

CITY Revealed

MARCH 2022 FREE

*Ready to Sprout
Pg. 5*

*Favorite St. Patrick's Day
Recipes Pg. 10*

St. Patty's Day Parade Pg. 13



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MAGAZINE

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Publisher's Note

Happy March! Well, this month certainly has some odd holidays! March 1st is National Pig Day. From what I read, they are smart, and some, make great pets. It is also Plan a Solo Vacation Day. That can be a really good day. It might have to be a short one, but every now and then, a day away by yourself can be energizing. March 2nd is Ash Wednesday, the first day of lent.

March 3rd is Caregiver Appreciation Day. It is so nice in this day and age, that people who may have health problems or simply at an age that they need a little assistance are able to stay in their home. When I get to an age of needing help, I know I will want it to be in my home around my things.

March 4th is World Day of Prayer. This is a good time to start praying for countries that are being threatened and risking the loss of their country, home, and family. It is also Hug a GI Day. The GI I know is to far away to hug, but Brandon, in my mind I am giving you a big, big, hug!

March 6th is National Oreo Cookie Day. That is a favorite of many of my family members. My favorite is peanut butter Oreo. March 9th is Get Over It Day! Personally, I think that should be every day. Life is too short.

Ackerman Winery is celebrating Dumpling Day March 12th. Sounds like a delicious way to spend an afternoon.

March 17th is Saint Patrick's Day. Wear green and have fun. Cedar Rapids SaPaDaPaSo parade is Saturday, March 12th. Macaroni Kid has some mouthwatering recipes this month to really celebrate St Patrick's Day and more days later on.

With spring just around the corner check out the Getting the Family Fit article. There are some great ideas and I plan on posting it on my refrigerator to help motivate me daily.

God Bless



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Get Ready to Sprout



Get Ready to Sprout

By Tina Patterson, Linn County Master Gardener

Don't know your rosemary from your rototiller? Want to get your fingers in the soil but don't know where to start? No need to sink a ton of money into a new hobby, you can try out gardening on a small scale and let your love for it grow and bloom. Whether flowers or veggies, you can get your green on pretty simply with a few outdoor containers or a sunny spot of land, some seed or seedlings. It's easy, fun and rewarding.

For many Master Gardeners, our love of gardening started with a snip of a houseplant shared by a friend. We rooted it or planted it and began a love affair with dirty fingernails and the aroma of loamy soil. Some of us caught the grow bug way-back-when with a Dixie cup of bean sprouts. However the garden muse struck us; we all started generally the same...knowing nothing.

You do need a sunny spot outdoors, and start small, a 3'x 3' plot or raised bed is perfect. Even a container garden will work, but no more than 6 or 8 pots so you're not overwhelmed. The size of your first garden is important because you need time to devote to weeding and care. Starting small will still allow for plenty of flowers or some easy veggies like lettuce, radishes, green beans, and snap peas.

The soil you choose is important. If you're using pots for your garden, use a nice soil-less potting mix, containing fertilizer and perlite or vermiculite and peat moss. Moisten with water before planting. The mix should be crumbly, hold together when squeezed, but not dripping with water. If the pot is especially large, you can fill the bottom half with rinsed out milk or soda jugs that won't compost, then fill with the rest of your soil. Make sure there's plenty of drainage holes in your container. If you're planting in garden soil or a raised bed, you might amend the soil by adding in compost and peat moss, mixing well, to make your soil nice and rich.



Now just add seeds, right? Not so fast. Choose your plants carefully. Read seed and plant labels to see if the varieties you want to plant are compatible with your space. If this is your first garden, it might be easier to purchase starter plants grown in a greenhouse instead of seeds. This is particularly helpful with seeds that need a head start indoors before planting them in the garden. However, some veggies do best when seeds are directly sown like lettuce, carrots, and radishes. Do a little reading beforehand. Seed packages have tons of information and details about when and how to plant and if the seeds need a little prep work. Some need to be soaked to soften before planting, but the package will tell you. If that's a requirement, a day or two between damp paper towels will usually help the seeds to start sprouting. Seed packages will also tell you planting depth and spacing and whether or not they'll need to be thinned out once they poke up. Also check package for proper planting time, a range of dates is provided. The dates will guide you to plant when soil temperatures are right for that plant.

