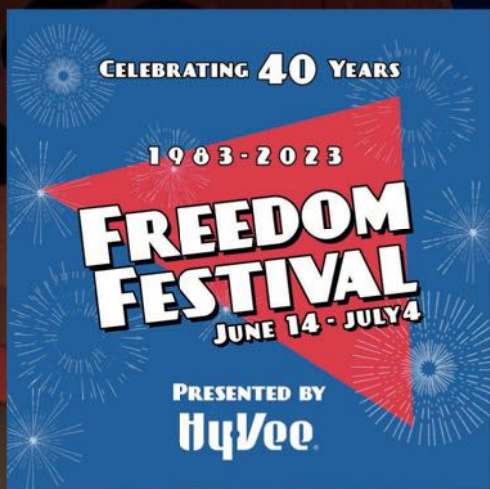


FREE

CITY Revealed

JUNE 2023



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1983-2023
**FREEDOM
FESTIVAL**
JUNE 14 - JULY 4
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BALLOON GLOW

INSIDE: The Freedom Festival - Linn County Fair - Corridor Events





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A Note from the Publisher

Get ready for an incredible June issue packed with local content, fantastic businesses, and a range of fun activities!

We're especially thrilled to feature the highly anticipated Freedom Festival - which by the way is celebrating 40 years! The Freedom Festival is ramping up this month so get ready for a vibrant and fun celebration of our community, jam packed full of events including parades, balloon glow, dock dogs, fireworks, and much much more. Be sure to hold on to this magazine as we've added a handy calendar to the back cover for you and a guide inside for all things Freedom Festival.

This month we are also celebrating Father's Day and National Peanut Butter Cookie Day! You can bet we've cooked up some yummy recipes to help you celebrate - we hope you enjoy them!

The Linn County Fair is just around the corner, taking place from June 28th to July 2nd. Check out this month's special feature on the Linn County Fair, where we'll provide all the details you need to make the most of the fair. Don't miss out on this exciting summer tradition - oh and hint hint - we just may have some tickets to giveaway soon - so be sure to follow us on Facebook!

We hope you have an amazing June filled with joy, excitement, and unforgettable moments!
Happy reading!



Charlotte Linde
Publisher & Chief of Inspiration

Char

Come play with the cool kids.

\$1.50 12oz Beer Mondays

Tues Night Karaoke 7PM

Weds 2 for 1 Ladies Night w/ Bingo!

Trivia Every Thurs 6:30



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The Views

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2023 CEDAR RAPIDS INFERNO SCHEDULE	
HOME	AWAY
 AFC COLUMBIA MAY 13TH 5 PM	 CLUB ATLETICO SAINT LOUIS JUNE 3RD 6 PM
 CLUB ATLETICO SAINT LOUIS JUNE 10TH 2 PM	 AJAX ST. LOUIS JUNE 4TH 6 PM
 AJAX ST. LOUIS JULY 15TH 5 PM	 SESA JUNE 17TH 7 PM
 SESA JULY 23RD 5 PM	 AFC COLUMBIA JUNE 24TH 1 PM
 SANTA FE WANDERERS JULY 26TH 5 PM	 SANTA FE WANDERERS JULY 8TH 4:30 PM
 IOWA RAPTORS FC JULY 29TH 7 PM	 IOWA RAPTORS FC JULY 22ND 7 PM
ALL HOME GAMES PLAYED AT HADZIC FIELD AT MOUNT MERCY UNIVERSITY	

UNLEASH THE FIRE: SUPPORT AND EXPERIENCE CEDAR RAPIDS INFERNO SOCCER

The Cedar Rapids Inferno Soccer Club provides amateur soccer to Cedar Rapids and surrounding communities with funding from the local community and business sponsorship opportunities. The club plays in the Midwest Premier Soccer League.

The Cedar Rapids Inferno is the only nonprofit community-driven professional outdoor soccer team in the corridor area. As a nonprofit, the Cedar Rapids Inferno desire to create an opportunity in our community, rather than to outsource their players from across the nation. We desire to cultivate and coach our local youth and young adults to develop them professionally, personally, and athletically by offering them the chance to play for and compete at the professional soccer level. Our events provide a community with great family-friendly sporting entertainment.

In previous seasons, Cedar Rapids Inferno placed in the top three of the Midwest UPSL division, the top five in the Midwest Premier League, and had one of the highest fan attendance in the conference. The Inferno organization prides itself in being a team of talented players who all have ties to Iowa, while most grew up playing soccer for local soccer clubs and high schools, some came to Iowa to play on the collegiate level.

Looking forward to our 2023 season we have the opportunity for businesses and individuals to support our community by marketing your business through our events and other sponsorship opportunities. We are currently seeking sponsors for our players and events that will make this a successful season for our team.

"When I first started Cedar Rapids Inferno Soccer Club back in 2018, my only thoughts were to do something in the memory of my best friend Musaab who was a great soccer fan, and also provide an opportunity for our local talent to showcase their skills on a higher level." Quote from Kenan Malicevic (owner and head coach)

Attending a Cedar Rapids Inferno game is a great activity where soccer fans of all ages can enjoy a competitive game of soccer and interact with players after the game.

For more information regarding the Cedar Rapids inferno, please visit their social media pages or via email at crinfernosoccer@gmail.com



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 American Heart Association.

