

# MCBC

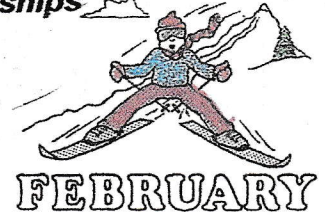
MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety

and Friendships

## 2025



## FEBRUARY

## FEBRUARY STRIVES AS SNOW ARRIVES ??

Our **January** has started off rather mildly. A little snow. And then our Sub-Zero weather arrived. We hope its visit is short-lived and limited. After all who needs a l-o-n-g winter?

Our shirt committee met several times and I believe they have come up with an excellent T-shirt design. We are now in the process of selecting the right color for the shirt.

Since our **January** meeting was moved forward 1 week (1/27<sup>th</sup>) it is a bit difficult to list some of the activities we hope to start this year. (Can discuss and work on these at our **January** meeting.)

We should note that we had a nice turn out for our New Year's Day ride. (I believe we had 16 riders.) Also, we helped with the **Winter** Fest's Frosty's Frozen Bike Ride on Jan. 25<sup>th</sup>.

We are now working on our O.C.T. Event, scheduled for Sunday, May 18, 2025. Flyers are ready and will be mailed out shortly. Again we will need everyone's help in making this a successful adventure for our riders. We are counting on you to do your fair share.

Our February meeting is planned for Monday, **February** 17, 2025 at 7:00 PM at the La Porte Church of the Brethren Fellowship Hall. We will need to continue with our O.C.T. work, check on other activities, also on weekly bike rides, Summer outings, community safety training, and Trail updates. Bring can goods for our Food Pantry collection.

While the **Winter** months are somewhat difficult in terms of 'riding' your bikes, it is a good time to be 'checking' your bikes in terms of maintenance, wear and tear, and 'adding' both equipment and 'wearing apparel'. Just be sure your bike and equipment is in 'good working condition'. That way, you'll be ready as Spring arrives.

Should you adventure out on your bicycles, be sure to dress appropriately, wear bright clothing, and be aware of your surroundings.

**HAPPY VALENTINES DAY**  
**START THINKING SPRING**

- Dave Wolfe

P.S. It is time to renew your Membership. For those who have already done so, we thank you.

## *Love Is Patience And Kind*

### *A Tribute to Julie*

It is with great sadness that I share this with you. Our friend and fellow bicyclist, Julie Hilbish passed away January 14, 2025. Julie had been an active member of our bike club for many years. Not only did she serve as our treasurer, but was very instrumental in designing our T-shirts for several years. We enjoyed the colorful and clever designs she did. She and Tom with Kate enjoyed biking together.

Julie was very active in her church choir and enjoyed working with the La Porte Little Theater group in numerous tasks.

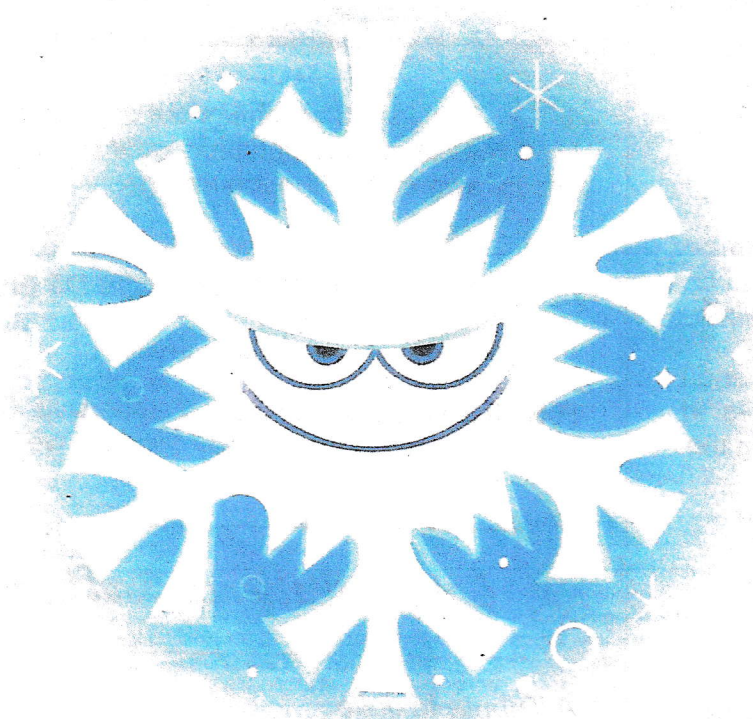
Now you can Rest in Peace Julie !

