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JUNE 14 - JULY 17

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Part-time piano man

Full-time financial advisor

With an MBA from the University of Iowa, Ryan is a loyal Hawkeye fan of his alma mater's football, basketball and wrestling programs.

He's also Dad to 3 active children, so relaxing at the piano, his favorite hobby, is time that requires planning.

As a Financial Advisor, Ryan combines his academic knowledge with practical time- and goal-management strategies to help his clients make smart decisions with their money.

Ryan understands the value of building strong and rewarding partnerships, and he looks forward to building one with you.

Ryan Norton

Financial Advisor

319-739-2999

RyanNorton@fsbinvestments.net

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CITY Revealed
MAGAZINE

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www.cityrevealed.com



Publisher's Note

Happy June! Hooray summer is here!

June has a lot of great days. It is, among other things, National Gardening month, adopt a cat month, National Fresh Fruit and Vegetables month, and rose month. It has been so nice I can already see my strawberries coming in, and I have just got my garden in. I always look forward to the fresh fruits and veggies each year. Fishing week is the first week of the month. I know many who are going to be out fishing while I am going to be working in my garden.

For me, the most important day in June is June 19th, Fathers' Day. I love my dad and miss my dad every day. I have great memories of growing up and appreciating my adult years with him. My kids were lucky to have a good dad also. They taught us how to behave, be responsible adults, and how to love and be kind to others.

This month is full of family-friendly fun and I am so excited to get out and enjoy everything going on. It is so nice to see so many summer events that have come back stronger than ever. So many people have worked so hard to bring back these great festivals safely and we sure do appreciate them.

This year Marion by Moonlight will be at Lowe Park every Thursday in June. I have gone to several previous years; the bands are great, the food vendors are delicious, and we always have such fun. Lowe Park is a beautiful site also and has so many more things going on this summer so make sure to check their park schedule. Marion Uptown Market is also coming in June. Be sure to check out the list of dates and stop out for some fresh, locally-grown and made items. Other Farmers Markets around the Corridor are getting under way as well. The Freedom Festival and Linn County Fair have lots of fun in store for everyone. They have so many events and great entertainment set up for all to enjoy. For a getaway day close to home, take a short trip to The Amanas for some fun days of old. There is a variety of sites to see and music to hear. The Wurst Festival in Amana is sure to be the "Wurst" day ever!

Get out and enjoy the summer fun!

God Bless




Don't have time to stop and pick up a magazine?
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After the Storm - Where to Start

The Corridor and surrounding areas are no stranger to what Mother Nature can do. We have been hit with rising flood waters, Derecho strong winds and damaging hail. The aftermath leaves many homeowners walking their property pondering where to start.

Here a few tips to assessing the damage after a storm.

1. Storm damage, however minor, can cause expensive, long-term issues when repairs are not taken care of timely. So the sooner you assess the damage the better. Even if you think your home got away with little to no damage, it's important to walk around your property with your checklist of what to look for to make sure.

2. As you walk your property start with checking the roof. Look for any debris such as tree branches. Safely, clear any debris to inspect the shingles and look for any cracked or missing shingles. Damaged or missing shingles can cause water to leak and lead to future damage in your ceiling and walls.

3. While you're up there, check your chimney, flashing and gutters. Flashing around your chimney that has become dented or loose can lead to water damage as rain water runs under the flashing and into your roof beams. Gutters often become loose or blocked with debris during a storm that can lead to pooling water, so it's important to clear your gutters.

4. As you work your way down and around your home, check your windows and frames surrounding them. Your window may appear not to be broken, but small cracks can be hard to see until they have been let go to expand. Take a close look. Damaged frames can also lead to water leaking in and down the walls around your windows.

5. Safely check soffit, fascias and siding for any dents or cracks. Often there can be more damage underneath of these cracks. Underlying water damage can result. Once water gets into the walls it has no way to dry and can result in mold in your home. Mold will lead to a plethora of issues in your home that will lead to extensive repair.

6. After you have taken a good look at the outside of your home it is time to look inside. Start with taking a look at the ceiling and walls for water stains or dampness. Look for any chipped paint or plaster. This is an indication of water leaking into your home. Make sure to check over the next several days after the storm, as some water stains do not appear right away.

7. You have checked your home inside and out. Now it's time to look at any out buildings you may have, fencing and trees. Check over your out buildings the same as you did your home. Checking the roof, windows, siding, and interior walls. Check fencing for any missing or damaged panels and posts. Make sure trees are stable. Hanging branches can be a hazard to you and your property.

