before they can try to push the Russians out of Ukraine.

The Donetsk and Luhansk regions, which together make up the industrial Donbas region bordering Russia, continue to bear the brunt of Russia's bombardments as Moscow reportedly moves more troops into the area.

OBIT INDEX

| | |
|-----------------------|-------------------|
| Calvert, Thomas, 70 | Newcastle, Neb. |
| Knudsen, Margaret, 93 | Moville, Iowa |
| Newman, Anthony, 84 | Alton, Iowa |
| Pearson, Sandra, 75 | Hawarden, Iowa |
| Schroeder, LaVern, 82 | McCook Lake, S.D. |
| Strubbe, Helen, 93 | Sanborn, Iowa |

Sandra ‘Sandy’ Pearson

Hawarden, Iowa, formerly Akron, Iowa

75, died Tuesday, Feb. 14, 2023. Services: Feb. 20 at 11 a.m., St. John’s Lutheran Church—Preston Township, Akron. Burial: following services, St. John’s Lutheran Cemetery—Preston Township, Akron. Visitation: Feb. 19 from 2 to 5 p.m., Rexwinkel Funeral Home, Akron, and resumes Feb. 20 from 10 a.m. until service time, at the funeral home.

Anthony Joseph Newman

Alton, Iowa

84, died Monday, Feb. 13, 2023. Services: Feb. 18 at 10:30 a.m., St. Mary’s Catholic Church, Alton. Visitation: Feb. 18 from 9:30 a.m. until service time, at the church. Arrangements with Fisch Funeral Home & Monument in Remsen, Iowa. Recording of service will be available at the funeral home’s website.

Margaret A. Knudsen

Moville, Iowa

98, died Tuesday, Feb. 14, 2023. Services: Feb. 17 at 11 a.m., Holly Springs Bible Fellowship, Hornick, Iowa. Burial: Greenwood Cemetery, Pierson, Iowa. Visitation: one hour prior to service time, at the church. Arrangements with Nicklas D. Jensen Funeral Home of Moville.

Thomas C. ‘Tom’ Calvert

Newcastle, Neb.



Thomas C. “Tom” Calvert, 70, of Newcastle passed away on Monday, Feb. 13, 2023, at a Sioux City hospital.

Services will be held at 10:30 a.m. on Friday at the Congregational Church in Newcastle. Visitation will be from 5 to 7 p.m. today, with a prayer service at 7 p.m., at Mohr Funeral Home in Ponca, Neb. Online condolences may be directed to www.meyerbroschapels.com.

Tom was born on Jan. 27, 1953, in Sioux City to Lyle and Charlotte (Mahon) Calvert. He graduated from Ponca High School in 1971.

On Dec. 16, 1977 he married Cris Anderson Chase in Newcastle.

After graduation, Tom spent one year in Alaska seeking his fortune; returning home, he worked as a cement finisher for Foxy Book, then became a Route Driver for Old Home Bread in 1984 where he worked for 37 years until he retired. Following his retirement, he worked part-time at Walmart and Holiday Inn in Vermillion.

He helped and assisted leading the church Youth Group with his wife Cris for a few years, coached Little League baseball and basketball, and was a proud member of the Eagles in Vermillion and the Teamsters Union.

Tom loved playing cards (and if you asked him, he was the expert!), bowling, playing baseball and softball in his younger years, golfing, and watching sports. He was an avid Nebraska Cornhuskers fan. Above all, his grandchildren were his world. He could be found cooking them breakfast nearly every Saturday.

He is survived by his wife, Cris Calvert; children Kyle Calvert, Michelle McElwain, Scott Chase (Lupita), and Shanin McCabe—Harding (Steve); 14 grandchildren; five great-grandchildren; siblings Ruth, Mary, Bob, Maureen, Julie, Jim, Paul, and Pat and their spouses; faithful companion, Smokey Jo; and several nieces, nephews, and cousins.

He was preceded in death by his parents; stepson, Brian Chase; and son-in-law, Joe McCabe.

Memorials may be directed to the family for future designation.

Helen Strubbe

Sanborn, Iowa

93, died Tuesday, Feb. 14, 2023. Services: Feb. 17 at 10:30 a.m., St. John’s Lutheran Church, Sanborn. Burial: Roseland Cemetery, Sanborn. No formal visitation. Arrangements with Sanborn Funeral Home.

LaVern L. Schroeder

McCook Lake, S.D.

