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MAGAZINE

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Publisher's Note

Happy August!

I have been enjoying the nice summer days so far. So many events have been going on this summer, with more fun events still to come.

National Mountain Climbing Day and National Raspberry Cream Pie Day are both August 1st. I vote for pie!

August 3rd is National Watermelon Day. August 4th is Chinese Valentine's Day/Daughter's Day. (7th day of the 7th Lunar Month.) The 4th is also Chocolate Chip Cookie Day. The 5th is International Beer Day, National Oyster Day, and Work like a Dog Day.

There are other interesting days, but this one caught my eye. August 13th is Left Hander's Day. You are correct, I am left-handed and proud of it! My motto, be proud of what you are.

Inside the magazine there are some great gardening tips and fall clean up tips. I know fall seems far away but trust me it's right around the corner. This year my gardening really got away from me, so I am doing double time on these tips so by fall I am on the right path for next year. Charlotte has some great ideas for sweet corn and other vegetables using compound butter. I always thought that would be difficult, but her recipes are easy and I already getting supplies to try them out. So many fresh foods come available in the summer, and I love them all.

The Iowa State Fair is coming up in August (11th - 21st) and always has a great variety of things to see and do. I really like the old cars that have been refurbished. Nothing plain Jane about it. The Iowa Irish Fest is also in August (5th - 7th). We go every year to enjoy the food, drink and especially the awesome music. You can enjoy music in the Marion Square Park Thursdays in August. Check out NewBo Market for events they have going on as well.

Take time to enjoy the beautiful days ahead.

God Bless,




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Many plants such as East Friesland Salvia (pictured front border) rebloom multiple times in a single season when regular deadheading

Threadleaf coreopsis is a reliable rebloomer when cutback after first bloom

EXTENDING YOUR LATE SUMMER GARDEN

By Lisa Hinzman Howard, Lisa has been a Linn County Master Gardener since 2011

Summer is winding down, temperatures are tapering and our daylight hours are dwindling once again. Fortunately, with a few tips, you can extend your garden well into fall.

Tip #1 – Replant

Starting seeds is a lot of fun and many vegetables and herbs actually prefer the warmer soils and cooler temperatures of the fall garden compared to the chilly widely variable conditions of spring. Now is the perfect time to replant or even plant seeds for the first time. Check your seed packets for the days to harvest. If you're 60 days or less, get them in the ground now! Lettuce, spinach, radishes, carrots, peas, Swiss chard, and more are great choices. And one of my favorites - cilantro! This herb for your Mexican dishes is happiest in the cooler temps of fall.

Tip #2 – Trim Back to Encourage Regrowth

Believe it or not, for many of your plants, a good "haircut" now and then makes them happier. When annuals start looking tired and your perennials have finished blooming, cut them back and many of them will thank you with new growth and just maybe...new blooms! Deadheading your annuals, the process of removing spent blooms, all season long will encourage more blooms. If they look like they're dying, they might just be tired or hungry. Give them a good trim and a little fertilizer and they will likely spring back to life. Don't forget to keep them watered too! Most of our garden plants require 1 inch of water a week either from nature or supplemented by you right up to frost. Plants in pots or new plantings often need more.

Remove the flower stalks from your herbs continuously to keep energy going to the leaves instead of the blooms. Perennials such as bee balm, coreopsis, phlox, salvias and yarrow will reward your trim with bushier plants and fresh blooms. What have you got to lose?

Just shabby looking plants in favor of fabulous! Don't fertilize perennials in the fall. They show off for you regardless and will soon be sleeping for winter so no need for the extra food right now.

Tip #3 – Garden Center Bargains

Garden centers are clearing out their stock now and massive bargains can be found. Add to your perennial collection and even plan and plant a brand new bed while scoring the best prices of the year. Prepare your soil well and water deeply and regularly until the ground freezes or the snow flies. Add 3 to 4 inches of mulch around your plants when you put them in. The mulch slows temperature fluctuation, helps retain moisture and makes your beds look great. With fall planting, your plants will be off to a strong start come spring!

Tip #4 - Divide Your Plants

Fall is a great time to divide your plants to expand your collection or share with friends. Most perennials divide well. A shovel and a sharp spade will do the trick. YouTube and other online sources are great tools for specific information on the variety you're dividing. As with the new plantings, divided plants need to be watered regularly as late into the season as possible.

Tip #5 – Harvest, harvest, harvest

Keep on harvesting, freezing and canning to maximize the rewards from a season of hard work! Also, as we near October, it is time to pay attention to the forecast. Light frosts of 32 degrees will damage many plants, while a "killing frost" of 29 degrees will end the growing season for most. A good old sheet from the closet in addition to insulated row covers and cold frames are tools to consider if you want to gain a few more weeks from your garden. Ultimately though, for us in Iowa, nature will win out and put our gardens to sleep if only for a little while.

