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## Publisher's Note

Happy September! I hope September is a far better month for us all than the past few have been. Between the covid and the wind of all winds, everyone certainly needs a healthy calm fall.

One thing I am always reminded of, is that lowans are made of sturdy stuff. We get up and move forward to rebuild what has been lost and make it better than before. Check to see if your favorite Farmers market is up and running. This is the time for some fresh fruits and vegetables as well as something sweet for on the way home. Bart's Farm located on Alburnett Rd. sustained damage but are still planning to open up the middle of September. The Cedar Rapids Home Builders are having their Fall Parade of Homes the end of October. I am always excited what new ideas contractors have come up with to make homes special and unique. Travel to the Amanas for the Apfelfest on the 19th or Wine, Chocolate and Beer Walk on the 26th. There are more events opening up each month, so please if you want something fun to do, go local and support your neighbors in the corridor as they also rebuild their business'.

September is Baby Safety month. For those of you who have or are expecting a bundle of joy, or even family members who will be helping with young children, this is a great time to brush up on safety equipment for those sweet little ones. Make sure all car seats, baby proof your home and are up on current emergency phone numbers.

I got a smile out of September 5th. Be Late for Something Day! I work so hard not to be late and only manage about 75% of the time that it's funny to have a special day for being late! The 5th is Cheese Pizza day and International Bacon Day. I can put that together and have a great meal. September 8th is National Date Nut Day, ymmm. Best of all it is my daughter's birthday! HAPPY BIRTHDAY. September 13th is Grandparents Day. My Grandparents and my children's grandparents were awesome, and I miss them all every day. I am sure there are many grandparents out there that are loved and appreciated for what they contribute to the family structure. Be sure and let them know how much they are appreciated.

Charlotte has some great ideas again this month and Dick has a new oldy!

Stay safe and God Bless



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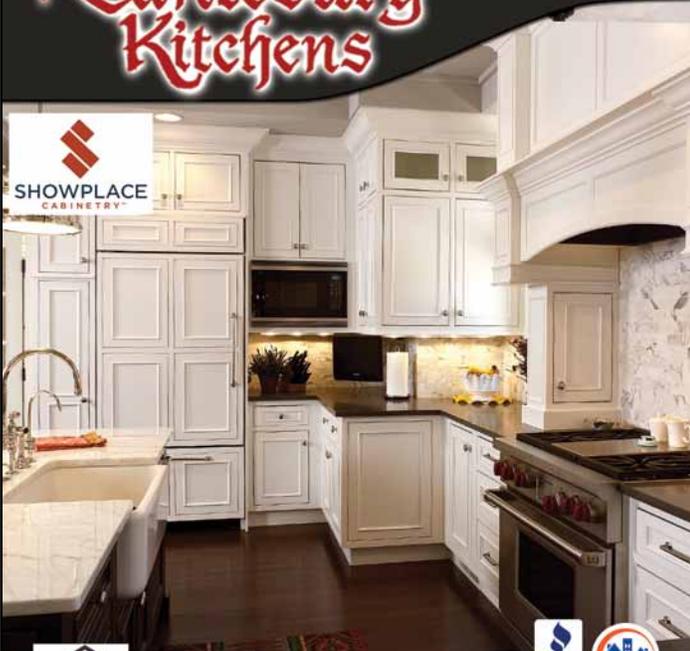
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# Our Trees

## Cedar Rapids Derecho 2020

By Charlotte Linde  
Image credit: Charlotte Linde

You wouldn't think that losing a tree would be devastating. We all just walk or drive by without notice - with thoughts of them only when we have to rake their leaves or marvel at their fall colors. But for many, including myself, trees are everything. Trees are our protectors. They give us shade. They give us solace with their waves of movement in the gentle breeze. They give our ground strength and our air oxygen. They provide beauty with their canopies through all the seasons. They entertain our kids with tree houses and tire swings. They grow up with you. We take yearly school pictures next to them. They give you signs when you are asking for prayer or looking for hope. We talk to our loved ones who have passed while looking up at them. They speak to us in so many ways. Trees are majestic.



