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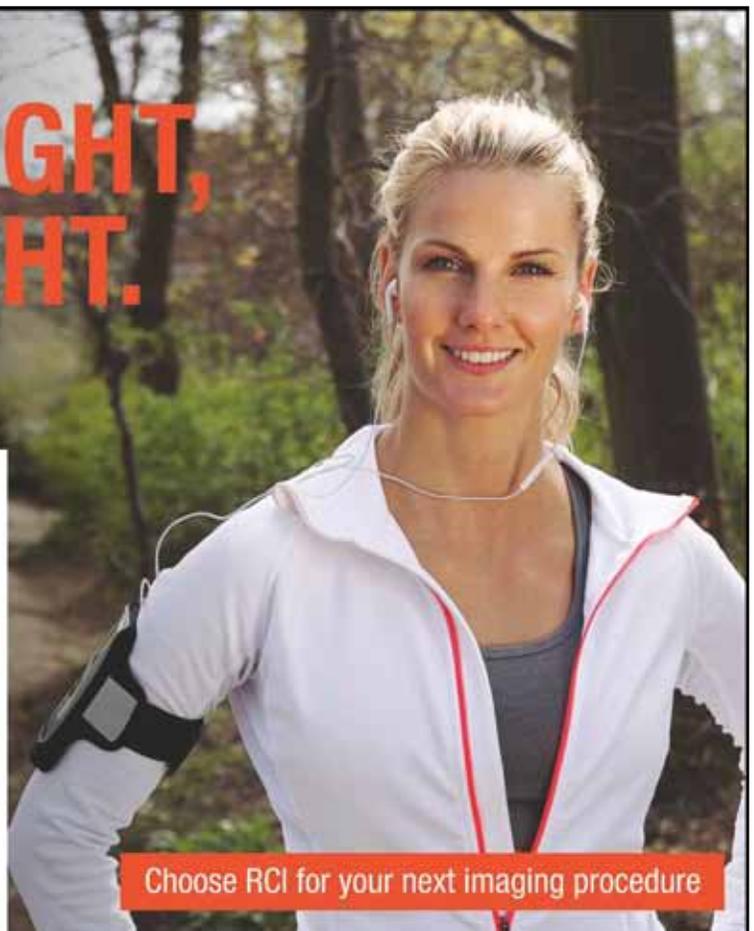
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CITY Revealed
MAGAZINE

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www.cityrevealed.com



Publisher's Note

Happy June! Hooray summer is here!

This month is Dairy Month, National Fresh Fruit and Vegetables Month, Rose Month and Turkey Lovers Month. Fishing week is the first week of the month as well as National Gardening Week.

I know many who are going to be out fishing while I am going to be working in my garden. Already my strawberries are turning red, and my weeds are growing tall!

I like June 4th as it includes Applesauce Cake, cheese, and doughnuts all in one day. For me, the most important day is June 20th, Fathers' Day. I love my dad and miss my dad. I have great memories of growing up and appreciating my adult years with him. My kids were lucky to have a good dad also. They taught us how to behave, be responsible adults and how to love and be kind to others. Charlotte has some great recipes for Father's Day and even though mine isn't here, I think I will make the Carnivore and cheese board and remember good days.

June is also Men's health month. RCI has a good article on keeping you guys healthy. Pay attention to your health and get regular checkups. Your family wants you around for a long time.

It is so nice to see summer events opening up. This year Marion by Moonlight will be at Lowe Park every Thursday in June. I have gone to several previous years; the bands are great, the food vendors are delicious, and we always have such fun. Lowe Park is a beautiful site also and has so many things going on this summer. Marion Uptown Market is also coming in June. Be sure to check out the list of dates and stop out for some fresh, locally-grown and made items. Other Farmers Markets around the Corridor are getting under way as well.

The Freedom Festival and Linn County Fair have lots of fun in store for everyone this month. They have so many events and great entertainment set up for all to enjoy. The McGrath Amphitheatre will also be in full swing with Cedar Rapids Round Up. So many people have worked so hard to bring back these great festivals safely and we sure do appreciate them.

For a getaway day close to home, take a short trip to The Amanas for some fun days of old. There is a variety of sites to see and music to hear. Mt Vernon and Lisbon is a great day trip as well. With a variety of shops and restaurants for a full day spent surrounded by small town charm. Take a look at our Explore the Corridor spread for some great ideas.

