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## Publisher's Note

Happy August! It's hard to believe fall will be heading our way in the near future. I am happy about a little cooler morning but am no where ready for it to be this cool all day! I am happy to let you know some activities are starting up this month.

We have music in the McGrath Amphitheater, Live at 5 at the US Cellular Center, Music at NewBo Market, Fireside Friday Nights in Marengo, Live Saturday Nites @ Millstream Winery, and fun in the Amanas. Check out dates and time online for these events and have some fun. After all this is Family Fun Month!

August 3rd is Grab Some Nuts Day. I like this day and I like nuts (living or in the jar) so I think I will make a point of buying myself a jar. August 5th is National Underwear Day! I am not sure what to say about that, but at least make them pretty. August 6th is Wiggle Your Toes Day. Actually, you should do that often. It helps your toes from cramping and is really fun if you wiggle your toes in mud. August 8th is National Clown Day. I know most of these special days are pretty goofy, but sometimes we just need to be a little goofy and laugh. I hope I at least got a smile!

Charlette has some great ideas this month for a quick breakfast or lunch for kids young and old. She also has a good recipe for soup cooked in an Instant Pot. I don't have one of these, but my son-in-law is great with his, so I may have to provide the ingredients and invite myself to supper soon! After all these years, I have a hard time coming up with new meal ideas, so I am happy when someone else come up with one I can try.

Some local restaurants are opening up, so if you are missing that one (or two) special dish, give them a call. You will be happy for your favorite stand by dish and the restaurant will be happy to see you back.

Stay safe, wear your mask when advised, and remember 6 feet when possible. As with all things, this to will pass. Life will get better.

God Bless



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# BACK TO SCHOOL



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# WAREHOUSE SALE





## Scam Alert- Online Shopping

Online shopping during the health crisis has increased in popularity as consumers take advantage of shopping from home. Unfortunately, many of these companies aren't quite what they seem. Whether you're a buyer or a seller, online transactions require extra scrutiny. Cons often involve purchases and sales on eBay, Craigslist, Facebook and other retail sites. Scammers pretend to purchase an item only to send a bogus check then request a refund for "accidental" overpayment. In other cases, the scammer will purport to be a legitimate online seller but once the order is placed, they don't send a thing.

If you are selling an item online, when the check arrives, it is for more than the purchase amount. The buyer claims a mistake and asks you to return the difference by an untraceable/irretrievable method such as a wire transfer or loadable card. The payment turns out to be a fake, and you're out the money.

If you're the buyer in an online purchase scam, the ploy is simple: you will not receive the items you paid for. The listing or website might sell anything from apparel, to a puppy or a used car. The seller requests payment, frequently outside of the norm. The descriptions and photos, copied from a real listing, look good, but the low price may seem too good to be true, because it is!

### Tips to Avoid This Scam:

- **Be aware that if you cash a check, it may still be a fake.** It can take several weeks to find that a check has bounced.
- **When buying or selling, take advantage of protections.** If you are persuaded to go outside the site's usual process or payment methods, that's a big red flag.
- Use a credit card. Debit cards, prepaid or gift cards do not have the same protections.

- **Check business profiles at [www.bbb.org](http://www.bbb.org).** What is their record? Be especially cautious about email solicitations and online or social media ads.



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# Planting Fall Trees

Many home gardeners think spring is the only time to plant landscape material. However, early fall planting from mid-August to mid-October is an excellent time to plant trees and shrubs because soil temperatures are consistent and (hopefully) moisture conditions are such that good root growth occurs before winter sets in. But for fall planting it's key to pick healthy plants and avoid those that are slow growers, which are better left for spring planting.

Early fall temperatures offer newly planted trees consistent warm daytime temperatures with cooler temps at night. But don't plant too late because trees won't have time to establish a solid root system before winter.

Container grown and burlapped deciduous trees are good choices since they already have a good root system developed. Evergreens prefer an earlier start like Mid-August into September because they prefer warmer soil temperatures.

