

FREE

CITY Revealed

Iowa State Fair

11 Best ways to enjoy the 2023 Iowa State Fair

AUGUST 2023

'Cutest Pets of the Corridor' Contest

Show off your adorable furry companions



Preparing Kids for Bedtime and Back-to-School Routine
Fair Foods You Can Make At Home!



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A Note from the Publisher

Happy August, everyone! I hope you're all basking in the summer sun and relishing the fantastic days just like I am. And guess what? The excitement isn't slowing down anytime soon! This month is jam-packed with thrilling events that will keep us entertained and smiling.

We've got some treats in store for you, including fair food recipes that you can whip up at home (just in case you can't make it to the fair!), as well as the Cutest Pets of the Corridor Contest - aww, can't wait to see those adorable furballs!

Of course, we can't forget about the highlight of the month—the much-anticipated Iowa State Fair (August 10th - 20th)! Get ready for a whirlwind of excitement, mouthwatering treats, and unforgettable memories. But that's not all; the fun continues with the Iowa Irish Fest (August 4th - 6th), treating us to scrumptious food, refreshing drinks, and toe-tapping music. And let's not forget the annual St. Jude's Corn Festival (August 11th-13th)!

If you're a music lover, you're in for a treat with the Marion Big Band 'Swingin' At Sunset Concerts every Thursday in August at Thomas Park. The melodies will sweep you off your feet! And for all you buzz-seekers, NewBo Market is the place to be, with its vibrant atmosphere and exciting happenings - be sure to check out their events calendar this month!

So, let's embrace these beautiful days ahead, stay cool, and make every moment count. Whether you're strolling through the state fair, enjoying a cold brew with friends, or dancing your heart out to soul-stirring music, August promises to be a blast! Let's make incredible memories and savor the joy of summer to the fullest.

Here's to an August filled with fun, laughter, and unforgettable experiences! Cheers!



Char

Charlotte Linde
Publisher & Chief of Inspiration



St. Jude's 48th Annual SWEET CORN FESTIVAL

50 Edgewood Rd NW-Cedar Rapids
August 11, 12, 13

judesweetcornfest.com



Family Entertainment

- Friday Aug 11**
6pm-8pm Jasmine
- Saturday Aug 12**
12:00pm-1:00pm Don and Gary
1:30pm-3:00pm Sheila Stevens
3:30pm-4:00pm Meghan Elizabeth
4:30pm-6:00pm Greg Helton
6:30pm-9:00pm Bryan Hugh
- Sunday Aug 13**
1:00pm-3:00pm Day's Live Music/
Chris Childress Music

Friday 5pm-11pm
Saturday 11am-11pm
Sunday 12pm-6pm

Hot Buttered
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\$1 an ear

Beverage Tent Live Music

- Friday Aug 11**
The Detour Band 6pm-10pm
- Saturday Aug 12**
Boot Jack Band 1pm-5pm
Slap N Tickle 6pm-10pm
- Sunday Aug 13**
Dogs on Skis 1pm-5pm

Food & Activities

Food Canopy & Jude's Grill
Jude's Game Zone (\$.50/ticket)
Bingo Tent (\$.25/card)
Carnival Rides

ENTER TO WIN
GRAND PRIZE \$20,000
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Raffle tickets on sale now!
\$10 per ticket
Drawing held on Aug 13 at 6pm

***If 6,000 tickets are not sold by 3pm on Aug 13, 2023 raffle becomes a 50/50 raffle with one winner, must be 18 to win
Need not be present to win

Beverage Tent Activities
Paddlewheel (\$2/chance)
Bags Tournament (12pm Sat only)
Craft Beer tasting (\$20 Sat only 1-3pm)

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Preparing Kids for Bedtime and Back-to-School Routine .zZZz

As the summer break comes to an end, it's time for parents to transition their kids from carefree days to a structured back-to-school routine. One of the most crucial aspects of this transition is getting kids back into a healthy sleep schedule. Adequate sleep is essential for children's overall well-being and academic performance. Here are some tips to help parents prepare their kids for bedtime and establish a smooth back-to-school routine:

1. Gradual Transition: Start the process gradually by adjusting bedtime and wake-up time in small increments over the course of a week or two. This approach helps kids ease into the new schedule and minimizes resistance.