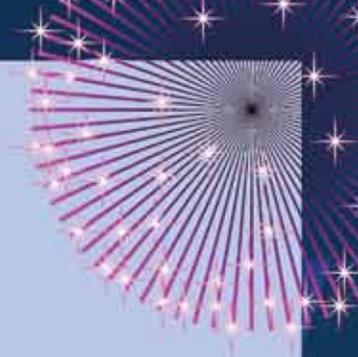
Get out and enjoy the summer fun!

God Bless



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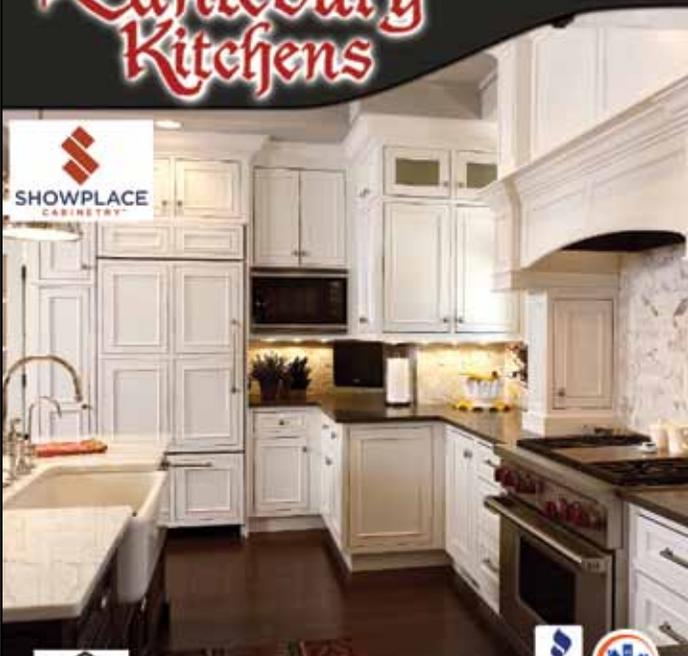
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Recognize Men's Health Month with a Checkup

If you're like most men, seeing the doctor isn't exactly at the top of your priority list. Whether you're an active fitness buff or you've "let yourself go" a bit, you likely struggle to remember the last time you were in a doctor's office. This is especially true if you don't have any health concerns or symptoms that worry you. The problem is that many serious health problems show no signs or symptoms at all until it's too late. According to the Centers for Disease Control and Prevention, men in the United States, on average, die five years earlier than women. This is largely due to men seeing their doctor less. Most men either feel nothing is wrong with them, or fear what symptoms they are having and the testing the doctor may want to do. It's important for men to see their doctor for even something that may be considered to be a minor issue, and to have regular checkups, particularly when men reach 40.

Even the most active, fit men can develop serious health problems. A common issue for aging men is Benign Prostatic Hyperplasia, BPH, otherwise known as prostate gland enlargement. The prostate gland is a walnut-sized gland at the base of the urinary bladder. It surrounds the urethra through which urines passes to leave the bladder. BPH is a when the prostate gland enlarges and constricts the urethra causing often painful urinary symptoms. Most men have continued prostate growth throughout life, through no fault of their own. In many men, this continued growth enlarges the prostate enough to block urine flow. An enlarged prostate gland can cause minor to major urinary symptoms and problems; from frequent or urgent need to urinate, difficulty starting urination, and inability to completely empty the bladder, to bladder, urinary tract or kidney infections, and can contribute to erectile dysfunction.

The great news is that BPH is a non-cancerous condition and there are several effective treatments. Men with mild BPH symptoms can be effectively treated with lifestyle changes, supplements and/or medications. For men with severe symptoms there is now a new non-surgical procedure approved by the FDA, known as Prostate Artery Embolization, PAE. PAE is a less invasive outpatient treatment option for men with severe BPH symptoms and may alleviate the symptoms without the need for surgery. A tiny catheter is passed through the arteries to the prostate

gland and microscopic beads are injected into the prostate gland depriving it of oxygen and causing it to shrink. This outpatient procedure allows you to return home the same day and get back to your usual routine the next day as symptoms begin to resolve.

Thanks to advances in technology, the specially trained interventional doctors at RCI are able to deliver more highly targeted therapies without open surgery and anesthesia; resulting in faster recovery, fewer complications and an improved quality of life. Dr. Humel, Diagnostic Radiology Specialist with RCI, says, "Most men do not want to see the doctor for fear of invasive exams and treatments. The great thing with this treatment is that it is non-invasive and you can be back to your usual routine that same day."

RCI's team of Interventional Radiologists provide both diagnostic imaging and minimally invasive PAE treatments for BPH, as well as testicular ultrasounds, varicose vein therapy, CT Lung Screenings, spine fractures, certain cancers and many other conditions and diseases. "We offer care for your heart, lungs, legs, joints; care from head to toe," says Dr. Humel. "We offer a full breadth of services tailored to men and are focused on keeping them healthy through early detection and accurate diagnosis using state of the art non-invasive procedures that treat a vast range of conditions, injuries and illnesses."

