

FREE

# CITY Revealed

JULY 2023



Exclusive  
Interview with

*ALISABETH  
VON PRESLEY*







**ALISABETH VON PRESLEY**

**SUMMER 2023**

- 5.20 // IM ON ICE ARENA
- 5.25 // DALLAS, TX
- 6.03 // MEMPHIS, TN
- 6.10 // DOVER, DE
- 6.17 // DIXON, IL
- 6.24 // BURLINGTON, IA
- 6.25 // GALVA, IL
- 6.30 // IOWA SUMMER JAM
- 7.08 // GALENA, IL
- 7.14 // SAUGATUCK, MI
- 7.15 // SAUGATUCK, MI
- 7.21 // TO BE ANNOUNCED
- 7.26 // DETROIT, MI
- 7.28 // WINDOVER, MI
- 8.11 // WINDSOR, CANADA

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# A Note from the Publisher

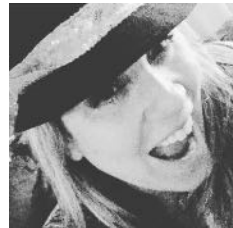
Summer is in full swing, and we have some exciting news and events to share with you in this July edition of City Revealed Magazine. We are thrilled to present an exclusive interview with the sensational performer, Alisabeth Von Presley. Dive into the pages and get to know the vibrant personality behind the music as she shares her inspirations, funny anecdotes, and her upcoming performances that will have you dancing the night away.

As we celebrate the spirit of freedom, July brings forth a multitude of events that will light up our city. The highly anticipated Freedom Festival Fireworks will illuminate the night sky, filling it with colors and sparks that reflect the joy of independence. Don't miss out on the spectacular displays and the accompanying festivities that will captivate your senses and create lasting memories for you and your loved ones.

In addition to the Independence Day celebrations, July is also a month of observances and quirky holidays. From National Ice Cream Day to National Mutt Day, there's always something fun to celebrate.

So grab a cool drink, find a comfortable spot, and immerse yourself in the pages of this July edition. Join us as we uncover the treasures of our city, showcase the talent of extraordinary individuals like Alisabeth Von Presley, and keep you informed about the exciting happenings that make this season truly memorable.

Wishing you a delightful July!



*Char*

Charlotte Linde  
Publisher & Chief of Inspiration

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**CELEBRATE NATIONAL ICE CREAM MONTH  
WITH A FUN HOMEMADE TREAT!**



What better way to celebrate National Ice Cream Month than by creating your own homemade ice cream? Don't worry if you don't have an ice cream maker - we've got you covered with a simple and fun bag-and-ice method. Get ready to cool down and indulge in a delicious homemade treat that will make this month even sweeter!

**Basic Vanilla Ice Cream in a Bag**

*Ingredients:*

- 1 cup heavy cream
- 1 cup whole milk
- 1/2 cup granulated sugar
- 1 teaspoon pure vanilla extract

*You'll also need:*

- 2 large resealable plastic bags (1-gallon size)
- Ice cubes
- 1/2 cup rock salt or kosher salt
- Oven mitts or a kitchen towel for handling

*Instructions:*

- In a mixing bowl, whisk together the heavy cream, whole milk, granulated sugar, and vanilla extract until well combined and the sugar has dissolved.
- Pour the mixture into a resealable plastic bag and seal it tightly, removing any excess air. Make sure it's properly sealed to prevent leaks.
- Fill the other resealable plastic bag halfway with ice cubes and add the rock salt or kosher salt. The salt helps lower the freezing point of the ice and creates a colder environment for the ice cream to freeze.
- Place the sealed bag containing the ice cream mixture inside the bag of ice and seal the outer bag tightly.
- Holding the bag with oven mitts or wrapping it in a kitchen towel, shake and massage the bags vigorously for about 5-10 minutes. This motion helps the ice cream mixture freeze evenly.
- Check the consistency of the ice cream by gently pressing on the inner bag. Once it reaches a soft-serve consistency, remove it from the outer bag.
- Wipe off any salt from the bag before opening it. Scoop the homemade ice cream into bowls or cones, and get ready to savor your cool and delightful creation!

Shake, shake, shake those bags and enjoy the magic of transforming liquid goodness into frozen delight. So, gather your supplies, gather your loved ones, and create a memorable ice cream experience to cherish during this special month dedicated to the sweetest dessert of all. Happy National Ice Cream Month!