"The roots of a child's ability to cope and thrive, regardless of circumstance, lie in that child's having had at least a small, safe place... in which, in the companionship of loving person, that child could discover that he or she was lovable and capable of loving in return,"

(Fred Rogers)



# Stay Healthy



## Fight Back Against Winter Flakes

*Chilly temps and plunging humidity can mean a rough season for skin. But these simple swaps will keep you looking gorgeous all the way till spring.*

### SWAP IN

#### **Richer, creamier lotion**

It's time to kick your warm-weather moisturizing routine up a notch, says New York and Santa Monica dermatologist Karyn Grossman, M.D. So trade your summer face gel for a lotion or your lotion for a cream. For scaly legs, arms, and feet, Grossman suggests scanning the label for a combination of water-binding hyaluronic acid and shea butter, which traps moisture in the skin.

### SWAP OUT

#### **Daily shampoos**

During the dry winter months, hair typically doesn't need washing as often—try using shampoo and conditioner on alternate days only. If your scalp is flaky and itchy, switch to a dandruff formula once or twice weekly. Give over-processed tresses the winter off by choosing low-lights (which darken small sections of hair) instead of bleaching highlights.

### SWAP IN

#### **Soothing foot treatments**

With your toes under wraps for the winter, skip the

polish—which stains nails and requires drying remover to pry off—but keep feet soft with a regular footbath, trim, and buff. At night, slather on foot cream, then slip into a pair of thick socks to help the cream penetrate the toughest calluses.

### SWAP IN

#### **Moisturizing sunscreen**

Unless you'll be on skis all day, an SPF 15 facial moisturizer is a great alternative to the 30 you wore in the warmer months, says Doris Day, M.D., clinical assistant professor of dermatology at New York University Medical Center. Just be diligent about application: Cancer-causing UVA rays can pass through car and office windows no matter the weather.

### SWAP IN

#### **Lightweight foundation**

If the loose powder you've been dusting onto your face makes you look chalky, apply a thin coat of anti-aging primer to even out your complexion, then top with a sheer foundation. Your skin is paler this time of year, so test a few shades before buying.

### SWAP OUT

#### **Drying lipsticks**

A tinted lip balm will keep your pout hydrated—or try a lip stain with a layer of balm slicked on top. "I like formulas with shea butter, which feel soft on the lips, not waxy," says Grossman. —Cara Birnbaum



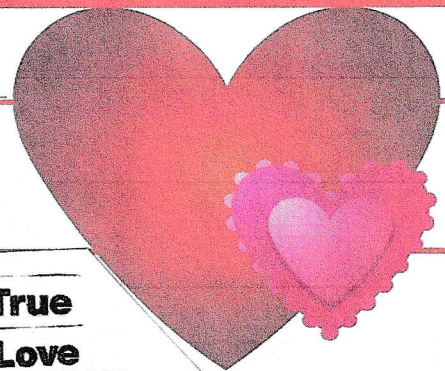
## Toward happier homes

"Six things are requisite to create a happy home. *Integrity* must be the architect and tidiness the upholsterer. It must be warmed by *affection*, lighted up with *cheerfulness*; and *industry* must be the ventilator, renewing the atmosphere and bringing in fresh *salubrity* day by day; while over all, as a protecting canopy and glory, nothing will suffice except the *blessing of God*."

—James Hamilton

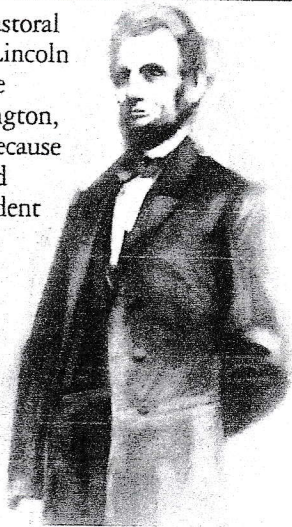


# FEBRUARY



## Why Lincoln stood

When it came time for the pastoral prayer at the church Abraham Lincoln attended, the New York Avenue Presbyterian Church, in Washington, D.C., the president stood up. Because most of the worshipers remained seated, someone asked the president why he stood. The president responded, "When my generals come into the Oval Office, they stand for their commander-in-chief. Isn't it proper then, that I stand for my commander-in-chief?"



