

# MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety  
and Friendships

## 2025



## WE'RE ALIVE !!! ... IN 2025

The New Year (2025) brings excitement; some challenges; and, a year of lots of fun. The weather for the **Winter** months has proved rather mild so far. I'm sure some of you have been out riding, and that is GREAT!

Our Shirt Committee has been working hard and I am sure that this will please the Club members as well as offering a 'Top Notch' design for all to be proud of in 2025. And we thank the committee for all the time they have put into this.

Our Next Meeting will be Monday, January 20, 2025 at **6:30 PM** at the La Porte Church of the Brethren Fellowship Hall. This is our **Pizza Party**, thus giving you an opportunity to invite some of your friends. This will let them know what kind of a group we have. (I hope it's a fun group.)

It appears that our group enjoyed the **Santa** Parade, and thanks to all those who dressed their part. It gave our Club a little community recognition.

Don't forget our **New Year's Ride** at **10 AM 1:00 PM** (weather permitting) at City Hall (led by Jerry Jackson). This is an opportunity for you to an early start on cycling. (Watch for Dave's text!) Hope to see a lot of you there, and bring your friends.

La Porte's **Winter Fest** has scheduled a bike ride, **Frosty's Frozen Bike Ride** on Saturday, January 25, 2025, meeting at the Park Department Office on Pine Lake Avenue. Ride starts at 1:00 PM.

If some of you should get outside on your bikes, be sure to dress properly and wear bright clothing. And be sure to use courtesy and safety when riding bikes.

**HAPPY NEW YEAR**

- Dave Wolfe

P.S. It is time to be thinking about renewing your Club Membership.

## YEAR'S FIRST RIDE ?

January 1<sup>ST</sup> - ~~1:00 PM~~ 10 AM

Meet at City Hall  
(891 Michigan)

*Happy New Year*

*No Act of Kindness, No Matter How  
Small, is Never Wasted.*

## Winter Fest **Frosty's Frozen Bike Ride**

Saturday, January 25, 2025

Registration - Noon

Start - 1:00 PM

Where - Park Department Office  
(Pine Lake Ave.)





The "twist" in this puzzle is that the words to find in the diagram DO NOT lie in a straight line, but bend and twist, zig-zagging in the diagram.

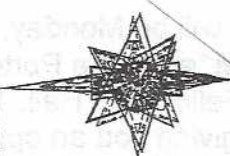


**WORD  
TWIST 4**

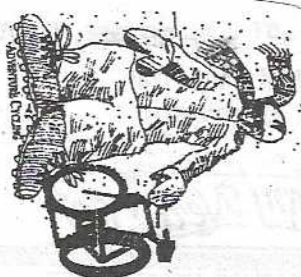
## SNOWSTORMS

V R A S I N B A T Y V E S N K  
D G C Z W Q T L P S O K L M O  
V I D Z X B E W L E F H I S W  
G H Y W I L P R H B D S N T Y  
O U T R R T W S R A C G H W O  
I N B O A S I C X M G U S M R  
D Q G A F F K J A N K S T O P  
D I D S D S C X S D N G T Y O  
S Q K E R X L D G E I W Y T B  
N H S R S O P U X A E Q Z M R  
O W P L N W E R L O N M B D R  
Q R F L O M C T Y A G O D W A  
E W A E L A S T A Z T H Y E S  
W I J R P X M F C H J L S X O  
O P L U J E R I S D O O N C L

1. BLIZZARD
2. DIG OUT
3. FIREPLACE
4. CUSTY WINDS
5. POWER FAILURE
6. ROADS CLOSED
7. SCHOOLS CLOSED
8. SHOVELING
9. SKIDDING
10. SNOWFLOW
11. SNOWSTORM
12. STALLED CARS
13. STAY AT HOME
14. TRAFFIC JAM
15. TRUDGE ALONG
16. WARM BOOTS
17. WINTER



**EPIPHANY**



## WINTER WORKOUTS

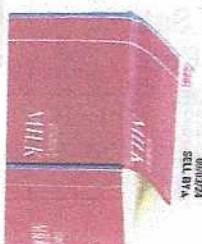


To stay warm during outdoor winter workouts, dress in layers: a T-shirt under a sweat-shirt under a jacket. Not only do layers trap in body heat but also they are easy to pull off as your body warms up. Make use of outdoor apparel accessories. Cover your head and hands to prevent chapping. Use a scarf over your mouth to prevent loss of moisture from the lungs.

