

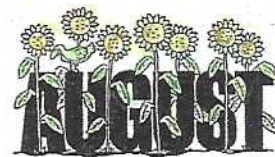
MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety
and Friendships

2020



From Your Prez ...

Holy Cow ! As Harry Carey would say, August 2020 has now arrived. With Ups and Downs, mask's (wrong type for the Lone Ranger), and all other types of cancellations of almost every thing; we find this year still moving forward.

Our scheduled rides of **Casual** Tuesday (8-10 miles per hour), our Wednesday **Mid-Milers** (11-14 mph), and our **Cardio** Thursday (16+ mph) have been a nice success. Mike Thuman has done an excellent job of working with all 3 groups. I'm hoping that more of our members can feel comfortable in joining one of these groups. I believe these rides are posted on our Website as well as on Face book (at least that is our goal).

At our July Meeting we discussed our Club Rides, a little more about the Girl Scout building, and the La Porte Park Department. We also decided to plan a **DQ** Ride for August 16th with a rain date of Aug. 23rd. This ride will be on Sunday and leave **Luhr Park** at 4:00 PM, riding to the **DQ** stand in Westville and returning back to Luhr Park. This will be more like a casual ride with members riding at their comfortable pace. (We may have to use their drive-up window and that might prove interesting.) Be sure to bring some money to enjoy your refreshments at **DQ**.

Our next meeting is planned for Monday, August 17th at 7:00 PM at La Porte Church of the Brethren Fellowship Hall. Maybe will have more information from the La Porte Park Dept. on the Girl Scout building plans. Also we will see if there are any Rides of Interest or if they have all been cancelled. ACC? Crane Cruise?

As of this date it sounds like school may be starting up the latter part of this month. Who really knows yet? Whether this is the case or not, use caution with 'kids' running about.

This month we have La Porte's Nite Ride on Friday, August 14th at 9:00 PM, then we have our **DQ** Ride on Sunday, August 16th at 4:00 PM, and finally our Club Meeting Monday, August 17th 7:00 PM. Be sure to mark these days on your calendar !!

Not much more wisdom at this time other than, Summer is rapidly coming to an end. Enjoy the outdoors and your cycling adventures now while you can. Don't say I wish I had, I could have, or I should have; just say **I did !!!**

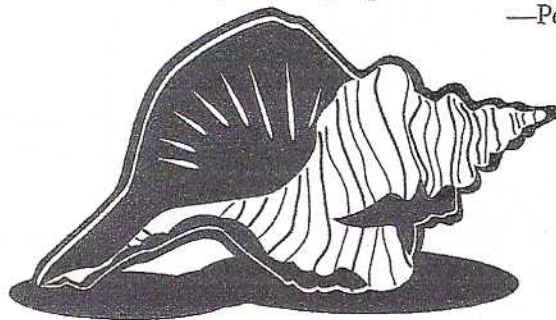
Wear Bight Colored Clothes,
Know Your Surroundings,
STAY SAFE AND HAVE FUN !!!

- Dave Wolfe

Ode to the sands of a friendly beach

Specks of beige, brown, black and white
Shimmering in the sunshine's light
Shifting, sifting, day by day
To make a beach where I too, may
Lie down like you beside the sea
And briefly bask in eternity.
Share with me this peaceful hour.
Share with me your tranquil power.

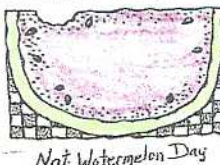
—Peggy Ferrell



CAPITALS

The capitals of twenty-five states can be found in the diagram below reading forwards, backwards, up, down, diagonally, and always in a straight line. We have given you the first capital.

Solution on page 285



1. New York
2. Michigan
3. Oregon
4. New Hampshire
5. Alaska
6. Kentucky
7. Nebraska
8. South Dakota
9. New Mexico
10. Delaware
11. Minnesota
12. Washington
13. Arizona
14. Kansas
15. Wisconsin
16. Maine
17. Mississippi
18. Georgia
19. Colorado
20. New Jersey
21. Connecticut
22. Massachusetts
23. Montana
24. North Carolina
25. North Dakota

ALBANY

AUGUSTA

AUGUSTA ATLANTA

Raleigh

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

1. Albany, 2. Lansing, 3. Salem, 4. Concord, 5. Juneau, 6. Frankfort, 7. Lincoln, 8. Pierre, 9. Santa Fe, 10. Dover, 11. St. Paul, 12. Olympia, 13. Phoenix, 14. Topeka, 15. Madison, 16. Augusta, 17. Jackson, 18. Atlanta, 19. Denver, 20. Trenton, 21. Hartford, 22. Boston, 23. Helena, 24. Raleigh, 25. Bismarck.

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

CAPITALS

Birthdays - AUGUST

- 1 - Jon Eichelberg
- 5 - Steve Jensen
- 12 - Gabe Smelser
- 14 - Darby Hughes
- 20 - Richard Galloy
- 20 - Liz Jackson
- 21 - Garry Bowers
- 25 - Brian Boo
- 27 - Nick Coppolillo
- 27 - Elaine Fuller
- 31 - Michael Smelser



If I missed someone - Please let me know!

DID YOU KNOW ?

