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IOWA'S BIGGEST IRISH GELEBRATION

- Live Music on Five Stages
- Family Fun & Learning Area

XO

- Irish Cultural Area
- ShamRock N' Run
- High Nelly Bike Rally

- Workshops on Irish Dance, Music, Language & Culture
- Whiskey Tasting
- Food & Drink
- Celtic Vendors
- Highland Games

- Outdoor Catholic Mass on Sunday
- Celtic Cruise Motorcycle Ride
- And So Much More!



VISIT OUR

WEBSITE





If your ad runs incorrectly, you will need to notify us no later than noon the Monday following first publication. Cedar Valley Saver (319) 232-4500

THIS PUBLICATION DOES NOT KNOWINGLY ACCEPT advertising which is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, nor the quality of the goods or services advertised. Readers services advertised. are cautioned to thoroughly investigate all claims made in any advertisements, and to use good judgment and reasonable care, particularly when dealing persons unknown to you with who ask for money in advance of delivery of the goods or services advertised. (MCN)

NEXT STEP MOVING SALE

> 525 Prospect Blvd., Waterloo

Thurs., July 17 · 10 a.m. - 1 p.m. Fri., July 18 · 2 p.m. - 6 p.m. Sat., July 19 · 9 a.m. - 12 p.m.

Exceptional Household Sale Antiques, Artwork, Furniture, Collectibles and so much more

Detailed list in the Courier Photos on nextstepsalesllc.com Facebook @ nextstepsale. Great Prices! Great Deals!

Gloria 319-231-5816 or Dennis Payne 319-239-1920 COACHLIGHTHOMES.COM (FINANCING ALL CREDIT SCORES, W.O.C.)

(3 Br.), Comer Lot In Quiet C.Falls Country Park (Cedar Glenn). Includes Appliances, Deck, C/Air, and Off Street Parking. Bus To School. Financing Avail. 5% Down W.Q.C. \$29.900

SPECIAL BUY!, 2Br-2Ba. (16x80) In Country Terrace. Carport and Added-On Room, Poss. 3rd Bdr, Vinyl Siding, Shingled Roof, VACANT, Nice Clean Home. \$29.900 vail. 5% Down, WQC

(2Br.) 14x70 Large Frt. Kit., Shed, Deck, C/ Air, in C.Knoll, NEWLY REFURBISHED, Incl. Vinyl Windows, Floor Coverings. Financing \$29.990 Avail, 5% Down W.O.C.

· (3Br.-1Ba.) 14x70 in C. Falls, Completely (Or Make Offer) \$33,900 **Refurbished**

(2BR-2BA) S. View Estates (14X72) Like new condition. Master bath with garden tub and double sinks. Newer flooring. New furnace and Central air in 2023. Shed. It's a must see! Special Financing Avail., 5% Move-In Ready \$34,900 down.,W.Q.C.

• 4Br.-2Ba. (1680 Sq. Ft.) DOUBLE WIDE in C.F. Village With newer roof. Unique U-Shaped Kitchen with lots of cabinets, Large dining glass doors M has walk-in Shower, and huge round tub. Updated furnace. Gas Water Heater, C.Air. Dishwasher, Washer & Dryer and Storage Shed. Showings by Appt. Financing Avail. 5% Down, W.O.C. HURRY, REDUCED! \$48,899

· 3BR-2BA, (28x60) OVERSIZE 2 CAR GARAGE, Cedar Glenn, Nice Country Setting, Corner Lot. You'll Love The Kitchen & Large Deck. Financing Avail. 5% Down, W.Q.C. \$85,000

BEAUTIFUL - HANDICAP ACCESSIBLE (3br. 2ba.) 2024 16x80 (1216 Sq. Ft.). Loaded with HANDICAP FEATURES! Includes ROLL-IN SHOWER, and All Appliances. Cedar Village Community, C. Falls. Special MUST SEE!! \$105,900 5% Down WOC

BUSINESS SERVICES

HAULING YOU CALL WE'LL HAUL. Junk Removal and Hauling. Free Estimates. Family owned & serving Free the Cedar Valley since 1990. Cal Ryan 319-240-5575 (031226-Y)

Reliable Hauling - Licensed. Senior Citizens Discount. Call for free quote. 319-961-3111 (031226)

LAWN CARE / SNOW REMOVAL Denny's Lawn Care. Providing

reliable lawn care service and clean ups. Free estimates and senior citizen discounts available. Call 319-231-1133 (031226)

Randy's Lawn Mowing Service. Mowing & clean up. Senior citizens discounts. 319-404-9894 (022626)

PETS

DEB'S PET SITTING INSURED/ BONDED/REFERENCES CALL 319-291-7249 OR TEXT 319-415-2020. PET VISITS ARE 1/2 HOUR.

STATEWIDE CLASSIFIED

FOR SALE

FEE \$25. (031226-Y)

NEW 2026 MODULAR HOMES, 3Br.-2Ba., (1120 Sq. Ft.), Starts at \$138,000. Delivered Factory Direct In Iowa. Basement Ready. Coachlight Homes. Inc. 3766 W. Airline Hwy., Waterloo, Iowa. Dennis Payne, 319-239-1920. (mcn)

WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344 (mcn)

NEXT STEP ESTATE SALE

4580 Whispering Pines Circle, Cedar Falls

Thurs., July 31 · 10 a.m. - 1 p.m. Fri., Aug. 1 · 3 p.m. - 6 p.m. Sat., Aug. 2 · 9 a.m. - 12 p.m.

