

# MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety

and Friendships

## 2024



### FEBRUARY

## WINTER SNOWS ARE FEBRUARY WOW'S

This New Year's weather has started out with 'bone chilling' cold, a 'mess of snow', some 'icy rain', which has resulted in 'slick' roads and flooding. (Now how else would 2024 start off more dramatic.)

Our January Meeting has been postponed two weeks in a row. Let's hope January 29<sup>th</sup> proves better.

It was nice to see a good turnout for our Polar Bear Ride on January 1<sup>st</sup>. I believe we had 18 turn out for this ride. And I believe all enjoyed themselves and had lots of fun.

In 2024, I'm hoping that we can broaden the scopes and activities of our bicycle club. We are hoping for an outstanding 40<sup>th</sup> O.C.T. event; a weekly club ride event that will include more riders; a summer where we schedule at least 2 weekend rides each month (June thru September); 2 or 3 safety classes for our community; and, possible holding of a pot luck meal. (I'm sure each of you have other goals or ideas of what you would like to accomplish in 2024.)

Our February Meeting currently planned for February 19<sup>th</sup> at the Church of the Brethren Fellowship Hall at 7:00 PM. Mark your calendar!

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

**START THINKING SPRING**

- Dave Wolfe

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

## Valentine

My heart overflows with love,  
Fashioned in our courtship  
Planted in our marriage  
Blossoming in our children.

A love that has been  
Pruned by life's realities and  
Strengthened by its triumphs.

A love that has grown because the  
Responsibility and freedom  
To give and to receive  
Have been shared.

A love that continues to seek its Source  
In the sunshine of  
God's Love —

For it is there that we find  
Our reason for being and  
Our reason for loving!  
—Peggy Ferrell



## Dennis the Menace at prayer

Kneeling with hands together and pointed heavenward, Dennis prays:

"Mom says I should tell you everything, so I hope you can keep a secret."



# Enjoy The Perks Of Coffee!

FROM BEANS TO GROUNDS AND FROM FILTERS TO CANS, THE MANY ASPECTS OF COFFEE ARE NO LONGER RESERVED FOR MORNINGS ALONE.

## » FRESHEN YOUR BREATH.

Completely out of breath mints? Simply suck on a coffee bean for a while and your mouth will feel clean and fresh again.

## » FILL A BEANBAG.

They don't call them beanbags for nothing! Coffee beans are ideal as a beanbag filler. To ensure you're getting the most bang for your buck, purchase the least expensive beans—they'll work just as well!

## » DON'T RAISE ANY DUST.

Before you clean the ashes out of your fireplace, sprinkle them with wet coffee grounds. They'll be easier to remove, and the ash and dust won't pollute the room's atmosphere.

## » MAKE A DEHUMIDIFIER.

If your basement is too damp, try this effortless solution. Fill an empty coffee can with salt and leave it in a corner where it will be undisturbed, creating an instant dehumidifier. Replace

the salt at monthly intervals or as needed.

## » KEEP TOILET PAPER DRY WHEN CAMPING.

Bring a few empty coffee cans with you on your next camping trip. Use them to keep toilet paper dry in rainy weather or when you're carrying supplies in a canoe or boat.

## » STORE BELTS.

If you have more belts than places to hang them, just roll them up and store them in a cleaned-out coffee can with a clear lid. Coffee cans are just the right size to keep belts from creasing, and the clear lids help you find each belt easily.

## » FILTER CORK CRUMBS FROM WINE.

Don't let cork fragments ruin your enjoyment of a good glass of wine. If your attempt at opening a bottle of wine results in floating cork crumbs, simply decant the wine through a coffee filter.

## Noah and the camels

Noah was standing at the gangplank checking off the pairs of animals when he saw three camels trying to get on board.

"Wait a minute!" said the patriarch. "Two each is the limit. One of you will have to stay behind."

"It won't be me," said the first camel. "I'm the camel whose back is broken by the last straw."