Watering seedlings properly is important. Water regularly but don't overwater and try to keep foliage dry to avoid mildew or mold. "Damping off" is an actual pathogen that causes young seedlings to die if they're too cool or too damp. Once the seedlings grow a set of mature leaves, they're tough enough to stave off the pathogens. An average of 1 inch of water per week is a good guideline for the garden.

Some veggies need additional support throughout the growing season. Climbing beans and peas need a light support, while cucumbers and squash need a more substantial support system. Go back to the seed package for maturity date, not all veggies produce at the same time.

Patrol your little garden regularly, pick weeds as they sprout and keep an eye out for pests.

You're now ready to go forth and garden. Have fun and experiment. Oh, and welcome to the happy group of dirt diggers.

For all your gardening questions call the Linn County Master Gardener Hotline at 319.447.0647.



Quick Tips to Prepare Your Home to Sell

1. Neutralize your home. Declutter, and sell or donate any unwanted items.
2. Deep clean the entire house, top to bottom.
3. Repair any issues and fill any cracks or holes in walls.
4. Declutter and clean the garage.
5. Cleanup and spruce up the yard.

Day of Showing Tips

1. Do a quick walk thru for anything missed.
2. Make the home smell good. Take care not to use an over-powering scent.
3. Let the light in. Open up the blinds and curtains and let the natural light in.
4. Make sure to take your pets with you during the showing.
5. Play some light "elevator" music for a pleasant walk-thru.

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Walking Paths for you to enjoy throughout your day.

ACTIVITIES
Our residents enjoy participating in Margarita Monday, Wine Wednesday, bingo, card games, chair exercise, church services, movie nights, book clubs, or arts/crafts. We also offer activities off-site to the grocery store, dinner outings, concerts/plays, museums, botanical gardens, and other fun seasonal outings!

RESTAURANT STYLE DINING
Our restaurant style dining offers a variety of meal options with the flexibility of substituting items in/out to meet each resident's taste. We offer a daily menu in addition to an Always Available Menu which offers options ranging from chef salad, loaded baked potato, baked salmon with vegetables, Mediterranean grain bowl, and more.



March Pet Events



March 2, 9, 16 & 23, 2022
DOGS AT THE DOWNS
5-7:30

Hawkeye Downs
4400 6th St SW, Cedar Rapids
Bring your pup out for a romp in our safe, clean and climate-controlled environment!

Cost is \$5 per dog. Proof of canine vaccines is required. More information at hawkeyedowns.org/dogs.

March 11, 2022

Hot Soup – Cold Noses DRIVE THRU Supper • 4:30 pm - 7:00 pm

\$10 For a delicious hot meal on the go! (cash only)

Iowa Humane Alliance
6540 6th St SW, Cedar Rapids

March 19, 2022

Bargains Galore Adoption Event
2020 16th Ave SW Ste B, Cedar Rapids

Have a great time checking out all the treasures in the store while also getting to meet some of our adorable kitties available for adoption! Check out our Facebook albums to find out more information on each of them. Message us if you would like to fill out an application before so that we can get you preapproved before arriving. Or you can fill out an application on our website at <https://www.unos-promise.com/info/adoption>. Of course, you can always fill out on-site as well.



March 26, 2022

Whine & Wags
5:30 PM – 10:00 PM

Ashton Hill Farm
803 Vernon Valley Dr, Cedar Rapids

This year's event features our signature silent auction, plated dinner, specialty drinks, music, wine pull, and guest animal appearances throughout the evening! Proceeds from the event go toward caring for the animals at the shelter. Tickets are \$75 each or \$600 for a table of eight. Limited seating available, so register today!