> Another Beautiful Home with Quality, Like New Household Items

Detailed list in the Courier Photos on nextstepsalesllc.com Facebook @ nextstepsale. **Great Prices! Great Deals!**

TRANQUIL TRANSITIONS MOVING SALE

304 Colorado Rd, Cedar Falls

Friday, July 25 - 2:00 - 6:00 Saturday, July 26 - 9:00 - 12:00

Most Things 1/2 Price on Saturday

Many years worth of wonderful treasures, wide variety of furniture pieces including couches, chairs, bed, kitchen tables & household, kitchen, and garage items. Lots of great bargains to choose from!

Like us on Facebook at Tranquil Transitions By Pam! View photos & detailed ad there and in the Courier!

AUCTIONS

BAIER AUCTION CO Friday, July 18 10 AM 4257 NE 80th St., Altoona, IA Live on-site. Industrial commercial electrical. and plumbing, refrigeration tools and supplies. www.baierauctionservice. com for sale bill. (mcn)

AUTOMOBILES

GOT AN UNWANTED CAR ??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-833-485-1046. (mcn)

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855 977-7030 today! (mcn)



vehicle pickup and receive a top

tax deduction! Call Veteran Car

CABLE/INTERNET

AFFORDABLE TV & INTERNET.

If you are overpaying for your

service, call now for a free quote and see how much you can save!

DIRECTV- All your entertainment.

Nothing on your roof! Sign up for Direct v and get your first three months of Max, Paramount+, Showtime, Starz, MGM+ and Cinemax included. Choice package

\$84.99/mo. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

1-833-472-7954. (mcn)

Donations at

today! (mcn)

1-888-429-2331

NO-RESERVE ONLINE-ONLY LAND AUCTION BIDDING ENDS WEDNESDAY, JULY 23, 2025 | 4 PM

80 ACRES M/L LOCATED IN BUCHANAN COUNTY, IOWA

- + Nearly 100% tillable, NHEL cropland.
- + Average CSR2 rating of 55.5.
- + Prominent soil type, Marshan Clay loam, is known to produce crops well above its CSR2 level.



Toge ctioneering LLC

CONSIGNMENTS WANTED for 2 DAY EQUIPMENT AUCTION

Saturday, August 16th & Sunday, August 17th Live & Online Bidding Available! Advertising Deadline for Newspaper- Sale/bill Friday, July 25th Get your items to the lot early for the best advertising. This auction will be open to all farm machinery. Full line or single items antique, late model, live-

stock equipment, construction & more. No tires unless 75% or better tread, No cars or household items. Open to accept equipment: August 4th – 13th Monday to Friday 8:00AM-5:00PM,

Saturday, August 9th 8:00AM - 3:00PM, Closed Sunday Must be to lot by 5:00PM on Wednesday, August 13th. Call before this time to drop off.

Call Andy or Leo with your consignments 319-435-2302 or 319-551-4523

www.hogeauctioneering.com Location: 5675 Hwy 13, Coggon, IA

Al's Construction 319-440-0240

- One Man Jobs
- Interior or Exterior Work
- Bonded and Licensed

AREAAUCTIONS

TRACTOR, PICKUP TRUCK, VAN, TRAILER, MACHINIST TOOLS, FURNITURE, COLLECTIBLES, LAWN CARE, TOOLS

ONLINE ONLY AUCTION THURSDAY JULY 24 AT 5:30 PM

Viewing: July 22 from 5-7 pm pickup: Saturday July 26th from 8 am till 12:30 pm or by appointment.

Items located at 2695 Brandon Diagonal Blvd. Independence IA Direction to site: I mile S of Independence on Hwy 150 (Jamestown Ave) to Bran-

don Diagonal Blvd. W on Brandon Diagonal Blvd 3.8 miles to site McCormick Farmall 350 tractor, torque amplified, #4733 S, gas, nfe, 3 pt, 13-6-38 tires like new with New Idea 5' loader; 2014 Dodge Grand Caravan SXT white van, #2C4RDGCGSER154245, gray cloth interior, 104,000 miles, auto, some dings, 1995 Chevrolet 1500 long bed pickup, single cab, #1GCEC142452201684, 2 wheel drive, maroon with gray cloth interior, 111,400 miles, good rubber, updated exhaust, new battery, 8'x76" two wheel trailer, wood floor, drop rear gate

HOUSEHOLD/COLLECTIBLES: Wash tubs, lawn furniture, crocks, books, steins, watt bowls, rnd oak table and chairs, corner hutch, fenton glass, file cabinets, chairs, children's toys, lamps, glassware, dressers, stainless bucket, baskets, copper tub, sled, trunk, plastic table, egg baskets, garden plow, milk cans, hay fork and more. LUM-BER: Several piles of dried lumber. TOOLS/MORE: Portable generator, coolers, portable air comp., bolt cabinets, lawn tools, chain saws, battery charger, hand tools, elec. Tools, chain hoist, portable steps, metal band saw, shop vac, wagon, gas cans, vise, welder, upright drill press, tool chest, shaper, sander, clamps, hammers, wrenches, cutters, pipe wrenches, many tools, ladders, handi man jack, forks, rakes, shovels, table saw, band saw, router, many electric motors, dbl grinder, Shop Smith, wood planer, concrete mixer, garden tools, lawn cart and sprayer and more. MACHINIST TOOLS: Several machinist lathes, Clausing metal lathe, cutters and precision tools. LAWN: John Deere STX 38 riding mower, 2 wheel trailer with water tank and hose, lawn ornaments

VISIT THE WEBSITE TO BID!