8. When in doubt, call a professional. Your safety is top priority! If you come across any down electrical lines, call your utility company immediately. If you have large tree branches that need taken down, call a professional tree service. If your roof may be unstable, call a professional roofer. The corridor has many professionals ready to assist you in taking a look at your home and getting it back into tip-top shape.

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Corridor FARMERS MARKETS



Uptown Marion Market

JUNE 11
JULY 9
AUGUST 13
SEPTEMBER 24



8:00 AM - 12:00 Noon
7th Avenue and City Square

The Uptown Marion Market will be held on 7th Avenue and City Square Park in Uptown Marion and will feature vendors, music, and family-friendly programming. Power of Produce will also return in 2022 providing a fun opportunity for children to engage in the local food system through activities, sampling, and buying produce. Admission is free to the public.

WEEKLY MARION FARMERS MARKET OPEN!

The Marion Farmers Market will be open every Saturday from 8-11 a.m. through Sept. 10, 2022 at Taube Park, 2200 31st Street, Marion.

Attendees will find fresh produce, baked goods, meats, flowers, honey, jewelry, woodworking, crafts and more at this neighborhood farmers market.

In addition, Marion City Council members will resume their weekly office hours at the market. Every Saturday, one or more council members will be available for questions and conversation during market hours.

2022 DATES

SATURDAYS 7:30 A.M. - NOON
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MAY 28
JUNE 4
JUNE 18
JULY 2
JULY 16
AUGUST 6
AUGUST 20
SEPTEMBER 17

FALL MARKET!

MARKET AFTER DARK AUG. 27, 2022 6:30 - 11 P.M.

WWW.CRDOWNTOWNMARKET.COM

Wiawatha FARMERS MARKET
GUTHRIDGE PARK
SUNDAYS
10AM - 1PM
MAY 1 - OCT 30

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June Pet Events



**National Microchipping Month!
Vaccine/Microchip Clinic for Cats
FOR CATS ONLY!**

**June 25, 2022
9:00 am - 12:00 pm
Iowa Humane Alliance
6540 6th St SW · Cedar Rapids, IA
FACE MASKS ARE RECOMMENDED**

PATIO PUPS
JUNE 1, 4-8:30PM
JOIN US WITH YOUR
FAVORITE FOUR LEGGED FRIEND FOR A FUR
FRIENDLY, FUN NIGHT ON THE PATIO
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No Appointment Required
Cash Only
All cats must be in a carrier to insure you pet's safety at this event. Cats vaccinated today that are not spayed or neutered will receive a coupon for a free spay or neuter surgery at our Regional Clinic.

Available Services	Price if cat is	
	spayed or neutered	NOT spayed or neutered
FVRCP Vaccine (Core vaccine for cats)	\$15	\$40
Rabies Vaccine	\$15	\$40
Both Vaccines	\$25	\$80
Microchip Lifetime Registration	\$25	\$25



Adopt a Pet



June is Adopt a Cat Month! - Rescue Your Forever 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.cfriendsfoundation.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

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



Summer Pet Safety Tips

Flea and tick season is here. Choose a quality preventative from the start of spring such as oral tablets available from your veterinarian. Over-the-counter treatments rarely work, and waiting can make it much harder to get rid of them.

Heartworm in common in summertime. Make sure to have your pet tested at the beginning of summer and treat as needed.

Allergies affect pets just as much as humans. Signs include persistent scratching, chewing on paws or legs, and ear infections. Visit your veterinarian for treatment if you notice these signs. Toxic ingestion. Make sure to put

up and away toxins such as antifreeze and rat poison that will be deadly if ingested.

Prevent heat stroke. Avoid long walks on hot days and do not leave pets outside for long periods of time. Provide adequate shelter/shade and water when pets are outside. Look for these signs of a heat stroke. Excessive panting, wobbly walking, bright red tongue.