My beautiful and wise elderly neighbor has lived in Cedar Rapids for decades. She could tell you about every tree in her and my yard, as her mother used to live in my house and they planted many of the trees together. Thursday was a sad day - her last tree in her yard could not be saved. She already lost her beloved shade tree in the back of her home when the storm took the beautiful maple. Thursday, the one in the front also had to go as it would not come back to its full glory. Upon deciding, I could see that she was emotionally drained, so I sent her inside. My husband cut the limbs down one by one - and I carried them to the piles of debris on the street. Her house was now bright from all angles. Not a single area of shade. She said, "...my home was beautiful with those trees and now it's just ordinary." She is right. Although bright, her home felt bare. Naked. I told her that I thanked each branch for its beauty through the years and the shade it provided as I moved them to the curb. I placed my hand on the remaining trunk and took a deep breath and exhaled my gratitude. She felt comfort in this and so did I.



We will plant new trees, but it will take years to become what was.

In her front yard - all that remains is a 3-foot high stump of the tree - whereon top she proudly placed a large fern plant - as to soften the harsh view. It does make you smile.



# Lunches That Make the Grade

School may look different this year — but that doesn't mean lunch is canceled! Let's face it, lunch is every kid's favorite subject no matter what grade or where they are eating. So whether your kids are eating at school or at home this school year, let's make lunch special by creating new and fun ways to craft it.

Make lunch extra special for your kids by adding a little entertainment to their favorite meal of the day — try a new recipe, make fun sandwich shapes, add a riddle or sweet note, create a fun crafted bag with stickers or games, and add these fun packaged items:

## 1. SPECIAL NOTE OR JOKE

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

## 2. CRAFT A SNACK

Turn snacks into a craft and make fun characters.

## 3. ORIGAMI NAPKIN

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

## 4. BENTO BOX

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

## 5. SILLY FACES

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

## 6. HAVE A PICNIC

Take lunch outside and turn it into a picnic!

## 7. STICKERS

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

## 8. FUN WITH SHAPES

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

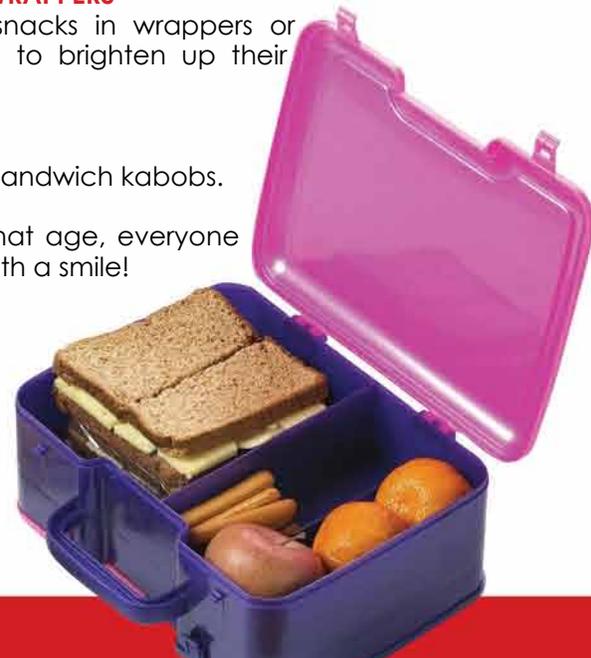
## 9. CUPCAKE WRAPPERS

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

## 10. KABOBS

Make fruit or sandwich kabobs.

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





## 7 RECIPES WITH FRESH TOMATOES

You can also, of course, use fresh tomatoes every day by incorporating them into all of your meals. Tomatoes can be used in such different ways that we never get tired of eating them! Here are 7 recipe ideas using fresh tomatoes.



