

MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety
and Friendships



February

2023

WINTER Brings . . . FEBRUARY Flurries

Our New Year's weather has been very mild to date. I hear a few of our members have been out cycling. Yes, this has allowed several of you to get an early 'jump' on your cycling. (Hope you are enjoying it.)

At our January meeting we not only enjoyed pizza but started working on our up coming O.C.T. We should have our flyers out by time you get the newsletter. We also have a tentative design for our T-shirt. And we are checking on getting a supplier.

It was noted that we had a good turn out for our New Year's first ride in La Porte. It appears that our Club will begin Club Rides in April, and we will look into setting up weekend rides (Saturday and/or Sunday) this summer, possible starting in June.

A number of you paid your Membership Dues at our January meeting - Thank You. We have kept our dues down this year in hopes of encouraging a larger membership. (Larger organizations carry more weight in getting things done.) So, if you have not already paid your dues, PLEASE do so as soon as possible.

Our next meeting is Monday, February 20, 2023 at the La Porte Church of the Brethren at 7:00 pm. We need to continue working on our O.C.T. We will also discuss more on beginning our Club rides; and, any other plans we may have for this summer.

For those who are out riding already, (Hurrah for you). Be sure to dress appropriately and wear bright clothing. Plus ALWAYS know your surroundings.

START THINKING **SPRING**

- Dave Wolfe

The groundhog is nature's little weather forecaster! This stout-bodied burrowing creature is the animal featured in the German folklore in which six more weeks of winter are assured if it sees its shadow on February 2nd (Groundhog Day).

NOAH'S BAD DAY

A small boy had been promised a visit to the zoo one Sunday if he sat quietly through church. The boy listened intently as the pastor preached about Noah's ark. Afterward, he said to a young friend, "We're going to the zoo today; I sure hope we have a better day for it than Noah had."



Groundhog Day



- 8 - Boy Scouts Day - founded
- 9 - Chocolate Day
- Pizza Pie Day



10 - International Bike Day



Valentine's Day



Super Sunday



Presidents' Day



What to buy in February

A guide to deals and steals

YOU ALREADY know Presidents Day week-end means sales on cars, clothes and appliances. (For what's hot, where, go to presidentsdaysales.com.) Also:

Buy flowers and chocolates on the 15th. The 13th and 14th, some stores charge twice the original price. Yes, but not After Valentine's till the 15th. Day, florists and candy stores unload at bargain prices. Other V-Day gifts (perfume, jewelry) also get post-holiday sales.

Next winter's coat. This month, stores make room for spring items. Burlington Coat Factory often takes more than 50% off in coat clearance sales, and department stores such as Macy's sell at deep discounts.

Plan for summer. Air conditioners and outdoor grills (not

Want a boat? Now's the time to buy.



top of mind when you're in snow!) are apt to be cheaper and, as important, available.

Bargain hunt for boats. It's boat show season from Miami to Massachusetts (see boatshows.com), your best chance to negotiate a deal on the spot. ▀

—Julia Savacool

PERSONAL TRAINER

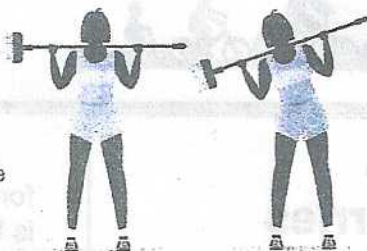
Move with dynamic stretches

Many popular stretches are static—they pull against a fixed muscle or joint—but these are some good dynamic (moving) stretches.

Side bends

Stand with a light bar or broomstick on your shoulders

Hold upper body straight, lean to one side, hold 2 seconds, then lean to other side. Repeat 10 times



Full back stretch

Lying on back, pull knees to chest and hold legs behind knees

Roll forward until feet touch floor...