At the end of it all, likely in mid-October, it's time to rejoice in your season of achievements and dream of seed catalogs and spring!

Fall Home Maintenance Tips

Fall is just around the corner. The days are getting shorter, the nights a little cooler, and slowly time to do projects outside is dwindling. Now is a great time to start wrapping up those summer projects and start preparing for colder weather to come. Here are a few tips to get you started.

1. Clean the debris out of your gutters. We have had our share of storms again this year. Our gutters have collected plenty from each. Fallen leaves, weeds, and sticks from tree branches have likely clogged up the gutters and will need to be cleared before snow fall. You want to make sure melting snow can run smoothly down the gutters and away from your foundation.

2. Trim rogue branches and shrubs. Dead, damaged, or diseased branches should be taken care of to prevent more coming down during snowfall. Now is also the time to trim any spring-blooming perennials like lilac or forsythia, without risking spring blooms.

3. Take care of your gardens and flower beds. After the final harvest, pull out old plants, rake, and remove debris to give your beds and any perennials a great start next spring. If your perennials really took off this year, this is a great time to divide most. A few varieties of

fall-blooming perennials like chrysanthemums shouldn't be divided now—wait and divide those in the spring. Some plants do best when planted in the fall also. If you want to add new shrubs or spring bulbs like hyacinth, now is the time to get them in the ground. This is also a great time to re-mulch. Mulch at the base of plants and cloth barriers help prevent damage from freezing. If you compost, now is the time to add a layer of compost to help nurture your soil for planting next spring.

4. Start letting everything dry out and start storing. Drain all water from hoses, fountains, and drip irrigation systems, and store them in a dry place. Water left standing over the winter may damage your equipment. Take time to give gardening tools a good cleaning and add a light coat of oil to prevent rust during the cold season before throwing them in the shed.



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August Pet Events

August 6 & 7, 2022

K9Splash! 2022

10:00am - 4:00pm

Bever Park Pool

2700 Bever Ave SE, Cedar Rapids

K9SPLASH! IS BACK! We're excited to bring this fun weekend back for the dogs! K9Splash! is K9COLA's largest and most popular fundraiser of the year! This event welcomes over 600 dogs and 1500 people throughout the weekend. Dogs enjoy playing, fetching, and swimming to their hearts desire! Everyone enjoys seeing how happy their dogs are playing and exercising. Please join us for this great event!

10:00 – 11:00 is for dogs under 15 inches only

11:00 – 4:00 all dogs, big and small

There will be a \$15.00 per dog, per day admission fee. Interested in attending both days? If you pay for both days upon arrival on Saturday, you can save \$5.00 off of Sunday's admission fee.

There will be no pre-registration this year, so we ask that you fill out the paperwork and bring it with you on the day of the event. All paperwork can be found on our website. It is required that you provide and bring with you the proof of Rabies, Parvo, and Distemper vaccines by your licensed vet. A rabies tag is not enough, you will need the certificate. Other ways to show proof: reminder notices on vet bills, certificates of proof, or a website page that shows

vaccination dates or due dates. Registration forms and waivers, along with a complete list of rules are available at <https://www.k9cola.org/dog-friendly-activities/k9-splash/>. For their safety, children less than 48 inches tall will not be admitted to the pool area.

August 13, 2022

Bargains Galore Adoption Event

3-7PM

Bargains Galore Thrift Store and More
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.

August 18, 2022

12th Annual Best Shot Golf Outing Drives for Lives 2022

11AM

Hunters Ridge Golf Course
2901 Hunters Ridge Rd, Marion
www.cvhumane.org
Cedar Valley Humane Society's
12th Annual "Drives for Lives" golf

event is a great way to get out for an afternoon of golf while also supporting the Cedar Valley Humane Society!

Stop by the lodge to register, grab a bite to eat, check out the raffle prizes and more before the shotgun start at noon!

Individual sign up is \$75, or teams of four for \$300 Registration includes: Green fees, cart rental, and lunch!

August 20, 2022

Barks and Brew 2022

2-7PM

Bottoms up...save a pup!

Join Last Hope Animal Rescue at NewBo City Market for an afternoon of family friendly fun for a good cause! This fundraiser is fun for everyone, including your dog, and 100% of the proceeds raised benefits the rescue!

Barks & Brew features beer and wine tasting from your favorite local breweries, live music, a silent auction tent, a bounce house, and of course....adoptable dogs! You'll also enjoy shopping with some of our favorite pet friendly vendors on-site for the big day!