**The Truth About Milk.** The "sell by" date does not predict the safety of the milk. It merely tells a store how long to display milk for best quality. If properly refrigerated, milk should last five to seven days past its "sell by" date before turning sour. More food news in Consumer Reports. Send for your risk-free issue today.

### THE BEST WAY TO KNOW WHETHER MILK IS SPOILED?

Trust your taste buds  
and sense of smell.



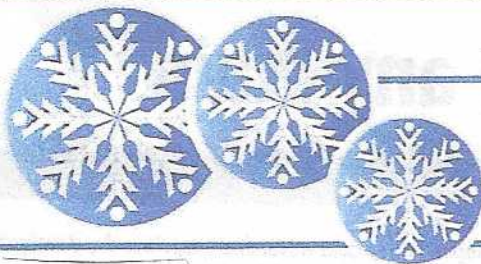
## Weather-Proof

Television weather forecasting began in 1949 when predictions on a map of the county drawn on a chalkboard. Today's meteorologists rely on computers for up-to-the-minute weather conditions around the world. Celebrate Weatherperson's Day (February 5) about weather forecasting.

Nothing in nature is more beautiful than a single snowflake, and nothing in nature is more rare.







# JANUARY

## THE YEAR

The Year is closed, the record made,  
The last deed done, the last word  
said.

The memory alone remains  
Of all its joys, its griefs, its  
gains.

And now with purpose full and clear,  
We turn to meet another year.

—Robert Browning

## The Epiphany story

Epiphany is celebrated annually in Christian churches on January 6. The word "epiphany" comes from a Greek word meaning "manifestation" or "showing forth." Its focus is on the legendary arrival of the Magi (three wise men) after the birth of Christ. They followed the light of a star to find the Light of the World.

The wise men were not Jews but Gentiles, which shows that Christ came not only for Jews but for all other people on Earth. Thus, all of us who are Gentile Christians are in the lineage of the Magi, the first Gentiles who came to Christ.

- Take the first step in faith. You don't have to see the whole staircase, just take the first step.

—Martin Luther King, Jr.

*"The Splendor Falls on Castle Walls  
and Snowy Summits Old in Story;  
the Long Light Shakes Across the Lakes,  
and the Wild Cataract Leaps in Glory."*

*"Ring Out the Old, Ring in the New,  
Ring, Happy Bells, Across the Snow:  
the Year is Going, Let Him Go;  
Ring Out the False, Ring in the True."*

Alfred Lord Tennyson

## Birthdays - JANUARY

- 5 - Doug Gaff
- 5 - Okey Akers
- 25 - Steve Pearson



HAPPY  
BIRTHDAY

## Remembering Martin Luther King, Jr.

We have assembled here from every section of this great nation and from other parts of the world to give thanks to



God that he gave to America, at this moment in history, Martin Luther King, Jr. ... Truly God is no respecter of persons. How strange! God called the grandson of a slave on his father's side, and said to him: Martin Luther, speak to America about war and peace; about social justice and racial discrimination, about its obligations to the poor; and

about nonviolence as a way of perfecting social change in a world of brutality and war ...

—Benjamin Mays,

delivering the eulogy at King's funeral on April 9, 1968

- May this new year offer you so many opportunities that you will have to puzzle over which to accept. May all of you "tigers in the dark" turn out to be kittens in the light of God's great love.

—Dr. Thomas Lane Butts

## A New Year Wish

Margaret Rorke

May the bright spots in the old year  
Be but flickers in the dark  
When compared with what the new year  
Will enkindle with its spark.



Q

**SOMEBODY LOCKED A BIKE TO  
MINE AT THE BIKE RACK. IS IT  
ILLEGAL TO BREAK THE LOCK?**

A

Maybe. But it's also not legal for someone to lock your bike up—some thieves use that technique so they can steal your bike after you've left without it. Your best course of action: Ask the police to break the lock for you.