"I'm the one people swallow while straining at gnats," said the second.

"I," said the third, "am the one that shall pass through the eye of a needle sooner than a rich man shall enter heaven."

"Come on in," said Noah, "the world is going to need all of you."

## Exercise Boosts Colds Defense

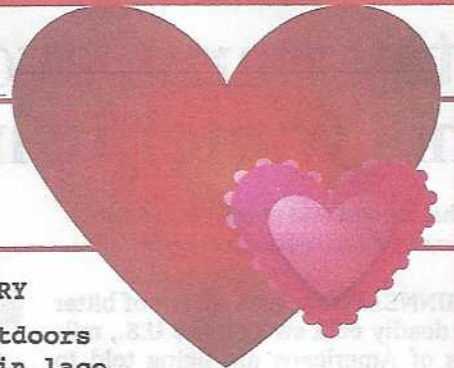
Your best defense this cold and flu season may be in the gym. Researchers at Appalachian State University report that people who exercise more—as well as those who rate themselves as highly fit—are less susceptible to upper respiratory-tract infections. The study followed 1,002 adults over two 12-week periods in the fall and winter. Based on self-reported exercise, those who work out at least five days a week suffered 43% fewer days with respiratory infections than those exercising no more than once a week. The one-third who rated their own fitness level the highest experienced 46% fewer sick days than the least-fit group. Even when they did get sick, frequent exercises and the most fit suffered less severe symptoms. Scientists suggested that even though the immune system returns to pre-exercise levels within a few hours, each workout may provide protection against pathogens that make the respiratory system vulnerable to infection. Other studies have actually shown that exercise may acutely suppress immune response; this study may reflect the effects of defensive responses over time.

**TO LEARN MORE:** *British Journal of Sports Medicine*, online before print; abstract at [dx.doi.org/10.1136/bjism.2010.077875](http://dx.doi.org/10.1136/bjism.2010.077875).

## Go By Bike Top Ten

1. 25% of all trips are made within a mile of the home.
2. Just three hours of bicycling per week can reduce your risk of heart disease and stroke by 50%.
3. Each U.S. rush-hour auto commuter spends an average of 50 hours a year stuck in traffic.
4. In 1964, 50% of kids rode to school and the obesity rate was 12% ... in 2004, 3% rode to school and the obesity rate was 45%.
5. A 140 pound cyclist burns 508 calories while pedaling 14 miles in an hour.
6. In 2003, cars stalled in traffic wasted five billion gallons of fuel.
7. Between 1960 and today the average weight of a 6-11 year old has increased 11 pounds.
8. 49% of all trips are within two miles of the home.
9. You can park 14 bikes in the same space you can park one car.
10. The U. S. could save 462 million gallons of gasoline a year by increasing cycling from 1% to 1.5% of all trips.

# FEBRUARY



## 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!*

## FEBRUARY

All outdoors  
Edged in lace,  
Twigs and grasses ...  
Beauteous grace.

Sunlight glows  
Through snowy birches,  
On frosty limb  
A blue jay perches.

Thank you, Lord,  
For heavenly art,  
Your valentine  
Has touched my heart.

-Adeline Roseberg

## SPEAKING OF VALENTINE'S DAY

Valentine's Day is approaching, a time to recall that your wife still likes candy and flowers. Show her you remember, by speaking of them occasionally.

-Earl Wilson

## ENEMIES TO FRIENDS

Someone once said to Abraham Lincoln, "Mr. President, I cannot understand you. You treat your enemies with such kindness. It would seem to me that you should want to destroy them." Lincoln replied, "I destroy my enemy when I make him into a friend."

## FORTY DAYS OF LENT

Many people are confused by Lent's forty days, because Lent begins more than forty days before Easter. Sundays are not counted because in the early church, Sundays were feast days, never fast days.

● Real love is helping someone who can never return the favor.

