

MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety
and Friendships



2023



TIS' THE HOLIDAYS WE KNOW.. AS A WINTERING WE GO . . .

November has arrived! Thus our Holiday Seasons are upon us. We have Veterans Day, Thanksgiving, Christmas and a New Year coming in the next two months. A time for lots of celebrating.

At our last meeting, we discussed our 2024 T-Shirt design; and, extending our Club Riding Season thru October and moving our ride time to 4:00 PM, giving you more time to ride due to darkness. We also discussed the **Santa** Parade on Saturday, November 25. We decided to encourage those who wished to ride to meet at 2:30 PM at State & Tipton Street. (You may decorate your bike if you wish.) There will be the Tree Lighting Ceremony following the Parade. (It is the beginning of La Porte's Christmas Season.)

For our Thanksgiving Holiday, David Heinold has set up a Cranksgiving Food Drive on November 19 (Sunday). Registration will be from 1 to 1:30 PM at the Center Township Trustee's Office at 1108 W. State Road 2. You will have a number of stores where you go and purchase certain food items. You will return with the purchases and the receipts to determine the winners. (This sounds like this could be fun!)

Our Next Meeting will be Monday, November 20, 2023 at 7:00 PM at the La Porte Church of the Brethren Fellowship Hall. We plan to finalize our T-Shirt design; so, plan to attend so you can have a 'heads-up' on our design. This will also give you a chance to wish your fellow members a proper 'Holiday Greetings.' (NO December Meeting!)

If you wish to ride any during the months of November and/or December, be sure to wear bright colored clothing as well to 'bundle-up' to stay warm.

Be sure to know your conditions and surroundings when cycling. And let us honor our Veterans on Veterans Day. Thank You!

HAPPY THANKSGIVING
MERRY CHRISTMAS
And HAPPY NEW YEAR

- Dave Wolfe

Let us be thankful that there is still sunshine, that we can still glimpse the blue of the sky and in our onward way, continue to look up. Let us be thankful for friends with kindly smile and cheerful words. This is a time for grateful thanksgiving.

Author Unknown

A New Beginning

Margaret Rorke

Every end's a new beginning
With another chance for winning—
A renewal of our energy and hope.
What is over only strengthens
The connecting link that lengthens.
All of living with its duties and its scope.

So it is with marching seasons:
Each in sequence has its reasons
In the purpose and intention of the Lord.
Let us seize this as a sample—
A divinely sent example—
And perceive in new beginning—new reward.

"Members' Mileage Chart"

2023

	<u>Jan/May</u>	<u>June</u>	<u>July</u>	<u>Aug.</u>	<u>Sept.</u>	<u>Oct.</u>	<u>Total</u>
Matt Amor	84	93	86	114	93	76	546
Tim Bates	382	524	712	834	454	370	3276
Garry Bowers	23	55	17	12	37+	0	144+
Annette Clark	11	103	113	122	173	70	592.
Pam Creed	553	632	216	875	941	794	4012
Joe Collins	0	0	0	0			0
Byron Fitzgerald	2479	552	366	718	149	0	4264
Richard Galloy	0	0	0				0
David Heinold	1500	350	1000	600	250	400	4100
Tom Hilbish	486	443	345	474	405	375	2528
Tom Hughes	0	0					0
Jerry Jackson	761	505	365	375	310	0	2316
Vinnie Kuta	1754	478	571	588	507	579	4477
Lisa Marek	368	198	90	240	272	0	1168
Shelly McGinty	92	35					127
Luis Miramontes	164	38	79	96	275	165	817
Tina Miramontes	164	38	63	96	253	165	779
Mark Nagel	270	72	225	84	84	42	777
Steve Pearson	96	58	147	179	132	117	729
John Phelan	400	700	600	700	450	430	3280
Cole Sandin	329	30	62	26	29	16	492
Mike Sebella	155	148	92	95	93	0	583
Diane Szynal	55	35	10	75	9	0	184
Joe Szynal	724	175	262	384	266	117	1928
Dan Tannas	110	0	55	0	0	0	165
Dean Woodson	25	70	70	75	25	25	290
Bill Yoder	52	62	35	102	110	40	401
							<u>37,975</u>

All Miles Count ! Take Pride YOU Are Riding !!!