JAMES WOODSON, GETTY IMAGES

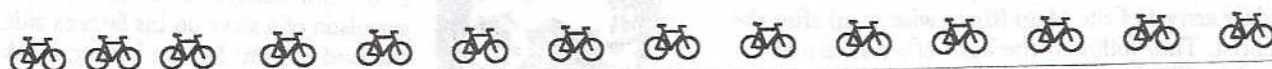


# How to get out any stain

Stain	Solution
Grease, coffee or red wine	Mix together ¼ cup white vinegar, ¼ cup cold water and 1 tsp. laundry detergent. Dip paper towel in mixture and dab on spot. Rinse with cold water.
Blood	Mix together 1 tsp. mild laundry detergent, ½ tsp clear ammonia and ½ cup ice-cold water. Dunk a paper towel in the solution, then dab it on the blood. Rinse with cold water. Still there? Add 1 cup salt to 2 quarts cold water and soak garment in it. Toss in laundry machine with detergent.
Berries	Bring kettle of water to a boil. Spread stained clothing over top of a bucket. Holding kettle a foot above bucket, pour water through the stain. The heat, coupled with the force, should drive berry dyes out.
Ink	Squeeze lemon on stain. Set garment out in sunshine. Repeat as necessary.
Lipstick	Apply a dab of clear petroleum jelly on the spot. Blot with a paper towel. Rinse with mineral spirits or, if the fabric is color-safe, hydrogen peroxide.
Mud	Allow mud to dry. Gently scrape it off with flat edge, such as a credit card or dull knife. Soak remaining dirt on garment in rubbing alcohol. Dab with a paper towel.
Chewing gum	Place item in freezer overnight, with gum side facing out. Remove from freezer and scrape the gum gently with a flat edge.

— Julia Savacool

**Y**OU WERE SIPPING coffee in your car, and next thing you know, your white blouse has a brown spot on it. Sound familiar? Undoing a stain's damage can be daunting. "When in doubt, soak the item in cold water first," says Erin Bried, author of *How to Sew a Button*. "And instead of bleaching it, try sunshine. It's free, cheerful and can often whiten better than bleach." For other common no-fail stain removals, follow Bried's advice:



## GOOD MOVES

# Strengthen Key Muscles to Avoid Knee Pain

**W**hile strengthening the quadriceps muscles at the front of your thigh is important to prevent knee pain, a strong vastus medialis obliquus (VMO) at the

inside of the thigh is also needed to maintain proper knee-cap alignment. These five moves can help you strengthen the VMO and other key muscles surrounding the knee. **Age**

### Seated Quad and VMO Stretch

Sit in a straight-backed chair with your feet flat on the floor. Slowly raise one leg so that it is straight in front of you. Turn your foot so that your toes are pointed to the outside. Hold the contraction for five seconds, then straighten your foot and lower your leg to the floor. Do 10 repetitions, then repeat with your other leg.



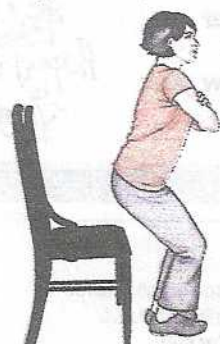
### Quad Stretch

While sitting in the chair, cross one leg behind the other. Push gently forward with your back leg as if to straighten it, but prevent this from happening by pushing back with your front leg as hard as possible for five seconds. Relax for three seconds. With one leg underneath the other, slowly lift your top leg until it is straight, then slowly lower your leg. Repeat each exercise five times.



### Sit to Stand

While sitting in the chair, fold your arms across your chest and slowly stand up without using your arms. Slowly sit down without using your arms. See how many times you can do this exercise in one minute. Gradually increase the number of repetitions.



### Thigh Stretch

Tie a medium-weight elastic exercise band to the leg of the chair and loop it around your foot, with your knee bent. Slowly straighten your knee, stretching the band. When the knee is straight, hold for five seconds. Then slowly bring your knee back to the starting position. Do five repetitions. Switch legs. Over time, add more resistance with a stiffer exercise band.



Alayna Paquette Illustrations



# Stay Healthy

## Jump-Start Your HEALTHY NEW YEAR

Five simple things you can start doing this week for a happier and healthier you in 2017.

By Dána McMahan

### 1. SNACK SMART

Snacking is inevitable, but it doesn't have to sabotage healthy eating. The key, says *Foodist* author Darya Rose, Ph.D., is awareness. Notice how you react in the presence of emotions.



People often reach for cookies in response to boredom or stress.

