

FREE

# CITY Revealed

SEPTEMBER 2023

Celebrate September  
FUN Back to School Lunches  
Oktoberfest in the Amanas



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# A Note from the Publisher

Hello there, and welcome to our September edition of City Revealed Magazine!

Get ready for lots of fun to be had in the corridor - there is always plenty of things to do this time of year. Among them, keep an eye out for a beloved favorite - Oktoberfest in the Amana Colonies. Our feature has all the exciting details for you.

**Extended!** The adorableness continues with our Custest Pets of the Corridor Contest - due to its overwhelming popularity, we've extended the entry period until September 20th. So get those cute pictures in!

With the school bells ringing once again, parents are on the hunt for innovative ways to whip up quick and wholesome lunches. Dive right into our lunch ideas section for some 'out of the box' inspiration!

The Greater Cedar Rapids Fall Parade of Homes is coming in October. We can't wait to see the latest ideas- if you'd like to be included in one of our biggest editions of the year - please email [info@cityrevealed.com](mailto:info@cityrevealed.com) for more information.

Don't miss out on September's treasures - savor every enjoyable moment this month has in store for you! We're grateful for your positive feedback and the joy of sharing our magazine with loved ones. A heartfelt thanks to our loyal readers and for your continued support!



*Char*

Charlotte Linde  
Publisher & Chief of Inspiration



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## 5 Ways to Celebrate September

### Labor Day

Sept. 4

Bid farewell to summer in style with Labor Day. A day dedicated to honoring the contributions of hardworking Americans, it's also the perfect opportunity for a laid-back end-of-summer BBQ. Spend the day enjoying good company, delicious food, and toasting a summer well spent

### National Grandparents Day

Sept. 10

Grandparents are special. If your children's grandparents are local, spend time showing them just how important they truly are to your family. If they aren't local, plan ahead and send a handmade card and a hug: Simply tape together a few pieces of newspaper or use the white side of wrapping paper and outline your child with their arms outstretched. Let your kids color themselves in. Fold it up, put it in an envelope and send that hug to grandma!

### International Talk Like a Pirate Day

Sept. 19

Ahoy, landlubbers! Inject some swashbuckling fun into your day by adopting your best pirate accent with your junior mateys.

### First Day of Fall

Sept. 23

Bid a colorful welcome to autumn as the equinox ushers in cooler temperatures and shorter daylight hours. Make the most of the new season by exploring local fall events.

### Good Neighbor Day

Sept. 28

Foster a stronger sense of community by being a good neighbor. Here are three ideas: Invite neighbors to gather on a weekend to help an elderly neighbor with yard work, start a neighborhood garden, or pool your tools for a neighborhood tool-sharing co-op.



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<<<SCAN TO LEARN MORE



### Review: Scorz Bar and Grill

I had the pleasure of dining at Scorz Bar and Grill in charming Mount Vernon, Iowa, and it was an absolute delight. Our craving for Patty melts led us here, and I was not disappointed. The service was not only fast but also genuinely friendly, making the entire dining experience all the more enjoyable.

The highlight was of course the Patty Melts. Cooked to perfection, they struck that delicate balance between juicy and well-done. Topped with cheese that melted just right and snugly placed between perfectly toasted bread, every bite was a burst of flavor. The attention to detail in preparing these Patty melts was truly evident.

Arriving early had its perks as we were lucky to snag a window seat that provided a picturesque view of downtown Mount Vernon. The morning sun streamed through, casting a warm glow over the scene, making the atmosphere even more inviting.

In summary, my visit to Scorz Bar and Grill was a morning of culinary satisfaction, impeccable service, and the added charm of Mount Vernon, Iowa. It's an experience that left me with not just a full stomach but also a full heart. A definite recommendation for anyone seeking a memorable dining experience in this lovely town.

Signed,  
Your Sneaky Snacker



Our Savory Sleuths and Sneaky Snackers are your local secret food critics that are 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. Will your establishment be next?

HARD WORKING  
GOOD BEERING



Trivia-Karaoke-Ladies Night  
400 6th St. S.W.