What to Do if Your Pet Overheats: Do: •Get them out of the elements (somewhere cool) •Try to give them some water •Spray paw pads with rubbing alcohol (safely brings body temp down) Don't: •Cool pet's temperature too quickly (with shower or hose) •Force them to drink water



Take Charge of Your Health



Know the signs
of a heart attack



Visit your family
practitioner and
get a check-up



Live healthier by trying
new heart-healthy
recipes and exercises



Learn CPR

- ♥ Watch the Hands-Only CPR video and share it with 5 friends—one minute can save a life
- ♥ Find an Instructor-led CPR course near you
- ♥ Give a CPR Anytime Infant kit to a new parent or grandparent in your life
- ♥ Organize a CPR training session within your community



Advocate

- ♥ Go to [BeCPRSmart.org](https://www.beprsmart.org) and Pledge your Support
- ♥ Approach a local business to purchase a CPR in Schools Training Kit for your child's school
- ♥ Host a fundraiser to purchase CPR Anytime Kits for an organization in your community



Social Media

- ♥ Post the CPR Week Image as your Twitter or Facebook profile picture from June 1-7
- ♥ Post a photo of you and your family on Instagram using the tags #CPRwithHeart
- ♥ Honor a survivor of cardiac arrest on Facebook by linking to the Hands-Only CPR video
- ♥ "Like" the AHA CPR First Aid Facebook page
- ♥ Recognize someone who has saved a life as a **Heartsaver Hero**



Corporate

- ♥ Print the CPR Week Cubicle Sign
- ♥ Post or Print the CPR Week sign
- ♥ Ask Human Resources to add CPR Anytime to your employee wellness program
- ♥ Start a corporate challenge to see which department can train the most people in CPR
- ♥ Host a viewing party with healthy snacks and show the Hands-Only CPR video



If You Don't Use It, You Lose It



It is important for aging adults to stay active while still living at home to maintain health and wellness. Once they move into a senior living community it is even more crucial not to allow ones-self to decline or lose the agility one once had. Strength training and aerobic exercise can prove to be beneficial for seniors by decreasing fall risks, combating depression, decreasing the chance for age-related muscle loss, and warding off cognitive decline. Taking part in group exercise classes also is a great tool to increase socialization and build relationships among peers. There are some very basic exercises that aging adults can use whether they are experienced in exercise or not.

- Squats- put a chair in front of you for balance.
- Push-ups- put your hands against a wall and bend at your elbows slowly.
- Toe-ups- push up on your toes while holding onto the back of a chair.
- Toe taps- alternate toes back and forth by taping your toe in front of you while holding onto a chair in front of you. Also, tap toes out to the side of your body and back in. Alternate right and left.
- Knee lifts- hold onto chair in front of you and alternate lifting knees up.
- Leg kicks- sit in a chair and alternate kicking legs up

Allow 10-15 reps of each exercise at least 4 times per week to produce the best results. These are just some basic examples of exercises you can do within your home or wherever you are. Join exercise classes as our guest at The Views Senior Living by visiting our recreation calendars online. Visit <https://www.viewsseniorliving.com/contact>



The Views of Marion - 319-390-8439
The Views of Cedar Rapids - 319-294-9669



STUDENTS WHO PARTICIPATE IN KIDS HEART CHALLENGE LEARN:

- THE IMPORTANCE OF EXERCISE**
- HOW TO EAT HEALTHIER**
- SOCIAL-EMOTIONAL WELLNESS**
- THE VALUE OF VOLUNTEERISM**
- PLUS, SCHOOLS EARN FREE P.E. EQUIPMENT!**



To learn more about how the Kids Heart Challenge is helping kids learn to be healthy, visit:

heart.org/KidsHeartChallenge
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Fair Foods You Can Make at Home

One of the best parts about going to local fairs and festivals is the food. But I want to keep enjoying my favorite fair foods at home. I have put together some of my homemade versions of classic fair foods to enjoy right in your own back yard or kitchen. So, skip those lines and make your fair favorite - anytime!

Turkey Legs with Oprah's Favorite Marinade

Ingredients:

- 1 1/2 cups Dijon mustard
- 3/4 cup soy sauce
- 3/4 cup fresh lemon juice
- 4 turkey legs

Directions:

Preheat oven to 375°. Mix first 3 ingredients together in a large bowl and reserve 1/2 cup for basting. Add turkey legs to bowl of marinade and toss to coat. Remove drumsticks from marinade to a foil-lined 15x10x1-in. baking pan; discard marinade. Bake covered for 45 minutes. Then uncover and bake an additional 45 minutes or until a thermometer reads 175°, basting occasionally with reserved marinade. You can also finish on grill for the final ten minutes to get that char flavor.

Bacon Wrapped Corn on the Cob

Ingredients:

- 4 large ears sweet corn, husks removed
- 4 bacon strips

Directions:

Wrap each ear of corn with a bacon strip and then place on a piece of heavy-duty foil. Wrap securely, twisting ends to make handles for turning. Grill corn over medium heat for about 20 minutes or until corn is tender and bacon is cooked.