AUCTIONEER'S COMMENTS: Lavern has lived on this acerage for many years. He worked in a machinist industry and has many quality tools. Something for everyone and all has been well cared for

OWNERS - Lavern Sand DONNELLY AUCTIONEERING & APPRAISAL Emmett Donnelly • 319.334.6122 or cell 319.404.5005 INDEPENDENCE. IOWA WWW. DONNELLYAUCTION .COM

MOTOR HOME/IH TRACTOR/TOOLS/FURNITURE HOUSEHOLD/PRIMITIVE AND COLLECTIBLES ARGE LIVE PUBLIC AUCTION

WEDNESDAY JULY 30 AT 5:00 PM Buchanan County Fairground - 204 12th St NE - Independence, Iowa MOTOR HOME - 1995 Dodge Pleasure-way Ram 3500 v8 magnum motor home, #2B6KB31Z85K545791, 97,500 miles, white and maroon, gas, cloth interior, updated ac, live generator, stove, refrig., water, bathroom, great little unit. TRACTOR - FAR-MALL M #36611, nfe, 13-6-38 tires, straight hitch. TOOLS/SHOP ITEMS - McCulloch 5700 generator, Honda power washer, Lincoln welder, variety of tool chests including Mastercraft 15 drawer, Husky 30 gal air comp., post hole digger with 12" and 24" bits, metal saw, Champion 4000 generator, 5th wheel hitch, nice variety of hand tools including open end, sockets, hammers, pry bars, pipe, screw drivers, adjustable, etc.; floor jack, bins of bolts and screws, ladders, hitches, 28 hp boat motor, back ho buckets-19", 25" and 2 36", Lawn boy push mower, shop vacs, extension cords, electrical supplies, garden planter, oil dispenser, wheels, saw horse, upright drill press, cut off saw, belts, boat supplies, Lincoln grease gun, electric power tools, HD jack, plastic fittings, hitch pins, lights, spray gun, Echo chain saw, gas cans, oils, table saw, measure wheel, Yard machine tiller, welding supplies, chimney pcs., alum. ramps, shovels, rakes and much more. HOUSEHOLD - Frigidaire stainless refrig/freezer, holiday dishes, falls craft, exercise equipment, lamps, books including children, quilting and religion, cd's, end tables, desks, over stuffed lift chair, coffee tables, rocking chairs, pictures, camping carpet, etc. PRIMITIVES/ANTIQUE/COLLECTABLE - beautiful Hooser cabinet with sugar and shifter, display, advertising, Jewel T, wood ladders, toboggan, Santa pcs., chicken nests, benches, decorative pcs., Singer sewing machine stand, plastic snowman, hand drills, wood pulleys, German coo-coo clock, whirling divas ramed picture from Turkey, metal lockers, other nice items **OUILTING** - FLNA 7200 and PFAFF cover lock 4862 sewing machines, many tubs of fabric, batting, fabric cutter and more. TRACTOR PULLING - IH suitcase weights ,blowers, many parts from IH-M tractor including IH diesel pump, valve covers, gas tanks, hitch, lights, fnt tires and rims, flywheel, hoses, clam fenders, font end, 24-5-32 cut pulling tires, Super M hood and brakes. MISC. - two wheel 90"x4' metal trailer, 2 Johnson gas appliance co. grave heaters, cemetery tent, numerous rolls of artificial grass etc.

AUCTIONEER'S COMMENTS: We have combined several owners' items for one large quality auction. We have something for everyone and will be running two auction rings so bring a friend.

OWNERS - Nolta, Higgins, Youngblut and others TERMS: 10% buyer's premium in effect. Cash, good check or credit card (4% convenience fee when using credit card). Nothing to be removed until settled for. Not responsible for accidents or theft. Must have ID. All items sold "As Is - Where Is"

DONNELLY AUCTIONEERING & APPRAISAL Emmett Donnelly • 319.334.6122 or cell 319.404.5005 INDEPENDENCE. IOWA | WWW. DONNELLYAUCTION .COM



Advertise in our upcoming HOME IMPROVEMENT SECTION

Next Section: Sept. 11, 2025 Deadline: Sept. 4, 2025

CALL US TODAY

319.232.4500







TOM HOFMANN sales account executive tom@cvsaver.com

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SUNDAY, JULY 27

8:00 AM Basketball Wagon - On the Grounds
8:30 AM 4-H Snak Shak Food Stand Hours - Leistikow Family Event Center
9:00 AM 4-H & FFA Non-Livestock Judging - Leistikow Family Event Center
9:00 AM Open Fine Art Entry - 4-H Building
10:00 AM Human Pallet Maze Attraction - On the Grounds
12:00 PM OLD SCHOOL FARM STOCK TRACTOR PULL - Track
2:00 PM 4-H/FFA Tall Corn Contest - Poultry Tent
3:00 PM Kid's Zone Activity Play Area
4:30 PM Fairgrounds Informational Riding Tours
5:00 PM Select Food Vendors Open
5:30 PM RIBBON CUTTING CEREMONY - Leistikow Family Event Center
6:00 PM Bingo Hour - Entertainment Pavilion Tent
6:00 PM Family Games and Inflatables - On the Grounds
6:00 PM Start Up Ice Cream Sundays - Hosted by Bremer County 4-H YCC

6:00 PM The Bremer County Express Kiddie Train Rides - On the Grounds **6:00 PM** Waverly Fire Rescue Inflatable Smoke House - On the Grounds

7:30 PM Music Bingo by Ultimate Entertainment - Entertainment Pavilion Tent **9:00 PM FIREWORKS** - On the Grounds

MONDAY, JULY 28

12:00 PM Misting Tent - On the Grounds

8:00 AM 4-H Snak Shak Food Stand Hours - Leistikow Family Event Center
8:00 AM 4-H Exhibit Building Hours - Leistikow Family Event Center
8:00 AM Basketball Wagon - On the Grounds
9:00 AM 4-H & FFA Horse Show - Horse Arena
9:00 AM Coloring Contest - Leistikow Family Event Center
10:00 AM Dairy Promoters Ice Cream & Pie - Leistikow Family Event Center
10:00 AM Human Pallet Maze Attraction - On the Grounds
10:00 AM Kid's Zone Activity Play Area
10:00 AM Open Fine Arts Exhibit Hours - Leistikow Family Event Center
10:30 AM Open Diary Show 11:00 AM Bremer County Cattleman Stand Hours
11:00 AM Hartman Reserve - Wildlife of Iowa with live animals
12:00 PM Select Food Vendors Open