## How to Make DIY Cleaner

- 2 cups of water
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## CUTEST PETS OF THE CORRIDOR CONTEST

# CONTEST ENTRY DEADLINE EXTENDED!

Show off your adorable furry companions in our "Cutest Pets of the Corridor" contest!

EXTENDED: We are accepting photo submissions between August 1 and September 20, 2023.

Here's how you can participate:

### Submission Details:

Submit an original, unpublished photo of your pet anytime between August 1 and September 20, 2023. Use the hashtag #cutepetsofthecorridor when you post the photo on our Facebook wall or send it via email to [info@cityrevealed.com](mailto: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](mailto:info@cityrevealed.com).

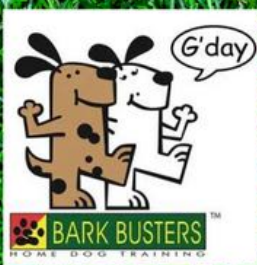
Remember, we welcome all types of pets, not just dogs and cats!

### 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 and announced in our November issue.

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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## Exploring Fall Events in the Amana Colonies

Autumn has arrived, and the Amana Colonies are fully prepared to usher in the fall spirit with a lineup of enjoyable festivals. The genuine German architecture and ambiance that were established by our ancestors are beautifully preserved to this day. Travelers venturing into our scenic seven villages will be greeted with the pleasure of indulging in delectable authentic cuisine, along with the opportunity to savor wines and beers. The charming streets are adorned with an array of high-quality handcrafted products, art, and various quaint shops. An abundance of festivals, catering to both residents and visitors, occur throughout the year. Immerse yourself in all that the Amana Colonies have to offer! For more information about the Amana Colonies, please visit [amanacolony.com](http://amanacolony.com).



### 🍏 APFELFEST

September 16, 2023 | 10:00 AM - 10:00 PM

Apfelfest is almost here! Join the Amana Colonies on September 16th for all things Apple. Fall is the best time to bring the whole family to the Amana Colonies and Apfelfest is our kick off to the season. Our businesses will be offering all kinds of fall goodness to put you in the mood. Stroll the the Amanas and sample delicious apple treats, you might even win a \$50 Amana Colonies Gift Certificate. Allen's Orchard will be at the Visitors Center starting at 11am selling fresh picked apples again this year! Plus don't miss our Kids Corner with apple themed crafts and games for kids & kids at heart. For complete details, visit <https://amanacolony.com/event/apfelfest-apple-fest/>



### 🍷 OKTOBERFEST

SEPTEMBER 29TH - OCTOBER 1, 2023

Ladies and gentlemen, dust off your dirndls and lederhosens and mark your calendars for the Amana Colonies' annual Oktoberfest from September 29th through October 1st. Join the Amana Colonies for three days of laughter, live music, flowing beer, delicious German pretzels, and more! Details can be found at [amanacolony.com](http://amanacolony.com)




# Apple Cinnamon Muffins

## **Ingredients:**

- 1 1/2 cups all-purpose flour
- 1/2 cup granulated sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 cup milk
- 1/4 cup butter, melted
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup diced apples (peeled and cored)
- Optional: 1/2 cup chopped nuts (such as walnuts or pecans)