Chocolate Covered Bacon on a Stick

Ingredients:

- 12 thick-sliced bacon strips
- 6 ounces of semisweet chocolate chips
- 1 tablespoon shortening
- Skewers - soaked
- Optional toppings: Sea salt, chopped nuts, coconut, cayenne pepper

Directions:

Preheat oven to 400°. Thread bacon strips onto twelve soaked wooden skewers. Place on a rack in a large baking pan. Bake until crisp, 20-25 minutes. Drain on paper towels; cool completely. Place bacon skewers on a waxed paper-lined baking sheet. In a microwave, melt chocolate chips and shortening; stir until smooth. Brush onto both sides of bacon; decorate as desired. Refrigerate until set.

Chicken on a Stick

Ingredients:

2 tablespoons peanut oil (canola oil works too)
2 tablespoons lemon juice
2 tablespoons soy sauce
4 garlic cloves, minced
2 teaspoons honey
1/2 teaspoon ground ginger
1 tablespoon sesame seeds
1 pound skinless chicken breasts, cut into thin strips

Directions:

In bowl, combine all ingredients but the chicken and mix well. Reserve half of the marinade and set aside. Add chicken to bowl and coat. Cover and refrigerate for 2-3 hours. Preheat grill to medium hot. Thread chicken onto metal or soaked wooden skewers. Grill over while basting with remaining marinade over medium hot grill for 4 minutes on each side or until cooked through.

Deep Fried Cheese Curds

Ingredients:

1/4 cup all-purpose flour for coating
1 cups all-purpose flour for batter
1 pound of your favorite cheese curds (or cubed cheddar cheese)
1 cup beer
Favorite ranch dressing
Oil for frying

Directions:

In a skillet or deep fryer, heat oil to 375°
Add 1/4 cup flour in a large resealable plastic bag. Add cheese curds and shake to coat. In a large bowl, whisk beer and remaining flour. Dip cheese curds, a few at a time, into batter and fry for 2-3 minutes on each side or until golden brown. Drain on paper towels. Serve with ranch dressing.

Grilled Italian Brat Subs

Ingredients:

8 Brats
3 cans (12 ounces each) beer or nonalcoholic beer
2 large onion, halved and sliced

1 large red bell pepper seeded and sliced
1 large yellow bell pepper seeded and sliced
2 garlic cloves
2 tablespoons fennel seed
1 tsp red pepper flakes
3 tablespoons olive oil
8 split hoagie rolls

Directions:

Place brats in a large dutch oven and add the beer and 1 onion. Bring to a boil. Reduce heat, cover and simmer for about 8 minutes. Drain and discard beer mixture. In sauce pan, heat olive oil and add the other onion, peppers, garlic, fennel seed, and red pepper flakes. Saute until soft and set aside. Grill brats on grill for about 8 minutes turning occasionally until browned on all sides. Serve brats in rolls and top with pepper and onion mixture.



Strawberry Lemonade

Ingredients:

4 cups water, divided
1 cup sugar
1 cup lemon juice
1 tablespoon grated lemon zest
1 cup strawberries

Directions:

In a large saucepan, bring 2 cups water and sugar to a boil. Boil for 2 minutes, stirring occasionally. Remove from the heat. Stir in the lemon juice, zest and remaining water and then cool. In a blender, combine 1 cup of lemon mixture and the strawberries and blend well. Pour strawberry mixture and remaining lemon mixture into a pitcher; stir well. Refrigerate until chilled. Enjoy

Fried Candy Bars

Ingredients:

Frozen Mini candy bars (we like snickers or milky way)
1 egg
1 cup milk
Pinch salt
1 1/2 cups self-rising flour
4 cups oil or shortening for frying

Directions:

Whisk together egg and milk in a large bowl. Add flour and salt and whisk until combined. Cover and refrigerate for 30 minutes. Heat about 4 cups of oil or shortening in a large pot to 365 degrees. Dunk the frozen candy bars into the chilled batter, and then gently drop them in small batches into the oil, being careful to drop in away from you so not to splatter. Cook until light golden brown. Remove and place them on a paper towel lined plate and let set for one minute to drain excess oil and cool slightly.



Macaroni
Kid

Charlotte Linde is the editor and publisher of Macaroni Kid Cedar Rapids. 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) charlottel@macaronikid.com

2022
**FREEDOM
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PRESENTED BY HyVee

HOME OF THE BRAVE

JUNE 14 *through* **JULY 4**

VISIT THE NEW WEBSITE AT
www.freedomfestival.com



FREEDOM FESTIVAL 2022 CALENDAR OF EVENTS

Get details & updates at www.freedomfestival.com or on the Freedom Festival app!

