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STAY SAFE AROUND THE POOL AND SPA

Warm weather often leads to more time spent outdoors. For homeowners lucky to have a backyard pool, hot tub or community water amenities, these spots can be great for relaxing, cooling off, exercising, or spending enjoyable times with family and friends.

While pools and spas are ideal spots for family fun, they're not without their dangers. The American Red Cross warns that 69 percent of young children who drown were not expected to be in or near water. The Centers for Disease Control and Prevention advises that drowning is the leading cause of injury-related death among children between the ages of one and four. However, anyone can drown or suffer a water-related injury — even people who are strong swimmers. Let's dive deep into pool-related dangers and how to avoid them.

Pool chemical injuries

Pools and spas need to be sanitized for safe use. Mishandling pool chemicals can cause serious injuries and leads to roughly 4,500 emergency room visits in the United States each year, says the CDC. More than one-third of these preventable injuries affect children or teens. All product instructions should be followed carefully. Chemicals should be stored out of reach of children or pets. Ample time should be left between adding chemicals and swimmers returning to the water.

Stay away from drains

Children and adults should not swim or hang around near drains or suction outlets in pools and spas. In addition, drain covers should be installed over all drains and returns. Hair, limbs, jewelry, bathing suits, and more can be sucked into these openings and cause serious injuries, according to PoolSafely.gov.

Supervision is key

Swimmers should not venture into the water without a buddy present and children should never be left unattended around the water. Homeowners can install safety fencing and self-latching gates around pools to prevent youngsters from wandering into the water. All items that can be used to climb fencing should be kept away from the pool. Consider putting locks on gates on fences around the perimeter of the yard. This way no one can wander into the yard and into the pool when homeowners are not home.

Dive safely

No one should ever dive into shallow water, advises Poolonomics. Water depth should be tested prior to any diving, and generally pools with depths of eight feet and up are considered safe for diving. Do not dive into inner tubes or into shallow ends or spas.

When jumping into the pool, try going feet-first or doing cannonballs. Avoid flips or positions that will result in landing flat on the back, which can injure the spine.

Teach kids to swim

Swimming knowledge can keep children more secure in the water. Basic competence of simple swimming strokes may help to avoid drowning. Relying on water wings or flotation devices that are not U.S. Coast Guard-approved life jackets can be risky. Summertime is pool and spa time. Safety is paramount around the water.

8 tips to make for a fun day at the water park

When summertime temperatures are hot and climbing, people look for ways to cool off. Trips to the beach or a pool often top the list of ideas, but water parks also make for great places to spend a hot summer day.

Water parks may be standalone facilities in town or components of larger amusement parks. They often feature a combination of wading pools, slides, lazy rivers, and splash zones to cater to visitors of all ages. Water parks can be great family fun for those who do their homework and prepare for visits accordingly. Certain tips can make the experience that much more enjoyable.

1. Pack light. Belongings can be tricky when it comes to water parks because most items cannot get wet. Leaving them beside rides also leaves you vulnerable to theft. Bring only the essentials and plan to stash car keys, mobile phones and minimal cash in lockers. Lockers in many modern facilities are paid for with your credit card and work by entering a self-generated code. This way there are no keys or locks to worry about.

2. Bring three bags. Bring a

backpack or a tote bag that is filled with a change of clothes. Unless you dry off for the last hour by walking around the park, you likely will not want to get in your vehicle in your swimsuit. Leave the clothes in the aforementioned locker. Stash a plastic shopping bag or garbage bag inside the backpack, as it can hold wet swimsuits and other damp items after you've changed. Bring a mesh or breathable shoulder bag that can hold a few essentials, like towels and water bottles. The mesh will enable air flow so that you don't end up with a sopping, mildew-riddled towel by the end of the day.

3. Wear comfortable swim gear. It's hard to get out of the sun at a water park, so covering up is key. A rash guard or swim shirt can be paired with swim trunks or one- or two-piece swimsuits. Avoid any swimsuits that have flimsy straps, as they're more likely to come undone while crashing through waves or during high speed water slide excursions.