Giving you and your doctor important, additional options to help restore you to optimal health. If you're having urinary problems, discuss them with your doctor. Even if you don't find urinary symptoms bothersome, it's important to identify or rule out any underlying causes. RCI's goal is to inspire you to see a physician for a checkup and get your yearly physicals, even if you're healthy, to help you live a long, healthy and happy life.





American Heart Association.

CPR Guide

HANDS-ONLY CPR VS. CPR WITH BREATHS

HANDS-ONLY CPR



CALL 911



PUSH HARD AND FAST IN THE CENTER OF THE CHEST

Public awareness campaign to get more people to act when they encounter a cardiac arrest. Starting point to get more people to learn CPR.

Will not meet requirements if you need CPR for your job.

CPR TRAINING



COMPRESSIONS + BREATHS

Offered through online or in-person classes. Provides more in-depth training with an instructor, including CPR with breaths and choking relief.

Often necessary for people who need CPR training for work.

HOW DOES IT WORK?

Chest compressions are good for the first few minutes someone is in cardiac arrest pushing remaining oxygen through body to keep vital organs alive. Buys time until someone with more skills can provide help.

CPR with breaths combines chest compressions and breaths, providing additional oxygen to circulate throughout the body.

WHO CAN I USE IT ON?

Adult and teens.

Anyone who is in cardiac arrest, including: adults and teens, infants and children, and any victims of drowning, drug overdose, collapse due to breathing problems or prolonged cardiac arrest.

HOW DO I LEARN?

Go to [heart.org/handsonlycpr](https://www.heart.org/handsonlycpr) to learn the steps of Hands-Only CPR.

Go to [heart.org/cpr](https://www.heart.org/cpr) and click on FIND A COURSE to find a class online or near you.

Therapeutic Gardening



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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LinnCountyHeartWalk.org



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Summer Pet

Safety Tips

Follow these tips for a fun summer for you and your furry friend.

Flea and tick season is here. Choose a quality preventative from the start of spring such as oral tablets available from your veterinarian. Over-the-counter treatments rarely work and waiting can make it much harder to get rid of them.

Heartworm in common in summertime. Make sure to have your pet tested at the beginning of summer and treat as needed.

Allergies affect pets just as much as humans. Signs include persistent scratching, chewing on paws or legs, and ear infections.

Visit your veterinarian for treatment if you notice these signs.

Toxic ingestion. Make sure to put up and away toxins such as antifreeze and rat poison that will be deadly if ingested.

Prevent heat stroke.

Avoid long walks on hot days and do not leave pets outside for long periods of time. Provide adequate shelter/shade and water when pets are outside. Look for these signs of a heat stroke. Excessive panting, wobbly walking, bright red tongue.



What to Do if Your Pet Overheats:

Do:

- Get them out of the elements (somewhere cool)
- Try to give them some water
- Spray paw pads with rubbing alcohol (safely brings body temp down)

Don't:

- Cool pet's temperature too quickly (with shower or hose)
- Force them to drink water

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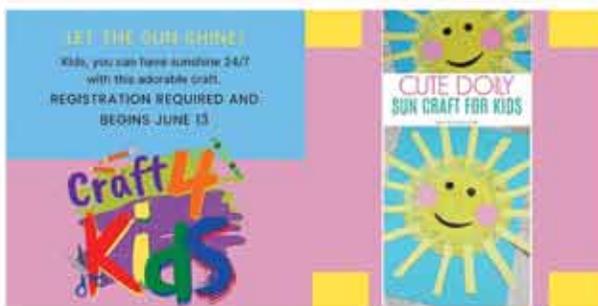
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KIDS in the Corridor



Craft 4 Kids: Paper Roll Bugs

Sun, Jun 6, 2021, 12:00 AM

Wed, Jun 9, 2021, 12:00 AM CDT

www.eventbrite.com/e/craft-4-kids-paper-roll-bugs-tickets-149582064983?aff=erelxpmf

Craft 4 Kids: Doily Sun Craft

Sun, Jun 13, 2021, 12:00 AM

Wed, Jun 16, 2021, 12:00 AM

<https://www.eventbrite.com/e/craft-4-kids-doily-sun-craft-tickets-149951700573?aff=erelpnlorg>

Hiawatha Public Library

150 West Willman St.

Hiawatha, IA 52233

Kids Can Bowl Free All Summer at May City Bowl

May 17 - August 13, 2021

If you're looking for some indoor fun this summer, check out www.kidsbowlfree.com.