★ = OFFICIAL FREEDOM FESTIVAL EVENT

JUNE 14 & 15

★ **LOG CARVING KICK OFF** ★

NewBo City Market, 9am-5pm
Sponsored by: KCRG and HyVee

JUNE 14

★ **FLAG RETIREMENT** ★

Kirkwood Community College, 6-6:30pm
Sponsored by amVETS-Post 6, Kirkwood, KMRY

JUNE 15

Cedar Rapids Municipal Band

Johnson STEam Academy, 7:30pm - 8:30pm

JUNE 16

Five Seasons Ski Team Ski Show

Ellis Park at Cedar River, 7:00pm

JUNE 17

★ **TRIBUTE TO HEROES DINNER** ★

Featured speaker: **University of
Iowa Head Women's Wrestling
Coach Clarissa Chun**

Hotel at Kirkwood, 6-9pm
Sponsored by Coca-Cola Atlantic Bottling Co., Collins
Aerospace, Farmers State Bank, Cedar Memorial,
Humana, Kirkwood, Z102.9, SmartFM, KGYM, KMRY

JUNE 18

★ **BALLOON GLOW & GREAT
AMERICAN KITES** ★

Ft. The Breakfast Club

Jones Park (new location!), 5-10pm
Ticketed event: \$5 at eventbrite.com
Kids 8 and under FREE

Sponsored by Linn Area Credit Union, UFG
Insurance, Kotelsen RV, Z109.2, SmartFM, KGYM,
KRNA, KDAT, 98.1 KHAK

JUNE 18

AmVet Riders Post 6 Motorcycle Bug Run

McGrath Powersports, Registration at 9:00am,
Kickstands up at 10:00am

JUNE 18

**CRBT Movies on the Riverbank
Featuring Encanto**

McGrath Amphitheatre, 7:00pm

JUNE 19

Cedar Rapids Municipal Band

Ellis Park at Cedar River, 7:30pm to 8:30pm

JUNE 22

★ **SPECIAL NEEDS
ROCK 'N BOWL** ★

SpareTime, 11am-2pm
Sponsored by Cargill, WMI

★ **TRY DOCKDOGS!** ★

Kingston North Fields, 5pm
\$10 per dog. Register at freedomfestival.com
Sponsored by Cedar Run Company, Last Hope
Animal Rescue, Ingredient, Dupaco

JUNE 22

Linn County Fair

Linn County Fairgrounds, Central City

JUNE 22

Cedar Rapids Municipal Band

Noelridge Park, 7:30pm to 8:30pm

JUNE 23

★ **DOCKDOGS** ★

FREE entry! Kingston North Fields, 12pm-7pm

JUNE 23

**Linn County Fair (Youth Day) ft. Mitchell
Tenpenny & Cooper Allen**

Linn County Fairgrounds, Central City

JUNE 23

Five Seasons Ski Team Ski Show

Ellis Park at Cedar River, 7:00pm

JUNE 24

★ **DOCKDOGS** ★

Kingston North Fields
9am-1:30pm / 5pm-8pm

JUNE 24

**Linn County Fair (Community Day)
ft. Rodney Atkins**

Linn County Fairgrounds, Central City

JUNE 24

Fairfax USA Days Street Dance

Fairfax, 7:00pm

JUNE 24

Bells, Brass and Pipes Concert

St. Paul's United Methodist Church, 7:00pm

JUNE 25

★ **PARADE** ★

Downtown Cedar Rapids, 10am start
Sponsored by CRBT, KCRG, Terry Durin Company,
Diamond V, KHAK, KRNA, KDAT

★ **DOCKDOGS** ★

Kingston North Fields, 8am-8pm

★ **IMAGINATION SQUARE** ★

Green Square Park, 11am-2pm
Sponsored by Tanager Place

★ **VOLTA YOUTH MUSIC
& ARTS FESTIVAL** ★

Green Square Park, 2-8 pm
Sponsored by Eastern Iowa ARTS Academy, KMRY

JUNE 25

**Linn County Fair (Community Day)
ft. ECI Truck & Tractor Pull**

Linn County Fairgrounds, Central City

JUNE 25

Fairfax USA Days in Fairfax beginning at
8:00am ending with fireworks at 9:45pm

JUNE 25

Hi Yoga: All Day Yoga Festival
Guthridge Park (code FREEDOM for \$5 off)