Adopt a Pet



Cedar Valley Humane Society

7411 Mount Vernon Rd SE
Cedar Rapids
319.362.6288 - www.cvhumane.org
Open: M-F 12-7pm, Sat. 12-5pm,
Sun. Closed

Dogs Forever Safe Place

809 Rockford Rd SW, Cedar Rapids
319.320.5522
www.dogsforever.org

Friends of the Animals

320 West 6th St, Tipton
www.friends-of-the-animals.com

Friends Helping Friends Foundation

319.286.5908
www.crfriendsfoundation.org

Fur Fun Rescue

229 Badger Rd, Lisbon
www.furfunrescue.org

Last Hope Animal Rescue

1823 16th Ave SW, Cedar Rapids
319.200.4880 - www.adopthope.org

SAINT Rescue & Adoption Center

1200 106th Ave SW, Cedar Rapids
319.551.7537 – www.saintiowa.org

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Cheyenne Off-Leash Park

1650 Cedar Bend Lane SW, CR

K9 Acres at Squaw Creek Park

5200 Golf Course Rd, Marion

Thornberry Off-Leash Dog Park

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CHOCOLATE - TOXIC TO HEART AND NERVOUS SYSTEM - DEATH	ALCOHOL - COMA - DEATH - INTOXICATION	MUSHROOMS SOME VARIETIES: - SHOCK - DEATH	XYLITOL - LIVER FAILURE - HYPOGLYCEMIA - DEATH	MEDICATIONS (ADVIL, TYLENOL, ETC.) KIDNEY FAILURE GI ULCERS	COOKED BONES STOMACH LACERATIONS	FATTY FOOD TOO MUCH OF IT: - PANCREATITIS
ONION, GARLIC - BLOOD CELL DAMAGE - ANEMIA	NUTS NERVOUS SYSTEM AND MUSCLE DAMAGE	DAIRY TOO MUCH OF IT: - DIARRHEA	CAFFEINE - VOMITTING - DIARRHEA - TOXIC TO HEART & NERVOUS SYSTEM	RAISINS KIDNEY FAILURE	GRAPES KIDNEY FAILURE	AVOCADO CONTAINS PERSIN: - VOMITTING - DIARRHEA

Keeping Pets Safe: Poison Prevention

Since its inception by Congress in 1961, March 20-26, 2022 has been designated as National Poison Prevention Week. Veterinarians and toxicology experts urge everyone to remember our four-legged friends, as they are among the most vulnerable.

Top Toxins for Pets Human Foods

Dogs love to help themselves to foods that are safe for humans, but poisonous for dogs. The most prevalent is chocolate. Dark chocolate is the most dangerous since it contains high amounts of theobromine – a relative of caffeine that can be deadly. Xylitol, a sweetener in sugarless gums, candies and even vitamins is also very dangerous and can be life-threatening even when ingested in small amounts. Raisins and grapes are often overlooked by dog owners as potentially dangerous, but they are extremely toxic and can cause kidney failure. Other human foods toxic to dogs include macadamia nuts, garlic, onions, yeast-based dough and table salt.

House Plants

Some common poisonous houseplants include azaleas, lilies (especially Tiger, Day, Asiatic, Easter, and Japanese Show lilies), daffodils, Sago palms, tulips, and hyacinths can cause anything from mouth irritation and drooling to severe stomach damage or death. Always do your research before planting something new in the garden, or bringing new greenery into the house.

Household Products

If there's a warning on it, keep it out of reach of people AND pets. Cleaning and other household products like bleach, paints, antifreeze and pool additives, as well as rat or other pest poisons can, cause problems if ingested, and even chemical burns externally.

Human Medications & Dietary Supplements

43% of calls in 2012 to the poison hotline were for dogs that ate over-the-counter (OTC) or prescription medications. The majority involved antidepressants which can cause serious harm to dogs when ingested. 5.5% of calls were concerning dogs that ingested dietary supplements and vitamins. While many, such as Vitamins C, K, and E are fairly safe, others such as iron, Vitamin D and alpha-lipoic acid can be highly toxic in overdose situations.

Insecticides & Rodenticides

14% of call in 2012 to poison control were for dogs that ate insecticides in the form of sprays, granules, insect bait stations, mouse and rat poisons and more. While many household insecticides are well tolerated by dogs, certain potent types such as organophosphates (often found in rose-care products), can be life-threatening even when ingested in small amounts. Depending on the type of mouse poison ingested, poisoning can result in moderate

to severe symptoms—anywhere from uncontrolled bleeding, swelling of the brain, kidney failure and seizures. Only one type of mouse poison (anticoagulant or blood thinner) has an antidote to counteract the effects of the poison. The rest, unfortunately, have no antidote and are more difficult to treat. There is also potential for relay toxicity, meaning that pets and wildlife can be poisoned by eating dead rodents that were poisoned by rodenticides.