June is CPR Month

Learn the 2 steps of Hands-Only CPR

TWO STEPS TO SAVE A LIFE

1 Call 911

2 Push hard and fast in the center of the chest



CPR can double or even triple a person's chance of survival.

Heart.org/HandsOnlyCPR

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Get ready for a week of exhilarating fun, delicious food, and exciting entertainment at the 2023 Linn County Fair! From June 28 to July 2, the fairgrounds in Central City will come alive with an array of activities and attractions that will make this year's fair an unforgettable experience for all.

The festivities kick off on June 28 with Free Gate Admission Day. Grab your friends and family and head over to the fairgrounds as early as 8 AM to enjoy a day packed with excitement. With free admission, you can explore the various exhibits, indulge in mouthwatering fair food, and immerse yourself in the vibrant atmosphere that defines the Linn County Fair.

Throughout the week, the Linn County Fair will feature an incredible lineup of singing entertainment that will leave you dancing and singing along. From local talents to renowned artists, there will be captivating performances that will keep you entertained throughout your visit. Be prepared to be serenaded by amazing voices and experience the thrill of live music at its finest.



As you explore the fair, prepare to be captivated by the diverse range of attractions and activities. From thrilling carnival rides, to truck & tractor pulls, donkey races & bacon buddies, to 4H, to engaging exhibits that offer insights into agriculture, arts, crafts, and so much more. Indulge in classic fair treats like cotton candy and funnel cakes, or savor the delicious flavors of local vendors serving up mouthwatering fair foods.

Don't forget to check the fair schedule on the official Linn County Fair website for a complete list of events and performances throughout the week. Every day at the fair offers a new and exciting experience, with special singing entertainment - be sure to catch these incredible performances!



The 2023 Linn County Fair is a celebration of community, talent, and wholesome entertainment. It's a time to come together, create lasting memories, and support the incredible individuals who make the fair possible. So mark your calendars, gather your loved ones, and get ready to embark on a week of non-stop fun at the Linn County Fair. See you there! www.thelinncountyfair.com





Jo Dee Messina

DREW PARKER



THE LINN COUNTY FAIR

JUNE 30, 2023

CENTRAL CITY, IOWA

WWW.THELINNCOUNTYFAIR.COM



THE OUTLAW GARDEN TRACTOR PULLING SERIES

Saturday July 1st, 2023

Niko Moon WITH ADAM DOLEAC



THE LINN COUNTY FAIR
JUNE 29, 2023
CENTRAL CITY, IOWA
WWW.THELINNCOUNTYFAIR.COM



Swine show aimed at allowing youth with intellectual and physical disabilities to showcase talents at the Linn County Fair

Bacon Buddies
The Linn County Fair

Saturday, July 1
Show @ 1:00 PM

Application deadline May 15, 2023



2023 LINN COUNTY FAIR

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SUNDAY JULY 2ND, 2023



TRUCK & TRACTOR PULL 2023!



ECIPA Truck & Tractor Pull - July 1st, 2023



1963-2023

FREEDOM FESTIVAL

JUNE 14 - JULY 4

PRESENTED BY



EVENTS GUIDE



www.freedomfestival.com

20

FREEDOM FESTIVAL CALENDAR OF EVENTS

23

SAT. JUNE 3

Bucknell Marionettes Show
The History Center Performances - 10:00AM & 11:30AM

WED. JUNE 14

★ **Flag Raising Ceremony** ★
Veteran's Memorial Coliseum - 8:00AM

★ **Flag Retirement Ceremony & BBQ** ★
Freedom Foundation (NEW LOCATION) - 8:00PM

Cedar Rapids Municipal Band
Cleveland Elementary - 7:30PM to 8:30PM

THU. JUNE 15

★ **Tribute to Heroes Dinner Fundraiser** ★
Fl. Kathy Breshnan & Bay "Bubba" Sorensen
DoubleTree by Hilton - 8:00PM

Five Seasons Ski Team Ski Show
Cedar River at Ellis Park - 7:00PM

SAT. JUNE 17

★ **Balloon Glow** ★
Fl. Day's Live Music, The 34th Army Band: 42 Bemoes, & The Bumblebees
Jones Park - 4:00PM to 10:00PM

The Great Cedar Rapids Sizzle Steak Cookoff
Hawkeye Downs - 8:00AM to 6:00PM

AmVet Riders Post 6 Bug Run Fundraiser
McGrath Powersports - 10:00AM

Corridor Running Balloon Glow 5K / 10K Run
Jones Park - 4:00PM start

CRBT Movies on the Riverbank
Fl. Minions: The Rise of Gru
The McGrath Amphitheatre - 7:00PM

SUN. JUNE 18

★ **The 34th Army Band: Scrap Metal** ★
Lowe Park - 6:00PM to 8:00PM

Cedar Rapids Municipal Band
McGrath Amphitheatre - 7:30PM to 8:30PM

WED. JUNE 21

Cedar Rapids Municipal Band
Johnson STEAM Academy - 7:30PM to 8:30PM

THU. JUNE 22

★ **Rock 'N' Bowl** ★
SpareTime Cedar Rapids - 11:00AM to 2:00PM
(socks required & bowling)

★ **Try DockDogs** ★
Kingston Stadium North Fields at 5:00PM
(pre-registration required)