MONDAY, JULY 28 (CONTINUED)

5:00 PM Ag Olymics - Show Arena

6:00 PM Doo Wop Acapella Group - Entertainment Pavilion Tent 7:00 PM FIGURE 8 RACES - Track

EVENT SPONSOR BY CORTEVA AGRISCIENCE & STINE SEEDS

9:00 PM Beer Olympics - Entertainment Pavilion Tent **9:00 PM** DJ Music - Entertainment Pavilion Tent

TUESDAY, JULY 29

7:00 AM Free Breakfast by Poet - Cattlemen's Stand 8:00 AM 4-H Exhibit Building Hours - Leistikow Family Event Center 8:00 AM 4-H Snak Shak Food Stand Hours - Leistikow Family Event Center 8:00 AM Basketball Wagon - On the Grounds 8:00 AM 4-H & FFA Dog Show - Show Arena 9:00 AM Coloring Contest - Leistikow Family Event Center 10:00 AM 4-H Puzzle Power Hour - Leistikow Family Event Center 10:00 AM Dairy Promoters Ice Cream & Pie - Leistikow Family Event Center 10:00 AM Human Pallet Maze Attraction - On the Grounds 10:00 AM Kid's Zone Activity Play Area 10:00 AM Lantz Exotics Petting Zoo and Pony Rides - Promenade East 10:00 AM Little Squealers Swine Show - Show Arena 10:00 AM Open Fine Arts Exhibit Hours - Leistikow Family Event Center 11:00 AM Bremer County Cattlemen Stand Hours 11:00 AM Select Food Vendors Open 12:00 PM 4-H & FFA Poultry Show - Poultry Tent 12:00 PM Agri Golf - Mini Golf Attraction - Promenade East 12:00 PM Commercial Exhibits Open - On the Grounds 12:00 PM Misting Tent - On the Grounds 12:00 PM Polka Dot Entertainment - Promenade East 12:30 PM Bingo Hour - Entertainment Pavilion Tent 1:00 PM Otter Adventure - On the Grounds 2:00 PM 4-H & FFA Pet Show - Show Arena 2:00 PM Tumbleweed Crossing Comedy Wild West Stunt Show 3:00 PM Iowa Corn Growers Asso. Biofuels Education Trailer - On the Grounds 3:00 PM Polka Dot Entertainment - Promenade East 3:30 PM Open Mic Joke Show - Entertainment Pavilion Tent 4:00 PM Bacon Buddies Swine Show - Show Arena 4:00 PM Darrel the Balloon Man - On the Grounds 4:00 PM Tumbleweed Crossing Comedy Wild West Stunt Show 4:30 PM Food Vendor Row Opens - On the Grounds 5:00 PM 1,000 Pork Burger Giveaway -5:00 PM Entertainment Pavilion Hours 5:00 PM Carnival by Next Generation Show, Inc - On the Grounds 5:00 PM Clover Kid Graduation - Leistikow Family Event Center 5:00 PM Live Music by Ally Bagenstos - Entertainment Pavilion Tent 5:00 PM The Bremer County Express Kiddie Train Rides - On the Grounds 5:00 PM Otter Adventure - On the Grounds 5:45 PM State Fair Photo (Static) - Leistikow Family Event Center 6:00 PM 4-H Working Exhibits - On the Grounds 6:00 PM Open Beef Show - Show Arena

6:00 PM 4-H & FFA FUN NIGHT

EVENT SPONSORED BY BREMER COUNTY FARM BUREAU

12:30 PM Bingo Hour - Entertainment Pavilion Tent
1:30 PM Eric Michaels Magic & Illusions - Entertainment Pavilion Tent
3:00 PM 4-H/FFA Crop Judging & Show - Crop Tent
4:00 PM Blood Drive - Leistikow Family Event Center
4:00 PM Spike Ball Tournament - On the Grounds
4:00 PM The Bremer County Express Kiddie Train Rides - On the Grounds
4:00 PM Food Vendor Row Opens - On the Grounds
5:00 PM Entertainment Pavilion Hours

6:00 PM Polka Dot Entertainment - Promenade East
6:00 PM Touch-A-Truck - Track
7:00 PM Tumbleweed Crossing Comedy Wild West Stunt Show
7:30 PM 30 ft High, Upside Down Straight Jacket Escape - Promenade East
7:30 PM Karaoke Contest - Entertainment Pavilion Tent
8:00 PM Barnyard Battle/Amazing Race - On the Grounds
8:30 PM Kid's Dance Dance Competition - Leistikow Family Event Center
10:30 PM DJ Music - Entertainment Pavilion Tent

