

MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety

and Friendships

MARCH

2023

MARCH WINDS BLOWS . . . AS SPRING SHOWS

For Winter the weather has been delightful. Some of you have been out riding on somewhat regular basis. Hopefully others are getting in shape for the upcoming cycling season.

At our last meeting (attended less than I would've liked) we discussed our T-shirt design and hope to finalize it next meeting. (David Heinold has taken charge in working on the T-shirt design this year.) We also decided to start our Club Rides on Wednesday, March 22, meeting at Kesling Park - shelter #2. We decided to set the meeting time at 5:30 PM. (Time change is earlier in March) We also decided to change our Club Rides to different locations for the summer. (This means you will need to watch your schedule of rides each month!) Maybe those getting your Newsletter by E-Mail can print the schedule off so you can have it at hand.

Remember we need Road Markers, SAG Workers, and Volunteers for putting SAG's together. Be sure to let us know where you would like to volunteer. We are counting YOU!

Again this year we plan to list mileage ridden by club members. We will start at the end of May and accumulate monthly miles thereafter. (Jan. thru May will be listed on May's mileage.)

We need ride leaders throughout the Summer. You may volunteer for one week, a month, or the whole summer. Our Club Rides are only as good as their leadership, so please do YOUR SHARE !

Our next meeting is Monday, March 20, 2023 at the Church of the Brethren Fellowship Hall at 7:00 PM. It is time to start finalizing our O.C.T. activities. Your attendance is valuable. Plan on coming!

Spring is coming. As you get out on your bikes, ride safely, wear bright clothing, and know your surroundings.

SPRING IS HERE
HAPPY CYCLING
- Dave Wolfe

Close to my heart I fold each lovely thing
the sweet day yields; and not disconsolate
with calm impatience of the woods, I wait
for leaf and blossom, when God gives us
spring.

John Greenleaf Whittier



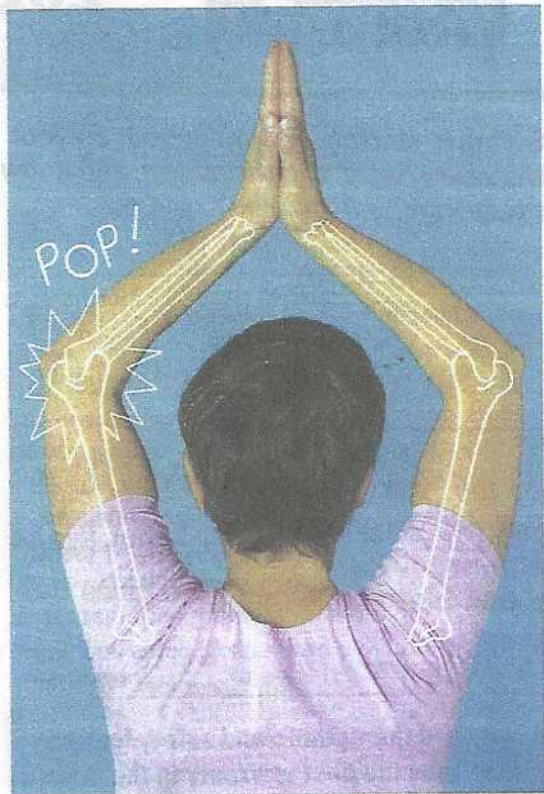
It Must Be Spring

There is a mildness in the air . . . A softness
in the soil . . . And there is less of weariness . . .
In struggle and in toil . . . The sun is somewhat
warmer now . . . The sky a brighter blue . . .
And something seems to tell the heart . . . That
life is fresh and new . . . It must be time for
spring again . . . And time to look around . . .
For greener grass and flowers fair . . . To
decorate the ground . . . The snow and ice
have disappeared . . . Where now the rivers
flow . . . And fertile fields are stirring in . . .
Their eagerness to grow . . . The soul is filled
with faith and hope . . . And joy in everything
. . . It must be time to live again . . . It must be
really spring.

James J. Metcalfe

TEST YOUR BONE IQ

Do you know the secrets your skeleton is keeping?



Q How many bones are in my head? The human skull consists of 22 bones working together to protect your brain and to support the muscles and structures of your face.

Q What body part is the boniest?

Over half of all the bones in your body are located in your two hands (54) and feet (52).