## LOVE'S ABC'S

### LOVE

Accepts, Behaves, Cheers, Defends,  
Enriches, Forgives, Grows and Helps.

### LOVE

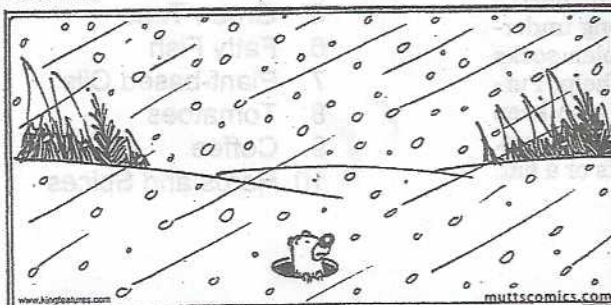
Includes, Joins, Kneels, Listens,  
Motivates, Notices, Overlooks and  
Provides.

### LOVE

Quiets, Respects, Surprises, Tries,  
Understands, Volunteers, Warms,  
expects and Yields.

LOVE in action breaks the code that adds  
Zip to your life.

## MUTTS



# Stay warm, avoid frostbite this winter using layers

Trisha Ahmed and Mark Vancleave  
ASSOCIATED PRESS/REPORT FOR AMERICA

MINNEAPOLIS — As a bout of bitter and deadly cold sweeps the U.S., millions of Americans are being told to dress in layers if they must go outside.

In places that rarely experience bone-chilling temperatures, that advice can be confounding. What does it mean to layer up? Is it different from just putting on a coat? Is there a way to do it wrong?

People in Minnesota, a state that is no stranger to the cold, have wisdom to share.

## What is layering?

Layering means wearing multiple pieces of clothing to keep your body comfortable in cold weather. Each layer creates an insulating pocket of air that protects you better than just wearing a big jacket, and layering helps move sweat and moisture away from your skin.

No matter how cold it is, you're probably going to sweat when you go outside and start moving, said Claire Wilson, executive director of The Loppet Foundation — a nonprofit that promotes winter recreation and activities in Minneapolis.

## Avoid cotton and wetness

Wilson said she loves to shop at thrift stores for layers that won't break the bank.

"Just look for things that aren't cotton," she said.

Cotton absorbs moisture, so it stays wet longer, Wilson explained. Cotton socks can get wet in your boots or shoes if you walk in the snow, and a cotton shirt under your jacket can get wet with sweat.

Instead, choose wool socks and fabrics made of fleece, polyester or polypropylene, she said.

## Think of 3 main layers

Wilson recommends starting with a base layer, then a mid layer, and then an



Winter fat bikers prepare to hit park trails Friday in Minneapolis. As a bout of bitter and deadly cold sweeps the U.S., millions of Americans are being told to dress in layers if they must go outside. MARK VANCELEAVE/AP

outer layer.

The base layer is closest to your skin, so it's important for the fabric to wick away moisture, she said. Choose polyester over cotton for this. Then, wear a mid layer — a vest or a shirt — to keep your core warm.

## Dress to prevent frostbite

Frostbite — a painful injury in which skin freezes, blood flow decreases and tissue gets damaged — can happen within minutes in cold weather when skin is not adequately covered.

"We see people with frostbite inside their shoes and gloves all the time," said Dr. James Miner, chief of emergency medicine at Hennepin County Medical Center in Minneapolis.

Symptoms include blistering of the skin because it's damaged, along with bruising and swelling. Frostbite can even result in the loss of a limb, if it's not properly treated.

## Protect specific body parts

Wear a winter jacket that falls closer to your knees than your hips.

Keep your legs warm with fleece-lined leggings or a pair of long underwear under your pants. Woolen socks and winter boots are a big help. Furlined gloves or mittens can also keep your hands warm and prevent dry skin. Keep ears cozy with ear muffs or a hat.

# Winter Fruits

Get inspired to keep up your fruit consumption this season.

