

# MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety

and Friendships



## 2022

## AUGUST

### AUGUST BEGINS . . . SUMMER'S ENDING !!

With the arrival of August, we see our summer rapidly slipping away. August means 'back to school,' a few more 'hot days,' the ending of 'summer vacations,' and the 'beginning of fall colors.'

We have had our share of 'hot' weather in July. Yet, we found enough 'cooler' weather to get some riding in this month. And I know several have cycled quite a few miles too.

Our Club has been gathering on Wednesday evenings at 6:00 PM at Kesling Park. Lately we have had a nice turn out and I understand the rides vary in areas and distances. All seem to enjoy our Club Rides and are having fun. Hopefully you can join us on these rides.

This month our club has scheduled a ride on Saturday, August 20<sup>th</sup> at the Fish and Game Preserve in Kingsbury at 1:00 PM. There is also a Nite Ride here in La Porte on Friday, August 12<sup>th</sup> at 9:00 PM and meet at the Civic Auditorium. (Be sure to register by noon in order to save \$10.) Then on Sunday, August 28<sup>th</sup> we have Tour de La Porte. Plus a number of other rides of interest in our areas (see Upcoming Rides of Interest).

Our August Meeting will be Monday, August 15<sup>th</sup> at the La Porte Church of the Brethren Fellowship Hall. We need to review our 'T-Shirt' picture for Garwoods, discuss our club rides and activities, plan more for our September ride, and check about some Fall activities.

I spoke with Bob's Bicycle and understand that they perform most repairs, willing to give some advice on bicycles & repairs, as well as order and fit you for bicycles. Sounds like they perform a 'complete' service here in La Porte. If you have not already done so, why not check them out.

We still have some 2022 T-Shirts available for \$20. If interested contact me (219-369-3978).

Those of you that are participating in our Club Mileage program, we Thank You! Our purpose here is to have some fun with those that ride their bikes and to show there are a good number of people riding bicycles. Whether you ride 2 miles or 500 miles, you are riding your bicycle and that is what counts. (If you do not understand this program just call us and we will be happy to explain.)

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

Wear **Bright Colored Clothes**

Know Your Surroundings

**BE SAFE AND HAVE FUN !!**

- Dave Wolfe

### *Recipe for Happiness*

A heaping cup of *Kindness*  
Two cups of *Love and Caring*  
One cup of *Understanding*  
One cup of *Joyful Sharing*  
A level cup of *Patience*  
One cup of *Thoughtful Insight*  
One cup of *Secret Forgiveness*  
Mix ingredients together  
Toss in *Smiles and Laughter*  
Serve to everyone you know  
with *Love forever after.*



## The lowdown on dizzy spells, saddle sores and shoulder separations

### Postural hypotension

**Q:** I've read about "postural hypotension" (spells of dizziness after getting up quickly) in



BICYCLING articles over the past few years and they helped my doctor diagnose what was happening to me. But he admits he knows very little about the condition or how to treat it.

What's going on?

David P. Boland  
Neenah, WI

**A:** David, postural hypotension is a fancy way of saying that blood pressure falls when you stand up. When you stand, your heart has to overcome gravity to pump blood to the brain. If it doesn't do so promptly, you get dizzy. When you stand after lying or

sitting for awhile, receptors in the neck cause the heart to beat faster and harder. As blood pressure to the brain normalizes, the receptors simmer down.

Anything that reduces circulation to the head can result in lightheadedness, dizziness and even temporary blackouts. Dehydration, exercise, a warm environment and alcohol are common causes of postural hypotension.

Postural hypotension can also occur as a result of overtreatment of high blood pressure, or as a side effect of non-hypertension medications. For some people, low-salt diets cause postural hypotension.

It's also possible that you have a medical condition that predisposes you to this problem. If it remains troublesome, and your regular physician is baffled, an endocrinologist (a hormone and gland specialist) may be able to help.

—Arnie Baker, M.D.