Tickets are required for entry, we have 2 available admission levels:

-General Admission: \$25

-VIP Beer Tasting Ticket: \$45

(tasting is available from 2-6pm)

-Children 12 & under are FREE!

Purchase your tickets in advance:

<https://adopthope.ticketspice.com/barks-brew-2022>



Adopt a Pet

Cedar Valley Humane Society

7411 Mount Vernon Rd SE, CR

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

Get Out to One of the Area Dog Parks

August 10th is Spoil Your Dog Day! This is a great time to get outside and take your furry friend for a walk! Check for park details before heading out to one of our local dog parks!

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

1867 Foster Rd, Iowa City



What You Might Not Know About Alzheimer's

Almost everyone has heard of Alzheimer's. What most people know about the disease is that the person living with the disease has difficulty remembering names, events, or recent conversations. They might know that later symptoms can include poor judgment, unusual behavior, and impaired communication.

However, did you know that sometimes unrelated conditions cause similar symptoms to dementia? These conditions are usually treatable, and include depression, thyroid problems, excessive alcohol use, medication side effects, and delirium. If your loved one is showing any of these signs, please consider discussing this with your physician before jumping to the conclusion that they have Alzheimer's or dementia.

You also might not know that you don't need a family history of Alzheimer's to contract the disease yourself. But people with a sister, brother, or parent who has Alzheimer's are more likely to develop the condition. The University of Iowa has research studies available for families to participate in at no cost to them.

Individuals can connect to Alzheimer's studies at the University of Iowa and in other locations through the Alzheimer's Association's TrialMatch program at www.alz.org/TrialMatch. TrialMatch is a free, easy-to-use matching service that connects individuals with Alzheimer's, caregivers, healthy volunteers and physicians to more than 225 research studies across the country.

The Alzheimer's Association created TrialMatch because recruiting and retaining participants for clinical studies is one of the greatest obstacles to developing the next generation of Alzheimer treatments. The immediate need for advances in diagnosis, treatment and prevention has led to an unprecedented call for clinical study participants. "By volunteering for clinical studies, people with Alzheimer's and their caregivers can play a more active role in their own treatment while also contributing to scientific discovery that benefits future generations," states Melissa Pence, executive director of the Alzheimer's Association East Central Iowa Chapter. "As individuals become more knowledgeable and curious about Alzheimer's research, having a program like TrialMatch is critical to achieving our vision of a world without Alzheimer's disease."

If you want to help this cause, through your generosity and funds raised through special events such as the Walk to End Alzheimer's, the Alzheimer's Association East Central Iowa Chapter is able to contribute monetarily toward advancements in research in addition to providing programs and services to area families.



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Sleep Joins Revamped List of Heart Health Essentials

Proper sleep is essential, and a widely used scoring system for heart and brain health is being redefined to reflect that.

Since 2010, the American Heart Association has said seven modifiable components – maintaining a healthy weight, not smoking, being physically active, eating a healthy diet and controlling blood pressure, cholesterol and blood sugar – were key to ideal cardiovascular health.

Those components, dubbed Life's Simple 7, became a common way for doctors and patients to rate and discuss heart and brain health. It's also been a key research tool, used in more than 2,500 scientific papers.

Sleep duration joins those seven original metrics in a revised scoring tool, now called Life's Essential 8, which published in June as an AHA presidential advisory in the journal *Circulation*.

The update is about much more than adding sleep, said AHA president Dr. Donald Lloyd-Jones, who led the expert panel that wrote the advisory. The new score incorporates 12 years of research and enhances its evaluation of diet, exercise and more.

"We're hoping that this will, in fact, be a moment of empowerment, a moment of optimism for people to think positively about their health," said Lloyd-Jones, a cardiologist, epidemiologist and chair of preventive medicine at Northwestern University Feinberg School of Medicine in Chicago. "And this is a good way for them to measure it today, monitor it over time and focus on ways to maintain and improve it."

Adults should average seven to nine hours of sleep a night, the advisory says. For children, the amount varies by age. Children 5 years and younger should get 10-16 hours of sleep per 24 hours. Kids 6-12 years old need 9-12 hours. And teens 13-18 years old should get 8-10 hours.

The revisions introduce a 100-point measure of heart health, which can be taken online at www.heart.org/lifes8. The new score replaces a 14-point scale and tweaks several of the original categories.

On smoking, for example, the old measure considered only traditional cigarette use. The new score includes nicotine use and exposure from e-cigarettes, as well as the effects of secondhand exposure.

The new score also shifts from emphasizing total cholesterol in favor of measuring non-HDL cholesterol. It's now calculated by subtracting "good" HDL cholesterol from total cholesterol, leaving just a measurement of the "bad" types of cholesterol. The new tool also expands how blood glucose can be evaluated.