Jim Nabors sang 'Back Home In Indiana' at the Indy 500 for 42 years.

Our Indiana's '19' Trip – 2020

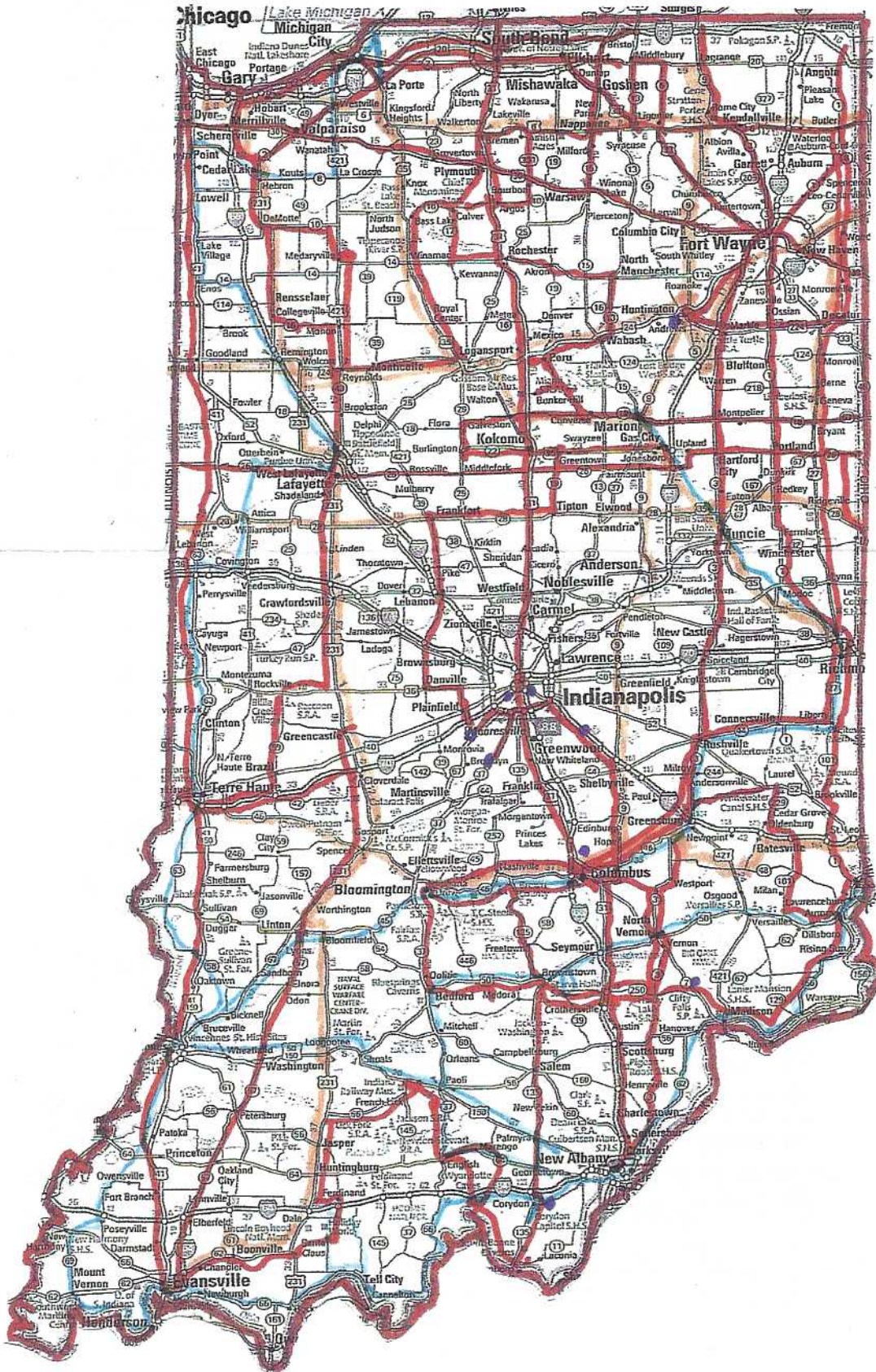
Before we leave Marion you might want to stop at The Garfield Trail (America's favorite cat), Historic Hostess House, Quilters Hall of Fame, and Splash House Water Park.

On this 2nd leg we will be stopping and taking in some of Indiana's attractions.

Going NE on #9 to Huntington (which has the Two EE's winery) and taking #22E & N on #101 to #30W starting on the *Indiana Lincoln Highway Byway*. Going thru Fort Wayne on #33N, some attractions are Deband Fine Chocolates, Botanical Conservatory, Children's Zoo, Museum of Art, Science Central, & the Vera Bradley Outlet Store. We go by Wolf Lake (Lucky Hospital Museum), Ligonier (Annie Oakley Perfumery), then taking a detour up #5 to Shipshewana (Trading Place & Auction, Gate Theater, Menno-Hof, Yoder's Meat & Cheese Co., and Restaurants), then across #20 to Middlebury (Das Dutchman Essenhaus, Amish Country), take #13S to catch #33E again. As we continue to Elkhart (Gateway Mile, Quilt Gardens along the Heritage Trail) and into South Bend (Ernestine M. Racine School of the Arts HealthWorks, Kids Museum, Oliver Mansion, Chocolate Company, and *Indiana Lincoln Highway Byway* Corridor-INLHA Office). Take #20 to #2 thru La Porte and on to Valparaiso (White Key Gallery) and on #30W to the Illinois border. Still on the *IN Lincoln Highway Byway* we start back across IN from the IL line going to Valpo staying on #30E to Plymouth (Center at Donaldson, Marshall Co. Barn Quilt Trails of North IN, Marshall Historical Museum, MoonTree Studio & Gallery) and on to the Ohio line which is the end of our trip on the *Indiana Lincoln Highway Byway*.