4. Plan locker trips strategically. Aim to visit your locker at least two or three times if you're

spending a full day at the water park. This gives you chances to reapply sunscreen (which you should always wear at the park) and grab a few dollars for snacks and beverages. Remember to stay hydrated while out in the sun, even if you are in the water most of the time.

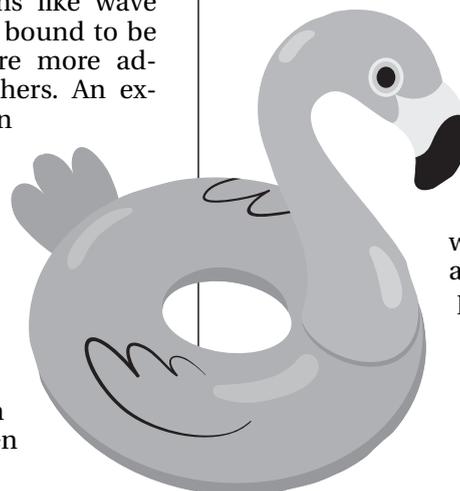
5. Utilize water shoes. Water park pavement can get hot and slippery. Water shoes are ideal so that you do not injure your feet. Many rides prohibit flip flops, but secured water shoes are allowed.

6. Arrive early. Try to get to the water park shortly after it opens. Crowds will be sizable on hot days. You don't want to waste all of your time waiting in line for rides. Plus, the earlier in the day you arrive, the less steamy and the greater chance you will find parking near the entrance.

7. If budget allows, rent a cabana. Some parks rent cabanas. A cabana can be a family's home base and a place to cool off and relax. For an extra cost, some cabanas come with food service.

8. Have extra adults on hand. When the kids outnumber the adults, it can be tricky keeping eyes on everyone, especially in larger attractions like wave pools. Plus, there's bound to be some kids who are more adventurous than others. An extra adult or two can wait with children who do not want to go on particular slides or other rides.

Water parks are entertaining ways to cool off on hot days. Following certain tips can make visits even more fun.





Unique family vacation ideas

Summer is the unofficial season of vacations, especially for families. School is not in session in summer, and kids' often busy schedules may grind to a halt in summer, when sports leagues, dance classes and other activities go on hiatus.

School closures and a largely empty obligation schedule makes summer a great time for families to go on vacation. Traditional vacation hotspots like adventure parks and resorts merit consideration, but the following are some unique family vacation ideas that can help parents and their children make lasting memories.

- **Ballpark tour:** For families that love baseball, a summer ballpark tour can be a truly unique experience. Whether families prefer Major League Baseball and its large ballparks or the more intimate settings at minor league stadiums, there's no shortage of options on a ballpark tour. Both MLB and minor league stadiums tend to be located in large or mid-size cities, which means there's plenty to do in between games as well.

- **Camper/RV trip:** A family vacation in a camper or RV is a cozy way for families to bond as they vacation at their own pace. National parks across the United States and Canada make for ideal places to visit when touring each country in a camper or RV. But there's really no limit to the experiences families can enjoy on self-driving trips when their beds are on board for the ride.

- **History road trip:** Historical landmarks dot the North Ameri-



can landscape, making a history road trip a fun way to hit the road and learn a little something along the way. American history buffs have no shortage of historic sites to see regardless of which region of the country they plan to visit or which period of history most intrigues them, from the Revolutionary War to the California Gold Rush to the American Civil War and more. Canadian history buffs can go all the way back to the days of the dinosaurs at the Dinosaur Provincial Park in Alberta or visit Nova Scotia to see the eighteenth century economic and military hub the Fortress of Louisbourg, which is the largest historical reconstruction in North America.

- **Urban tours:** One of the joys of visiting Europe is the chance

to travel from city to city without spending too much time in the car or on the train between stops. Though North America might be more spread out, families can still tour various urban locales in a single vacation. Parents can pick a region of the country (such as the northeastern United States) and then plan road trips that enable them to visit different cities in that area over the course of a week to two weeks. Make an effort to try the foods each city is known for and visit a local landmark, making sure to leave time to walk around so everyone can get a feel for what a day in each city is like.

Family vacations can be as unique as the individuals taking them.