Symptoms of poisoning can vary, based on the size or type of pet, and the kind of poison ingested. General symptoms can include:

- Vomiting
- Diarrhea
- Seizures
- Blood in the stool
- Lethargy
- Loss of appetite
- Bruising
- Nosebleeds
- Irregular heartbeat
- Inability to urinate

If you suspect that your pet has ingested or otherwise made contact with poisonous materials:

1. Check your pet's body and mouth to remove any remaining poisonous matter.
2. Try to collect a sample of the poisonous element (including anything your pet may have thrown up).
3. Call your vet immediately and be ready to provide information about:
 - What your pet ingested and when
 - How much your pet ingested (how many tablets, package size, etc.)
 - Pet's current weight
 - Pet's known medical history, including any medications (prescriptions and supplements) the substance may interact with.
4. DO NOT give your pet milk, peanut butter, vegetable oil or other soothing or vomit inducing substances. DO NOT attempt to induce vomiting unless directed by a veterinarian. In some cases, vomiting can make the problem worse!

Information found at:

www.petpoisonhelpline.com & www.foundanimals.org
24/7 ANIMAL POISON CONTROL CENTER: (855) 764-7661



My Favorite St. Patrick's Day Recipes



Corned Beef Special Sandwiches

Ingredients:

1/3 cup Russian salad dressing

8 slices Jewish rye bread

4 thinly sliced swiss cheese

1 pound thin-sliced corned beef

1/2 pound prepared coleslaw

Add all ingredients to list

Directions

Spread about 1/4 of the Russian salad dressing onto one side of each of four bread slices; top each with 4 ounces corned beef, slice of swiss cheese, and 2 ounces coleslaw. Top with remaining bread and slice in half. Serve with dill pickle and chips!

Whether you're hosting a St. Patrick's Day party or just cooking for your family, celebrate the luck of the Irish with our delicious and easy St. Patrick's Day recipes!



Ham and Cabbage Soup

Ingredients:

1 tablespoon vegetable oil
1 ham hock
1 cup chopped onions
1 cup chopped carrots
6 cups chopped cabbage
2 tablespoons chopped garlic
2 bay leaves
1/2 teaspoon freshly ground black pepper
1 1/2 teaspoons salt
4 cups Chicken Broth
3 cups peeled and cubed russet potatoes
1 tsp white vinegar

Directions:

Heat oil in a deep pot over medium high heat. I like to use my ceramic one for this recipe. Add the bacon and fry until it is slightly crisp, for about 4 to 6 minutes. Add the ham hock, onions, and carrots. Salute for about 2 minutes. Now add your cabbage, garlic, bay leaves, pepper and salt. Continue cooking for an additional 2 minutes, stirring occasionally.

Pour in the broth, stir up any bits on the bottom and bring to a boil. Reduce the heat to a simmer and cook, uncovered, for about 30 minutes. Add the potatoes and vinegar. Reduce heat to a low simmer and cook for 1 hour, or until the cabbage and potatoes are soft and tender.

Remove the ham hock from the soup. Pick off the meat and add back into your pot. Remove the bay leaves and any fat that may have surfaced to the top of the soup.

Serve in bowls with crusty bread. Enjoy!

Smashed Parsley Potatoes

Ingredients:

2 pounds white potatoes quartered
1/2 cup butter, cubed
2 tablespoons minced fresh parsley or 1 tablespoon of dried parsley
1/2 teaspoon salt
1/4 teaspoon white pepper
1/4 teaspoon ground black pepper

Directions:

Boil potatoes until tender, drain and put back into pot. Add butter, parsley, salt, and pepper into pot and smash all together until butter has melted and potatoes are still chunky but smashed.



Corned Beef Brisket in the Crock Pot

Ingredients:

1 (4 pound) corned beef brisket with spice packet
1 onion, peeled and cut into bite-sized pieces
2 cloves of garlic minced
4 cups water
6 ounces beer

Put onion and garlic into the bottom of a slow cooker, pour in the water, and place the brisket on top. Pour the beer over the brisket. Sprinkle on the spices from the packet, cover, and set the cooker on high. Cook the brisket for 6-8 hours. An hour before serving, shred the brisket in the pot and leave to soak up juices. Serve on rye bread with grainy mustard if desired.



Macaroni
Kid

Charlotte Linde is the editor and publisher of Macaroni Kid Cedar Rapids and Macaroni Kid Iowa City. Macaroni Kid and its family of Publisher Moms are dedicated to delivering the scoop on all the family-friendly events and activities happening in their area.