## TOO MANY 'MATERS? WE HAVE 7 RECIPE IDEAS TO HELP USE THOSE TOMATOES UP!

Summer is winding down, but there are still plenty of garden-fresh fruits and veggies to be found! At our house, this time of year means a big bushel of tomatoes ripening all at the same time. You too? Wondering what to do with all of those delicious, perfect tomatoes?

Well Macaroni Kid EATS! is here to help. We've got a round-up of ideas and recipes for you so you can enjoy those extra 'maters now and all year round:



### CANNING TOMATOES

Are you into canning? If you are up for the prep, here are a few ideas that you can jar up:

- \* Tomato sauce
- \* Stewed tomatoes
- \* Tomato soup

### FREEZING TOMATOES

There are a few different ways you can freeze your tomatoes. Here are a few I like:

- \* Dice tomatoes and store them in a freezer bag. Use year-round for pasta dishes, salsa, and soups.
- \* Roast your tomatoes and then after cooling, store in a freezer bag for sauces and stews.
- \* Make a big batch of your favorite tomato sauce and divvy up into family-sized portions and freeze for an easy spaghetti night.

1. Tomato, fresh mozzarella, and pesto skewers
2. Egg salad tomato cups
3. Cheesy pesto tomato bites
4. Spinach, grape tomato, and cheddar frittata
5. Garden vegetable gazpacho
6. 5-minute couscous summer salad
7. Summer fresh watermelon and tomato salad

There's no such thing as too many tomatoes! With a little creativity you can use tomatoes in every meal and store them for use year-round. Now go get to picking those 'maters.



**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 (Cedar Rapids) [www.iowacity.macaronikid.com](http://www.iowacity.macaronikid.com) (Iowa City) [charlottel@macaronikid.com](mailto:charlottel@macaronikid.com)



American Heart Association.

# 25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!  
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

One-minute yoga

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank

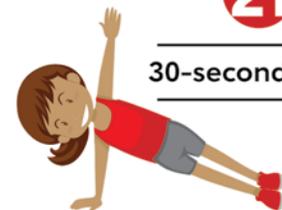


18

Practice spelling, do a squat for every vowel

19

Run in place for 30 seconds, check your heart rate



24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

[heart.org/KidsActivities](http://heart.org/KidsActivities)



# Prioritize Healthy Behaviors to Support Kids' Physical and Mental Health

American Heart Association provides science-based framework on kids' nutrition, physical activity and screen time as stay-at-home orders loosen

As cities and states across the country enact phased guidelines to re-open, the American Heart Association, the world's leading nonprofit organization focused on heart and brain health for all, encourages parents and caregivers to consider the same concept for re-prioritizing healthy routines that influence both immediate and long-term health.

"During this unprecedented time, parents and caregivers have been the primary caretaker, teacher, coach, nutritionist, psychologist, and entertainer while navigating their own pandemic challenges," says Thuy Bui, MD, American Heart Association volunteer medical expert and pediatric emergency medicine physician with Pediatric Emergency Medicine Associates, LLC and associate medical director for the emergency department at Children's Healthcare of Atlanta. "Many households have rightly changed to accommodate shelter-in-place requirements. However, kids need a path to reset daily routines to best support their mental and physical health."

Experts say returning to a consistent pattern of healthy habits as soon as possible is vital because a healthy routine can help kids feel better, improve mental health and decrease and prevent conditions such as anxiety and depression, according to the latest U.S. Department of Health and Human Services' Physical Activity Guidelines for Americans[1]. The Center for Disease Control is anticipating an impact on children's mental health and an increase in childhood obesity related to the COVID-19 pandemic.

The American Heart Association pediatric healthy behaviors framework is based on current scientific evidence supporting the connections between overall health and well-being, disease prevention and quality of life. Based on individual family circumstances and local rules, the American Heart Association encourages parents and caregivers to set small, achievable, short-

term goals to re-prioritize three key areas - nutrition, physical activity and screen time.

The American Heart Association pediatric healthy behaviors framework is as follows:

- **Physical Activity:** Preschool-age children should engage in active play as well as structured movement. A goal is about 3 hours per day of a variety of activities (light, moderate and vigorous). School-age kids and teens should try to get at least 60 minutes per day of moderate- to vigorous-intensity activity. It can be broken up into shorter sessions throughout the day.