JUNE 25

2nd Annual Root Beer Festival
The History Center, 12:00pm-4:00pm

JUNE 26

★ FREEDOM BIKE RIDE ★

Lowe Park, 9am-4pm
Sponsored by Northtowne Cycling & Fitness, Linn County Conservation, UFG Insurance, Hawkeye Bicycle Association, Rock108

★ DOCKDOGS ★

Family Day! Kingston North Fields, 10am-5pm

JUNE 26

The Ron Burgundys in concert
Lowe Park, 6-9pm

JUNE 26

Linn County Fair (Military Appreciation Day) ft. Tough Trucks
Linn County Fairgrounds, Central City

JUNE 26

A Star-Spangled Organ Concert
First Presbyterian Church, 3:00pm

JUNE 26

Marion Airport Drive-In / Fly-In Breakfast
Marion Airport, 7am-11:30am

JUNE 26

Cedar Rapids Municipal Band
Bever Park, 7:30pm-8:30pm

JUNE 28

Voices of Hope Patriotic Concert
Marion United Methodist Church *New location!*
7:00 pm-8:00pm

JUNE 28

Five Seasons Ski Team Ski Show
Ellis Park at Cedar River, 7:00pm

JUNE 29

Ushers Ferry Free Village Tour
Ushers Ferry Historic Village, 5:30pm-8:30pm

JUNE 29

Voices of Hope Patriotic Concert
Marion United Methodist Church *New location!*
7:00 pm-8:00pm

JUNE 29

Cedar Rapids Municipal Band
McGrath Amphitheatre, 7:30pm-8:30pm

JUNE 30

Five Seasons Ski Team Ski Show
Ellis Park at Cedar River, 7:00pm

JULY 1

★ LASER LIGHT SHOW ★

Hawkeye Downs, 9pm
Sponsored by Veridian, FUSE, Cedar Rapids Area Association of Realtors, Z102.9, SmartFM, KGYM

JULY 1

Red, White and Bourbon Music Fest
Cedar Ridge in Swisher IA, 5:00pm

JULY 2

Show N' Shine Car Show
Noelridge Christian Church, 11:00am-3:00pm

JULY 3

Yoga on Mays Island with Panda Marie
Downtown Cedar Rapids, 9:00am

JULY 3

Five Seasons Ski Team Ski Show
Ellis Park at Cedar River, 7:00pm

JULY 4

★ PANCAKE BREAKFAST ★

ImOn Ice Arena, 8am-12pm
Sponsored by CR/IC Building & Construction Trades Council, Built by Pros, Hy-Vee, WMT

JULY 4

★ CAR SHOW ★

Kernels Parking Lot, 8am-12pm
Sponsored by Evergreen Packaging, Cedar Rapids Corvette Club, WMT

JULY 4

★ JOHNNY HOLM BAND CONCERT ★

McGrath Amphitheater, 6:00pm
Sponsored by The Gardens of Cedar Rapids, Casey's General Store

JULY 4

★ FIREWORKS ★

Downtown Cedar Rapids, 6pm bridge open
Sponsored by GreenState Credit Union, Surgery Center Cedar Rapids, Terry Durin Company, BAE Systems, The Gazette, Z102.9

JULY 4

Cedar Rapids Kernels Independence Day Game & Fireworks

Veteran's Memorial Stadium, 6:35pm

JULY 4

Cedar Rapids Municipal Band
Guthridge Park, 7:30pm-8:30pm

JULY 9

CRBT Movies on the Riverbank Featuring Luca
McGrath Amphitheatre, 7:00pm

JULY 11-JULY 17

75th Annual International Jugglers' Association Festival

Shows each night at The Paramount Theatre plus free juggling lessons at the Cedar Rapids Convention Center.



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June 22-26, 2022

*Events and times subject to change,
visit our website for more information*



Mitchell Tenpenny and Cooper Alan

\$35 GA

in concert



Thursday
June 23, 7:30 pm

Rodney Atkins with The Boys

\$30 GA

in concert



98.1 KHAK

Music Star



Friday
June 24, 7:30 pm

FREE EVENTS

The Ag Games

Wednesday

June 22, 7:30 pm

FARMERS STATE BANK



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Saturday, June 25

Draft Horse Fun Show

@9:30 am



Outlaw Garden Tractor Pulling

@1:00 pm



Saturday, June 25 @6:00 pm



Truck & Tractor Pull

\$10 Adults, \$5 Kids (6-10)
5 & under FREE
\$30 Pit Pass



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Sunday June 26

Military Appreciation Day

past & current military personnel get into both grandstand events free



Donkey Races



Tough Trucks

94.1 KRNA
CLASSIC ROCK

\$5 General Admission @ Noon **Z 102.9** \$10 Adults . \$5 Kids (6-10) @ 6:00 pm
5 & under FREE 5 & under FREE . \$30 Pit Pass



Coming Alive in June!