82, died Saturday, Feb. 11, 2023. Services: Feb. 21 at 1 p.m., Sacred Heart Catholic Church, Sioux City. Burial: Logan Park Cemetery. Visitation: Feb. 20 from 5 to 7 p.m., Meyer Brothers Colonial Chapel.

Raquel Welch dies at 82

MARK KENNEDY
Associated Press

NEW YORK — Raquel Welch, whose emergence from the sea in a skimpy, furry bikini in the film “One Million Years B.C.” would propel her to international sex symbol status throughout the 1960s and ‘70s, has died. She was 82.

Welch died early Wednesday after a brief illness, according to her agent, Stephen LaManna of the talent agency Innovative Artists.

Welch’s breakthrough came in 1966’s campy prehistoric flick “One Million Years B.C.,” despite having only three lines. Clad in a brown doeskin bikini, she successfully evaded pterodactyls but not the notice of the public.

“I just thought it was a goofy dinosaur epic we’d be able to sweep under the carpet one day,” she said in 1981. “Wrong. It turned out that I was the Bo Derek of the season, the lady in the loin cloth about whom everyone said, ‘My God, what a bod’ and they expected to disappear overnight.”

She did not, playing Lust for the comedy team of Peter Cook and Dudley Moore in their film “Be-dazzled” in 1967 and playing a secret agent in the sexy spy spoof “Fathom”



LAURENCE HARRIS, ASSOCIATED PRESS

Raquel Welch appears at the Jan. 20, 1966, world premiere of “The Flight of the Phoenix” at the Carlton Theatre in London.

that same year.

Her curves and beauty captured pop culture attention, with Playboy crowning her the “most desired woman” of the ‘70s, despite never being completely nude in the magazine. In 2013, she graced the No. 2 spot on Men’s Health’s “Hottest Women of All Time” list. In the film “The Shawshank Redemption,” a poster of Welch is used to cover an escape tunnel.

In addition to acting, Welch was a singer and dancer. She surprised

many critics — and won positive reviews — when she starred in the 1981 musical “Woman of the Year” on Broadway, replacing a vacationing Lauren Bacall. She returned to the Great White Way in 1997 in “Victor/Victoria.”

She knew that some people didn’t take her seriously because of her glamorous image. “I’m not Penny Marshall or Barbra Streisand,” she said in 1993. “They’ll say, ‘Raquel Welch wants to direct? Give me a break.’” Welch was born Jo-Ra-

quel Tejada in Chicago and raised in La Jolla, California. Welch was a divorced mother when she met ex-actor turned press agent Patrick Curtis.

“The irony of it all is that even though people thought of me as a sex symbol, in reality I was a single mother of two small children!” she wrote in her autobiography, “Raquel: Beyond the Cleavage.”

Curtis became her manager and second husband and helped shape her into a glamor-girl with hundreds of magazine covers and a string of movies, plus exercise videos and books like “The Raquel Welch Total Beauty and Fitness Program.”

Though she would appear in exploitative films, she also surprised many in the industry with fine performances, including in Richard Lester’s “The Three Musketeers,” which earned her a Golden Globe, and opposite James Coco in “Wild Party.” She was also nominated for a Globe in 1988 for the TV movie “Right to Die.”

Married and divorced four times, she is survived by two children, Damon Welch and Tahnee Welch, who also became an actress, including landing a featured role in 1985’s “Cocoon.”

CDC: Teen girls see spike in behavioral health concerns

SANDHYA RAMAN
CQ-Roll Call

Teen girls who experience persistent feelings of hopelessness or sadness skyrocketed over the past decade, according to a 10-year survey released by the Centers for Disease Control and Prevention.

CDC reported Monday that almost all indicators of poor mental health and suicidal thoughts increased from 2011 to 2021, with higher rates seen among female and LGBTQ+ students.

In 2021, 42% of high school students reported feeling so sad or hopeless regularly for at least a two-week period that they stopped doing their normal daily activities.

Students feeling consistently hopeless, reporting seriously considered suicide, making suicide plans and attempting suicide increased, but the percent of students injured during a suicide attempt did not increase.

The results came as public health experts, advocates, officials and lawmakers issued warnings about the worsening mental health crisis for youth. Advocates called for the administration to declare youth mental health an emergency, and the U.S. Preventive Services Task Force recommended screening children and teens for depression and anxiety.

