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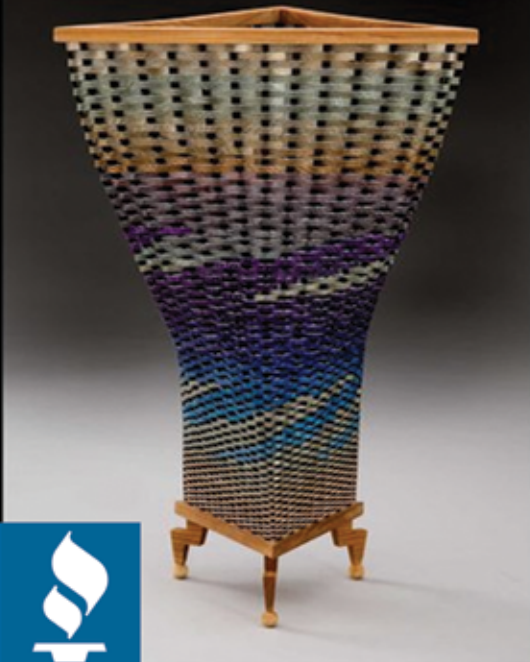
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MAY 2022 FREE



Marion Arts Festival

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SATURDAY, MAY 21ST
MARIONARTSFESTIVAL.COM



GREATER CEDAR RAPIDS Spring 2022 Parade of Homes

DATE & TIMES:
Saturday, May 14 (Noon to 5pm) • Sunday, May 15 (Noon to 5pm)
Thursday, May 19 (5 to 8pm) • Saturday, May 21 (Noon to 5 pm)
Sunday, May 22 (Noon to 5pm)



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GREATER CEDAR RAPIDS SPRING 2022 Parade of Homes



**Tour New & Remodeled Homes
Register for Giveaways**

**\$10 tickets available at parade
homes or \$9 at Casey's
Children 12 & Under FREE**

A portion will be donated to



DATE & TIMES:

Saturday, May 14 • Noon to 5 p.m. • New & Remodeled Homes
 Sunday, May 15 • Noon to 5 p.m. • New & Remodeled Homes
 Thursday, May 19 • 5 to 8 p.m. • New Homes Only
 Saturday, May 21 • Noon to 5 p.m. • New Homes Only
 Sunday, May 22 • Noon to 5 p.m. • New Homes Only

| | | | |
|-----------|-------------------|-----------------------------|---|
| New | Open to tour | Gardenview, Inc | 2903 Belle St SW, Cedar Rapids |
| New | Open to tour | Gardenview, Inc | 2909 Belle St SW, Cedar Rapids |
| New | Open to tour | Gardenview, Inc | 2918 Belle St SW, Cedar Rapids |
| New | Open to tour | Irie Homes | 321 Heartland St, Fairfax |
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| New | Open to tour | PRK Williams Building Group | 6122 Cope Drive, Marion |
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| New | Virtual tour only | Skogman Homes | Marion |
| New | Virtual tour only | Skogman Homes | Marion |
| Remodeled | Open to tour | Cantebury Kitchens | 145 Skyview Ave, Fairfax |

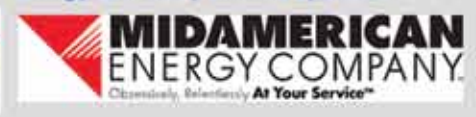
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CITY Revealed
MAGAZINE

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City Revealed Magazine
PO Box 121
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Publisher's Note

Happy May 2022! First of all, I want to thank everyone who came out for the EcoFest this past April. It was a beautiful day and I enjoyed seeing so many out and about.

May has some great days coming up. May is Date your Mate month. For me, I get so busy and struggle to get everything on my to do list done, that making time for a date with my honey, falls off my radar. This month I am going to make a point to have two dates, and during one of them, schedule one for June! May is also National Photograph Month. With spring on its way, lots of color will be showing itself. Use your camera or phone and start clicking. You will be amazed at the cool pictures you will get.