WEDNESDAY, JULY 30

7:30 AM Bremer County Corn & Soybean Association Exhibitor Breakfast -			
Cattlemen's Stand			
8:00 AM 4-H & FFA Swine Show - Show Arena			
8:00 AM 4-H Exhibit Building Hours - Leistikow Family Event Center			
8:00 AM 4-H Snak Shak Food Stand Hours - Leistikow Family Event Center			
8:00 AM Basketball Wagon - On the Grounds			
9:00 AM Coloring Contest - Leistikow Family Event Center			
10:00 AM Dairy Promoters Ice Cream & Pie - Leistikow Family Event Center			
10:00 AM Human Pallet Maze Attraction - On the Grounds			
10:00 AM Kid's Zone Activity Play Area			
10:00 AM Lantz Exotics Petting Zoo and Pony Rides - Promenade East			
10:00 AM Open Fine Arts Exhibit Hours - Leistikow Family Event Center			
11:00 AM Bremer County Cattlemen Stand Hours			
11:00 AM Select Food Vendors Open			
12:00 PM Agri Golf - Mini Golf Attraction - Promenade East			
12:00 PM Commercial Exhibits Open - On the Grounds			
12:00 PM Misting Tent - On the Grounds			
12:00 PM Polka Dot Entertainment - Promenade East			
12:30 PM Bingo Hour - Entertainment Pavilion Tent			
1:00 PM Otter Adventure - On the Grounds			
2:00 PM Tumbleweed Crossing Comedy Wild West Stunt Show			
3:00 PM Polka Dot Entertainment - Promenade East			
3:30 PM Mini Donut Eating Contest - Entertainment Pavilion Tent			
4:00 PM Conservation Station Trailer - Water Rocks!			
4:00 PM Darrel the Balloon Man - On the Grounds			
4:00 PM Spoons Game Challenge - Leistikow Family Event Center			
4:00 PM The Bremer County Express Kiddie Train Rides - On the Grounds			
4:00 PM Tumbleweed Crossing Comedy Wild West Stunt Show			
4:30 PM Food Vendor Row Opens - On the Grounds			
5:00 PM Carnival by Next Generation Show, Inc - On the Grounds			
5:00 PM Entertainment Pavilion Hours			
5:00 PM Otter Adventure - On the Grounds			
5:30 PM 4-H Clothing Event Fashion Show - Leistikow Family Event Center			
6:00 PM Polka Dot Entertainment - Promenade East			
7:00 PM POWER WHEEL DERBY, SCRAMBLE NIGHT & PIE AUCTION - Track			
EVENT SPONSORED BY P & K MIDWEST JOHN DEERE			
7:00 PM Tumbleweed Crossing Comedy Wild West Stunt Show			
9:00 PM Live Music by Southland Band - Entertainment Pavilion Tent			

THURSDAY, JULY 31

8:00 AM Free Breakfast by the Taco Shack 8:00 AM 4-H & FFA Swine Show - Show Arena 8:00 AM 4-H Exhibit Building Hours - Leistikow Family Event Center 8:00 AM 4-H Snak Shak Food Stand Hours - Leistikow Family Event Center 8:00 AM Basketball Wagon - On the Grounds 9:00 AM Coloring Contest - Leistikow Family Event Center 10:00 AM Dairy Promoters Ice Cream & Pie - Leistikow Family Event Center 10:00 AM Human Pallet Maze Attraction - On the Grounds 10:00 AM Kid's Zone Activity Play Area 10:00 AM Lantz Exotics Petting Zoo and Pony Rides - Promenade East 10:00 AM Open Fine Arts Exhibit Hours - Leistikow Family Event Center 11:00 AM Bremer County Cattlemen Stand Hours 11:00 AM Select Food Vendors Open 12:00 PM Agri Golf - Mini Golf Attraction - Promenade East 12:00 PM Commercial Exhibits Open - On the Grounds 12:00 PM Misting Tent - On the Grounds 12:00 PM Polka Dot Entertainment - Promenade East 12:30 PM Bingo Hour - Entertainment Pavilion Tent 1:00 PM 4-H & FFA Rabbit Show - Rabbit Tent 1:00 PM Otter Adventure - On the Grounds 2:00 PM Tumbleweed Crossing Comedy Wild West Stunt Show 3:00 PM Polka Dot Entertainment - Promenade East 3:30 PM Bubble Gum Contest -4:00 PM Cedar Valley Bluegrass 4:00 PM Darrel the Balloon Man - On the Grounds 4:00 PM The Bremer County Express Kiddie Train Rides - On the Grounds 4:00 PM Tumbleweed Crossing Comedy Wild West Stunt Show 4:30 PM Bremer County Cattlemen Meal Deal - Cattlemen's Stand 4:30 PM Food Vendor Row Opens - On the Grounds 4:30 PM Free Watermelon Feed -Sponsored by Bremer County Farm Bureau - On the Grounds 4:30 PM Sweet Corn Feed -Sponsored by Bremer County Farm Bureau -On the Grounds 5:00 PM Carnival by Next Generation Show, Inc - On the Grounds 5:00 PM Entertainment Pavilion Hours 5:00 PM Otter Adventure - On the Grounds 6:00 PM Polka Dot Entertainment - Promenade East 6:30 PM ECITRUCK & TRACTOR PULL - Track **EVENT SPONSORED BY PIONEER HI BRED SEEDS & NUTRIEN AG SOLUTIONS** 7:00 PM Tumbleweed Crossing Comedy Wild West Stunt Show

9:00 PM Live Music by Wildcard - Entertainment Pavilion Tent

Join our Kick Off Party and Ribbon Cutting on Sunday, July 27 at 5:30 PM

Followed by Pallet Maze, Kiddie Train, Inflatables, Craft Beer Tasting, Music Bingo and Fireworks to end the evening! 150! Years Come Join the Fun!

Your favorite grandstand events, with some new ones!