You need to consider several things before adding trees and shrubs to your landscape. Consider the site first. Most important is what type of soil do you have? Does it drain well or is it wet? Is it sandy or "clayey"? Sandy soil usually drains well, clay soil will not, depleting the oxygen to roots. Ideally, have a soil test done to really understand your growing conditions. How much wind does the spot receive? Is it on the north or south side of your home? How much sunlight, all day or is there some shade? Make a list of your conditions and choose landscape material to match your site. There are lots of varieties of trees and shrubs to select that will thrive in certain conditions so choosing the right plant for the right place in your landscape is important. Do your homework first and visit a good garden center or nursery for more guidance.

Nurseries and garden centers will often offer several

ways to buy trees and shrubs. There are some that should only be planted in spring, such as Bare Root, Packaged (bare root in moist material), and Field Potted which are dug with a ball of field soil in the spring.

For fall planting choose Containerized trees and shrubs that already have a good root system, Container Grown, or Balled and Burlapped. Always lift and transport trees and shrubs from the bottom, never lift from the stem.

For fall planting success, site prep, care and maintenance is critical. The hole for your new tree or shrub should be at least one to two feet wider than the root system. Make sure to loosen the sides of the hole so roots can penetrate the soil. Planting depth is more important, plant trees and shrubs at the same depth as they are planted in their containers. Remove the container; loosen roots, making sure no roots are growing in a circle. If container trees are really

root-bound, make shallow vertical cuts on the sides of the root ball to break up the net of roots. Plant Balled and Burlapped trees with about two to three inches of the rootball above ground level; which allows for some settling. Remove all the twine from the trunk, cut the wires and remove the basket and cut away burlap trying to keep the rootball intact. If burlap remains above the soil level it can become a wick, drying the rootball. Water thoroughly during backfilling to remove any air pockets.

New trees and shrubs will need routine watering, typically several gallons a week depending on weather conditions. Watering with a slow drip at the base of the tree is preferable since water needs time to soak into the roots. Mulch should also be added at the base of the tree or shrub several inches thick and spread out a few feet. Make sure mulch doesn't come in contact with the actual tree trunk.

New trees shouldn't need pruning but if limbs are damaged in transit, remove those after planting. Staking isn't needed unless a new tree is damaged in a wind storm. Trees develop better trunks when they can move with the breeze.

For winter prep and success with fall planted trees water regularly until the ground freezes. Wrap young trees with tree-wrap from the bottom up to the first major branch to help eliminate winter sunscald. Protective fencing may need to be used the first year or two around new trees to protect them from rabbit and deer winter damage.

For lists of suggested tree varieties along with lots of general tree information for Iowa visit the Iowa State Extension Forestry website at [www.extension.iastate.edu/forestry](http://www.extension.iastate.edu/forestry). And a final note: Iowa law requires everyone to locate underground utilities before digging so make sure you dial 811 before you dig!



# Instant Pot Spicy Tortilla Chicken Soup

**The Instant Pot is a great option for those days when it's too hot to cook**

Sometimes during the summer, it's just too hot to grill outside. On those days it's definitely too hot to turn on the oven. That's when I love using my Instant Pot as a one meal pot because I can cook a delicious meal using minimal heat and energy.

This Instant Pot chicken tortilla soup is a family favorite — all year round. I like to serve this tortilla soup with a side salad or sliced watermelon. Boom! Good to go. Oh except don't forget 'a side' of frosty margaritas for us big kids!

## Ingredients:

- 2 tablespoons grapeseed oil (or any high heat oil)
- 1 onion, diced (reserve some for topping)
- 5 cloves of garlic, chopped
- 1 green bell pepper, diced
- 1 jalapeno, seeded and finely diced
- 1 packet of taco seasoning
- 1 large jar of roasted red peppers drained and chopped
- 1 can of corn drained
- 1 can of black beans drained and rinsed
- 5 cups or about 2 pounds of cooked shredded chicken
- 4 cups chicken stock
- 1 (14.5-ounce) cans diced fire-roasted or Mexican style tomatoes with juices

- 1/2 cup roughly chopped cilantro (reserve half for topping)
- 1/4 cup of lime juice
- Salt and freshly ground black pepper

## Optional toppings:

- Crushed tortilla chips or strips
- Sour cream
- Chopped onions or scallions
- Shredded cheese
- Mexican cheese
- Lime wedges
- Sliced avocado
- Sliced jalapenos

## Directions:

1. In your Instant Pot, on the saute setting, heat olive oil.
  2. Add onion, green pepper, jalapeno, and garlic. Stir often and cook until soft and onion begins to brown.
  3. Add in the taco seasoning, salt, and pepper and stir until fragrant.
  4. Now add your roasted peppers, corn, beans, chicken, tomatoes, and stock.
  5. Continue to cook and stir for 15 minutes.
  6. Add lime juice and 1/2 of your cilantro and cook for an additional 5 minutes.
- Serve in bowls and top with your favorite toppings, including the remaining cilantro. Enjoy!