“Young people are experiencing a level of distress that calls on us to act with urgency and compassion,” CDC Division of Adolescent and School Health Director Kathleen Ethier said. “With the right programs and services in place, schools have the unique ability to help our youth



PATRICK T. FALLON, AFP VIA GETTY IMAGES

A bookmark for children with the 988 suicide and crisis lifeline emergency telephone number is displayed by Lance Neiberger, a volunteer with the Natrona County Suicide Prevention Task Force, while they speak about mental health and suicide awareness Aug. 14, 2022, in Casper, Wyoming.

flourish.”

The study, released Monday as part of CDC’s Youth Risk Behavior Survey Data Summary and Trends Report, showed teen girls experienced worse outcomes compared to boys.

In 2021, 57% of teen girls reported feeling persistently sad or hopeless compared to 36% in 2011. For teen boys, 29% reported these feelings in 2021, and 21% in 2011.

Thirty percent of female students also reported “seriously considering” suicide and 24% made a “suicide plan” in 2021.

Teenage girls also reported higher rates of not going to school because of safety concerns, being electronically bullied, being bullied at school or being forced to have sex compared to teen boys. Almost 20% of female students re-

ported experiencing sexual violence.

“High school should be a time for trailblazing, not trauma. These data show our kids need far more support to cope, hope, and thrive,” Debra Houry, CDC’s chief medical officer and deputy director for Program and Science, said in a release. “Proven school prevention programs can offer teens a vital lifeline in these growing waves of trauma.”

CDC said schools can incorporate evidence-based practices to improve youth mental health such as having teachers and mentors help students feel connected to their community and by teaching students about their emotions and sexual consent.

Congress took some steps to expand mental health programming.

The 2022 gun safety and mental health law provided \$500 million for the school-based mental health services grant program and \$240 million to fund mental health awareness and to detect youth mental health issues over four years. It also provided \$150 million for implementation of the three-digit 988 Suicide and Crisis lifeline.

President Joe Biden also called to do “more on mental health, especially for our children” during his State of the Union address last week.

While the report showed increases in the percentage of students who feel persistently sad or hopeless across all racial and ethnic lines, the numbers are especially stark for certain minority groups and LGBTQ+ students.

Hispanic and multiracial students experienced feeling persistently sad or hopeless at higher rates than their Asian, Black and white peers. But Black students were more likely to attempt suicide than Asian, Hispanic and white teenagers.

In 2021, almost 70% of LGBTQ+ students said they felt persistently sad or hopeless, and 20% reported attempting suicide. Fifty-two percent of LGBTQ+ teens had poor mental health symptoms in the prior 30 days compared to 29% of all teens.

Last week, a separate study included in CDC’s Morbidity and Mortality Weekly Report showed suicide deaths increased in 2021 after a two-year decline. A total of 48,183 individuals died by suicide in 2021 compared to 45,979 in 2020 or the 2018 peak of 48,344 deaths.

Charges dropped against reporter arrested at news conference

JOHN SEEWER
Associated Press

A cable news reporter pushed to the ground and handcuffed while covering a news conference about a train derailment in Ohio will no longer face charges, the state’s attorney general said Wednesday.

Ohio Attorney General Dave Yost dismissed trespassing and resisting arrest charges against NewsNation correspondent Evan Lambert, saying he had every right to be at the press conference.

Lambert was arrested and then jailed for five hours on Feb. 8 after authorities said he was told to stop his live broadcast and refused their orders to leave the news conference with Ohio Gov. Mike DeW-

ine. The reporter said in a statement Wednesday he was grateful for who those worked to see that the charges were dismissed, including DeWine.

“It is by design that reporters aren’t meant to become the story. In my case, I truly did not choose this,” he said.

Body-camera footage showed Lambert had a heated confrontation with Maj. Gen. John Harris Jr., commander of the Ohio National Guard, just before a sheriff’s deputy and an East Palestine police officer arrested him.

Police said Lambert was talking loudly while on the air from the back of the gym while DeWine was

speaking at the same time. Yost, who was asked by the county prosecutor to review the charges, said the local officials appeared to be following the lead of the National Guard.

“Regardless of the intent, arresting a journalist reporting at a press conference is a serious matter,” Yost said. “Ohio protects a free press under its constitution, and state officials should remember to exercise a heightened level of restraint in using arrest powers.”

DeWine, who as governor was at the news conference giving an update about the derailment of a train carrying toxic chemicals, said he did not authorize the arrest or see the disagreement, adding that

reporters have “every right” to report during briefings.