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# July

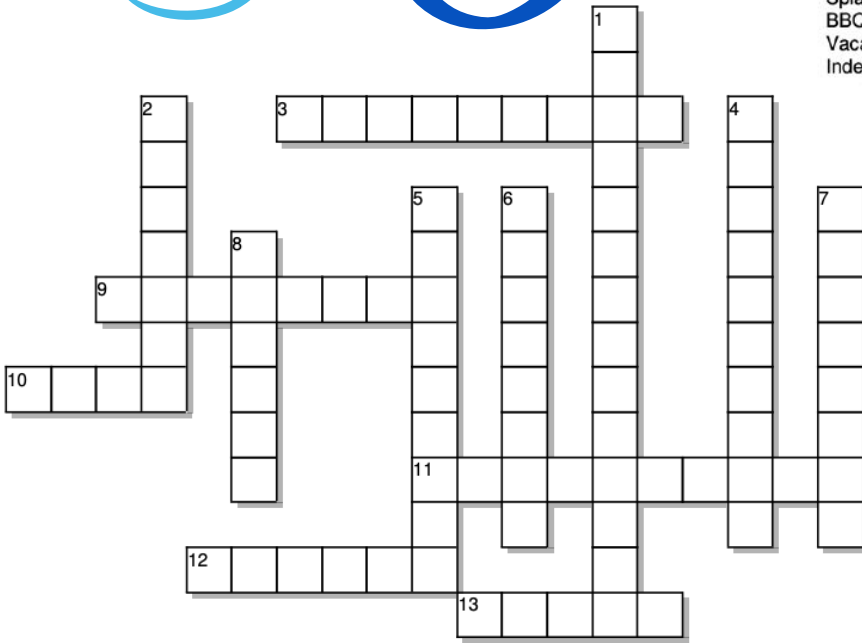


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Sweet Corn  
 Fireworks  
 Splash Pads  
 BBQ  
 Vacations  
 Independence Day

Tubing  
 Fireflies  
 County Fair  
 Cedar Rapids Kernels  
 Smores  
 Fire Pit  
 Boating



## Who Am I & What TV Role Made Me Famous?



**ACROSS**

- 3 A type of summer footwear often worn at the beach
- 9 A popular event in San Diego, California, held in July, celebrating comic books, movies, and pop culture
- 10 The birthstone for July
- 11 A popular summer fruit
- 12 The zodiac sign for those born July 1-22
- 13 Grilled meat on a stick

**DOWN**

- 1 A fictional superhero known for his patriotic colors and shield
- 2 A type of wood commonly used to add flavor to BBQ meats
- 4 A game played on a sandy beach using a small ball and a net
- 5 A colorful flower often associated with summer
- 6 A common summer insect that can ruin outdoor activities
- 7 A popular summer activity that takes place in July
- 8 A leisurely outdoor meal, often held in a park or backyard



## **Unveiling Alisabeth Von Presley: Must-Haves, Laughter, and Unforgettable Moments**

**So, tell us... what are your must haves that you carry in your (purse, bag, fanny pack?) at all times?**

I've gotta admit, I'm not really a purse kinda chic. Do I own a ton of really cute ones? Of course! But you'll never catch me without my hot pink backpack full of absolutely random essentials. I've always got extra pens, measuring tape, scissors, cheap spray perfume, eyelash glue, a laptop and an extra pair of socks. It's like my "oh crap I forgot that" bag, full of little wonders in each pocket. Arts and crafts time can call at any moment and I need to be prepared!

**What is the last thing that made you laugh so hard you cried?**

I was in the car with my driver on the way to perform at Delaware Pride and he was a Navy vet, so I thought for sure he would be quite conservative -- but he told me to make his son smile he dressed in drag several years ago. I asked, "What was your drag name?" He said "Amanda Skies". I busted out laughing -- A Man Disguised. Brilliant! I lost it!

**What is the best advice you've ever received?**

From professional musician and mentor Gerard Estella - he said something along the lines of "for every one person that loves you, there will be two that don't. And maybe they are justified, maybe they're not, but either way there's no changing their mind. So there's no use in paying them any mind. You should focus your energy on that one person who loves you, and start there. Then eventually that one will turn into 100. And that 100 into 1000." And he was right! Focusing your attention on the ones who are rooting for you and blocking out the negative folks was some of the most helpful advice I've ever been given.