- **Nutrition:** Children should consume a variety of foods daily, including the intake of vegetables, fruits, nuts, whole grains, low-fat or fat-free dairies, lean vegetable or animal protein, and fish and minimizes the intake of trans fats, processed meats, refined carbohydrates, and sweetened beverages. Estimated calorie requirement by children range from 900kcal/day for a 1-year-old to 1,800kcal for a 14-18-year-old girl and 2,200kcal for a 14-18-year-old boy. Health eating habits are encouraged where meals are served with consistent timing, along with children selecting a variety of foods from healthy choices they already enjoy paired with new foods in a relaxed environment.

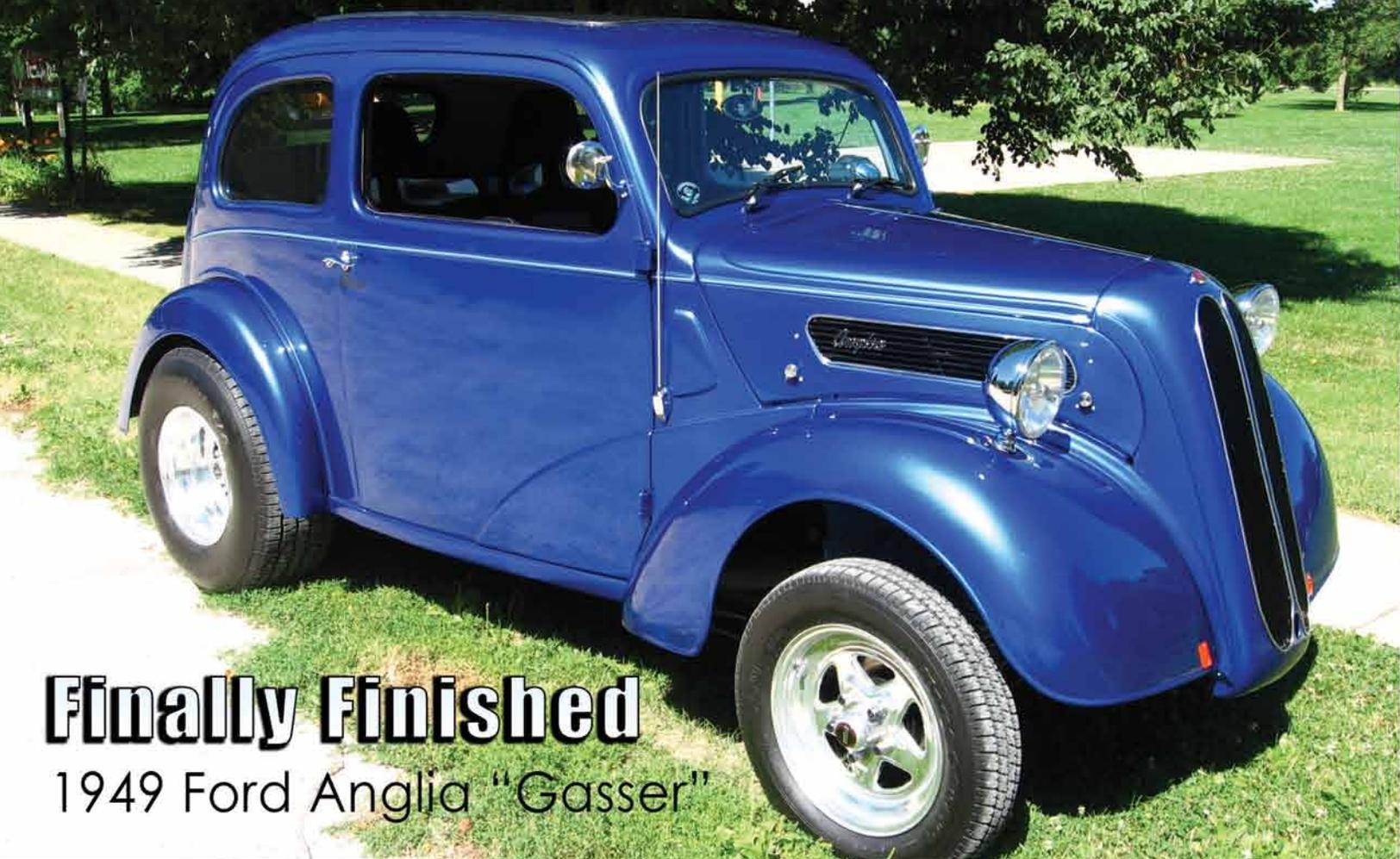
- **Screen time:** Less is better and kids should get no more than 1 to 2 hours of TV/computer/video games a day, to reduce sedentary behaviors which contribute to overweight and obesity. In homeschool environments, be intentional separating leisure screen time and school screen time.