## True Love Grows

Through sunshine, rain,  
Through smiles and tears,  
Through sickness, health,  
And passing years,  
True love still grows  
More firm and sure,  
More deep and strong,  
More sweet and pure.

—Peggy Ferrell, *Prayers and Poems*



- The best thing about the future is that it comes one day at a time.

—Abraham Lincoln



Valentine's Day, a time when thoughts turn to love. But what is love? Is it a box of chocolates, or a pretty valentine? Is it a red rose, or maybe a dozen? Is it a peck on the cheek, a fond embrace, or a big bear hug?

Well, sometimes love is known in those ways. But love, real love, is how we relate to God and to one another if life is what it ought to be — beautiful!

## A prayer for Lent

O Lord, open my eyes that I may see more clearly the condition of my soul. If there is darkness, mean-spiritedness, egotistic pride ... or worse within, cleanse me from all unrighteousness. Renew a right spirit within me and make me truly Christ-like in all my thoughts and actions. And when I begin to edge away from your will, please stir up my conscience until I am in harmony with you again. In Christ's name. Amen.

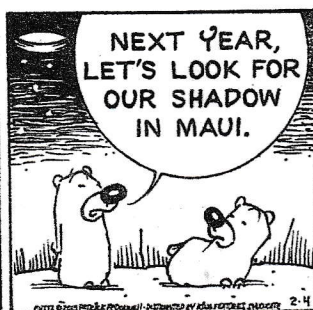
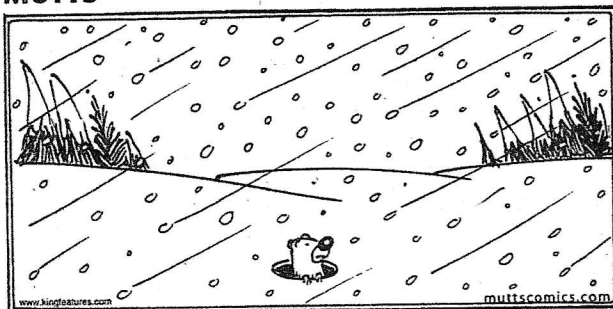
## Birthdays - February

- 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

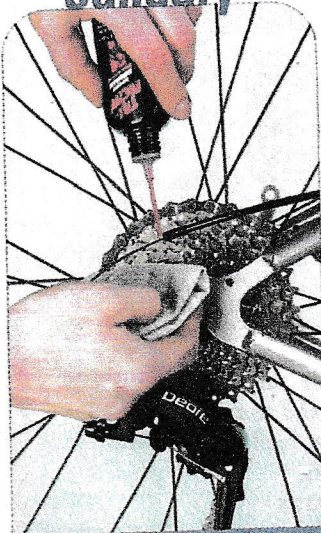


Valentine's Day



# Valentine's Day Word Search

## January



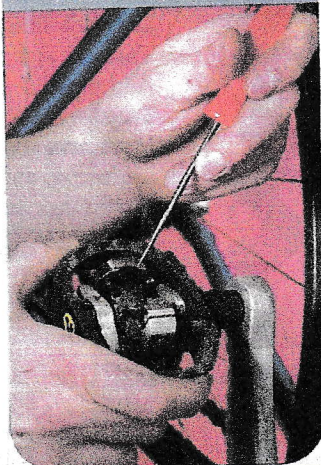
### CHECK GEAR AND BRAKE HOUSINGS

Disengage housing segments from the stops and barrel adjusters. Slide the housings up, then clean the obscured portions of the cables and apply a light oil such as Tri-Flow. Check that the gear-housing ends aren't frayed under the caps; if they are, replace the cables.

## February

### CLEAN PEDALS AND CLEATS

Crud on the cleat retention mechanism of your pedal will make clipping in and out difficult. Using a seal pick and an old toothbrush, remove packed dirt and debris from the pedal platform. Avoid internal-bearing contamination by using an air compressor (rather than water or a degreaser) to remove crud from the cleat platform.



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

Gift

Candy

Kisses

Hugs

Cupid

Flowers

Love

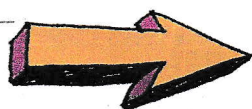
Heart

Chocolate

Arrow

Sweet

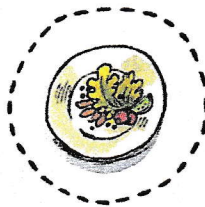
Valentine



# EASY WAYS TO CUT CALORIES

We think we're the Master and Commander of what we eat, but we aren't. We're tremendously influenced by what's around us.