It's surprisingly easy to find delicious, nutritious fruits in the colder months. Here are some suggestions:

**Citrus.** While many varieties are available year-round, citrus season peaks in winter. Some varieties, like Cara Cara, naval, cumquats, Mandarin, and pomelo, are rarely available outside the winter months. Known for their high vitamin C content—one large orange provides more than 100 percent of the recommended Daily Value—citrus fruits are also rich in several other vitamins and minerals, including potassium, folate, calcium, magnesium, and riboflavin, as well as fiber and a variety of phytochemicals.

Citrus does not continue to ripen once picked. A thin, smooth, uniformly textured peel without discoloration, soft spots, or signs of mold is a more reliable indicator of ripeness than color. For best quality, store citrus at room temperature for about a week or refrigerate up to eight weeks.

**Try this:** Peel a naval orange, tangerine, or small, snack-sized clementine for a sweet, fiber-full, satisfying snack, perfect for on-the-go; use citrus juice as the acid in dressings, salsas, dips, and sauces, or squeeze it anywhere you want a burst of bright flavor, like onto roasted vegetables, fish, and poultry; add citrus zest to any dish or baked good for added flavor and as garnish; use a squirt of lime juice instead of salt for great taste without the sodium.

## 10 Best Anti-inflammatory Foods

1. Berries
2. Leafy Green Vegetables
3. Cauliflower
4. Almonds
5. Green Teas
6. Fatty Fish
7. Plant-based Oils
8. Tomatoes
9. Coffee
10. Herbs and Spices

# Home

## PLUGGING ENERGY LEAKS

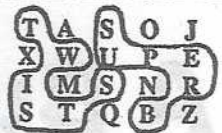
The average home can lose 30 percent of its heat through small openings in walls, windows and doors. Sealing those gaps can help retain warm air and lower your heating bills by as much as 10 percent. Here are some easy and inexpensive ways to plug your home's energy leaks:

- If you have storm windows, install them.
- Install the storm glass instead of the screen in a combination storm door. If you don't have a storm door, get one.
- To quick-seal an older, single-pane window, apply an interior storm window kit of plastic shrink-wrap film. Use a hair dryer to tighten the film.
- Repair and replace any broken window or door glass.
- Outside the house, use caulk to seal gaps that are 1/2 inch or smaller; use expanding foam to fill wider openings. Seal cracks around doors, windows, water spigots, the dryer vent, pipe and electrical penetrations in the siding, and where the siding meets the foundation.
- Inside, apply weather stripping around windows and doors. If you have a pull-down attic door, weather-strip around the inside of it, too.
- To seal the gap at the bottom of an exterior door, replace the threshold with a new one that has a vinyl insert, which acts as a gasket between the bottom of the door and the floor.
- Insert foam gaskets behind electrical outlet cover plates.
- When the fireplace isn't in use, close the damper to keep heated air from escaping up the chimney.

Story by Katie and Gene Hamilton of St. Michaels, Md.



The "twist" in this puzzle is that the words to find in the diagram DO NOT line in a straight line, but bend and twist, zig-zagging in the diagram. Here's a sample puzzle to show you how words might appear:



One letter of a word is already next to the other in some direction, as you can see in the sample puzzle. The words to find never intersect, or cross over another word.

WORD TWIST 3

## VALENTINE'S DAY

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

- |                    |                |
|--------------------|----------------|
| 1. ADMIRE          | 10. PROPOSAL   |
| 2. CHOCOLATE CANDY | 11. RING       |
| 3. DATING          | 12. ROMANCE    |
| 4. ENGAGEMENT      | 13. ROMEO      |
| 5. EXCHANGE GIFTS  | 14. SECRET PAL |
| 6. FRIENDSHIP      | 15. SURPRISE   |
| 7. LACY HEARTS     | 16. SWEETHEART |
| 8. LOVE            | 17. VALENTINE  |
| 9. PARTY           |                |



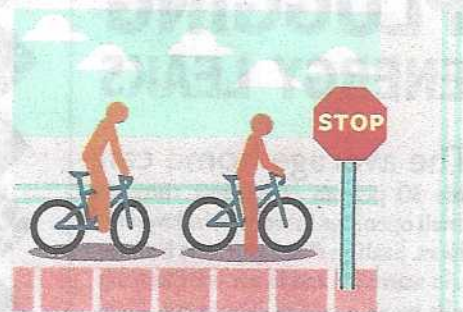
Bob Mionske is the author of *Bicycling and the Law*.