"Factors that will affect a family's plan can range from healthy food access and unemployment to availability of childcare and out-of-home school and activities. It is important to re-prioritize healthy behaviors as soon as families are able without adding additional stress to the household," said Federico M. Asch, MD, FACC, FASE, American Heart Association volunteer medical expert and cardiologist in Washington, D.C. "Any progress in helping kids move more, eat better and reduce screen time are steps in a positive direction."



## 5 Chores to do the Body Good

1. Wash the car by hand. Arms and abdominals will get a great workout.
2. Rake it in. Raking for 30 minutes burns 225 calories.
3. Scrub-a-dub tub for 30 minutes. Scrub stubborn soap scum to burn about 200 calories.
4. Make beds for 30 minutes and burn 130 calories.
5. Vacuuming for 30 minutes burns about 90 calories; dusting for the same time kills about 50 calories.



# Finally Finished

## 1949 Ford Anglia "Gasser"



Article and photography by Richard Butschi

The Anglia was designed and built by the Ford Motor Co. in England. The name was applied to various models between 1939 and 1967. There were 1,600,000 units produced during this time, many of which were shipped to the U.S. They were also built in Australia between 1940 and 1945.

The Anglia model coded E494A was produced from '49 to '53 and could be identified by the twin chromed ovals on the radiator grill. Earlier models had 3 ovals. It was Britain's lowest priced 4-wheel car. (There were 3-wheeled cars at this time, such as the Morgan, which qualified as a motorcycle and therefore wasn't taxed like the 4-wheelers.) This Anglia was powered by a 56.9 cubic inch 4-cylinder engine, making 8 hp, with a 3-speed manual transmission. It had a 90" wheelbase and was 57" wide. The E493OA model, that was built for the overseas market, (the U.S.) had an extra 2 hp. Top speed was 57mph and could reach 50mph in 38.3 seconds. Mileage was about 30mpg. 109,000 units were produced. At the end of 1953, new models were added, like the Prefect and Popular, but were still basically Anglias. These were combined into the European Ford Escort, introduced in 1967, and the name transferred to the U.S. version in the 1981 model year.

Dragstrips became quite popular in the 1950s, and this very light (2400 lbs.), compact beauty, became one of the more sought-after bodies to drop an early V8 into. Don Mahan saw one at the strip and began a 40-year dream to have one. Ten years ago, Mahan got word from a good friend in Montezuma, IA, whose wife had spotted an ad for a '49 in the grocery store where she worked. The owner had the Anglia for 28 years, and planned to race it, but gave up on the project. Mahan got it in trade for a 1200 Harley Sportster, but the Anglia was in the early stages of a rebuild. Two pickups with trailers hauled the life-size "unassembled model" home to Marion. The frame had been "boxed", but the welds were poorly done, so it was a "starting from scratch" group project with



help from his son, Cory, a couple brothers and nearby friends. Don sends many thanks to them.