**What is the craziest thing a fan has done to get your attention?**

I've been flashed, by both men and women. Flowers have shown up at my house and on my car. One fan even hand drew a flip book and knew exactly where I would be to slip it under the door. The book ended with him and I on a date -- but needless to say, I didn't take him up on the offer. But I think the wildest thing would be when a sweet fan got my signature tattooed on their arm. And of course it was written in bright pink! When he showed it to me he told me that a conversation I had with him kept him from ending his life one night. I was floored. And speechless. You never know how powerful your impact can be on anyone at any given time.

# ALISABETH VON PRESLEY





**What is your go-to comfort food?**

I'm a huge fan of Sushi House on Edgewood Road -- the "Love Roll" never disappoints. But if I'm staying at home, then it's definitely a quick call to Pizza Hut on Mt Vernon Road for a thin crust taco pizza with no meat! I am also a fan of dipping Doritos into Ramen noodles. It's nostalgic for me. Oh no! Now I'm hungry!

**What is one thing that people would be surprised to learn about you?**

People are always surprised to find out that I played the trombone in the school band growing up. I felt really cool playing a brass instrument and I never truly understood the stigma around being labeled a "band geek". I'm a proud band geek!! There's no shame in that!!

**What is your idea of the perfect day off?**

Definitely starts with drinking coffee on my back porch and feeling the sun on my makeup free face. Then it'd lead into cuddle time with my bulldogs, Poptart & Fruitloop, inevitably organizing and cleaning my house (I love to rearrange!) And checking out the local music scene calendar to see if anyone is playing so I can go hit the dance floor!



**What are you most looking forward to this year?**

I've been so lucky to get asked to perform in a ton of different places across the map this year!! This summer alone I've sang in some awesome places like Colorado, Delaware, Texas, and Memphis and I look forward to my upcoming gigs in Canada, Michigan, Florida and more! Seeing the country is one thing, but seeing the country AND sharing your own original music is a whole other feeling!

**We hear that you have some performances coming up, could you tell us a little bit about that?**

I am really excited for what the rest of the year has in store! My next handful of gigs are: 7/8 at Miss Kitty's in Galena, IL, 7/12 with Jake Stack & The Cat Eyes at Stillwater Coffee in Hiawatha, IA, 7/14 + 7/15 I'll be playing the Saugatuck Music Festival in Michigan, 7/26 I'm at the Corktown Tavern in Detroit, 7/27 you can find me playing Music In The Valley in Windover, MI and then I'm ECSTATIC to be playing in Canada on August 11th! A lot of miles are going to be put on the touring van, but so many memories are going to be made! And of course - follow my social media for photos every step of the way!

*More info on shows dates, music videos, albums and more on [AlisabethVonPresley.com](http://AlisabethVonPresley.com)*







## **July 31st: Celebrating National Mutt Day Embracing the Marvels of Mixed-Breed Dogs!**

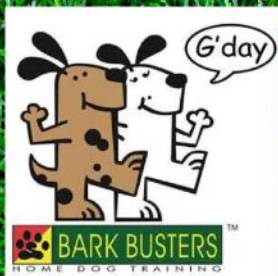
On National Mutt Day, we celebrate the enchanting world of mixed-breed dogs, affectionately known as mutts. With their unique blend of breeds, mutts bring a delightful mix of characteristics, making them truly one-of-a-kind. Let's take a moment to appreciate these extraordinary canines and why they deserve our love and celebration!

The Charm of Mixed Breeds: National Mutt Day highlights the diverse traits found in mixed-breed dogs. From their adorable mismatched features to their playful personalities, mutts offer a blend of characteristics that set them apart. Each mutt is a testament to the beautiful randomness of nature, creating a kaleidoscope of canine companions unlike any other.

Adopt a Mutt: National Mutt Day encourages adoption and raises awareness about the countless mutts waiting for homes in shelters. By adopting a mutt, you not only gain a wonderful companion but also give a deserving dog a second chance at happiness. Their unique mix of breeds makes them extra special and adds an element of surprise to your life.

Let's embrace the marvels of mixed-breed dogs on National Mutt Day. Their unique charm, resilience, and unwavering love remind us of the beauty in diversity. Whether you have a mutt of your own or are considering adoption, join the celebration and share the joy these exceptional furry friends bring to our lives. Happy National Mutt Day!

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## How to Stay Active in Warm Weather

By: American Heart Association News

Ample sunshine, longer days, and warmer temperatures provide more opportunities for the whole family to get outside and get active. Try walking, swimming, biking, skating, jumping rope, building a backyard obstacle course, or organizing a neighborhood soccer game. Even gardening, pushing a stroller, or walking the dog counts.

