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SEPTEMBER 2021

FREE

Revealed

**Keep it Fresh
Pg. 15**

**GREATER CEDAR RAPIDS
Parade of Homes**
Fall 2021 • NEW & REMODELED HOMES

Pg. 5

**Explore the
Corridor Pg. 18**



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GREATER CEDAR RAPIDS Parade of Homes

Fall 2021 • NEW & REMODELED HOMES



MORE CHOICES IN 2021

This fall, you can tour some Parade Homes in-person or see virtual tours of all the parade homes beginning September 25 at gcrhba.org. To view in-person, tickets are available at any open parade home for \$10. Discounted tickets are available at any local Casey's General Stores for \$9. Children 12 & under are FREE.

Visit gcrhba.org for more information and to sign up for a chance to win a \$100 Visa gift card!

DATE & TIMES:

Sat., Sept. 25 Noon to 5p.m.
New Homes Only
Sun., Sept. 26 Noon to 5p.m.
New Homes Only
Thurs., Sept. 30 5 to 8p.m.
New Homes Only

Sat., Oct. 2 Noon to 5p.m.
New & Remodeled Homes
Sun., Oct. 3 Noon to 5p.m.
New & Remodeled Homes

NEW OPEN Cedar Valley Habitat for Humanity
140 Bear Creek Court, Palo
NEW OPEN Frey Homes
3081 Brimley Pass, Robins
NEW OPEN Gardenview
2903 Belle Street SW Cedar Rapids
NEW OPEN Gardenview
2900 Belle Street SW Cedar Rapids
NEW OPEN Irie Homes
321 Heartland Street Fairfax
NEW OPEN Jim Sattler Custom Homes
2003 Blake Blvd SE, Cedar Rapids
NEW OPEN Legacy GreenBuilders & Developers
1505 3rd Street SW Mt Vernon
NEW OPEN PRK Williams & Remodeling
1734 Cottage Ridge Drive Marion
NEW VIRTUAL PRK Williams & Remodeling
NEW OPEN Skogman Homes
509 Grey Slate Drive SW, Cedar Rapids
NEW OPEN Skogman Homes
799 Flight Drive, Marion
NEW OPEN Skogman Homes
1969 Bowstring Drive, Marion

NEW VIRTUAL Navigate Homes
1276 Ava Circle, Iowa City
NEW VIRTUAL Sattler Homes & Remodeling
315 Blairsferry Crossing, Hiawatha
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Publisher's Note

Happy September!

There is certainly a wide choice of things to do this month. September 4th is National Tailgating Day. Lucky for us there is a Hawkeye football game that weekend. I am sure all of you tailgaters are already getting prepared. Labor Day is Monday September 5th. This day honors us all for the work we do in or out of the home. We should all relax and enjoy the day.

September 11th is Remembrance Day. The day the twin World Trade Towers and Pentagon were attacked. What I saw on the television is forever planted in my mind. On this day we should pray for all who died and their families.

September 12th is Grandparents Day. My grandparents were a big part of my growing up as well as my children's. With both parents working, we learned to plant, weed, and harvest gardens, can fruits and vegetables, I can even pluck and cut a chicken for supper! My daughter especially loved going to ceramics with grandma and making all kinds of cool stuff. We can't forget September 14th which is National Crème-Filled Donut Day, my favorite Day! September 16th is National Guacamole Day. This is not only a healthy food, but it can also be used several ways and a favorite for many. In the past I have not been a fan, but after seeing Charlotte's recipes, I may change my mind about avocados! Check out her recipes. We also have some great ideas from the American Heart Association. Hopefully with school underway and trying to keep our family as healthy as we can, these ideas and recipes will keep us on the right track.

September 25th starts our Fall Parade of homes. I love going thru the homes and admire their new designs, lighting, and ways of using every space. I wish I could be so creative.

September is a great time to explore the corridor and surrounding areas, and enjoy all that it has to offer. Be safe.

God Bless,



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GREATER CEDAR RAPIDS Parade of Homes

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Tour the GCRHBA Fall Parade of Homes

The Greater Cedar Rapids Housing & Building Association, GCRHBA, presents the Fall Parade of Homes, showcasing the exceptional work and quality craftsmanship of area top builders and subcontractors. For more than 20 years, the GCRHBA has held the Fall Parade of Homes as a way to bring builders, subcontractors, Realtors and potential buyers together.

This year all homes are available to tour virtually from the comfort of your own home with many able to be viewed in-person also. To tour the homes virtually, you can view them online beginning September 25 at gcrhba.org. For those viewing homes in-person the cost is \$10 available at any open parade home. Discounted tickets are available at any local Casey's General Stores for \$9. Children 12 & Under FREE. Take a look at the homes listed to see which ones are open!

This year's event showcases 22 homes including one remodeled home. The parade will feature houses in a variety of neighborhoods with a wide range of price points, a variety of floor plans, home designs, and products with the latest in green technology. This is a great way to give the community an opportunity to take an up-close look at the newest advancements in home building techniques.

"It's a great opportunity for our members to showcase not only what they can do, but who they are," said Executive Officer, Melissa Olson.

Building a home involves many companies working together to provide a quality, efficient and affordable home that the buyer will love. Choosing the right

companies to work with can be daunting. This cooperation between the GCRHBA and the builders and subcontractors ensures that you find the right builders for you. The association provides networking and offers connections for building professionals to work together to provide quality, efficient, affordable structures for the Cedar Rapids area, as well as a directory for the public to find qualified businesses for building and remodeling projects. Anyone looking for a local professional to perform painting, plumbing, electrical work, lawn care or a myriad of other projects, all the way up to constructing a home or commercial building, can peruse the directory on the GCRHBA's website, at www.gcrhba.org.

Olson says by connecting the various businesses involved in construction projects, along with the associates, the entire community is strengthened. "We encourage members to use companies that are supporting their industry," she said.

If you think a new home or remodel may be in your future, tour the Fall Parade of Homes and find the right builder for you!

Thank you to this year's Fall Parade of Homes sponsors, Hills Bank and Trust Company, Ferguson Bath, Kitchen & Lighting Gallery and MidAmerican Energy Company. Thank you to all of the participating members.

Learn more at: www.gcrhba.org or call 319.395.0778. Visit gcrhba.org for more information and to sign up for a chance to win a \$100 Visa gift card.