It was an arduous undertaking, but in the latter stages when it was "streetable", Mahan took it to local car shows where he would usually garner a trophy in primer. It was finally finished this spring, with the paint and body work being handled by Dave Garner, of Manchester. The color is 2018 Chevrolet "Blue Me Away" Effect Blue, picked out by his wife, Lynda, who hated the car in brown primer. The interior was done by Bob's Auto Interiors, Center Point, although the seats were a gift from Lynda and Cory. Don built the dash and installed the gauges. It has Weld wheels – 15"x 10" rears with 12" wide tires and 15"x 3.5" fronts. The rearend is a 9" Ford with 3.50 gearing and a 28" drive shaft by Sadler Power Team. The transmission is a 3-speed Turbo 400 with a Hurst shifter and a 3500 stall converter with tranny brake. Powered by a Chevy

350 bored .060 over, it makes 450 hp with a Demon 650cc double-pumper carb. It has a "wild" cam and 202 fuelie heads, all cooled by dual electric fans.

The wheelie bars came with the car and included a parachute. Mahan also has 4.57 gears that can be installed, so it could be rigged for the strip as a straight-axle "gasser". But Don has no intentions of racing it, as it would require him to install a roll cage and he's "not going to ruin the car" to run it down the quarter mile. He did mention that a similar Anglia seen at Tri-State Raceway, near Earlville, runs in the 9's – pretty quick!

The Mahans have had the mighty Anglia at shows in Victor, the Ryan Nationals, Hopkinton and even the 50-mile cruise at Manchester. Even with the wheelie bars, it's a driver – no trailer queen here. And don't let the title fool you. We all know they're never finished. Don has plans for rack-and-pinion steering for the blue beauty.



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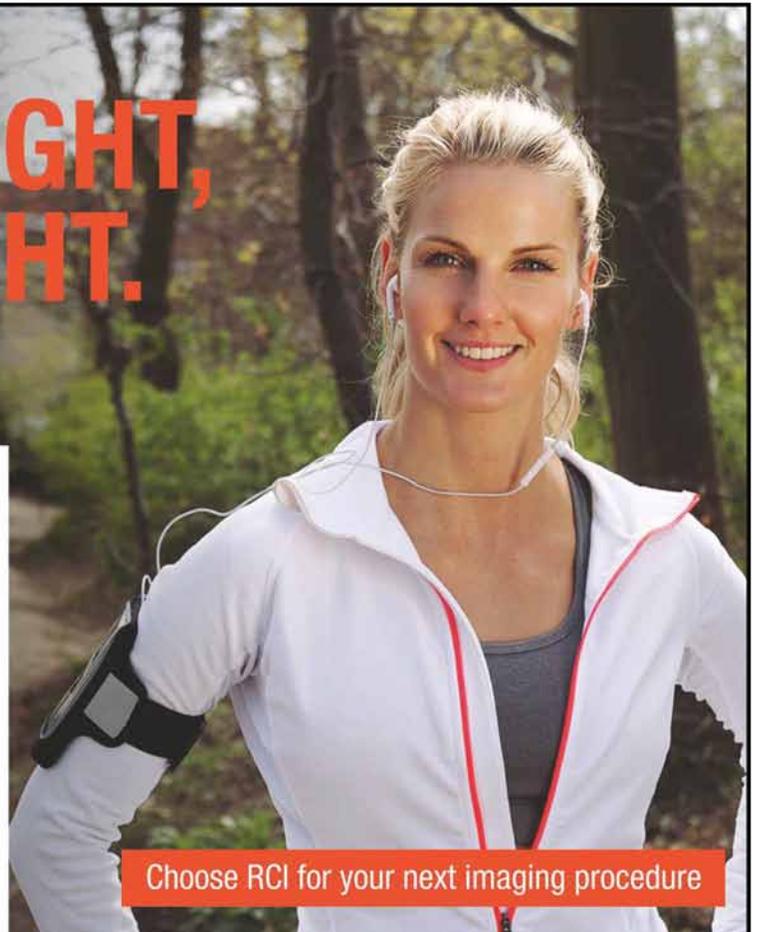
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