# A Bum Rap

While most police officers make an effort to enforce traffic laws fairly, they still can get them wrong. Here are three commonly misunderstood rules—and what to do if you're accused of breaking one.

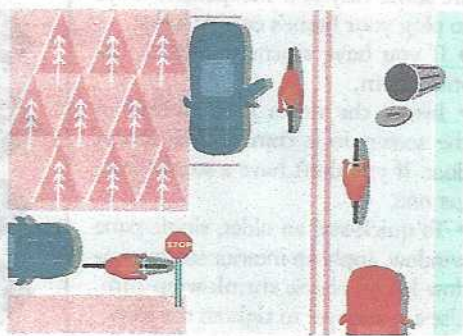
## 1. The Definition of "Stop"

A legal stop means coming to a complete halt until you have determined whether it is safe to proceed. But there is nothing in the law that requires a cyclist to put a foot on the ground. Doing a track stand (balancing on the pedals with minimal movement—visit [BICYCLING.com/trackstand](http://BICYCLING.com/trackstand) for a tutorial) is perfectly legal, as long as you stop long enough to completely assess the situation. Keep in mind, however, that putting a foot down will help remove any doubt in the officer's mind about whether you actually stopped.



## 2. Where You Must Ride

While the law often requires cyclists to ride as close to the right as is "practicable," this isn't the same thing as "possible." Think of it this way: You must ride to the right, but no farther right than is safe. That means you may move left to avoid hazards such as debris or opening car doors, and you may also ride in the middle of the lane if the road is too narrow for bikes and automobiles to safely travel side by side. Sometimes, the law doesn't even require you to ride to the right; certain states mandate it only when you're moving slower than the speed of traffic.



## 3. Your Right to the Road

Some officers will attempt to order you off the road if they believe that cycling is unsafe there. These officers almost always know that you have the right to the road; they just don't agree with the law. That said, there are certain roads, such as many interstate highways, where bicycles are not permitted. If you see a posted sign to that effect, it's in your best interest to obey it.



Research and assistance by Rick Bernardi, JD

## When You're Pulled Over

If an officer claims, incorrectly, that you are breaking the law, you are within your rights to say that you were not. (Helpful hint: Refrain from arguing unless you are very familiar with state and local laws.) However, while you may be able to talk yourself out of a ticket, officers are not obligated to debate the law with you. If you do get ticketed, save your arguments for court, where they might do you more good.

FOR ADVICE ON FIGHTING TRAFFIC TICKETS, VISIT [BICYCLING.COM/TICKETTALK](http://BICYCLING.COM/TICKETTALK).

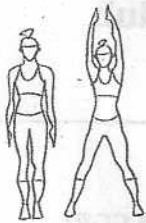


**MY TOWN REQUIRES CYCLISTS TO RIDE WITH A BELL. AN AIR HORN WOULD BE EVEN BETTER, RIGHT?**

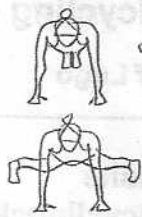
Sure, it's overkill, but if you want both, go for it. A bell will help you alert pedestrians and other cyclists (and comply with the law); an air horn will be audible to drivers. Just don't put a siren on your bike—that's illegal.

