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JULY 2022 FREE

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SATURDAYS
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2022 DATES

MAY 28
JUNE 4
JUNE 18
JULY 2
JULY 16
AUGUST 6
AUGUST 20
SEPTEMBER 17

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AUG. 27, 2022
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Summer Moonlit Movie Series

FRIDAY, JULY 9
"SONIC THE HEDGEHOG"

FREE, Family-Friendly Entertainment at the Klopfenstein Amphitheater at Lowe Park

10 A.M. TO 10:30 P.M.
CENTENNIAL PARK

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Pop-Up Acts in the **Artway**

FRIDAY 6-8PM

MARION

Uptown Getdown

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6-9 pm • City Square Park
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BJ is quite the tennis player. In fact, he and his wife have won 4 husband/wife national championships while raising 3 busy children.

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Financial Advisor

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BJFleming@fsbinvestments.net

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CITY Revealed
MAGAZINE

319.447.CITY
City Revealed Magazine
PO Box 121
Cedar Rapids, IA 52406
www.cityrevealed.com



Publisher's Note

Happy July! I can't believe how fast the summer is passing me by. It has been nice to see so many events going on. It makes me feel like it's a normal summer. I hope everyone was able to enjoy the Linn County Fair and the Freedom Festival. I certainly have been enjoying being out and about.

The month of July has many great days to celebrate. July is National Blueberry month. Blueberries are one of my favorite fruits. They are great in smoothies, pies and alone in my hand. July is also National Grilling month, Ice Cream month, watermelon month and Picnic month. Sounds like a month of good eats and fun.

On the fun side, July 3rd is build a Scarecrow Day, July 6th is Kissing Day, the 13th is National French Fries Day and the 21st is National Junk Food Day. There are many more fun days, but these are some of my favorites. Check out odd holidays and see what days your favorite are.

There are also several more county fairs going on in July. Check out the Buchanan County Fair, Delaware County Fair, and other fun days in your area. The Iowa State Fair is in August, so save some time to enjoy all of the Kool things going on there.

Now that we are in July, there will be some hot days ahead. Be sure to add sunscreen and plenty of water to your to go bag. Getting overheated and dehydrated can spoil a fun outing pretty quick.

Personally, I am looking forward to finding a water park and floating down a lazy river. I'm not one for roller coasters but give me water to float on and I am good for the day.

Wherever you go, whatever you do, enjoy, make memories, and smile.

God Bless,



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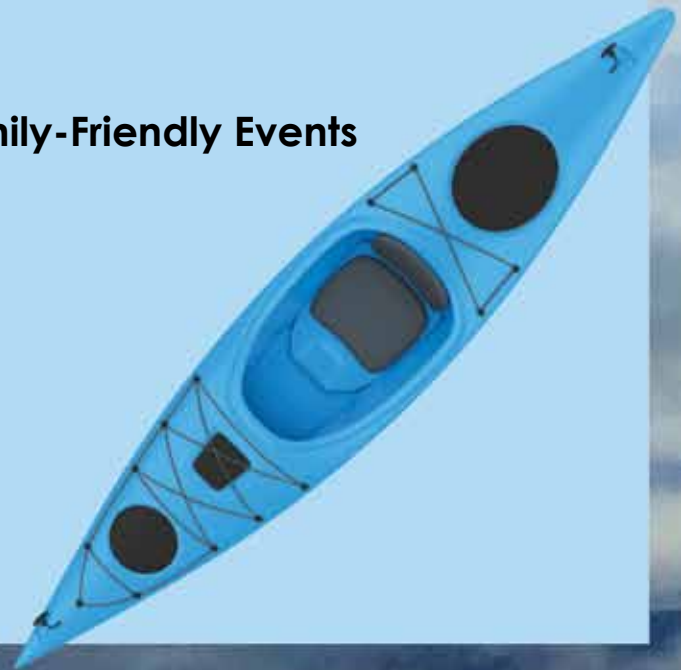
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BBB Tip: 5 Top Vacation Scams

Many curtailed travel in the past few years and are now making up for lost time! When planning a trip, be cautious and wary of false promises and a sense of urgency that can fool you into paying for something that doesn't exist.