Dress Warm for Cold Days

Whether you're heading outdoors for chores, exercise or some good winter fun, here's what to wear to help you stay toasty warm and dry.*

A hat that covers your ears

Toasty tip: Less heat lost from the head helps keep your whole body warmer.



A scarf that can cover your face and mouth

Toasty tip: Covering the mouth may help people with asthma breathe better in the cold.



Mittens or insulated gloves

Toasty tip: Mittens tend to be warmer than gloves.



Boots or shoes that are insulated and water-resistant

Toasty tip: For warm toes, go for wool or synthetic socks.



An inner layer of wool, silk or synthetics

Toasty tip: These materials are warmer than cotton, which soaks up moisture and holds it next to the skin.

A middle layer of wool, down or fleece

Toasty tip: Natural fibers trap heat close to your body better than synthetics.

An outer layer that's water- and wind-resistant

Toasty tip: Choose sleeves that are snug at the wrist to help keep moisture out.

ObesityWatch

Sleep a key to weight management

Counting calories? Try counting sheep as well. A good night's sleep is important in fighting obesity, says a psychologist at Baylor College of Medicine.

"Sleep is a vital component in a three-step cycle which I call 'an energy enhancement approach to weight management,'" says Kenneth Goodrick, associate professor of family and community medicine.

"This approach looks at sleep, nutrition and exercise as the foundation for high 'perceived' energy."

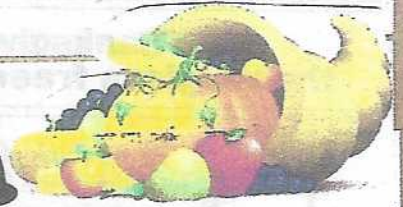
Weight-loss efforts work better when people get about eight hours of sleep, he said.

It's especially important for those who suffer from sleep-related breathing problems like sleep apnea to seek a physician's help, Goodrick said.

Excess weight contributes to sleep apnea, and loss of sleep contributes to the excess weight.

S BENNINGHOFF, (574) 235-6345, CBENNINGHOFF@

NOVEMBER



Thanksgiving

They went to church that day in Plymouth town,
 To thank God for his goodness.
 For they had known hunger, pain and want,
 gone thinly clad
 Through iron winter, thrown the gauntlet down
 To death himself, and let him take his toll,
 And now they had won through ...
 And so they prayed
 Their word of thanks, and stood up unafraid
 And faced the future with undaunted soul.

—Bruce Catton

A Happy Day

A heart full of thankfulness,
 A thimbleful of care:
 A soul of simple hopefulness,
 An early morning prayer.
 A smile to greet the morning with;
 A kind word as the key
 To open the door and greet the day
 Whate'er it brings to thee.
 A patient trust in Providence,
 To sweeten all the way,
 All these, combined with thoughtfulness,
 Will make a happy day. — Author Unknown

Remember November

goNe are the beautiful fall colors, another
 Opportunity for giving thanks, busy
 oVens with pleasing aromas, families
 gathEring to strengthen bonds,
 reMEmbering hardships of our beginnings,
 gratitude for Blessings coming our way, good
 fortunE to share with others,
 pRaising God for all good things.
 —Allen Shearin
 Louisburg Baptist Church
 Louisburg, NC

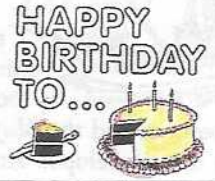
Let us be thankful that there is still sunshine,
 that we can still glimpse the blue of the sky
 and in our onward way, continue to look up.
 Let us be thankful for friends with kindly
 smile and cheerful words. This is a time for
 grateful thanksgiving!

Author Unknown



Birthdays - November

- 9 - Mark Nagel
- 11 - Lisa Marek
- 12 - Dixie Phelan
- 15 - Michael Thuman
- 19 - Sammy Smelser
- 21 - Scott Moller
- 22 - Chris Smelser



IF I Missed someone - Please let me know!

Thoughts for Veterans Day

Abraham Lincoln gave his second Inaugural Address on March 4, 1865, as the Civil War was raging. He said, "Fondly do we hope — fervently do we pray — that this mighty scourge of war may speedily pass away."

Lincoln's next paragraph is especially appropriate for Veterans Day:

"With malice toward none; with charity for all; with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in; to bind up the nation's wounds; to care for him who shall have borne the battle, and for his widow and his orphan — to do all which may achieve and cherish a just and lasting peace, among ourselves, and with all nations."