... then back until head almost touches floor. Repeat 10-15 times



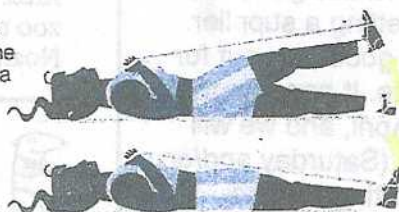
Hamstring stretch

Lie with rubber tube, elastic band or rolled towel around one foot

Pull elastic and lift straight leg at same time until you feel a mild stretch

Gently lower leg

Repeat 10-15 times with same leg, then change legs



Source: Sports Fitness Advisor by Sporting Excellence
MCT Graphic/HELEN LEE MCCOMAS, PAUL TRAP

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JUST 1 TABLE- SPOON OF

salad dressing made with olive oil helps keep your immune system strong and boosts your body's ability to absorb infection-fighting antioxidants.



February is American Heart Month. Show your ticker a little love with these heart-healthy seasonal foods. By Natalie Rizzo, MS, RD

You might already know that the fats in olive oil and salmon may do your heart good. But don't overlook nuts, citrus, and leafy greens; they're all powerhouse ingredients for your cardiovascular health.

Nuts also contain heart-healthy fats. A six-week randomized controlled trial demonstrated that eating 1½ ounces of almonds per day reduced LDL (bad) cholesterol and abdominal fat, two risk factors for heart disease. Another randomized controlled trial in people with high cholesterol showed that eating 1½ ounces of pistachios per day for 3 months reduced LDL cholesterol levels and improved heart function. And adding a small handful of unsalted nuts to your daily routine can help you reap the benefits.

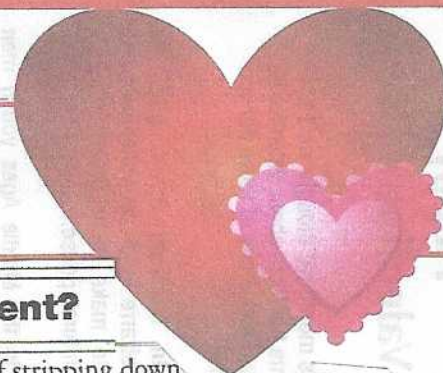
Winter's bright citrus fruits are also a good choice. While oranges, tangerines, grapefruits, and clementines are known for their immunity-boosting vitamin C, they also boast heaps of potassium, a mineral known for its role in regulating blood pressure. A meta-analysis in the *Journal of the American Heart Association* (AHA) concluded that consuming 3,500 milligrams per day of potassium may help lower blood pressure. Drink 1 cup of pure orange juice to supply 500 milligrams. Just be sure to avoid juice sweetened with added sugar, which can be detrimental to heart health.

Another heart-healthy mineral—magnesium—is found in dark leafy greens such as kale, Swiss chard, and collard greens. A study in the *Journal of the AHA* observed more than 9,000 participants for eight-plus years and found that low magnesium levels were associated with an increased risk of death from coronary heart disease and sudden cardiac death.

Try drizzling kale with olive oil and roasting it in your oven to make kale chips. Shred Swiss chard and collard greens to make a nutrient-packed slaw for a natural magnesium boost. Or put it all together—top leafy greens with citrus segments and crunchy toasted nuts—for one heckuva heart-healthy salad.



FEBRUARY



Dolly Madison is the only First Lady to be taller than her husband, James. She was 3-inches taller.

Just plow around it



Lincoln is reported to have said, "Some men are like the stump the old farmer had in his field — too hard to uproot, too knotty to split, and too wet and soggy to burn." His neighbors asked him what he did about it. "Well, now, boys," he answered, "I just plowed around it." That is a good thing to do with obstacles that we encounter.

—Thomas H. Warner
in *Church Management*

What is Lent?

It is forty days of stripping down to the living essentials;
It is forty days of facing truth about one's self-indulgent evasions;
It is forty days of fellowshiping with Christ in the desert;
It is forty days of rejoicing in God's mercy and forgiveness.



WHAT IS LOVE?

The sage has pondered its wisdom
The scholar its role
The philosopher its reason
The scientist its formula.
The lonely seek its comfort
The destitute its compassion
The sick its healing.

We all have tried to define love; by our own values, within our own lifestyles, from our own perspectives, to our own rationalizations, yet most mysteriously not always to our own satisfaction.

Rabbis, priests, ministers and missionaries have tried to define love in the privacy of their studies, from their pulpits and in the classroom.