Q Why are my bones making all those noises?

As you get older, your joints can make more popping and cracking sounds. Some of the causes are tight muscles or tendons moving over bone (such as when you hear those noises in your shoulder area). Exercising may make tissue more supple and lessen the cracking sounds.

Q Are bones dead or alive?

Bones aren't like rocks; they contain live cells, nerves, blood vessels and pain receptors (which is one reason it hurts when they break), in addition to the organic and inorganic materials that make them strong. In healthy bones, the bone cells and other components turn over at a relatively rapid rate, allowing them to renew themselves constantly.

Q Which bone is the strongest one in my body? The femur, the medical term for "thigh bone," is key to how well you move, stand and balance. It's both the longest bone in your body and the strongest.

littlest of three tiny bones in your middle ear. These diminutive bones transmit sound vibrations from the eardrum



to the inner ear, where they become nerve signals that are then sent to the brain.

Q What bone am I most likely to break?

The clavicle, or collarbone, as it's also known, is thin, curved and located in a vulnerable spot, making it one of the bones that get fractured the most.

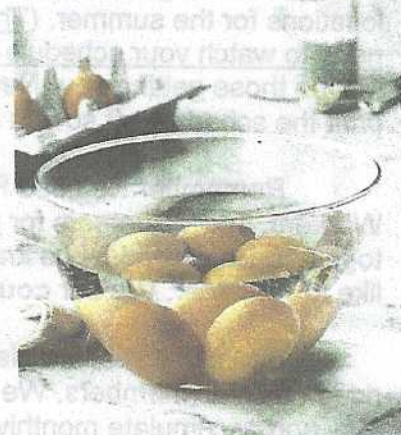


Q What's the smallest bone in my body? It's the stapes, the

Q How many bones are in my body? You have somewhere between 206 and 213 bones. Why the range? Some people have more bones in their fingers, toes, vertebrae and ribs than others do. Fun fact: When you were born, you had around 270 bones, but some of them fused together over time.

Proper storage is key for bottled vitamins

If you take vitamins and/or supplements, check your choice of storage space: Vitamins and supplements may lose effectiveness if they are stored in high-humidity areas, such as bathrooms and kitchens, according to research findings published March 26, 2010 in the *Journal of Agricultural and Food Chemistry*. The researchers monitored the stability of two forms of vitamin C (sodium ascorbate and ascorbic acid) stored in varying temperature and relative humidity (RH) conditions. RH had the most significant impact on the vitamin C, although temperature also had an effect. If vitamins or supplements are in a pill form that is water-soluble, a higher RH can cause them to dissolve, decreasing their shelf life and nutrient delivery. Even brief exposure to high humidity is enough to start the degradation process.



HOW TO BRING EGGS TO ROOM TEMPERATURE

If you forget to take eggs out of the fridge in time to bring them to room temp, just soak 'em in a bowl of warm water for a few minutes before you get crackin'.

Birthdays - MARCH

- 2 - Tom Casey
- 4 - Tom Hughes
- 6 - Joe Collins
- 9 - Jerry Jackson
- 11 - Marie Galloy
- 11 - Ben Gruber
- 13 - Robb Boughner
- 13 - Rebecca Gaff
- 13 - Cammy Trail
- 20 - Bryan McCarty
- 21 - John Ryder
- 24 - Regina Smelser
- 25 - Andrew Mullen



If I missed someone - Please let me know!

Spring Promise

Tender buds on shrub and tree
 Boast of Spring's bright victory—
 Dormant seeds beneath Earth's floor
 Leap from darkness through life's door.
 The world has changed its winter scene
 To fertile fields with glint of green;
 Blossoms burst to meet the sun—
 The glad awakening has begun!
 Somewhere beneath Death's winter sleep
 Mortals too wake from the deep—
 For Christ arose that he might bring
 His promise of eternal spring!

Iris W. Bray
 Reedville, VA

A leprechaun is a sly, shoemaking male elf of Irish folklore that possesses a hidden pot of gold. According to legend, the only way to discover the location of the gold is to capture and interrogate a leprechaun.

WHAT IS LENT?

It is forty days of stripping down to the living essentials;
 It is forty days of facing the truth about one's self-indulgent evasions;
 It is forty days of fellowshiping with Christ in the desert;
 It is forty days of rejoicing in God's mercy and forgiveness.