Saturday, Aug. 2







FRIDAY, AUGUST 1

9:00 AM 4-H & FFA Sheep/Goat Show - Show Arena 8:00 AM Free Breakfast by Farm Credit Services of America 8:00 AM 4-H Exhibit Building Hours - Leistikow Family Event Center 8:00 AM 4-H Snak Shak Food Stand Hours - Leistikow Family Event Center 8:00 AM Basketball Wagon - On the Grounds 9:00 AM Coloring Contest - Leistikow Family Event Center 10:00 AM 4-H Puzzle Power Hour - Leistikow Family Event Center 10:00 AM Dairy Promoters Ice Cream & Pie - Leistikow Family Event Center 10:00 AM Human Pallet Maze Attraction - On the Grounds 10:00 AM Kid's Zone Activity Play Area 10:00 AM Lantz Exotics Petting Zoo and Pony Rides - Promenade East 10:00 AM Open Fine Arts Exhibit Hours - Leistikow Family Event Center 11:00 AM Bremer County Cattlemen Stand Hours 11:00 AM Select Food Vendors Open 12:00 PM 4-H Challenge - The Fairest Omelet -12:00 PM Agri Golf - Mini Golf Attraction - Promenade East 12:00 PM Commercial Exhibits Open - On the Grounds 12:00 PM Misting Tent - On the Grounds 12:00 PM Polka Dot Entertainment - Promenade East 12:30 PM Bingo Hour - Entertainment Pavilion Tent 1:00 PM Otter Adventure - On the Grounds 1:00 PM Youth Bean Bag Tournament - Promenade West 2:00 PM Tumbleweed Crossing Comedy Wild West Stunt Show 3:00 PM Polka Dot Entertainment - Promenade East 3:30 PM Minute to Win It Games - Entertainment Pavilion Tent 4:00 PM Bovine Obstacle Course - Show Arena 4:00 PM The Bremer County Express Kiddie Train Rides - On the Grounds 4:00 PM Tumbleweed Crossing Comedy Wild West Stunt Show 4:30 PM Food Vendor Row Opens - On the Grounds 5:00 PM Carnival 2 for 1 Buddy Night 5:00 PM Carnival by Next Generation Show, Inc - The Grounds 5:00 PM Entertainment Pavilion Hours 5:00 PM Otter Adventure - On the Grounds

5:30 PM "Can you handle the Heat" Eating Competition - Entertainment

SATURDAY, AUGUST 2

9:00 AM 4-H Bottle/Bucket Calf Show - Show Arena 8:00 AM 4-H Exhibit Building Hours - Leistikow Family Event Center 8:00 AM 4-H Snak Shak Food Stand Hours - Leistikow Family Event Center 8:00 AM Basketball Wagon - On the Grounds 9:00 AM 4-H & FFA Dairy Show - Show Arena 9:00 AM Coloring Contest - Leistikow Family Event Center 10:00 PM Commercial Exhibits Open - On the Grounds 10:00 AM Cute Baby Contest -10:00 AM Dairy Promoters Ice Cream & Pie - Leistikow Family Event Center 10:00 AM Human Pallet Maze Attraction - On the Grounds 10:00 AM Kid's Zone Activity Play Area 10:00 AM Lantz Exotics Petting Zoo and Pony Rides - Promenade East 10:00 AM Open Fine Arts Exhibit Hours - Leistikow Family Event Center 11:00 AM Bremer County Cattlemen Stand Hours 11:00 AM Food Vendors Open 11:00 AM The Bremer County Express Kiddie Train Rides - On the Grounds 12:00 PM Agri Golf - Mini Golf Attraction - Promenade East 12:00 PM Carnival by Next Generation Show, Inc - On the Grounds 12:00 PM Celebrity Showmanship Live Stock Show 12:00 PM Entertainment Pavilion Hours 12:00 PM Misting Tent - On the Grounds 12:00 PM Polka Dot Entertainment - Promenade East 12:30 PM Bingo Hour - Entertainment Pavilion Tent 1:00 PM Otter Adventure - On the Grounds 1:30 PM Best Beard at the Fair Contest 2:00 PM Tumbleweed Crossing Comedy Wild West Stunt Show 2:30 PM W-SR Robotic Team - Lego Car Races & STEM Projects 3:00 PM Polka Dot Entertainment - Promenade East 3:30 PM Husband Calling Contest -4:00 PM 4-H/FFA Ribbon Auction and Meet n Greet - Show Arena 4:00 PM The Bremer County Express Kiddie Train Rides - On the Grounds 4:00 PM Tumbleweed Crossing Comedy Wild West Stunt Show 5:00 PM Best Tattoo at the Fair Competition - Entertainment Pavilion Tent 5:00 PM Otter Adventure - On the Grounds 6:00 PM Carnival Wristband Special (No Coupon) - On the Grounds 6:00 PM Polka Dot Entertainment - Promenade East 6:30 PM TOUGH TRUCK MADNESS - Track **EVENT SPONSORED BY DALES SERVICE**

8:00 PM Otter Adventure - On the Grounds



Pavilion Tent

6:00 PM Polka Dot Entertainment - Promenade East

7:00 PM COMBINE DEMOLITION DERBY - Track EVENT SPONSORED BY MIDWEST BUILDINGS, ULRICH SALES, DEKALB-ASGROW BRANDS SEEDS & UNITUBE/UNIVERSAL INDUSTRIES

7:00 PM Tumbleweed Crossing Comedy Wild West Stunt Show

8:00 PM Otter Adventure - On the Grounds

9:30 PM MUSIC BY NOT QUITE BROTHERS - Track

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How to make bathrooms safer for seniors

Maintaining a sense of independence throughout retirement can inspire seniors to live their golden years to the fullest. For many seniors, nothing is more emblematic of their ability to stay independent than remaining in their homes. A number of variables can affect how long seniors stay in their homes, including the layout of the property and any potential safety threats that may arise as men and women age. Some small, safety-centric tweaks to a property can help men and women remain in their homes for as long as possible.

• Increase lighting in bathrooms throughout the home. Lighting is easily overlooked as a safety measure, but a well-lit space is easier to navigate. Increasing lighting in the bathroom and upgrading existing features to LED lighting can make it easier for seniors to navigate bathrooms at night. That's a notable benefit, as seniors may need to make routine bathroom trips overnight.