If you're actually hungry, think about how long it is until mealtime and choose accordingly. "You're not going to binge on fruit," Rose says, so an apple can be a go-to. To tide yourself over longer, amp up snack time with a boiled egg or high-quality cheese, foods hard to overeat, says Rose. On the go? "Nuts are great because every corner store has a bag," she says. Choose pistachios: The nutritional powerhouses have 160 calories, 6 g protein and 13 g fat in a 1-oz. serving (49 nuts). Or be prepared with a preportioned bag of trail mix like Sunkist's new Trail Mix Ginger Peach Blend (\$4, grocery stores).

### 2. GET SERIOUS ABOUT MEAL PLANNING

Raise your hand if you've recently ordered a pizza as a desperation dinner. It happens. But taking a more serious approach to meal



planning can save your diet and your grocery budget.

There are a variety of services available that can help. Cook Smarts ([cooksmarts.com](http://cooksmarts.com)) delivers easy weekly meal plans to your email. You can finally enjoy all those recipes you've bookmarked online with Real Plans, a digital recipe box that also generates a shopping list and prep timeline ([realplans.com](http://realplans.com)). Or bring dinner fixings right to your doorstep: With HelloFresh, Purple Carrot, Blue Apron and a slew of others, a week's worth of preportioned ingredients and recipes comes to you. With many of the services, you can opt in and out of weeks and choose vegetarian entrees.

### 3. TRACK YOUR HEALTHY HABITS

Seeing daily proof that you've done something healthy can spur you on—and hold you accountable if you've slipped. Starting is easy; many phones have built-in step counters. Apps like the free goal-tracking Coach.Me turn your device into a motivational platform with reminders and celebrations for any habit, from drinking more water to meditating. Take it further with wearables like the Fitbit and smart watches that prompt wearers to get up and move and even estimate VO2 max, a measurement top athletes use to assess their endurance potential.

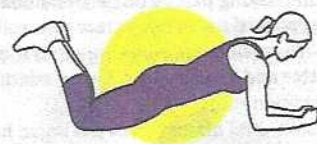


### 4. GET INVOLVED

Studies show that volunteering reduces stress and helps us live longer, says Basil Sadiq of VolunteerMatch. But start small. Though the temptation may be to dive in, overly enthusiastic people often overcommit (and fall through), he says. Filter your search at [volunteermatch.org](http://volunteermatch.org) by interest—such as spending time with animals (another health booster!)—and choose just one opportunity. Spend four hours, and if you like it, he says, gradually add on.

### 5. DO THESE SIMPLE MOVES EVERY DAY

If the thought of braving a gym full of machines sends you back to your couch, think simpler. A few exercises can have a big impact. For example, bodyweight exercises (moves that use your own weight) are a fitness pro favorite for good reason: They're possible to do anywhere, no equipment needed. One to try: a modified plank, which develops core strength—key to nearly all daily activities. To do it, get down on your hands and knees. Slide your hands forward and place your



forearms on the floor directly under your shoulders. Tighten your rear and lower your hips so your body forms a straight line from your knees to your head. Hold for as long as you comfortably can, aiming to increase the amount of time you hold the plank every day.

At night, elite coach Kelly Starrett, creator of Mobility-WOD, recommends taking 10 minutes for foam rolling before bed. This mini mas-



sage using a simple foam tube (available at sports stores) not only treats stiffness but prepares the body for sleep. Try this move to soothe sore calves: Extend one leg and roll from knee to ankle, bracing weight on your arms and opposite leg.

### BLONDIE DEAN YOUNG & JOHN MARSHALL



## 15. The dark chocolate myth

Lots of people think that dark chocolate is the only chocolate that's good for you, but milk chocolate also packs a health punch: Beneficial flavonoids in milk chocolate may help lower your risk of heart disease and stroke.





# MAINTENANCE

[ WINTER ]



## BOTTOM BRACKET/CRANKSET

With the chain derailed, spin the crankset slowly with one finger.

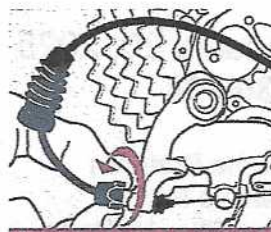
If the movement feels gritty, audibly grinds or catches at certain spots in the rotation, you need either a bottom bracket overhaul or full replacement. You did the diagnosis, which is plenty. Leave the surgery to a shop. **1** Grab the crankarms and try to wiggle them toward and away from the frame. If there is play, determine if the whole crankset is moving or if it's only one of the crankarms. For the crankarm, try tightening **2** (with the required 8mm hex, a thin-walled socket or in some cases a proprietary tool) then check again. For the crankset itself, a shop might be able to tighten the BB or else replace it. **3** Finally, snug all chainring bolts, usually with a 5mm hex or a Torx key. (Some bolts require you to hold the opposite side while you tighten.)