2. Consistent Bedtime Routine: Create a calming and consistent bedtime routine to signal to your child that it's time to wind down. This routine can include activities such as reading a book, taking a warm bath, or engaging in a quiet and relaxing activity.

3. Limit Screen Time: Encourage reducing screen time, especially in the hours leading up to bedtime. The blue light emitted by screens can disrupt the body's natural sleep-wake cycle, making it harder for kids to fall asleep.

4. Create a Sleep-Friendly Environment: Make your child's bedroom conducive to sleep. Ensure the room is cool, dark, and quiet. Consider using blackout curtains and white noise machines if needed.

5. Set Clear Expectations: Communicate the importance of a consistent sleep schedule and the benefits of a good night's sleep. Involve your child in the process, explaining the reasons behind the routine change and listening to their thoughts and concerns.

6. Gradual Wake-Up: Along with adjusting bedtime, gradually adjust wake-up times as well. Exposure to natural light in the morning can help regulate the body's internal clock.

7. Healthy Diet: Encourage a nutritious diet and avoid heavy meals close to bedtime. Caffeine and sugary snacks should also be limited, as they can interfere with sleep.

8. Physical Activity: Encourage regular physical activity during the day. Physical exercise helps kids expend energy and promotes better sleep at night.

9. Be Patient: Understand that adjusting to a new routine can take time. Be patient with your child as they adapt to the changes.

10. Lead by Example: Show your child the importance of good sleep habits by maintaining your own consistent sleep schedule.

By implementing these strategies, parents can help their kids transition smoothly to a back-to-school routine. A well-rested child is more likely to be attentive, focused, and perform better academically, setting them up for a successful and fulfilling school year ahead.

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→ for kids

HOW TO GET HEALTHY SLEEP



Getting a good night's sleep every night is vital to heart health. Too little sleep (less than 5 hours per night) in children and adolescents is associated with higher blood pressure and obesity.¹



HOW MUCH SLEEP DOES A CHILD OR TEEN NEED PER NIGHT?

Infants 4 to 12 months old.....	12–16 hours
1 to 2 year-olds.....	11–14 hours
3 to 5 year-olds.....	10–13 hours
6 to 12 year-olds.....	9–12 hours
13 to 18 year-olds.....	8–10 hours

BENEFITS OF SLEEP

- ✓ **HEALING** and repair of cells, tissues and blood vessels
- ✓ **STRONGER IMPROVED** immune system
- ✓ **IMPROVED** mood and energy
- ✓ **BETTER BRAIN FUNCTION** including alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- ✓ **LESS RISK** of health problems

Learn more at heart.org/lifes8

TIPS FOR SUCCESS

CLEAN UP YOUR SLEEP HYGIENE



MOVE IT

Remove devices from your child's or teen's bedroom at night.



DIM IT

Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.



SET IT

Choose a time when your child or teen must stop use of all electronics. Alarms aren't just for waking up, set a bedtime alarm to remind them when to stop using all electronics.