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Additional listing available Virtually

Open



1505 3rd Street SW, Mount Vernon
\$349,900- Listed with Skogman Realty
2565 sq. ft., 3 beds, 3 baths. Vaulted Great Room w/ Gas Fireplace & Stone Surround, Quartz Tops Kitchen & all Baths, Pantry & Breakfast Bar, Spacious Master Suite w/ Walk-in Closet, Dual Vanity Sinks w/ Custom Tile Shower, Oak/Tile Floors, Daylight Windows LL with Large Family Rm. E-Star 3.1 Certified & other Energy/Cost Saving & Green Features.

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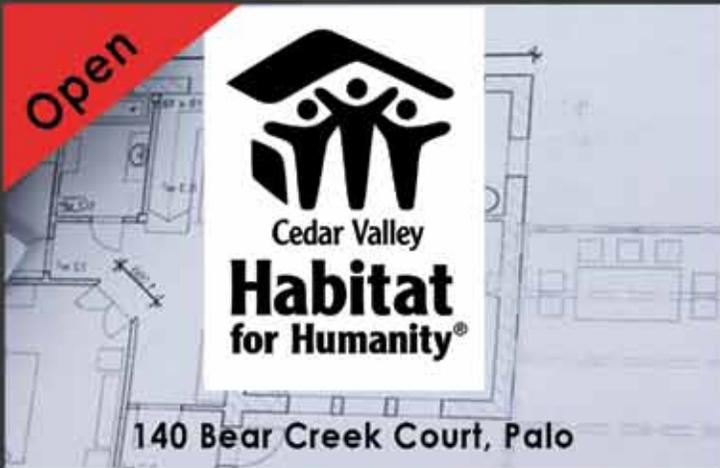
2903 Belle Street SW, Cedar Rapids
\$349,970 - Listed with Skogman Realty
2614 sq. ft., 4 beds, 3 1/2 baths, daylight LL windows, LL finished. Extra deep garage, decorative steel insulated 8 garage doors. Engineered wood floors in kitchen/dining. Upgraded LED lighting, upgraded oil rubber bronze faucets, door handles. Close and easy access to HWY 100, HWY 30 and I-380.



2900 Belle Street SW, Cedar Rapids
\$349,970 – Listed with Skogman Realty
 2614 sq. ft. 3 beds, 3 1/2 baths, daylight LL windows, LL finished. Extra deep garage, decorative steel insulated 8' garage door. Engineered wood floors in kitchen/dining. Upgraded LED lighting, upgraded black faucets, oil rubbed bronze door handles and lighting.



3081 Brimley Pass, Robins
 2,840 sq. ft. 5 beds, 3 baths, 3 stall garage. Open floor plan. Large living room w/ floor-to-ceiling stone fireplace. 9' kitchen island. Master bath w/ tiled shower surround, opens to large walk-in closet, exits into laundry room. Drop zone and laundry off garage. LL boasts day light windows, wet bar and home office.



140 Bear Creek Court, Palo



Remodel
145 Skyview Avenue, Fairfax



1969 Bowstring Drive, Marion \$311,000
 1342 sq. ft. 2 beds, 2 baths. Open concept entryway, tall ceilings, hard surface counter tops, upgraded cabinets, white trim, & hardwood flooring. LL could be finished prior to close. Skogman Homes 10-year limited warranty.



799 Flight Drive, Marion \$366,000
 Move in ready! 1660 sq. ft. 3 beds, 2 baths. 9' ceilings, engineered hardwood floor, custom cabinetry, quartz countertops, designer light fixtures, stone fireplace. Overlooks Bowman Meadows. Close to trails, dining, and downtown Marion shopping. Unfinished LL with capacity for 2 additional beds, large rec. room & 3rd bath. Skogman Homes 10-year limited warranty. Final price TBD on final selections.



509 Grey Slate Drive SW, Cedar Rapids
\$369,000
 1778 sq. ft. 2 story, 3 beds and 2 1/2 baths. Open concept, great room with gas fireplace, deck off dining area, spacious kitchen & oversized walk-in pantry. 3-car garage. HERS (Home Energy Ratings Score) tested & exceeds HERS Standards. 10-year warranty. Final price TBD on final selections.



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Fall Home Maintenance Tips

Fall is here and the cold is just around the corner. Now is the time to make sure your home is ready for winter. Here are five tips to get you started.

1. Clean the gutters. Gutters fill with debris like leaves and can start to fill up easily blocking water from running down the gutters properly. Make sure to clean them before the snow starts to fly so the melting snow doesn't pile on your roof, weigh down your gutters or leak water into your home.

2. Check your home for drafty windows and doors. Your home can lose a lot of heat through gaps in your doors or windows. Usually due to old weatherstripping. To check for a draft issue, close the door or window on a piece of paper and if the paper slides easily, it is time to replace your weatherstripping. You may consider putting plastic around your windows as well for an extra barrier.

3. Drain any outdoor faucets and take off and store away any hoses to prevent water freezing in the pipes, expanding and splitting the pipes.

4. Change your furnace filters, clean your vents, replace the batteries in your thermostat, and make sure your heating system is working properly. This is a good time to check your smoke and carbon monoxide detectors as well.

5. Store away summer and get out winter. Bring in lawn furniture and outdoor décor along with any summer activities and sports gear. It's time to break out the snow sleds, winter toys and holiday décor.



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BBB Tips to Avoid Scams

There are thousands of new scams and it's challenging to keep up with all of them --we know, we try!

1. Don't send funds by a gift card or wire transfer to someone you have never met. Wire transfer, money gram, a prepaid debit card, or gift card, cannot be traced and are like cash. You may lose money and not receive a promised product or service.

2. Avoid clicking on links or opening attachments in unsolicited emails. Links, if clicked, will download malware onto your device allowing cyberthieves to steal your identity. Be cautious with an email that looks familiar; it could be fake.

3. Don't believe everything you see. Scammers are great at mimicking official seals, fonts and other details. Just because a website or email looks official does not mean it is. Caller ID is commonly faked.

4. Double check your online purchase is secure. Look for the "https" in the URL (the s is for "secure") and lock icon. Check the company at BBB.org. Read reviews so you are not buying cheap or counterfeit goods. Use a credit card for online purchases.