He called for the charges to be dismissed and said on Tuesday that he talked with Harris. “I think the general regrets the whole situation,” DeWine said.

Body-camera footage showed Harris confronted and pointed a finger at Lambert and then briefly pushed the reporter with one hand in the chest. Lambert also was pointing and talking to Harris until a state trooper stepped in between the two and moved away the commander, the footage showed.

Lambert later pulled away from two officers who then pushed him to the floor and handcuffed him, the video showed.

“This is what it’s like to be a Black reporter in 2023,” Lambert said while he was being held down, according to the footage.

The two officers who handcuffed Lambert are white as is the Columbiana County sheriff who ordered Lambert to leave. Both Lambert and Harris, the national guard commander who is a member of the governor’s cabinet, are Black.

Lambert said in his statement Wednesday that he was still processing what was a traumatic event “in the context of a time where we are hyper aware of how frequently some police interactions with people of color can end in much worse circumstances.”

HEALTH

Taking the plunge

Celebs tout ice baths,
but the science on
benefits is lukewarm



ERIN HOOLEY PHOTOS, ASSOCIATED PRESS

“The Great Lake Jumper” Dan O’Connor takes a plunge Jan. 26 into the frigid waters of Lake Michigan in Chicago, as he does every morning. O’Connor has jumped every day since June 2020.

LINDSEY TANNER | Associated Press

The coolest thing on social media these days may be celebrities and regular folks plunging into frigid water or taking ice baths.

The touted benefits include improved mood, more energy, weight loss and reduced inflammation, but the science supporting some of those claims is lukewarm.

Kim Kardashian posted her foray on Instagram. Harry Styles has tweeted about his dips. Kristen Bell says her plunges are “brutal” but mentally uplifting. And Lizzo claims ice plunges reduce inflammation and make her body feel better.

Here’s what medical evidence, experts and fans say about the practice, which dates back centuries.

The mind

You might call Dan O’Connor an amateur authority on cold water immersion. Since June 2020, the 55-year-old Chicago man has plunged into Lake Michigan almost daily, including on frigid winter mornings when he has to shovel through the ice.

“The endorphin rush ... is an incredible way to wake up and just kind of shock the body and get the engine going,” O’Connor said on a recent morning when the air temperature was a frosty 23 degrees. Endorphins are “feel good” hormones released in response to pain, stress, exercise and other activities.

With the lake temperature 34 degrees, the bare-chested O’Connor did a running jump from the snow-covered shore to launch a forward flip into the icy gray water.

His first plunge came early in the pandemic, when he went on a bourbon bender and his annoyed wife told him to “go jump in the lake.” The water felt good that June day. The world was in a coronavirus funk, O’Connor says, and that made him want to continue. As the water grew colder with the seasons, the psychological effect was even greater, he said.

“My mental health is a lot stronger, a lot brighter. I found some Zen down here coming down and jumping into the lake and shocking that body,” O’Connor said.

Dr. Will Cronenwett, chief of psychiatry at Northwestern University’s Feinberg medical school, tried cold-water immersion once, years ago while visiting Scandinavian friends on a Baltic island. After a sauna, he jumped into the ice-cold water for a few minutes and had what he called an intense and invigorating experience.

“It felt like I was being stabbed with hundreds of millions of really small electrical needles,” he said. “I felt like I was strong and powerful and could do anything.”

But Cronenwett says studying cold water immersion with a gold-standard randomized controlled trial is challenging because devising a placebo for cold plunges could be difficult.

There are a few theories on how it affects the psyche.

Cronenwett says cold water immersion stimulates the part of the nervous system that controls the resting or relaxation state. That may enhance feelings of well-being.

It also stimulates the part of the nervous system that regulates fight-or-flight stress response. Doing it on a regular basis may dampen that response, which could in turn help people feel better able to handle other stresses in their lives, although that is not proven, he said.

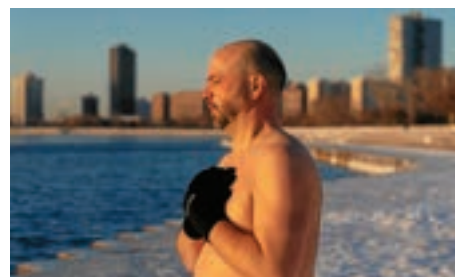
“You have to conquer your own trepidation. You have to muster the courage to do it,” he said. “And when you finally do it,



“The Great Lake Jumper” Dan O’Connor puts his robe on Jan. 27 after taking a plunge into the frigid waters of Lake Michigan in Chicago.