• Install grab bars. Grab bars are often found in public restrooms, but they're equally useful in the bathrooms or private homes, particularly in seniors' residences. Grab bars can be installed on both sides of all toilets and in the bathtub/ shower stall so seniors can get up and down easily and reinforce their stability on wet surfaces.

 Invest in bathroom storage systems. A cluttered bathroom is a potential safety hazard. Items in cluttered bathrooms can easily end up on the floor, and that goes for bathing items like shampoo and soap as well. A bathroom storage system for a vanity and an organizer for bathing items inside a shower or tub can decrease the chance that items end up on the floor, where they can pose an injury risk for seniors who might struggle to bend over to pick them up or slip on fallen items when bathing.

Renovate your existing shower. Seniors whose current bathrooms house a traditional shower setup that requires them to step over a tub can renovate the

space and replace that feature with a walk-in shower. A walk-in shower does not require seniors step over a bathtub, greatly reducing the risk of falls while bathing. Some additional shower renovations include installing a bench so seniors can sit down while bathing, ideally while using a hand-held shower head.

· Purchase non-slip materials for the bathroom. Nonslip floor mats in a bathroom are essential for anyone, and especially beneficial for seniors. A non-slip vanity storage bin and toothbrush holder also can ensure daily accessories remain accessible.

• Elevate toilet heights. Elevating toilet heights in bathrooms throughout the home can make it easier for seniors to sit down and get up when going to the

bathroom. Toilets compliant with the Americans with Disabilities Act (ADA) are roughly 18 inches taller than standard toilets, which can make a big difference for seniors.

These are just a handful of ways seniors can make their bathrooms safer as they aspire to stay in their homes longer.



A walk-in shower with a bench and a handheld shower head can make bathing safer for seniors than a more traditional bathtub and shower setup.





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Common warning signs for cataracts

No one wants to imagine a day when their vision might abandon them, but diminished eyesight is a common occurrence that affects people of all ages and from all walks of life. A 2022 report from the World Health Organization indicated that at least 826 million people have distance- or near-vision impairment that could be addressed with an appropriate pair of eyeglasses. Those people are among the estimated 2.2 billion people who currently have issues that affect their ability to see.

Cataracts are a common and treatable vision problem. Access to cataract treatment is limited in various countries. In fact, a 2021 study published in the journal Lancet Global Health found that 94 million people ages 50 and over have vision impairment or blindness that could be corrected through access to cataract surgery. Surgery might not even be considered if people are not first aware of the symptoms of cataracts, which can manifest in various ways.

• Blurry vision: The American Academy of Ophthalmology notes that blurriness may be associated with an assortment of vision problems, including cataracts. Blurry vision makes it difficult to see clearly or sharply, and cataracts are characterized by cloudiness that affects the natural lens of the eye. The blurriness associated with cataracts is the result of a breakdown of proteins in the lens of the affected eye, according to the AAO.

• Seeing double: Double vision also is symptomatic of various vision issues, including cataracts. The AAO notes that when a person is seeing double, he or she may be seeing two, often overlapping, images of a single object.

• Sensitivity to light: The AAO notes a need to shield eyes from light to prevent eye pain could indicate a sensitivity to light that is characteristic of cataracts. This sensitivity may be especially noticeable when confronted by oncoming headlights at night.

• Difficulty seeing at night: The AAO reports that this symptom is often characterized by difficulty seeing in dark conditions that can make it harder to adjust to seeing when going from a well-lit space into darkness. That adjustment also may take longer in people experiencing cataracts. Some people may not be able to see at all in dimly lit conditions.

 Seeing faded colors: Bright colors that appear faded or yellow is another symptom of cataracts. Cataracts compromise vi-

sion, but it's important that people recognize there are effective treatments for this condition. More information is available at aao.org.



What seniors can do to maintain a healthy weight

Achieving and maintaining a healthy weight is a lifelong processs. Children tend to be so physically active and grow at such a consistent pace that it's easier for them to consume a high-calorie diet without becoming overweight. That's generally not the case after adolescence, and it might be particularly difficult for seniors to avoid gaining weight.

In a 2020 interview with Tufts Medicine, Jillian Reece, a bariatric dietitian at Tufts Medical Center, noted that a person's basal metabolic rate slows downs with aging. The basal metabolic rate indicates the rate at which the body uses energy while at rest. As that rate slows down, body weight can increase. But seniors should know they aren't helpless against nature and Father Time. In fact, there is much aging adults can do to maintain a healthy weight throughout their golden years.

• Limit portion sizes when eating. Controlling portion sizes is easier said than done,



Eating breakfast each day can help seniors achieve their goal of maintaining a healthy weight.

particularly for seniors who dine out with frequency. When dining out, seniors can order off the appetizer menu instead of ordering an entrée, especially when visiting an establishment known for its hefty portions. At home, pay attention to serving size data on product labeling. If necessary, measure portions when eating foods such as cereal so

the portion you eat reflects the serving size noted on the box.Eat breakfast each morning. Seniors who skip breakfast, which may be more likely upon retiring, could be doing

their waistlines a notable disservice. A 2017 statement from the American Heart Association noted that several large, long-term, prospective, observational studies have found an association between breakfast consumption and lower risk of obesity. The less structured pattern of retirement living may compel some seniors to skip breakfast, but committing to a morning meal can help keep off extra pounds.

· Commit to routine exercise. Diet can go a long way toward helping seniors maintain a healthy weight. However, diet is not the only area where seniors can help their waistlines. Routine physical activity can help seniors maintain muscle mass and make it easier to be more mobile. Staying mobile can help keep pounds off, as a sedentary lifestyle is one of the more notable risk factors for overweight and obesity. The National Institute on Aging recommends seniors aim for at least 150 minutes of moderate-intensity aerobic

activity each week. Moderateintensity aerobic activities are those that raise the heart rate and help seniors break a sweat, such as walking, jogging, swimming, and cycling.