Notable zoos in North America



Summer vacations from school may be cherished by youngsters. But parents are often scrambling to find ways to fill kids' days over the course of summer vacations.

Zoos are an educational and entertaining place for anyone to spend a summer day. And regardless of where families live, there's undoubtedly an awe-inspiring zoo within driving distance of home. The following are some of the many notable zoos in North America.

Los Angeles Zoo

Angelenos are undoubtedly familiar with the Los Angeles Zoo, which is home to more than 2,000 animals, including many endangered species. Individuals who are unfamiliar with the Los Angeles Zoo will likely be thrilled by the chance to fraternize with flamingos or traverse the botanical gardens where they can take in everything from orchid trees native to Hong Kong to palm trees that can be found in nearby Mexico.

Toronto Zoo

Canada's largest zoo is a wonderful place to spend a summer afternoon. The Toronto Zoo has more than 3,000 animals that represent more than 300 species. Seven zoogeographic regions make up this expansive zoo, which also features a seasonal zoo for kids where they can climb a tree house and greet beloved domestic animals like alpacas and goats.

Smithsonian National Zoo

Parents will love Smithsonian National Zoo for any number of reasons, perhaps none more than the free admission. More than 400 species of animals are represented at the Smithsonian National Zoo, which is located in the heart of the Rock Creek Park in Washington, D.C. Families who want to get a glimpse of what they'll get to see before visiting the zoo can access its animal webcams, which are live 24/7, at nationalzoo.si.edu.

Bronx Zoo

A New York City institution, the Bronx Zoo is the largest urban zoo in the United States. More than 700 species live in the Bronx Zoo, where visitors can do everything from watch bison graze to meet animals like penguins, cheetahs, porcupines and sloths. A bug carousel provides a perfect opportunity for kids to have a little fun while getting off their feet.

Columbus Zoo & Aquarium

If a zoo alone isn't enough, then families may want to visit the Columbus Zoo & Aquarium in Ohio. More than 11,000 animals live on the grounds, where visitors also can play 18 holes of golf, get some play time in at a water park and, of course, see animals like the Florida Manatee and Zebra Shark in the aquarium.

Zoos make for a great place to visit during summer vacations. Vacationers have no shortage of awe-inspiring zoos to visit across North America.



Key components of a **FUN PICNIC**

Dining al fresco is often associated with securing outdoor seating at a local restaurant. However, anyone can enjoy al fresco dining at home, in a park or even on the beach.

Picnics make it easy to enjoy a meal in an idyllic setting. Though there's no rules governing picnics other than those posted by local park officials, the following are some essential components of a fun picnic.

Food

The menu for a picnic need not be elaborate, but there's also room for foods that are a little more fancy than sandwiches. Sandwiches are still acceptable picnic fare, but those who want to expand their horizons can prepare cheeseboards, salads, fresh fruit, and other items that are easily prepared and packed in a picnic basket.

It's best to avoid hot foods, as they can be difficult to keep warm. Small grills might be allowed in certain parks, but it's best to keep in mind that others may not want to deal with smoke from burning coals. So individuals who plan to grill during a picnic should choose a remote spot that won't affect those around them.

Beverages

Cold beverages, including water, can ensure no one is overcome by heat. Individuals who want to bring alcohol should only do so on private property, as many local laws do not allow consumption of

alcoholic beverages in public spaces like parks and beaches. A cooler with cold beverages stored in ice can be a good idea if a lot of people will be attending the picnic.

Reusable containers

Reusable containers decrease the chances of creating litter. All it takes is one stiff wind for single-use, resealable plastic bags to blow away, and it's not always easy to track those bags down. Picnickers should aspire to take out everything that they take in, and reusable containers make that easier to accomplish.

Basket and tablecloth

A tablecloth does more than just set the scene for a picnic. Tablecloths collect crumbs and keep them off the ground, which can decrease the likelihood that uninvited guests like ants will join the festivities. Tablecloths also ensure utensils can be set out and put down without getting dirty.

Comfortable seating

Though it's entirely possible some guests will want to sit on the ground throughout the picnic, some comfortable seating can provide the perfect respite when the hard ground begins to feel a little less accommodating. Instruct guests to bring their own foldable lounge chairs, and don't forget to bring a picnic blanket or two so anyone who wants to nap can catch a few winks. When hosting a beach picnic, look for blankets that dry quickly. Some are even made of fabric that filters out sand to keep it off of food.