A few years ago, my colleagues at the University of Illinois and I invited a group of people to a pasta dinner two weeks in a row. Nothing changed from one week to the next except the size of the plates: One week we served the pasta on 10-inch plates, and the next week we used 12-inch plates. We found that people ate 22 percent more pasta—134 calories more—when they ate off the 12-inch plates. Afterward we asked if they had noticed anything different about the



◆ **Serve dinner on 9- or 10-inch plates** (you'll eat up to 22 percent less).

two meals. Some guessed that the lighting was different (it wasn't) or that the pasta recipe was different (nope). No one noticed that the size of the plates had changed. When we told them, they denied they could

be tricked by something as silly as the size of a plate.

In another study we gave free popcorn—either a huge bucket or a really huge bucket—to some suburban Philadelphia moviegoers who had just finished dinner. But this wasn't normal, yummy popcorn. This was 14-day-old popcorn that squeaked like Styrofoam. After the movie, we collected people's buck-

ets and weighed how much they had eaten. Even though they weren't hungry, and even though the popcorn was awful, they ate 34 percent more if given the really huge bucket.

When the people left the theater, we asked, "Do you think the size of the bucket had anything to do with how much you ate?" "No way," they said.

All of us think we're too smart to be fooled by the size of a plate or bowl: That's why these cues are so powerful.

We unknowingly booby-trap our homes in similar ways. We leave the potato chips out; we serve the casserole with a big spoon. Instead, move your snack food to the back of the pantry and use a tablespoon as a serving spoon. It's easier to change your environment than to change your mind.

## TRICKS TO TRY

How much you eat is greatly influenced by how you store and serve your food. Here are three simple changes that'll help you.



◆ **Use tall, thin glasses instead of short, wide ones** (you'll pour 29 percent less).

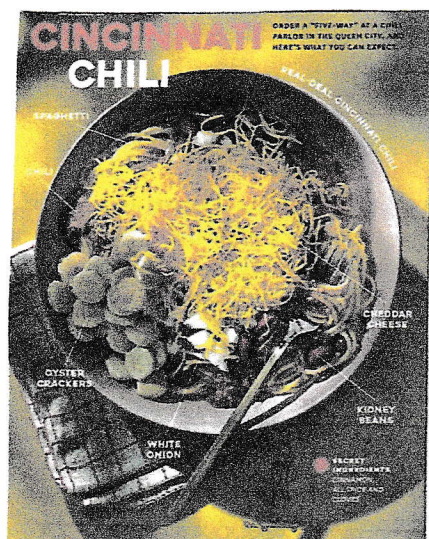


◆ **Store all your snacks in small single-serving food-storage bags** (you'll eat up to 20 percent less).



◆ **Keep the main serving dishes on the stove or counter** (you'll eat 19 percent less than if you kept the food on the table).





### Real-Deal Cincinnati Chili

The famously strange thing about Cincinnati chili is that it's served over spaghetti, but the cooking method is a little unorthodox too. The first step, simmering the beef in water, guarantees the chili's iconic fine texture.

HANDS ON 15 MINUTES PREP 2 HOURS 15 MINUTES

- 1 pound ground beef, preferably 80% lean
- 1 15-ounce can tomato sauce
- 1 cup beef broth
- 1 cup finely chopped yellow or white onion
- ¼ cup tomato paste
- 3 cloves garlic, minced
- 1 bay leaf
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 tablespoon red wine vinegar or cider vinegar
- 2 teaspoons kosher salt
- 1½ teaspoons Worcestershire sauce
- 1 teaspoon ground cumin
- ½ teaspoon ground allspice
- ½ teaspoon ground cinnamon
- ½ teaspoon dried oregano
- ¼ teaspoon ground cloves
- 1 tablespoon unsweetened cocoa powder (optional)
- 1 pound spaghetti
- 2 cups finely shredded mild or medium cheddar cheese (8 ounces)
- 1 15-ounce can kidney beans, rinsed and drained (optional)
- Chopped white onion (optional)
- Oyster crackers (optional)

1. In a 4- to 6-quart Dutch oven, whisk together ground beef and 2½ cups cold water until meat is a uniform consistency. Bring to a boil.