5. Use extreme caution when dealing with anyone you've met online. Scammers use dating websites, social media or other means to reach targets. They might quickly feel like a friend or romantic partner, all part of the con.

6. Never share personally identifiable information with someone contacting you unsolicited, over the phone, by email, on social media or at your door. This includes banking/credit card information, birth date and Social Security or insurance numbers.

7. Resist the pressure to act immediately. Scammers typically try to make you think something is scarce or a limited time offer and push victims to make immediate decisions.

8. Use secure and traceable transactions. Don't pay by wire transfer, money card, gift card, or other non-traditional method (see above). Avoid high upfront payments, overpayments and cash only handshake deals. Read and understand all contracts.

9. Whenever possible, work with local businesses. Ask for proper identification, licensing, and insurance, especially contractors or anyone dealing with your money or sensitive information. Review Business Profiles at BBB.org.

10. Be careful about what you share on social media. Consider connecting only with people you know. Check privacy settings as imposters often get information online to make themselves sound like a friend or family member. Regularly update passwords.



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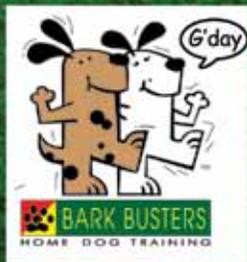


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Sept. Pet Events

September 2-6, 2021 Amana Colonies Cluster Dog Show

Amana RV Park & Event Center
3850 C St, Amana
Watch as hundreds of beautiful dogs strut their stuff to win top prize. Contact the park for camping reservations.

September 19, 2021 Barks n' Bubbles Fall Car Wash

Fundraiser for Dogs Forever
11 AM – 2 PM
Canine Corner and Cats Too
1201-8thSt NW, Cedar Rapids

September 26th, 2021 4th annual Doggie Health & Vendor Fair!

Noon to 3pm at Thornberry Off-Leash Dog Park
Free to Attend
Raffle
Door prizes
Activities for kids and adults
Free goody bags to first 50 attendees

Vendors will be providing helpful information about their services, selling their products and answering any questions about dogs and pets.



2021 Dog Paddle at City Park Pool

Sunday, Sept. 12
12-2 p.m.
OR 3-5 p.m.
200 Park Rd, Iowa City

Take your pups for a swim before the pool closes for the season!

Registration
\$10 before Sept. 6 | Register through the events page at fact.org
\$15 at the door | Cash, check, Venmo and credit card accepted
Price is per fam with up to 2 dogs allowed on each fam.

Rules

- Dogs must have proof of current Rabies vaccination.
- Dogs must be friendly with humans and other dogs.
- Dogs must be in good general health.
- No human swimming or wading allowed.
- No children under 12 permitted in pool area.

Avoid the long lines and save \$8 when you reg. later early!

All proceeds benefit the animals of the Iowa City Animal Care and Adoption Center

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319.286.5908
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Fur Fun Rescue

229 Badger Rd, Lisbon
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Last Hope Animal Rescue

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319.200.4880 - www.adopthope.org

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Walk Your Dog - Area Dog Parks

Cheyenne Off-Leash Park

1650 Cedar Bend Lane SW, CR

K9 Acres at Squaw Creek Park

5200 Golf Course Rd, Marion

Thornberry Off-Leash Dog Park

1867 Foster Rd, Iowa City



September is Happy Cat Month – Here a Few Tips for Keeping Your Cat Happy

- 1. Toys! Cats need toys, too;** and they don't need to be expensive, store bought toys. An empty box to hide in and wad of paper to bat around the floor will do.
- 2. Build your cat a tower with scratch post.** With just a few 2x4's, some scrap carpet and a little imagination, you can build your own cat tower. Fun for climbing and lounging on.
- 3. Visit the Vet.** Remember that our feline friends have little bugs we may not see. Ear mites, flees, and ticks are more than an annoyance to your furry-friend, and they will forever be thankful for a treatment. Vet visits can also catch any other health issues your cat may have.
- 4. Go for a walk.** Yes, cats can go for walks and they do enjoy it. With a harness and leash, you and your cat can explore the outdoors and get some fresh air.
- 5. Get your cat a friend.** It's always more fun to have a friend to play with. Especially if your cat is home alone often. Your cat will be happy for the companionship.



Avocado Four Ways

September 16th is National Guacamole Day! Yep - we have a recipe for you!

Eggs Up in an Avocado

Ingredients:

- 2 avocados, ripened
- 4 medium eggs
- 1/4 cup of tomato, diced
- 1/4 cup of spinach
- 1/4 cup of cheddar cheese, shredded
- 1/4 cup of mozzarella cheese, shredded
- 1/4 cup of red bell pepper, diced
- 1/4 cup of chives, chopped
- 1/4 cup of onion, diced
- 1/4 cup of bacon, cooked and crumbled
- 1 teaspoon pepper
- 1 teaspoon salt

Directions:

1. Preheat the oven to 425°F
2. Cut the avocados in half and carefully remove the pits.
3. Scoop about 3 tablespoons from the middle of each avocado half.
4. Place the avocado halves on a cookie sheet.
5. Crack an egg into the hole of each

avocado half.

6. Add your favorite toppings. (Our top 3 favorite combinations are tomato, spinach, and mozzarella; red bell pepper, onion, and sausage; bacon, cheddar, and chives.)

7. Salt and pepper to taste.

8. Bake for 15 minutes.

Avocado Toast

Ingredients:

- 1 tablespoon butter
- 1 slice of your favorite bread, toasted
- 1/2 ripened avocado, sliced
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon lemon juice
- 1 teaspoon sesame seeds

Directions:

1. Toast bread.
2. Spread butter on toast evenly.
3. Spread the avocado on the toast.
4. Add salt, pepper, and sesame seeds.
5. Serve right away and enjoy!

Avocado Chocolate Frosting

Ingredients:

- 1 avocado, ripened
- 3/4 cup cocoa powder
- 1/4 cup maple syrup
- 1/4 cup confectioners sugar
- 1/2 cup chocolate chips

Directions:

1. Add the first 4 ingredients to the food processor and pulse until combined.
2. Stir in the chocolate chips. You may need to scrape down the sides of the food processor and mix.
3. Refrigerate for one hour and apply to cake or cupcakes.

This frosting will fool your kids into thinking they are having a sweet treat! YUM!