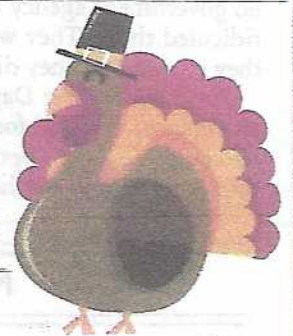
When President Lincoln finished his classic oration, he reportedly kissed the Bible and left the platform. He was assassinated the next month.

NOVEMBER

Have you heard about the woman who has cooked so many TV dinners that she thinks she is in show business.

Do all the good you can,
 In all the ways you can,
 In all the places you can,
 At all the times you can,
 To all the people you can,
 As long as you ever can.

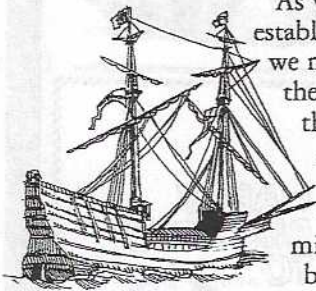
—John Wesley



One can never pay in gratitude; one can only pay "in kind" somewhere else in life.

Anne Morrow Lindbergh

Thanksgiving: the religious freedom holiday



As we think of the Pilgrims who established the first Thanksgiving Day, we need to recall the reason they left the land of their birth and came to the New World. The Puritan separatists were not allowed to worship freely in England according to the dictates of their hearts and minds. In August of 1620, they boarded two small ships, the *Speedwell* and the *Mayflower*, in search of religious freedom in undeveloped America.

The *Speedwell* soon sprung leaks and most of the crew and passengers transferred to the *Mayflower* before the *Speedwell* turned back. There were 102 Pilgrims who suffered the 67 days of rough sailing before they finally landed in Plymouth Bay in November, 1620.

Their troubles were just beginning. No housing awaited them. No reception group. No physicians or medical facilities. There were no stores. A cold winter lay ahead with sickness for most of them. At one point, only six people were well enough to help the sick and the dying.

By March 1621, not even a year after arriving, only 51 of the original 102 remained alive. It would be another two years before a ship arrived carrying supplies to help them. They were compelled to live off the land in whatever way they could.

Fortunately, some Native Americans taught the Pilgrims how to plant corn, how to fish the waters, how to find game, how to live without the comforts of England or Holland.

The newcomers built houses. They farmed. They fished. They filled a storehouse with corn and other foods. At the end of the first harvest, they decided to hold a feast of celebration and have a time of thanksgiving to God for their freedom to worship as their hearts desired.

They invited their Native American friends to enjoy the occasion with them. Ninety came and stayed for three days. They must have enjoyed the worship, feasting and merrymaking.

The main point to remember is that the Puritans were willing to pay an enormous price for the privilege of freedom of worship. They were profoundly grateful to God! Here, in America, no established church harassed them, no government agency restricted them, and no one ridiculed them. They were free to worship in the manner they chose. And they did just that!

On Thanksgiving Day we will be grateful for our abundance, thankful for our manifold blessings. Let us also be profoundly appreciative of our freedom to worship according to our hearts and minds.

November

November's sky is chill and drear,
November's leaf is red and sear.

—Sir Walter Scott

What America Eats



Easy Holiday Coffee Cake

With a generous shower of buttery nuts and brown sugar, plus a drizzle of icing, this coffee cake channels the flavor of classic cinnamon rolls. It's from the new cookbook *Y'all Come Over* by Rebecca Lang and ideal for your holiday brunch fun.

MAKE-AHEAD CINNAMON COFFEE CAKE

In a large bowl, beat $\frac{3}{4}$ cup (1½ sticks) **unsalted butter**, softened, on medium speed until creamy. Gradually add $\frac{1}{2}$ cup **granulated sugar** and $\frac{1}{2}$ cup firmly packed **light brown sugar**, beating well. Add 2 **large eggs**, 1 at a time, beating just until blended after each addition.