Miscellaneous items

Bug spray, sunscreen, a bluetooth speaker, biodegradable waste bags, some sports equipment and other items to keep adults and kids occupied, and even a portable fan to keep guests cool and repel mosquitoes are some additional must-haves for a fun picnic.

A picnic in the park or on the beach can be a great way to dine outside and relax in the summer sun.

CHICKEN FINGERS MAKE PICNICS FUN

Picnics are a fun way to bring people together to enjoy food and conversation. While there are no limitations to what a picnic may entail, when it comes to food, it may be best to pack items that are portable and do not require many accoutrements for eating. That is why finger foods make such great picnic fare.

Fried chicken long has been a popular picnic menu item, but other chicken dishes can fill in for this staple quite easily. For example, this recipe for "Sesame Chicken Fingers with Honey Dip" can be enjoyed by kids and adults on a picnic or even at casual events at home. This recipe, from "125 Best Chicken Recipes" (Robert Rose) by Rose Murray, features a sweet honey dip, but other dips can complement the meal as well.

Sesame Chicken Fingers with Honey Dip

Serves 4

- 1/3 cup light mayonnaise
- 3 tablespoons liquid honey
- 1 tablespoon fresh lemon juice
- 1/4 cup light mayonnaise
- 2 tablespoons Dijon mustard
- 2 tablespoons fresh lemon juice
- 1/3 cup dry bread crumbs
- 3 tablespoons sesame seeds
- 1 teaspoon dried Italian herb seasoning
- 1 pound skinless boneless chicken breasts cut into fingers, 2 inches long by 1/2-inch wide

1. Honey Dip: In a small bowl, stir together the 1/3 cup mayonnaise, honey and 1 tablespoon lemon juice until well combined. Refrigerate if making ahead.

2. In a small bowl, combine the 1/4 cup mayonnaise, Dijon mustard and 2 tablespoons lemon juice.

3. On waxed paper or in a shallow bowl, combine the bread crumbs, sesame seeds and Italian seasoning.

4. Coat chicken with mayonnaise mixture, then with bread crumb mixture. Place on prepared cookie sheet. Bake in preheated oven for 15 to 20 minutes or until golden brown and the chicken is no longer pink inside, turning once. Serve hot with the honey dip and potato wedges, if desired.





BITE INTO THESE FACTS ABOUT HOT DOGS

Hot dogs are the yin to the hamburger's yang. Franks and burgers are a common pair at barbecues and ballparks, and rightfully so. Handheld, portable meals, they pack a convenient and flavorful punchy.

Few foods may seem as American as hot dogs. However, hot dogs are derivative of European sausages. This fact and more can shed light on the humble hot dog, which is sure to find its way to a grill near you this summer.

- Mental Floss says it's pretentious to consume a hot dog with utensils. Hot dog etiquette experts also insist adults should not top their hot dogs with ketchup, which they suggest is a topping strictly reserved for children.

- Hot dogs are often associated with New York City. However, hot dogs gained popularity across the country in the 20th century.

- Hot dogs are often called frankfurters. This refers to Frankfurt, Germany, where pork sausages similar to hot dogs are believed to have originated.

- Hot dogs were given their name by cartoonist Tad Dorgan. He observed a vendor selling "hot dachshund sausage dogs" during a baseball game at New York City's Polo Grounds. As legend has it, Dorgan couldn't spell the name of the dog, instead writing only "hot dogs." The name eventually caught on.



- Despite several jokes as well as speculation regarding what hot dogs contain, hot dogs are cured and cooked sausages that contain mainly pork, beef, chicken, and turkey. The meats come from the muscle of the animals. If a product contains organ meats, it must be declared on the packaging.

- In 1867, Charles Feltman made a cart with a stove on it, which he used to boil sausages. The cart also had compartments to keep buns fresh. Carts that sell hot dogs on the street are now seen in cities across the country.

- Hot dogs are a NASA-approved food for astronauts.