A dance mom (daughter) and all things sports mom (son), major foodie, wine lover, an idealist 24/7 - her mind never stops spinning - family first, sanity last. To subscribe to Charlotte's free local newsletter, please visit www.cedarrapids.macaronikid.com (Cedar Rapids) or www.iowacity.macaronikid.com (Iowa City) charlottel@macaronikid.com Cedar Rapids, IA

Teaching Kids to Eat Healthy

A food their child will enjoy and that is nutritious for them at the same time is not always easy to find. Every 35 days, your skin replaces itself and your body makes new cells from the food we eat. We have a choice of what our kids and we are made of. But, how do we execute bringing foods with better nutrients into our home and to our dinner table.

Here are a few tips:

Sit down with your family and plan your weekly menu. This provides variety as well as structure. Planning a menu can also be economical to a large family on a limited budget. Make a chart, have your children help, and collectively decide what you will have for breakfast, lunch, and supper. Also, don't forget to plan healthy snacks for in between meals. Teach your children about foods and where they come from. It's important for children to understand where vegetables and fruits come from, and that they do not need a high-fat dressing or chocolate to accentuate their taste. Get your kids involved when frequenting your local farmers markets or plant a garden. Let your children help in picking out what to grow and help in the planting process. Teach them how to tell when they are "ready" and make it their "job" to check the garden each day. When children have a part in the planting process and picking their veggies, it's more fun eating them.

Provide two healthy choices. It's great that many fast food corporations are now providing healthy choices when we frequent their establishments. However, providing a child with the choice of "orange or apple" rather than, "apples or French fries" is more likely to get a healthy result. Remember to keep healthy foods on-hand at home and model good behavior. Children can only eat what is available to them.

Watch for the gimmicks. Note that just because something is labeled "all natural" does not mean it's better for you. It means that enough artificial ingredients have been taken out or replaced with a better ingredient that the FDA can label the item "natural."

Use local resources to stay current on nutrition. There are many free and low cost classes and resources in our community to help us stay on a healthy path to making wise food choices. Check with our local hospitals and grocery stores to find upcoming classes and demonstrations.



St. Patrick's Day Fun Facts

- St. Patrick's Day is observed on March 17 because that is the feast day of St. Patrick, the patron saint of Ireland. It is a worldwide celebration of Irish culture and history.
- St. Patrick's Day is a national holiday in Ireland, and a provincial holiday in the Canadian province of Newfoundland and Labrador.
- 34 million Americans have Irish ancestry, according to the 2003 US Census. That's almost nine times the population of Ireland, which has 4.1 million people!
- The harp is the symbol of Ireland as is the color green, commonly associated with Ireland, also known as the "Emerald Isle."
- The Irish flag is green, white and orange. The green symbolizes the people of the south, and orange, the people of the north. White represents the peace that brings them together as a nation.
- The name "leprechaun" has several origins. It could be from the Irish Gaelic word "leipreachan," which means "a kind of aqueous sprite." Or, it could be from "leath bhrogan," which means "shoemaker."
- In Ireland on St. Patrick's Day, people traditionally wear a small bunch of shamrocks on their jackets or caps and the children wear orange, white and green badges.
- Dublin, the capital of Ireland, has a huge St. Patrick's Day festival from March 15-19, that features a parade, family carnivals, treasure hunt, dance, theatre and more.
- In the US parades are often held on the Sunday before March 17. Some paint the yellow street lines green for the day and in Chicago, the Chicago River is dyed green with a special temporary dye. There has been a St. Patrick's Day parade in Boston since 1737 and Montreal hosts Canada's longest running St. Patrick's Day parade, which began in 1824.
- For every four-leaf clover, there are an estimated 10,000 three leaf clovers.
- Legend says the first leaf is for hope, the second for faith, the third for love and the fourth for luck!