from now on CHECK IT ONCE A MONTH

## REAR DERAILLEUR

Clunky rear shifting is most often caused when the cable stretches or the amount of tension it exerts on the derailleur somehow goes out of whack, which affects the derailleur's alignment with the cogs. Amateur mechanics sometimes try to fix this by fiddling with the two screws that are prominent on the derailleur body. Those limit screws, however, are intended to be used to set up the initial range of motion (preventing the derailleur from jumping into the spokes on the large-cog side, and centering it precisely at its lowest, least-tensioned starting point on the small-cog side).

Fortunately, the simplest way to tune the rear shifting solves somewhere around 90 percent of all problems. Shift to the smallest cog. Turning one pedal by hand, click up one gear. If the derailleur balks, click back and stop the drivetrain. Turn the barrel adjuster—located where the cable goes into the derailleur; it's the only thing down there that looks like a barrel—out half a turn (counterclockwise). Try the shift again, continuing to dial out the adjuster as needed until the derailleur snaps crisply onto the cog. Progress up the cogs. When the shifting is perfect that way, repeat the routine coming down the cogset. This time if the derailleur hesitates, dial the barrel adjuster in just one-quarter of a turn at a time. You should be able to work your way up and down the cogset and fine-tune the shifting in less than 10 minutes.



TURN BARREL ADJUSTER COUNTERCLOCKWISE

from now on TUNE WHENEVER SHIFTING GETS BALKY

LUBE HERE



NOT HERE

## CHAIN

A pro-team mechanic showed us a cheap and easy quick-clean method we love: Soak the center of a sponge with dish soap (or a commercial degreaser or cleanser). With one hand, wrap the sponge around the chain, under the chainstay, then with the other hand backpedal 10 revolutions. Rinse the sponge, squeeze out excess water, reload with cleaner and repeat. Continue until the sponge no longer gets dirty. Dry the chain by letting it sit for 10 minutes or by backpedaling through a clean rag. Apply one drop of lube to each of the chain's pins, then backpedal 10 revolutions, allow five minutes for the lube to penetrate, then wipe the chain with a clean rag by backpedaling. (Any lube removed this way is excess that doesn't help the links move, and attracts grime.)

from now on CLEAN EVERY TWO WEEKS, 10 HOURS OF RIDING, OR IF WET RIDE



2025

## MAPLE CITY BICYCLING CLUB

Name \_\_\_\_\_ Birthday \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Check one: \_\_\_\_\_ Single membership \$10.00 yr. \_\_\_\_\_ Family membership \$15.00 yr.

If family membership – list family members and birthdays: \_\_\_\_\_

Mail check to: Maple City Bicycling Club, P.O. 55, La Porte, IN 46352



## Gooey Shortcut Cinnamon Rolls

You may never eat cinnamon rolls with your chili, but save this pantry hack for your weekend breakfast arsenal.

HANDS ON 10 MINUTES TOTAL 40 MINUTES

1 17.5-ounce tube refrigerated large cinnamon rolls with icing (5 rolls),\* such as Pillsbury Grands

½ cup heavy cream

¾ cup salted butter, melted

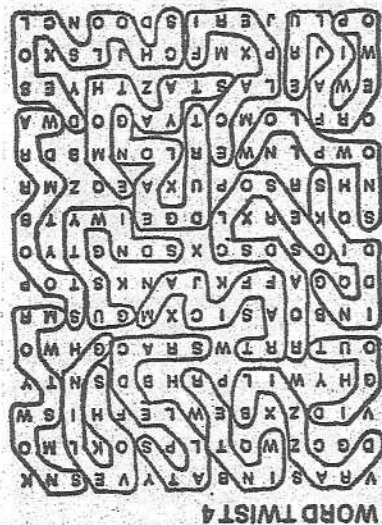
¾ cup packed brown sugar

1. Preheat oven to 350°. Grease a 9-inch round baking pan. Arrange cinnamon rolls in prepared pan. Pour cream over rolls.  
2. In a small bowl, whisk together melted butter and brown sugar. Spoon mixture over cinnamon rolls.