2. Add tomato sauce, broth, 1 cup onion, the tomato paste, garlic, bay leaf, chili powder, paprika, vinegar, salt, Worcestershire sauce, cumin, allspice, cinnamon, oregano and cloves; stir to combine. Return to a boil; reduce heat. Simmer, uncovered, stirring occasionally, until the texture is saucy but still thin, about 2 hours. Stir in cocoa powder (if using).

3. Prepare spaghetti as directed on package until fully cooked (not al dente); drain. Serve chili over spaghetti with a generous heap of cheddar cheese and, if you like, kidney beans, chopped white onion and/or oyster crackers.

MAKES 4 SERVINGS.

PER SERVING 1,008 cal, 44 g fat, 131 mg chol, 1,809 mg sodium, 102 g carbo, 9 g fiber, 11 g sugars, 50 g pro.

Tufts  
UNIVERSITY

# Health & Nutrition Letter

## A Healthy Way to Show Your Love?

*Chocolate contains potentially health-promoting phytochemicals, but that doesn't mean it promotes health.*

The origins of chocolate can be traced back to ancient history when cocoa was known as the "Food of the Gods," and was given as a drink to priests and warriors. It wasn't until 1861, however, that Richard Cadbury packaged his chocolate varieties in heart-shaped boxes for Valentine's Day as a way to increase chocolate sales. Today, this symbol of love is often promoted as a "healthy" food. Is there enough evidence to recommend that chocolate should be consumed regularly for its health-promoting effects, or should it remain a sweet treat to be enjoyed in moderation?

**The Flavanol Factor.** Chocolate's "health halo" comes from the presence of plant compounds (phytochemicals) called flavanols in the cocoa bean. In test tubes and animal studies, flavanols have been shown to have antioxidant and anti-inflammatory properties. Whether or not flavanols have these same effects in the human body—and whether a typical serving of chocolate contains enough flavanols to confer these benefits—is unknown. (It's important to keep in mind that the cocoa bean undergoes many processing steps that reduce its flavanol content when it is made into cocoa powder or candy.)

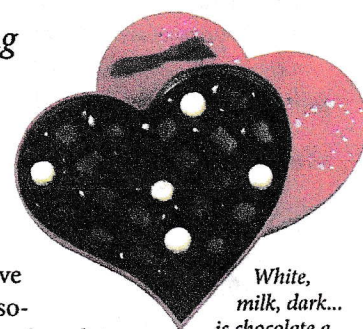
Although findings have been inconsistent, some observational studies in humans have reported an association between flavanol consumption and lower risk of poor health outcomes, including chronic heart disease, stroke, and type 2 diabetes. These studies do not, however, prove cause and effect.

Flavanols are also found in other foods, such as tea, red and purple fruits and vegetables, and citrus fruits.

### The Evidence.

"When you hear about studies that have reported an association between chocolate consumption and health benefits, beware," says Alice H. Lichtenstein, DSc, Gershoff professor at the Friedman School of Nutrition Science and Policy and editor-in-chief of this newsletter. "Studies have also reported associations between chocolate consumption and a country's per capita number of Nobel laureates. I don't think anyone would suggest habitually including chocolate in a child's diet will increase their chances of winning a Nobel prize! There are many other variables that likely influenced the relationship. The association between chocolate and health benefits is observational. Observational data are important to generate hypotheses, but ultimately, they must be tested to establish cause and effect."

*Show Your Love continued on page 7*



White, milk, dark... is chocolate a healthy treat, or just a delicious gift?

## TAKE CHARGE!

- ♦ **ENJOY.** Choose the kind of chocolate you like best—for enjoyment, not for any health benefit claims.
- ♦ **DON'T REFRIGERATE.** Refrigerating chocolate causes it to "bloom," or display a whitish coating from sugar rising to the surface. This does not mean it is spoiled. It's unattractive, but safe to eat or cook with.
- ♦ **CHOOSE OTHER FLAVANOL-RICH FOODS.** Tea, red and purple fruits and vegetables, and citrus fruits also contain flavanols.
- ♦ **GET CREATIVE.** This Valentine's Day, consider non-candy gifts for you loved ones, such as exotic fruits, specialty teas or coffees, a lovely plant, or bunch of flowers.