BLOCK IT

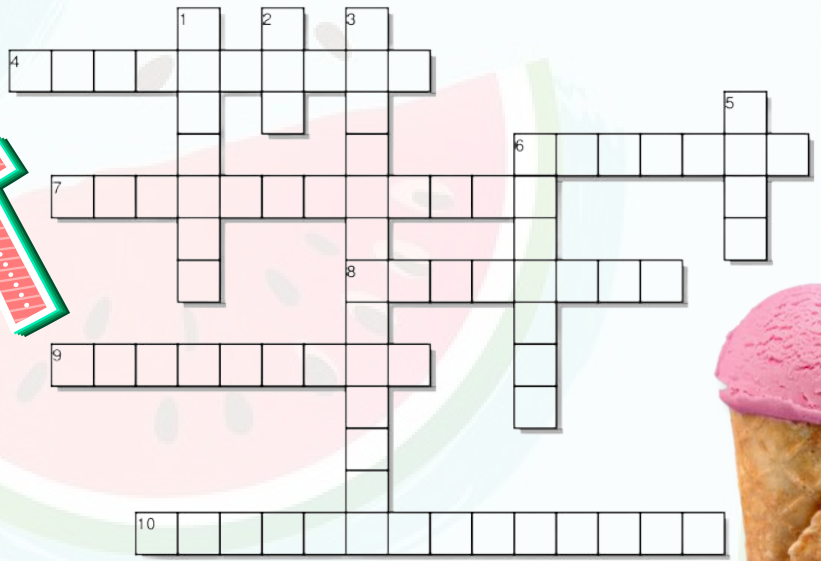
Tell notifications to buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep, best yet, set it on airplane mode or turn off the device completely.

¹Recommended Amount of Sleep for Pediatric Populations: A Consensus Statement of the American Academy of Sleep Medicine - Paruthi S, Brooks LJ, D'Ambrosio C, Hall WA, Kotagal S, Lloyd RM, Malow BA, Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS. Recommended amount of sleep for pediatric populations: a consensus statement of the American Academy of Sleep Medicine. J Clin Sleep Med 2016;12(6):785-786

²Sleep is essential to health: an American Academy of Sleep Medicine position statement - Ramar K, Malhotra RK, Carden KA, et al. Sleep is essential to health: an American Academy of Sleep Medicine position statement. J Clin Sleep Med. 2021;17(10):2115-2119.



AUGUST



ACROSS

- 4 What popular fruit is often associated with August and the peak of summer?
- 6 What is the birthstone for August?
- 7 What is the state nickname of Iowa?
- 8 What Roman Emperor's name is the origin of the month "August"?
- 9 What small, flying insects are often associated with warm summer evenings?
- 10 What is the celestial event that marks summer in the Northern Hemisphere?

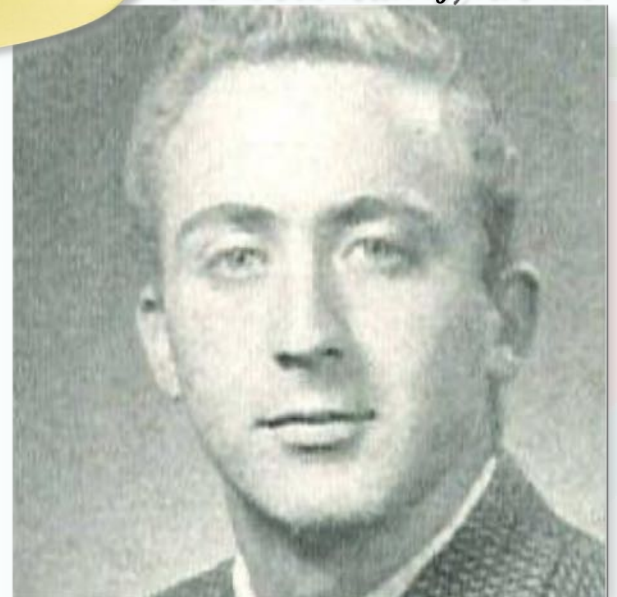
DOWN

- 1 This insect's sound is often associated with warm summer nights.
- 2 What is the astrological sign for those born in August?
- 3 What event draws millions of people to Iowa each August?
- 5 What crop is Iowa known for producing in abundance, making it a leading agricultural state in the US?
- 6 What is the meteor shower that occurs in August and appears to originate from the constellation Perseus?

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

WHO AM I ?

Who is this Hawkeye Alumni?



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 CORN DOG
 AUGUST
 SCHOOL SHOPPING

ICE CREAM
 SUNFLOWERS
 SUN
 BARBEQUE
 HEAT
 SUMMER



CUTEST PETS OF THE CORRIDOR CONTEST!