### Help for saddle sores

**Q:** How do I prevent skin irritation caused by too much saddle time?

John E. Ringer  
Piedmont, CA

**A:** Saddle sores are due to friction, and the solution is petroleum jelly. Don't worry about using too much—it won't plug your pores. Apply it generously to all areas of the groin, especially where it's inflamed or irritated. On long rides, reapply every couple of hours. Wash your shorts after each use. Also, be sure your saddle is set so that your hips don't rock when you pedal. Rear suspension can also reduce saddle pressure.

In the shower, use gentle cleansers like Dove or Cetaphil. Don't scrub, wash gently with your fingers and pat dry. Never use alcohol, astringents or other drying substances that can worsen the irritation.

At bedtime, treat any lesions that have developed, as indicated by redness, roughness, or dry or inflamed hair follicles that look like acne. Smear mildly inflamed skin

with moisturizing creams such as Eucerin or Bag Balm. For severely inflamed skin, use a high-strength topical steroid ointment such as Temovate, but avoid overuse. If you have any pimple-like lesions, apply a prescription topical antibiotic like Emgel or Cleocin T Lotion twice daily. Discontinue use when healing is complete to prevent a fungal or yeast infection from developing and to keep the bacteria from growing resistant to the antibiotic.

—Bernard A. Burton, M.D.

### Disfiguring shoulder separation

**Q:** Recently, I crashed on my head and left shoulder. I was wearing a helmet but sustained a Grade I shoulder separation. There's an obvious deformity in my shoulder. Will it last forever?

James Duvall  
Gainesville, FL

**A:** James, I sustained a Grade II shoulder separation, and opted not to have surgery. I was back on my bike in two weeks. I have a little bony knot

on my shoulder but it doesn't bother me. My advice with a Grade I separation is to just let it heal and use your arm as much as the pain will allow. Exercise may help speed healing, so consult a local physical therapist for specific exercises. I'm adverse to unnecessary surgery when there's no scientific evidence that intervention is better than conservative care. Screws sometimes come loose and migrate and surgical wires can break. It's a lot of money for no clear benefit.

—Randy Ice, P.T.

The volume of mail we receive makes it impossible to answer every question. Only those that are clearly stated and contain sufficient background information will be directed to members of BICYCLING's Fitness Advisory Board or the editorial staff. Send letters to: *Ask the Spin Doctors*, BICYCLING, 2425 Porter St., No. 3, Soquel, CA 95073; or e-mail to: WCHammer@aol.com. Limit questions to one per letter and be sure to include your return address and daytime phone number.



## Birthdays - August

- 5 - Steve Jensen
- 12 - Gabe Smelser
- 14 - Darby Hughes
- 20 - Richard Galloy
- 21 - Garry Bowers
- 23 - Larry Loetz
- 25 - Brian Boo
- 27 -- Nick Coppolillo
- 27 - Elaine Fuller
- 31 - Michael Smelser



If I missed someone - Please let me know!

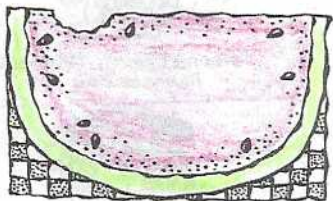
## August

All the long August afternoon, the little drowsy stream whispers a melancholy tune as if it dreamed of June and whispered in its dream.

—William Dean Howells

- What the world needs is a good loud-speaker for the still, small voice.

- Never let yesterday use up today.



- 8. The "Little 500"
  - 7. Abraham Lincoln
  - 6. Over 45,000
  - 5. 1972
  - 4. Santa Claus Land
  - 3. Elkhart
  - 2. South Bend
  - 1. Ohio
- (Answers to Indiana Trivia)

## THE MYSTERY OF THE WATERMELON

I have observed the power of the watermelon seed. It has the power of drawing from the ground and through itself 200,000 times its weight. When you can tell me how it takes this material and out of it colors an outside surface beyond the imitation of art, and then forms inside of it a white rind and within that again a red heart, thickly inlaid with black seeds, each one of which in turn is capable of drawing through itself 200,000 times its weight -- when you can explain to me the mystery of a watermelon, you can ask me to explain the mystery of God.

—William Jennings Bryan

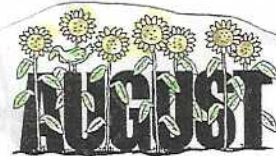
# Autumn Glimpse

June Masters Bacher

There's a little touch of scarlet  
Edging leaves that once were green;  
And the goldenrod, once common,  
Proudly wears a regal sheen.