No other word among the languages of the world has so many meanings, so many interpretations, yet is so little understood.

Love is a natural resource; an abundant reservoir of nourishment for all living beings, yet noticeably sparse.

—Grace Lutheran Church
Streamwood, IL

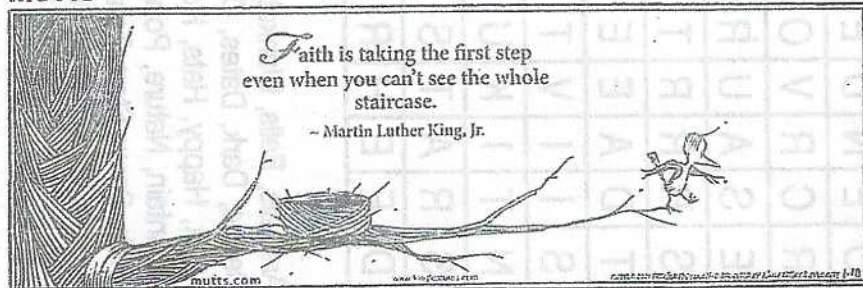
Birthdays - February

- 3 - Martina Allesee
- 7 - Craig Dwight
- 9 - Diane Szynal
- 10 - Julie Childress
- 10 - Tom Delorme
- 10 - Vivrenne Mullen
- 10 - Dave Wolfe
- 14 - Tom Hilbish
- 15 - Kaye Beall
- 21 - Allen Fuller
- 22 - Eugene Dryden
- 27 - Ruth Ann Delorme
- 29 - Jon Mack



If I missed someone - Please let me know!

MUTTS



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

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Animals, Bells, Blanket, Buddy, Cheer, Children, Chill, Coat, Crisp, Dance, Dark, Dates, Dawn, Deep, Dream, Drive, Evening, Forest, Frost, Happy, Hats, Horse, Host, Icicles, Laugh, Lodge, Meadow, Mountain, Nature, Powder, Resort, Roads, Route, Santa, Scenery, Skids, Snow, Stars, Team, Terrain, Track, Travel, Treat, Trees, Tundra, Typical, Wine, Winter, Wonderland, Wooden.

Rib Shack Loaded Mashed Potatoes

Idaho is well-known for its spuds—even our license plates say “famous potatoes”! This is my version of the smash-hit mash that’s served at a local joint.

Trisha Kruse, Eagle, ID

Takes: 30 min. • Makes: 12 servings

- 2½ lbs. potatoes, peeled and cubed
- 1 cup 2% milk, warmed
- ½ cup spreadable garlic and herb cream cheese
- 3 Tbsp. butter, softened
- 1 lb. bacon strips, cooked and crumbled
- 1 cup shredded cheddar cheese
- ½ cup shredded parmesan cheese
- 3 green onions, chopped
- 2 Tbsp. minced fresh parsley or 2 tsp. dried parsley flakes
- ¼ tsp. salt
- ¼ tsp. pepper

Place potatoes in a Dutch oven; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, until tender, 15-20 minutes. Drain and return to pan; gently mash potatoes to desired consistency, gradually adding milk, cream cheese and butter. Stir in remaining ingredients. **½ CUP** 238 cal., 15g fat (8g sat. fat), 41mg chol., 477mg sod., 15g carb. (2g sugars, 1g fiber), 10g pro.

Rib Shack Loaded Mashed Potatoes



Happy Valentine's Day

This month we thought we'd share some fun facts about Valentine's Day...how many of these did you know?

- ♥ In Medieval times, girls ate bizarre foods on Valentine's Day to make them dream of their future spouse.
- ♥ In the Middle Ages young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned on their sleeves for one week. This was done so that other people would know their true feelings. This was known as “to wear your heart on your sleeve”.
- ♥ The first Valentine gift was sent by Duke of Orleans to his wife, after he was captured in 1415.
- ♥ The oldest surviving love poem to date is written in a clay tablet from the times of the Sumerians, inventors of writing, around 3500 B.C.



Inspirational Thought

“Where there is love, there is light. Where there is light, there is wisdom. Where there is wisdom, there is understanding. Where there is understanding, there is love.”