From there we take #101N to #6W thru Kendallville (Mid-American Windmill Museum, the Green Triangle Trail, The Tombstone Trail) on to Bremen, S on #331 to #10W & #117S to visit Culver Academy. Take #17S/#14W to Rochester, #14E to North Manchester, #13S to Wabash, #124W to Peru (Circus City), #19S/#218W to Grissom Air Museum & Base. Still going W to #29S/#22E to Kokomo and #19S/#28W Frankfort, #75S/#39S to Danville.

Continue on Page



Continuing

Starting on the Indy Wine Trail, take #70E to Plainfield (Chateau Thomas Winery) continue to #465E to #37S to Bargessville (Mallow Run Winery) then back to #465E to #69N (New Day Meadery and Easley Winery) and Back to #465NE to #421S to Buck Creek Winery and on to #9S to #46W into Columbus (Simmons Winery) which is the end of the Indy Wine Trail.

I thought you might like to take some guided tours across the state of IN – so here goes! On other pages you will be able to see other attractions and extra miles to take.

From Columbus we will take a Trip Across South Central Indiana to Greensburg. You can take a detour at Nashville (This artsy town is a good jumping-off point for the bucolic paradise of Brown Co., which draws hikers, bikers and sightseers for its amazing fall foliage) also Brown County State Park (The largest state park in Indiana boasts exceptional fall color, Hiking, swimming, bridle trails, mountain-bike trails, and saddle barn with escorted rides available) to which I've added around 20 more miles.

Then from Greensburg we take #46S/#3S/#25W to Mauckport at Ohio River.

At Mauckport we travel to Evansville on the Trip Across South Indiana. At Corydon you can plan your own Winery tour with a trip to five local spots; Quibble Hill Winery, Scout Mountain Winery, Best Vineyards, Indian Creek Winery & Turtle Run Winery. To get to our next trip we leave Evansville on #57N & #231N to Greencastle.

On this Trip Across West Indiana we will be going backwards (10 to 1) in other wards – Greencastle to Monticello. At Mansfield (Park Co) take a side trip and see some of the Covered Bridges (around 30 miles). At West Lafayette you can go to the Tippecanoe Battlefield State Museum & Park (National Historic Landmark where the Battle of Tippecanoe occurred in 1811. Includes a nature center, trail, picnic areas, museum and history store) and at the Wolf Park, a wildlife-education and research facility, houses not just the titular animals but also bison, coyotes and foxes. Take a guided tour to get a good look. (How cool!) As we leave

Monticello we head N wandering around to Hammond.

When we reach Hammond we will start our Trip Across North Indiana as we go toward Nappanee. At Bristol you might want to see if Eby's Family Fun roller-skating rink (that dates back to 1954) is still there. This ends these kind of trips.

From Nappanee take #6W (W & S) #30W to Plymouth. In Plymouth take the 63 mile Blueberry Cruise and then W & S to Winamac where you will pick up the Winamac Pathway to the Panhandle Trail to Kenneth (50 miles). From there go N & W to Medaryville and add another 50 miles on the Crane Cruise at the Jasper-Pulaski Area. From Medaryville to W to #24W to Effner, IL.

NOW! We are going to take trips N to S and E to W or maybe backwards.

As we take #24E we will go all the way to the Ohio line. On #101S we travel to #18E (by Trinity) and go to Ohio. Turn back and on #18W going thru Marion all the way to Free or the IL line. At #71 go S and take a slight jog to #26. As you travel E going thru Lafayette, Hartford City and the Portland to Ohio. Take county roads S to Union City. On #28 we will go W all the way to IL. Go back 7 miles and go on #63S down to Terre Haute where you will pick up #46.

On #46 E you wander around going to Bloomington, Columbus & Greensburg to Harrison. Go back on #46W to #1 and go S to Lawrenceburg where you will turn around and head N on #1/#101 all the way to Ellis. At Ellis go the few miles E on #6 to Ohio and then back. On #6 go West to Hammond. At Hammond pick up #41 and go S to Evansville. From Evansville go E of #66 till you come to #231 (on the Ohio River). We head N on #231 all the way to St. John. From there we go N & E to South Bend.

At South Bend pick up #31S, even going thru Indianapolis, and down to Jeffersonville. In Jeffersonville we start back N on #3 thru Ft. Wayne to Brighton and travel W on #120 to Howe. We can take #9S all the way to Columbus. Going NW to Richmond we will take #35N to Michigan City.

Can you believe we traveled 5,092 miles on this second leg of our journey! Just think what another month or so could bring!