Though the yellow rose has faded,  
It is freshened by the dew;  
And the summer haze has lifted—  
Autumn's breeze has swept it blue.

God has crowned the earth with glory,  
And His goodness covers all.  
Though we hear Him at all seasons,  
We can see Him in the fall.



## HAPPINESS

Happiness is like a butterfly.  
The more you chase it,  
the more it will elude you.  
But if you turn your attention  
to other things,  
It comes and softly sits upon  
your shoulder.

—I. Richard Lessor





## Veggie Fajitas

For scrumptious and super healthy party fare, these colorful, hearty fajitas packed with crisp-tender veggies are perfect.

—Sarah Mercer, Wichita, KS

Takes: 25 min. • Makes: 8 fajitas

- 1 small zucchini
- 1 medium yellow summer squash
- ½ lb. fresh mushrooms
- 1 small onion
- 1 medium carrot, julienned
- 1 tsp. salt
- ½ tsp. pepper
- 1 Tbsp. canola oil
- 8 flour tortillas (8 in.), warmed
- 2 cups shredded cheddar cheese
- 1 cup sour cream
- 1 cup salsa

### TO PREP AHEAD:

Thinly slice zucchini, summer squash, mushrooms and onion. Place together in an airtight container. Add julienned carrot; refrigerate.

### TO PREPARE LATER:

In a large cast-iron or other heavy skillet, saute the vegetables with salt and pepper in oil until crisp-tender, 5-7 minutes. Using a slotted spoon, place ½ cup vegetable mixture down the center of each tortilla. Sprinkle each with ¼ cup cheese; top with sour cream and salsa. Fold in sides.

**1 FAJITA** 375 cal., 21g fat (10g sat. fat), 35mg chol., 853mg sod., 35g carb. (4g sugars, 3g fiber), 13g pro.

## NUTRITION STATION

### Hot sauces can be high in sodium

Though hot sauces are generally low in calories — Tabasco, for instance, contains only distilled vinegar, red pepper and salt, according to the label — they can be surprisingly high in sodium.

"One teaspoon, not tablespoon, can have up to 90 milligrams of sodium," says dietitian Maryann Walsh in an article from *Eat This, Not That*. "Since the majority of us do not measure hot sauce, it would be pretty easy to surpass the daily sodium recommendation of 2,300 milligrams or less."

For those craving spice but looking to avoid sodium, Walsh recommends using low-sodium spices, such as crushed red pepper flakes, instead of hot sauce.

— More Content Now



### did you know?

There are more than 300 types of honey. Try a variety like blueberry (delicious on oatmeal) or buttery-flavored avocado (good in a vinaigrette). Visit [honey.com](http://honey.com) to learn more.

## KITCHEN SAVVY

### DO

Put a strip of tape across the opening of a cocoa powder can.

Use cold water to rinse bowls used for mixing eggs, cream or cheese.

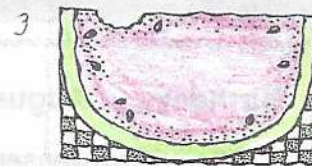
Keep a clean powder puff in your flour canister.

### WHY

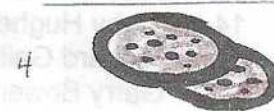
To level a filled spoon against the tape as you lift it from the can.

Hot water "cooks" them and makes them stick to the bowl.

To dust a rolling pin or pastry board.