## **Instructions:**

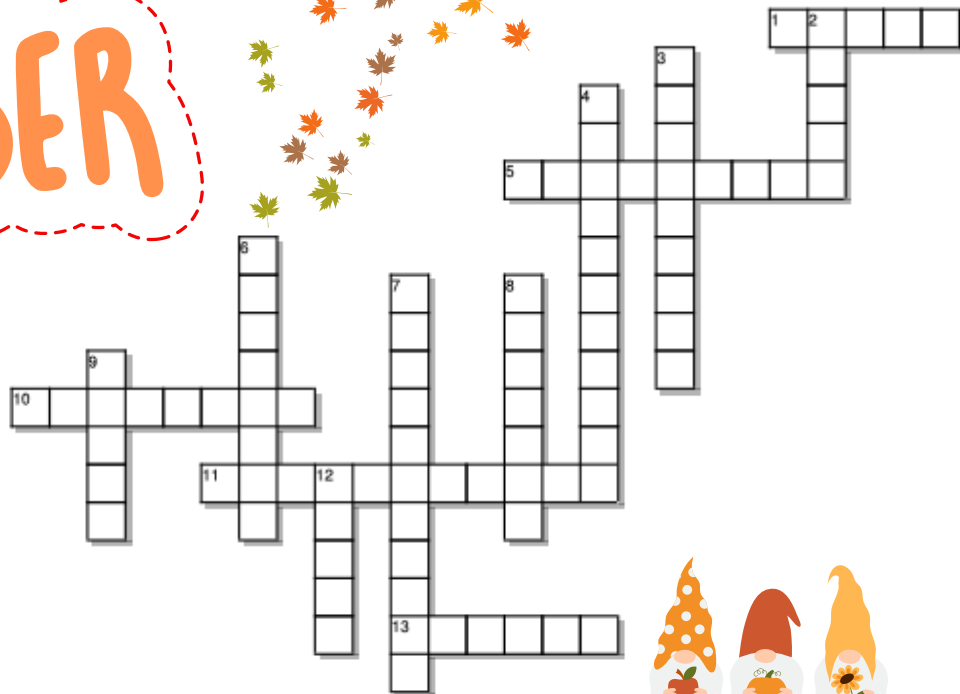
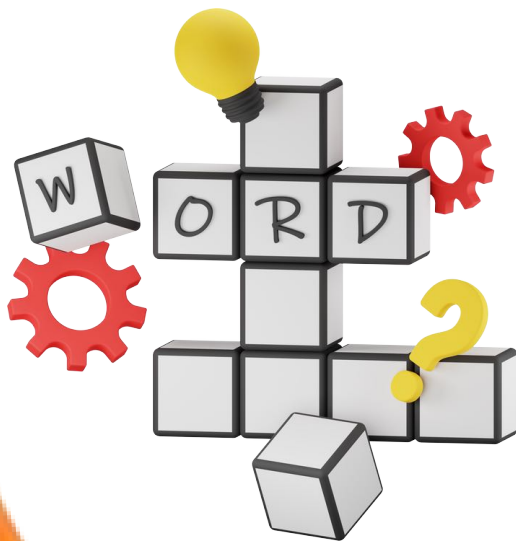
1. Preheat your oven to 375°F and line a muffin tin with paper liners.
2. In a large bowl, whisk together the flour, sugar, baking powder, salt, cinnamon, and nutmeg.
3. In another bowl, whisk together the milk, melted butter, egg, and vanilla extract until well combined.
4. Add the wet ingredients to the dry ingredients and mix until just combined. Be careful not to overmix; a few lumps are okay.
5. Gently fold in the diced apples (and nuts if using) until evenly distributed throughout the batter.
6. Spoon the batter into the prepared muffin tin, filling each cup about two-thirds full.
7. Bake in the preheated oven for about 18-20 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Once baked, remove the muffins from the oven and allow them to cool in the tin for a few minutes before transferring them to a wire rack to cool completely.



As the leaves transform into vibrant hues and the air turns crisp, there's no better way to celebrate the cozy charm of autumn than with the delightful aroma and comforting flavors of these delectable muffins. Infused with the rich sweetness of apples and the gentle warmth of cinnamon, each bite is a nostalgic journey through orchards and cinnamon-spiced kitchens.

These cinnamon apple muffins are a delightful treat that's perfect for breakfast or a snack.

# Welcome SEPTEMBER



## ACROSS

- 1 National \_\_\_ Day is observed in September to honor workers.
- 5 The ninth month of the year.
- 10 Birthstone of September.
- 11 The September full moon.
- 13 Time when students have a break from classes.

## DOWN

- 2 A September flower known for its symbolic meaning of rebirth.
- 3 The place where students go for lunch and breaks.
- 4 A famous long-distance trail in the United States that starts to get cooler in September.
- 6 This September event celebrates workers and labor movements.
- 7 A famous September birthdate, "The Bard of Avon".
- 8 It marks the end of summer and the beginning of fall.
- 9 A popular fall fruit that's often associated with pies.
- 12 The zodiac sign for most of September.