City of Marion IOWA

This month Marion kicks off summer 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!

Music goes from 6 p.m. to 9 p.m. Food vendors will be on-site to purchase from, along with a balloon artist and face painter for the kids. So, gather your people, a cooler and a blanket or some lawn chairs, and kick back to enjoy live music compliments of Farmers State Bank. "We're thrilled to host Marion by Moonlight again for the surrounding area community. At FSB, we believe in community support and hope everyone enjoys the different bands we have for this year's lineup." Cassandra Kotek, VP of Marketing



Marion Community Band Concert

June 14 & June 28, 2022

7:00 pm - 9:00 pm

Marion Square Park - 7th Ave. & 10th St.

Bring a lawn chair or blanket and enjoy a nice summer evening listening to our great community band! Dress for the concerts is something red, white or blue. Music starts at 7:00 pm on select Tuesdays in June. For more information, contact David Law at maestrolaw@gmail.com.



Pop-Up Acts in the Uptown Artway

6:00 pm - 8:00 pm

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. The event series will feature a variety of local acts. Those confirmed include:

MARION BY MOONLIGHT

JOIN US!
Thursdays in June

Free Entertainment with Food Trucks on Site

- June 2 - Jake McVey
- June 9 - PastMasters
- June 16 - Retro Rockits
- June 23 - The Mixtape

6:00 PM
Low Park
4500 N. 10th Street
Marion

Hosted By:
FARMERS STATE BANK
FSB
Faster. Stronger. Better.*

Marion by Moonlight

6:00 PM - 9:00 PM - FREE

Low Park Arts & Environment Center
4500 N 10th St, Marion

Thursday, June 2nd - Jake McVay

Thursday, June 9th - PastMasters

Thursday, June 16th - Retro Rockits

Thursday, June 23th - Mixtape

*June 30th will be reserved as a rain date.



June 3 – Ace Jones
 June 10 – Barb Francisco
 June 17 – Flash in a Pan
 July 1 – Joel Sires & Jacob Lampman
 July 8 – Matt Gogel
 July 15 – Adam Beck
 July 22 – Young the Lion
 Keep an eye out for additional dates as they “pop up” later this summer and fall.
 Do you know a performer that you'd like to suggest? Drop us a line at events@cityofmarion.org.



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, June 21 featuring “Grumpy Old Men” at Thomas Park, 343 Marion Blvd.
 Tuesday, July 19 featuring “Little Big League” at Peg Pierce Complex, 273 31st St.
 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.



2022 MUSIC UNDER THE MOON CONCERT SERIES
 Klopfenstein Amphitheater - LOWE PARK
 Saturday, June 11 – “52nd Street” – The Music of Billy Joel & “Captain Fantastic” – The Magic of Elton John
 Saturday, July 16 – Bluffett & The Son of a Sailor Band
 Saturday, Aug. 13 – Run Forrest Run – The Ultimate 90's Party Band
 Guests should bring chairs or blankets for general lawn seating. Outside food and drink are permitted but select vendors will be onsite during the event. The concerts are free to attend and begin at 7 p.m.
 Parking is available in three hard-surface lots, as well as marked overflow areas in the grass. Please, no dogs or other pets. Marion's parks are proud to be smoke-free, nicotine-free and tobacco-free.



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.

Corridor Events

The Corridor is coming alive with Family Friendly events! Come out and enjoy the fun and support your community!

ROBINS ROUND UP!

Friday, June 10, 2022

Round Up Run

FREE Kids Color Run 7pm

5K Walk/Run - 8pm

Saturday, June 11, 2022

Parade on Main

10:00 am

Starting Point: Robins Clock Tower

Ending Point: Robins City Hall

Prize Money for Parade Participants!

Group: \$100 Float: \$100 Vehicle: \$50 Animal: \$50

Saturday, June 11, 2022

Family Bike Ride

Start Time: 12:00 pm

Start: Dry Creek Brew @ 100 Main St

We will bike on the Cedar Valley Trail north to County Home Rd and return to Dry Creek Brew. Water and snacks provided! Free Prizes for the kids!



NewBo City Market, 1100 3rd St SE

Come out to enjoy a full line up of performances, exhibits and fun!