# JACK Up Calorie Burn

TRY THESE FUN VARIATIONS OF AN OLD-SCHOOL FAVORITE. DO EACH MOVE FOR 1 MINUTE, RESTING 15 SECONDS AFTER EACH EXERCISE.



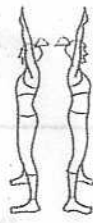
**1. CLASSIC**  
Stand with feet together, arms next to body at sides. Jump legs out while bringing arms out and over head.



**2. PLANK**  
Start in push-up position. Jump feet out a few inches, then back together, keeping abs tight and back flat.



**3. CLAPPING**  
Stand with arms out to sides at shoulder height. Jump legs out while clapping hands together in front of chest.



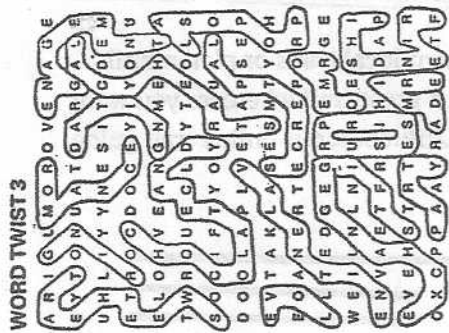
**4. TWISTED**  
Do a classic jumping jack, rotating body 90 degrees with each jump (so you face center, left, center, right).



**5. STAR**  
Start in a squat. Jump up, extending arms and legs out to sides, creating an X shape with body in air.

FROM TOP: JASON SCHNEIDER, ANDERS WENNGREN

Expert: Will Lanier, general manager and CrossFit coach at Brick New York fitness studio



Potato Candy

## POTATO CANDY

Prep: 45 min. Cook: 10 min. + chilling  
Makes: 6½ dozen

1 med. potato, peeled and cubed  
5 to 5½ cups confectioners' sugar  
½ cup creamy peanut butter

1. Place potato cubes in a small saucepan, add water to cover. Bring to a boil. Reduce heat; cook, uncovered, until tender, 10-12 minutes. Drain. Transfer to large bowl.

2. Using a stand mixer, beat potato until smooth. Leave only ½ cup potato in bowl (save remaining for another use). Beat in 4 cups sugar until smooth. Gradually add enough remaining sugar until the dough forms a ball.

3. Divide dough in half. On a surface dusted with confectioners' sugar, roll half the dough into a 10x7-in. rectangle. Spread ¼ cup peanut butter to within ½ in. of edges. Roll up jelly-roll style, starting with a long end. Cover and refrigerate until firm, at least 1 hour. Repeat with remaining dough and peanut butter. Cut into ¼-in. slices. Store in refrigerator.

1 PIECE 41 cal., 1g fat (sat. fat), ) chol., 7mg sos., 8g carb. (8g sugars, ) fiber, ) pro,



## MCBC Membership

Single - \$10.00 Family - \$15.00

2024

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 19, 2024  
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:

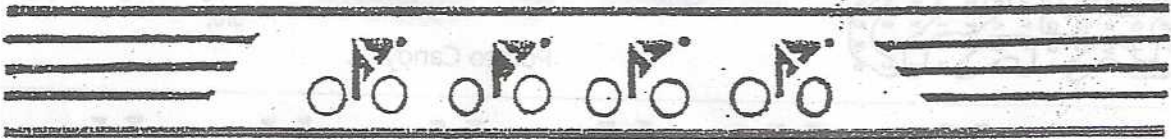


Explore your own local trails or plan a trail vacation. Find a great trail wherever you want to go at [TrailLink.com](http://TrailLink.com), our online trail guide.

MCBC has Facebook  
Maple City Bicycling Club  
Maple Leaf Logo

Website

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



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



Name \_\_\_\_\_  
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State \_\_\_\_\_  
E-Mail \_\_\_\_\_  
Phone \_\_\_\_\_  
Birthdate \_\_\_\_\_  
Membership \_\_\_\_\_  
Single \_\_\_\_\_  
Family \_\_\_\_\_

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