3 Nat Watermelon Day



4 Chocolate Chip Cookie Day



7 PURPLE HEART Day



7 Friendship Day



14 Back to School



17 International Homeless Animals Day



25 National Banana Split Day



29 - Going To Work by Bicycle Day

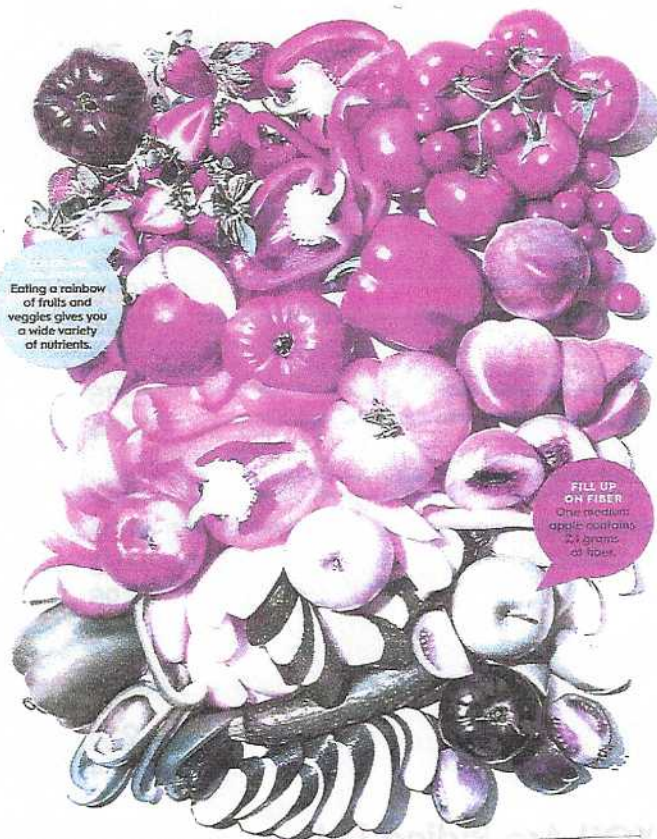


AUGUST



# eat to hydrate

Fruits and vegetables are a delicious way to get the H<sub>2</sub>O you need this summer. Put these on your next shopping list.



## also note \* LETTUCE

Iceberg is not only high in water (1 cup shredded has 12 fl. oz), but it's also a source of vitamins A & K.

Darker greens like kale are more difficult to digest so you won't get as much H<sub>2</sub>O from them. \*CELERY One medium stalk has 1.3 fl. oz. of water and more fiber than celery juice. \*CANTALOUPE The orange shade means cantaloupe is high in beta-carotene, which your body turns into vitamin A.

\*WATERMELON One cup of diced melon has 4.7 fl. oz. of water plus magnesium and lycopene.

## STRAWBERRIES

92% water;

1 cup (sliced) = 5.1 fl. oz.

Of all the berries, strawberries have the highest water content. One cup also yields more than 100% of your daily dose of vitamin C and 3 g fiber.

## PEACHES

88% water;

1 medium = 4.7 fl. oz.

These are a significant source of potassium, an electrolyte that needs replenishing when you're sweating.

## APPLES

84% water;

1 medium = 4.7 fl. oz.

They're an excellent source of antioxidants that support brain and heart health and help protect against cancer.

## TOMATOES

94% water;

1 medium = 4 fl. oz.

They're a good source of heart-healthy lycopene, potassium, and vitamin C.

## BELL PEPPERS

92% water;

1 medium = 3.8 fl. oz.

All bell peppers have fiber and potassium. Red and orange peppers also have vitamin C.

## ZUCCHINI

94% water;

1 cup (sliced) = 3.6 fl. oz.

Zucchini have lutein and zeaxanthin, two carotenoids key to healthy eyes.



## TAKE A BREATHER

Deep breathing—pulling in air from the diaphragm, the muscle at the base of your lungs—is an excellent way to relax. It also tends to energize. The reason is simple. The more oxygen you breathe in, the more energy you can generate. During restful, quiet times, most people breathe about 15 times per minute. When activity increases, breathing rate can double. While the mechanism is involuntary, you can train yourself to improve breathing skills.

Most people breathe too shallow. Shallow breathing depletes oxygen stores and is an underlying reason why people yawn. Yawning is an involuntary reflex that draws more oxygen into the blood.

To sharpen your breathing skills, practice inhaling more deeply. Place one hand on your abdomen, and gradually inhale. As your lungs inflate, you should feel your abdomen swelling slightly. Concentrate on the air as it gradually flows out your nose or mouth to your lungs and back again. Don't try to force it; just let the natural in-and-out rhythm take over. That will keep your lungs supplied with plenty of energy-boosting oxygen.