\*Answer Key on page 15

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

September  
Oktoberfest  
Labor Day  
Back To School  
Fall  
Apple Picking

Pumpkin Spice  
Harvest  
Football  
Autumn  
Cider  
Hayride  
Foliage



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September 16th, 2023  
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## Smart Downsizing

Older adults are considering downsizing to simplify their lives as well as offer themselves and their family peace of mind. It's often a decision that is put off due to how daunting the task seems. As you look at ways to destress your life, whether it be to declutter your home to reduce fall risks or preparing for a transition to a senior living community to minimize the stress of daily tasks or caregiving, the result can improve an aging adult's well-being and quality of life.

Think Long-Term when making decisions to downsize. Your mobility may be great now but if that changes in the future is your living environment manageable? Is there an option to age in place and still enjoy the comforts of home? Planning will help ensure your transition is a success. Only you know if you can spare that extra space or if losing it would be more of a headache than it's worth!

Gathering facts and being open to conversation is very important. Not facing making decisions to downsize as you age can cause an overwhelming burden to your children. Older adults who try to downsize on their own can lead to exhaustion and increased risk of falling or other health issues. Having your affairs in order can be a gift as well as save money by not being charged fees to discard unwanted items. Instead dispose of them a little at a time in a manageable way.

Downsizing might not make sense in every situation, but it's worth a look if simplifying life and having peace of mind appeal to you. Ask an experienced real estate agent to help you determine what your home is worth and show you options for cutting improvement costs. In addition, contact a local senior move specialist who can assist with difficult tasks of liquidating or disposing unwanted items and organizing your new space.



The Views of Marion 319-390-8439

# BAG TO K SCHOOL

## LUNCH



Let's face it, lunch is every kid's favorite subject no matter what grade or where they are eating. Make lunch extra special for your kids by adding a little entertainment to their favorite meal of the day – try a new recipe, make fun sandwich shapes, add a riddle or sweet note, or create a fun crafted bag with stickers or games.

### 1. Special Note or Joke

Write a special note or joke and surprise them with a smile each day.

### 2. Craft a Snack

Turn snacks into a craft and make fun characters.

### 3. Origami Napkin

Create a fun origami figure out of a napkin and add an extra napkin with directions so they can fold one too.

### 4. Bento Box

Are you a mom of "munchers"? Fill up a bento box with all of their favorites for a balanced meal.

### 5. Silly Faces

Draw silly faces on bananas, sandwich bags, paper lunch bags, or fruit cups.

### 6. Have a Picnic

Take lunch outside and turn it into a picnic.





### 7. Stickers

Sticker all the things. Lunch bags, packaged items, create games - bring out your 3-year-old self.

### 8. Fun with Shapes

Turn sandwiches, fruit, and cheeses into fun shapes and animals with cookie cutters.