Guacamole

Ingredients:

- 3 avocados
- 1 small onion, sliced and diced into small pieces
- 1 jalapeno pepper, remove seeds and dice small (Use a ghost pepper if you like it HOT)
- 3 tomatoes, diced
- 3 garlic cloves, minced
- 1/2 cup fresh cilantro, chopped
- 2 limes, juiced
- 2 teaspoons sea salt
- 2 teaspoons pepper

Directions:

1. Cut the avocados in half and carefully remove the pits. With a spoon, scoop out the inside and add to a mixing bowl.
2. With a fork, mash the avocado. If you like it smooth, mash until smooth. We like it thick, so we only mash a little.
3. Add the remaining ingredients. With a spoon, combine them all together. Serve in a bowl and add your favorite tortilla chips for a delicious snack!



Make a S'mores Buffet

Back-to-school is here but summer doesn't have to be over yet. Surprise your family with some ooey-goey delicious fun! Here are some of our s'more buffet favorites.

Instead of plain graham crackers, try:

- Chocolate covered mint cookies
- Striped fudge cookies
- Cinnamon graham crackers
- Chocolate graham crackers
- Chocolate chip cookies

Instead of milk chocolate, try:

- Caramel or creme-filled chocolate squares
- Peanut butter cups • Dark chocolate
- White chocolate • Miniature candy bars
- Hazelnut spread • Chocolate frosting

Get outrageous by adding "extras" in the middle of your s'more:

- Strawberries, bananas, or other fruits
- Coarse sea salt • Caramel candy • Peanut butter

How about a s'mores cone?

Try making s'mores in an ice cream cone! Put your favorite chocolate, marshmallows, and other toppings inside a sugar cone, wrap it tightly in foil, and carefully set it on the edge of your campfire (in a warm spot away from direct flames). Let it sit for a few minutes so the chocolate and marshmallow melt. Remove from the fire, unwrap, let cool and enjoy! No matter what combination you choose, or how toasty you like your marshmallow, s'mores are a great way to make memories with your family and friends around the campfire.



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

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 Senior Living Communities.



The Views of Marion - 319-390-8439

The Views of Cedar Rapids - 319-294-9669

Corridor

FARMERS MARKETS



September 5, 12, 19 & 26, 2021

10am-1pm

Hiawatha Farmers Market

Guthridge Park – N 10th Ave & Lyndhurst Dr,
Hiawatha

**September 1, 3, 6, 8, 10, 13,
15, 17 & 20, 2021**

3:30-5:30pm

Noelridge Farmers Market

Noelridge Park
4900 Council St, Cedar Rapids

**September 4, 18 &
October 2, 2021**

7:30am-Noon

Cedar Rapids Downtown Farmers Market

September 4, 11, 18 & 25, 2021

8:00 AM to 11:00 AM

Taube Park- 2200 S 31st Street, Marion

The Marion Farmers' Market offers a variety of locally grown produce, fresh baked goods, flowers, homemade crafts, and much more.

Saturday, September 25, 2021

8:00am – 1:00pm

Uptown Marion Market & Fall Fest

1175 8th Avenue, Marion
(NEW TEMP LOCATION)

Held in Uptown, the Uptown Fall Market offers fresh fall produce, baked goods, flowers, Iowa wines, and a wide variety of artisan items – all from local vendors. Grab a bite to eat and enjoy live entertainment from some of the areas finest musicians. This year's Fall Market will be held in conjunction with Marion Fall Fest.

September 9, 16, 23 & 30, 2021

4:00PM-6:00PM

Mt Vernon Farmers Market

First Street Community Center
221 1st Street NE, Mt Vernon



American Heart Association.

Healthy for Good™

KEEP IT FRESH

Stretch your produce and dollars by knowing how to store fresh fruits and vegetables. The American Heart Association recommends 2 cups of fruit and 2.5 cups of vegetables per day.

Generally:

Fridge temperature should be at 40° F or below. Always refrigerate cut or peeled produce. Store vegetables and fruits separately. Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce, as they can affect how quickly other items ripen and rot.

Pantry

Pack away in a cool, dark place like your pantry or cellar:

GARLIC, ONIONS & SHALLOTS

HARD SQUASH

(Winter, Acorn, Spaghetti, Butternut)

SWEET POTATOES,

POTATOES, & YAMS

WATERMELON

Countertop

Store loose and away from sunlight, heat and moisture:

BANANAS

CITRUS FRUIT

Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.

STONE FRUIT

Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.

TOMATOES

Refrigerator

Store in plastic bags with holes in your produce drawer, unless noted:

APPLES & PEARS

BEETS & TURNIPS

Remove greens and keep loose in the crisper drawer.

BERRIES, CHERRIES & GRAPES

Keep dry in covered containers or plastic bags.

BROCCOLI & CAULIFLOWER

CARROTS & PARSNIPS

Remove greens.

CELERY

CORN

Store inside their husks.

CUCUMBERS,

EGGPLANT & PEPPERS

Store on the upper shelf, which is the warmer part of the fridge.

FRESH HERBS

Except basil. Keep basil stems moist and wrap loosely in plastic.

GREEN BEANS

LETTUCE & LEAFY GREENS

Wash, spin or pat dry, wrap loosely in a dish towel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.

MELON

MUSHROOMS

Keep dry and unwashed in store container or paper bag.