In a medium bowl, combine 2 cups **all-purpose flour**, 1 tsp **baking powder**, 1 tsp **baking soda**, $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ tsp **ground cinnamon**. In a small bowl, combine 1 cup **sour cream**, $\frac{1}{3}$ cup **heavy cream** and 1 tsp **vanilla extract**. With mixer speed on low, add flour mixture to butter mixture, alternating with sour cream mixture, beginning and ending with flour. Allow each addition to fully incorporate before adding next. Scrape batter into a greased and floured 13-by-9-inch pan. Cover tightly; chill 8–24 hours.

Preheat oven to 350°F. Let batter stand at room temperature 30 minutes.

In a small bowl, combine $\frac{3}{4}$ cup coarsely chopped **pecans**, $\frac{3}{4}$ cup sliced **almonds**, $\frac{1}{2}$ cup firmly packed **light brown sugar**, 6 Tbsp all-purpose flour, $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) melted **unsalted butter** and $\frac{1}{2}$ tsp **ground cinnamon**. Sprinkle over batter. Bake 32–35 minutes or until a wooden pick inserted in center comes out clean.

In a small bowl, stir together 1 cup **powdered sugar** and 2 Tbsp **milk** until glossy and looks like ribbons when spoon is lifted from bowl. Drizzle over warm cake. Serves 8–10.

St. Andrew's Day

St. Andrew, who was Peter's brother, is the patron saint of Scotland. According to legend, in the fourth century a man named St. Rule carried to Scotland the relics of St. Andrew, who had died on an X-shaped cross. He took them to a place now known as St. Andrew's, where they're kept in a church.

St. Andrew's Day falls on November 30 each year. Some Scots wear blue and white X-shaped ribbons on that day. Scotland's flag also features a blue and white cross.

Birthdays - DECEMBER

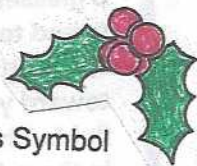
- 1 - Joe Szynal
- 2 - Adam Hay
- 2 - Jo Jensen
- 17 - John Penzoil
- 20 - Kayleen Fuller
- 24 - Doris Wolfe
- 27 - Pam Creed
- 29 - Jade Moller



If I Missed Someone - Please let me Know!

ADVENT

A time of deep personal renewal,
 A time for more personal prayer,
 A time for more Bible reading,
 A time for tearing down,
 A time for building up,
 A time for opening ourselves up to
 the Lord.



Holly As A Christmas Symbol

Ancient people revered holly as a symbol of eternal life. It is regarded as one of the most highly favored plants of nature because it bore fruit in winter.

"What's a Heavenly pea?" my 4-year old son wanted to know. I was baffled, until he patiently explained, "I mean, in 'Silent Night' it says, 'sleep in heavenly peas.'"

What makes

Christmas real?

How does Christmas come each year?

It cannot be a date
 The calendar delivers
 Without ever being late.
 It can't arrive by truck or train
 By plane or even sleigh —
 Though Santa Claus it seems
 Can get around the world that way.
 And even when the stores explode
 With tinsel, trees and toys
 No item sold makes Christmas come
 Or guarantees its joys.
 For Christmas comes from in the heart,
 From all the love you feel
 For God and everyone on Earth.
 For love — makes Christmas real!

—Peggy Ferrell



PINEAPPLE-ORANGE CRANBERRY SAUCE

HANDS-ON 15 MIN TOTAL 25 MIN
 SERVES 20 SUBMITTED BY STEPHEN
 MACARTNEY

★★★★★ 1 REVIEW
 A tropical spin on typical cranberry sauce. Honey and fresh pineapple ensure you'll never reach for the canned version again.

- 3 large oranges
- 1 tsp. grated fresh ginger
- ¼ tsp. cinnamon
- 1 (12-oz.) pkg. fresh cranberries
- 1 cup finely chopped fresh pineapple
- ½ cup honey

Remove 2 tsp. zest and squeeze 1 cup juice from oranges. Bring 1 tsp. zest, the juice, ginger, and cinnamon to a boil in a large pot. Add cranberries, reduce heat, and simmer 10 minutes. Add ½ cup pineapple and the honey. Stir to combine. Remove from heat and let cool before transferring to a serving dish. Top with remaining 1 tsp. zest and ½ cup pineapple.