More events in the corridor can be found online at

www.cityrevealed.com

www.cedarrapids.macaronikid.com

& www.iowacity.macaronikid.com

www.hiawathalibrary.com



Youth Fishing Clinic

Saturday, June 12, 2021 at 9 AM – 12 PM

Pinicon Ridge Park

4732 Horseshoe Falls Rd, Central City, IA 52214

The North Linn Fish and Game Club and Linn

County Conservation will cosponsor a youth

fishing clinic near the boat rental area in

Pinicon Ridge Park near Central City. All youth

participants will receive prizes for participating.

No pre-registration is required. Licenses are

needed for those 16 and up who will fish. Cost is free.



Weekdays-12pm-10pm, Weekends-9am-11pm

www.marionpubliclibrary.org

www.crlibrary.org

www.icpl.org

www.coralvillepubliclibrary.org

www.ely.liab.ia.us



Recipes Dad is Sure to Love

Instead of taking Dad out to dinner for Father's Day, why not fill his tummy at home with these delicious recipes.

Start with a Carnivore and Cheese Board

Who doesn't love a good charcuterie board? Charcuterie boards can be plated to fit any occasion -- and that includes Father's Day! Brunch it up by serving a Carnivore and Cheese Board with all of dad's favorites.

Ingredient ideas:

- Hard and soft cheeses
- Salami
- Pepperoni
- Beef jerky
- Summer sausage
- Prosciutto

- Bacon
- Brisket
- Crackers
- Pork rinds
- Olives
- Pickles
- Peppers
- Grapes
- Strawberries
- Mustards, honey, and bbq sauce for dipping

Directions:

Anything goes! Get a large plate, board, or just throw some craft paper on your kitchen table. Arrange food in an antipasto-style or in groupings.



Thai Flank Steak and Jicama Slaw

Nothing says Father's Day like firing up the grill! This delicious recipe was adapted by Savory Kitchen.

Thai Flank Steak

Ingredients:

- 2 lbs. flank steak
- 1/3 cup fresh orange juice
- 1-1/2 Tbsp orange zest
- 4 Tbsp brown sugar
- 4 Tbsp sambal oelek (Asian Chili Garlic Sauce)
- 4 Tbsp fish sauce
- 3 Tbsp garlic, minced
- 3 tsp ginger, minced
- 2-1/2 tsp lemongrass, minced
- 1 cup olive or canola oil

Directions:

Roast or Grill!

1. Preheat the oven to 400F.
 2. Roast the steak with the marinade for 18 minutes or until medium-rare.
 3. Set steak aside to rest before slicing.
- or Grill over medium-high heat for 4-5 minutes per side. Let rest.

Ingredients:

- 4 cups jicama julienne
- 3 cups red cabbage julienne
- 3 carrots julienne
- 1/2 red onion julienne
- 1/2 Jalapeno julienne
- 1/2 cup cilantro chopped
- corn kernels for garnish (optional)

Dressing:

- 2 Tbsp rice vinegar
- 2 Tbsp canola oil
- 2 tsp sesame oil
- 1 tsp Asian Chili Garlic Sauce
- 1 1/2 tsp sugar
- 2 Tbsp fresh lemon juice
- salt and pepper to taste
- 1/2 cup peanuts chopped

Directions:

1. Peel the jicama, red onion, and carrots, and then julienne. (You can also shred if you are not up to cutting all by hand) Julienne cabbage, and jalapeno.
2. Add to a large bowl with the cilantro leaves.
3. Mix the dressing separately and whisk well.

4. Combine with slaw, season with salt and pepper to taste, and top with peanuts.

Thinly slice steak and serve over jicama slaw. Enjoy!



Grilled Bourbon Glazed Fruit

Surprise him with grilled fruit kabobs - glazed with BOURBON! (Don't worry, you can leave out the bourbon if you'd like and they'd be just as tasty!)

Ingredients:

- Favorite fruit, cubed into 2-inch pieces (we like peaches, pineapples, and apples)
- 1/4 cup bourbon
- 1 stick of butter
- 1 cup brown sugar
- 1 lemon, juiced
- 1/4 cup water
- 1/4 teaspoon cinnamon

Directions:

1. In a saucepan over medium heat, combine bourbon, butter, sugar, lemon, water, and cinnamon. Stir continuously over a low simmer for 4-5 minutes. Remove from heat and let cool for 5 minutes.
2. Put fruit and the bourbon glaze into a bowl and stir until fruit is covered with glaze.
3. Place fruit on the grill and turn once when grill marks appear. Serve with whipped cream or ice cream.