DAYLIGHT SAVING TIME

In March, we spring forward. How did this practice of Daylight Saving Time (DST) begin? The Old Farmer's Almanac (around 1792) answers your questions.



SAVE THE DAY

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Daylight savings is the annual practice of setting clocks ahead one hour in the spring to gain extra daylight in the early evening. It comes to an end in November and in this puzzle whose hidden 6-letter words are formed from the letters in DAYLIGHT-SAVING TIME ENDS. Remember, you can use a letter only as many times per word as it appears in the phrase.

Word list on page 128

Solution on page 129

A	D	V	I	S	E	S	_____	S	_____							
A	_____	_____	_____	S	_____	S	_____	S	_____							
D	_____	_____	_____	S	_____	S	_____	S	_____							
D	_____	_____	_____	S	_____	T	_____	T	_____							
D	_____	_____	_____	S	_____	T	_____	T	_____							
D	_____	_____	_____	S	_____	V	_____	V	_____							
E	_____	S	L	A	V	I	S	H	S	L	L	I	A	T	E	D
E	_____	T	A	Y	E	L	A	H	N	I	L	A	D	T	N	E
E	_____	D	E	D	E	A	E	H	G	S	L	E	T	A	E	Y
G	_____	L	T	I	D	L	D	T	S	T	N	E	L	N	D	N
H	_____	N	G	H	G	L	L	G	Y	E	I	N	N	A	E	E
H	_____	H	A	N	D	L	E	N	T	N	I	N	E	T	Y	D
I	_____	L	A	N	G	I	S	E	I	I	L	T	S	I	E	E
I	_____	T	D	V	T	S	I	L	N	E	S	A	E	E	A	S
I	_____	I	N	T	S	I	S	S	A	D	H	D	D	S	L	I
I	_____	D	S	E	N	N	I	Y	V	D	D	V	I	N	N	H
I	_____	N	I	D	D	S	G	L	T	A	V	L	I	V	A	Y
I	_____	A	N	I	T	N	N	T	A	H	Y	I	E	Y	V	S
L	_____	L	G	V	E	N	I	N	L	L	G	N	S	I	N	I
L	_____	S	L	I	G	H	T	E	S	I	T	I	S	E	H	N
N	_____	I	E	D	A	H	E	G	G	A	L	E	E	G	H	S

Visit us at PennyDellPuzzles.com

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Of all things you wear, your expression is the most important.

HYMN OF ST. PATRICK

Christ, as a light, illumine and guide me!
 Christ, as a shield, o'ershadow and cover me!
 Christ, be under me! Christ, be over me!
 Christ, be beside me, on my left hand and right!
 Christ, this day be within and without me!
 Christ, the lowly and meek, Christ, the all powerful,
 Be in the heart of each to whom I speak,
 In the mouth of each who speaks to me,
 In all who draw near me, or see me, or hear me!

Table

Around the

Spring

And the Spring arose on the garden fair,
Like the Spirit of Love felt everywhere;
And each flower and herb on Earth's dark breast
Rose from the dreams of its wintry rest.

—Percy B. Shelley

Inspired by the traditional St. Patrick's Day meal of corned beef and cabbage, and the fact that March 24 is American Diabetes Association Alert Day, here's a chopped salad that's fresh, light and packed with flavor. Unlike the classic one-pot boiled meal, our one-bowl delight is heavy on vegetables and light on meat. The cabbage (a source of complex carbs that can help control blood sugar) is raw and crunchy, the green beans are tender-crisp and the tasty beef is used more as a condiment. All in all, it's a diabetes-friendly dish that's hearty, healthy and less than 400 calories a serving.



Lighten Up St. Paddy's Day

CORNED BEEF AND CABBAGE SALAD

Salad:

- » 12 oz. cooked corned beef, trimmed of fat and chopped
- » 3 cups cooked Yukon Gold potatoes, chopped
- » 2 cups halved green beans or haricots verts, trimmed and blanched
- » 2 cups green cabbage, sliced
- » 1 Tbsp chopped chives

Mustard Vinaigrette:

- ½ cup Dijon mustard
- ½ cup whole grain mustard
- ¼ cup brown sugar
- 1 Tbsp molasses
- ½ cup apple cider vinegar
- 1 garlic clove, minced
- 1 tsp red pepper flakes

1. In a small bowl, mix together the mustards, brown sugar, molasses, cider vinegar, garlic and red pepper flakes.
2. Arrange the corned beef, potatoes, green beans and cabbage on a serving platter. Drizzle with ½ cup vinaigrette and top with the chives. Serves 4.