Did you count how many times we travel E to W or W to E and N to S or S to N? (I didn't!)



Indiana Lincoln Highway Byway

This trail follows the first road across the US (dedicated in 1913) and the first national memorial to President Abraham Lincoln.



Indy Wine Trail

Meet Indiana vintners and taste a variety of wines at Central Indiana wineries. Visit all six wineries.



WOULD YOU
PREFER
YOUR MCBC
NEWLETTER
by: WEBSITE,
E-MAIL, or
HARD COPY?
WE NEED TO KNOW !!
DAVE WOLFE

Trip Across South Central Indiana

Wineries, ziplines and amazing architecture—find it all on this drive through South Central Indiana.

1 START HERE: COLUMBUS (The amount of amazing architecture here is staggering, but there's only one place to begin your journey: the stunning Miller House and Garden. Kids will appreciate stops at the kids-commons children's museum and the Victorian-style Zaharakos ice-cream parlor.

2 BLOOMINGTON (36 miles/50 min.) Rent bikes at Bicycle Garage Inc. and pedal your way across rolling countryside or around the quirky downtown. Stroll Kirkwood Avenue for great indie restaurants and shops, or stop in at Upland Brewing Company, just one of the local breweries offering tours.

3 BEDFORD (24 miles/38 min.) Take a guided boat ride on America's longest underground river at Bluespring Caverns, or a scenic drive through the Hoosier National Forest, which also offers great hiking, mountain biking and horse trails.

4 MEDORA (22 miles/28 min.) Walk or bike across the Medora Covered Bridge, the longest historic covered bridge in the U.S.

5 MADISON (48 miles/68 min.) The Bat Cave is back open at Clifty Falls State Park—take a guided tour to see bats, salamanders and a stunning view of Tunnel Falls cascading 80 feet to the gorge below. Explore the quaint downtown, home to tons of galleries and sweet little shops and restaurants.

6 VEVAY (20 miles/26 min.) Picturesque landscapes and scenic valleys form the backdrop of this town on the Ohio River. Go tasting at one of several wineries.

7 RISING SUN (23 miles/32 min.) Roll the dice at Rising Sun Casino. Sail through treetops at Dagaz Acres Zipline, howl with the wolves at Redwolf Sanctuary or fly high in a vintage Cessna at Mac's Seaplanes.

YOUR GUIDE AT A GLANCE



TRIP MILEAGE
257 miles

DRIVE TIME
5 hours, 56 minutes

NOTES

Of course, you could do this trip all in one day, but why? Stretch it out over a few and enjoy yourself. Also, be sure to check routes and attraction hours before setting out.

8 MILAN (24 miles/31 min.) Make a basketball pilgrimage to the tiny town that, against all odds, won the 1954 state championship (and a spot in Indiana folklore). The team's accomplishments, brought to life in the film *Hoosiers*, are enshrined in the Milan '54 Hoosiers Basketball Museum.

9 METAMORA (31 miles/44 min.) Bite into a slab of home-made fudge, toss food to the ducks along the canal and browse shops housed in historic buildings in Metamora, Indiana's only working canal town. With its horse-drawn canal boats, gristmill and Whitewater Railroad, the charming 'burg offers a vivid glimpse into the 19th century.

10 GREENSBURG (29 miles/39 min.) Picnic on the grounds of Highpoint Orchard, whose perch at one of the highest elevations in the county offers sweeping views, or buy a bag of farm-fresh apples, peaches or pears and dig in.

PHOTOS: COURTESY INDIANA WINE TRAIL, PERFECT NORTH SLOPES, BREWERY, COURTESY DEARBORN CO. CVB, DAGAZ BY LORI NOONAN, SKELTON BY BARTHOLOMEW WINEMAKING, PHOTOGRAPHY, PHOTOGRAPHY, PHOTOGRAPHY

Official Indiana Travel Guide

Trip Across South Indiana

Local wine, history and Christmas all year 'round—find it all on this drive through Southern Indiana.

1 START HERE: MAUCKPORT Explore the wonders of southern Indiana 90 feet beneath the surface at Squire Boone Caverns, where you can glimpse millions of years' worth of cave formation in a moment. Above ground, there's a zipline course, including a newer one for kids.

2 CORYDON (15 miles/21 min.) Indiana's first capital city is steeped in the past—it's also the site of the state's only Civil War battle. Have a picnic beneath the spreading branches of Constitution Elm, where state delegates met in 1816 to draft the first Indiana Constitution.

3 LEAVENWORTH (12 miles/17 min.) Up for more spelunking? Take in the stunning stalactites and stalagmites of Wyandotte Caves, part of O'Bannon Woods State Park, nestled inside the sprawling, 26,000-acre Harrison Crawford State Forest, a favorite destination for bird-watchers, bikers, horseback riders and hunters.

4 MARENGO (18 miles/27 min.) The famous caves here beckon you to go gemstone mining, cave crawling, hiking and picnicking. The crown jewel of the cave "rooms": the Crystal Palace, an easy 40-minute stroll.

5 FRENCH LICK (34 miles/39 min.) Best known for its historic pair of lavish hotels, French Lick Springs and West Baden Springs Hotels, it's also home to sprawling Patoka Lake, a great place to see wildlife.