Five Seasons Ski Team Ski Show
Cedar River at Ellis Park - 7:00PM

FRI. JUNE 23

★ **DockDogs** ★
Kingston Stadium North Fields - 12:00PM to 8:00PM

Jazz Night on 2nd w/ Downtown District
2nd Street / 2nd Ave - 8:00PM to 11:00PM

Golf-ish w/ the Iowa Giving Crew
Twin Pines Golf Course - 10:00 AM

★ = OFFICIAL FREEDOM FESTIVAL EVENT

SAT. JUNE 24

★ **DockDogs** ★
Kingston Stadium North Fields - 8:00AM to 8:00PM

★ **Parade** ★
Downtown Cedar Rapids - 10:00AM start

★ **Imagination Square by Tanager Place** ★
Greene Square - 11:00AM to 1:00PM

★ **VOLTA Music and Arts Festival by the Eastern Iowa Arts Academy** ★
Greene Square - 1:00PM to 6:00PM

3rd Annual Root Beer Festival
The History Center - 12:00PM to 4:00PM

Brule w/ The City of Marion
Lowe Park - 6:00PM to 8:00PM

SUN. JUNE 25

★ **Freedom Bike Ride (Over The Hill)** ★
Lowe Park - 9:00AM to 4:00PM

★ **DockDogs** ★
Kingston Stadium North Fields - 9:00AM to 5:00PM

Marion Fly-In, Drive-In Breakfast
Marion Airport - 7:00AM to 11:30AM

BioBlitz
(June 25th - July 1st)
Indian Creek Nature Center - 8:00AM to 8:00PM
(Event runs each day June 25th - July 1st)

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

Cedar Rapids Municipal Band
Ellis Park - 7:30PM to 8:30PM

TUE. JUNE 27

Voices of Hope Concert
St. Mark's Lutheran Church (NEW LOCATION) - 7:00 PM

Five Seasons Ski Team Ski Show
Cedar River at Ellis Park - 7:00PM

WED. JUNE 28

Linn County Fair (Sneak Peek - FREE entry)
Linn County Fairgrounds in Central City

Voices of Hope Concert
St. Mark's Lutheran Church (NEW LOCATION) - 7:00 PM

Cedar Rapids Municipal Band
Noelridge Park - 7:30PM to 8:30PM

THU. JUNE 29

★ **Movie at the Ballpark** ★
Fl. Top Gun: Maverick
Veterans Memorial Stadium
6:00PM doors. Movie starts at 7:00PM

Linn County Fair (Youth Day)
Fl. Nike Moon w/ Adam Dotea
Linn County Fairgrounds in Central City

Five Seasons Ski Team Ski Show
Cedar River at Ellis Park - 7:00PM



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FRI. JUNE 30

Linn County Fair (Community Day)
Fl. JoDee Messina w/ Drew Parker
Linn County Fairgrounds in Central City

SAT. JULY 1

★ **Music at the Museum** ★
Fl. Amy Friedl Stener & Birchlid
National Czech and Slovak Museum & Library
6:00PM to 9:00PM

Linn County Fair (Community Day)
Fl. RCPA Truck & Tractor Pull
Linn County Fairgrounds in Central City

Art, Craft, & Vendor Show
Veteran's Memorial Building - 8:00AM to 3:00PM

Ushers Ferry 50th Birthday Bash
Ushers Ferry Historic Village - 8:00AM to 5:00PM

Show N' Shine Car Show
Noelridge Christian Church - 11:00AM-3:00PM

Midsummer Garden Arts Fair
Shakespeare Garden in Ellis Park - 7:00PM

Patriotic Pickle Ball Tournament w/ Team Iowa
(Men's Singles & Doubles, Mixed Doubles)
BLX Sports Center, Hiawatha

SUN. JULY 2

Linn County Fair (Military Appreciation Day)
Fl. Tough Trucks
Linn County Fairgrounds in Central City

Patriotic Pickle Ball Tournament w/ Team Iowa
(Women's Singles & Doubles)
BLX Sports Center, Hiawatha

Marine Corps League Trashmore Hike
Mt. Trashmore Trail - 8:00AM to 12:00PM

MON. JULY 3

Five Seasons Ski Team Ski Show
Cedar River at Ellis Park - 7:00PM

TUE. JULY 4

★ **Classic Car Show** ★
ImOn Ice Arena Parking Lot - 8:00AM to 12:00PM

★ **Pancake Breakfast** ★
ImOn Ice Arena - 8:00AM to 11:00AM

★ **4th of July Concert** ★
Fl. Brass Transit Authority & VBS
McGrath Amphitheatre - 5:00PM until fireworks

★ **Celebration of Freedom Fireworks** ★
Downtown Cedar Rapids (NEW LAYOUT) - start approx. 9:30PM
Gates open at 5:00PM. No early entry.