### Easy 2 Ingredient Drop Donut Holes

Kids can add their own toppings!

Ah, the smell of fried dough first thing in the morning — or any time of day, really — one of the most intoxicating smells ever. Am I right? This two-ingredient donut hole recipe is super easy and extra delicious. Kids will love it too! Give it a try!

#### Ingredients:

- 2 cups self-rising flour
- 1 cup plain yogurt

(Oil for frying - you could also bake in the oven or in your air fryer)

#### Optional toppings:

- Powdered sugar
- Granulated sugar
- Chocolate syrup
- Sugar glaze
- Cinnamon

#### Directions:

1. Heat 2 inches of oil in a pan.
2. Put flour and yogurt in a bowl and mix until blended well.
3. Drop by the teaspoon into the hot oil. Turn and cook until golden brown.
4. Place on a plate with a paper towel until cooled.
5. Add yummy toppings and enjoy!

## Quick Ideas for kids breakfast and lunch!

### Breakfast:

- Mini Baked Omelets
- Overnight Oatmeal
- Pancakes - make the night before and reheat in the morning
- Cereal with fruit
- Oatmeal Breakfast Cookies
- Yogurt and granola
- Smoothies
- Toast or English muffins peanut butter



### Lunch:

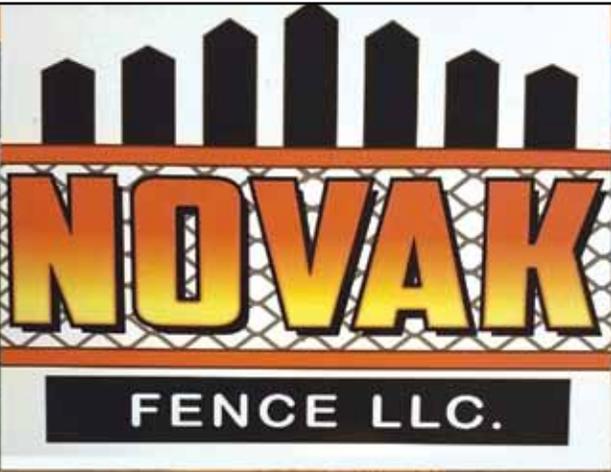
- Cold cut sliders
- Pita Pockets with lunch meat or tuna or chicken salad
- Cheese + crackers and fresh fruit
- Leftover pasta
- Leftover pizza
- Bagel, fruit, and yogurt
- Pita Bread and hummus
- Turkey and cheese roll ups
- Cheese quesadilla
- Hard boiled eggs and fruit cup



Macaroni Kid

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

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



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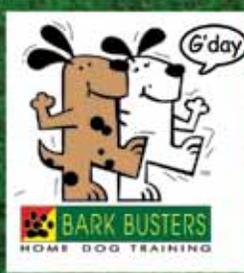
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# K9SPLASH!

## *Goes Virtual*



With the closures of the Cedar Rapids pools this season, it is with saddened hearts that K9COLA (Citizens for Off-Leash Areas) and the Cedar Rapids Parks and Recreation Department announced K9Splash! 2020 would not be held this year at Bever Park Pool. Instead, we want to announce we are GOING VIRTUAL!

It is still a pool for the pooches this August 8th and 9th! The weekend will go to the dogs as K9COLA and the City of Cedar Rapids Parks & Recreation Department once again host the K9Splash! dog swim virtually. Join us on Facebook Live and watch dogs of all breeds splash up some fun and support a great cause!

K9COLA is an all-volunteer nonprofit organization that works with the City of Cedar Rapids to support, develop, and maintain off-leash areas in the Cedar Rapids community. The group provides the community with educational information and raises money for park improvement projects and park maintenance. Proceeds from K9Splash! will benefit the off-leash parks in Cedar Rapids. K9Splash! is K9COLA's largest and most popular fundraiser of the year. Last year the event brought over 800 dogs and 1500 people to Bever Park Pool to watch the dogs enjoy the water, swimming and playing fetch to their hearts' content.