Macaroni Kid

Charlotte Linde is the editor and publisher of Macaroni Kid Cedar Rapids and Macaroni Kid Iowa City. Macaroni Kid and its family of Publisher Moms are dedicated to delivering the scoop on all the family-friendly events and activities happening in their area.

A dance mom (daughter) and all things sports mom (son), major foodie, wine lover, an idealist 24/7 - her mind never stops spinning - family first, sanity last. To subscribe to Charlotte's free local newsletter, please visit www.cedarrapids.macaronikid.com (Cedar Rapids) or www.iowacity.macaronikid.com (Iowa City) charlottel@macaronikid.com



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start planning!

CHECK OUT THE HIGHLIGHTS BELOW
& GET THE COMPLETE LIST OF EVENTS
AT WWW.FREEDOMFESTIVAL.COM

2021 FREEDOM FESTIVAL EVENTS

★ MON. JUNE 14 ★

CARVING KICK OFF

Jones Park, 9am – 5pm

FLAG RETIREMENT CEREMONY

Kirkwood Community College, 6pm – 7pm

★ TUES. JUNE 15 ★

CARVING KICK OFF

Jones Park, 9am – 5pm

★ THURS. JUNE 17 ★

TRIBUTE TO HEROES VIRTUAL EVENT

Facebook, 7pm

SILENT AUCTION

www.32auctions.com/freedomfestival

Ends Mon., June 21st at 7pm

★ TUES. JUNE 22 ★

BALLOON GLOW

FEAT. ALISABETH VON PRESLEY

Hawkeye Downs, 6pm – 10pm

★ WED. JUNE 23 ★

DOCKDOGS

National Czech & Slovak

Museum & Library (NCSML), 5pm – 8pm

★ THURS. JUNE 24 ★

DOCKDOGS

NCSML, 10am – 6pm

★ FRI. JUNE 25 ★

DOCKDOGS

NCSML, 10am – 6pm

★ SAT. JUNE 26 ★

PARADE

Downtown Cedar Rapids, 10am – 12pm

DOCK DOGS

NCSML, 10am – 6pm

VOLTA YOUTH MUSIC FESTIVAL

NewBo City Market, 3pm – 7pm

★ SUN. JUNE 27 ★

FREEDOM BIKE RIDE

Lowe Park, 9:30am – 4pm

DOCK DOGS

NCSML, 10am – 6pm

★ THURS. JULY 1 ★

MOVIE NIGHT - FERRIS BUELLER'S DAY OFF

NewBo City Market, 6pm – 10pm

★ SAT. JULY 3 ★

VIRTUAL MUSIC AT THE MUSEUM

FEAT. THE PORK TORNADOES

Facebook, 7pm

★ SUN. JULY 4 ★

DRIVE-THRU PANCAKE BREAKFAST

ImOn Ice Arena, 8am – 12pm

CAR SHOW

Kernels Parking Lot, 8am – 12pm

FIREWORKS

Downtown Cedar Rapids, 7pm – 10:30pm



Visit freedomfestival.com for details on the Medallion Hunt, Military Tribute Banners, Patriotic Porch Contest, Kids Activity Boxes, and more!





THE LINN COUNTY FAIR • CENTRAL CITY, IA
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BROTHERS WALKER

Drive-in Concert

Free Event
7:30 PM



All first responders get into event free, with proof of ID

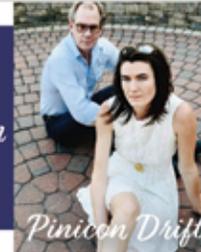


Wednesday, June 23

BROTHERS WALKER

7 PM

\$15 General Admission
5 & Under Free



Hometown Heroes Rock Concert

Thursday, June 24



Sawyer Brown

A trip for 2 to Las Vegas, NV will be raffled off immediately following concert



Sawyer Brown in Concert
with Special Guest Danny Whitson

Friday, June 25

\$30 General Admission
5 & Under Free

7:30 PM





Draft Horse Fun Show & Obstacle @ 10 am
Outlaw Garden Tractor Pulling Series @ 1 pm

Free Events
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Saturday, June 26