Show Your Love continued from page 1

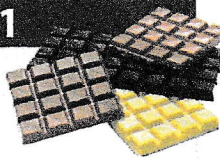
The type of research needed to get more definitive data is complex to conduct and depends on many factors. “While the biochemical mechanisms of flavanols are well-established,” says Jeffrey Blumberg, PhD, research professor at the Friedman School, “the potential for chocolate to contribute to health benefits is dependent on one’s background diet, including the type and amount of flavanols in the chocolate consumed and intake of other flavanol-rich foods like apples, berries, and tea.”

Keeping these limitations and uncertainties in mind, here are some of the reviews that looked at chocolate and health:

- A 2017 systematic review assessed the association between chocolate consumption and risk of coronary heart disease (CHD), stroke, and type 2 diabetes. One serving of chocolate was defined as 1.1 ounces, or about 2 bite size pieces. Results demonstrated that, compared with the lowest intake (zero to one servings of chocolate per week), higher intake of chocolate was associated with lower risk of all three diseases. When researchers analyzed how much chocolate was associated with the lower risk, they observed little benefit beyond three servings of chocolate per week for CHD and stroke. For people with type 2 diabetes, two servings per week was associated with the lowest risk.
- A 2016 systematic review of clinical trials that ranged from two weeks to one year reported that cocoa flavanol intake, either as supplements or cocoa products, resulted in a small to moderate improvement of biomarkers of cardiovascular disease and type 2 diabetes, such as insulin sensitivity and cholesterol levels. The range of flavanol consumption in the studies was 166 to 2,110 milligrams per day. (Note: one ounce of dark chocolate containing 70 to 85 percent cocoa solids has approximately 31 milligrams of flavanols and 170 calories. Hence, the amount of flavanols tested was equivalent to approximately 910 to 11,500 calories worth of dark chocolate.)
- A more recent systematic review of clinical trials published in 2021 evaluated the effect of chocolate and cocoa

## CHOCOLATE 101

Chocolate comes in many varieties, all originating from the cocoa bean.



- **DARK:** Contains 50 to 90 percent cocoa solids, along with cocoa butter and sugar.
- **MILK:** Contains 10 to 50 percent cocoa solids, along with cocoa butter, milk, and sugar.
- **WHITE:** Does not contain any cocoa solids or flavanols. Made with cocoa butter, sugar and milk.
- **COCOA POWDER:** Cocoa solids separated from the cocoa fat and ground into a powder. Natural cocoa powder is the most undiluted source of flavanols available.
- **DUTCH CHOCOLATE:** Undergoes processing with alkali, which reduces the flavanol content. Labeled “alkalized,” “processed with alkali,” or “European style”.

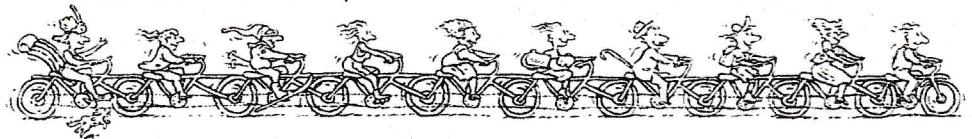
product consumption on a variety of cardiometabolic risk factors, such as blood pressure, blood cholesterol levels, anthropometrics (weight, BMI, waist circumference, and body fat

percentage), fasting blood sugar, and cognitive function. Unlike the 2016 review, there was no significant beneficial effect on any of the risk factors measured, except triglyceride levels.

**Sweet Somethings.** It’s important to remember that we often consume cocoa along with added sugars and refined grains (as in cookies, cakes, ice cream, and chocolate drinks). As with any food, when consumed in high quantities these treats will add calories to your diet, unless they are substitutes for other foods.

Existing evidence does not support a recommendation to add chocolate to your diet for its health benefits. If you enjoy consuming chocolate, Lichtenstein advises you choose the type you enjoy the most—not too much, and not too often. If you want to choose based on the highest flavanol content per bite, the best choices are those with the highest percentage of cocoa solids (see “Chocolate 101” box).

Whether it’s Valentine’s Day or not, moderation should be the operative word.



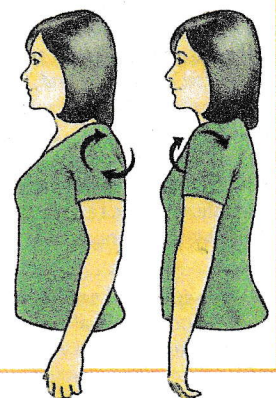
## MOVES OF THE MONTH

Here are two exercises for the levator scapulae from Bob Turner, PT, OCS:

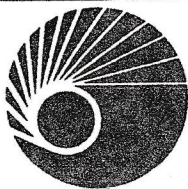


**Levator scapula stretch:** Stand or sit with good posture. Place your right hand on the right side of your upper back. Turn your head to the left while dropping your chin toward your collar bone. Slowly and gently pull your nose toward your left armpit. Hold for 3-4 slow breaths. Slowly release and return to the start position. Repeat in the other direction, then do one more set, stretching the right side of the neck, then the left. Do these stretches three times a day or as needed.