[armagazine.com/pineapple-orange-cranberry-sauce](#)

Ⓜ HIDDEN GEM Ⓜ HEALTHY Ⓜ GLUTEN-FREE
 PER 2-TBSP. SERVING: 43 CAL; 0G FAT (0G SAT);
 0G PRO; 11G CARB (1G FIBER, 9G SUGARS);
 1MG SODIUM

The Christmas Gifts

Anna D. Lutz

Sweet Mary leaned against the hay
 Beside His manger bed;
 Strong Joseph kept his silent watch
 And praying, bent his head;
 The night wind ceased its sighing,
 But softly whispering, said,

Peace!

The light burst forth from heaven
 And swept away the night;
 The startled shepherds knelt
 And saw the vision burning bright,
 Heard the message of salvation,
 Knew the meaning of the light:

Hope!

The angels o'er Judeah's plains
 Set all the earth to singing;
 The weary world rejoiced to rise
 And set the bells to ringing;
 Responding to the gift of Life,
 The Christ to us came bringing:

Joy!

These gifts from God we pray for all
 As Jesus's birth draws near,
 May you receive His Peace, His Hope,
 The message of good cheer
 From heaven itself, the gift sublime
 That sweetly crowns the year:

Christmas!

Winter Can Be a Lonely Time

Winter can be a lonely time
 As the snow and bitter cold
 Confine us to the homeplace
 And put our dreams on hold.
 Stark, barren trees and empty nests
 Paint pictures of despair
 With no color in the landscape,
 No birdsong in the air.
 Gray skies add a somber touch
 To the woodlands below
 Where melancholy shadows
 Form ink blots on the snow.

Then suddenly some deer appear
 And rabbits come out to play,
 And the neighbors come to visit
 In one-horse open sleighs.
 It doesn't seem so lonely now
 With friends and family there,
 For Winter can make memories
 As warm as springtime air.

Clay Harrison



How Old Is Santa Claus?

IN THE EARLY 1940s, I was 7 years old when I recited this poem for our Christmas play at church:

*How old is Santa Claus,
and where does he keep?
And why does he come,
when I am asleep?*

*It seems like his hair
would get covered with black.
And if he goes headfirst,
how does he get back?*

*I'd just like to see him once
stand on his head,
And dive down the chimney
like Grandma has said.*

*It seems like his hair
would get covered with black.
And if he goes headfirst,
how does he get back?*

*Mama knows about him
but she won't tell me.
I'll stay awake Christmas Eve
and then I'll see.*

*I've teased her to tell me,
but Mama, she won't.,
So I'll find out myself.
Now see if I don't!*

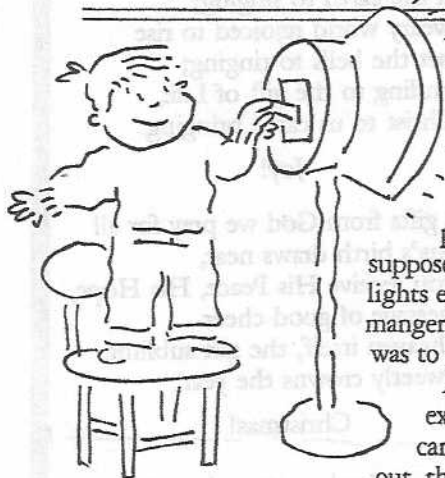
—Imogene Frye, Killen, Alabama



The 84-year old myth we all still believe.

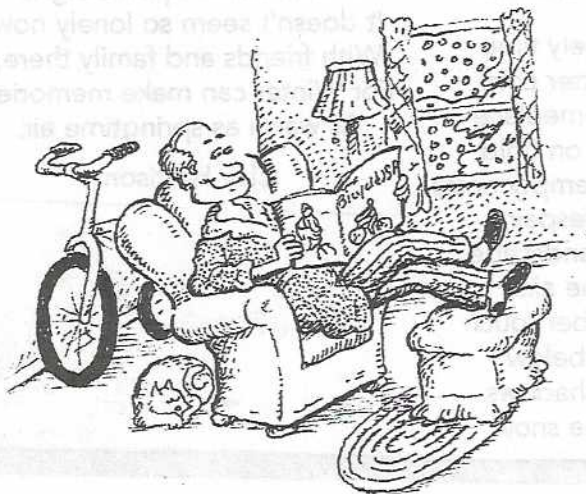
If you're struggling to get in those 8 glasses of water we're all supposed to drink each day – relax. The truth is coffee and tea count toward your 64 ounces of daily fluids. The idea that the caffeine in these beverages cancelled out their water content was proved false way back in 1928.