1. Vacation Rental Con:

Vacation rentals are a great option but not without risk. Watch for listings that are not for rent, don't exist, or are significantly different than pictured. Keep these tips in mind:

- Talk with the owner by phone. If not using a verification service, do not negotiate solely by email. Speak with the owner asking detailed questions; be suspicious of vague answers.
- Check public records. Investigate online by looking up the address and use Google Street View confirming the property matches.

2. "Free" Vacation Scams:

Advertising a "free" vacation may not mean without cost or restrictions. Watch for additional and undisclosed fees.

Red flags are:

- If you are told that you've won a trip without entering a contest
- Pricing, accommodations and amenities that seem overly inexpensive
- If pressured to accept an offer now or it's gone

3. Hotel Scams:

Be aware of techniques to get credit card information. Watch for these tricks:

- Fake Front Desk Calls: Scammers call impersonating the front desk. The caller claims problems with the charges and asking for verification of card information.
- "Free" Wi-Fi Connections: Wi-fi "skimming" scams are a fake connection that skim and collect data transmitted. Avoid online banking when using open wi-fi.
- Fake Food Delivery: Scammers distribute fake menus to hotels. Travelers call and order. Credit card information is stolen and no food is delivered.

4. Third Party Booking Site Scams:

Use caution booking through a third-party. Scammers pretend to be brokers, requesting credit card and personally identifying information, a set up for identity theft.

5. Timeshare Reselling Cons:

A common scam is the timeshare resale con. There's a call from a real estate agent alleging to specialize in timeshare resale, requiring an upfront fee. The owner pays, but the agent never delivers.

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July Pet Events

July 23, 2022

Vaccine/Microchip Clinic for Dogs
9:00 am - 12:00 pm

FOR DOGS ONLY
LOW COST VACCINE &
MICROCHIP CLINIC
FACE MASKS ARE RECOMMENDED
Iowa Humane Alliance
Regional Spay/Neuter Clinic
6540 6th Street SW, Cedar Rapids
Please have dogs on their own
lead/leash for everyone's safety!
No appointments necessary

July 29, 2022

Taco Bout Spay Neuter!
4:30 pm - 7:00 pm

St. Ludmila's Social Hall, Cedar
Rapids
Iowa Humane Alliance invites
everyone to TACO BOUT SPAY
NEUTER by joining them for
vegetarian tacos. The menu will
offer vegetarian tacos with all
the fixin's, ice cream, iced tea or
lemonade for \$10. All proceeds
support lifesaving programs and
services through Iowa Humane

Alliance. Our success is made
possible by people like YOU! 6540
6th St SW · Cedar Rapids · IA 52404
· Phone: (319) 363-1225.

July 16, 2022

**9 PIN SCRATCH "LIKE A DOG"
Bowling Tournament for IHA**
11:00 am - 5:00 pm



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.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

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



♥ Why Learn Hands-Only CPR?

Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 EMS-assessed out-of-hospital cardiac arrests occur in the United States.

When a person has a cardiac arrest, **survival depends on immediately receiving CPR from someone nearby.**

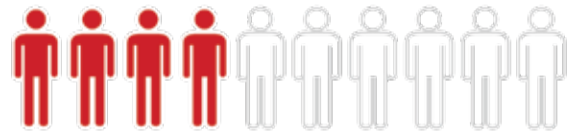
According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

♥ Be the Difference for Someone You Love

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.



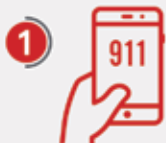
Over **70 percent** of out-of-hospital cardiac arrests happen in homes.



Only about 40% of people who experience an out-of-hospital cardiac arrest receive the immediate help that they need before professional help arrives.

Hands-Only CPR has been shown to be as effective in the first few minutes as conventional CPR for cardiac arrest at home, at work or in public.