The system allows for more precise evaluation of exercise levels, Lloyd-Jones said. And it looks at diet in a new way. "Before, we had five very clunky yes-or-no metrics to say whether someone had a healthy diet or not. And that wasn't really appropriate for all different types of eating patterns and cultures."

The advisory discusses the importance of both psychological health and the societal and environmental factors known as the social determinants of health, which include whether someone has access to healthy food, medical care or a safe place to exercise. But although Lloyd-Jones called them "foundational" for heart health, he said such factors couldn't be boiled down into something that fit the scoring system.

Good heart health begins with talking with a doctor to know how you're doing in all eight categories, Lloyd-Jones said. Improvement in any of them helps.

"If I have three or four things of the eight that are suboptimal that I could work on, do I need to tackle three or four at once? Absolutely not," he said. "The data show us that picking and improving one thing will actually have a measurable impact on improving your health and improving your health outcomes."

So people shouldn't feel overwhelmed, he said. "It doesn't really matter which one you pick. Pick the one that you're going to succeed on. And that's the way to move your cardiovascular health forward."



- Life's Essential 8™
1. Healthy diet
 2. Not smoking or vaping
 3. Physical activity
 4. Adequate sleep
 5. Controlled blood pressure
 6. Healthy levels of cholesterol and lipids
 7. Healthy blood sugar levels
 8. Healthy weight



Easy Fried Corn on the Cob, Plus Compound Butter Recipes!

Summer is in full swing and nothing says summer like sweet watermelon and corn on the cob! So to celebrate, I have a couple out-of-the-ordinary recipes that are summer lovin' good! Wishing you a happy summer, fun memories, and of course... lot's of good eats!

The summertime staple gets a yummy update and is even more delicious with our special butters

Corn on the cob is a staple of many summer barbeques. It seems like it's always served the same delicious way -- with loads of butter and salt. But really, why mess with such a yummy summertime staple?

But I recently tried fried corn on the cob at a local BBQ joint and it was AMAZING. I had to replicate it at home. Frying the corn on the cob gives it a whole new flavor. Give it a chew!

Ingredients:

- Vegetable oil
- Corn on the cob
- Parmesan cheese
- Chopped parsley
- Salt and pepper to taste
- Compound butter (optional, see recipes below)

Instructions:

1. Heat oil to 350 (about an inch thick) in a large cast-iron skillet or pot.
2. Fry ears of corn, turning to cook all sides until lightly golden brown. This takes about 3 to 4 minutes.
3. Place on paper towels to drain and season with parmesan cheese, parsley, and salt and pepper. Or if you want something extra special, try one of our compound butter recipes below!



Compound Butters

Compound butter is a fancy way of saying butter mixed up with herbs and spices. Try one of these recipes on your ears of corn, rolls, and even steak and chicken. It will elevate your dish to a new level and your tastebuds will thank me.

Note: you can use unsalted butter and add salt to control seasoning, but I don't mind using salted butter as that is what I usually have on hand. Just don't add salt!

The directions for all these kinds of compound butter are the same, and very simple! Simply mix the softened butter and ingredients together. Then put the mixed flavored butter on parchment paper or plastic wrap, form into a log, roll up, and twist ends tight. Place in refrigerator for 2 hours to set. Slice and enjoy!

Caprese compound butter

- 1 stick of softened butter
- 2 tablespoons chopped basil
- 1 tablespoon chopped sundried tomatoes
- 3 tablespoons shredded mozzarella cheese

For the birds compound butter (perfect on turkey or chicken)

- 1 stick of softened butter
- 2 tablespoons of chopped rosemary, sage, and thyme
- ½ teaspoon ground white pepper

Blue cheese compound butter (great on steak!)

- 1 stick of softened butter
- 3 tablespoons crumbled blue cheese
- 1 teaspoon cracked black pepper

Sweet bee compound butter

- 1 stick of softened butter
- 2 tablespoons of honey
- ½ teaspoon of cinnamon
- 1 tablespoon orange zest

Summer Fresh Watermelon and Tomato Salad Celebrating Watermelon Day!



Photo by Charlotte Linde

Nothing screams summer like watermelon. Although we love watermelon just sliced up as the perfect snack, we also love finding fun ways to incorporate this juicy deliciousness into summertime meals. This month we are bringing you a salad recipe with an ingredient combination that may surprise you and your taste buds! We bet this one will be a new favorite. Enjoy!