May 3rd is National Teacher's Day. Give them a big smile and let them know you appreciate the challenging work they do getting a room full of students graduated on to the next grade.

On May 6th and 7th Marion will be having a Mother's Day Plant Sale. Check out the ad inside. May 8th is Mother's Day. Even when I was young, I loved Mother's Day. I would bake a cake (not always the prettiest), run down to my grandmas and pick a bunch of lilacs and put them in a vase for my mom. Mom always made me feel like I hung the moon. Lilacs are still one of my favorite flowers. However as slow as the weather is warming up lilacs won't be blooming until Father's Day! Charlotte has a breakfast bagel egg dish that any mom and family would love. Enjoy the day with some of her yummy recipes!

May 11th is Eat What You Want Day. I am already planning what I will want to eat. May 14th is Dance Like a Chicken Day. That would be fun to watch, but trying, I would break a hip.

The Spring Parade of Homes begins May 14th, and runs the 15th, 19th, 21st and 22nd. It is nice to see that many of the homes will be open to tour in-person. Touring thru these homes always gives me such great ideas. We truly have so many talented builders and subcontractors in our area.

May 21st is the Marion Arts Festival in the City Square Park. They always have the most unique pieces, and I could look around for hours. For more information you can check out the article inside.

The grass is green, flowers are blooming, get out and enjoy the day.

God Bless,

Lynne
Ann



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Contents

4 Natural Disaster Turned Beautiful Remodel
Cantebury Kitchens

7 Tips for Starting Your Veggie Garden

9 Chip Your Pet Month
Your Local Pet Resource Guide

10 Spring Parade of Home 2022
View These Beautiful Homes

12 Happy Mother's Day
Recipes From Macaroni Kid

14 Stroke Awareness
Tips From the American Heart Association

15 Is Senior Living Right for You
The Views Senior Living

17 Marion Arts Festival 2022

18 Spring Fun is Back in the Corridor



**Cantebury
Kitchens**

Natural Disaster Turned Into Beautiful Remodel

Becoming a homeowner is an exciting experience in life, but after the derecho in August of 2020 - it became challenging. Like many homeowners, Shelley Shea, owner of Cantebury Kitchens, had damage to the roof of her split-foyer home at 145 Skyview Ave in Fairfax. Due to the rain following the derecho, extensive water damage caused the ceiling to collapse in one of the bedrooms and track across the front of the house. Shelley explains,

"It was like a waterfall coming in above the front door."

Over the course of five years before the storm, gradual improvements to the exterior of the home were made. In the spring of 2020, Shelley and her significant other, Steve, wanted to begin updating the interior of the home. They had started the planning stages of design and decided on the area they would begin with. The derecho significantly shifted their plans. After extensive water damage to the main floor of their split-foyer, they moved into the basement and began the lengthy process of putting their house back together. They carefully considered the new layout and finishing details of their remodel. The focus of the design was to make an inviting and timeless main floor.



As you enter the split-foyer home, the open cable railing and sandy beach/grey flooring throughout creates a very spacious and welcoming entertainment space. To the right is the cozy living area with a stone fireplace going up to the vaulted ceiling. In the kitchen, the white inset cabinets on the perimeter keep the space light and airy. The luxury marble on the island is the focal point of the room. The perimeter countertop is a grey/black Quartzite with veining that adds texture to the space.

The countertops are complimented with a glossy tile backsplash. They chose an angled pattern of tile behind the cooktop to tie in their four-seasons porch flooring, that is angled also.

The kitchen design is timeless and functional. The focus was to create a beautiful design while maximizing storage. Some of the accessories include a prep sink in the island, a bar fridge, lift-up mixer, deep drawers, utensil pullouts on each side of the cooktop, roll trays, and pop-up outlets on the island. Their favorite accessory is the state-of-the-art pop-up TV in the island! Steve carefully planned the design to include a removable panel to access the TV lift unit. Built-in pantries with deep roll trays add additional storage to the kitchen. Puck lights, textured glass, and walnut floating shelves compliment the built-in bar.