Five Seasons Ski Team Ski Show
Cedar River at Ellis Park - 7:00PM

Cedar Rapids Municipal Band
Guthridge Park - 7:30PM to 8:30PM

Corridor Running Fifth Season Races
Greene Square Park - 7:30AM start

THU. JULY 6

Maddie Poppe
Midnight Gem - Doors at 8:00PM Concert 7:00PM

SAT. JULY 8

CRBT Movies on the Riverbank
Fl. Turning Red
The McGrath Amphitheatre - 7:00PM



THE FREEDOM FESTIVAL: CELEBRATING 40 YEARS OF MEMORIES

For four decades, the Freedom Festival has been creating cherished memories for the residents, visitors, and community of Cedar Rapids and the corridor. This beloved festival kicks off on Flag Day, June 14th, and extends over three weeks, culminating in the grand celebrations of Independence Day on July 4th.

With the strong belief in supporting local businesses, venues, parks, vendors, and city services, the Freedom Festival has embraced a "support local" approach. While receiving significant support from the City of Cedar Rapids, the festival operates as an independent 501(c)3 non-profit organization.

At the heart of the Freedom Festival's mission is the commitment to providing accessible programming for all. The festival strives to ensure that every member of the community can partake in the festivities, promoting a sense of patriotism and unity without financial barriers.

Embodying the spirit of patriotism, community, and family, our mission is to celebrate the exceptional quality of life in Eastern Iowa. By offering safe, affordable, and enjoyable annual events, the Freedom Festival creates a vibrant tapestry of shared experiences that reflect the true essence of our community.

Join us as we commemorate 40 years of creating cherished memories, fostering a sense of pride, and uniting Cedar Rapids and the corridor in the spirit of freedom and togetherness.

For more details go to www.freedomfestival.com

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♥ Why Learn Hands-Only CPR?

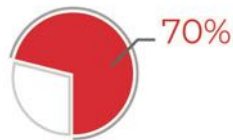
Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 EMS-assessed out-of-hospital cardiac arrests occur in the United States.

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:



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



2 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

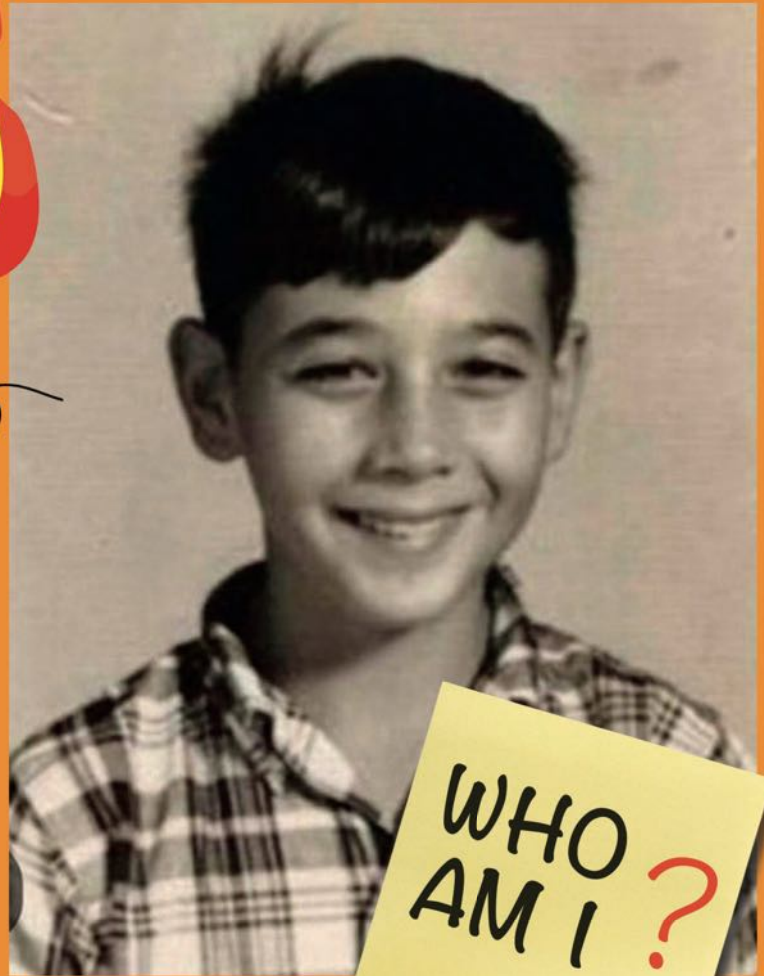
Watch the 90-second video. Visit heart.org/handsonlycpr to watch the Hands-Only CPR instructional video and share it with the important people in your life. Hands-Only CPR is a natural introduction to CPR, and the AHA encourages everyone to learn conventional CPR as a next step. You can find a CPR class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



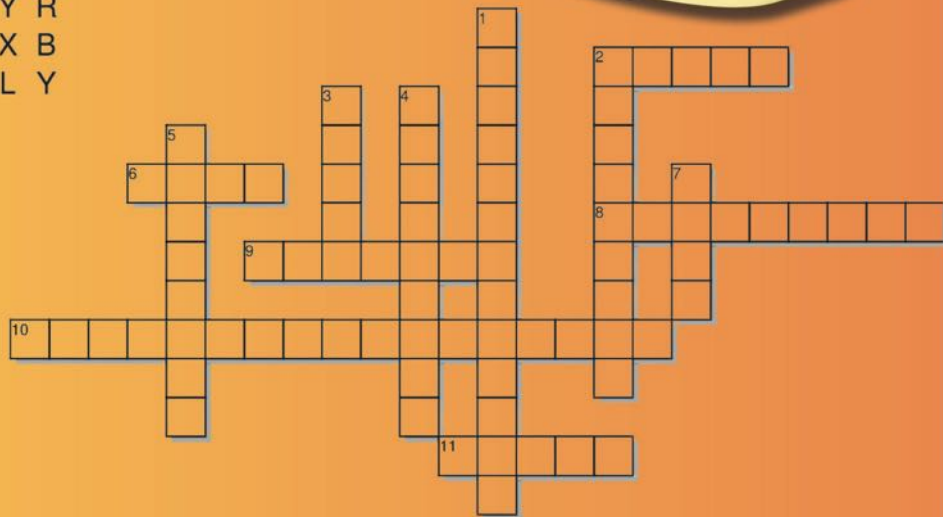
CPR week is June 1-7 | To learn more, visit heart.org/handsonlycpr #CPRwithHeart