6 JASPER (25 miles/37 min.) The Dubois County Museum and Indiana Basketball Hall of Fame are major draws to Jasper. Best time to go? August 4–7, 2016, when the annual Strassenfest fills the streets with German music, food, a beer garden, car show, parade and much more.

7 HUNTINGBURG (7 miles/13 min.) Five churches on a Dubois County driving tour of 19 his-

YOUR GUIDE AT A GLANCE



TRIP MILEAGE
120 miles

DRIVE TIME
2 hours, 10 minutes

NOTES

Of course, you could do this trip all in one day, but why? Stretch it out over a few and enjoy yourself. Also, be sure to check routes and attraction hours before setting out.

torical temples of worship, the Trail of Faith, are located in the small town of Huntingburg.

8 FERDINAND (10 miles/13 min.) Monkey Hollow Winery showcases award-winning vino, and Ferdinand Christkindlmarkt is a major draw for shopping for everything holidays: antiques, handicrafts, primitives, and more.

9 SANTA CLAUS (8 miles/12 min.) It's Christmas all year long in this one-of-a-kind town, with draws like Santa's Candy Castle and Frosty's Fun Center along with the major theme park Holiday World & Splashin' Safari.

10 EVANSVILLE (61 miles/58 min.) Outdoor fun abounds in the state's third-largest city. Splash through Burdette Park and Aquatic Center, see Komodo dragons at Mesker Park Zoo & Botanic Garden or hit the trails at Angel Mounds.

PATOKA: LEAGUE STADIUM, SPIRIT OF JASPER, COURTESY DUBOIS CO. VISITORS CENTER; BRYANT'S, COURTESY HARRISON CO. CVB; OTHERS: COURTESY HOLIDAY WORLD & SPLASHIN' SAFARI, MONKEY HOLLOW WINERY, PHOTOGRAPHY, PHOTOGRAPHY, PHOTOGRAPHY

Official Indiana Travel Guide

Trip Across West Indiana

Fab cuisine, museums and covered bridges galore—find it all on this drive through Western Indiana.

1 START HERE: MONTICELLO Kick off your drive with a trip to Indiana Beach Amusement Resort, an old-fashioned fun and splash park that's more Coney Island than Disneyworld. Hey, where else can you still find pinball machines?

2 LAFAYETTE (29 miles/51 min.) Up-and-coming restaurants here include Restauration, a farm-to-table upscale dining experience. They join classics such as Sgt. Preston's of the North, whose patio—the biggest in Indiana—is a tempting hangout for tourists, Boilermakers and new friends.

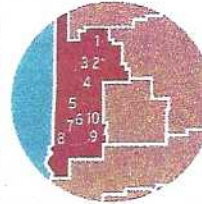
3 WEST LAFAYETTE (3 miles/8 min.) Whatever you want, Town & Gown Bistro probably has it, serving vegan specialties to hearty open-faced Reubens. Heard of Bruno dough? You need to. It's deep-fried, brushed with garlic butter, sprinkled with Parmesan and served with house-made sauces at Bruno's Pizza and Big O's Sports Room, a local landmark.

4 CRAWFORDSVILLE (29 miles/42 min.) Myriad offbeat museums pop up here, like one for vintage armor and aircraft, one for a rotary jail and the General Lew Wallace Study & Museum, a National Historic Landmark dedicated to the legacy of the Civil War general and world-renowned author of *Ben-Hur*.

5 MARSHALL (26 miles/35 min.) Stroll through the ravines of Turkey Run State Park, one of Indiana's most beloved outdoor destinations, where sandstone gorges represent 600 to 300 million years of nature taking its course.

6 MANSFIELD (17 miles/21 min.) This town anchors Parke County, known as the Land of Covered Bridges. If you're lucky, you'll be in Mansfield in mid-October for the annual festival of covered bridges, but you can drive through and past these beautifully weatherbeaten wooden gems all year long.

YOUR GUIDE AT A GLANCE



TRIP MILEAGE
122 miles

DRIVE TIME
About 2.5 hours

NOTES
Of course, you should do this trip all in one day, but why? Stretch it out over a few, and enjoy yourself! Also, be sure to check routes and attraction hours before setting out.

7 BRIDGETON (8 miles/15 min.) If you like antiques, crafts and collectibles, you'll love shopping in this authentic old mill town. Best time to come? Covered Bridge Festival in October.

8 TERRE HAUTE (22 miles/35 min.) Your mom used it. You use it. And your kids will probably go right on measuring from that familiar white tin of baking powder. Taste your way through The Clabber Girl Museum & Bake Shop.

9 CLOVERDALE (38 miles/40 min.) The sprawling Lieber State Recreation Area is lovely, whether you're just driving through or getting out to fish, picnic, or splash in the 1,400-acre lake.

10 GREENCASTLE (10 miles/16 min.) Tired yet? This town is a great place to end a busy day—charming inns, B&Bs and hotels abound here.

Official Indiana Travel Guide

PRESTON'S COURTESY VISIT LAFAYETTE-WEST LAFAYETTE, WALLACE STUDY COURTESY, MONTICELLO VISIT LAFAYETTE, WALLACE STUDY COURTESY

Trip Across North Indiana

Beaches, vintage cars, artsy shopping and dining—find it all on this drive through Northern Indiana.