When it came to the island cabinetry, Steve and Shelley knew exactly what they wanted the color to be. They chose a subtle coastal green/gray with a smokey dry brushing finish. It ties in perfectly with the flooring. They both genuinely enjoyed the design process because they often picked out the same finishes. The final details came together perfectly.

The laundry room is nicely tucked behind a pocket door in the kitchen. They adjusted the layout, making it more accessible and user friendly. The recently renovated four seasons porch is right off the kitchen and acts as a bonus room for entertaining. This is where they spend most of their time. The exterior wall of the porch is decorated with refurbished wood from an old corn crib. The white-washed wood is the perfect accent to the room. Sheer curtains on each window allow for natural sunlight and a fantastic view of the beautifully landscaped backyard. The multi-gray tone flooring is installed at an angle that ties in with the tile backsplash in the kitchen. White shiplap makes up the rest of the wall coverings. A cozy rattan sectional, an array of plants, and some natural sunlight makes this a great space to curl up with your favorite book.

The rest of the main level consisted of remodeling two bathrooms and two bedrooms. The Derecho damage enabled Shelley and Steve to rearrange the space by adding square footage to both bathrooms and converting a bedroom into a walk-in closet. The original master bedroom closet was converted into a walk-in shower. The new design has unique tile accent walls in both bathrooms. White molding throughout adds a clean and polished look to the entire project.

"We are so happy with how it all turned out! Now our focus is on renovating the basement." says Shelley.

Cantebury Kitchens is happy to make your vision become reality. They are located at 240 Classic Car Ct SW in Cedar Rapids. Call 319-866-9816 or check out their website at www.canteburykitchens.com.



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Tips for Starting Your Veggie Garden

Gardening has increased greatly over the last few years. People are home more and eager to grow some of their own food. Below are a few tips on how to start a home vegetable garden.

1. Pick your plot. Vegetables grow best in well-drained, fertile soil, with at least six to eight hours of direct sunlight each day. The ground for your garden should also be fairly level and tilled well to allow good root growth and drainage.

2. Keep it small. Do yourself a favor and stick to a small plot for the first year or two until you have down what you are planting. A 4 by 8-foot plot is a great start for a veggie garden. If you don't have a lot of room you can even start smaller, planting container-friendly veggies and herbs in pots or window-boxes on a sunny deck.

3. Grow what you will eat and what is easy to grow in your zone. Peppers, tomatoes, bush beans, leafy greens, carrots, and radishes are just a few that make the easy-to-grow list. It's tempting to start growing a bunch of different veggies. But you want to make sure that you and your family will eat what you grow.

4. Have a relatively close water source. Initial seedlings will need to be watered well and frequently to start growing. After crops are established you can get away with watering every two days depending on the weather. I like to set up my garden with soaker hoses down the rows to make watering easier, and to water the soil and root, and not the tops of the plants. To conserve water and reduce the need to irrigate, mulch your soil. This will also suppress weeds and make taking care of your garden easier!

*Don't miss this year's 2-day plant sale.
Find a beautiful Mother's Day gift or shop for yourself!*

Join Iowa State University Extension and Outreach Linn County Master Gardeners for: Annual Spring Plant Sale
Friday, May 6th, 4pm to 7pm
Saturday, May 7th, 8am to Noon
American Legion Post 298, 625 31st St, Marion

This year you can come to our sale after work on Friday night or shop Saturday morning! Shop for high-quality, affordable plants at our annual plant sale, just in time for Mother's Day! Our plants are grown in the Lowe Park Greenhouse by Master Gardeners, and in Master Gardeners' own personal gardens. There will be a variety of garden and house plants for sale, including succulents, hostas, vegetables, herbs, native pollinators, and day lilies. Typically, we offer approximately 2,000 plants for purchase each year.

Master Gardeners will also be on hand to help you with your questions. Purchases can be made by checks, cash, or credit cards. The plant sale is one of the main funding sources for Master Gardener programs. For questions call 319-377-9839.