Ingredients:

- 4 cups cubed seedless watermelon
- 2 cups cubed tomatoes (we love Campari)
- ½ cup halved and thinly-sliced red onion
- A handful of torn fresh basil
- ¼ cup avocado oil
- 2 tablespoons of rice wine vinegar
- Feta cheese for topping/garnish (we also like it with shaved Parmesan)
- Kosher salt and cracked pepper to taste

Directions:

1. In a large bowl, combine oil, vinegar, salt, and pepper and whisk together.
2. Add watermelon, tomato, onion, and basil and toss until coated.
3. Top with cheese of choice and serve at room temperature or chill for later.

Notes: Add the cheese when serving so it doesn't get soggy. Serve with crusty bread to make it a light and fresh lunch!



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



American
Heart
Association.

KIDS' PHYSICAL & MENTAL HEALTH

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HEALTHY BEHAVIORS

Set small, achievable, short-term goals to re-prioritize **three key areas**:



PHYSICAL ACTIVITY

Preschool-age children
about
3 hours per day
of a variety of activities

School-age kids and teens
at least
60 minutes per day
of moderate-to vigorous-
intensity activity



NUTRITION

Consume a variety of foods daily, increase intake of vegetables, fruits, nuts, whole grains, low-fat or fat-free dairies, lean vegetable or animal protein, and fish

Minimizes the intake of trans fats, processed meats, refined carbohydrates, and sweetened beverages



SCREEN TIME

Less is better
No more than
1 to 2 hours
of TV/computer/video games a day; separating leisure screen time and school screen time.

A healthy routine can help kids feel better, improve mental health and decrease and prevent conditions such as anxiety and depression.

For more information visit heart.org/kids.



Lunch Box

Tune Up



It's time for the kids to head back to school and packing a healthy lunch for your children is a great way to get them the nutrients they need to power through the school day. Unfortunately, lunch boxes are often filled with packaged 'convenience' foods like full-calorie soda, chips, and cookies. This can add up to a lot of excess fat, sugar, sodium and calories that may contribute to long-term health problems like high blood pressure, diabetes, and obesity. These extra calories may also make kids sluggish or cranky in the afternoons.

The American Heart Association recommends a diet rich in fruits, vegetables, whole grains, low fat or fat-free dairy or soy products, and foods low in saturated and trans fat, sodium and added sugars. "The healthy foods we eat help our body to grow, run, walk, think, move, sleep and fight off germs, so a healthy lunch is key to a successful school day," says Carol Throckmorton, RD/LD, Clinical Dietitian with CHAMPS at the University of Iowa.

When deciding what to put in your child's lunch box, it's a good idea to include foods from different groups. Focusing on variety not only makes lunches more interesting, but also helps your children enjoy a balanced lunch that will provide the energy and nutrients they need to grow, play, learn and stay healthy. The basics for a healthy lunch box:

1. One serving of vegetables or salad and one serving of fruit (fresh, canned or dried can all count).
2. One serving of a low-fat or fat-free milk or dairy item such as a low-fat cheese stick, a yogurt cup, or some cottage cheese. Soymilk and soy yogurt are good alternatives for children who are lactose-intolerant.
3. One serving of lean meat, chicken, fish, eggs, nut butter (peanut, almond, soynut, sunbutter [from sunflower seeds], beans (including edamame soybeans), or another protein source.
4. A healthy drink such as water or 100% juice.

Easy, quick ways to pack a balanced healthy lunch with punch:

- Keep food safe! "Sandwiches containing perishable

foods can be frozen the night before and put into the lunch bag just before the child leaves for school. They will be thawed by the time the children are ready to eat them," says Thockmorton. "An alternative would be to include an ice pack to keep the lunch chilled until eaten. A container of milk can be frozen and serve the same purpose as the ice pack."

- Swap the white bread for whole wheat varieties for added boosts of fiber. Whole wheat bread can also be more filling.
- If your kids are bored with the traditional sandwich, try whole wheat pita or flatbread/tortilla wraps that you can quickly turn into sandwich swirls.
- Switch from bologna, salami, pastrami or corned beef, and other fatty luncheon meats to low-fat alternatives such as lean turkey or chicken breast.
- Sneak veggies like lettuce, cucumbers, or shredded cabbage in between slices of lean turkey or ham on a sandwich or in a wrap.
- Use peanut butter in moderation: 2 tablespoons (about the size of a ping pong ball) provides about 190 calories and 16 grams of fat. Reduced fat peanut butter and other nut butters are also a good option.
- Try using a thinner layer of peanut butter and substituting jelly with banana or thin apple slices for a healthier spin on an old favorite.
- Skip high-fat mayonnaise. Consider a small serving of reduced fat mayonnaise or skip it entirely and try using something with more flavor and fewer calories like mustard instead.
- Include low-fat or fat-free cottage cheese with carrots, cherry tomatoes, fresh berries, or melon. This makes for a calcium-rich, high-protein lunch.
- Swap traditional fried chips for baked potato or corn chips.
- Aim to make snack treats occasional rather than everyday items. A small serving of animal crackers are lower in fat and sugar than regular cookies, doughnuts, brownies and other baked goods.