ST. PATRICK'S DAY



Corned beef gets its name from the corn kernel-sized salt crystals originally used to preserve meat.

Irish immigrants in the U.S. popularized corned beef, sold at many Jewish delis in New York City, as a less expensive salty substitute to the bacon they loved in their homeland.

Abraham Lincoln chose corned beef, cabbage and potatoes for his inaugural luncheon on March 4, 1861.

EAT THIS TO HELP OFFSET THE NEGATIVE EFFECTS OF SALT IN YOUR BODY.

Peaches contain potassium, the mineral that helps regulate sodium. The benefit: Eating potassium-rich fruits like peaches, bananas, and cantaloupe may help control blood pressure and keep your heart healthy. (cont'd on page 6)



- Take the first step in faith. You don't have to see the whole staircase, just take the first step.

—Martin Luther King, Jr.

Word Seek II4: Advise, Assist, Dahlia, Dental, Detail, Divide, Easily, Eighty, Enlist, Gently, Handle, Hasten, Ignite, Indent, Inhale, Inland, Inset, Invent, Island, Lavis, Length, Listen, Niney, Saddle, Sandal, Shield, Signal, Silent, Single, Sleigh, Slight, Steady, Tangle, Tinsel, Vanity.

5 Simple Elbow Easers to Relieve Forearm Pain

These moves not only help relieve forearm soreness—they can prevent it from occurring in the first place.

Every time you lift a fork or type at the keyboard, you bend your elbow. And each time you turn a key or grip a hammer, you flex forearm muscles that connect to your elbow by way of tendons. Keeping these elbow-wrist connectors flexible and ready for use should be a daily goal if you want to reduce the pain that can come from excessive, repetitive

use of your forearm muscles and tendons, whether on the tennis court, raking leaves, or turning a screwdriver. Here are five stretches for the elbow and wrist to help keep you pain-free. Some of these may not be appropriate if you have existing problems. And if you feel pain when doing any of them, go easy.



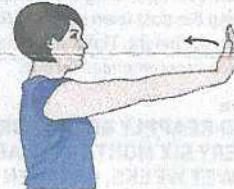
Elbow on Knee. Rest the back of your upper arm on your knee, with the knee touching just above the elbow. Let the weight of your hand and forearm slowly pull the elbow straight as your muscles relax. Hold for 30 seconds, then repeat with your other arm. Do three sets for each arm.



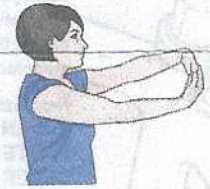
Pour the Coffee. Extend your right arm out in front of you at shoulder height. Make a fist, then inhale. Exhale and bend your wrist downward, rotating your arm inward as if pouring coffee. Hold for 10 seconds. Repeat five times. Then repeat five times with your left arm.



Band Stretch. Place an elastic exercise band around both forearms. Bend one elbow toward your chest while straightening the other elbow. Once the band becomes tight, hold for five seconds. Repeat, bending the other elbow toward your chest. Alternate five times.



Palm Up. Extend your right arm in front of you with the palm up and facing you. Feel the stretch in your forearm. Hold for 30 seconds. Switch arms and repeat. Do three to five repetitions with each arm.



Palm Down. Extend your left arm in front of you with your palm down. Use your right hand to bend your left wrist down until you feel a stretch in your forearm. Hold for 30 seconds. Switch arms and repeat. Do three to five repetitions with each arm.

Alayna Paquette Illustrations

www.arthritis-advisor.com

Arthritis Advisor

5



CAFFEINATE YOUR PAIN

In a University of Georgia study, nine women, who did not consume caffeine regularly, underwent two sessions of electrically stimulated quadriceps exercises, one under “normal” circumstances and one an hour after ingesting either caffeine or a placebo. For the second session, those who consumed caffeine reported pain scores 48 percent lower than the placebo group, and measured force increased. **Bottom Line:** If you’re not already addicted to coffee or energy drinks, a jolt before a ride could boost power while reducing pain.