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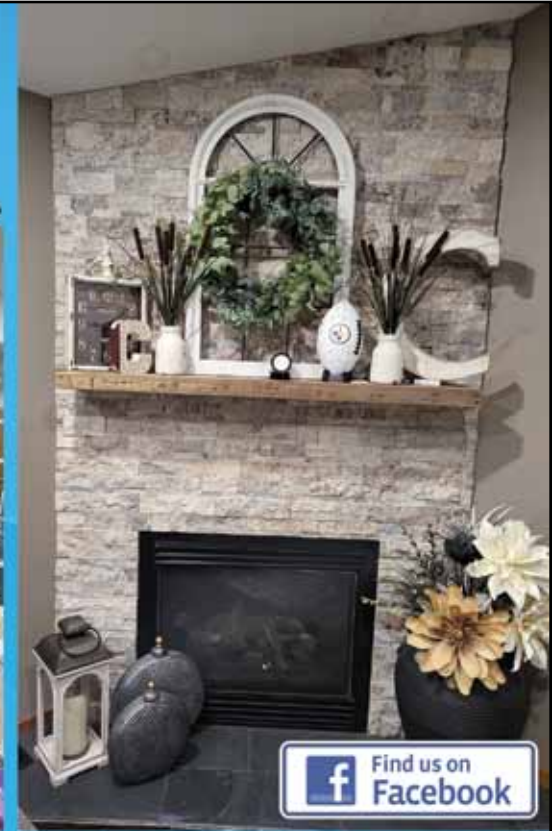
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May Pet Events



Grow Plants, not Pet Populations!
May 5th & 6th (Thu, Fri) 4PM to 7PM
May 7th & 8th (Sat, Sun) 10AM to 4PM

Proceeds benefit Iowa Humane Alliance!

10" Hanging Flower Baskets & Containers from Prochaska Greenhouse: \$35 each OR Two for \$60

Plus: Hostas, Perennials, Vegetable

plants, Herbs, Succulents, House plants, and MORE!

Just in time for Mother's Day! (May 8th!)

CASH PREFERRED

Drive through or park your car and walk through!

1200 16th Ave SW, Cedar Rapids (next to SAINT Rescue)
 Contact Kathleen at kathleen@iowahumanealliance.org if you have any questions.



May is Chip Your Pet Month

FOR DOGS ONLY
LOW COST VACCINE & MICROCHIP CLINIC
FACE MASKS ARE RECOMMENDED
Saturday, May 21st
9:00 am to Noon
 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 – walk right in.

Adopt a Pet

National Rescue Dog Day - May 20th!
Rescue a New Furry Friend Today!

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

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

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GREATER CEDAR RAPIDS Spring 2022 Parade of Homes

Tour the areas' most beautiful homes showcasing the work of local top builders and remodelers! For more than 10 years, The Greater Cedar Rapids Housing & Building Association has held the Spring Parade of Homes; showcasing the exceptional work and quality craftsmanship of the areas' top builders and remodelers. This year, many homes may be toured in-person; with all homes available to tour virtually. For those viewing homes in-person the cost is \$10, 12 & UNDER FREE. Discount tickets are available at any Casey's General Store for \$9. This year, a portion of the ticket proceeds will be donated to WRAP! Come out and take a look at these beautiful homes!



The parade will feature houses in a variety of neighborhoods with a wide range of price points. The tour showcases a variety of floor plans, home designs, and products with the latest in green technology; giving the community an opportunity to take an up-close look at the newest advancements in home building techniques.



Building a home involves many companies working together to provide a quality, efficient and affordable home that the buyer will love. Choosing the right companies to work with can be daunting. This cooperation between the GCRHBA and the builders and remodelers ensures' that you find the right builders for you. The association provides networking and offers connections for building professionals to work together to provide quality, efficient, affordable structures for the Cedar Rapids area, as well as a directory for the public to find qualified businesses for building and remodeling projects. Anyone looking for a local professional to perform painting, plumbing, electrical work, lawn care or a myriad of other projects, all the way up to constructing a home or commercial building, can peruse the directory on the GCRHBA's website, at gcrhba.org.