© Silver Linings

Stay Healthy



How rest helps you thrive, from your eyes to your heart to your mood

By Lambeth Hochwald

We know that getting a good night's sleep is one of the healthiest habits to incorporate into your life. In fact, regular shut-eye impacts pretty much every part of your body and should never be considered a waste of time, says Meir Kryger, M.D., professor of medicine at the Yale School of Medicine and author of *The Mystery of Sleep*. "We all need to make it a priority." Read on for some of the most important reasons our bodies need sleep.

Your mood Studies have shown that not getting enough sleep is associated with irritability, negative moods and an increased risk for mental health problems, including depression, says Wendy Troxel, senior behavioral and social scientist at the RAND Corporation and author of *Sharing the Covers: Every Couple's Guide to Better Sleep*.

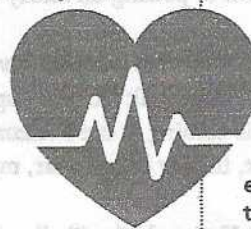
"Sleep-deprived people are more likely to fixate on negative stimuli and struggle to cope with even minor challenges," she says. When we get enough sleep, our outlook changes. "We are more positive and are better able to cope with stress," she says. In fact, respondents who prioritized sleep were the most resilient during quarantine and throughout the current wave of the pandemic, according to a *Parade*/Cleveland Clinic Healthy Now survey of more than 2,000 American adults.

Your eyes If you wake up bleary-eyed after a sleepless night, you're not alone. "Ongoing issues of dry eyes,

eyestrain or eye fatigue can be related to poor sleep," says Michelle Drerup, Psy.D., a psychologist and director of the behavioral sleep medicine program at the Cleveland Clinic Sleep Disorders Center.

If your blood sugar is unstable or you have diabetes, that also may disrupt your sleep—and affect your eyes. In some studies, sleep apnea—when airways get blocked and you stop breathing briefly—has been shown to aggravate or contribute to the development of diabetic retinopathy, a diabetes complication caused by damage to the blood vessels in the retina.

Your heart Night after night of getting little sleep can tax your cardiovascular system and contribute to such heart problems as high blood pressure, Drerup says. "Getting less than six hours of sleep habitually has long been shown to be associated with hypertension," she says.



Your productivity Don't be surprised if after a poor night's sleep you find that you can't get as many items ticked off your to-do list. On the flip side, a good night's sleep can work wonders for your brain. "Adequate sleep has a direct correlation with increased concentration and better cognitive functioning," Drerup says.

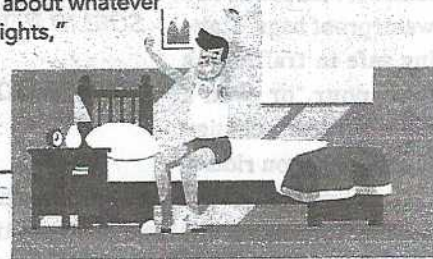
Your workout A healthy night's sleep gives your body the chance to recover and, the next day, hikes your exercise performance and improves your hand-eye coordination, reaction time and stamina.

Your immune system Sleep is paramount for a healthy immune system. While you rest, your body goes to work producing cytokines, hormones that ultimately help your immune system fight off infections. "It's very important to get a good night's sleep, especially right now during the pandemic," Drerup says. "When we're sleep-deprived we're more likely to catch the flu or get a cold."

Visit [Parade.com/healthynow](https://www.parade.com/healthynow) for smart ways to be more resilient.

Are You Getting Enough ZZZ's?

The best way to find out if you have a sleeping issue is to think about how you feel when you wake up and then again in the afternoon when energy levels tend to wane, says Yale's Kryger. "If you're sleepy during the day or find yourself falling asleep at your desk, you're either sleeping too much or too little." While sleep needs vary from person to person, most people require between seven and nine hours a night to feel refreshed, he says. If you're groggy or constantly exhausted, your health care provider can help you find out what medical condition might be causing sleepiness or insomnia. "The good news is that we can do something about whatever is causing your sleepless nights," Kryger says. "We've gotten very good at treating sleep disorders."