PEAS

ZUCCHINI &

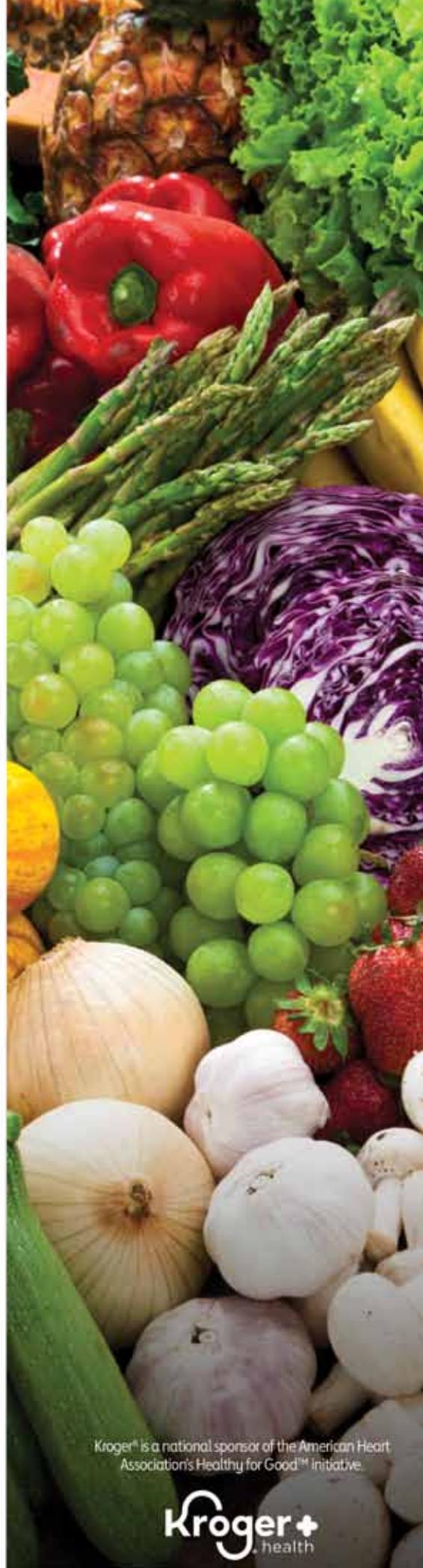
SUMMER/YELLOW SQUASH

Learn more at heart.org/HealthyForGood

EAT SMART MOVE MORE BE WELL

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How to Cook Healthier at Home

When you prepare and cook meals at home, 1) you're in control of what you and your family are eating, 2) you can get inventive and inspired with your culinary creations, and 3) you save money.

Pretty much a no-brainer. So let's bring cooking back to life!

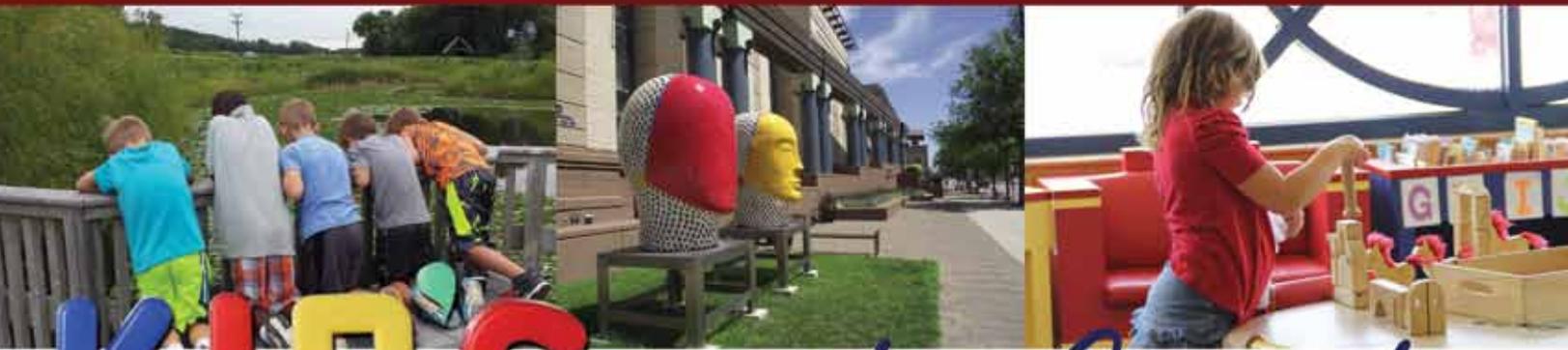
You don't have to be an experienced cook to prepare something everyone will love. Anyone can learn to cook healthy – yes, even you.

Here are our top ten tips to get you started cooking healthy at home:

- Get inspired by healthy cookbooks, cooking shows and blogs, and try new recipes that will “wow” your family.
- Choose healthier meats and proteins, like chicken, fish and beans.
- Add color to your meals with fruits and vegetables. Sneak 'em in if you have to. And they all count! Fresh, frozen, canned and dried are all good choices, just watch out for excess salt and added sugars.
- Make healthy substitutions when you can. Take baby

steps over time to replace less-healthy ingredients in your family favorites.

- Break up with sneaky salt and learn new ways to give food great flavor, including herbs, spices and other seasonings.
- Start a new love affair with salad. No, not the lame two-ingredient kind you may have grown up with... The amazing, colorful, hearty salad that can stand on its own as a main entrée.
- Upgrade your fats. Use healthy vegetable oils instead of butter, lard and tropical oils.
- Give your pantry a makeover! If your cabinets, fridge and freezer are well-stocked with the right staple ingredients, it will be easier to make healthy meals.
- Learn new cooking methods and techniques. Brush up your skills with our videos and how-to articles, or take a cooking class with friends.
- Relax! Have fun in the kitchen and don't take it all so seriously. We've all had our cooking fails and lived to tell. So take a deep breath, step away from the takeout menu and give it a try!



KIDS in the Corridor

Bloom
MOMS NIGHT OUT
EAT • DRINK • SHOP • LEARN FROM LOCAL WELLNESS PROFESSIONALS

CEEDAS RAPIDS HOME

SEPTEMBER 9, 2021 AT 6 PM – 9 PM
5th Annual Bloom Moms Night! This event is for Cedar Rapids area moms and moms-to-be!

This fun night out will feature informational and vendor tables from fantastic local businesses, a panel discussion with local wellness and parenting experts, delicious food, amazing swag, and a chance to meet other mamas!

Whether you come solo or with a group of friends, this event will be sure to leave you feeling refreshed and ready to tackle this motherhood thing!

GENERAL ADMISSION: \$25 - Includes admission to the event, delicious food, 1 glass of wine or mocktail, super cute bag full of swag, plus 5 raffle tickets for giveaways.

VIP ADMISSION: \$35 - Everything included in the General Admission ticket + exclusive swag, and 15 raffle tickets for giveaways. {Only 35 Tickets Available} This event SOLD OUT last year, so share with your girlfriends and be sure to get your tickets!!

IOWA SUMMERFEST 2021

Mayor Bruce Teague Pastor Tommy Roberts Jeanie Puppets

Becki Nichols Pastor Frederick O'Newell

September 11th at the Johnson County Fairgrounds from 11 am to 5 pm

Free Food, Family Fun, & Prizes

It's time for a Festival! With FREE FOOD and plenty of PRIZES to GIVE AWAY. After the stressful events of this past year, we all need some time to unwind and enjoy some festivities with our families. But we also need time to reflect, give thanks, and honor the sacrifices that the military personnel and first responders of our community have made along with their families. And we will also be honoring the sacrifices that were made by the brave Americans that ran into danger 20 years ago to respond to the heinous attacks on the United States that occurred on September 11th, 2001. For more information please go to lifepointecfc.com.