If you think a new home or remodel may be in your future, tour the Spring Parade of Homes and find the right builder for you! Thank you to this year's Spring Parade of Homes sponsors, Ferguson Bath, Kitchen & Lighting Gallery, Collins Community Credit Union, Randy's Flooring and MidAmerican Energy Company. Thank you to all of the participating members. Learn more at: gcrhba.org.



1734 Cottage Ridge Drive
Marion



SKOGMAN HOMES



SKOGMAN HOMES



PRK Williams Building Group
Develop • Design • Build • Remodel

6122 Cope Drive
Marion



**Tour New & Remodeled Homes
Register for Giveaways**

\$10 tickets available at parade homes
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| Remodeled | Open to tour | Cantebury Kitchens | 145 Skyview Ave, Fairfax |

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Everything Bagel and Egg Casserole

Ingredients:

- 4 everything bagels cut into bite-size pieces
- 1 cup shredded cheddar cheese
- 1/4 cup grated parmesan cheese
- 8 oz. cream cheese, cut into cubes
- 1/2 red onion chopped
- 3 scallions chopped
- 8 large eggs
- 2 cups heavy cream
- 1/2 cup chicken stock
- Sea Salt and Pepper to taste
- Fresh basil for garnish

Directions:

Preheat oven to 350°. Spray large baking dish with cooking spray. Place bagels, all cheeses, scallions, and onions into the dish. Toss lightly. Whisk together eggs, cream, and chicken stock. Season with salt and pepper. Pour egg mixture over bagels in baking dish. Bake covered with foil for 30 minutes and uncovered for another 20 minutes or until eggs are cooked through and light golden brown. Tear basil into pieces and sprinkle on top. Serve and enjoy.

*Swap out the shredded cheddar, parmesan and onions for chopped cherry tomatoes, chopped ham and shredded Swiss for another delish' variation!



Easy Cinnamon Roll Casserole

Ingredients:

- 3 cans refrigerated cinnamon rolls
- 4 large eggs
- 1 cup of milk
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- A dash of nutmeg
- Butter

Directions:

Preheat oven to 325. Butter large baking dish and layer the ready to bake cinnamon rolls into the dish. Whisk together eggs, milk, vanilla, cinnamon, and nutmeg. Pour egg mixture over the cinnamon rolls and bake for 20 minutes or until the eggs are cooked through and casserole is golden brown.

Let cool for a few minutes and then drizzle with the icing that comes with your cinnamon rolls. Enjoy!



2 Ingredient Bagels

Ingredients:

- 1 cup self-rising flour
- 1 cup non-fat plain greek yogurt
- *Optional seasonings

Directions:

Preheat oven to 350. Combine your self-rising flour and Greek yogurt in a mixing bowl and knead for 2-4 minutes until the dough comes together. Line a cookie sheet with parchment paper or non-stick baking sheet. Cut your dough into 4 equal sections. Roll each section into a small log and pull ends and pinch together to make a bagel shape.

Optional: *Spray the tops of your bagel with cooking spray and sprinkle with Everything Bagel Seasoning, cinnamon and sugar or sea salt.

Bake for 20-25 minutes until golden brown. Makes 4 bagels and you will want to eat them all!

Baked Canned Fruit Casserole

A 5-ingredient dish that's delicious! Sweet, buttery, and addictive with a texture similar to a fantastic bread pudding, this is a perfect comfort dessert or side dish to serve hot, warm or cold anytime! Tip: If you bring it to a holiday party, make a double batch!

Ingredients:

- 20 ounces of your favorite canned fruit. (I've used crushed pineapple, canned peaches, and even applesauce!)
- 1 cup of sugar
- 1 stick of butter
- 4 eggs
- 5-7 pieces of white bread torn into pieces (leftover hot dog or hamburger rolls work as well)

Directions:

Preheat the oven to 350 degrees. Put 5 slices of torn bread in the bottom of a greased casserole dish. Put all other ingredients in a food processor and pulse just until butter is broken into small pieces (about 5 quick pulses). Pour over bread and if it looks a little too runny - add rest of the bread. Bake for 60 minutes. Serve with ice cream or whipped topping for a fantastic dessert!