**Shoulder roll:** Sit or stand with good posture. Gently roll your shoulders back and down, gently pinching the blades together. Avoid hiking your shoulders up toward your ears. Lengthen the back of the neck by pulling your head straight back, keeping your head and neck in line with your spine, and looking straight ahead. Hold for 3-5 seconds. Repeat five times an hour or as needed.







# Bicycle News from the ADVENTURE CYCLING ASSOCIATION

By Edward Helwig, from "The Pedaler", newsletter of the San Antonio Wheelmen, TX

NEWSLETTER EDITOR: You may use this Bicycling News, or any part, in your newsletter with an Adventure Cycling credit line.

## NIGHT RIDER

Every year I am faced with the same problem of having to stop riding my bike during the week because of a lack of day light. This year my son bought a road bike. We meet at the Old Taco Company after work for a 25-32 mile ride. One of my favorite things to do is to race the sun at the end of the day. In September and October it's a real workout. Sometimes my son would be ahead of me, and even though there was plenty of light left, he was hard to see because of the way the light was being cast by the setting sun. I finally decided to look into lights-something I really didn't want to do. I already have to carry enough things, such as water bottles, pump, tire repair kit and so on. The search was on for a good light set up.



I found lighting systems from \$15.99 to \$249.99. What I wanted was something with no wires, didn't weigh a lot, could be mounted and dismounted easily, and didn't cost an arm and a leg. Trek makes a tail light with three light emitting diodes that clips on and off a mount. It requires two AAA bat-

teries that so far have lasted over 50 miles of riding. It is very bright for its size and flashes or runs solid. The cost is about \$12. Where we ride there is no light so this tail light really works well.

After getting caught in complete darkness one evening, I ended up buying a headlight.

The sun won that round. It also clips on and off the bike and can be used as a flash light while fixing a flat, etc. In addition, there is a battery indicator to let you know when the battery is getting low. My indicator

came on and I still had about 10 miles to go. The light did fine. The beam is wide and when my son and I ride side by side, we light up the lanes where we ride. I don't know how fast we are going, but the light we have seems to be enough. It is made by Specialized and costs about \$20.

The only down side of night riding, so far, is that approaching cars may temporarily blind you with their high beams. With everything you have to be careful. We don't ride at night just to be riding at night, but now I'm not worried about getting caught in the dark. We even used the light to ride down Kreuger Canyon. They have given us a few more weeks of riding. Now, it's December and almost dark before we can get started, so Nordic Track here I come. ■

**ADVENTURE CYCLING**  
a s s o c i a t i o n

P.O. Box 8308, Missoula, MT 59807  
(406) 721-1776



## MCBC Membership

Single - \$10.00 Family - \$15.00

2025

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** 17, 2025  
7:00 PM

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

**Refreshments & Fellowship**

E-Mail

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

**Affiliated with:**



**MCBC has Facebook**

**Maple City Bicycling Club**

Maple Leaf Logo

Website

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

**What doesn't get done today will  
be there tomorrow!**

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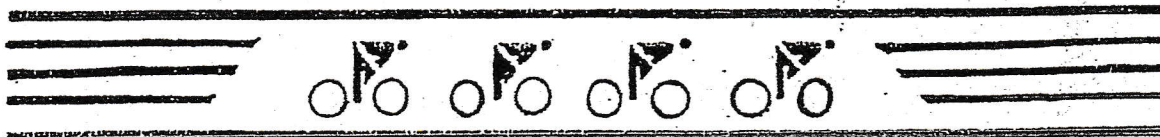
### **An important lesson**

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May we never let the things we can't have, or don't have, or shouldn't have, spoil our enjoyment of the things we do have. As we value our happiness, let us not forget it, for one of the greatest lessons in life is learning to be happy without the things we cannot or should not have.

—Richard C. Evans



Maple City Bicycling Club  
P. O. Box 55  
LaPorte, IN 46352