HyVee
275 Center Rd NE, Cedar Rapids IA

Kid N Canvas
Sept. 25, 10:00 am
For kids about 8 - 16 years old

\$20 per painter (only 1 painter per course), including all your painting supplies and a 12x12 canvas, for ages 8 - 16.

Why not take the time to play with while the kids are painting. Class is about 1 to 1.5 hr long.

YOU ROCK

Purchase online to get your ticket:
www.KidNCanvasIowa.com

Annually, Cedar Rapids HyVee
888-829-8888 cedar@cedar.hyvee.com www.KidNCanvasIowa.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

www.marionpubliclibrary.org
www.crlibrary.org
www.icpl.org
www.coralvillepubliclibrary.org
www.ely.liab.ia.us

Explore the Corridor

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.



Saturday, September 25, 2021

Fall Market

8:00am – 1:00pm

1175 8th Avenue, Marion (NEW TEMP LOCATION)

The Uptown Fall Market offers fresh fall produce, baked goods, flowers, Iowa wines, and a wide variety of artisan items – all from local vendors. Grab a bite to eat and enjoy live entertainment from some of the area's finest musicians. This year's Fall Market will be held in conjunction with Marion Fall Fest.

Friday, October 1, 2021

Chocolate Week

What could be more delightful than shopping and chocolate? Adding a fall night in Uptown Marion! Enjoy

strolling historic Uptown Marion at this after hours, adult-only shopping event. Visit your favorite stores, discover what's new just around the corner and savor a sweet treat from participating businesses.



28th Annual Swamp Fox Festival & Parade

DATE TBD

Join in the celebration of Marion's heritage with a variety of events that will take place in and around City Square Park including the Fall Marion Market, Swamp Fox 5K, a pancake breakfast, and the ever-popular Swamp Fox Parade. The fun moves to Lowe Park on Saturday evening for live music at the amphitheater, food, bingo, kid's activities and a grand fireworks finale. Find more info at www.cityofmarion.org/swampfox.



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TO SCHEDULE A TOUR!

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Venture to Mt. Vernon & Lisbon



See the beautiful fall colors on your way to historic Mount Vernon, just 15 miles east of Cedar Rapids and 20 miles north of Iowa City. Mt. Vernon boasts a vibrant uptown business community with numerous antique and specialty stores, restaurants, coffee houses, and commercial art galleries. Home to three National Historic Districts including the entire campus of Cornell College, Ash Park residential neighborhood and the majority of Uptown retail district. Just a short drive further, visit Lisbon and 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. Visit www.visitmvl.com for more information about the community and events.



September 9, 16, 23 & 30, 2021
4:00PM-6:00PM

Mt Vernon Farmers Market
First Street Community Center
221 1st Street NE, Mt Vernon



SEPTEMBER 18, 2021
15th Annual Lincoln Highway Arts Festival
9AM-4PM

Free

The festival is a vibrant one-day celebration of creativity that draws over 50 artists, entertainers, and artisans from all across the Midwest along with thousands of enthusiastic patrons. The festival will include artist booths, kid's activities, live music, and more.

100 First Street, Mount Vernon



October 2, 2021
Annual Mount Vernon Chili Cook-Off 2021
4:00 pm - 7:00 pm

The event features 25 four-person teams competing for cash prizes totaling \$400 and bragging rights. The cooking will take place from noon to 4 p.m. Then the public is invited to the tasting portion of the event from 4 to 7 p.m.

- Open to the public and admission is free.
- Biodegradable sample chili cups are available for \$1 each, or a 25-sample punch card for \$20.
- Beer, soda, and other beverages will also be available for purchase.



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\$45 ONE LOW PRICE

ANOTHER GREAT CONCERT LINEUP FOR THE 2021-2022 SEASON!
Members get five live concerts for one low price—all five shows for just \$45 (general seating) in Cedar Rapids. Plus, attend five additional Metro Community Concerts at the Gallagher-Bluedorn in Cedar Falls at no additional cost.

That's **10** live concerts **all** for one low price.

ACT NOW AND SAVE! Early bird membership ends July 31, 2021.

Membership cards will be mailed 2 weeks before the first concert.



2:30 p.m. | Sunday, October 3, 2021
FOLK LEGACY TRIO

The Folk Legacy Trio sings the songs of the great folk era from the '30s through the mid-'70s, including songs from The Weavers, The Kingston Trio, The Lovellites, Peter Paul & Mary, The New Christy Minstrels, The Brothers Four, The Chad Mitchell Trio, Sam Phillips, Judy Collins, Joan Baez. The Folk Legacy Trio are George Jones, formerly with the Kingston Trio, Rick Dougherty, former member of the Lovellites and Kingston Trio and Jerry Suggs, former lead singer of the legendary duo-pop group, The Grassroots.



7:30 p.m. | Monday, November 1, 2021
BEN GULLEY

Ben Gulley is an American operatic tenor whose career includes lead roles in Mozart's *Figaro*, *Aida* and Berlioz's *Les Troyens* and more. The program takes the audience on a musical journey featuring baritone selections from Broadway, classical and American genres. David Foster, Grammy Award Winning Producer/Artist and Multi-Platinum Recording Artist says Gulley is "...and generation of music superstar!"



5:30 & 7:30 p.m. | Tuesday, March 8, 2022
CORRIDOR JAZZ PROJECT

The area's top high school jazz bands unite in the only joint concert of the year! The Corridor Jazz Project pairs each band with an adult professional, and they record together for the annual Corridor Jazz Project CD. This year, the CD release party returns to the Community Concerts! You'll hear the top jazz bands from Cedar Rapids, Marion, Iowa City, and surrounding communities, divided between 5:30 and 7:30 sessions. Choose the performance that features your favorite school, or come to both shows and see them all!