2 Ingredient Peach Bellini

Ingredients:

- 1/2 cup frozen peaches
- 1/2 cup of your favorite sparkling wine or sparkling grape juice for non-alcoholic version!



Macaroni KID
Cedar Rapids

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

Women face higher risk of stroke

STROKE IN U.S. WOMEN BY THE NUMBERS



One in 5 women has a stroke.
About 55,000 more women than men have a stroke each year.



#4
cause of death

Stroke is the No. 4 cause of death in women.
Stroke kills over 80,000 women a year.



Among women, black women have the highest prevalence of stroke.

TALK TO YOUR HEALTH CARE PROFESSIONAL ABOUT HOW TO LOWER YOUR RISK

and use the American Heart Association/American Stroke Association prevention guidelines:

STROKE RISK INCREASES IN WOMEN WHO:



Are pregnant

Pregnant women are three times more likely to have a stroke as non-pregnant women of the same age.



Have preeclampsia

This dangerous condition of high blood pressure during pregnancy doubles stroke risk later in life.



Take birth control pills

These can double the risk of stroke, especially in women with high blood pressure.



Use hormone replacement therapy

It doesn't lower stroke risk if postmenopausal, as once thought.



Have migraines with aura and smoke

Strokes are more common in women who have migraines with aura and smoke, compared with other women.



Have atrial fibrillation

This quivering or irregular heartbeat can increase stroke risk fivefold.

STROKE RISK DECREASES IN WOMEN WHO:

Talk to their health care professional to **determine safest medication** if pregnant with high blood pressure.

Discuss with their health care professional **low-dose aspirin guidelines** starting in the second trimester (week 12) to lower preeclampsia risk.

Get their blood pressure checked before taking birth control pills and monitor every six months.

Review the risk and benefits of hormone replacement therapy with their health care professional and discuss if the benefit outweighs the risks. For some women, it might not.

Quit smoking. All women who experience migraines and smoke should avoid smoking, nicotine use, vaping and e-cigarettes.

Get screened for atrial fibrillation if over the age of 75 as this condition then becomes more common in women.

Is Senior Living Right for You?



People choose senior living for several reasons. They're seeking more engagement in life. Chores have become more arduous. They have more health needs. Their families are worried about them living on their own. Although the decision to transition to senior living can be difficult, it offers the opportunity to try new activities and be surrounded by an engaging group of friends.

Here are things to consider when deciding if a senior living community is right for you:

Nutrition- It can be a struggle to maintain a consistent healthy meal plan. Taking advantage of a chef prepared menu every day can manage this important piece of maintaining good health as you age.

Home Maintenance- Has mowing, snow removal, leaf blowing and the 'needs fixing' become more than just a chore? As we age, we simply can no longer handle as much physical exertion. Although moving to a senior living community limits having a yard to yourself, it does still allow you to utilize lots of greenspace. So, get your bird feeders out, your favorite porch chair, and decorate your apartment as you wish. You still have your own space, it's just without the headache of maintaining it.

Stay Active- The old adage says, "If you don't use it, you lose it". So, if you're alone at home with limited ability to get to exercise classes or take walks, you're likely not staying as active as you should. Most senior living communities offer daily fitness classes right in your building. No need to go out into the elements to participate; simply walk down the hall. Classes often incorporate cardio, strength training, yoga and more. This helps aging adults be more agile and improve balance, increasing life expectancy.

Friendships- If you're living alone with limited ability to engage with friends like you used to, your quality of life is not as it could be. Moving to a senior living community offers you the options to make new friendships and engage in enjoyable activities daily.

Safety- Senior living communities are a great compromise between continuing to offer an aging adult independence in their own handicap accessible apartment while continuing to make their own choices, and residing in a communal setting that offers 24-hour staff and peace of mind the resident can access assistance at the drop of a hat.