Show off your adorable furry companions in our "Cutest Pets of the Corridor" contest!
We are accepting photo submissions between August 1 and September 5, 2023.

Here's how you can participate:

Submission Details:

Submit an original, unpublished photo of your pet anytime between August 1 and September 5, 2023. Use the hashtag #cutepetsofthecorridor when you post the photo on our Facebook wall or send it via email to info@cityrevealed.com.

Contest Rules:

The contest is open to all residents in the Corridor area (Cedar Rapids - Iowa City). Participants must be at least 21 years old. Professional photographers, earning a significant income from photography or promoting themselves as professionals, are not eligible to enter.

Prize:

The winner of the contest will receive a furr-tastic \$100 gift card to spend at a PetSmart.

Photo Guidelines:

Each submission should be an original work, taken by the entrant, and not previously published or won any other photo competition. Ensure that your entry does not infringe upon copyrights, trademarks, moral rights, rights of privacy/publicity, or intellectual property rights of any individual or entity.

How to Enter:

Post your pet's photo (in jpg format) on our Facebook wall with their name, age, and breed, along with a brief description. Alternatively, email your entry to info@cityrevealed.com.

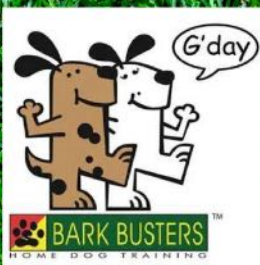
Remember, we welcome all types of pets, not just dogs and cats!

Selection Process:

The finalist photos will be published in our October issue, and they will also be featured on our Facebook page for voting in October. The winner will be determined based on the photos with the most 'likes' on our Facebook page.

By participating in the contest, you agree to the Official Rules*. Additionally, you grant City Revealed Magazine a non-exclusive license to use your photograph in our magazine, website, and social media. We may also use your name, likeness, photograph, opinions, and hometown for promotional purposes. Remember, no purchase is necessary to enter or win. We're thrilled to see your beloved pets take center stage! Good luck to all participants!

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11 Best Ways to Enjoy the 2023 Iowa State Fair

It'll be the Best Days Ever at the Iowa State Fair August 10-20, 2023. With 11 fun-filled, action-packed days of food, games, rides and music – there's something fun for everyone!

Check out the top 11 ways to have the Best Days Ever in 2023

1. Best Thrills

Experience the BEST thrills on the BEST rides at the Iowa State Fair in 2023. Nine NEW rides will make their debut at the Fair this year, like the Lil' Scrambler, Mega Bounce, Top Fun and Eclipse, and 2023 will see the return of a Fair favorite, the Double Ferris Wheel. Be a part of the fun and excitement in three different Thrill Parks - Thrill Ville, Thrill Town and Thrill Zone – there's something for every Fairgoer!

2. Best Ag Adventures

We're excited to share all the ways you can learn more about the agriculture industry in Iowa! Experience Little Hands on the Farm, wander through The Garden, see baby animals at the Paul R. Knapp Animal Learning Center and listen to youth give "Have You Herd?" presentations about their livestock exhibits outside of the Sheep Barn. The Avenue of Breeds, located just east of the Bruce L. Rastetter 4-H Exhibits Building, showcases more than 70 different breeds of animals found in Iowa.

3. Best Foods

The BEST foods are at the Iowa State Fair. With Fair classics like the corn dog, pork chop on a stick and funnel cake, you can be sure to find old favorites, as well as new, exciting original foods. The 2023 Iowa State Fair will have 16 new food booths. Tune in to the live BEST NEW FOOD event on Facebook on July 18 at 1 p.m. to see the top new foods to try this year.