Don't switch off the light



It happened at a children's Christmas pageant. A boy was assigned the task of controlling the lights. At a certain time in the program the lad was supposed to turn off all the lights except the one in the little manger. That light, of course, was to represent the baby Jesus.

As might have been expected, when the time came for the lights to go out, the boy mistakenly turned off all the lights including the manger light. Quickly, another boy dressed as a shepherd, whispered rather loudly to the controller, "Hey! You switched off Jesus!"



Hooray for snow!

In a northern community, it snowed consistently for so long that the schools had to be closed for the better part of a week. When classes resumed, a teacher asked her students if they had used their free time constructively. One little girl said, "I did. I was enjoying my free time so much that I prayed for more snow."

May you have joy in the mad rush
of preparation;
May you know peace in the tiny
margins of time around the busy days;
May you have star-shine in clear
night skies for looking at;
May you have silence now and then;
And above all -- beyond all else --
May you have love to give and to
receive.

—Elizabeth S. Lamb

A song to sing

God send you happy,
God send you happy.
We pray God send you
a happy new year.

—“Song of the Old English Caroliers”

Healthy Holiday Eating

Here are 12 tips to help you avoid weight creep.

It's that time of year again—when holiday weight creep takes hold. From that leftover Halloween candy through a New Year's Eve's champagne toast, temptations and indulgences can pack on an average of five pounds if you're not careful.

"That weight becomes progressively harder to shed as we age and metabolism changes," warns Cleveland Clinic dietitian Maxine Smith, RDN, LD. "The holidays are the number one contributor to weight creep, so a good strategy is to do all you can do to minimize weight gain." Here are a dozen ideas.

1 *Get in touch with satiety signs.* A tenet of successful weight control is to stop eating just shy of feeling full. Miss these cues and you'll eat to the point of feeling stuffed. Start by eating slowly. Remember that there's a 20-minute delay before your brain gets the message from your stomach that you're full. "One way to recognize the feeling is having the sense that you could still probably take only one or two more bites—and stop short of taking them," says Smith. "Another way to check in with yourself is to assess if you'd be able to do some exercise after the meal. If you say no way, you've probably eaten too much."

2 *Take the edge off hunger before you go to an event.* You don't want to arrive ravenous. "Eating a light snack could be advantageous," says Smith. "Research shows that having an apple or eight almonds before a meal can help you control calorie intake and be more judicious when picking foods."



Follow some simple strategies to enjoy holiday meals while minimizing weight gain.

3 *Take the edge off hunger again once you get to the event.* "Start off by drinking a glass of water, sparkling water or another non-caloric beverage. Then, bite into a few raw vegetables," says Smith. "This way you're starting with foods that are good for you and that don't feed inflammation the way processed, refined foods do."

4 *Rethink calories used up on alcohol.* "Apart from clouding your decision-making about food, alcoholic drinks are an abundant source of calories, and empty ones at that," says Smith. "Ask yourself do you want to spend 500 calories on eggnog rather than satisfying food, since liquid calories do not fill us up?"

5 *Prioritize favorite foods.* "Bypass dishes that you can eat every day," says Smith. "Then ask yourself what is going to bring you the most satisfaction? Consider making tradeoffs. If you want a sweet treat at the end of the meal, you might decide to skip the stuffing or mashed potatoes."

Look for foods that are both favorites and good for you. Maybe it's shrimp cocktail or steamed

lobster—even caviar is low in calories, plus it supports immune function.

6 *Make only one trip to the buffet.* It can be hard to resist all the choices on a lavish buffet. One strategy is to take one spoonful or forkful of many things rather than full portions. Savor that one bite. You'll also feel more positive if you include a couple of healthier offerings, like veggies or lean turkey. Above all, after you fill your plate, take a seat. "When you're standing, the brain doesn't seem to register those calories," she adds.

7 *"Healthify" favorite recipes.* Sugar, white flour and saturated fats like butter can fuel inflammation. Experiment with improving the ingredients of your signature dishes. Substituting almond or whole wheat flour for some of the white flour, cutting down sugar, and substituting olive oil for saturated fats can help. "Small tweaks that don't make a difference in taste will help keep inflammation in check," says Smith.

8 *Increase the spacing between holiday events.* "The greater the frequency of events, the more you put yourself at risk for making high-calorie choices," says Smith. Use the days after a big meal to get back on track with healthy eating principles.