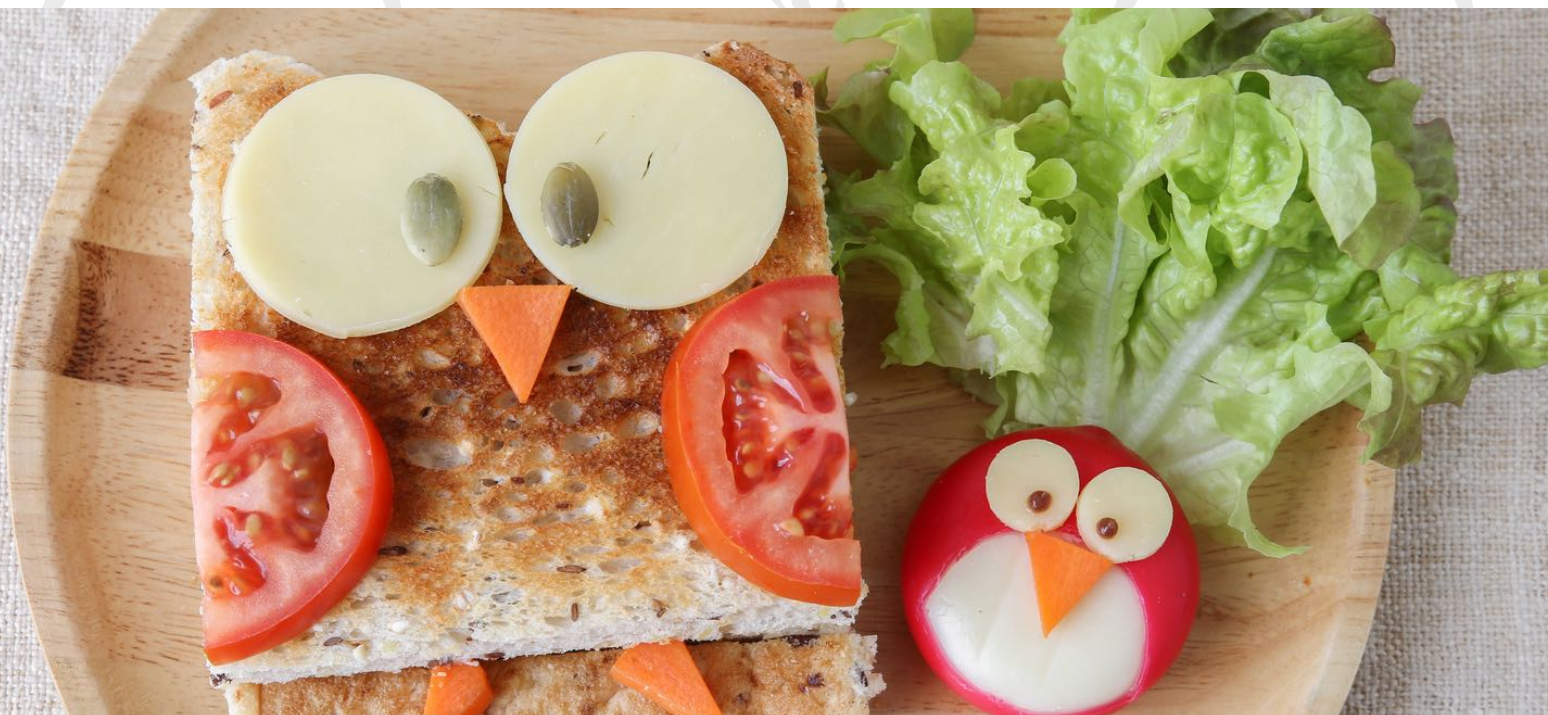
### 9. Cupcake Wrappers

Fill different snacks in wrappers or colored cups to brighten up their lunch.

### 10. Kabobs

Make fruit or sandwich kabobs.

*No matter what age, everyone loves lunch with a smile!*





## THE BETTER BUSINESS BUREAU ACCREDITATION SETS THE STANDARD FOR TRUST

The BBB brand has stood for trust in the marketplace for over a century and most consumers recognize the BBB Accredited Business Seal. When folks see the BBB seal attached to an organization or to a brand they understand that it is a business they can trust. A company of any size carrying the internationally recognized BBB Accredited Business Seal inherits the added advantage of over 100 years of trusted goodwill in all forms of commerce.

Businesses that choose to run great, trustworthy operations, meet the requirements of BBB Accreditation. That's one reason BBB Accreditation carries so much weight with consumers. It gives a business added credibility because that business has been vetted and agrees to meet and maintain BBB Standards of Trust.

Being Accredited admits a business to an elite group of businesses that have proven to be the best in their industry. It shows consumers and other businesses that the Accredited Business is trustworthy and lives up to a high standard of business practices.

To be a BBB Accredited Business a company must:

- \* Be in business for at least six months with a qualifying grade;
  - \* Meet applicable licensing requirements;
  - \* Have no unanswered complaints or advertising concerns;
  - \* Have no marketplace government actions;
  - \* Pass a BBB background check.
- The BBB enhances business commitment to trust, educates consumers and improves communities. Visit the BBB website, [www.bbb.org](http://www.bbb.org) to check out a company and search a BBB Accredited Business for opportunities to interact and deal with great businesses. Look for the BBB seal, the sign of a better business



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Are you an enthusiastic individual with a knack for sales? Do you have experience in areas such as online advertising or local advertising? If so, we have an exciting opportunity for you.