1 START HERE: HAMMOND Start your trip at the Indiana Welcome Center to get your bearings. And if you're lucky enough to visit during the holiday season, you'll find cool stuff centered around the movie *A Christmas Story*, based on author Jean Shepherd's recollections of growing up in this town. Six animatronic window displays depict iconic scenes from the film, and special events include the Oh Fuuudge! relay race.

2 PORTER (31 miles/35 min.) Feel sand between your toes when you cross into Indiana Dunes country. The beach draws swimmers and sun worshippers all summer long, and when the air turns crisp, theaters, hiking trails, buzzy restaurants and other attractions call.

3 MICHIGAN CITY (13 miles/24 min.) Serious savings await at Lighthouse Place Premium Outlets, where you'll find some 120 shops from major brands. Or try your luck at

Blue Chip Casino, Hotel & Spa, which offers 65,000 square feet of gaming.

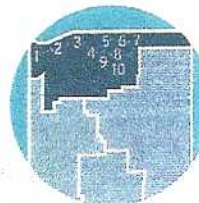
4 LAPORTE (13 miles/22 min.) The exhibit on Belle Gunness, a serial killer of the early 1900s, is a popular draw at the LaPorte County Historical Society Museum.

5 SOUTH BEND (27 miles/39 min.) Cruise through 150 years of auto history at the Studebaker National Museum, then step back in time at the Center for History.

6 ELKHART (16 miles/32 min.) At the RV/MH Hall of Fame, climb aboard the "long, long trailer" that mirrors the one Lucy & Desi made famous in their 1953 road-trip movie. Don't miss Mae West's car parked just down the aisle, and explore vintage Airstreams and Winnebagos.

7 BRISTOL (9 miles/19 min.) Make a stop on the Heritage Trail, which features an array of

YOUR GUIDE AT A GLANCE



TRIP MILEAGE
128 miles

DRIVE TIME
About 2.5 hours

NOTES
Of course, you should do this trip all in one day, but why? Stretch it out over a few, and enjoy yourself! Also, be sure to check routes and attraction hours before setting out.

gorgeous "quilt gardens" from May 30 to October 1, and continues into the next three towns listed here (and beyond). Maps available at each of the seven sites guide the way.

8 GOSHEN (10 miles/16 min.) You'll find everything but old bags at the Old Bag Factory, an artsy enclave of shopping and dining, where you might see a potter molding clay at his wheel, eye-popping quilts in a log cabin and a sculptor at work in his studio.

9 WAKARUSA (11 miles/19 min.) More quilt gardens (and murals) await in this Amish Country town, which also hosts a popular music festival each summer.

10 NAPPANEE (8 miles/12 min.) This city has—surprise!—still more quilt gardens, but also Amish Acres Historic Farm & Heritage Resort, a working farmstead with eateries and a theater.

Official Indiana Travel Guide

AMISH ACRES, QUILT GARDENS, GOSHEN BREWERY, DIME STORY COURTESY

The Right Way to Wear Sunscreen



Applying sunscreen carelessly will deprive you of its benefits. Play by the rules:

- Always choose an SPF of 30 or higher.
- Select a "broad spectrum" sunscreen, which protects against both UVA and UVB rays.
- Check the expiration date. Sunscreens are effective for 3 years.

■ Apply sunscreen at least 15 minutes before heading outside.

■ Use at least 1 ounce; that's about a shot-glass worth, enough to cover the entire body of most adults when in a bathing suit. If wearing clothing, use 1 teaspoon per uncovered body part.

■ Reapply the same amount every 2 hours or immediately after swimming or sweating.

■ Pay attention to commonly missed spots: the backs of your hands, the tops of your feet, your ears, and the back of your neck. Wear a hat to protect your scalp if you don't want to use sunscreen there.

■ If you use a spray, hold the nozzle an inch away from your skin, spray until your skin glistens, and then—yes—rub the sunscreen in to ensure even coverage. When using a spray outdoors, make sure the aerosol isn't being blown away by the wind. And don't spray directly onto your face, because inhaling sunscreen could harm your lungs.

TODAY'S WORKOUT

Triceps dip also works your core

By Marlo Alleva
More Content Now

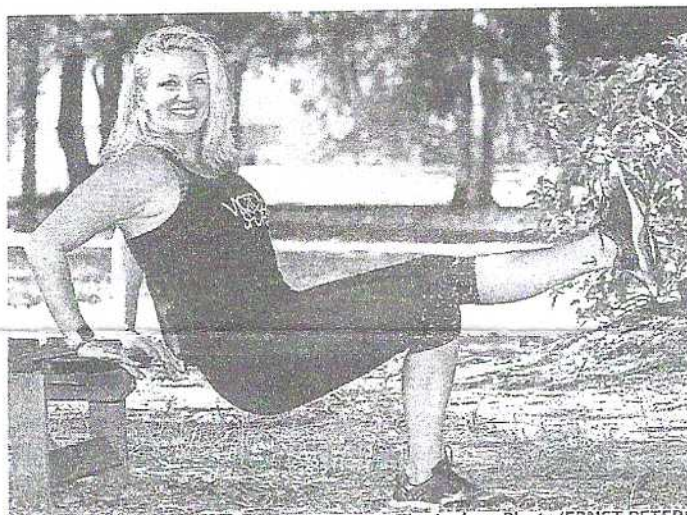
Summer is finally here, although it does seem like we are nearly four months into the season, with kids being out of school and many work schedules in upheaval. Once again, your fitness schedule seems to get slightly interrupted, but we're getting better at improvising.