- While hot dogs are sold at many venues, data indicates that the popular convenience

store chain 7-Eleven sells the most grilled hot dogs in North America, with 100 million sold annually.

- Relish, sauerkraut and even ketchup are popular hot dog toppings. But mustard is by far the most popular.

- Why are there typically 10 hot dogs per pack and only eight buns per bag? When hot dogs were first introduced, they were sold at varying quantities at the butcher shop. Hot dogs were eventually standardized to packages of 10, but buns are baked in clusters of four in popular pans designed to hold eight rolls.

Hot dogs are a summertime staple that have an interesting and extensive history.



Keep summer days fun and busy when camp ends

Many adults have fond memories of attending summer camp when they were children. The American Camp Association reports that each year more than 14 million children and adults take advantage of the camp experience. Summer camp is a place for kids to learn new skills, make new friends, experience being away from home for extended periods of time, and explore new locales.

Summer camp program lengths vary. Some children attend local camps that may last a week or two, while others attend sleep-away camps that last a little longer. Since summer vacation typically lasts between eight to 10 weeks, parents may discover there still is plenty of downtime after summer camp ends. Here are some ways to fill the gap between the end of camp and the start of a new school year.

Schedule a vacation

What better way to keep the magic of summer going than by rolling summer camp right into a family vacation? Give kids time to enjoy a few days to relax at home, but then buckle up for the next adventure. This can be a trip away from home, or a series of day trips or activities guided by all members of the family.

Organize a sleepover exchange

Parents of school-aged children can coordinate with one another to fill up a week or more with sleepovers. Each family can take a night or two, and the kids can jump from house to house extending the fun with one another. Sleepovers can occur inside the home or under tents in the yard.

Recreate favorite camp activities at home

Why not take what makes camp entertaining and try it at home? Copy the camp's itinerary and engage in similar activities, such as canoeing or nature hikes. On nights when the weather cooperates, everyone can gather around a fire pit to roast marshmallows.

Enroll in a recreational program

Some towns offer free or low-fee activities to residents through their parks and recreation departments. If budgeting does not allow for a camp experience, there are likely town-wide activities that can fill the gaps until it's time for children to go back to school. Some even may offer after-hours childcare options for parents who have scheduling conflicts with work.

When summer camp ends, parents have different options they can explore to keep children engaged and supervised until a new school year begins.

Checklist

- ___ 1. Go to Concerts in Kohlmann on Thursday nights in June and July at the Shades of Rhythm Amphitheater in Kohlmann Park.
- ___ 2. Beat the heat with a swim at the outdoor Waverly Swimming Pool.
- ___ 3. Take a stroll through the Butterfly Gardens, feed the fish and check out some books at the Waverly Public Library.
- ___ 4. Buy some fresh produce and other goodies at the Waverly Farmer's Market.
- ___ 5. Watch fireworks and enjoy Waverly Heritage Days, July 14-16.
- ___ 6. Ride your bike along the Waverly Rail Trail and experience the 12+ miles of scenic trails we have in our community.
- ___ 7. Visit all 16 city parks in Waverly.
- ___ 8. Rent a kayak at CrawDaddy Outdoors and enjoy a day paddling on the Cedar River.
- ___ 9. Play fetch with your dog at the Waverly Dog Park.
- ___ 10. Go camping and take a hike at Cedar Bend Park.
- ___ 11. Cast your fishing line in the Cedar River.
- ___ 12. Visit the Bremer County Historical Society Museum .
- ___ 13. Climb the rock wall at "The W".
- ___ 14. Spend the day shopping and eating your way through our historic downtown district.
- ___ 15. Swing for the fences at the new Cedar River Park Complex.
- ___ 16. Ride the carnival rides, show animals or head to a concert at the Bremer County Fair.
- ___ 17. Shop 'till you drop at Ridiculous Days, Waverly's summer sidewalk sales on Saturday, July 8th.
- ___ 18. Enjoy 18 holes of golf at the Waverly Golf Course and Prairie Links.
- ___ 19. Plan a picnic and play on the playground at Kid's Kingdom.
- ___ 20. Treat yourself to a cool summer treat at Dairy Queen, 4 Queens or Tropical Sno.