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- **Dynamic Opportunity:** Dive into the dynamic world of online and local advertising.
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- **Selection:** If your skills align, we'll be in touch.

# CITY Revealed





# RIDE THE REVOLUTION.

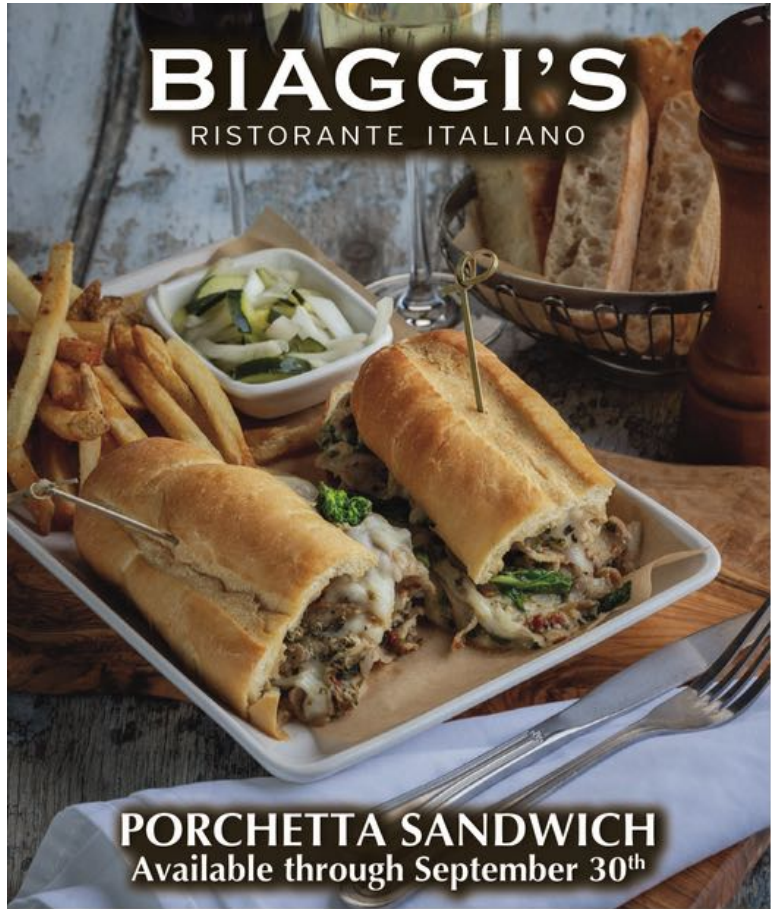
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# Upcoming EVENTS IN THE CORRIDOR



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ECONOMIC ALLIANCE

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JUNE 3  
JUNE 17  
JULY 1  
JULY 15  
AUGUST 5  
AUGUST 19  
SEPTEMBER 16**

FALL MARKET! [CRDOWNTOWNMARKET.COM](http://CRDOWNTOWNMARKET.COM)



## KIDS FUN FEST

**FREE ACTIVITIES**  
Bounce House  
Face Painting  
Arts & Crafts  
Kona Ice  
Prize Raffle

**September 23**  
9:00 to 1:00

**Cottage Grove Parking Lot**  
675 South 11th Street  
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**AGES 4-17**

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**LP Street Food**  
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 **COME MEET SOME ADOPTABLE DOGS!**



## Preseason Schedule



DATE	TEAM	TIME	HOME/AWAY
9/8/23	MADISON	7:00PM	AWAY
9/9/23	MADISON	7:00PM	HOME
9/12/23	WATERLOO	7:00PM	AWAY
9/14/23	DUBUQUE	7:00PM	HOME
9/16/23	DUBUQUE	7:00PM	AWAY

## Intercultural Festival

**SEPTEMBER 10TH**

Music, Food, Vendors, Dance,  
Performance, Sports



The **MAD SILKMAN**  
ZIKA & LIDA ASCHER  
TEXTILES  
AND FASHION

JUNE 3 -  
OCTOBER 8, 2023



September 22, 2023 - 7:00 PM  
September 23, 2023 -  
2:00 PM & 7:00 PM

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**LINWOOD CEMETERY  
WALKING TOUR**