Hands-Only CPR has just two easy steps, performed in this order:



Call 911 if you see a teen or adult suddenly collapse.



Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute.

♥ Call 911

The telecommunicator on the other end of the line can assist you while getting the emergency help you need on the way.

♥ Music Can Save Lives

Song examples include "Stayin' Alive" by the Bee Gees, "Crazy in Love" by Beyoncé featuring Jay-Z, "Hips Don't Lie" by Shakira or "Walk the Line" by Johnny Cash. People feel more confident performing Hands-Only CPR and are more likely to remember the correct rate when trained to the beat of a familiar song.

When performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute, which corresponds to the beat of the song examples above.

♥ Take 90 Seconds to Learn How to Save a Life

Watch the 90-second video. Visit heart.org/handsonlycpr to watch the Hands-Only CPR instructional video and share it with the important people in your life. Hands-Only CPR is a natural introduction to CPR, and the AHA encourages everyone to learn conventional CPR as a next step. You can find a CPR class near you at heart.org/CPR.

NOTE: The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.





Socialization: Integral Part of Seniors Health

We all hear about how important a balanced diet and participation in regular exercise is in maintaining a healthy life. However, the other piece to this puzzle, that is often overlooked, is how social issues can have a significant impact on life and both the physical and mental health of seniors. The lack of socialization can cause a spiral affect that contributes to an unhealthy diet and lack of energy or motivation to exercise or get out and about. As you or your loved one prepare for the golden years, look at these contributors to social problems:

- Social isolation and loneliness from losing a spouse
- Feeling inadequate or burdensome to children
- Boredom from a lack of routine activities
- Inability to accept medical or physical changes or limitations
- Losing your driver's license
- Inability to manage daily activities

For seniors these can have an even more noticeable impact on their over-all well-being. Acknowledging these problems is very important in determining what changes can be made to ensure a healthy lifestyle as you or your loved ones age. Educating yourself about your options is paramount. Many local organizations partner together to educate the community and to provide the appropriate solution for every unique situation. Whether it's simply providing a companion or assisting with daily living tasks, pulling resources to create personalized care at home or in a senior community is the key.

Be aware that many senior communities that offer recreation programs allow people from the public to participate at their leisure. Encouraging an aging adult to do this will help them to feel less lonely, improve cognitive and physical health through engagement, improve their quality of life, and ultimately help them to feel more comfortable in a community setting if they end up needing more assistance.

The Views Senior Living Communities host a number of activities from cooking demonstrations, bus outings, daily exercise class, art classes and more. This extensive activity program is also available for memory care residents but a chaperone would need to stay with the non-resident during the activity. Contact the closest location to you and tell them you want to learn more about enjoying their activities.



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

or email **Shelby.Crist@Heart.org**

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14 Ways to Serve Watermelon This Summer

When you think of summer, what foods come to mind for you? For me, I think of corn on the cob, pasta salad, grilled dogs and burgers, smores, and WATERMELON! Summer just wouldn't be summer without watermelon, right? Watermelon adds a new twist and a sweet flavor to different recipes that your taste buds will not be expecting.

Here are a few ways to enjoy watermelon this summer:

Add to your salads

- Summer Watermelon Salad
- Watermelon Salad with Mint and Lime
- Slice watermelon thin and add to a caprese salad
- Wrap in prosciutto and add to your antipasta platter or charcuterie board

Add to salsa and jams

- Add to your favorite salsa or mango salsa for a sweet element
- Chop into your favorite chutney or jam recipe

Don't throw out the rinds!

Just remove the green and you can make all kinds of treats!

- Pickle the rinds for a tart treat
- Grate the rinds and add to coleslaw

Slice it

- Eat it as is, or bring out the sweetness by sprinkling a little sea salt on your slices
- Add to toast with goat cheese, honey and thyme

Grill it

- For a savory treat, grill slices or chunks and try different spices and flavors like chili powder and lime or honey
- Grill Caribbean kabobs with chicken, pineapple, peppers, and watermelon

For dessert

- Granitas are so refreshing. We love this one from The Pioneer Woman using ... you guessed it...watermelon
- How about a cake made out of watermelon? Peel, cut in the shape you'd like, ice with whipped topping and top with berries. So fun!