47th Annual Saint Patrick's Day Parade

March 6, 2022

Annual SaPaDaPaSo Irish Hooley Fundraiser
1 - 6 PM

Doors open at 1PM. LIVE Irish Music from 2 - 6 PM by Wylde Nept. Free face painting. Admission: \$5.00 Adults, \$2.00 children. Food & beverages available for purchase. Door prizes, raffles, silent auction and SaPaDaPaSo merchandise. Proceeds from this event pay for the annual St. Patrick's Day Parade in Cedar Rapids on Sat. March 12th, 2022

Veterans Memorial Building, 50 2nd Avenue Bridge, Cedar Rapids

Saturday, March 12, 2022

47th Annual SaPaDaPaSo St. Patrick's Day Parade & Post Parade Awards Ceremony
Parade starts at 1:00 PM

Immediately following the conclusion of the parade (approximately 2PM) join SaPaDaPaSo at The HarMac industrial event space located downtown at 411 6th Ave SE. Food & beverages will be available for purchase. This is a FREE event open to the public. Parade awards will be handed out at approximately 4:30 PM when the judges results are in!!

Several memorial awards honoring past members of SaPaDaPaSo are handed out. Family members of these individuals help select the recipients of these memorial awards which are "floating trophies" that the winner has for a year. The judges are sequestered immediately

following the parade while they make their final decisions. It is said that these "discussions" have often been lively conversations.

For more information on SAPADAPASO and the annual St. Patrick's Day Parade visit www.sapadapaso.org.



**SAINT PATRICK'S DAY
PARADE
SATURDAY MARCH 12, 2022**





American Heart Association.

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PLAN AHEAD



Sign up for a reward card

Sign up for a reward card (loyalty program) with your grocery store(s). Scan the card as you check out to receive deals automatically.



Use coupons and coupon apps

Collect coupons. With a reward card, you will get email coupons and can download online coupons. Use coupon apps.



Know what you have

Inventory your pantry and refrigerator each week.



Plan meals each week

Keep recipes, grocery lists, receipts and coupons in one place to make planning easier.



Make a shopping list

Be specific with descriptions. Note the quantity needed and which coupons you have.



Save receipts

For each week, compare what you spent to what you budgeted. Adjust your meal planning and budgeting if necessary.

AT THE GROCERY STORE



Compare prices

Store-brand products may be more affordable.



Use coupons, but compare prices and nutrition facts.

A coupon may not always be the best deal or the healthiest option.



Buy in bulk

You may save money. Just be sure you have room to store what you've bought in your pantry or freezer.



Save with seasonal produce

Buying produce that's in season can save you money. Can or freeze it for year-round use.



Don't check out at the checkout

Pay attention at the register to make sure you get all your discounts and savings.



For more smart shopping tips, visit heart.org/healthyforgood.

Getting the Family Fit



just play and run around can be a fun way for a kid to stay active.

Join a Team or Find a Partner

Lots of parents turn to programs like the YMCA that offer swim lessons, and team soccer, baseball, basketball, and flag football. These programs are great fun and teach a lot of important lessons along with staying physically fit. If joining a program is not an option, reach out to family and friends to go biking, hiking or pick up a tennis game at a local court. No matter what, get the kids involved in planning the activities. Kids need to have fun for them to want to stick to the program.

Go for a Walk

Walking is an easy, free, and fun workout the whole family can enjoy. A brisk 30 minute walk is a great way to promote healthy circulation and maintain strong mobility. It is also one of the easiest ways to get started in an exercise routine. Our area has many beautiful trails to walk that are great for teaching kids about nature, and this can also be an opportune time to have those one-on-one talks with your kids.

Summer is coming, and with it, warm, sunny days when children can get outside to play and be active. Enjoying physical activity is an important part of establishing a healthy lifestyle. Children develop habits when they're five to ten years old that remain with them for the rest of their lives. So if kids are brought up to be physically active, they're more likely to remain active—and healthier—as they get older.

Move it or Lose it

The National Institute of Health recommends that kids get 60 minutes per day of moderate to vigorous physical activity—the kind of activity that makes them a little out of breath.

Most very young children are naturally active; they run and play vigorously without being encouraged to do so. But as children get older, their activity level decreases. A recent study found that at age nine, children averaged three hours of exercise every day. By age 15, however, they averaged only 49 minutes per weekday, and 35 minutes per weekend. So what's the best way to keep kids fit and active?

Do it as a Family

The best way for kids to stay fit is for the whole family to be active. Some children might need extra encouragement to stay active so parents can help them stick with it by joining in and setting a good example. Family activity-time also doubles as a way to get in physical exercise and spend quality time together. Activities like taking the kids to the park to shoot hoops, walk the track, or

In Cedar Rapids we are lucky to have many different parks with trails to choose from. Here are just a few to check out. More park and trail map information found at www.cedar-rapids.org.