3. Bake until almost all of the liquid has been absorbed and rolls are golden brown, 25 to 28 minutes. Cool in pan 5 minutes. Spread icing over rolls. Serve warm or at room temperature. **MAKES 5 ROLLS. MWL**

**PER ROLL** 506 cal, 25 g fat, 52 mg chol, 604 mg sodium, 68 g carbo, 0 g fiber, 35 g sugars, 5 g pro.

**\*PREP TIP** We preferred large cinnamon rolls, but the recipe does work using a standard 8-roll (12.4-ounce) tube. Prepare as directed, reducing baking time to 18 to 20 minutes.



## Make Your Holiday Meal Tasty, Healthy, and Eco-Friendly

*Simple steps can lead to big benefits for the planet and your holiday get-togethers.*

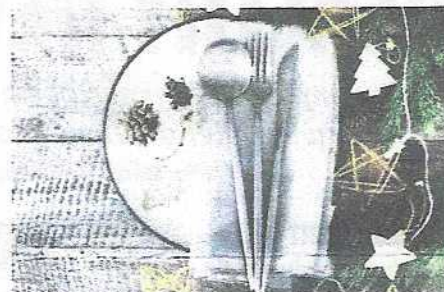
The holiday season is a time of celebration, but it can also be a time of excess (and waste). However, with a bit of planning, it's possible to create a delicious, healthy holiday meal that's also kind to the environment. Read on learn some of *EN's* favorite tips.

**1 Choose Seasonal, Local, and Organic Ingredients.** The foundation of an eco-friendly meal starts with the ingredients. Focus on buying seasonal produce, which requires less energy to grow and transport. Seasonal vegetables like squash, sweet potatoes, Brussels sprouts, and kale are not only nutritious but also abundant during the winter months. Visiting a local farmers' market is a great way to find fresh, organic produce while supporting small-scale farmers. Locally grown food has a smaller carbon footprint, as it doesn't require long-distance transportation or refrigeration.

Organic ingredients are another excellent choice for reducing environmental impact. Organic farming avoids harmful pesticides and synthetic fertilizers, which can pollute the soil and water supply. Organic meats and dairy products, if you choose to include them, come from animals that are raised without antibiotics or growth hormones, and in many cases, under more humane conditions.

**2 Make Plant-Based Dishes the Star.** One of the most effective ways to make your holiday meal eco-friendly is to prioritize plant-based dishes. The production of meat, especially red meat, generates significantly higher greenhouse gas emissions than plant-based foods. Consider crafting a menu centered around vegetables, legumes, grains, and fruits.

For side dishes, think roasted root vegetables, grain salads, and greens. Dishes like quinoa salad with roasted butternut



*Take small steps to improve the eco-impact of your holiday meal experiences.*

squash, or baked sweet potatoes with tahini dressing are both healthy and sustainable options. If you do include animal products, opt for smaller portions and consider choosing sustainably sourced fish or pasture-raised poultry.

**3 Minimize Food Waste.** Food waste is a major environmental issue, especially during the holiday season. Careful meal planning can help minimize waste. Make sure to prepare the right amount of food based on your guest list and consider portion sizes to avoid leftovers that go uneaten. Utilize all parts of your ingredients—vegetable scraps can be used to make stock, and leftover cooked vegetables can be repurposed into soups or stir-fries.

Encourage guests to take home leftovers when they leave. Composting food scraps is another eco-friendly practice that keeps organic waste out of landfills and returns nutrients to the soil.

**Bottom Line.** Creating an eco-friendly and healthy holiday meal is easier than you might think. By focusing on seasonal, local, and organic ingredients, minimizing food waste, and prioritizing plant-based dishes, you can enjoy a festive, flavorful meal that benefits both your health and the planet. Sustainable choices in the kitchen contribute to a more mindful, environmentally conscious holiday season for all. **EN**

—EN Contributor





# MCBC Meeting



## "NEW YEAR'S Celebration"

Monday, January 20, 2025  
6:30 PM

Church of the Brethren  
Fellowship Hall  
414 Hawthorne St. - La Porte

**Pizza Party**



Happy  
New  
Year



**MCBC has Facebook**

**Maple City Bicycling Club**

Maple Leaf Logo

Website

[www.maplecitybicyclingclub.com](http://www.maplecitybicyclingclub.com)

E-Mail

[maplecitybicyclingclub@gmail.com](mailto:maplecitybicyclingclub@gmail.com)

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