For more tips on raising healthy kids, log on to www.heart.org/healthykids.



Coming Alive in June!

City of Marion IOWA

Marion keeps summer going in August! This month Marion kicks off August with a variety of fun family-friendly events. From movies to music, food vendors to face-painters, there will be something for all ages to enjoy. So, grab your family and friends and come out to enjoy these free events going on throughout the summer!



Pop-up Acts in the Artway
6-8PM - Uptown Marion Artway
The City of Marion will host "Pop-Up Acts" in the Uptown Artway this summer on a series of Friday evenings. Enjoy free live music in the Uptown Artway or from the patio of a nearby business. The Uptown Artway is located between 10th and 11th Streets and 7th and 8th Avenues in Uptown Marion. Keep an eye out for additional dates as they "pop up". The event series will feature a variety of local acts.



Music Under the Moon Concert Series
Saturday, Aug. 13 – Run Forrest Run – The Ultimate 90's Party Band

Klopfenstein Amphitheater Stage
Lowe Park - 7 p.m. FREE
Guests should bring chairs or blankets for general lawn seating.
Outside food and drink are permitted but select vendors will be onsite.
Parking is available in three hard-surface lots, as well as marked overflow areas in the grass. Please, no dogs or other pets.



MARION INTRODUCES NEW "MOVIES ON THE MOVE" SERIES

The events are free and open to the public. Between May and September, on the third Tuesday of the month, the department will bring an outdoor movie to select Marion neighborhood parks. The movies titles, dates and locations for the 2022 season are:
Tuesday, Aug. 16 featuring "Hook" at Taube Park, 2200 31st St.
Tuesday, Sept. 20 featuring "Back to the Future" at Hanna Park, 775 Fairview Dr.
The movies are scheduled to begin around 8 p.m. (or dusk). Attendees are encouraged to bring chairs/blankets to the park for lawn seating. Outside food and drink are permitted.



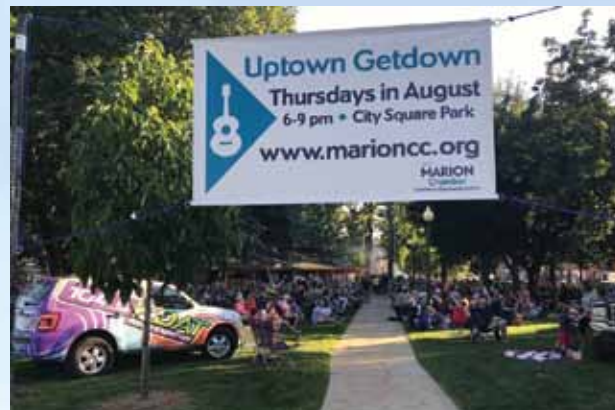
Marion Farmers' Market at Taube Park
May 7-September 10, 2022



Saturdays from 8:00am –11:00am
 Taube Park–2200 31st Street, Marion
 The Marion Farmers' Market offers a variety of locally grown produce, fresh baked goods, flowers, homemade crafts, and much more. Stop by and check out all the fantastic offerings that are produced right here in your own community!



Uptown Market
 June 11 – August 13, 2022
 8:00am – 12:00pm
 Uptown Marion Square Park
 Uptown Marion Market will move to 7th Avenue and City Square Park this summer! Enjoy over 30 local and regional vendors the 2nd Saturday, June through August (June 11, July 9, and August 13), and September 24 from 8am to Noon. Vendors will offer fresh produce, baked goods, honey, Iowa native wines, specialty foods, and a wide selection of artisan items. Power of Produce returns for the kiddos along with live music, community information, balloon art and face painting activities in the Park. Admission is free to the public.



Uptown Getdown
 August 4 – August 25, 2022
 Thursdays, 5:30pm
 Uptown Marion Square Park
 Who is ready for the return of live music? We are excited to announce the 2022 Uptown Getdown lineup! See you in August back in Uptown for the following bands!
 August 4- Flatland Ridge
 August 11 – Trophy Dads
 August 18 – Schmidt Brothers
 August 25 – The Ice Breakers
 Thank you to our Platinum Community Partners for making this a free community event! Farmers State Bank, ImOn Communications, Summit Pointe Senior Living, MercyCare Community Physicians, and Z102.9 with support from the Marion hotel/motel grant program.



Call today to learn more!
319.377.9000

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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.