But when the temperature goes up, being active outdoors can be more challenging. It's easier to become overheated when the sun is beaming down all day. The warm months also bring humidity to many parts of the country. With humidity, your sweat doesn't evaporate as quickly, so your body has a harder time releasing heat.

### Tips to keep in mind.

\* Timing is key: Try to avoid exercising outside in the early afternoon. It's usually hottest between noon and 3 p.m.

\* Hydrate: Drink water before, during, and after physical activity, even if you don't feel thirsty. Bring a bottle of water with you, or plan water stops along your route.

\* Dress for success: Wear lightweight, light-colored, loose-fitting clothes. Moisture-wicking fabric can also be a big help. Protect yourself from the sun with sunglasses, a hat or visor, and plenty of sweat-resistant sunscreen.

\* Listen to your body: Take frequent breaks in the shade, and drink water before you're thirsty. Allow yourself time to adapt to the heat -- some experts say that this can take 4-14 days. You may not be able to work out as long or as hard as usual when it's very hot.

\* Doctor's orders: Check with your healthcare professional before starting an exercise routine or moving your workout outdoors if you have cardiovascular disease, diabetes, other chronic diseases, or any medical concerns. Certain medications like beta blockers, ace receptor blockers, ace inhibitors, calcium channel blockers, and diuretics can exaggerate the body's response to heat.

\* Buddy up: If you can, work out with a partner for safety ... and fun!



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How do you move forward into this unknown territory? How do you know moving to a senior living community is the right decision? What questions do you ask?

Start by asking the following questions:

**How do I know if I need Independent or Assisted Living?**

The difference between Independent and Assisted Living are the medical care services you receive. Independent residents typically receive the option to purchase a meal plan and housekeeping services, access to a wellness program, and occasional transportation. Assisted living residents get the same above services but also receive laundry services, 24 hour oversight, and the community is licensed to provide services such as; assistance with medication management, bathing, grooming, dressing and more. Ask if the independent living building is certified to provide assisted living services as well so that your loved one doesn't have to move again if they need more assistance down the road.

**What do I need to know when it comes to pricing?**

Many communities require an upfront buy-in fee or a long-term lease. Search for a community that doesn't charge a buy-in fee and provides a month-to-month lease in the event of an emergency discharge. In addition, an "All Inclusive" community is peace of mind knowing that the monthly rent includes all of the necessary convenience services rather than purchasing a la carte which add cost in addition to your levels of care fees, which are common



**When is it the right time?**

Only you can make that decision. However, remember the goal of moving an aging adult to a senior community is to:

- \* help alleviate the possibility of a major incident that causes them to need an even higher level of care. (nursing home)
- \* improve socialization
- \* encourage physical and cognitive activity
- \* meet unmet needs to make life easier
- \* help the aging adult to remain independent for as long as possible

Ultimately the big picture is to improve quality of life and reduce risks of failing health. If you see your loved one failing or not enjoying the every day things we take for granted. That is when you need to consider a transition.

Just remember the senior themselves, as well as the family, are going through an emotional process. Change can be challenging. The keys to success are preparation, a positive attitude, along with patience and understanding.



# 10 REASONS TO CELEBRATE JULY

July! We're in the heat of summer now. This month brings to mind the "oohs" and "aahs" of fireworks, long, hot summer days by the pool, and dinners from the grill, complete with buttery corn on the cob. Yum! Here are 8 events and holidays you and your family will want to recognize in July:



## National Ice Cream Month

Because just one day won't do, July is ice cream MONTH. We think a scoop a day is the only way to celebrate. July 1-31

## National Parks and Recreation Month

Get outside and explore some parks new to you this month! Maybe you'll find a new favorite family spot for hiking and playing. July 1-31

## Independence Day

Picnics, parades, fireworks, and more! One of our favorite holidays of the year. July 4



## Teddy Bear Picnic Day

This holiday came about because of a children's song from 1907 called "Teddy's Bear Picnic." Round up the kids and their favorite stuffies to celebrate. Perhaps the menu calls for peanut butter and honey sandwiches, with gummy bears for dessert? July 10

## Shark Awareness Day

Shark facts to amaze your kids:

There are more than 500 species of shark

You're more likely to be killed by a falling coconut than by a shark attack. 100 million sharks are killed each year by humans. How can your family help sharks? Learn about sharks and how important they are at the Shark Trust website. There's even a quiz to find out what kind of shark you are! July 14