ISTOCK



DEVELOPING SPORTING SAVVY

A common mistake that many newly motivated exercisers make when they decide to "shape-up" is to choose a sport—any sport—and start playing. After all, activity is the name of the game when it comes to fitness, right? Not necessarily. Experts caution that taking up a sport out of the blue can be dangerous, particularly as people get older. The reason: bodies need to be in shape before playing ball, tennis, or squash. Otherwise, the risk for

major or minor injury is greatly increased. If you have been inactive for the past few months, jumping into action at the company softball game is more likely to result in pulled muscles rather than toned muscles. The best way to shape up is to ease into sports. Stretching, walking briskly, and doing aerobic exercises can build and tone your muscles. Once you are in shape, choose a sport—any sport—to help you stay that way.



KEEPING YOUR WHEELS SPINNING IN RAIN AND SNOW

By Carolyn Szczepanski • Illustrations by Stephen Haynes

The first time I did it, I stood at the end of the parking garage overhang for a good two minutes. Looking out at the pouring rain, I cringed at the thought of the splatter on my face, that squishy feeling in my handlebar tape, the prospect of peeling off sticky socks when I arrived at the office.

Living in Washington, D.C., I've always had a fair-weather cop-out. I actually enjoy the three-mile walk from my apartment to the office and, if the weather is coming at me horizontally, I can always retreat to the train. But, in May of last year, my pride met the precipitation head-on.

It was the first month of the National Bike Challenge and, here at the League of American Bicyclists, we had an ambitious office goal for mileage logged. We even had a head-to-head competition going with several other national bike advocacy organizations to see who could log the most trips during National Bike Month. My competitive spirit pushed me to saddle up even in the rain.

I quickly realized that my avoidance of Mother Nature was, well, pretty ridiculous. But I also learned that, even for the seasoned, all-weather commuter, riding in rain and snow isn't just about fenders, rain pants, and waterproof bags. Staying safe in traffic in a downpour, or even a drizzle, means changing the way you ride.

For folks in particularly intense climates, that change is dramatic and often includes special gear. Just ask Brian Litmans, who teaches bike education in one of the northernmost cities of the United States. "When I moved back to Anchorage I became a winter commuter my first year," he recalls. "I didn't think I needed studded tires. That was a mistake. I fell a few times and realized how stupid it was to be out in those conditions without a bike that was adequately prepared for winter riding. Since I got studded tires, though, I've been fine. They really are a worthwhile investment."

But the bike itself is only the beginning. For rain or snow, an extra measure of foresight is critically important. "Being very aware of

your road conditions is the most important factor," says Jennifer Laurita, a League Cycling Instructor in New Jersey, who recently weathered the deluge of Hurricane Sandy. "Knowing there's potential for slippery conditions sets a very different mindset. Use defensive scanning further than you would for a dry day." And don't forget, you're not the only one dealing with the adverse conditions—motorists may have limited visibility, too, thanks to water or snow on their windshields.

That added caution extends to how we ride, especially when it comes to braking and turning. Three words should be your mantra: take it easy.

"When braking, slow down gradually," Litmans says. Slippery conditions, like black ice, may be invisible to the cyclist's eye, so give yourself a safe stopping distance, especially if you're approaching an intersection. Remember that water reduces the friction of your rim brake pads, so don't count on stopping as quickly as usual. (Snow

and ice reduce friction even more.) And glance at the pavement before you put your foot down: that spot may be slippery and you don't want to take a spill into the street.

Concerning braking technique, "To maintain balance and control, I ride very much the way I would in my car," Laurita says.

"That is, I don't panic-grip the brakes. Instead, I transfer my weight back on the saddle. That can add a good amount of traction, just as if I were riding in sand or loose gravel."

Turning can be tricky, too, so take those corners with care. For Laurita, that means keeping a more upright body position. "In our handling drills, we teach people to turn their handlebars and lean their bodies when they turn—to trust the bike will grip the pavement," she says. "But, in winter conditions, unless I know for sure that the pavement's dry, I tend to turn without leaning into it."