Tuesday, September 5 at 6:00 PM  
[historycenter.org/tours](http://historycenter.org/tours)

WALKING TOURS ARE SPONSORED BY CEDAR RAPIDS BANK & TRUST



SATURDAY, SEPTEMBER 16

**FESTIVAL  
LATINO**

SABADO, SEPTIEMBRE 16

FOOD, LIVE MUSIC, DANCING,  
PERFORMANCES, FUN FOR KIDS, AND  
MORE

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ESPECTÁCULOS, ACTIVIDADES PARA  
NIÑOS, Y MÁS

McGrath Amphitheater  
11AM to 6PM



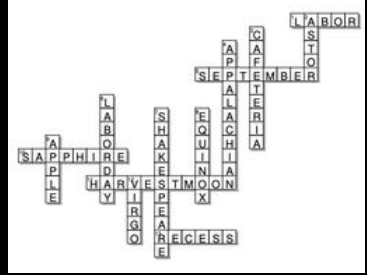
**HIAWATHA  
FARMERS MARKET**  
MAY - OCTOBER  
EVERY SUNDAY | 10:00 AM - 1:00 PM  
GUTHRIDGE PARK



Sept 23, 2023 NewBo City Market

Answer Key

YLLABTOOFCIDER  
APVMYZQELXQGGJZ  
DAUTUMNRDBNBDO  
RMRMKNPDLIAZKN  
OMYVPGRJKCRTBLS  
BOGVJKZCKPOYEL  
ADTTGWITBBNPAY  
LMTSGPONELTDEH  
TTYFESGRSEZGDR  
KMALCVFRMPABNN  
BLPHLERBGGVINDR  
LPOLSNEALQDCBQ  
AOZTJRQOHRMJEJ  
LXYLRNETTQDBMQ



**Clue**

October 12-29

Theatre Cedar Rapids // Book now at [www.theatreocr.org](http://www.theatreocr.org)

**The WOMAN in BLACK**

**Kernels Home Playoff Game**

2023 PLAYOFFS  
MIDWEST LEAGUE

**SEPTEMBER 14<sup>TH</sup>**

STICK AROUND FOR POST-GAME FIREWORKS

PENN TELLER PRESENTS

**The FOOLERS**

THE TIGHTEST MARGINAL

SEP 30<sup>TH</sup>  
PARAMOUNT THEATRE

**MADDIE POPPE**

*Acoustic Christmas 2023*

DECEMBER 10, 2023  
PARAMOUNT THEATRE  
CEDAR RAPIDS, IA

PARAMOUNT THEATRE

**BLUEY'S BIG PLAY**

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PARAMOUNT THEATRE





# UPCOMING EVENTS

## MYSTERY AT THE MUSEUM ESCAPE ROOM HELEN'S HAUNT A CEDAR RAPIDS GHOST STORY

New Dates Added!

- \$120 per team (up to 8 participants)
- 60 minutes to escape
- For details and registration, visit: [historycenter.org/escape](http://historycenter.org/escape)

MYSTERY AT THE MUSEUM ESCAPE ROOM IS GENEROUSLY SPONSORED BY CORRIDOR WEALTH MANAGEMENT GROUP AT MORGAN STANLEY



800 SECOND AVENUE SE • CEDAR RAPIDS, IA 52403



## 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  
(just north of Boyson Road)



Shop from local artists and crafters, silent auction and more!  
Event held rain or shine.