4. Best Entertainment

Enjoy Free Stage entertainment with the BEST local talent, up-and-coming artists or classic Fair favorites. See shows from Nate Smith, Great White and Hairball, to name a few. With 11 nights chock-full of country, classic rock, contemporary Christian, blues/reggae, alternative and Latino music, you won't want to miss a night! Tickets for the Iowa State Fair Grandstand presented by Homemakers Furniture are also on sale now at iowastatefair.org.

5. Best Contests

The Iowa State Fair has the BEST in wild and zany contests. Exercise your vocal cords at the Husband Calling or Hog Calling Contests or get your arm ready for the Cow Chip Throwing or Rubber Chicken Throwing contests. Try a competitive or just-for-fun game of backgammon, cribbage or checkers. Maybe you want to try the Mother-Daughter Look-A-Like, Mr. Legs, bench press or mullet contests? Find the full list of Fair time contests and entry info at iowastatefair.org.



6. Best Competitions

In a hunt for the coveted Iowa State Fair blue ribbon, head to the Bruce L. Rastetter 4-H Exhibits Building sponsored by Touchstone Energy® Cooperatives where Iowa 4-Hers put their best static exhibits on display, see how FFA members have measured up with their projects at the FFA Display Building or watch an open, 4-H or FFA livestock show any day of the Fair. Find displays of the best quilts and sewing projects in the William C. Knapp Varied Industries Building sponsored by Principal; the best pies, BBQ sauce and cinnamon rolls in the Elwell Family Food Center; arts, photography, woodworking and dollhouses in the Patty and Jim Cownie Cultural Center; and view fruits, vegetables, flower shows and beekeeping displays in the John Deere Agriculture Building sponsored by Alliant Energy.

Iowa State Fair



7. Best Events

Get excited for the BEST events. The whole family can enjoy the Sensory-Friendly Morning, presented by ChildServe, on Aug. 16 from 8 a.m. until noon. Sensory-related accommodations will be made that morning; find a list at iowastatefair.org. Buy tickets beginning July 10 to the Choose Iowa Brunch presented by Travel Iowa and Choose Iowa on Aug. 20 at the Alliant Energy Landing. Experience the thrill of the ATV Big Air Tour (Aug. 18) and other events at Elwell Family Park. Tickets to these events, Fair After Dark: Night at the Museums and Farm Challenge are available at iowastatefair.org.

8. Best Family-Friendly Activities

Nothing Compares to being a kid at the Iowa State Fair! Attend a Blue Ribbon Kids' Club event at the Fun Forest Stage sponsored by Community Choice Credit Union each weekday or a special meet-and-greet each Saturday, enter the Mom Calling Contest at Pioneer Hall, show off your bubble gum or pie-eating skills on Iowa Parks and Rec Day on Aug. 17, experience the thrilling rides in Thrill Town and Thrill Ville every day! Find kid-friendly activities in the Patty and Jim Cownie Cultural Center and get animal snuggles with Cuddles and Snuggles Chore Time in the Animal Learning Center; tickets on sale now. Don't miss the Barrel O' Fun magic show on the Hy-Vee Fun Forest Stage, as well as Fantastick Patrick's comedy and tricks.

9. Best Ways to Save

The BEST ways to save are to buy advance admission tickets before Aug. 10 and save \$5 on adult tickets and \$3 on tickets for children 11 and under (children 5 and under get in free). You can save on Thrill Passes, Giant Slide and Ye Old Mill at iowastatefair.org! Save time at the Cookie Building counter by buying cookie coupons online, too. State Fair Value Packs are the biggest and BEST way to save on all the best Fair activities for your family – just \$20 for many of your favorite Fair activities and rides! Order at iowastatefair.org before July 26 or until Aug. 9 at the Iowa State Fair Ticket Office.