ECIPA Truck & Tractor Pull 6 PM

\$15 Adults
Kids 6-12 \$5 \$25
5 & Under Free Pit Pass

Sunday, June 28



Impact Pro Wrestling

11:00 AM
\$10 Adults
Kids 6-12 - \$5
5 & Under Free

Noon



Tough Trucks



6 PM
\$10 Adults
Kids 6-12 - \$5 \$20
5 & Under Free Pit Pass



Explore the Corridor

Venture to Mt. Vernon & Lisbon



Historic Mount Vernon is just 15 miles east of Cedar Rapids and 20 miles north of Iowa City. Mount Vernon and Lisbon sit at the intersection of two historic highways, the Old Military Road and the great Lincoln Highway, the first cross-country motor route in the United States. Mt. Vernon boasts a vibrant uptown business community with numerous antique and specialty stores, restaurants, coffee houses, and commercial art galleries; while home to three National Historic Districts including the entire campus of Cornell College, Ash Park residential neighborhood and the majority of Uptown retail district. Located in Lisbon is the Lisbon History Center – a great place to research family history or learn about life in the early 20th Century. The lively towns have many family-friendly events throughout the year. Take a small trip and venture out to Mt. Vernon & Lisbon to enjoy all they have to offer. Visit www.visitmvl.com for more information about the community and events.



Chocolate Stroll 2021

June 5, 2021 10:00 am - 4:00 pm

The 11th Annual Mount Vernon Chocolate Stroll will take place Saturday, June 5, 2021.

This music and chocolate event invites guests to stroll down Mount Vernon's historic First Street where participating businesses and chocolate vendors will offer chocolate and chocolate products for sample and sale.

Kids' games and face painting will take place at Memorial Park from 10 a.m. to 4 p.m. The event will include activities such as M&M Bingo and crafts throughout the day, and a balloon artist from 1 to 3 p.m.



Mount Vernon Summer Farmers' Market 2021

June 3, 10, 17 & 24, 2021

4:00 pm - 6:00 pm

First Street Community Center

221 First Street NE, Mt. Vernon (319) 895-8060

Located in downtown Mt. Vernon, our market is a thriving little community of entrepreneurs. All our products are raised, produced, or created right here in the surrounding community by the person selling them on the other side of the table. Find fresh seasonal produce, yummy baked goods, fruit jams and jellies, handmade jewelry and more!



LINCOLN HIGHWAY NITTY GRITTY 2021

JULY 3, 2021 7:00 PM

JULY 4, 2021 4:00 PM

FIRST STREET, MOUNT VERNON

New in NewBo & Czech Village

What's New in NewBo & Czech Village

The Czech Village / New Bohemia District straddles the banks of the Cedar River on the south side of Cedar Rapids. Named the Main Street District, it is one of the first urban neighborhood models in the state. The area spans approximately forty blocks and is bounded by 8th Avenue SE, the former Union Pacific railroad line, and former Sinclair site on the east side of the river as well as three blocks centered on 16th Avenue SW from 1st Street SW to the river.

The Main Street District stands as a shining example of the perseverance of its residents and business owners. Carrying on the legacy of early Czech settlement, the District represents a wide mix of small businesses; arts, culture and entertainment venues; and former industrial sites. Visit crmainstreet.org and www.newbocitymarket.org for more information about the community and events.

Meet Me at the Market is NewBo City Market's premier summer wellness event.

Every Thursday from June through September, community members can meet in the Market Yard at 5:30 p.m. for free guided walks, runs, fitness dance classes and yoga classes.

Walks and runs will have a different route every week, including special destination walks.

The Dance Fitness classes are in-person, and socially-distanced, in the Market Yard. One dancer per yard square, which can be claimed on a first-come-first-served basis.

The Yoga classes are in-person and socially-distanced, in the Market Yard. One yogi per yard square, which can be claimed on a first-come-first-served basis.



Rock the Block at NewBo City Market!

Rock the Block is NewBo City Market's free weekly concert series. Each summer a variety of local bands take the Bankers Trust Stage in the Market Yard and fill Friday nights with live music! This year you can reserve a season pass and guarantee an eight-foot square for up to six people every week! Unreserved space will be free and open to the public on a first-come first-served basis.

The summer lineup includes:

June 11th - Casting Call
June 18th - Bernemann Bros
June 25th - Deja Blue
July 2nd - Kevin Burt with Big Medicine
July 9th - Betty Calling
July 23rd - The Belle Rangers
July 30th - Soul Sherpa
August 6th - Surf Zombies
August 13th - Birdchild
August 27th - Fresh Fighters
September 3rd - Bamboozlers
September 17th - Cedar Junction

DOWNTOWN CEDAR RAPIDS BRINGS YOU:

JUNE 17, 2021
7:30PM - 9PM
MCGRATH AMPHITHEATRE
475 1ST ST. SW, CEDAR RAPIDS

Lee Brice, one of the most-played country artists of all time on Pandora, is a GRAMMY nominee, a CMA and ACM award winner, and has taken eight radio singles to Number One: "A Woman Like You," "Hard to Love," "I Drive Your Truck," "I Don't Dance," "Drinking Class," "Rumor," "I Hope You're Happy Now," and "One Of Them Girls." When current CMA and CMT Music Award-nominated and Curb Records recording artist, Lee Brice, isn't selling out arenas, writing and recording songs, or building new brands like American Born whiskey, you'll find the family-man with his wife Sara, two young boys, and daughter.