Watermelon is not only delicious but healthy too — it is full of vitamins A & C, lycopene, potassium, and amino acids. So don't just grab this big round ball of goodness for the holiday — enjoy it all summer long.





Celebrate Pickle month with this easy recipe!

Ingredients:

- 1 large clove of garlic, smashed
- 2 tbsp apple cider vinegar
- 1 tbsp sugar
- Pinch of salt
- 1 tbsp dill (fresh or dried)
- 1/2 cup water
- 4 baby cucumbers sliced into thin round slices (optional - add a few red pepper flakes for a little kick)

Directions:

Add the smashed garlic, dill, and sliced cucumbers to a glass bowl or large mason jar. In a saucepan, combine the apple cider vinegar, sugar, a pinch of salt, and water; heat to boiling. Once the vinegar mixture is boiling, remove from heat and carefully pour over the cucumbers and garlic. Stir occasionally, leaving it to pickle for at least 30 minutes. Let come to room temperature and refrigerate. Enjoy!



Craft a Snack with Your Kids: Patriotic S'mores

These patriotic s' mores are PERFECT for July 4th BBQs, Flag Day picnics, and Labor Day celebrations. As a matter of fact, now that I think about it, they are good for any occasion! Just switch up the color of the chocolate candies to fit any theme.

What you'll need:

- Graham crackers
- Marshmallow Fluff
- Chocolate candies

Directions:

Spread marshmallow fluff on a graham cracker. Top with chocolate candies. Eat as is, or microwave for a few seconds to get it melty and gooey.



STEM Fun: Make Ice Cream in a Bag in Just 15 Minutes

What you need:

- 1 cup any kind of milk or half-and-half
- 2 Tbsp. sugar
- 1/2 tsp. vanilla extract
- 3 cups (doesn't need to be exact) of ice
- 1/3 cup salt
- a sandwich-sized plastic resealable bag
- a gallon-sized plastic resealable bag
- Gloves

Directions:

Mix milk, sugar, and vanilla in the small bag. Squeeze out the air and seal. Mix ice and salt in a large plastic bag. Place the small bag into the big bag. Shake hard for 5-7 minutes or until the milk mixture is frozen. Use gloves because the bag will get very cold!



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

Beat THE BURN

By American Heart Association News

Use these 6 simple sun-protection strategies:



1

Read sunscreen labels. Look for broad-spectrum protection against both UVA and UVB rays with at least 30 SPF.

2

Check sunscreen expiration dates. Most are good for 2 to 3 years.



3

Put on a hat or shade cap with at least a 2-inch brim and a dark, non-reflective underside to lower the amount of UV rays reaching the ears, eyes, forehead, nose and scalp.

4

Wear sunglasses that block at least 99% of UVA and UVB rays. Ensure labels say, "UV absorption up to 400 nm" or "Meets ANSI UV Requirements." Cosmetic sunglasses only block about 70%.



5

Dress in long-sleeved shirts and pants. Look for tight weaves that don't let in the sun's rays.

6

Seek shade as much as possible between 10 a.m. and 4 p.m., the peak period for sunlight.



Sources: American Cancer Society; Centers for Disease Control and Prevention

Published: August 2019 | © 2019 American Heart Association, Inc.



American Heart Association.

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MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides — in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!