## QuickTIP



## Foods rich in vitamin C

such as oranges, cantaloupe, broccoli, strawberries, and peppers are fantastic for relieving arthritis pain.





## "Members' Mileage Chart"



	2022						
	<u>Jan/May</u>	<u>June</u>	<u>July</u>	<u>Aug.</u>	<u>Sept.</u>	<u>Oct.</u>	<u>Total</u>
Matt Amor	190	174	128				492
Robb Boughner							70
Garry Bowers	70						217
Annette Clark	14	29	174				1450
Pam Creed		1020	430				1091
Joe Collins	207	561	323				1777
Byron Fitzgerald	1529	248					1490
Bob Fuller	848	390	252				38
Richard Galloy			38				1989
David Heinold	1039	350	600				1544
Tom Hilbish	730	395	419				20
Tom Hughes	15		5				1585
Jerry Jackson	630	494	461				2464
Vinnie Kuta	1092	680	692				532
Kathy Mack							126
Shelly McGinty	151	244	137				2450
Steve Pearson			126				496
John Phelan	1200	600	650				356
Cole Sadin	245	149	102				357
Mike Sebella	124	92	140				120
Dan Tannas	90	150	117				215
Dean Woodson	45	50	25				19,274
Bill Yoder		135	80				

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

### INDIANA TRIVIA (Reported as of 1989)

#### Potpourri

1. What river forms the entire southern boundary of Indiana?
2. What Indiana city was the home of the Studebaker automobile?
3. An Indiana's interpretive description of the shape of an island at the confluence of two northern Indiana rivers led to the name of what city?
4. What is Indiana's only theme park?
5. Women were first admitted to the University of Notre Dame in what year?
6. How many Studebaker automobiles were sold in 1915?
7. Whose body lay in state in the capital building at Indianapolis on April 30, 1865?
8. What racing event is held on Memorial Day weekend at Anderson Speedway?



#### THE EXERCISES

Do each strength exercise for 30 to 60 seconds, moving quickly to the next with little or no rest in between. Complete the sequence up to five times.

##### SWINGS

Stand with feet hip-width apart and hold a pair of dumbbells down in front of you. Squat and swing the weights between your legs. Stand up onto your toes, raising the dumbbells overhead.

##### PUSH-UPS ON BALL

Place your hands on the sides of a stability ball and assume a push-up position. Bend your arms and lower your chest to the ball, keeping your body straight. Return to the starting position.

##### LUNGE KICKS

From standing, step back with your right leg and lower into a lunge. Explosively push back to standing, swing your right leg forward, and reach your arms out in front to kick your palms.

##### SLOW SQUATS

Stand with your feet hip-width apart, arms at your sides. Slowly sit back into a squat, raising your arms overhead for balance. Hold that position for five seconds. Return to standing.

##### SCISSOR KICKS

Lie on your back and raise both legs perpendicular to the floor. Lift your head and shoulders off the floor. Lower one leg as close to the floor as you can without arching your back. Alternate legs.





## MCBC CALENDAR - 2022

**Club rides happen because riders show up !**

			<u>Time</u>	<u>Place</u>
Aug.	3 (Wed)	All Rides	6:00 PM	Kesling Park - Shelter #1
Aug.	10 (Wed)	All Rides	6:00 PM	Kesling Park - Shelter #1
Aug.	12 Fri)	Nite Ride	9:00 PM	Civic Auditorium
Aug.	17 (Wed)	All Rides	6:00 PM	Kesling Park - Shelter #1
Aug.	15 (Mon)	Club Meeting	7:00 Pm	Church of the Brethren
Aug.	20 (Sat)	Fish & Game	1:00 PM	Kingsbury
Aug.	24 (Wed)	All Rides	6:00 PM	Kesling Park - Shelter #1
Aug.	31 (Wed)	All Rides	6:00 PM	Kesling Park - Shelter #1
Sept.	7 (Wed)	All Rides	6:00 PM	Kesling Park - Shelter #1
Sept.	14 (Wed)	All Rides	6:00 PM	Kesling Park - Shelter #1
Sept.	19 (Mon)	Club Meeting	7:00 PM	Church of the Brethren

(More Information - call 219-369-3978)

Check Facebook for any scheduled rides !