9 *Mark off select splurge days on your calendar.* Think in terms of holidays, not a three-month-long holiday season of eating," says Smith. "It's not a single holiday meal that does people in—that's maybe 1,500 or 2,000 extra calories. It's more likely to be the 100-calorie cookie you add every day that adds up to an extra pound every month."

Continued on the bottom of page 5

A simple solution for removing candle wax stains

Maryal Miller Carter
USA TODAY

Accidents will happen. You're burning your favorite candle, soaking up those cozy vibes, and suddenly you see wax dripping down, forming a sticky stain on your rug or carpet. Well, don't panic! Contrary to popular belief, the damage might not be permanent. There's a surprisingly simple solution for removing candle wax from rugs and carpets, and it only requires two household items you probably already have on hand.

Removing a wax stain without damaging the carpet fibers can be done easily and effectively.

Here's our number one solution, as well as a few alternative methods that might also come in handy. So, no need to cry over spilled wax!

Supplies:
Paper towel
Hair dryer
Spoon

Instructions:
Adjust your hair dryer to its highest heat setting.

Safely heat the wax from a distance. As the wax begins to melt, carefully blot and absorb it using a paper towel.

Employ a spoon to scrape away any remaining wax residue.

Other ways to remove candle wax from rugs and carpet:

There are several methods you can use to remove wax from carpet if the solution above doesn't work, or if you don't have the necessary supplies on hand. Here are a few other ways to remove candle wax from rugs and carpets.

Freezing method:

Place a plastic bag filled with ice cubes on top of the wax to harden it.

Once the wax is frozen, gently scrape it off with a plastic scraper or a butter knife.

Be careful not to damage the carpet fibers while scraping.

Heat and absorption method:

Use an iron set to a low heat setting with no steam.

Place a brown paper bag or a clean white cloth over the wax.

Gently iron the paper bag or cloth for a few seconds. The heat will melt the wax, and it will be absorbed into the paper or cloth.

Replace the paper or cloth as needed until the wax is fully removed.

Solvent method:

Apply a carpet cleaning solvent or rubbing alcohol to a clean cloth.

Blot the wax stain with the cloth, working from the outside of the stain toward the center.

Continue blotting until the wax is fully transferred onto the cloth.

Be sure to test the solvent on an inconspicuous area of the carpet first to ensure it doesn't cause any damage.

STAY IN TUNE

Pay special attention to a different part of your bike each month and you'll ride smoothly all year long.

November



RECHARGE YOUR BATTERIES

In exchange for an extra hour of light in the morning, you now find yourself leaving work in the dark. It's time to dig out your battery pack and charge up your lights. Extend battery life by periodically recharging your pack, even when you're not using the lights. Check that the bulbs weren't damaged in storage.

December

MAKE YOUR WISH LIST

Give your bike a once-over to know what it needs for the new year. For example, chainrings, rear cogs and derailleur pulleys with pointed teeth should be replaced. While you're at it, treat yourself to a new chain and fresh cables and housings. Inspect brake pads for wear and, heck, put new tires on your list. Stocking-stuffer ideas: tubes, tire levers, a patch kit, a multi-tool. Perhaps your lighting system needs an upgrade. Or save yourself some time and just ask for a whole new bike.



Holiday eating ... from page

10 Sprinkle exercise nuggets into your day.

Throughout the holiday season add one or more 10-minute exercise chunks every day, in addition to your usual fitness regimen. By burning a few extra calories, you can help balance out the extra ones you take in.

11 Create new traditions not focused on food.

"Try to limit occasions that revolve around food," says Smith. Fall and winter activities or even doing a 2K run together can be great family bonding experiences. When you do get together to eat, get active afterwards.

"Try going bowling instead of settling in to watch a movie. It won't totally compensate for extra calories, but it will result in a little calorie burn and, also important, deter you from eating another dessert while you're sitting around the TV," says Smith.

12 Get enough sleep. "A lack of sleep, typically anything less than seven hours, starts wreaking havoc with hunger and fullness hormones," warns Smith. "Studies have shown that people who don't get adequate sleep tend to eat an extra 500 calories a day." And that's under everyday circumstances—without holiday temptations thrown in!