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We offer Independent Living, Assisted Living, Short-Term Rehab and Long-Term Care all under one roof to allow an easy transition when a higher level of care is needed.

COMMUNITY AMENITIES

Onsite you will find a Coffee Area, On-site Banking, Fitness Center, Chapel, Library, Game Room, Hair Salon, Various Activity Rooms, Lounges, Community Balconies, and Outdoor

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.



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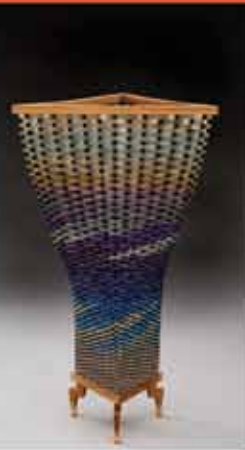
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The Marion Arts Festival returns to City Square Park on Saturday, May 21st, celebrating its 30th Annual event! The MAF is a free, outdoor, family-friendly, come-as-you-are fine art happening. No one dresses up or buys a ticket – attendees are invited to arrive in shorts, pushing their strollers, and looking forward to a day in Uptown Marion. Festivities begin at 9 am.

Founded in 1993, the festival presents 50 nationally sourced artists. This year, 10,000 attendees will welcome an All-Star lineup of fan-favorite artists from past festivals, selling artworks ranging from jewelry to printmaking to outdoor sculpture for this milestone event.

The Marion Arts Fest's Empty Bowls project has been a long-standing part of the festival experience! Students from five school districts have created more than 1,000 bowls donated to the festival to be sold at the event, most for just \$5. Area ceramicists, college-level classrooms and clubs, and a local woodturners' group will also contribute bowls to the sale, with 100% of the proceeds donated to food assistance programs. Since its inception 23 years ago, the project has raised more than \$105,000 for area food banks.

Professionals from the Iowa Ceramics and Glass Studio will also be on hand, offering wet clay fun and the opportunity to create an Empty Bowl for next year's sale! This anniversary year marks the return of the MAF half marathon and 5K runs, hosted by Corridor Running. The routes showcase the best of Marion's sites and scenery,

and the finish line preserves long-held traditions, including the spaghetti breakfast! Runners can register for either race as late as 7:00 a.m. on festival day. The marathons are set to start @ 7:30 am.

This year the festival will embrace all of Uptown Marion as its food court, with restaurants offering grab-and-go items to be enjoyed in the park. There will be music and activities in the Uptown Artway alley (located between the buildings on 7th and 8th Avenue) and other community offerings such as the Marion-East Cedar Rapids Rotary Waffle Breakfast at Vernon Middle School and the Marion Heritage Center's "Art by Your Friends and Neighbors" exhibit.

Festival director Deb Bailey has been with the MAF since 2003. "What I love most is how the festival demonstrates to everyone they can have art that is unique to them. Whether it's a \$5 Empty Bowl, a new favorite mug, or a painting that generations will enjoy, everybody deserves something beautiful for themselves." Bailey treasures the conversations overheard between artists and young people as a close second. "Every time a kid asks an artist how they made that, a bell rings in their parents' ears; the festival proves that artmaking can be a bona fide career choice with talent and training. Few places or experiences deliver that message."

For full event information visit the website at www.marionartsfestival.com or MAF Director Deb Bailey at mafdirector@marioncc.org.



SPRING FUN IS COMING TO THE CORRIDOR



6th Annual Bloom Moms Night Out

MAY 10, 2022
6:00 – 9:00 PM

NATIONAL CZECH & SLOVAK MUSEUM & LIBRARY
1400 INSPIRATION PL SW, CEDAR RAPIDS

This event is for all Cedar Rapids area moms and moms-to-be! This This fun night out will feature informational and vendor tables from fantastic local businesses, a panel discussion with local wellness and parenting experts, delicious food, amazing giveaways, and a chance to meet other mamas! Whether you come solo or with a group of friends, this event will be sure to leave you feeling refreshed and ready to tackle this motherhood thing!