“The Great Lake Jumper” Dan O’Connor uses a hammer to knock ice off a ladder.



George Miller prepares to swim Feb. 2 in the frigid waters of Lake Michigan in Chicago.



George Miller swims Feb. 2 in the frigid waters of Lake Michigan in Chicago, as he does every morning.

you feel like you’ve accomplished something meaningful. You’ve achieved a goal.”

Czech researchers found that cold water plunging can increase blood concentrations of dopamine — another so-called happy hormone made in the brain — by 250%. High amounts have been linked with paranoia and aggression, noted physiologist James Mercer, a professor emeritus at the Arctic University of Norway who co-authored a recent scientific review of cold water immersion studies.

The heart

Cold water immersion raises blood pressure and increases stress on the heart. Studies have shown this is safe for healthy people and the effects are only temporary.

But it can be dangerous for people with heart trouble, sometimes leading to life-threatening irregular heartbeats, Cronenwett said. People with heart conditions or a family history of early heart disease should consult a physician before plunging, he said.

Metabolism

Repeated cold-water immersions during winter months have been shown to improve how the body responds to insulin, a hormone that controls blood sugar levels, Mercer noted. This might help reduce risks for diabetes or keep the disease under better control in people already affected, although more studies are needed to prove that.

Cold water immersion also activates brown fat — tissue that helps keep the body warm and helps it control blood sugar and insulin levels. It also helps the body burn calories, which has prompted research into whether cold water immersion is an effective way to lose weight. The evidence so far is inconclusive.

Immune system

Anecdotal research suggests that people who routinely swim in chilly water get fewer colds, and there’s evidence that it can increase levels of certain white blood cells and other infection-fighting substances. Whether an occasional dunk in ice water can produce the same effect is unclear.

Among the biggest unanswered questions: How cold does water have to be to achieve any health benefits? And will a quick dunk have the same effect as a long swim?

“There is no answer to ‘the colder the

better,” Mercer said. “Also, it depends on the type of response you are looking at. For example, some occur very quickly, like changes in blood pressure. ... Others, such as the formation of brown fat, take much longer.”

O’Connor plunges year-round, but he says winter dunks are the best for “mental clarity,” even if they sometimes last only 30 seconds.

On those icy mornings, he is “blocking everything else out and knowing that I got to get in the water, and then more importantly, get out of the water.”

OPINION

Today's Bible Verse

"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord." - Romans 6:23

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OTHER VOICES

Time is now to end daylight saving time

LINCOLN JOURNAL STAR EDITORIAL BOARD

You could set your watch by it. The Legislature is in session, and Sen. Tom Briese of Albion is back — for the fourth time in four years — with a bill to put Nebraska on daylight saving time year-round.

And for the fourth time in four years, the Journal Star editorial board is with him. Let's put this one to bed.

His proposal, LB143, would end springing forward in March and falling back in November if the federal government and at least three neighboring states do the same thing. While the federal government hasn't acted, 19 states have, including Wyoming and Colorado.

Briese and others have made their case arguing the economic and productivity benefits of additional daylight for part of the year, as well as public safety, health benefits and convenience. Sure, lots of smartphones and cars update automatically, but everyone has a microwave or a guest room clock radio that never gets changed.

And what parent hasn't felt the pain of trying to put a 3-year-old to bed at 8 p.m. on the Sunday night right after the time change?

While support isn't unanimous, Briese hasn't had much trouble enlisting other senators. Sen. Megan Hunt of Omaha reported during the bill's committee hearing that her office gets more support for this bill than any other that's being discussed.

Nationally, polling has shown folks don't want to change their clocks twice a year. The margin narrows a bit when it comes to the question of whether daylight saving or standard time is adopted. The Senate adopted a bill last year, but it stalled in the House.

A decision in Nebraska doesn't immediately end standard time. It just aligns us so we're ready if the other conditions are met. But it gets something done that plenty of people want, and it frees up lawmakers to deal with even timelier issues.

Sure, "High Noon" sounds a lot catchier than "High 1 p.m.," but outside of that, this is a public policy slam dunk. Let's approve it in the Legislature and be ready when the rest of the nation catches up.