Schedule of Events

11:00 Welcome and Opening Remarks with MC Jemar Lee

11:15 Men's Chorus of Mt. Zion Missionary Baptist Church

12:00 Mayoral Proclamation with Cedar Rapids Mayor Tiffany O'Donnell

12:15 Rebel City Dancers

12:30 Music with DJ Cammando

1:00 Comedy with Day Peace

1:15 Comedy with Bernard Bell

1:30 "What Is Juneteenth?" by MC Jemar Lee

1:45 Music with DJ Cammando

2:00 Live performance by Tevin

2:15 Live performance by Tone

2:30 Music with DJ Cammando

2:45 Live performance by Riley Mobz

3:00 Music with DJ Cammando

3:15 Spoken Word by Emmett Phillips

3:30 Live performance by Sons of Mack

NewBo City Market will be hosting a Black-Owned Business Market inside at the same time. Representatives from various community and local organizations will have tables at the celebration as well.

Full Circle at NewBo Rock The Block

Friday, June 24, 2022

6:00 to 8:00 pm

Bring your chairs, your friends, and get ready to have a blast! Come and eat, have a drink or two, and enjoy a little dancing fun!

Hi Yoga Festival 2022

Saturday, June 25, 2022

Guthridge Park

Schedule of the Day:

7:30am-9am Registration

8am - Mindful Mile Walk (optional) Tune into the senses

9-10am - Kickoff! Group Yoga on the main stage led by Dusty Swehla & Dr. Catherine Heberling - Marentez, D.C.

10:10-10:50am Breakout session

11-11:30am Breakout session

11:40am-12:10pm Breakout session

12:20-12:50pm Breakout session

12:50-1:30pm LUNCH Local food trucks and Vendor market

1:30-2:10pm Natalie Brown Sound healing on the main stage

2:30-3:00pm Breakout session

3:10-3:40pm Breakout session

3:50-4:20pm Breakout session

4:30-5:00pm Breakout session

5:10-5:40pm Final group yoga session on the main stage led by Dusty Swehla & Dr. Catherine Heberling - Marentez, D.C.

6 - 7:30pm Live music by local band All Natural



Step into the Amana Colonies

AMANA COLONIES

Step into a world of authentic German architecture and ambiance created by ancestors and preserved still today. Visitors come for the food and to sip wines and beers; others, for quality handcrafted products, art, and a variety of quaint shops that line the streets. Numerous festivals take place throughout the year for residents and visitors alike. Come join in on the fun! To learn more about these and more events going on the Amana Colonies visit www.amanacolony.com.

WURST FESTIVAL BEER AT MILLSTREAM BREWING CO.

June 17 – 19, 2022

Saturday: 12 – 3 pm Brats & Pretzels
5-9 Redbowl Food Truck

Sunday: 12 – 3 pm Brats & Pretzels

Celebrate Amana Colonies Wurst

Festival with an ice-cold glass of Wurst Beer Ever at Millstream Brewing Co.! Specialty hand-crafted for this celebration, this unfiltered German pilsner is smooth deliciousness! Enjoy in our taproom or out in the sunshine in the Millstream Biergarten. Limited release available Friday – Sunday.

COLONIES IN BLOOM

June 25, 2022

10:00 AM - 4:00 PM

"Colonies in Bloom" features the Amana Colonies bathed in flowers. This summer-long event in the seven villages has two very special days; June 25th and July 23rd, when selected private gardens, will be open to the public. The garden display changes throughout the summer as each flower reaches its peak. Private gardens that are open will display both an American and German flag in their yard and the gardeners will be on hand to explain their specific yard and plants. Stop by the Amana Visitor Center or any of our businesses to pick-up a map of the gardens and best flower displays.

Most of the private gardens will be open from 10am to 4pm. Remember, look for the American and German flags.

As an added bonus our famous Lotus Lilies are in bloom on our Lily Lake between the villages of Amana and Middle Amana in late July and early August.

*Join us for the 3rd annual Colonies in Bloom Garden Party at the Amana Heritage Museum on July 23rd at 5pm.



IOWA RENAISSANCE FESTIVAL & GATHERING O' CELTS

June 4 & 5, 2022

10am-6pm

The Iowa Renaissance Festival is celebrating its 30th year! Stop by Middle Amana Community Park from 10am-6pm for a bounty of live entertainment featuring comedy, sword play, jousting, and much more! Also check out the wonderful marketplace of unique merchandise and sample delicious foods and brews. Visit their website for ticket information.

Middle Amana Community Park
801 27th Avenue, Amana



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