STRIP YOUR VEGETABLES

According to the *Nutrition Action Healthletter*, frozen vegetables aren’t always a healthy choice. Preseasoned ones are often overloaded with sodium, and the sauced variety could be dripping in saturated and trans fats, and calories. **Bottom Line:** Frozen veggies are convenient for quick postride meals, but to ensure that they’re healthful, buy them bare.

STAY FIT TO STAY ALIVE

A study from the University College in London, published in *USA Today*, found that fit bodies produce fewer artery-damaging inflammatory chemicals when under stress than less-fit bodies do. The blood of 186 healthy adults who used exercise bikes was drawn both before and after mental stress tests, and two levels of inflammatory markers were measured. The fittest participants had lower levels of both markers after the test than the less-fit folks did. **Bottom Line:** Regular exercise can take strain off your heart and even save your life, especially when stress gets the best of you.

ILLUSTRATED BY J. D. KING

THE GREAT MECHANIC WITHIN

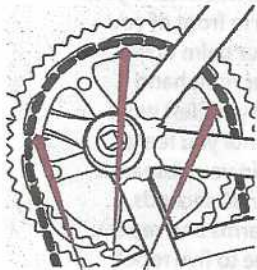
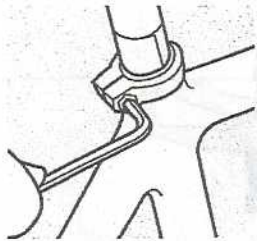
The (Not Very) Dirty Dozen *continued...*

[SPRING]

SEATPOST Mark your seat height by wrapping electrical tape around the seatpost (flush with the collar, the part that clamps the post in the frame). Loosen the clamp bolt and remove the post. Clean it with a dry rag. Tip your bike upside down and let the water that's accumulated in the frame run out of the seat tube in a brackish, malodorous stream. Feel smug about doing this. Push another rag into the seat tube and swab the inside clean. For a steel or aluminum post, spread a dollop of grease along the bottom third of its length. Use just enough to leave a milky sheen. With carbon posts, do the same with paste or assembly

compound; these are tackier and grittier, which helps you avoid overtightening the clamp bolt in an attempt to keep the post from slipping. Reinsert the post to the correct height. Tighten the clamp to the manufacturer's recommended torque.

from now on
CLEAN AND REAPPLY GREASE OR PASTE EVERY SIX MONTHS, OR AFTER SEVERAL WET WEEKS, OR WHEN YOU HEAR A SQUEAK



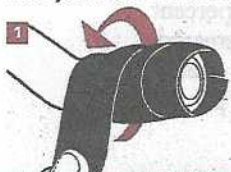
CHECK CHAIN FOR WEAR You'll hear chain wear called "stretching,"

because you detect a worn chain by measuring the distance between pins, but the term is inaccurate. The plates don't get longer. The pins and bushings that hold the links together degrade, creating slack that increases the distance between pins. When this happens, the chain doesn't sit properly on the teeth of the cassette or chainrings. Shifting becomes clattery and imprecise and the teeth can wear, leading to expensive replacements. You can detect wear with a special tool, but here's the simplest method: With the chain on the small ring, apply force to the right pedal with one hand while holding the rear wheel stationary with the other. If the chain floats above the teeth rather than fully meshing with them, it's time for a new one.

from now on **MEASURE EVERY 500 MILES**

GAP = WORN CHAIN

BAR TAPE Fresh wrap changes your bike's appearance so much some people will ask if you just bought a new ride. But there are practical reasons to change tape: Friction from your gloves eventually erodes the tape's tackiness, leading to an insecure grip, and as small cuts, tears and abrasions accumulate so does the chance of the tape ripping or slipping during a moment of high-stakes stress—like when you're locked onto the bar in a sprint. To remove the wrap, first unpeel the finishing tape that holds it in place near the center of the handlebar. Unwind the wrap by hand, spiraling along the bar. When you get to the brake/shift lever, peel back the hood then continue. Before you reach the end of the bar, remove the plug that tucks the end of the wrap into the hollow. When the wrap is off, scrub away adhesive left on the bar. Taping isn't difficult, but expect several botched attempts. The fundamentals: Start from the end. 1 On the first wrap, leave half the width of the tape hanging off the