CHARLES KRUPA

Two six-foot-tall clocks, built for a Florida hospital, are tested prior to shipment at the Electric Time Company in Medfield, Mass. on March 10.



The 2024 Test for the New American Right

JOSH HAMMER

EDITOR'S NOTE: Pat Buchanan is off today. Josh Hammer is filling in.

After former President Donald Trump formally launched his 2024 presidential run in November, a favorite parlor game of the chattering class has been to guess the identity of his first formally announced challenger for the Republican nomination. This week answered that question: Nikki Haley. The former governor of South Carolina and U.S. ambassador to the United Nations is set to declare her candidacy for the 2024 GOP presidential nomination in Charleston, South Carolina, on Feb. 15. (N.B. deeply unpopular former national security adviser John Bolton made an offhand remark to a British television station last month that he would also run, but since then has merely intimated he is considering such a bid.)

Haley's announcement will likely open up the floodgates for additional Trump challengers. Just as Haley had barely made an effort of late to contain her 2024 presidential ambitions, so too might we expect announcements to soon follow from other not-so-thinly-veiled aspirants, such as former Vice President Mike Pence, former Secretary of State and CIA Director Mike Pompeo, and perhaps former Maryland Gov. Larry Hogan. Later this spring or early summer, numerous other candidates are poised to also enter the fray: chief among them Florida Gov. Ron DeSantis, and perhaps also Virginia Gov. Glenn Youngkin, South Dakota Gov. Kristi Noem, 2016 GOP presidential primary runner-up Sen. Ted Cruz (R-TX) or Sen. Tim Scott (R-SC). Miami Mayor Francis Suarez has also been teasing a possible presidential run, despite his rather dubious credentials.

All of this will be sorted out in due time — by June or July of this year, at the latest. And as we approach that time, the key question facing the Right, and the Republican Party that is the Right's natural partisan vehicle, is whether it will seize upon the Trump phenomenon and move forward, or instead move backward to the pre-2016 GOP status quo ante. Put another way: Was

"Trumpism" a one-time flash in the pan based around an eponymous larger-than-life personality and universal celebrity status, or was it a substantive wake-up call for the GOP to ditch its outmoded bromides and sober up on issues pertaining (especially) to trade, immigration and foreign policy?

There is at least some reason for optimism that the latter formulation is correct.

In the current way-too-early 2024 polling for the presidential nomination, DeSantis consistently polls by far the best of any non-Trump alternative. DeSantis also happens to embody the tenets and overall ethos of the more nationalist- and populist-infused "New Right" movement better than almost any other current elected officials in America. He is a fiery culture warrior who dives headfirst into the fight against woke-ism, with a clear appreciation of the governing imperatives to wield power in the service of good political order and to recapture institutions previously lost to woke-ism. His well-publicized fight last year against The Walt Disney Company was straight out of the "New Right" playbook: Wield political power to punish a woke corporation pushing insidious gender ideology and to protect parental rights and the innocence of children.

More recently, DeSantis claimed a huge scalp from the College Board when it revised its AP African American Studies curriculum after the Florida governor objected to the initial course framework's pervasive indoctrinatory leftism, including its suffusion of critical race theory pabulum. His latest much-publicized moves with the New College of Florida's board of trustees, furthermore, perfectly demonstrates how one can prudentially wield power to recapture and reorient woke-addled institutions. Even on his signature issue, COVID-19, DeSantis did not reflexively defer to private-sector actors, as many libertarians or right-liberals might have; rather, he properly wielded power to preclude private-sector vaccine mandates, demonstrating a recognition of the manner in which professional-managerial class elites weaponized such man-

dates against dissenting "deplorables."

President Trump, along with some of his loudest social media supporters, have recently taken to smearing DeSantis as a clone of former House Speaker Paul Ryan (R-WI), who perfectly personifies the older chamber of commerce-friendly GOP. That is laughable; Ryan, now a distinguished visiting fellow at the neoliberal American Enterprise Institute, would object to most, perhaps all, of DeSantis' moves mentioned above.

On the other hand, there are a number of possible 2024 candidates who do embody the failures of the pre-2016 GOP status quo ante.