FAMILY FUN STARTS IN

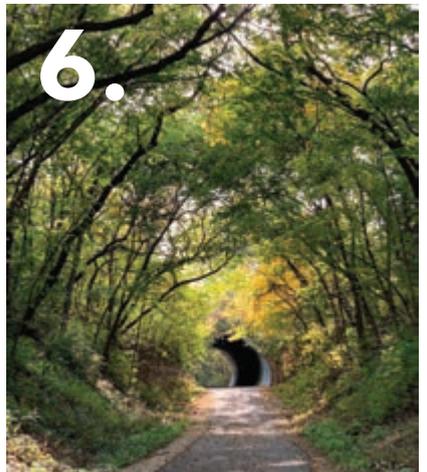
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**SUNDAY
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HOW TO ENJOY A HEALTHY SUMMER

Colds might not be as common in summer as they are in winter, but anyone who has ever had a cold when the weather outside is warm and inviting knows just how unpleasant a runny nose, sore throat and lack of energy can be when everyone else seems to be outside soaking up the sun. Indeed, there's no substitute for feeling fit and healthy in summer.

A healthy summer is one when individuals avoid illness and make the most of a time of year when no one wants to battle colds or other issues that affect their well-being. The following are a handful of strategies that can help people enjoy a healthy summer.

- **Protect your skin from the sun.** The Centers for Disease Control and Prevention recommends individuals apply a broad-spectrum sunscreen with a sun-protection factor (SPF) of 15 or higher before going outside. Sunscreen should then be reapplied as necessary and especially after swimming or excessive sweating. The American Cancer Society notes that sunburn that blisters can increase risk for skin cancer, but sunburns affect short-term health as well. Studies have shown that sunburn adversely affects immune system response, which could make people more vulnerable to viruses like COVID-19 or the common cold.

- **Limit alcohol consumption.** Social schedules tend to fill up in summer, as seemingly everyone wants to host a backyard barbecue. The party vibe synonymous with summer leads to increased opportunities to drink alcohol, but excessive amounts of alcohol and summer sun are a bad combination. According to the National Institute on Alcohol Abuse and Alcoholism, hot summer days increase fluid loss through perspiration, while alcohol contributes to fluid loss through an increased need to urinate. Significant fluid loss can lead to dehydration and heat stroke.

- **Eat the right foods.** Summer is not typically as hectic a time of year as other seasons, particularly for parents accustomed to driving kids from one activity to another during the school year. But come summer, weekends filled with social engagements and a greater desire to be active outdoors can prove exhausting. The CDC notes that a diet filled with colorful fruits and vegetables supports muscles, strengthens bones and boosts immunity. That can make it easier to handle a physically active summer regimen and ensure that the immune system is in better position to fight off anything that may want to get in the way of summer fun.

- **Get adequate sleep.** What's better than a mid-day summertime nap? The answer to that is better sleep overnight. Adults should aspire to get between seven and eight hours of sleep each night, which can fortify their immune system and ensure they don't miss out on any summertime fun. According to the Mayo Clinic, sleep deprivation can lead to decreased production of proteins known as cytokines, which are vital to fighting infection and inflammation.

A healthy summer makes for a more enjoyable summer. By embracing various immune-boosting strategies, individuals can make this summer even more fun.

Kids can get their game on

Modern children have somewhat different ideas of what constitutes entertainment, especially when compared to youngsters from a generation or two ago. While it was once commonplace for kids to be out and about with their friends riding bikes and spending time in each other's backyards — only returning home when the streetlights came on — modern youths spend lots of time at home and indoors on their devices.

According to the Kaiser Family Foundation, kids between the ages of eight and 18 now spend an average of 7.5 hours in front of a screen each day. That figure only accounts for recreational time, and doesn't include the hours kids spend on computers or tablets for educational purposes. In addition, social media is a large part of kids' days. The American Academy of Child and Adolescent Psychiatry indicates 90 percent of teens between the ages of 13 and 17 have used social media, and 51 percent report visiting a social media site at least daily. Younger children also use social media, with a recent poll from C.S. Mott Children's Hospital saying 32 percent of parents of kids between the ages of seven and

nine reported their children use social media apps.

