

MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety

and Friendships

2024



AUGUST BEGINS . . AS SUMMER ENDS ! !

The arrival of August brings more **Summer heat** and the start of yet another School year. With this warmer weather we need to stay hydrated at all times. (We don't wish anyone to become over heated.)

Hallelujah ! Our Shirts are in. They look pretty sharp. (If I do say so.) I believe we have most of the shirts to their owners. (I hope so!)

At our last meeting we discussed about our weekly rides and their leaders. Since I couldn't get much help on ride locations, I have chosen the locations. I hope you enjoy them. (Check your schedule for locations !!) We also discussed our Picnic at Mill Pond on Saturday, August 17th at 1:00 PM. Some wished to list what they would bring to this picnic. (By the way, we will eat first and then take a bicycle ride.) Since the picnic will be before the Club Meeting, you may call Doris to inform her your planned dish for the picnic (219-369-3978). We want as many as possible to attend even if you don't ride afterwards. **This Is To Be A FUN Get Together !**

We had 11 riders for our **DQ Ride** on July 21st. That was a nice turnout and ice cream was enjoyed by all.

Our Next Meeting is on Monday, August 19th at 7:00 PM at the La Porte Church of the Brethren Fellowship Hall. I wish to set up a Committee to plan our 2025 T-Shirt design. (If you wish to help let Dave know.) Should we plan a Pumpkinvine Trail Ride in September ?

School is starting, so stay alert of youngsters on bicycles not paying the best attention. Kids will be kids; so, we need to look out for them too!

Our Summer is rapidly coming to a close; so, enjoy the outdoors and your cycling adventures while you can. This Summer, 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 !

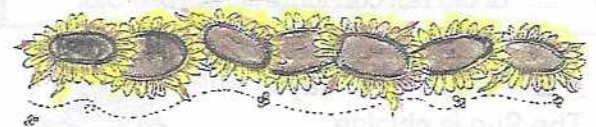
- Dave Wolfe

Always Be Humble And Kind

GOD'S GIFT OF COLOR

We have a love of color
That no one can deny:
The red of the rose, the green of grass,
The blue of the sea and sky --
The gold of grain, the pink of dawn,
And all the shades therein;
How strange that we love color
In everything but skin!

—Salem United Church of Christ
Farmington, MI



"Members' Mileage Chart"

2024

	<u>Jan/May</u>	<u>June</u>	<u>July</u>	<u>Aug.</u>	<u>Sept.</u>	<u>Oct.</u>	<u>Total</u>
Matt Amor	120	93	107				320
Tim Bates	1604	436	246				2286
Garry Bowers	80	10	32				122
Annette Clark	100	99	62				261
Pam Creed	784	355	378				1517
Byron Fitzgerald	1928	369	364				2661
Richard Galloy	0	0					0
David Heinold	1300	550	500				2350
Tom Hilbish	793	357	310				1460
Tom Hughes	0	0	0				0
Jerry Jackson	730	387	258				1375
Vinnie Kuta	1545	479	683				2707
Lisa Marek	324	90	150				564
Luis Miramontes	318	63	72				453
Tina Miramontes	376	68	72				516
Mark Nagel	200	125	60				385
Lisa Novak	59	83	164				306
Amy Pearson	16	14	46				76
Steve Pearson	375	79	123				577
John Phelan	1500	400	350				2250
Mike Sebella	35	85	0				120
Diane Szydal	154	43	60				257
Joe Szydal	793	160	186				1139
Dan Tannas	0	0	0				0
Dean Woodson	0	25	40				65
Bill Yoder	81	47	36				164
	<u>13,215</u>	<u>4417</u>	<u>4299</u>				<u>21,931</u>

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



OUTDOOR FUN | All laced up and nowhere to go? Find new pathways this summer (on foot or by bike, horse, or ATV) with traillink.com, a site run by the Rails-to-Trails Conservancy. The nonprofit has helped convert 21,000-plus miles of old rail corridors across the U.S.

A perfect summer day is when
The Sun is shining,
The breeze is blowing,
The birds are singing,
And the lawn mower is broken.

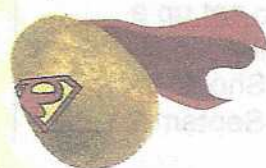


-James Dent

sidedish



GOLDEN SPUDS
During the gold rush in Alaska in the late 19th century, miners traded their gold for potatoes.



FOLK HERO
In various cultures, people believe the potato has superpowers: that its juice can eliminate blemishes, that a slice in a sock tied around your neck helps a sore throat, that carrying one in your pocket can relieve a toothache.