7:30 p.m. | Wednesday, November 10, 2021
JANOSKA ENSEMBLE

These art lovers on location, and the music of the three brothers from Bratislava (Slovakia), Frantisek and Roman Janoska and their Kuznetsov brother-in-law Julius Danovs proved that in remarkable fashion their musical creations happily harmonize or rather fully contrast their classical faith with the music of other genres - from jazz and Latin to pop music. Janoska Triple is far more than just a "trio", it is "music to be heard" - you have to listen to it and feel it live.



7:30 p.m. | Tuesday, April 5, 2022
MELISSA MANCHESTER

Grammy-winning, Academy Award-nominated, multi-platinum singer/songwriter. Let's hear it for the best! More than 25 years after Melissa Manchester released *Tribute*, her 1989 album that honored the great female singers who influenced her, she turns the tables with *The Ladies*, a radiant excursion to the era, including Frank Sinatra, Billie Holiday, Tony Bennett and Dean Martin, and the iconic songs they made famous. Worked with Marvin Hamlisch, Kenny Loggins and Barry Manilow.



BRING A FRIEND AND ENJOY!

Explore the Corridor

Step into the Amana Colonies

Fall is a beautiful time to explore the Amana Colonies. The vibrant colors of fall leaves collide with the authentic German architecture and ambiance that has been created by ancestors and preserved still today. 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.

September 5, 2021 **IOWA CRAFT BEER BASH**

1:00 PM - 5:00 PM 21+ event

Tickets are on sale now at Millstream Brewing Co. You get an Iowa Beer Bash souvenir glass, four hours of unlimited tastings from 50+ best breweries in Iowa, music by the Surf Zombies and more. Buck Creek Distributing will host the event at Millstream Brewing Co., 835 48th Avenue.

VIP Admission: \$70 (12 pm – 5 pm)

General Admission: \$45 (1 pm – 5 pm)

Designated Driver: \$5

VIP passes include one-hour of early admission and VIP tastings from the Millstream Brewing Co. barrel room.

A portion of the proceeds from this event will go to the Iowa Children's Cancer Connection and the Iowa Brewers Guild.

September 10, 2021 **ANNUAL HARVEST DINNER FUNDRAISER**

5:30 PM - 9:00 PM

Price Creek Event Center
4709 220th Trail, Amana

Doors open at 5:30pm with dinner at 7:00. Raffle and silent auction winners will be announced after dinner. A raffle ticket for \$100 enters you into a drawing for Amana Society, Inc. gift certificates and includes two dinners. If you don't want to enter the raffle, dinner tickets are \$35. Raffle and dinner tickets can be purchased online at www.amanacolonies.com, emailing amanaheritage@southslope.net, or calling 319.622.3567.

September 18, 2021 **APFELFEST (APPLE FEST)**

10:00 AM - 10:00 PM

It's time to celebrate all things apple (and some things that aren't). Take the Apfelfest Sampling Stroll. You'll find apple treats, apple gifts, and apple desserts at many of

the businesses. Then when you've finished turn in your brochure and be entered into a drawing for a \$100 gift certificate. Of course, a local orchard will be on hand to sell you fresh apples to take home.

A culinary highlight of Apfelfest is the Amana Meat Shop's Apple Gouda Brats. You can purchase some to take home or head to the brewery where they'll be on the grill. Wash them down with a little Millstream beer or root beer and listen to the music.

Several restaurants will feature apple dishes. The most popular apple item on the menu has to be a great piece of German-style apple strudel. How about a crisp caramel apple? It's an American Classic and the Chocolate Haus is just one place you'll find that treat and they hand-dip them every day.

September 19th we will revive a German tradition with our Volksmarch in the Homestead timber. From 11am to 2pm join us as we walk the Nature Trail to the Iowa River and back. The Volksmarch is weather-dependent so if it is raining call ahead (319.622.7622).

September 25 & 26, 2021 **A TASTE OF THE COLONIES**

11:00 AM - 4:00 PM

Give your taste buds a treat as you walk through the Amana Colonies sampling foods and beverages along the way. Participating food and beverage businesses will have samples available for you to try as you explore the village. You'll also find some special entrees in our restaurants. Complete details at www.amanacolonies.com.



October 1-3, 2021 **OKTOBERFEST 2021**

10:00 AM - 11:59 PM
\$8.00 – \$15

Celebrate the 56th Anniversary of Oktoberfest in the Amana Colonies! Enjoy a keg tapping ceremony on Friday at the Festhalle along with German Music, Amana Brats, local wines, and beer. Saturday begins with a parade followed by the Oktoberfest Games and more beer, brats, and music. Sunday offers more music and fun and admission on Sunday is FREE. Complete details at www.amanacolonies.com.

Buy your ticket today and save!

- Single Day Pass – \$8 Presale or \$10 at the gate
- Weekend Pass – \$12 Presale or \$15 at the gate
- Sunday – FREE

Explore the Corridor

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.



September 17, 2021

BrewNost - Annual Beer Festival

NCSML is excited to announce the return of BrewNost on September 17, 2021, back in person and better than ever! BrewNost is the Midwest's premier international beer festival that supports the educational and cultural mission of the National Czech & Slovak Museum & Library. Join us for unlimited food and beverage from some of the area's finest restaurants, local breweries and distilleries. www.ncsml.org/ncsml-events/brewnost/ 1400 Inspiration PI SW, Cedar Rapids

VIP - \$125

- 5:30 p.m. BrewNost Happy Hour
- Unlimited Food and Beverage Offerings
- 2021 VIP BrewNost Glass
- Swag Bag
- Safe Ride Home within 20 miles of NCSML

General Admission - \$75

- 6:30 p.m. BrewNost Entry
- Unlimited Food and Beverage Offerings
- 2021 BrewNost Glass
- Safe Ride Home within 20 miles of NCSML

Designated Driver - \$50

- 6:30 p.m. BrewNost Entry
- Unlimited Food and Non-Alcoholic Beverage Offerings



Sep 12, 2021

10th Festival Latino of Cedar Rapids

11:00am - 5:00pm

McGrath Amphitheatre
475 1st St SW, Cedar Rapids

A celebration of Latin-American cultures and traditions. The Festival Latino de Cedar Rapids is a free family-friendly event. The festival will offer a variety of local Latin-American music acts, including a Latino band and local community performers and dancers. There will be ethnic foods for purchase, local business vendors and nonprofit organizations from around the community who will have the opportunity to display their services and products.