1
SPIRAL TAPE AWAY FROM BIKE AS YOU PASS OVER THE BAR

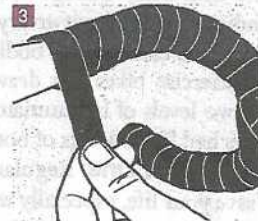
bar (this is the part you'll tuck in with the plug). Continue along the bar in spirals, wrapping away from the bike as you go over the top of the bar, and slightly overlapping. 2 At the bend, say a hosanna and wrap around the brake in a figure eight. Continue on. 3 A hand's width from the stem, cut the tape and tack it down with two revolutions of electrical tape.



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from now on
REWRAPE ONCE OR TWICE A YEAR



Help for Migraines

Migraines are described as a throbbing pain or strong pulsing in one area of the head. Some sufferers also experience nausea, vomiting, or increased sensitivity to sound, odors, and light. About 12 percent of people in the U.S. get them, and they are three times more common in women. Migraines may also be genetic.

There is no cure for migraines. But avoiding triggers may help prevent or ease them. Possible triggers include:

- Stress
- Not enough—or too much—sleep
- Bright lights
- Weather changes
- Skipping meals
- Foods, like aged cheeses, processed meats, smoked fish, and chocolate
- Caffeine, or caffeine withdrawal
- Alcohol, especially red wine

Taking medications when a migraine begins can provide relief. Over-the-counter medicines that can relieve pain include acetaminophen, ibuprofen, naproxen, and an acetaminophen/aspirin/caffeine combination. If you suffer from more severe pain, you may need a prescription to ease the pain.

If migraines are not helped by taking medications when the pain starts, doctors may give medicines to help prevent migraines, decrease their frequency, or lessen the pain of them.

If you're having a migraine, these self-care strategies might help ease the pain:

- Place a cool cloth on your forehead.
- Lie down in a quiet, dark room.
- Massage your scalp.

Sources: American Academy of Family Physicians; *Journal of the American Medical Association*; National Institutes of Health; National Institute of Neurological Disorders and Stroke



MCBC CALENDAR - 2023

Club rides happen because riders show up !

		<u>Time</u>	<u>Place</u>
March 20 (Mon)	Club Meeting	7:00 PM	Church of the Brethren
March 22 (Wed)	Club Ride	5:30 PM	Kesling Park - Shelter #2
March 29 (Wed)	Club Ride	5:30 PM	Kesling Park - Shelter #2
April 5 (Wed)	Club Ride	5:30 PM	Kesling Park - Shelter #2
April 12 (Wed)	Club Ride	5:30 PM	Kesling Park - Shelter #2
April 17 (Mon)	Club Meeting	7:00 PM	Church of the Brethren

(More Information - call 219-369-3978)

Check Facebook for any scheduled rides !



Men's Calorie-Burning Greater with Breakfast Than Dinner

Your body's ability to burn calories is more than twice as high earlier in the day than it is later, suggests a recent small study. Researchers examined diet-induced thermogenesis (DIT, a measure of metabolism) in 16 healthy, normal-weight men who consumed a low-calorie breakfast and a high-calorie dinner in the first round, and then vice versa in the second. Regardless of the calorie amount, DIT was 2½ times greater in the morning than in the evening, and post-meal increases in blood sugar were reduced after breakfast compared with dinner, the study found. Also, consuming a low-calorie breakfast was associated with increased feelings of hunger, especially for sweets, the study authors noted. "We recommend that patients with obesity, as well as healthy people, eat a large breakfast rather than a large dinner to reduce body weight and prevent metabolic diseases," the study's lead author said in a statement (*Journal of Clinical Endocrinology and Metabolism*, March 2020). **The take-home message:** These findings suggest that consuming more calories at breakfast versus dinner may have a beneficial effect on calorie-burning, weight management, and blood-sugar control.

MCBC Membership

Single - \$10.00 Family - \$15.00

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, March 20, 2022
7:00 PM**

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

Refreshments & Fellowship

E-Mail

maplecitybicyclingclub@gmail.com

Affiliated with:



MCBC has Facebook
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Maple Leaf Logo

Website
www.maplecitybicyclingclub.com



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P. O. Box 55
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