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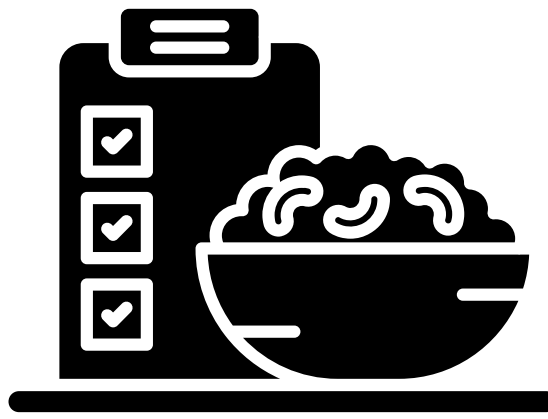
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# Back-to-School Healthy Meal Prep Made Easy

By: *American Heart Association News*

With a new school year underway, many families in the Corridor are looking for ways to navigate the chaos that comes with afterschool activities and managing schedules and routines. Taking time to plan healthy family meals can be overwhelming. But with the right plan in place, eating healthy can be easy and fun for the whole family!

The American Heart Association recommends healthy children follow a balanced diet that includes a variety of fruits, vegetables, whole grains and healthy sources of protein. Each meal should include at least one fruit or vegetable and should include foods low in saturated fat, trans fat, cholesterol, salt (sodium) and added sugars.

*Here are 6 ways to make health family meal prep easy:*

## **1. Use the weekend to plan your meals**

Use the weekend to plan your meals and get input from your kids on what recipes they might like to eat that week. Letting your kids be a part of the planning process can empower them to make healthy choices on their own. You can find healthy recipes on [heart.org](http://heart.org).

## **2. Organize your shopping list**

After you create your meal plan, organize your shopping list based on categories. For example, produce, aisle, dairy and meat. This makes shopping easier when trying to find items for new recipes.

## **3. Double the recipe**

There can be a lot of prep work involved in some recipes, so make it count. Make a double batch and save one for another meal, especially if it's a family favorite.

## **4. Make friends with your freezer**

Many foods freeze well — think soups, stews, chili — and make an easy meal on busy nights. Store in single-meal quantities in an air-tight container, make sure it's cooled thoroughly in the fridge then put it in the freezer. When you're ready to serve, simply reheat and enjoy.

## **5. Prep your veggies as soon as you get home from the grocery store**

Slicing and dicing veggies can be a daunting task after a long day of work and school activities. Prepping your veggies in advanced can help cut down total cook time during the week.

## **6. Put your plan on display**

Place your weekly meal plan on your refrigerator. This will help remind you of any items that need to be thawed in the morning and helps eliminate the infamous “what's for dinner” question.



**KENNEDY**  
High School



Calling local businesses and community. The 2023-2024 Cedar Rapids Kennedy Dance Team would love your support!

Your support will help offset the cost of the dance team expenses including competitions, travel expenses and new uniforms - they have not had a new uniform in 6 years! Your business will benefit in two ways, first as an advertisement and secondly as a donation.

We have three sponsorship levels for this year:  
\$400 level - your company's logo will be proudly displayed on team t-shirts, shared on our Social Media, AND on the posters distributed to businesses through the Cedar Rapids area.

\$250 level - your company's logo will be proudly displayed on team posters distributed to businesses throughout the Cedar Rapids area AND on our team t-shirts.

\$100 level- your company's logo will be proudly displayed on team posters distributed to businesses throughout the Cedar Rapids area

Being a sponsor of the Kennedy Dance Team for the 2023-2024 season is simple. We just need two things:

A check payable to the Kennedy Dance Team  
Mail to:  
Cedar Rapids Kennedy High School  
Accountant Stephanie Cory  
Kennedy High School, 4545 Wenig Rd NE, Cedar Rapids, IA 52402

Along with your company logo in a high-resolution PDF, JPEG, PSD, or TIFF.

You can also email it to [ckalb@crschools.us](mailto:ckalb@crschools.us)  
Please mention City Revealed Magazine.

Please have logos and payment turned in by September 15th, 2023. If you have questions, please contact Coach Courtney Kalb, at [ckalb@crschools.us](mailto:ckalb@crschools.us).

THANK YOU FOR YOUR SUPPORT!  
THE KENNEDY DANCE TEAM



Courtney Kalb  
@Courtney-Kalb



Every Penny counts - we've set up a Venmo for those who wish to send the team a monetary donation. Please Venmo Coach Courtney and note CityRevealed / Kennedy Dance Team Donation.



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