SUMMER FUN IS COMING TO THE CORRIDOR



Rock the Block 2022

6-8PM

NewBo City Market's
1100 3rd St SE, Cedar Rapids

FREE Friday concert series

Featuring talented local and traveling bands each week, all summer long! Every Friday, May through August!

Reserve your season pass to Rock the Block 2022 and guarantee your favorite square every Friday, May through August! Space to sit and enjoy the concert is free and open to the public on a first-come first-served basis. When you reserve a season pass, you guarantee that your favorite square will be available for you and your group every Friday, all summer long! More information and tickets: <https://www.eventbrite.com/e/rock-the-block-season-passes-2022-tickets-304104092527>

Lineup: 8/5 Belle Rangers

8/12 Dwayne Dopsie and the Zydeco Hellraisers (CSPS partnership)

8/19 Cedar County Cobras

8/26 Fresh Fighters



Join us at the McGrath Amphitheatre for our 17th summer of moonlight, movies, food and family fun under the stars in Downtown Cedar Rapids! Proudly sponsored by Cedar Rapids Bank & Trust.

Gates open at 7:00 PM | Kids' Activities begin at 7:00 PM | Movie begins at dusk (typically approx. 9:30 PM in June, 9:00 PM in July, and 8:30 PM in August)

This week's movie is Sing 2! Buster Moon and his friends must persuade reclusive rock star Clay Calloway to join them for the opening of a new show. Rated PG; 110 minutes; Cast: Matthew McConaughey, Reese Witherspoon, Scarlett Johansson, Taron Egerton, Bobby Cannavale.



Cedar Ridge and LCBS present the first annual Bourbon and Blues Festival to be held Saturday, August 20, 2022 at the McGrath Amphitheatre.

Formerly known as Czech Village Blues, Linn County Blues Society began hosting the event in 2018 to celebrate the blues in our area and raise funds for the organization's several benefactors, including Eastern Iowa Arts Academy and the Community Health Free Clinic. Cedar Ridge began hosting Bourbon and Blues at its winery and distillery in Swisher in 2010 to celebrate the brand's release of its first bourbon whiskey.

With the intent of growing to a multi-day event attracting blues enthusiasts throughout the midwest, this year's line-up has grown to four acts. The female, award-winning blues artists include headliner Shemekia Copeland, Carolyn Wonderland, Danielle Nicole, and Molly Nova and the Hawk featuring Bryce Janey.

Tickets on sale now!

The Lineup

Shemekia Copeland: Charon Shemekia Copeland is an American electric blues vocalist. To date, she has released ten albums and been presented with seven Blues Music Awards.

Carolyn Wonderland: A musical force equipped with the soulful vocals of Janis and the slinging guitar skills of Stevie Ray, Carolyn Wonderland has been on the top of the Blues, Americana, and Alt Country charts, gathering critical acclaim for her Dave Alvin produced "Tempting Fate" album, released October 2021.

Danielle Nicole: Danielle Nicole is a Blues, Roots, Soul singer and bassist from Kansas City, MO. She became the first woman ever to be nominated in the category of "Instrumentalist – Bass" by The Blues Foundation's 2021 Blues Music Awards and the first woman to receive the honor.

Molly Nova and the Hawk featuring Bryce Janey: Molly Nova and Bryce Janey are established talents well known for their live performances and recordings having toured in upper Midwest and beyond for over 30 years. This is a 5-piece band playing original music,

bringing together 3 members of Iowa's popular "Blue Band" – Violinist Molly Nova, Guitarist Bryce Janey and Drummer Turk E. Krause, along with Corey Baker (Guitar, Bass & Vocals) and Russ Moore (Keyboards). For more information, visit www.bourbonandbluesfest.com



**Sunday, September 4, 2022 - 7:30 AM
New Bohemia, Cedar Rapids
<https://corridorrunning.com/>**

Join us for this Labor Day Weekend tradition! The NewBo Run Half Marathon & 10K features Prairie Park Fishery, the Sac and Fox Trail, and the Indian Creek Nature Center.

Both races start and finish in the NewBo City Market, located in the NewBo district of Cedar Rapids. The race partners with many of the neighborhood's favorite businesses support the run with fresh-baked treats, locally-brewed beer, soft Tri-Blend shirts, and hand-crafted finisher medals and age group awards for the Half Marathon & 10k runners.

New for '22 the Double Half Promotion, in partnership with the MAF spring event.