Corridor Restaurants

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Sun 9AM-7PM

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ARTS FOR AFRICA



Arts and Craft Fair

10:00 am-3:00 pm, Saturday, September 18, 2021
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.



PROCEEDS TO BENEFIT TUMAINI
SCHOOLS IN TANZANIA



September

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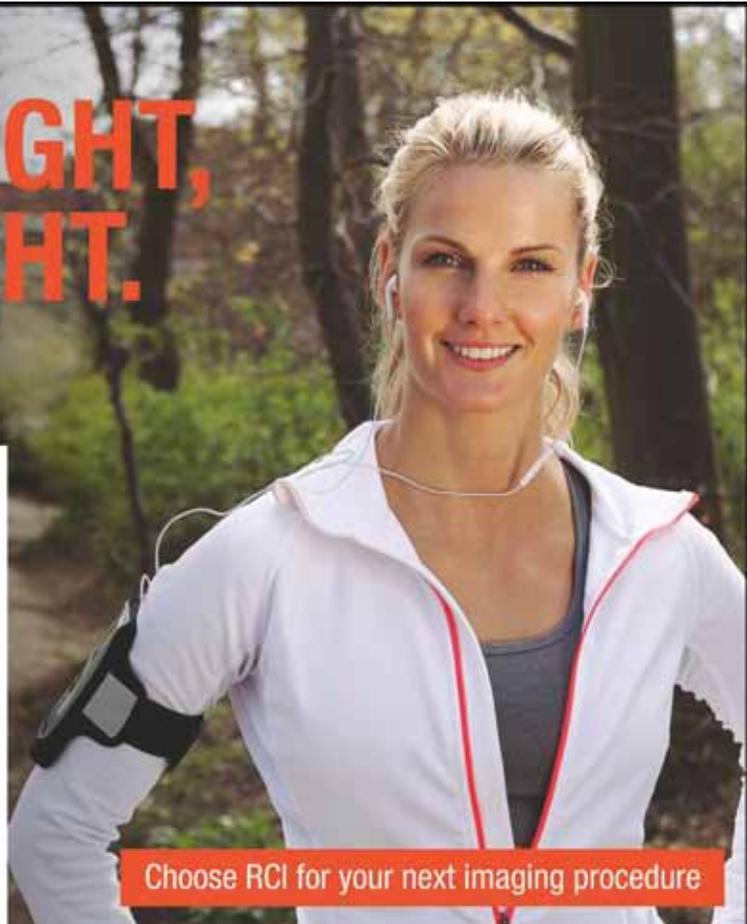
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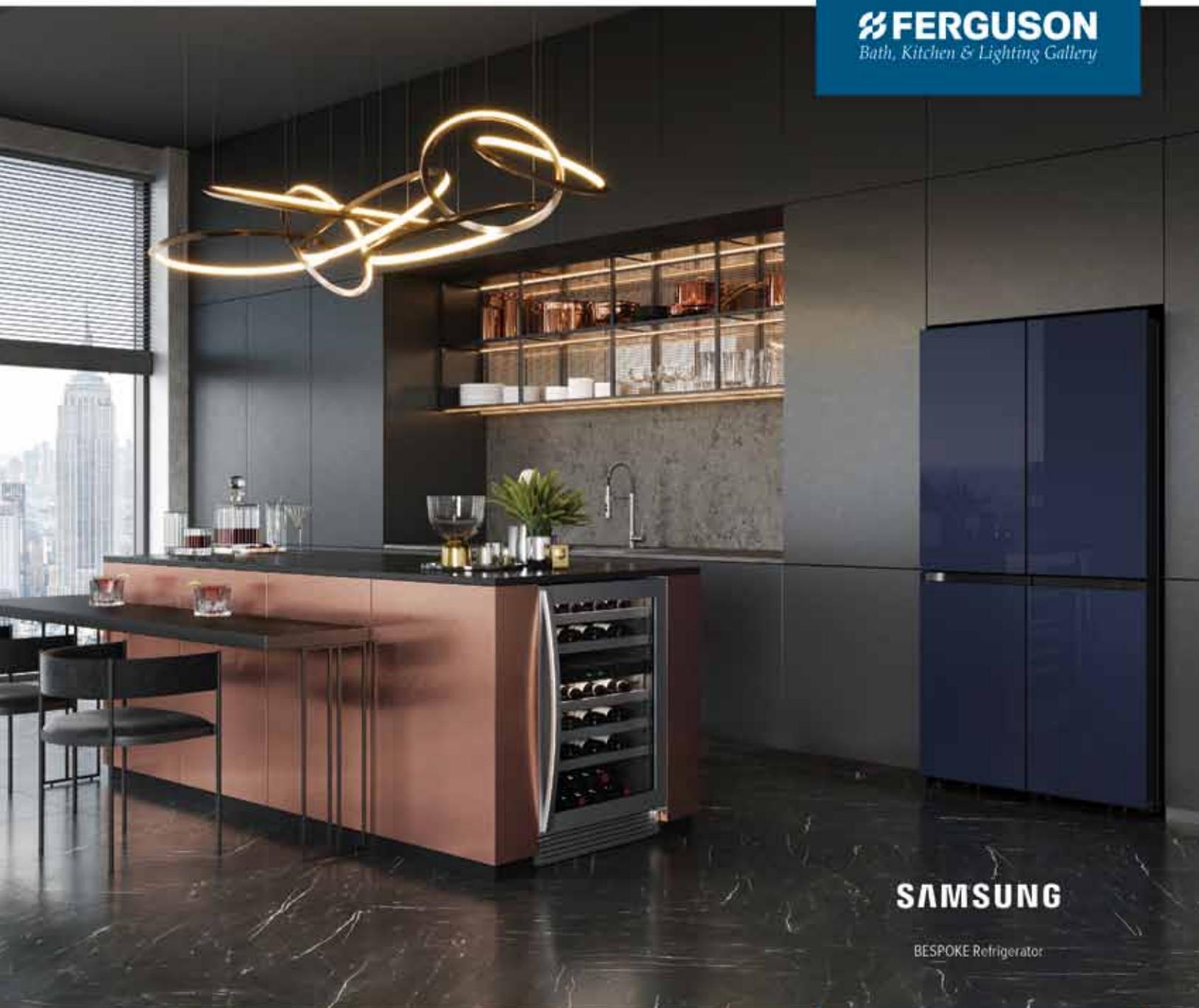
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