WWW.CEDARRAPIDS.ORG/EVENTS/FARMERS-MARKET

Food Court: 5:30 p.m.

Gates: 6:30 p.m.

Showtime: 7:30 p.m.

*Door times subject to change

THE ROUNDUP

JUNE 24, 2021 – JUNE 26 2021
MCGRATH AMPHITHEATRE
475 1ST ST. SW, CEDAR RAPIDS

The tastiest music festival in Cedar Rapids!

Thursday Headliners

Headlines for Thursday evening will feature local up-and-coming bands.

- The Blooze Brothers

Friday Headliners

- Pure Prairie League – hits include Aimee, Sad Luke, Bustin' Out and more.

- Orleans – hits include Still the One, Dance with Me, Love Takes Time and more.

Saturday Headliners

- Surf Zombies

- Men without Hats – hits include The Safety Dance, Pop Goes the World and more.

- A Flock of Seagulls – hits include I Ran (So Far Away), Space Age Love Song and more.

For additional information on The Roundup, including a complete lineup and list vendors, please visit CREventsLive.com/TheRoundup.

Explore the Corridor

Step into the Amana Colonies

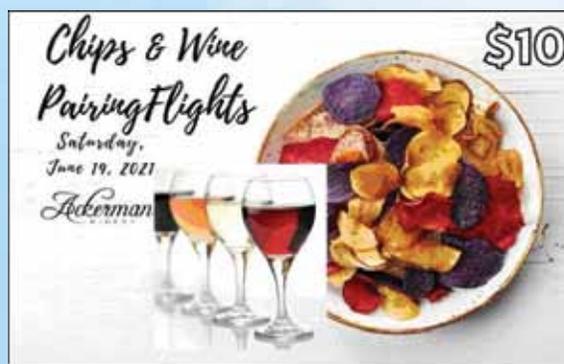
Step into a world of authentic German architecture and ambiance created by ancestors and preserved still today. Visitors have been coming to the scenic seven villages for over a century. Some come for the food and to sip wines and beers; others, for quality handcrafted products, art, and a variety of quaint shops that line the streets. Numerous festivals take place throughout the year for residents and visitors alike. To learn more about the Amana Colonies visit amanacolonies.com.

WURST FESTIVAL JUNE 19, 2021

11:00 AM - 6:00 PM

Join the Amana Colonies on Saturday, June 19th for the 7th annual Wurst Festival! If Oktoberfest is the best fest then this is certainly the Amana Colonies' Wurst Festival. Wurst Festival was named the BEST NEW EVENT OF 2015 by the Iowa Tourism Commission! Come celebrate all things sausage as they gather sausage makers from around the state for you to be able to indulge in all types of handmade small-batch sausages.

Where there's Sausage there's also Beer, Wine and Music. Ladies put on your Dirndls and gentlemen it's time to break out the Lederhosen as we eat, drink and have the Wurst time you could possibly have. There will be games, contests, and you can even get an education at Wurst University. Join the fun in what will be the summer's best festival—Amana's Wurst Festival! The 5th running of the Dachshund Derby takes place in the afternoon—Bring your wiener dog and enter him/her in the Derby as we find the faster Dachshund in Iowa! (5 pm)



June 19 @ 10:00 AM - 5:00 PM

Did you know that chips taste FANTASTIC with wine? They really do! That is why we are offering Chips & WINE Pairing Flights. This will be part of the weekend fun for the Amana Colonies Wurst Festival, Saturday, June 19th.

Colonies in Bloom

June 26, 2021

10:00 AM - 4:00 PM

"Colonies in Bloom" features the Amana Colonies bathed in flowers. This summer-long event in the seven villages has two very special days; June 26th and July 24th, when selected private gardens, will be open to the public. The garden display changes throughout the summer as each flower reaches its peak. Private gardens that are open will display both an American and German flag in their yard and the gardeners will be on hand to explain their specific yard and plants. Stop by the Amana Visitor Center or any of our businesses to pick-up a map of the gardens and best flower displays. Most of the private gardens will be open from 10am to 4pm. Remember look for the American and German flags. As an added bonus our famous Lotus Lilies are in bloom on our Lily Lake between the villages of Amana and Middle Amana in late July and early August.