10

Minutes

of stretching is like walking the length of a football field



30

Minutes

of singles tennis is like walking a 5K



20

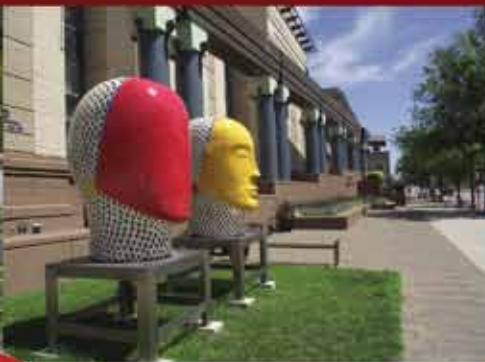
Minutes

of vacuuming is like walking one mile

Source: purdue.edu/walktothemoon/activities.html

EAT SMART **MOVE MORE** BE WELL

For more ways to add activity to your life, visit **HEART.ORG/MOVEMORE**



KIDS in the Corridor

Summer Moonlit Movie Series
 -FREE, Family-Friendly Entertainment at the Klippenstein Amphitheater at Lowe Park
Friday, May 28 featuring "Dolittle"
Friday, July 9 featuring "Sonic the Hedgehog"
Friday, August 6 featuring "Raya and the Last Dragon"
 presented by the City of Marion
 www.cityofmarion.org

CEDAR RAPIDS BANK & TRUST
MOVIES on the RIVERBANK
JULY 16
 FOR DETAILS ON THIS FREE SERIES, VISIT WWW.CRBT.COM/MOVIES

July 7, 2022
 Tie Die Activity
 1-3PM - Free
 Lowe Park Arts & Environment Center
 4500 10th St, Marion
 Bring a white t-shirt to tie dye or use the provided pillowcase!

July 12, 2022
 Craft Day
 10-11 AM - Free
 Lowe Park Arts & Environment Center
 4500 10th St, Marion
 We will have a variety of crafts geared towards preschool and elementary aged kids!

SATURDAY, JULY 16 2022
 McGrath Amphitheater
 Time: 7:00 PM to 10:00 PM
 475 1st St SW
 Cedar Rapids, Iowa

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 weeks movies is Luca! On the Italian Riviera, an unlikely but strong friendship grows between a human being and a sea monster disguised as a human. Rated PG; 95 minutes; Cast: Jacob Tremblay, Jack Dylan Grazer, Emma Berman, Saverio Raimondo, Maya Rudolph.

More events in the corridor can be found online at
www.cityrevealed.com
www.cedarrapids.macaronikid.com
 & www.iowacity.macaronikid.com
www.hiawathalibrary.com

www.marionpubliclibrary.org
www.crlibrary.org
www.icpl.org
www.coralvillepubliclibrary.org
www.ely.liab.ia.us



Coming Alive in June!

City of Marion IOWA

Marion keeps summer going in July! This month Marion kicks off July 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!



Marion Big Band "Swingin' At Sunset Concerts"
July 7 – July 28, 2022
Thursday Nights. 7:00pm
 Marion Square Park (7th Ave. & 10th St.)
 Bring a lawn chair or blanket and enjoy classic 30's & 40's Big Band hits!



Pop-up Acts in the Artway
6-8PM - Uptown Marion Artway
 The event series will feature a variety of local acts. Those confirmed include:

- **July 1** - Joel Sires & Jacob Lampman
- **July 8** - Matt Gogel

- **July 15** - Adam Beck
- **July 22** - Young the Lion
- **Aug. 5** - Benny Bassett

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" later this summer and fall.

8th Annual Eat, Drink, & Be Marion: Food & Pub Crawl Fundraiser

July 14, 2022
5:30pm – 9:30pm

Uptown Marion
 All proceeds benefit the ongoing revitalization and beautification efforts of Uptown Marion – A Main Street Iowa District.



Music Under the Moon Concert Series
Saturday, July 16 – Bluffett & The Son of a Sailor Band
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.

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.

**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!
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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

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

Fig & Pint - Prelude to Blues & BBQ **Friday, July 8, 2022** **6-9PM**

Don't miss this ticketed fundraiser taking place under the big tent in Centennial Park! Proceeds support North Liberty Blues & BBQ's commitment to keeping admission to Saturday's annual event free for all attendees.