The foreign policy-centric Pompeo, for instance, has recently sounded a lot like Bush-era Donald Rumsfeld when he has opined on the Russo-Ukrainian war, defining America's purported national interest at a cartoonishly high level of abstraction and urging for ever-more taxpayer-funded weapons shipments. Haley, for her part, gives off the strong impression of a "market can do no wrong"-style laissez faire fundamentalist, denigrating "hyphenated capitalism" — such as Sen. Marco Rubio's (R-FL) proposal for "common good capitalism" — and hilariously tweeting in March 2020, on the precipice of the COVID-19 lockdowns, that "as we are dealing with changes in our economy, tax cuts are always a good idea." Hogan and Suarez, for their part, both encapsulate the Republican National Committee's infamous advice found in its post-2012 presidential election "autopsy": namely, to soften on immigration, avoid those icky "culture war" issues and focus on economic issues more palatable for suburbia. Trump's win four years later single-handedly proved the myopia of such thinking.

Assuming most of these likely 2024 contenders do indeed make the plunge, Republican primary voters will face a big decision. Let's hope they choose to move forward, not backward — in terms of repeating either discredited public policy or, as the case may be, repeating sullied candidates.

Why Americans need protection from the Consumer Financial Protection Bureau

WASHINGTON—Frail humans, fallen creatures in a broken world, rarely approach perfection in any endeavor. In 2010, however, congressional majorities (including only six Republicans) created a perfectly, meaning comprehensively, unconstitutional entity. The Consumer Financial Protection Bureau also perfectly illustrates progressivism's anti-constitutional aspiration for government both unlimited and unaccountable.

The CFPB is unlike any federal law enforcement agency ever created. Floating above the Constitution's tripartite design of government, it is uniquely sovereign: Independent of congressional appropriations, it funds itself by acquiring, *in perpetuity*, up to 12 percent of the Federal Reserve's annual operating expenses (the CFPB's cut might soon be \$1 billion), rolling over and investing any year's surplus. The president or either chamber of Congress can veto any attempt by legisla-

tors to gain control of the CFPB. Its director could not be removed for policy reasons, until this provision was declared a violation of the separation of powers because it reduced the president's authority to direct the executive branch.

On Friday, the Supreme Court justices in conference will consider the CFPB's request that the court overturn a decision by the U.S. Court of Appeals for the 5th Circuit. It struck down a particular rule issued by the CFPB. The 5th Circuit argued that the rule was issued by the CFPB director while he was unconstitutionally insulated from presidential removal. And that the rule was promulgated by spending funds in violation of the appropriations clause ("No money shall be drawn from the Treasury, but in consequence of appropriations made by law").

In 2010, Congress gave a new law enforcement agency a blank check—forever. If Congress can cede funding of the CFPB to the CFPB, what limiting principle would prevent Congress from nullifying the appropriations clause by allowing the entire executive branch to fund itself

in perpetuity, thereby abandoning the controlling power of the purse?

The Supreme Court should give the CFPB a reason to remember the adage "be careful what you wish for." The court should grant the CFPB's request and hear its challenge to the 5th Circuit. And the court should hold that the CFPB's power to set its own budget results from Congress's violation of the non-delegation doctrine: Congress cannot delegate to others powers the Constitution vests exclusively in it.

This is a fight constitutionalists crave. They are intellectually well-armed. Progressives have the media-academia-entertainment complex, but constitutionalists have the Antonin Scalia Law School's C. Boyden Gray Center for the Study of the Administrative State. Goliath, meet David.

Adam J. White, co-director of the center, bldgeons the CFPB with its own words. The bureau now says its forever funding, because it was authorized by Congress, counts as an appropriation. But before judicial scrutiny made such candor inconvenient,

the CFPB insisted that its funds are "non-appropriated" (2012) because they come from "outside the appropriating process" (2013), an assertion repeated in 2014.

In 2016, the CFPB resisted a Government Accountability Office review by arguing that the GAO reviews only the spending of appropriations, of which the CFPB said it has none—and the GAO agreed that the CFPB spends non-appropriated funds. In 2018, 40 Democratic senators opposed funding the CFPB through Congress lest this end its "independence." Last November, the bureau said its funds are not even "government funds."

The CFPB apparently believes it operates in a Constitution-free zone. The court should disabuse it. Doing so, the court will necessarily disabuse Congress of the idea that it can delegate to others a power vested in it by the Constitution.

As White says, it is time the court clarified the appropriations clause's "implications for modern governance," meaning the administrative state. This is especially urgent regarding the CFPB's vast discretion in pun-

ishing "unfair," "deceptive" and "abusive" practices.