JUNE



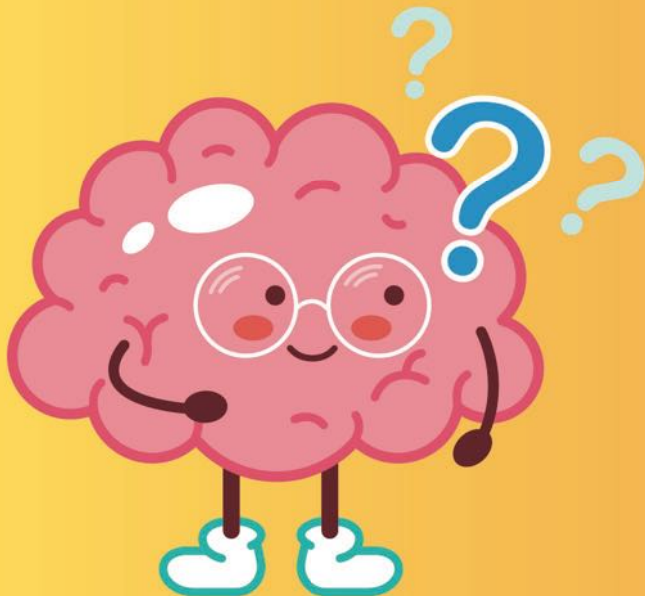
R E T A E H T I H P M A H T A R G C M
 L B R T K X T B Y V G L D W J Y X M R
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 K R D D T Z J B G V A B B L N Y A X B
 W J Z M X D L W R V G R J T P L M L Y

WHO AM I ?



June
 Freedom Festival
 Graduation
 Fathers Day
 Vacation
 Summer

Barbecue
 Tubing
 Camping
 Farmers Market
 Cedar River
 McGrath Amphitheater
 Festivals



ACROSS

- 2 The birthstone for the month of June
- 6 The county that Cedar Rapids is located in
- 8 A Cedar Rapids neighborhood known for its historic homes
- 9 The name of Cedar Rapids' minor league baseball team
- 10 Nickname for Cedar Rapids
- 11 The ___ District in Cedar Rapids is known for its artistic community

DOWN

- 1 Popular outdoor event in Cedar Rapids that features live music and local vendors
- 2 A popular Cedar Rapids theater
- 3 The ___ River runs through Cedar Rapids
- 4 The birthplace of John Wayne in Iowa
- 5 The official state flower of Iowa
- 7 Summer month in which Cedar Rapids celebrates its annual Freedom Festival



Stay Cool This Summer With Marcus Theatres Summer Kids Dream Film Series and Passport

Marcus Theatres® family favorite film series, Summer Kids Dream, presented by American Family Insurance, returns this year with an affordable way to help parents and caregivers beat the heat and boredom this summer. The series of eight classic family films runs weekly, Tuesday through Saturday, from June 13 through August 5. This year, there are several convenient ways for families to enjoy seeing their favorites again on the big screen.

Moviegoers looking to take in the most films at the most affordable price have the option to purchase a passport for the series, which entitles the passport holder to see all eight films for just \$15 – a savings of up to \$9 on tickets purchased individually. A passport also provides the most flexible and convenient way to see the series.

Guests make one purchase and can see each film in the series at any of the 76 Marcus Theatres or Movie Tavern locations running the series and can select the specific showtime that works best for them. Passports can be purchased at marcus theatres.com/kidsdream or the Marcus Theatres app.

Families can also purchase individual movie tickets to the Summer Kids Dream Film Series for \$3 each or download two free passes for any movie through American Family Insurance by visiting www.amfam.com/kidsdream. Additionally, a \$3 popcorn and soda special is available in-theatre.

For a complete list of locations and showtimes for the Summer Kids Dream Film Series sponsored by American Family Insurance, please visit www.MarcusTheatres.com/KidsDream.



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WHEN YOU THINK ABOUT TRUST, THINK ABOUT BBB

The Better Business Bureau is a non-profit organization established in the early 1900's to correct advertising abuses. In response to marketplace demand, that soon expanded to include monitoring of business performance and providing consumers with vital information on the activities of businesses. More than 100 years later BBB continues to assist the public and protect consumers against unfair, misleading, or fraudulent advertising and selling practices as well as helping the public make informed, safe and smart purchasing decisions.