All-inclusive tickets include:

- Entrance to the intimate Blues & BBQ kickoff event
- A barbecue buffet from TC Bonez
- Live music from Dave Zollo
- Pours from the Iowa Craft Beer Tent
- Commemorative event glass

Both individual tickets (\$55) and tables of eight (\$400) are available.



SATURDAY, JULY 9 **Centennial Park**

A free family-friendly festival that offers mouth-watering barbecue, Iowa craft beers, live blues-inspired music and more. North Liberty Blues & BBQ, presented by Veridian Credit Union is a free family-friendly festival

that offers mouth-watering barbecue, Iowa craft beers, live blues-inspired music, arts-inspired activities, inflatable rides and more.

Enjoy a smorgasbord of mouthwatering barbecue from our pitmasters! Traditional barbecue favorites such as ribs, pulled pork and burnt ends, as well as ice cream, pizza, sno-cones and more will be available in Food Alley from 11 a.m. – 10 p.m.

This is a blues festival, so we get the best blues-inspired artists. The War and Treaty will headline the event at 9 p.m., capping a lineup of exciting live blues and blues-inspired music. Also playing at this year's festival include Lilly Hiatt, Nathan Graham, the Tanya English Band and the Avey Grouws Band.

With the help of the Iowa Craft Beer Tent, Blues & BBQ will be pouring cold ones from breweries around the state from 11 a.m. until 10 p.m. Root beer and water will also be available.

Some programming is just for the kids! Navigate inflatable obstacle courses, jump in bounce houses, climb a 30-foot rock wall and glide down slides. Eight inflatable attractions will be available to play on – for free – from 10 a.m. to 2 p.m. After the inflatables end, children can still enjoy Centennial Park's three playgrounds: a traditional play structure, a tot playground and a rock playground.





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:

- 7/1 Birdchild
- 7/8 Laura Rain and the Caesars (CSPS partnership)
- 7/15 Surf Zombies
- 7/22 Bernemann Brothers Band
- 7/29 Betty Calling
- 8/5 Belle Rangers
- 8/12 Dwayne Dopsie and the Zydeco Hellraisers (CSPS partnership)
- 8/19 Cedar County Cobras
- 8/26 Fresh Fighters



CR Pride Fest

SATURDAY, JULY 9, 2022

10AM-7PM

NewBo City Market
1100 3rd St SE, Cedar Rapids

Please join us for a day filled of events, local vendors and fun! We'll have stage entertainment including bands, a circus act and two drag shows! Vendor fair will run from 11am to 4pm. Join us after the fest for the silent disco. Watch our socials for updates! We look forward to seeing you in NewBo and celebrating Pride with all of you.

CR Pride After Party

July 9, 2022

8-11:30PM

CSPS Hall
1103 Third St SE, Cedar Rapids
Join us for a night of celebration with CR Pride! There will be performances by Utica Queen from season 13 of RuPaul's Drag Race. Other performances by Lexi Bell, Neveah Love, Hollywood Hope, Roxie Mess, and Freddy T Monroe. Doors open for general admission at 9:00pm, show starts at 10:00pm, music and open dancing until 1:00am. Cash bar staffed by BASIX bartenders. VIP tickets include: a meet and greet with Utica Queen, two drink tickets, access to a private VIP bar station, and a swag bag from CR Pride. The meet and greet starts at 8:00pm at CSPS Hall. This is a 21+ only event \$20 General Admission; \$50 VIP



Hops for Housing

5300 Otis Rd SE
Cedar Rapids

Hops for Housing is an annual fund and awareness-raising event to benefit Willis Dady Homeless Services, which provides shelter and prevention services to homeless and near-homeless households in and surrounding Linn County.

We're Back In-Person! Join us on July 30th, 2022 from 2:30 - 5:30 pm at the Indian Creek Nature Center for Hops for Housing 2022! Doors will open at 2:30 pm for you to sample 30 of our local and national breweries! Get your tickets for \$35 in advance, or \$40 at the door to receive your sampling glass, pretzel necklace, and beer booklet to keep track of your favorite samples throughout the event. Starting at 2:30 we will have live music, food trucks, a silent auction, and plenty of samples for you to enjoy! Parking is available at Indian Creek Nature Center. Please drive responsibly and consider carpooling. If you have any questions about the event, reach out to Allison at 319-362-7555 or via email at allison@willisdady.org.