10. Best Place to Work

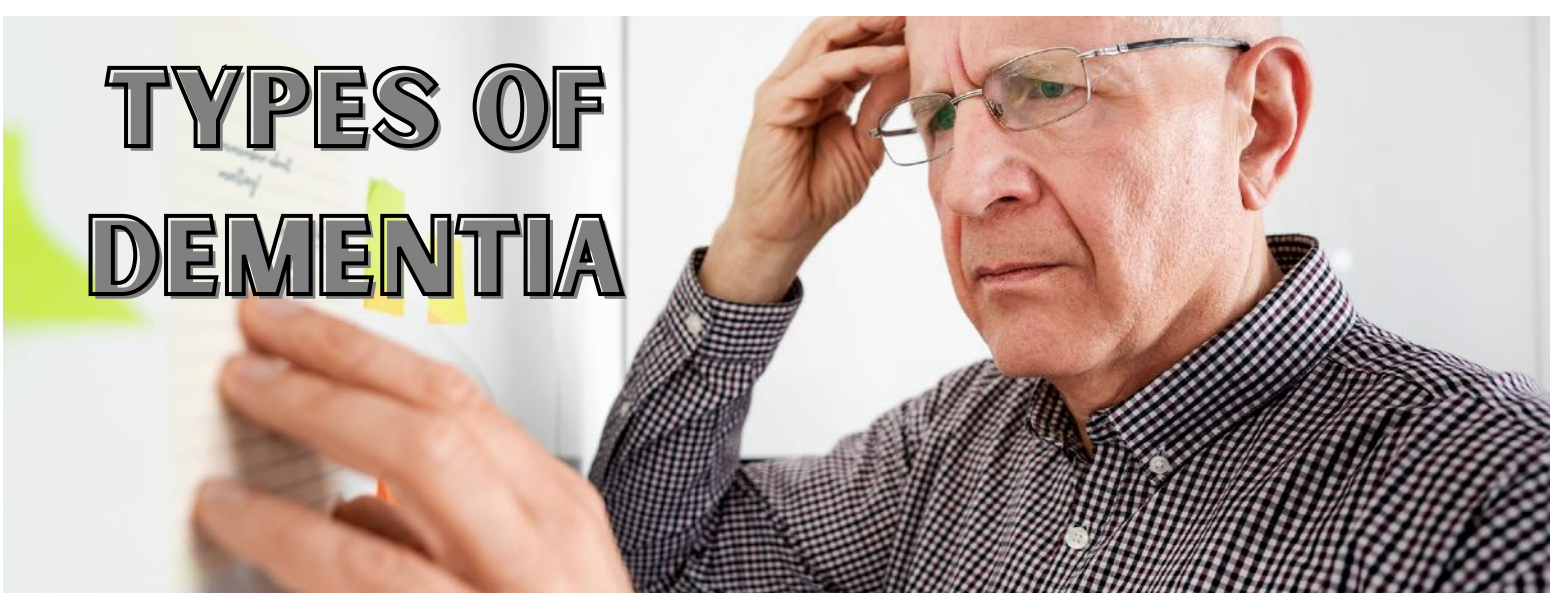
The BEST place to work, August 10-20, 2023, is at the Fair! You are guaranteed to have your Best Days Ever working or volunteering at the Iowa State Fair in 2023. Find a seasonal application to work at the Fair or learn about volunteer opportunities at iowastatefair.org. You won't want to miss being a part of the Best Days Ever!

11. Best Days

Some of the BEST days of the Fair highlight some great causes, partners and the down-right best of Iowa. We'll honor our police, fire and rescue heroes on Aug. 10 on the Grand Concourse. Honor our veterans at the Veterans Day parade sponsored by the Deb and Jeff Hansen Foundation on Aug. 14, and special activities will be held for older Iowans Aug. 16., presented by Wellmark Blue Cross and Blue Shield. Sunday Funday, Aug. 20, is the last day to celebrate at the 2023 Fair with a special admission discount and family focused fun. Find discount information and the daily program at iowastatefair.org.



TYPES OF DEMENTIA



There are many different forms of Dementia with the most common you may hear about being Alzheimer's. People also have the misconception that you only can get Dementia when you are old. That is not the case! There are people in their 30's and 40's that develop dementia. Think about Dementia as the top of the umbrella and trickling down from the umbrella are the types of Dementia.