The world certainly has changed but the BBB remains committed to holding businesses accountable to the highest standards of honesty and integrity in their activities. Government and business leaders have consistently acknowledged that BBB has earned the confidence and gratitude of the American public. BBB helps consumers and businesses through dissemination of information and with its many programs but be aware that it is not a governmental or law enforcement agency.

BBB's mission is to be the leader in advancing marketplace trust and provides products and services that support consumers and businesses. BBB is a nonprofit organization funded primarily by dues provided by Accredited Businesses in local communities. Members of the BBB agree to follow the highest principles of business ethics and voluntary self regulation and work to build stronger, more trusting relationships with customers. Accredited Businesses also commit to adhering to the BBB Standards of Trust, a comprehensive set of best practices.

BBB is the resource to turn to for objective, unbiased information. Our network of BBBs allows us to monitor and take action on thousands of business issues affecting consumers. BBB is your key adviser, reliable evaluation and an objective expert on the topic of trust in the marketplace.

Our professional staff is ready to assist with answering questions or concerns about businesses, scams or other marketplace topics. Please contact us by calling 1.800.222.1600 or visit our website, www.bbb.org/iowa.

The Savory Sleuth

The Savory Sleuth is your food critic that is on the case like a ninja of flavors, sneaking into restaurants at any time - armed with a discerning palate and a love for all things delicious.

CR Midnight Smoker BBQ



Will your establishment be next?



Don't walk... *run* down to NewBo Market and get in line at CR Midnight Smoker BBQ - a hidden gem that will satisfy any barbecue lover's cravings. The melt in your mouth brisket and pulled pork stole the show - tender, juicy, and so flavorful. The brisket was cooked to perfection, boasting a mouthwatering smokiness. As for the pulled pork, I can't stop raving about it - so good that I've made two return trips since just for it. How can pulled pork be so good?! And let's not forget about the sides. Potato salad and coleslaw, two sides I'm picky about and will tell you right away if they are even worth the taste. Friends... they were absolutely superb. Does the potato salad have a touch of sour cream Sir Midnight Smoker? I must know this recipe!

CR Midnight Smoker BBQ offers a range of sauces, each bringing a unique twist to the flavor profiles. From tangy to sweet, vinegar to spicy, the sauces take the experience of each bite to new heights. You simply have to try them all. And the best part? The prices are incredibly reasonable, making every bite even more satisfying.

I'm already planning my next visit to indulge in their highly praised ribs and burnt ends. I've heard they're out of this world and if they are anything close to what I have had so far - I don't doubt it. If you're a barbecue enthusiast, this place is an absolute must-visit. Trust me, you won't be disappointed - it's easily some of the best bbq I've ever had. Don't believe me? Go check out his website for a sneak peek - *you're welcome*. www.crmidnightsmokerbbq.com



A Tasty Recipe Gift for Dad

By Charlotte Linde; Publisher of Macaroni KID Cedar Rapids & City Revealed Magazine

If your dad loves grilling and barbecuing, surprise him with a mouthwatering barbecue mop and slop sauce that will take his grilling game to the next level. This easy-to-make sauce will add a burst of flavor to any grilled meat, making it the perfect gift for a dad who loves spending time behind the grill. Gift idea: Make this recipe ahead, pour it in a mason jar, wrap with a fun burlap bow, attach a card with the recipe!

Easy BBQ Mop & Slop Sauce

Ingredients:

- 1 cup ketchup
- 1/2 cup apple cider vinegar
- 1/4 cup Worcestershire sauce
- 2 tablespoons brown sugar
- 1 tablespoon Dijon mustard
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 - 1 teaspoon red pepper flakes or cayenne pepper (adjust according to heat preference)
- Salt and black pepper to taste

Instructions:

1. Add all the ingredients to a medium-sized bowl.
2. Stir the ingredients together until well blended.
3. Taste the sauce and adjust the seasoning as desired, adding more salt, pepper, or red pepper flake /cayenne pepper to suit your preference.
4. The Mop and Slop BBQ sauce is now ready to use! Use it to baste and glaze your grilled meats, such as ribs, chicken, or pork chops. Don't forget to save some for the side for more dipping and slopping!
5. Store any leftover sauce in an airtight container in the refrigerator for up to a week.
6. Enjoy your homemade Mop and Slop BBQ sauce, and have a delicious Father's Day celebration!

Another suggestion: This mop & slop sauce is also perfect to add to your shredded meats like pork and chicken!



Celebrate National Peanut Butter Cookie Day on June 12th with these Delicious Recipes!

Get ready to celebrate Peanut Butter Cookie Day! Indulge in the irresistible combination of sweet and nutty flavors with three delicious recipes to try. Whether you prefer the classic crosshatch style or enjoy adding your own twist, these cookies are guaranteed to satisfy your cravings. Gather your loved ones, bake a batch, and enjoy the mouthwatering goodness of peanut butter cookies on this special day!