Explore the Corridor

Venture to Mt. Vernon & Lisbon



Historic Mount Vernon, just 15 miles east of Cedar Rapids and 20 miles north of Iowa City, sits at the intersection of two historic highways; the Old Military Road and the great Lincoln Highway. The first cross-country motor route in the United States. Mt. Vernon boasts a vibrant uptown business community with numerous antique and specialty stores, restaurants, coffee houses, and commercial art galleries; while home to three National Historic Districts including the entire campus of Cornell College, Ash Park residential neighborhood and the majority of Uptown retail district. Located in Lisbon is the Lisbon History Center – a great place to research family history or learn about life in the early 20th Century. The lively towns have many family-friendly events throughout the year. Take a small trip and venture out to Mt. Vernon & Lisbon to enjoy all they have to offer. Visit www.visitmvl.com for more information about the community and events.



Joey Bravo Concert
August 5 @ 7:00 pm - 9:00 pm \$10

Joey Bravo (aka Joey Zahorik) formerly of the Magnetos, will be performing at the First Street Community Center.

Joey and his group featuring Joe "Pegleg" Nelson on

bass, Mark Oberfoell on peddle steel and Frank Zahorik on harmonica plan a show of classic country covers including hits made famous by Waylon Jennings, Johnny Cash, Willie Nelson, Merle Haggard and more.

Tickets are \$10 at the door.

Audience members are welcome to BYOB with the \$5 purchase of an official FSCC cup.



Lisbon Sauerkraut Days 2022
August 18 – August 20, 2022
FREE

The old Lincoln Highway will be filled with the smell of brats and sauerkraut in the air! The streets will be packed with rides, carnival games, community bands, bingo, bathtub races, street dances, and good time family entertainment! <https://www.sauerkrautdays.com/>

The 2022 festivities will include:

- Fireworks
- Golf Tournament
- 5K Run/Walk
- Softball Tournament
- Car Show
- Live Music
- Parade
- Ice Cream Social
- Largest Cabbage Contest
- Live Entertainment
- Carnival & Rides
- Street Dance
- Tractor Pull
- Exhibit Hall
- And much more!

Visit the website for additional details and the date and time of specific events.

Seniors = \$20
Students = \$10



ST. JUDE

SWEET CORN FESTIVAL

AUG 12-14, 2022

Planning for the 47th Annual Sweet Corn Festival is on its way. Thank you to all our volunteers and patrons who have supported us over the years. Continue to watch our website, Facebook and Instagram pages for the most current festival information.

If you have additional questions please contact the St Jude Church office at 319-390-3520.

Celebrating Since 1976. Thank you so much for your support!

2022 CASH RAFFLE TICKETS ON SALE NOW

Purchase your tickets from a St Jude parishioner or at the church office.

A \$10 raffle ticket will give you the chance to win the grand prize of \$20,000 or 10-\$1,000 prizes. If 6000 tickets are not sold by noon on Aug 14th the cash raffle will become a 50/50 raffle with only 1 winner. Stop by the cash raffle page to learn more.

CORN HUSKING - SAVE THE DATE

August 11, 2022 @9am

Join us on Thursday, August 11th at 9am on church grounds to husk and clean 15,000 ears of corn. No need to RSVP or call ahead. With plenty of work to do, just show up and jump in.

ADMISSION CHARGE--NEW FOR 2022

\$5 daily admission fee for ages 11-59--see below on how to get FREE admission

The St. Jude Sweet Corn Festival will charge \$5 daily admission for those ranging in ages from 11-59. With a paid admission on Friday or Saturday (and still wearing your wristband) you will get a FREE admission on Sunday. All bags brought onto the grounds will be subject to a bag check.

All preregistered volunteers will receive free admission. Debit/Credit Cards Accepted (fees will apply)

FREE PARKING AND FREE SHUTTLES

Parking is available on church grounds off the Edgewood Rd entrance and 1st Ave entrance.

Handicap Parking and motorcycle parking are available off the 1st Ave entrance.

Shuttles will run continuously out of the old K-Mart West Parking Lot now known as MidAmerican Aerospace. The parking lot is located at the intersection of Williams Boulevard SW and 16th Avenue SW. Shuttles may run later if necessary to get patrons back to their vehicles. Shuttle hours are as follows:

Friday: 5pm-10:30pm
Saturday: 12pm-10:30pm
Sunday: 12pm-6pm

IMPORTANT SECURITY DETAILS - NEW THIS YEAR

Safety and Security is our #1 Priority

Members of the Sweet Corn Festival committee have partnered with the Cedar Rapids Police Department to help provide a safe environment for our community event.

All Patrons/Bags Subject to Search

The following are not allowed:

- No Backpacks
- No Weapons
- No Bikes
- No Scooters
- No Smoking
- No Pets (Service Animals Allowed)
- No Coolers
- No Skateboards



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August

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<https://www.restaurantji.com/ia/cedar-rapids/oyama-sushi-and-steakhouse/>




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