The event will take place on

Saturday, August 8 and Sunday, August 9 from 8:30 am to 5:30 pm each day. Facebook Live events will be aired starting at 8:00 am and every half hour during the two-day event. We are encouraging our past participants of K9Splash! to post pictures of their pups enjoying water on our Facebook page during the weekend. We want to flood Facebook with pictures of our pups enjoying water in spite of K9Splash! not being held at Bever Park Pool. We truly want to keep this the weekend that goes to the dogs!

Register for the event on K9COLA's website - [www.k9cola.org](http://www.k9cola.org). Suggested registration fee is \$15 for the event, but people are encouraged to give what they can afford. Without the generous donations of our park users and public, we could not maintain the parks at the quality they are today!

Sponsors and vendors are still being accepted for this event. If your business or nonprofit is interested in this opportunity, please contact Jill at [Jill@k9cola.org](mailto:Jill@k9cola.org).

K9COLA is looking for people to help the day of the virtual event! Please contact Kelly at [kelly@k9cola.org](mailto:kelly@k9cola.org) for more details on helping with our first and (hopefully) only virtual K9Splash!.

For more information about this event, please visit: [www.k9cola.org](http://www.k9cola.org), email: [info@k9cola.org](mailto:info@k9cola.org) or contact us at (319) 535-2670.





# Smoke on the Water

## Eliminator and Edge Jet Boats



Article and photography by Richard Butschi

Steve Ebsen, CR, and Dave Williams, Shellsburg, are long-time friends, having met on the Cedar River (imagine that!) back in 1984. As with many guys of that generation, going fast in something with a big engine was a natural tendency. But the two opted for watercraft, rather than something with 4 wheels.

Williams' first one was a '79 jet boat and when pressed for the number he has owned over the years, his answer was "a lot"! He currently owns 2 jets. The one pictured here with yellow and orange graphics, he's had for 2 years. It's an '86 Eliminator Daytona – something special that he couldn't pass up when a friend decided to get out of the hobby. It was without an engine, but Sperry Engines bored a Chevy 454 block .045" over and stroked it  $\frac{1}{4}$ ", totaling 496 cu.in. It has aluminum heads, runs twin 850cc Quick Fuel carbs on pump gas with an R&P 671 small bore blower making north of 700 horsepower.

Ebsen bought his first jet in '84 and has had 4 or 5 since. His current speedster (blue/fuchsia graphics) was built in 1997 by Tom Papp Racing of Norco, CA, where a textured "race bottom" was added. This consists of 2 "tunnels" that at high speed give it more lift. Less drag from the water results in more speed. The area between the tunnels is the "keel", while the outside areas are "sponsons". Williams' jet boat also has this "tunnel hull". From CA, it was shipped to Tim Speer of Proboat Inc. in Woodstock, GA, where it was "rigged" with the jet pump, steering, gauges, fuel tank, directional levers, cables and such. Later, back home, Steve took 3 weeks to add the engine, seat mounts, engine wiring and plumbing for water and fuel. Gary Meyers of Motorhead Mfg., in Ely, IA, built the engine - a 454 Dart block, that was bored and stroked .250", totaling 540 cubic inches. It has Brodix cylinder heads and an 871 blower from The Blower Shop of Boise, ID, making 9 lbs of boost.



After completion, Ebsen made a second trip to Georgia to have it dyno-tuned, resulting in over 900hp. He's not sure about its top speed, but there's a "twin" to his boat in Georgia that will do 120mph in the ¼ mile! The fuel-injected engine is set up for racing, which Steve does in Wheatland, MO, and on the Cedar. The "gas" for this engine is VP C16 racing fuel that goes for \$17.50/gallon! Both of these boats are outfitted with 2 12-gallon tanks, but Ebsen's engine draws fuel from a 5-gallon tank crucial to its use – racing. Williams' jet runs on high octane pump gas for his pleasure cruises, and as he says, there wouldn't be much "pleasure" in cruising the Cedar at that price for 24 gallons of racing fuel.

These low-slung jet boats are about 19' long, not counting the 32" setback pump at the stern. The basic shell, or "hull" weighs from 400 to 600 lbs, and is made of fiberglass in a mold with balsa and Kevlar strips added.