Peanut Butter & Jelly

Ingredients:

- 1 cup flour
- 1 egg
- 1 cup sugar
- 1 cup peanut butter
- 2 packets of instant maple oatmeal
- 1 4 oz. container of strawberry applesauce
- 1 teaspoon vanilla extract
- 1 teaspoon salt
- Jar of strawberry jelly

Directions:

1. Preheat your oven to 350 degrees.
2. In a large mixing bowl, combine the flour, egg, sugar, peanut butter, instant oatmeal packets, strawberry applesauce, vanilla extract, and salt.
3. Mix well until all ingredients are thoroughly combined.
4. Next, roll the dough into small balls and place them on a lined baking sheet.
5. Use a teaspoon to create a small indentation in each ball. Fill each indentation with a dollop of strawberry jelly.
6. Bake the cookies in the pre-heated oven for 12-14 minutes, or until the edges are golden brown.
7. Let the cookies cool for a few minutes on the baking sheet before transferring them to a wire rack to cool completely. Yields 16-24 cookies



Gluten-Free Peanut Butter Oatmeal

Ingredients:

- 1 cup of sugar
- 1 tsp. vanilla extract
- 1 stick of butter, room temperature
- 1 egg
- 1 cup peanut butter
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 ½ cup almond flour
- 1 cup gluten free quick oats
- ¼ cup raw granulated sugar for topping (optional)

Directions:

1. Pre-heat oven to 350 degrees.
2. In a large bowl, cream together sugar, vanilla, and butter until smooth. Mix in egg and peanut butter and set aside.
3. In another bowl, add all of the dry ingredients and whisk well.
4. Slowly mix the dry ingredients into the wet ingredients until blended.
5. Put the dough in the refrigerator for 10 minutes.
6. Drop by spoonfuls onto a non-stick baking sheet and press down lightly with a spoon or fork. Sprinkle granulated sugar on top and bake for 10-12 minutes.
7. Remove from the oven and let sit on the pan for 5 minutes to set before transferring to a cooling rack. Yields 16-24 cookies



Chewy Peanut Butter Oatmeal

Ingredients:

- 1 cup peanut butter
- 1 cup sugar
- 1 tsp vanilla extract
- 2 eggs
- 1/4 cup flour
- 1/4 cup oatmeal
- 1 tsp salt

Directions:

1. Preheat oven to 350 degrees.
2. Line cookie sheets with parchment paper.
3. Mix together peanut butter, sugar, vanilla extract, and eggs until blended well.
4. Add remaining ingredients and mix until combined well.
5. Roll dough into balls and place on cookie sheet.
6. Press down with fork vertically and horizontally to make the traditional peanut butter hashmarks.
7. Bake at 350 for 8-10 minutes (depending on how big you roll your cookies).
8. Let sit on baking sheet for 1 minute before transferring to cooling rack or plate. Yields 12-16 cookies



Gardening Can Be Therapeutic: Tips for Seniors

Gardening is extremely therapeutic for any one person, but it is especially important for aging adults and those living with dementia. It provides a great form of exercise, reduces stress and anxiety, encourages motor skills, provides stimulation from being in the outdoors, sometimes having the end result of fresh vegetables and great nutrition. Gardening can also have physical limitations for aging adults. Here are some helpful tips so you can enjoy this gardening season!

- * Raise your garden beds. This eliminates the need to bend over or work on your knees, decreasing fall risks.
- * Vertical planting such as a trellis or a wall.
- * Use retractable hanging baskets.
- * Use lightweight tools for better grip and overall better result.
- * Make sure that there is a water system in place for easy accessibility.
- * Have a flat walking path available to reduce trips and falls.

There are also health safety tips to abide by when working out in your garden during the summer.

- * Drink lots of water and avoid alcohol. Not drinking enough water, especially during the hot summer months, can cause dehydration or heat stroke.
- * Warm up/stretch before gardening and take frequent breaks.
- * Attend to all cuts, bruises, & insect bites immediately.
- * Wear protective shoes, lightweight clothing, a hat, and gardening gloves.
- * Work in your garden in the early morning or late in the day when heat and the sun's rays are typically least intense.

Gardening can be enjoyable and successful for everyone throughout the entire summer. If needing to get some gardening ideas or possible communities that offer gardening, check out areas that promotes easy accessibility for aging adults or those living with dementia, call one of our Views Senior Living Communities today!

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KIDS in the Corridor

Publisher Picks



Jun 3 **St. Joseph Fun Days (Marion)**
11:00 AM - 11:00 PM
Free admission

St. Joseph Catholic Church
1790 14th St
Marion, IA 52302

Jun 17 **Balloon Glow at Jones Park**
12:00 PM - 10:00 PM

Jones Park
201 Wilson Ave. SW
Cedar Rapids, IA 52404

Jun 4 **Iowa Renaissance Festival (Amana)**
10:00 AM - 6:00 PM
Tickets start at \$8

Amana Soccer Fields
910 U Avenue
Middle Amana, IA 52307

Jun 25 **Super Hero Night at Iowa Children's Museum**
6:00 PM - 7:30 PM
FREE with advance registration.

Iowa Children's Museum
1451 Coral Ridge Avenue
Coralville, IA 52241

Jun 18 **Kid Baseball Giveaway with the Kernels (Cedar Rapids)**
1:05 PM
Tickets start at \$10

Veterans Memorial Stadium
950 Rockford Rd SW
Cedar Rapids, IA 52404

Jun 17 **Father's Day Public Skate at ImOn Ice Arena**
2:30 PM - 4:30 PM
\$7 Admission. \$3 Skate Rental

ImOn Ice Arena
1100 Rockford Road SW
Cedar Rapids, IA 52404



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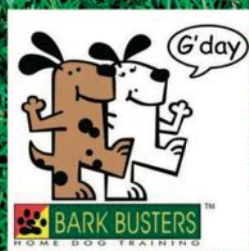
www.cedarrapids.macaronikid.com

Paws & Reflect: Celebrate Pet Awareness Week June 4th-10th

Celebrate Pet Awareness Week, honoring responsible pet ownership and appreciating the love our pets bring. Let's create a happy and healthy environment for our furry friends, sharing heartwarming stories and gathering valuable tips along the way. *Paws and reflect* on the joy of pet companionship throughout this special week!