## Nelson Mandela Day

"What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead," Mandela once said. Nelson Mandela Day is meant as a day worldwide to honor the legacy of Nelson Mandela and his values through volunteering and community service. July 18



## National Hot Dog Day

Hot dog, hot dog, hot diggity dog. Today's a great day to fire up the grill and put out all the fixings for a hot dog bar. How creative can your family be? July 19

## National Disability Independence Day

Let's celebrate the Americans with Disabilities Act's 33rd Anniversary! The ADA works to ensure all people with disabilities have the same rights and opportunities as everyone else. Find out more about this landmark legislation. July 26

Content by: Macaroni KID National [www.macaronikid.com](http://www.macaronikid.com)

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# FIREWORKS, 4TH OF JULY HAPPENINGS IN CEDAR RAPIDS AND SURROUNDING AREAS!

## Saturday, July 1st

[Fireworks Bean Bag Toss Workshop \(REGISTER\) at The Home Depot](#)

[Freedom Festival: 50th Birthday Bash at Ushers Ferry Historic Village](#)

## Monday, July 3rd

[Fireworks & Fireflies at Klopfenstein Amphitheater at Lowe Park](#)

## Tuesday, July 4th

[Classic Car Show at ImOn Ice](#)

[Pancake Breakfast at ImOn Ice](#)

[Freedom Freeze Skate at ImOn Ice](#)

[Celebration of Freedom Fireworks at the McGrath Amphitheatre](#)

[Fireworks with the Kernels \(Cedar Rapids\)](#)



## Other Fireworks Shows This Summer!

**Saturday, July 8th:**

[Fireworks with the Kernels \(Cedar Rapids\)](#)

**Saturday, July 22nd:**

[Fireworks with the Kernels \(Cedar Rapids\)](#)

**Friday, August 4th:**

[Hiawatha Fireworks at Guthridge Park](#)

**Saturday, August 5th:**

[Fireworks with the Kernels \(Cedar Rapids\)](#)

**Saturday, August 19th:**

[Fireworks with the Kernels \(Cedar Rapids\)](#)

**Saturday, September 2nd:**

[Fireworks with the Kernels \(Cedar Rapids\)](#)



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**AUGUST 19**  
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**July 1st**  
6-9 PM

**Music at the Museum**  
National Czech & Slovak Museum & Library

**Buttons \$10 @ HyVee**

**Amy Friedl Stoner**

**Freedom Festival**  
June 14 - July 4, 2023

**Birdchild**

CELEBRATING 40 YEARS  
1983-2023  
**FREEDOM FESTIVAL**  
JUNE 14 - JULY 4  
PRESENTED BY  
**HyVee**

**Freedom Festival**  
**Week 3 (Updated)**

**JUNE 29th:**  
6 PM: **Movie at the Ballpark**  
Veterans Memorial Stadium

**JULY 1st:**  
6 PM: **Music at the Museum**  
National Czech & Slovak Museum & Library

**JULY 4th:**  
8 AM: **Pancake Breakfast**  
ImOn Ice Arena

8 AM: **Car Show**  
Behind ImOn Ice Arena

5 PM: **Celebration of Freedom Concert**  
McGrath Amphitheatre

**SUNDOWN: Celebration of Freedom Fireworks**  
Downtown Cedar Rapids

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**FREEDOM FESTIVAL**  
JUNE 14 - JULY 4  
PRESENTED BY  
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**Affiliated Events**  
**Week 3 Cont.**

**JULY 1st:**  
Linn County Fair (Community Day)  
Ft. ECIPA Truck and Tractor pull  
Linn County Fair Grounds Central City

8 AM: **Art, Craft, & Vendor Show**  
Veterans Memorial Building

8 AM: **Ushers Ferry 50th Birthday Bash**  
Ushers Ferry Village

11 AM: **Show N' Shine Car Show**  
Noelridge Christian Church

7 PM: **Midsummer Garden & Arts Fair**  
Shakespeare Garden in Ellis Park

**Patriotic Pickleball Tournament w/ Team Iowa**  
BLX Sports Center Hiawatha

**JULY 2nd:**  
Linn County Fair (Military Appreciation Day)  
Ft. Tough Trucks  
Linn County Fair Grounds Central City

**Patriotic Pickleball Tournament w/ Team Iowa**  
BLX Sports Center Hiawatha

8 AM: **Marine Corps League Trashmore Hike**  
Mt Trashmore Trail

HAPPY  
**Fourth**  
OF  
**July**



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**Carolyn Jones**  
 played **Morticia Addams**  
 in the **Addams Family**



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