Noelridge Park Trail – Off of Council Street NE, between Collin Rd and 42nd St NE
0.8 mile long trail, two playgrounds, tennis court, and beautiful gardens.

Sac and Fox Trail – Wooded, nature and prairie trail.
7.2 miles long, Indian Creek Nature Center located midway through the trail, horses welcome.

Cherry Hill Trail – West end Cherry Hill Park, 341 Stoney Point Rd NW, Cedar Rapids
.825 miles long, playground, two softball fields, pavilion available.

Cedar River Trail - From Blairs Ferry Rd NE through downtown Cedar Rapids to 76th Ave SW. 12.6 mile paved trail. Exceptional sights and sounds of urban wildlife along Cedar Lake and the Cedar River. Many native grasses and wildflowers to observe.

Cedar Lake Loop Trail – Encircles the entire Cedar Lake. Parking located on Shaver Rd NE. 1.6 mile paved trail. 3 shelters with picnic tables, new benches, and bicycle racks.

Ellis Trail – Ellis Park 2000 Ellis Boulevard NW, Cedar Rapids
2.6 mile paved trail on the west bank of the Cedar River



Dumpling Day
March 12, 2022

\$10 A Sweet Fruit
Dumpling &
Glass of
WINE



Saturday, March 12th from 10:00 AM - 6:00 PM is DUMPLING Day in Amana, and we will be joining in on the fun! Here at Ackerman Winery, we will be offering sweet fruit dumplings paired with a glass of wine for \$10. Supplies are limited, so come in for one of these delicious specialty pairings before they are gone.



March 13, 2 pm
**GLASS PAINTING
CLASS \$15**

"Spring Flight"



Saturday, March 12th from 2:00 PM - 4:00 PM is DUMPLING Day in Amana, and we will be joining in on the fun! Here at Ackerman Winery, we will be offering sweet fruit dumplings paired with a glass of wine for \$10. Supplies are limited, so come in for one of these delicious specialty pairings before they are gone.

We hope to see you in Amana!



Amana, IA

4406 220th Trail • Amana, IA
Complete details found at:
www.ackermanwinery.com
www.amanacolony.com

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MORE FESTIVAL INFORMATION!

APRIL 30 - MAY 1



Food for Thought – How Nutrition Affects More Than Just Your Weight

The older population is increasing world-wide and soon older people will outnumber younger people. Meeting the diet and nutrition needs of older adults is crucial for the maintenance of health, functional independence and quality of life. This projected growth in the older population has caused healthcare and support services to take a closer look at their nutrition programs.

While many older adults remain healthy and eat well those in poorer health may experience difficulties in meeting their nutritional needs. We often relate poor nutrition to weight management. However, malnutrition also increases health risks such as:

- Bone density issues- bones break easier
- Increase in falls due to dehydration
- Increased confusion

Many don't consider these additional risks. Not to mention it is often difficult to prepare nutritional meals for a single individual or a couple.

If you know an aging adult who is struggling with their nutrition, contact us to learn more about your areas senior dining programs. In addition, ask us about our newest location, The Views Senior Living of Marion. They are the 1st WELL registered assisted living in the NATION with one of their focusses being on nutrition and alternatives.

We are here to help!



The Views of Marion - 319-390-8439

The Views of Cedar Rapids - 319-294-9669



Join us for the Corridor Heart Walk!

Be a Heart Walk Hero

We've combined the Cedar Rapids and Iowa City Heart Walks into one event! Donations for the Heart Walk fund lifesaving research. That means when you join us, YOU are responsible for saving lives. And if that doesn't make you want to do a victory dance... well, we don't know what will.

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heart.org/CorridorHeartWalk



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The Arc of East Central Iowa

25th Annual Arc March

March 12th, 2022

Washington High School Gym

8:00 AM - Activities Begin • 9:30 AM - Walk Starts



Celebrating the **abilities** in all of us!

The Arc is the resource of choice for people with intellectual and developmental disabilities and their families regardless of the diagnosis and at all stages of life. Invite your friends, family, and coworkers to walk with you and help us raise awareness.