The court should put this case on its autumn calendar, giving both sides preparation time commensurate with the stakes, which implicate all three branches. This case involves the judiciary's duty to thwart Congress's self-diminishment by impermissibly delegating power to an executive branch that wields an administrative state increasingly immune from effective control or even monitoring by Congress.

"Percolation" is lawyer lingo for allowing a complex controversy to slowly ripen through clarifying litigation. The CFPB has, however, been an affront to the Constitution for 13 years. Enough percolation, already. The court should grant the CFPB's request for a day in court. Then the court should declare it a perfect example of what the Constitution forbids, and of what progressives since Professor Woodrow Wilson, pioneering scholar of public administration, have desired: Congress, and politics, marginalized by administrative state "experts" insulated from political accountability.



GEORGE WILL

STREAMING

VONNAI PHAIR | The Seattle Times

Nearly six years ago, Netflix made a simple claim on Twitter: “Love is sharing a password.”

A lot of love has been going around since then — more than 100 million Netflix users share passwords with their friends, families, exes and even complete strangers, according to the company’s fourth-quarter shareholder letter.

But it seems the streaming giant has changed its mind on the meaning of love.

Netflix recently announced it will begin rolling out new password-sharing rules in Canada, New Zealand, Portugal and Spain.

The announcement comes after Netflix updated its online frequently asked questions page with information on account sharing. The company also detailed how it aims to crack down on password sharing in the United States in a January company earnings call.

The biggest change — and the one that caused all the rage — is that Netflix redefined which users can share an account. The new password-sharing rules detailed protocols to prevent people in different households from using the same Netflix account.

But on Feb. 1, the streaming platform said it had “errantly” posted this information, and the original version has been removed from the website, according to The Streamable.

The first line in the updated FAQ now reads, “A Netflix account is for people who live together in a single household.” A household, as Netflix defines it, is based on proximity and determined by location-based information such as IP addresses and device IDs.

So in the United States, if all the users on a Netflix account live in the same location, no problem.

If you’re a college student, a frequent traveler or someone who doesn’t have a home base, it gets a little bit trickier. Once you start introducing multiple devices, Wi-Fi networks and locations, that’s where the new rules — expected to take effect in March — will come into play.

In Netflix’s most recent earnings call, Gregory Peters, chief operating officer and chief product officer, said Netflix is seeking to monetize the viewing value that it delivers to get subscriber growth back on track.

“We’ve got folks that are watching Netflix who aren’t paying us as part of basically borrowing somebody else’s credentials,” Peters said, “and our goal is over this year to basically work through that situation and convert many of those folks to be paid accounts or to have the account owner pay for them.”

Peters noted this would not be a “universally popular move.”

“We’ll see a bit of a cancel reaction to that,” he said.

Here’s what to know about the new password-sharing policy:



The new rules

For users in Canada, New Zealand, Portugal and Spain, the new password-sharing rules have begun, Netflix said in its online announcement.

Netflix said it will help users set up a primary location where anyone living in that household can access the account.

For those living outside the primary household, Netflix will introduce the option to transfer a profile to a new paid account so users can keep their personalized recommendations, viewing history, My List, saved games and more.

As for travelers, “members can still easily watch Netflix on their personal devices or log into a new TV, like at a hotel or holiday rental,” the company said.

For members using a standard or premium plan, up to two people outside of a household can be added to the account at an additional charge. The out-of-household users will each have their own profile, personalized recommendations and their own login and password. Users on basic and ad-supported plans will not be able to add more members.

You can no longer share your Netflix account with someone who doesn’t live in the same household

“People who do not live in your household will need to use their own account to watch Netflix,” the streaming service said online.

Netflix said it may ask people to verify their devices if someone logs into an account from a device outside the household.

For now, the company says it won’t “automatically charge you” if someone logs in outside your home network.

You’ll need to verify your device

Let’s say you’re traveling and will be away from home for some time. If you try to access your Netflix account or sign into a device not associated with your home Wi-Fi, Netflix may ask you to verify your device.

You’ll have to enter a four-digit code sent to the account owner’s email or phone within a 15-minute expiration window.

“We do this to confirm that the device using the account is authorized to do so,” the streaming service said online.

Netflix users in Chile, Costa Rica and Peru have to renew their account credentials every 31 days, and the streaming platform said “device verification may be required periodically” for users in the United States.

You won’t have to verify your device if you’re using the same internet connection in the primary account owner’s household.

To verify accounts within the same household, Netflix said, it will use information including IP addresses, device IDs and account activity from devices signed into the account.

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