- 1. Fur-ever Friends: Celebrating the Bond During Pet Awareness Week**, let's reflect on the incredible bond we share with our pets. From loyal dogs to mischievous cats and chirpy birds, our companions bring immeasurable love and joy. Celebrate this special bond and cherish the memories you've created together.
- 2. Responsible Pet Ownership: Paws-itive Practices** Pet Awareness Week reminds us to be responsible pet owners. Providing a nutritious diet, regular exercise, veterinary check-ups, and a safe environment are crucial. Brush up on grooming, training, and socialization tips to ensure a happy and healthy life for our beloved pets.
- 3. Tales of Tail Wags: Heartwarming Pet Stories** Share heartwarming stories during Pet Awareness Week. From heroic rescues to adorable adoptions, these tales remind us of the extraordinary bond we share with our pets. Spread the joy by sharing your own stories, inspiring others to embrace pet companionship.
- 4. Paw-some Tips: Enhancing Pet Well-being** Gather helpful tips during Pet Awareness Week to enhance your pet's well-being. From balanced diets to interactive playtime and pet-friendly spaces, there's always something new to learn. Stay tuned for expert advice and practical suggestions to make your pet's life even better.

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Owner Janie Fairchild & her Dog Star

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CedarValley@barkbusters.com www.barkbusters.com 319.471.4141

UPCOMING EVENTS



3rd Annual
Root Beer Festival
 June 24, 2023
 12:00 PM to 4:00 PM
 Admission \$5.00 per person
 \$1.00 discount with
 Freedom Festival Button
 Enjoy root beer floats,
 music by Dogs on Skis,
 food trucks, bounce house,
 and a performance by the
 Bucknell Marionettes!
 This event is sponsored
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First Interstate Bank

IOWA MUSEUM WEEK • JUNE 6-11



MUNICIPAL BAND CONCERT
 WEDNESDAY, JUNE 7 AT 7:30 PM
 THE HISTORY CENTER - 800 2ND AVENUE SE, CEDAR RAPIDS, IA 52403

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 JUNE 17
 JULY 1
 JULY 15
 AUGUST 5
 AUGUST 19
 SEPTEMBER 16**

FALL MARKET!

CEEDAR RAPIDS FARMERS MARKET

Blues and BREWS
 June 24, 2023
 7:00 PM to 10:00 PM

Join us on The History Center lawn for drinks,
 food trucks and live music featuring:
Jaxx Nassar

This event is sponsored by 

Just Tavern Coz

TWISTED Tuesday
 WITH **DJ Mikey Z**
 7pm - Midnight
 GREAT MUSIC WITH GREAT PEOPLE



BITE OF History

CHOPHOUSE Downtown
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 June 27, 2023
 6:30 PM
 411 First Street SE
 Cedar Rapids, IA 52401

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Answer Key





JUNE 14

8 AM
Flag Raising Ceremony
6 PM
Flag Retirement and BBQ

JUNE 15

6-9 PM
Tribute to Heroes
@ DoubleTree by Hilton

JUNE 17

BALLOON GLOW

4 PM
Corridor Running Club Run
5k and 10k
4 - 10 PM
Music and Hot Air Balloons

Day's Live Music

42 Romeo

The Bamboozlers

JUNE 18

6-8 PM
Army Band
@ Lowe Park

JUNE 21

11 AM - 2 PM
Rock N Bowl
for People with
Disabilities

JUNE 22-25

Dock Dogs
Th 5 PM Try Dock Dogs
F 12 - 8 PM Dock Dogs
SA 8AM - 8PM Dock Dogs
S 9AM - 4PM Dock Dogs
Family Day

JUNE 23

6 PM - 11 PM
Jazz Night on 2nd
with the Downtown District

NEW

JUNE 24

10 AM
PARADE
and Childrens Parade

JUNE 24

11 AM - 1 PM
Imagination Square
1 PM - 6 PM
Volta Youth Music
and Arts Festival

VOLTA

JUNE 25

9 AM - 4 PM
Freedom Bike Ride
25 miles and
50 miles

JUNE 29

6 - 9 PM
Movie at the Ballpark
@ Veterans Memorial
Stadium

JULY 1

6 - 9 PM
Music at the
Museum

Amy Friedl Stoner

Birdchild

JULY 2

Patriotic Pickleball
at Team Iowa

NEW

JULY 4

8 - Noon
Pancake Breakfast
8 - Noon
Car Show
5:30 - 9:40 PM
Concert @ Ampitheatre
Dark
Fireworks

Brass Transit Authority

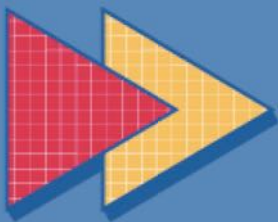
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