A classic children's game night might be just what the doctor ordered to draw kids away from screens and provide a healthy respite from the barrage of information coming their way through the internet. With these tips, a game night can be a successful way to help children engage socially in person.

Pick a theme

Unite all elements of the game night by selecting a theme. For example, if you will be pulling out the classic game Operation™, pre-purchase inexpensive lab coats or doctors' scrubs for participants to wear. Serve foods shaped like various body parts (borrow from some Halloween ideas) and invite guests with an invitation that serves as a "Prescription for Fun."

Choose a good time

Even though "game night" implies the gathering takes place in the evening, choose a time that works best for most. Perhaps meeting directly after school for snacks and play before dinner aligns better with everyone's schedule. Parents can take turns hosting to give children something to look for-

ward to once a week.

Shop together

Bring the kids along to the store to select board games and other activities that appeal to them. Explain that the majority of game nights will be dedicated to non-electronic games. Parents can organize game night how they see fit, but working one video game night into the rotation each month can up the fun factor for kids.

Take it outside

"Games" encompass a wide array of activities. Organize a pick-up wiffle ball game in the cul-de-sac or an after-dark manhunt game with flashlights (age-permitting). Families with pools can rotate having kids over for pool games, which can include volleyball, diving games or Marco Polo.

Plan in advance

Know what kids will be playing before guests arrive to cut down on arguments over which games to play, which only wastes time. An older child or an adult can chaperone.

Game nights can be fun ways for kids to interact away from screens.



Prepare for a family day at the fair

County fairs, state fairs and country fairs dot the landscape in late spring, summer and fall, offering fairgoers plenty of attractions and rides to fill warm days and evenings. Families who plan ahead for the festivities may be able to improve their experiences.



- **Purchase passes in advance.**

Some fairs enable visitors to purchase entry tickets, parking passes and even game vouchers online. There are advantages to doing so, such as bundling discounts. Buying tickets in advance also cuts down on time spent waiting in line.

- **Devise a basic plan.**

Look over the list of attractions and activities to gauge what you want to get out of the fair. Some fairs post their calendars online. With kids in tow, you'll likely want to check out any children's rides or animal exhibits and interactions. Create a generalized plan, but be flexible, especially when going with other families.

- **Think about safety.**

Fairs attract thousands of people and that can lead to confusion if children become separated from their parents. Write your mobile phone number down and put it in your child's pocket or bag, so he or she doesn't have to memorize it. Consider finding the tallest attraction at the fair (perhaps the ferris wheel), and make that the meeting point if anyone becomes lost. Snap a photo of youngsters when you arrive so that you'll have a recent image and know exactly what they are wearing if you need to engage law enforcement. Some parents tell their children to find another parent and ask them to help them contact security.

- **Time your visit.**

If the fair runs during the week and into the weekend, weekdays are likely to be much less crowded. Also, while not ideal, a cool day or one with a slight drizzle will cut down on crowds and improve the ability to see more things and get on more rides.

- **Factor in food.**

Fair food is an indulgence to enjoy when fairs come around. Rather than go overboard, pick one meal or item that the family will enjoy. Bring a backpack, if permitted, and fill it with bottled water and other light snacks so that you can tame hunger pangs and not bust the budget at the food court.

- **Understand game odds.**

Fair games are largely designed to earn the event money and not to cash out prizes to all participants. The chances of winning the grand prize, which may be a giant stuffed giraffe, usually are low, so it's best if children do not become overly concerned with winning a prize. Play the games for fun and memories and not to walk away with the biggest prizes.

In addition to these suggestions, parents can make sure they bring insect repellent and sunscreen to the fair. Dress for comfort and not fashion.

These strategies can help families make the most of the county fair this year.

FOOD ON A STICK

The Iowa State Fair is famous for mobile food on a stick. The saying "If you can find it at the Fair, you can find it on a stick" is true. Get hungry for this year's food on a stick!

Did you know 70% of Fairgoers come to the Fair for the food? There's so much to try at the Iowa State Fair!