Our move today is a triceps dip with a lifted leg. This move can be done on any elevated surface, such as a bench, chair or step. This combo move will be working your triceps directly, your core and your quadriceps.

Begin this exercise by sitting on your elevated surface. Holding your chest

tall, place your hands (directly under your shoulders) beside your rear end and grip the surface you are sitting on. Engaging your midsection, scoot your bottom off your seat, placing the tension in your arms and legs. Once you find your balance, proceed to lift one leg straight out in front of you. Finding your center once again, you are ready to start dipping.

Start by bending in the elbows, facing them directly behind you. Keeping your chest tall and your abdominals engaged, go as low as you comfortably can without putting too much strain on your shoulders. Once you reach your lowest dip, slowly return back to the start, keeping the same leg



The Ledger Photo/ERNST PETERS

Marlo Alleva demonstrates a triceps dip with elevated leg.

elevated with every repetition. Aim for at least 8-10 times for your first set.

Take a short break and shake your hands and wrist and switch the elevated leg. Now you're ready to start your next set.

Continue dipping for an even number of sets on each leg. Just remember to alternate.

This exercise is a great

combination movement, requires no added equipment and can be performed anywhere. Sometimes the simplest things not only make you look good, they make you feel good as well!

Marlo Alleva, an instructor at Gold's Gym and group fitness coordinator at Fontaine-Gills YMCA in Lakeland, Florida, can be reached at fatuvzpa@msn.com.

THINK!

MAKE
GREEN
SOUP



Spinach, kale, collards and other leafy greens are dense with natural pigments and nutrients proved to be brain healthy. Simply chop a bunch and simmer with garlic and spices.

Tired? A hidden blood-sugar problem could be to blame!

It's long been known that insulin resistance—an inability to use this sugar-stabilizing hormone—increases your risk of diabetes. Now UCLA researchers say it also triples your risk of nonstop fatigue! Luckily, this is one health hassle you can easily prevent—and quickly correct! Experts recommend...

1 Timing breakfast just right!

Eating something—anything!—within an hour of waking can make insulin resistance disappear in as little as a week! How? As University of Colorado research shows, that early meal switches on the pancreatic genes that help keep your insulin levels optimized.

■ **Too busy for an a.m. meal?** Try grabbing a granola bar, banana, handful of nuts, string cheese and crackers or any other quick bite before starting your busy day.

2 Banishing liver problems with broccoli!

Your liver is key in keeping blood sugar in check: It sweeps up excess carbs and stores them, helping nix blood-sugar surges. Plus, it releases a steady trickle of sugars if your blood levels dip too low. To keep your liver in tiptop shape, enjoy three cups of cruciferous vegetables (broccoli, cabbage, kale and Brussels sprouts) weekly. Japanese research reveals that the sulfur in cruciferous veggies enhances liver function, helping steady blood sugar as little as one week. Bonus: These vegetables have high concentrations of phytonutrients that help regulate liver enzymes that assist in the clearing of toxins.

3 Trying the tropical plant cure!

More than 60 different studies prove that ivy gourd outperforms 44 other supplements in tackling insulin resistance and getting blood sugar under control. (One study found the herb to be as effective as oral diabetes meds!) This tropical plant's secret?

Pasta is not a problem!
In fact, it contains a sponge-like network of protein that traps starch and slows its absorption, preventing blood-sugar (and insulin) surges.

It decreases your liver's production of glucose and helps shuttle excess sugars to tissues, where they're used for fuel, explain the study authors. The study-proven dose: 400 mg. to 500 mg. daily.

Important: Always check with your doctor before starting a new supplement.

4 Healing with a breath of fresh air!

Spending two hours weekly breathing in fresh air and enjoying nature cuts your risk of insulin resistance 10% or more, a German study shows. "It restores the brain's cyclical production of melatonin, the hormone that helps you fall asleep quickly and sleep soundly," says Matthew B. James, Ph.D., of Hawaii's Kona University. "Deep sleep is the body's prime time to heal and restore your insulin-producing pancreas."

■ **Tip:** Short on time—or live far from green areas? Spending 15 minutes tending to a container garden, which can thrive on a porch, balcony or even window ledge, can deliver the same great effect!

5 Keeping insulin in check with apples and cheese!

Cut your risk of insulin resistance in half the tasty way—with a daily snack of apples and cheese! University of Tennessee researchers say dairy's blend of calcium and a fat called conjugated linoleic acid (CLA) work together to improve your muscles' ability to use insulin. And the apples? According to UCLA research, they're rich in pectin, a soluble fiber that stalls the absorption of simple sugars (preventing insulin spikes) for up to four hours.

—Brenda Kearns

Do you have it?