The 34th Annual Heritage Days Festival, Mount Vernon's biggest summer festival!

FRIDAY, JULY 8 2022 TO SATURDAY, JULY 9 2022
 The Annual Heritage Days Festival, Mount Vernon's biggest summer festival, will take place Wednesday July 6, through Saturday July 9, with a theme of "Happy 175th Birthday MV!"

The event will be hosted by the the Mount Vernon-Lisbon Community Charitable Development Group (CCDG) in partnership with the Lester Buresh Family Community Wellness Center, the Mount Vernon Alumni Association, the City of Mount Vernon, Kernoustie Golf Club, the Mount Vernon Area Arts Council and several other local organizations.

Highlights of the four-day festival will include fireworks, a kids fun run, bouncy houses and inflatables, carnival games, bags tournament, a parade, the Memorial Park Family Fun Zone, live music and a new family-friendly storytelling event.

"The Heritage Days committee continues to think outside the box with expanding partnerships and creative programming in an attempt to grow the event while staying true to our roots," said Joe Jennison, Director of Main Street and Marketing for the Mount Vernon-Lisbon Community Charitable Development Group (CCDG). "We are grateful to our two main sponsors The City of Mount Vernon and the Mount Vernon Alumni Association who are making this event possible with their financial support, and hope everyone will come out and join us to celebrate our 175th birthday!"

The event will kick off Wednesday, July 6, at the First Street Community Center, 221 1st St NE, Mount Vernon, with a performance of "Mount Vernon, Lisbon and Me," a free, family-friendly storytelling event that will take place on the First Street Community Center (FSCC) lawn.

On Thursday, July 7, the Lester Buresh Family Community Wellness Center, 855 Palisades Road SW, will be hosting bouncy houses, food trucks, and live music from 5 to 9 p.m. A showing of the movie "Alice in Wonderland (2016)" will take place at 9:15 p.m.

On Friday, July 8, at noon, the Kernoustie Golf Club, 203 Country Club Drive SE, will be hosting a 3-person best shot golf tournament.

Later that night, look for the fireworks display at dark and come early to enjoy a variety of activities. A food and beer tent will be open from 5:50 to 9:30 p.m., there will be a kids fun run at 6:30 p.m., a Balloon Glow from 6-9 p.m., inflatables from 6:30-8:30 p.m., and a bagpiper at 8:45 p.m., followed by fireworks at dark. To register for the golf tournament, contact the Kernoustie Clubhouse at (319) 895-8193.

On Saturday, July 9, the day begins at 8 a.m. with an alumni-community breakfast at the Mount Vernon High School Commons, followed by the main events that take place in Uptown. These events include the Heritage Days Parade at 10:30 a.m. (lineup at 9:30 a.m.), bags tournament, trackless train, carnival games, bingo, alumni reception, food vendors, and a beer tent.

At noon poet laureate Amelia Kibbe will do a reading, followed by a short performance by the Mount Vernon-Lisbon Community Theatre and a reading from the constitution by the American Legion. DJ music will be playing from 5 to 8 p.m. and the Crazy Delicious Band will perform from 8 p.m. to midnight.

The Mount Vernon pool will have a Happy 175th Birthday, MV! themed night from 5:30 to 7:30 p.m. and a Movie Night showing the animated version of "Alice in Wonderland (1951)" from 9-11 p.m.

Returning this year will be the Memorial Park Family Fun Zone from 11:30 a.m. to 3:30 p.m. with an "Alice in Wonderland" Birthday Party theme that offers children and families the opportunity to play themed activities and meet costumed characters from the beloved book and movie.

Sign up for the bags tournament directly with Aaron Truitt at atruitt16@hotmail.com or through phone at (319) 560-4477



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