## 2022 - UPCOMING RIDES of INTEREST

July 30-31	Amishlands And Lakes	La Grange, IN	<a href="http://www.amishlandandlakes.com/">www.amishlandandlakes.com/</a>
July 30	Cardinal Greenway	Muncie, IN 765-287-0399	<a href="http://www.cardinalgreenways.org">www.cardinalgreenways.org</a>
Aug. 6	Tippecanoe and Bicycles Too	Winamac, IN	<a href="http://www.pathhandlepathway.org">www.pathhandlepathway.org</a>
Aug. 12	Nite Ride	Civic Auditorium 9:00 PM	
Aug. 20	Fish & Game	Kingsbury 1:00 PM	
Aug. 20	Ride Across Wisconsin	LaCrosse, Wis.	breakaway.club/events/sizzling century
Aug. 20	Sizzling Century	Kokomo, IN	/wrcc.in.org/page/wabash-river-ride
Aug. 27	Wabash River Ride 2022	West Lafayette, IN	<a href="http://www.buffalo.stampede.com">www.buffalo.stampede.com</a>
Aug. 27	Buffalo Bicycle Stampede	Buffalo, IN	/tourdelaporte.org/
Aug. 28	Tour de LaPorte	LaPorte, IN	/delmac.org/
Aug. 30-9/4	DALMAC	Lansing, MI	<a href="http://www.blueberryfestival.com">www.blueberryfestival.com</a>
Sept. 3	Blueberry Cruise	Plymouth, IN	<a href="http://www.bikethedrive.org/">www.bikethedrive.org/</a>
Sept. 4	Bike the Drive	Chicago, IL	<a href="http://www.visitwabashcounty.com/dam-to-dam/">www.visitwabashcounty.com/dam-to-dam/</a>
Sept. 11	Dam to Dam Ride	Wabash, IN	<a href="http://www.lhride.com/">www.lhride.com/</a>
Sept. 17	Lakeshore Harvest Ride	South Haven, MI	<a href="http://www.applecidercentury.com/">www.applecidercentury.com/</a>
Sept. 25	Apple Cider Century	Three Oaks, MI	<a href="http://www.cranecruise.com/">www.cranecruise.com/</a>
Oct. 8	Crane Cruise	Medaryville, IN	<a href="http://www.hillyhundred.org/">www.hillyhundred.org/</a>
Oct. 21	Hilly Hundred 2022	Ellettsville, IN	



Check out: [Bike Rides in Indiana.com](http://BikeRidesinIndiana.com)



# MCBC Meeting



**Monday, August 15, 2022  
7:00 PM**

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

**Refreshments & Fellowship**

**E-Mail**

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

**Affiliated with:**



## MCBC has Facebook

### Maple City Bicycling Club

Maple Leaf Logo

**Website**

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

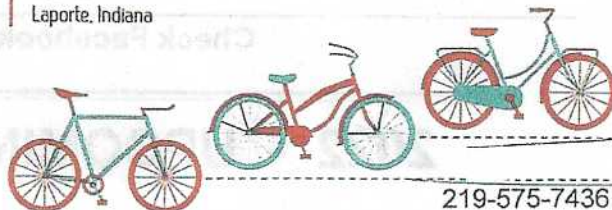
- "The average pencil is seven inches long, with just a half-inch eraser. Remember that, in case you thought optimism was dead."

—Robert Brault

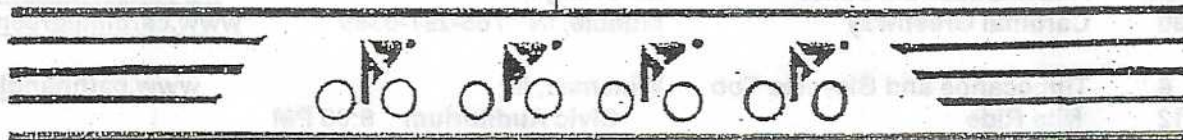
**Bob's Bicycles**

Bob & Kyleen Fuller

116 J st  
Laporte, Indiana



219-575-7436



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



**LOOKING TOWARD FALL**