This year our event will be held at the Washington High School Gym. (South parking lot off of Cottage Grove Ave) Activities will begin at 8:00 AM and the walk will start at 9:30 AM. (Please note the new location & time!)

Register at: www.arceci.org



FAMOUS LAST WORDS

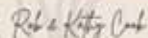
A CELEBRITY ROAST OF
BETH MALICKI

APRIL 29, 2022

6:30 PM

OLYMPIC SOUTH SIDE THEATER
CEDAR RAPIDS, IA

Famous Last Words is sponsored by:



Tickets available now for VIP tables

- Seating for up to 10
- Complimentary bottle of each a red and white wine
- Special gift
- All you can eat and drink: heavy hors d'oeuvres, beer, wine, soda and water
- Pitcher of Malicki Kickie, a signature cocktail made especially for this event
- VIP table: \$1,200 per table

Individual tickets will be available March 15

- All you can eat and drink: heavy hors d'oeuvres, beer, wine, soda and water
- Individual ticket: \$120 per person

Cash bar for cocktails available.

To purchase tickets, visit:

historycenter.org/famouslastwords

The History Center is putting the "fun" in funeral as Beth Malicki lives through her own mocking (but loving!) eulogy - written and performed by the always hysterical Adam Witte, Dave Martino and other special guests! We are confident the only tears you shed will be tears of laughter!

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ANOTHER GREAT CONCERT LINEUP FOR THE 2021-2022 SEASON!
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That's **10** live concerts **all** for one low price.

ACT NOW AND SAVE! Early bird membership ends July 31, 2021.

Membership cards will be mailed 2 weeks before the first concert.



2:30 p.m. | Sunday, October 3, 2021

FOLK LEGACY TRIO

The Folk Legacy Trio sings the songs of the great folk trio from the '50s through the mid-'70s, including songs from The Impressions, The Kingston Trio, The Lovellans, Peter, Paul & Mary, The New Christy Minstrels, The Shuberts Four, The Chad Mitchell Trio, Tom Paxton, Judy Collins, Joan Baez. The Folk Legacy Trio are George Grove, formerly with the Kingston Trio, Rick Dougherty, former member of The Lovellans and Kingston Trio and Jerry Suggs, former lead singer of the legendary duo-pop group, The Shambles.



7:30 p.m. | Monday, November 1, 2021

BEN GULLEY

Ben Gulley is an American operatic tenor whose career includes lead roles in Mozart's *Figaro*, *Aida* and *Boris Godunov* and more. The program takes the audience on a musical journey featuring baroque selections from Broadway, classical and American genres. David Foster, Grammy Award Winning Producer/Artist and Multi-Academy Award Winner, vocalist says Gulley is "...and generation of music superstars!"



7:30 p.m. | Wednesday, November 3, 2021

JANOSKA ENSEMBLE

True art knows no borders, and the music of the three brothers from Bratislava (Czechia), Bratislava and Roman Janoska and their kinship have brother-in-law James Janoska prove that in remarkable fashion their musical creations happily traverse an outdoor fully embraced their classical path with the music of other genres - from jazz and Latin to pop music. Janoska Style is far more than just a "sound", it is "music to be lived" - you have to listen to it and feel it live.



5:30 & 7:30 p.m. | Tuesday, March 8, 2022

CORRIDOR JAZZ PROJECT

The area's top high school jazz bands unite in the only joint concert of the year! The Corridor Jazz Project pairs each band with an adult professional, and they record together for the annual Corridor Jazz Project CD. This year, the CD release party returns to the Community Concerts! You'll hear the top jazz bands from Cedar Rapids, Marion, Iowa City, and surrounding communities, divided between 5:30 and 7:30 sessions. Choose the performance that features your favorite school, or come to both shows and see them all!



7:30 p.m. | Tuesday, April 5, 2022

MELISSA MANCHESTER

Grammy-winning, Academy Award-nominated, multi-top 10 singer/songwriter. Let's hear it for the boys! More than 25 years after Melissa Manchester released *Hearts*, her 1989 album that honored the great female singers who influenced her, she turns the tables with *The Fabes*, a raucous excursion to the men, including Frank Sinatra, Bill Tomel, Tony Bennett and Dean Martin, and the classic songs they made famous. Worked with Marvin Hamlisch, Kenny Rogers and Barry Manilow.



BRING A FRIEND AND ENJOY!



March

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