BICYCLING FOR A BETTER WORLD

Next time a non-cyclist comments on how it must be sweaty to ride to work or how a cyclist slowed them down on their drive in this morning, respond with these handy facts and figures about how their drive to work affects America's waistline, air quality, and congestion and how your ride to work helps improve all three.

It's more than just emissions — a bike's carbon footprint is much, much smaller than a car's — or the skyrocketing medical costs of obesity in this country: we're also

showing you definitive proof that building bicycling facilities and promoting bicycling works.

From getting more than 100 miles to the "gallon" of fuel to saving yourself thousands of dollars each year, getting around town by bicycle works. We need to make sure bicycling is included in green policies currently being implemented by communities, companies and governments. Use these facts and figures to help ensure that everyone around you — from colleagues to the town council — knows that bicycling is the ultimate green solution. Enjoy the ride!

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Microgreens and Mature Vegetables Both Limit Weight Gain

Young vegetables known as microgreens are thought to be good for health. Older than sprouts but younger than baby greens, microgreen versions of vegetables such as kale and broccoli are typically harvested within a couple of weeks after they start growing. Their nutritional profiles differ from mature vegetables, yet research presented at the meeting of the American Chemical Society (August 2023) suggests that both microgreens and mature vegetables can limit weight gain. Researchers began studying red cabbage and found that both young and fully grown cabbage limited weight gain in mice fed a high-fat diet, even though the microgreen version was richer in certain nutrients, such as glucosinolates (which may offer protection from cancer). Similar results were found when they compared young and mature kale plants. Research is underway to confirm this effect in humans. [More](#)



Moves of the Month: Prevent or reduce neck and shoulder pain with these exercises

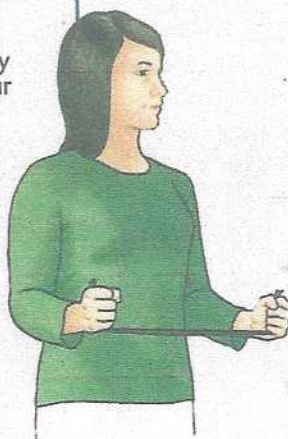
Upper back/neck stretch



- Sit or stand with good posture. Reach your right hand down toward the floor, straightening your arm.
- Turn your head to the left while dropping your chin toward your collarbone. Place your left hand on top of your head, and then slowly and gently pull your nose toward your left armpit. Hold for five slow breaths, and then slowly release and return to the starting position.
- Repeat on the right side, with your left hand reaching toward the floor and your right hand pulling your nose toward your right armpit.

- Repeat the stretch on each side a second time. Do these stretches two to three times a day.

Shoulder retractions



- This exercise improves posture by strengthening back muscles. Hold a resistance band in both hands, keeping your elbows against your sides and your hands in front of you. (If you don't have a resistance band, a piece of thick elastic band or stretchy plastic tubing will work.)

- Squeeze your shoulder blades together as you rotate your arms away from your body, keeping your elbows against your sides. Hold for one to two seconds, and then return to the starting position.
- Do 15 repetitions three to five times daily.

Illustrations: Aiyana Paquette

MCBC Meeting



Monday, November 20, 2023
7:00 PM

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

Refreshments & Fellowship

MCBC has Facebook Maple City Bicycling Club

Maple Leaf Logo

Website

www.maplecitybicyclingclub.com

MCBC MEETING

NO Meeting - December

Next Meeting - January 15, 2024

E-Mail

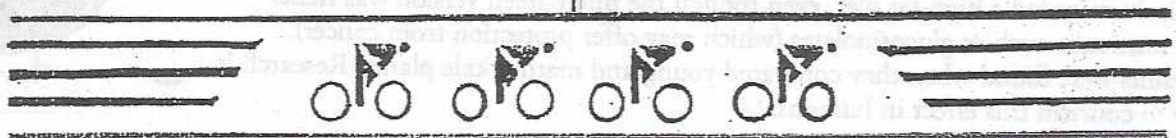
maplecitybicyclingclub@gmail.com

Affiliated with:



How big?

The pastor of a country church went to town to make arrangements for a Christmas sign to be placed outside the church. Unfortunately he forgot the dimensions, so he faxed his wife: "Send motto and size of sign." She faxed back: "Unto to us a child is born, eight feet long and three feet wide."



Maple City Bicycling Club
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LaPorte, IN 46352