GENERAL ADMISSION: \$25.00 Includes admission to the event, delicious food, 1 glass of wine or mocktail, 10 raffle tickets for giveaways, and swag! This event SELLS OUT every year, so share with your girlfriends and be sure to get your tickets!!



Iowa Pop Art Festival 2022

May 21, 2022
10:00 AM to 6:00 PM
Czech Village & New Bohemia District

The Iowa Pop Art Festival is coming to the Czech Village & New Bohemia District with a great lineup of over 80 artists, ALL FROM IOWA! They'll be all over the District showcasing and selling their work, with the Pop-Up Market at the NewBo City Market, the Gallery Show at CSPS Hall, and our DISTRICT Art Tour at participating local businesses. Join us for an art festival like no one has seen before!

Visit NewBo City Market (1100 3rd St. SE) for a pop-up event showcasing dozens of booths with painting,

drawing, printmaking, photography, collage, textiles, jewelry, ceramics, vintage clothing, sneakers, streetwear, live music, and more.

Visit CSPA Hall (1103 3rd St. SE) to experience art in the gallery setting with "Factory", an exhibition of wide-ranging large scale and conceptual work throughout spaces in this historic venue.

Visit businesses across the The District hosting individual artist pop-ups, including Found & Formed, Frolics Boutique, The Funky Zebras, Health Hut, Lion Bridge Brewing Company, Moss, Parlor City Pub & Eatery, RAYGUN, Rustic Chic Boutique, Scribe Stationer, SOKO Outfitters, Sweet Mercantile, The DAISY, and Vintage Market.



2022 MOONLIT MOVIE SERIES

Klopfenstein Amphitheater
LOWE PARK, MARION

Friday, May 27 featuring "Sing 2"
Friday, July 8 featuring "Cruella"
Friday, Aug. 5 featuring "Encanto"

Free kids' activities like face painting, balloon twisting and inflatables will begin at 7 p.m. The feature presentation will begin around 8:30 p.m. (dusk). Outside food and drink are permitted but select snack vendors will be onsite during the event, including free popcorn from the Shriners' Popcorn Mobile. Guests should bring

chairs or blankets for general lawn seating.

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.



30TH IOWA RENAISSANCE FESTIVAL & GATHERING O' CELTS

May 28 - May 30, 2022

10am-6pm

Middle Amana Community Park

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 www.amanacolonies.com/event/iowa-renaissance-festival-gathering-o-celts-3/ for ticket information



Marion Farmers Market

Date: each Saturday through the summer
8:00 AM - 11:00 AM

Location:
Taube Park
2200 31st Street
Marion, Iowa 52302

Visit your neighborhood farmers market each Saturday through the spring and summer. Find produce, baked goods, meats, wine and more between 8-11 a.m. each week May-September



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INDEX OF ADVERTISERS

| | | | |
|----------------------------|-----|----------------------------|-----|
| A-Tech Beam Team | 7 | Kings Material | 6 |
| Allied Glass | 6 | PickIt Fence Company | BC |
| American Heart Association | 15 | RCI Imaging | 16 |
| Bark Busters | 9 | Terrace Glen Village | 16 |
| Biaggis | 15 | The Views Senior Living of | |
| Canterbury Kitchens | 8 | Cedar Rapids & Marion | IBC |
| Cassidy Tiling | 8 | | |
| CRCCA | 20 | | |
| DDM Irrigation | 7 | | |
| Farmers State Bank | IFC | | |
| Gilcrest Jewett | 6 | | |
| Glass Concepts | 8 | | |
| Greater Cedar Rapids Home | | | |
| Builders Association | 1 | | |



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RidgeView Assisted Living sets the standard for assisted living: helping older adults maintain their privacy; independence, health, and well-being in a safe, comfortable and social environment.

OakView Skilled Nursing is available at our Marion location. Our rehabilitation program offers quality therapists that are eager to work with residents to help them regain their strength. We offer large private rooms for both short-term and long-term stays.

Follow us on Facebook @ Views Senior Living

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