The "paint" is not paint at all, but part of the gel coat, which is the polished outer surface. In the mold, the graphics are applied first as part of the gel coat, followed by the fiberglass and reinforcing pieces. Ebsen's hull sat in the mold for 30 days to insure that it would be absolutely straight and true. It was then removed, flipped over and the race bottom was added.

Dave and Steve fully endorse jet boats for river use as there is no propeller to hang up on ever-changing sandbars. They also cruise in 5-6" of water. At high speeds, there is very little of the boat touching the water. Steering is more responsive and precise than the more common speedboats, due to the amazing engineering of jet boats. The engine drives an "impeller" which pumps water out of the back of the boat, but yet it can back up very precisely without a reverse gear. How can this happen? Do a computer search – "how does a jet boat work?" You'll be amazed. It's pure genius!



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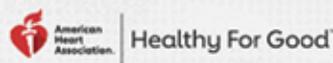
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-  **HYDRATE:** Drink water throughout the day and especially before and after physical activity.
-  **FUEL UP:** When your energy is starting to lag, snack on healthy carbs, like vegetables, fruits and whole grains.
-  **FIGHT FATIGUE:** Alternate sitting and standing during the day. Wear comfy shoes you can easily walk in, or use insoles to keep your legs and feet feeling fine.
-  **REFRESH:** Try stress-relieving activity breaks, like lunchtime walks, meditation and yoga to rejuvenate and refresh anytime.
-  **BREATHE:** Practice breathing deeply by inhaling through your nose and exhaling through your mouth slowly to deliberately send more oxygen to your brain and body.
-  **EAT FOR ENERGY:** Avoid eating saturated fats or too much protein throughout the day. They digest more slowly and can take away oxygen and energy-delivering blood from your muscles.
-  **DON'T WAIT:** Make it a habit to go from work or school to your workout or activity, if you stop at home, you may be tempted to skip it.
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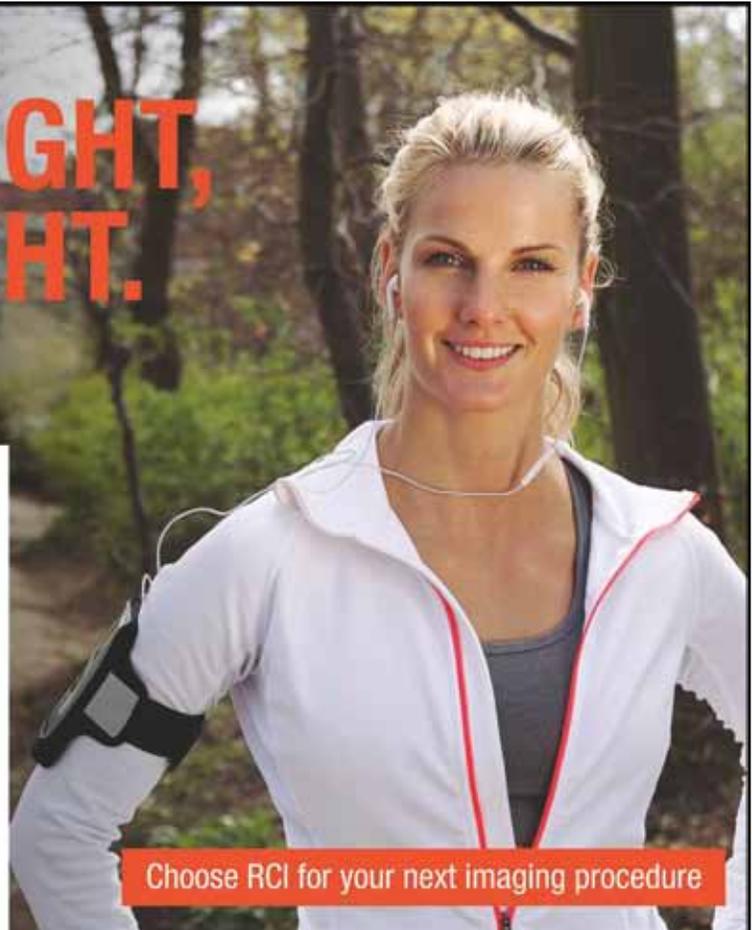
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