Traveling a little more toward the center of the lane might be advisable, too. Given the slope of the pavement, all manners of

"I quickly realized that my avoidance of Mother Nature was, well, pretty ridiculous. But I also learned that, even for the seasoned, all-weather commuter, riding in rain and snow isn't just about fenders, rain pants, and waterproof bags. Staying safe in traffic in a downpour, or even a drizzle, means changing the way you ride."

crud slosh over toward the curb. Especially in less-than-ideal conditions, you don't want to be jerking suddenly or weaving unpredictably to miss a patch of ice or pool of water. "If you're further out into the lane, it can make it easier to avoid sections of softer snow, or unplowed snow and gravel," Litmans suggests. Plus, snow that collects where pedestrians cross may be crushed into ruts that can swallow your tire, so beware of the contours in those high foot-traffic areas.

Of course, being careful and having the right gear doesn't mean you can navigate all conditions. While studded tires can help you grip in some ice and snow, there are some hazards even the most tricked-out ride should avoid as all costs. "Stay away from puddles entirely," Laurita warns. "You can never tell how deep they are or what the road situation is like where the water is pooling or what kind of debris may have collected in the bottom."

The same goes for certain types of snow. If there's a significant accumulation—three inches of wet or five inches of light snow—Litman suggests waiting 24 to 48 hours before heading out on two wheels. Making sure the street has been plowed is important because, if you hit a

soft and deep patch, he warns, "your bike will sink down like you're riding through mashed potatoes." And don't ride in fresh sluff, either: the snow cast off by snowplows that's particularly powdery, slick, and chock-full of chemicals. "It's like riding in quicksand," Litmans cautions. But for all the special precautions, Litmans and his fellow advocates at Bicycle Commuters of Anchorage are spreading the message that winter shouldn't banish your bike to basement hibernation. "We try to focus on the fun you can have even in the ugliest of weather," he says. "After all, there's something invigorating about being out in the elements."

Just don't forget that the ride's not done when you roll safely into the driveway. "Dry off/wipe down your bike and equipment when you get home," Laurita advises. "You don't need corrosive salt on your bike!"

Carolyn Szczepanski is the Communications Director for the League of American Bicyclists, which represents the interests of the nation's 57 million cyclists. League Cycling Instructors across the nation offer classes in safe cycling: find a class near you at www.bikeleague.org.

BAD WEATHER BIKE HANDLING TIPS

- Scan ahead farther than you normally would.
- Steer clear of puddles—they may be deeper than you think.
- Keep a more upright position in turns.
- Keep your weight balanced and apply the brakes gradually to stop, favoring the rear brake.
- Test your brakes to see how much traction you have before you need them.
- Take it easy!

WHAT TO WATCH FOR

1. Motorists' visibility will be reduced in bad weather, so keep alert for cars making sudden turns or stops in front of you. If you're wearing a good idea in these conditions.
2. Avoid traveling too far over toward the curb, where all manner of crud can collect with rain or snow.
3. Metal surfaces, such as manhole covers and storm drains, will be slippery when wet, so avoid them if you can.
4. It's best to travel in the clear path made by car tires through snow. Even so, this path will be slightly more icy and free of debris.

MCBC Membership

Single - \$10.00 Family - \$15.00

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

Birthdate _____ Membership _____ Single. _____ Family

If family membership – list family members and birthdays: _____

Phone _____ E-Mail _____

Make checkout to and mail to: Maple City Bicycling Club
P.O. Box 55
La Porte, IN 46352

MCBC Meeting



**Monday, February 20, 2022
7:00 PM**

at
La Porte Church of the Brethren
414 Hawthorne St. - La Porte

Refreshments & Fellowship

E-Mail

maplecitybicyclingclub@gmail.com

Affiliated with:



MCBC has Facebook

Maple City Bicycling Club

Maple Leaf Logo

Website

www.maplecitybicyclingclub.com

I'm to old for this: There is a lot that is annoying about aging, but there is also something profoundly liberating about aging: an attitude, one that comes hard won. When you hit sixty, you begin to say: I'm too old for this.

-Dominique Browning

A one-way street

Life is a one-way street. No matter how many detours you take, none of them lead back. And once you know and accept that, life becomes much simpler. Because then you know how much you must do the best you can with what you have and what you are and what you have become.

-Isabel Moore



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