Amazing Foods to Try at the Iowa State Fair

- Apple Pie On A Stick
- Bacon Cheddar Cheese On A Stick
- Bacon Wrapped Deep Fried Italian Sausage On A Stick
- Bologna On A Stick
- Breakfast Sausage In A Waffle On A Stick
- Brownie Deep Fried, On A Stick
- Caprese Salad On A Stick
- Caramel Dipped Pecan Pie On A Stick
- Caramel Apple
- Cheese On A Stick
- Cheese-On A Stick (Mozzarella, Cheddar, Jalapenos)
- Cherry Pie (Deep Fried, On A Stick)
- Chicken Corn Dog
- Chicken In A Waffle On A Stick
- Chicken-Cajun, On A Stick
- Chocolate Covered Key Lime On A Stick
- Chocolate Covered New York Cheesecake On A Stick
- Cookie Dough In A Waffle On A Stick
- Corn Brats On A Stick
- Corn Brats-(Cheddar) On A Stick
- Corn Brats-(Spicy) On A Stick
- Corn Brats-(Stadium) On A Stick
- Corn Dog
- Cotton Candy
- Crazy Tater On A Stick
- Frisalino On A Stick
- Fruit Kabob-Strawberries, Pineapple & Peaches Deep Fried On A Stick
- Fruit On A Stick
- Funnel Cake On A Stick
- Ice Cream On A Stick
- Jalapeno Corn Dog
- Jumbo Plumper Footlong Corn Dog
- Loaded Tators On A Stick
- Mexican Grilled Corn On The Cob
- Milky In A Waffle On A Stick
- Mushrooms On A Stick
- Peanut Butter And Jelly On A Stick
- Pecan Pie (Deep Fried, On A Stick, Topped With Caramel & Bacon Bits)
- Pickle On A Stick
- Polish Sausage Corn Dog
- Popcorn Balls On A Stick
- Popcorn Balls On A Stick With M&Ms
- Pork Belly On A Stick
- Pork Chop On A Stick
- Pork On A Stick (3)
- Pretzel-Soft, Salted, Almonds, Dipped In Chocolate On A Stick
- Salad On A Stick
- Sausage-Lamb, On A Stick
- Shrimp Corn Dog
- Smoothie On A Stick
- Snickers In A Waffle On A Stick
- Sweet Brat With Maple Syrup On A Stick
- Tater Dog, On A Stick
- Veggie Corn Dog

& More! Interested in finding these mobile foods-on-a-stick? Download the Official Iowa State Fair App!

Get Set
for **Safe**
Fun in the
SUN



SUMMER FUN GUIDE
Hello, Summer!

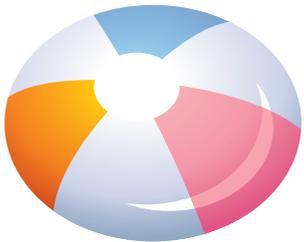
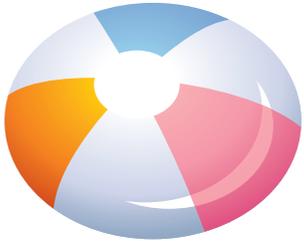
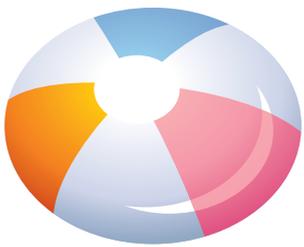
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- Wednesday, July 19th - School Bus Races
- Thursday, July 20th - Stock Car Races
- Friday, July 21st - Demolition Derby

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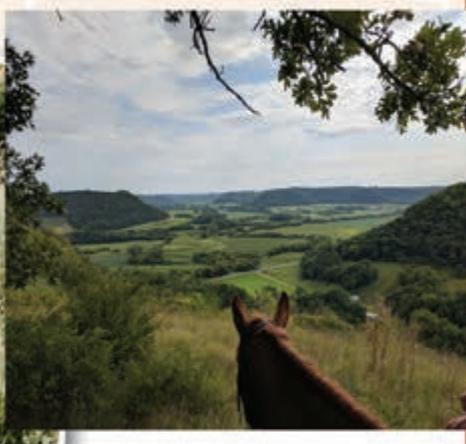


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