Up to 44% of women develop insulin resistance at some point in their lives. If you have two or more of the following symptoms, you could be one of them:

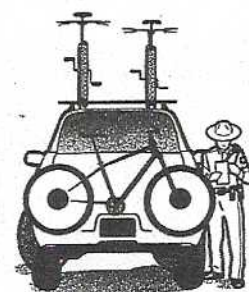
- Frequent bouts of fatigue
- Brain fog or blue moods
- Bloating or gassiness after eating carbs
- Difficulty losing weight on low-calorie diets
- Sleepiness after high-carb meals

Our expert: UCLA.

Go ahead, take a break!

Regularly sitting for more than four hours at a stretch can raise your risk of developing insulin resistance (as well as full-blown diabetes) 20%, recent Australian research shows. The reason: Muscles that aren't moving lose the ability to soak up insulin. Fortunately, the fix is simple: Just get up and move once every hour or so for at least two minutes, say Stanford University researchers.

Photos: Getty Images (2); Shutterstock (2); iStockphoto.



ROAD RULES FOR BIKE RACKS

In regard to "The Better Way to Haul a Bike" ("Insights," May 2020), as a user of both rack types, it's important to consider the type of car vs. your own physical size. On many SUVs, a shorter person will have trouble lifting a bike onto the roof. On the hitch rack, make sure you are aware of the visibility of any rear camera system. —Christopher Frelick, New Hope, PA

As a retired police officer, I have noticed that almost all rear-mounted bike carriers are installed not following vehicle safety rules or some state traffic laws. They block most or all of the rear vehicle lights, as well as the rear license plate, especially once a bike is loaded. If a rear carrier is used, additional lighting may be needed and the license plate moved so that it's visible. —Jene Ladke, Bellevue, WA



Don't Forget
Take a Break!!!

MCBC CALENDAR - 2020

Club rides happen because riders show up !



			<u>Time</u>	<u>Place</u>
Aug.	4 (Tues)	Casual Ride	6:00 PM	Kesling Park
Aug.	5 (Wed)	Mid-Milers	5:00 PM	Kesling Park
Aug.	6 (Thurs)	Cardio Ride	6:00 PM	Kesling Park
Aug.	11 (Tues)	Casual Ride	6:00 PM	Kesling Park
Aug.	12 (Wed)	Mid-Milers	5:00 PM	Kesling Park
Aug.	13 (Thurs)	Cardio Ride	6:00 PM	Kesling Park
Aug.	14 (Fri)	LP City Nite Ride	9:00 PM	Civic Auditorium
Aug.	16 (Sun)	DQ Ride	4:00 PM	Luhr Park
Aug.	17 (Mon)	Club Meeting	7:00 PM	Church of the Brethren
Aug.	18 (Tues)	Casual Ride	6:00 PM	Kesling Park
Aug.	19 (Wed)	Mid-Milers	5:00 PM	Kesling Park
Aug.	20 (Thurs)	Cardio Ride	6:00 PM	Kesling Park
Aug.	24 (Tues)	Casual Ride	6:00 PM	Kesling Park
Aug.	25 (Wed)	Mid-Milers	5:00 PM	Kesling Park
Aug.	26 (Thurs)	Cardio Ride	6:00 PM	Kesling Park
Sept.	1 (Tues)	Casual Ride	6:00 PM	Kesling Park
Sept.	2 (Wed)	Mid-Milers	5:00 PM	Kesling Park
Sept.	3 (Thurs)	Cardio Ride	6:00 PM	Kesling Park

(More Information - call 219-369-3978)

Check Facebook for any scheduled rides !

AVOCADO BLACK BEAN DIP

½ c. chopped avocado	1 (19oz) can black beans, rinse
½ c. sour cream	1 (10oz) pkg. Frozen corn, thaw
3 Tbs. fresh lime juice	1 tomato, chopped
¼ tsp. ground cumin	2 Tbs. chopped cilantro
¼ tsp. salt	Tortilla chips

Mash avocado in a large bowl; then stir in sour cream, lime juice, cumin, and salt. Add all remaining ingredients and mix well. Refrigerate for 15 minutes. Serve with tortilla chips.

DQ Ride

Sunday, August 16th

4:00 PM

Meet at Luhr Park

Bring Your Friends



THE LOCKHORNS



"SINCE LEROY STARTED USING A BICYCLE, WE'VE SAVED ON GAS BUT SPENT MORE ON MEDICAL BILLS."

Pickle juice

Curbs cramps

The juice relieves muscle cramps 45 percent faster than no drink and 37 percent faster than water, scientists at Brigham Young University in Utah say. Drink ½ cup of it (poured straight from the pickle jar!) to ease leg and foot spasms.

From the commercial of the past . . .

MCBC Meeting



Monday, August 17, 2020
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

Choose the 2nd Page with the
Maple Leaf Logo

Website

www.maplecitybicyclingclub.com

Oh, my aching head!

Sunday School teacher: Where is medicine first
mentioned in the Bible?

Pupil: When God gave Moses two tablets.



(219) 872-9228

**Offers
MCBC MEMBERS
10% Discount
On Merchandise
Purchased**

bikestopcycling@yahoo.com