· Make a concerted effort to remain hydrated throughout the day. The Cleveland Clinic notes that age-related body composition changes make seniors particularly vulnerable to dehydration. An aging body does not demand water like it once did, so it's easy for seniors to forget to hydrate because they don't feel thirsty. But remaining hydrated is important for seniors looking to maintain a healthy weight because dehydration can mimic symptoms of hunger. Seniors may reach for snacks feeling they're hungry when all they might need is a glass of water to hydrate.

A healthy weight can allow seniors to live life to the fullest. Various strategies can help seniors achieve a healthy weight.



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bring your own snacks/beverages. This event is open to everyone, so be sure to bring your friends and family! Please note, patio seating is limited, so everyone is asked to bring lawn chairs. RSVP's to 319-486-1680 are appreciated.





Common financial scams that target seniors

Financial scams are as old as the concept of currency. But consumers' vulnerability to scams has seemingly increased in the twenty-first century, when the Internet and devices like smartphones have enabled scammers to gain access to potential victims' financial information and even gain virtual entry into their homes.

Seniors are targeted by financial scammers with such frequency that the term "elder fraud" has entered the English lexicon and is now widely recognized as a notable threat to individuals age 60 and older. In recognition of that threat, the Elder Justice Initiative aims to support and coordinate U.S. Department of Justice efforts to combat financial fraud that targets older adults. Those efforts are ongoing and include a number of initiatives to educate older adults about elder fraud, including warning seniors about some notable scams that criminals use to target older adults.

· Social Security Administration Impostor Scam: When perpetrating this scam, criminals typically contact prospective victims via telephone and falsely claim that suspicious activity has prompted the suspension of their Social Security number. Scammers may also indicate money must be withdrawn from a potential victim's bank and stored on gift cards for security's sake. It's important to note caller ID spoofing is often utilized when perpetrating this scam so an incoming call appears to be coming from the Social Security Administration.

• Tech Support Scam: This scam involves criminals claiming to be representatives from widely recognized companies who are calling to inform seniors that viruses or malware have been detected on their devices. Some also may claim a target's computer has been hacked. The Federal Trade Commission notes perpetrators of this scam pretend to be tech support and request



victims enable them to remotely access their devices or computer. Granting such access provides an avenue to view sensitive information, but scammers also may diagnose nonexistent problems and charge a fee. But the scam does not always stop there. Some call back later and offer a refund to account for services that can no longer be rendered or to correct an overcharge. The scammers then request victims' specific banking details under the guise of "correcting" these alleged oversights.

• Lottery Scam: The lottery scam involves scammers calling potential victims and informing them they have won a foreign lottery or sweepstakes. Perpetrators of this scam typically identify themselves as lawyers, customs officials or lottery representatives. The telemarketers behind this scam may be based in Jamaica, but the U.S. Embassy

in Jamaica warns that those behind the scam will ask winners to pay various fees, including shipping and customs duties, until victims' funds are exhausted.

• Romance Scam: The FTC warns that wildly popular dating sites, social networking platforms and chat rooms provide opportunities for scammers to identify and exploit potential victims. The aim of these scams, which many victims are too ashamed to report even after they realize they've been victimized, is to convince targets to send money in the name of love. But the EJI warns that online love interests who ask for money are almost certainly scam artists.

These are just a handful of the many ways that modern scammers target seniors. More information about these and other scams is available at justice.gov/elderjustice.

Activities that promote cognitive health

Maintaining physical health as a body ages is an important consideration, and often one of the first things that comes to mind when people think about being healthy. Yet physical health is only one component of a healthy lifestyle; individuals also must pay attention to what they do to promote cognitive health.

A 2023 study from the National Center for Biotechnology Information at the National Institutes of Health indicated that some decline in cognitive abilities is a natural part of the aging process. Attention, memory, executive cognitive function, language, and visuospatial abilities all exhibit measurable declines with age, according to the study.

Just because some measure of cognitive impairment occurs as the years march on doesn't mean that seniors are powerless against Father Time. Certain behaviors and activities can help improve cognition.

Physical activity

It is important to stay physically active, not only for the body, but also for the brain. Harvard Health says research shows when animals exercise regularly, the number of tiny blood vessels that bring oxygen-rich blood to the brain increase. More oxygen can reach an area of the brain that is responsible for thought and help improve brain function. Exercise also lowers blood pressure, cholesterol levels and blood

sugar, all of which can be beneficial to the brain. Engage in relaxing activities

People who are depressed, sleep-deprived or anxious tend to score poorly on cognitive function tests. While this may not be an indicator of cognitive decline, it is important to engage in behaviors that promote happiness and restfulnesss for mental health. Meditation, yoga, deep breathing exercises, and activities that help a person smile and laugh can be good for the brain.

Participate in

stimulating activities Stimulating activities, like word games, gardening, dancing, or playing a musical instrument, can help maintain cognitive function and enhance memory, says Healthline. Doing things that require mental effort can help stimulate and maintain cognitive function and also may improve emotional well-being.

Read more often

Various studies indicate that reading can promote strong mental health. In addition to keeping a person entertained or informed, reading exercises the brain. There are new words to learn, new scenarios to imagine and locations to envision. Sharing a summary of what was read with others also helps work the brain in different ways, all of which are good for cognitive health. Make new recipes

Browsing through a recipe, shopping for the ingredients, putting the ingredients together, and producing the finished product all can work the brain. A person is reading, engaging in math, predicting the results, and

the process of cooking. Various activities can promote strong cognitive health and may help to reduce or delay cognitive decline through the years.

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