* Alzheimer's Disease- This accounts for 60 to 80% of cases and people that are 65 years and older.

* Frontotemporal Dementia (FTD)- This dementia effects the frontal & temporal lobes of the brain. Most people who have this type of dementia are in their 50's or 60's.

* Huntington's Disease- This specific type of dementia is caused by a defective gene and is usually hereditary.

* Mixed Dementia- Mixed Dementia is exactly as it sounds. It is a mixture of Dementia's.

* Vascular Dementia- This dementia is often caused by lack of blood flow to the brain which could be caused by a stroke. Someone may experience anxiety, depression, or hallucinations with this type of dementia. It is also not uncommon for vascular dementia to be coupled with Alzheimer's disease.

* Traumatic Brain Injury- People that have had a traumatic brain injury are at greater risk for developing a form of dementia.

* Parkinson's Dementia- Parkinson's Disease can sometimes cause Parkinson's Dementia. This specific dementia effects someone's gait, tremors, muscle stiffness, and lack of facial expression.

* Lewy Bodies- Lewy body dementia accounts for 10% of all cases. Someone with Lewy bodies may experience hallucinations, sleep disturbances, delusions, and slow gait.

You may never truly know what type of dementia your loved one has. Doctor's base their findings on symptoms your loved one may have. Dementia is a wild ride and sometimes a difficult one to navigate. There are many resources out there for caregivers to reach out to for more information and sometimes just someone to talk to. If you need assistance, you can reach out to one of our Certified Dementia Practitioners at The Views of Marion. 319.390.8439

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ARTS FOR AFRICA



Arts and Craft Fair

10:00 am-3:00 pm, Saturday, September 23, 2023
 Held at Noelridge Christian Church,
 7111 C Ave. NE in Cedar Rapids
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Shop from local artists and crafters, silent auction and more!
 Event held rain or shine.



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JUNE 18
JULY 2
JULY 16
AUGUST 13
AUGUST 27
SEPTEMBER 10

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August 19th 3pm

Zeller Park

PALO Fun DAYS

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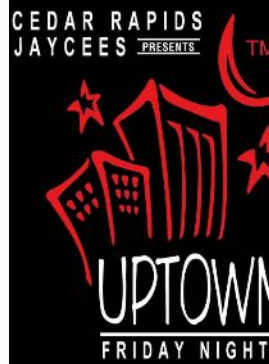
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AUG. 4-6, 2023

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DOWNTOWN WATERLOO

July 28 - August 13

WINE & FLOWER FEST!

Bloomsbury FARM
ATLANTY, IOWA



FAIR FOODS YOU CAN MAKE AT HOME

Even if you can't make it to the fairgrounds, you can try some of these homemade versions of some classic fair foods right in your own back yard or kitchen. Enjoy fair foods like Turkey Legs, Deep Fried Cheese Curds, and Fried Candy Bars.

So, skip those lines and make your fair favorite - anytime!

Chicken on a Stick

Ingredients:

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

Directions:

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

Deep Fried Cheese Curds

Ingredients:

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



Directions:

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

Turkey Legs

Ingredients:

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

Directions:

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

Fried Candy Bars

Ingredients:

- Frozen Mini candy bars
- 1 egg
- 1 cup milk
- Pinch salt
- 1 1/2 cups flour
- 4 cups oil or shortening for frying
- Powdered sugar for topping



Directions:

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

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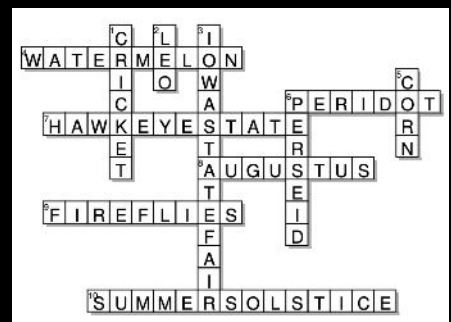


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Gene Wilder

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