What's Happening in Marion

Marion is one of the Midwest's fastest-growing cities and yet maintains a small-town charm. The city thrives as a progressive community with high ambitions to provide the best for their community. Experience their uptown art-way, catch a show at the Giving Theatre and take in their shopping and dining. Uptown Marion's vibrant historic district consists of more than sixty unique boutiques, restaurants, and galleries. The city is also a host to many parks, sports fields, and family-friendly events throughout the year.



Marion By Moonlight

NEW location—Lowe Park Arts & Environment Center
4500 N 10th Street, Marion

We are so excited to announce our 25th Marion by Moonlight event lineup! Gather your people, a cooler and some lawn chairs and kick back to enjoy live music compliments of Farmers State Bank. Music goes from 6-9 p.m. June 3 – June 24, 2021.

This year you will be able to enjoy the wonderful music out at Lowe Park from 6-9 pm each Thursday night in June.

Thursday, June 3rd – Strays

Thursday, June 10th – Boot Jack Band

Thursday, June 17th – The Mixtape

Thursday, June 24th – Lonesome Road

The safety of our attendees and volunteers is our top priority, and having the additional space Lowe Park provides will allow for social distancing. So bring your lawn chairs or blankets and join us for four nights of great music and good food as we celebrate the 25th year of Marion By Moonlight!

Our featured food vendors are Aroma Artisan Pizza, Carlos O'Kelly's, One More Bite ... and Moo Moo's Ice Cream for dessert!

We can't forget about the kids during our event!

We are excited to welcome back Papa Balloons this year and also welcome Lizzy from CR Face Painting.



UPTOWN MARION FARMERS MARKET

SATURDAY, JUNE 12, 2021

8:00am – 12:00pm

1175 8th Avenue Marion (NEW TEMP LOCATIONS Shop local and shop fresh at the 2021 Uptown Marion Market. New Temporary Location for 2021! With the renovation to the Depot and several anticipated construction projects surrounding City Square Park, Uptown Marion Market will be relocating for the season. We are excited to remain in the Uptown and will be located at the corner of 8th Avenue and 12th Street. Visit <https://www.marioncc.org/vendor-information.html>

Marion Farmers Market

Saturdays - May 1 - Sept. 25

Taube Park 2200 31st St, Marion



Marion Community Band Concerts

June 22 & July 1, 2021

7:00pm

Marion Square Park – 7th Ave. & 10th St.

Bring a lawn chair or blanket and enjoy a nice summer evening listening to our great community band! Dress for the concerts is something red, white or blue. Music starts at 7:00 pm on select Tuesdays in June. For more information, contact David Law at maestrolaw@gmail.com.

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3rd Annual

Alburnett Car Show

June 19, 2021 12PM - 7:00PM
100 N Main Avenue, Alburnett

www.facebook.com

\$15 per vehicle registration. (All profit will be Split between Alburnett Fire Dept and Alburnett Children's Diamond Club) Alburnett Historical Society will be serving breakfast burritos. Registration until 11:00. Voting 11:00 -12:00 / AWARDS announced by 1:00. Top 50 Car / Truck Awards. Top three Motorcycle. People's Choice, Best of Show, Best Paint, Best Engine, Best Interior, Most Unique, Kids Choice and Work in progress Awards. DJ, Raffles Prizes and Silent Auction. Email fullerspubandgrub@gmail.com or call Al Fuller 319-360-8050 or Nancy Fuller 319-213-2476. If you wish to sponsor a trophy or donate for the raffle or auction, or just want to help!



A-Tech Beam Team	7	Linn County Fair	14
Alburnett Car Show	20	RCI Imaging	1
Allied Glass	4	Terrace Glen Village	3
American Heart Association	7	The Views Senior Living of Cedar Rapids	1
Bark Busters	8	The Views Senior Living of Marion	4
Better Business Bureau	BC		
Biaggis	20		
Cantebury Kitchens	4		
Farmers State Bank	IFC		
Freedom Festival	12		



Corridor Restaurants

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www.capriottis.com
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Cedar Rapids
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Sun & Mon 11AM-9PM

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319.377.2100
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Fri & Sat 11AM-10PM

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319.247.0000
www.parlorcitypub.com
Open Mon & Tues 11AM-7PM, Wed & Thurs
11AM-8PM, Fri 11AM-10PM, Sat 9AM-10PM,
Sun 9AM-7PM

Ramsey's Wine Bistro

Wine & Beer Bar & Deli
1120 7th Ave, Marion
319.447.1700
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