WORDPLAY

SOUND THINKING

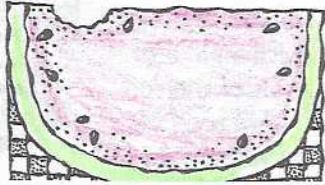
The consonant sounds in the word **DECOR** are "D," "K" and "R." What eight-letter word for something served in a glass is pronounced with the same consonant sounds in the same order?



Smile!

Smile at each other, smile at your wife, smile at your husband, smile at each other — it doesn't matter who it is — and that will help you to grow up in greater love for each other.

—Mother Teresa



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

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

Birthdays - August

- 5 - Steve Jensen
- 12 - Gabe Smelser
- 14 - Darby Hughes
- 14 - Mary Stella
- 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!

Summer Shower

A sparkling summer shower
bathed the earth today.
It wet the ground and cooled the air
and washed the dust away.

It left the green leaves shining,
washed flowers' faces clean,
And made the world a fresher place—
beautiful and serene.

Eleen R. Mitchell
Columbus, Georgia

Gratitude

Be grateful for the kindly
friends that walk along your
way;

Be grateful for the skies
of blue that smile from day
to day;

Be grateful for the health you
own, the work you find to do,

For round about you there are
souls less fortunate than you.

—Edgar A. Guest



August

I love the brooks and whispering streams
That flow so gently on;
I love the lakes where sunshine gleams,
The ponds reflecting song.

I love the open countryside,
The hills and valleys too;
I love the meadows, flowed wide
With asters brightly blue.

I love the fields of tassled corn,
The land with golden grain;
I love the misty silent morn,
The footstep of the rain.

I love the sound of birds on wing,
The rustling of the leaves;
I love the words that branches sing,
The soft and soothing breeze.

I love the mountains far away,
The coolness of the night;
I love the stars in wide array,
The moon so wise and bright.

Gertrude Rudberg

HealthSmart

Advice from
The Doctors

You have osteoporosis. What's next?

4 ways to improve bone health, reduce fractures

LEARNING YOU HAVE osteoporosis may leave you feeling frightened — especially if the diagnosis stems from a painful fracture. About 10 million Americans (80% are women) have the condition that occurs when bones become weak, brittle and likely to break. There's no cure, but you can slow or even stop it with diet, exercise, drugs and lifestyle changes. Here are some steps:

Eat more dairy.

The best way to get bone-building calcium is in low-fat and nonfat milk, yogurt and most cheeses. Certain green, leafy vegetables (broccoli, kale, collards) contain calcium and vitamin K, which recent research suggests could help battle brittle bones. Vitamin D is important, too.

The National Osteoporosis Foundation recommends doses:

Calcium. Women under 50, 1,000 mg; older, 1,200 mg. Men under 71, 1,000 mg; older, 1,200 mg. Recent studies find excess calcium could raise the risk of dying from heart disease.

Vitamin D. Adults under 50, 400 to 800 IU; older, 800 to 1,000 IU.

Walk, don't run. Weight-bearing exercises help preserve bone density and reduce the risk of falling, but high-impact versions — such as running or jumping rope — can put sudden and excessive strain on bones and could raise the risk of a break. Walking briskly is safer and provides many of the same health benefits.



Consider medications. The most widely prescribed for osteoporosis are bisphosphonates, a class of drugs designed to slow or stop bone loss. Estrogen therapy can also help maintain bone density, especially when started after menopause.

Fall-proof your home. Slips are a major source of fractures. Suggestions: Keep clutter off the floors and rooms brightly lit; use skid-proof backing on rugs and rubber bath mats; make sure stairs are well-lit with handrails; and swap stockings and socks for shoes with non-slip soles. ☐

The Doctors is an award-winning daytime TV show. Check local listings.

SUN EXPOSURE

Dr. Garrett says he is seeing more cases of skin cancer and melanoma, yet these cancers are among the most preventable.

"Those cancers can be prevented by the use of sunscreen (with an SPF of at least 30), by staying out of the sun at critical times, from 10AM to 2PM, and staying in the shade and using hats," he said.

Dr. Srinivasan points out tanning booths pose the same dangers. "There's no doubt about the increased risk for skin cancer," he said.

Because skin cancer is very curable when caught early on, people prone to moles, or with a family history of skin cancer should pay close attention to any changes and seek attention as soon as possible, Dr. Srinivasan said.

Dr. Garrett points out another environmental risk in radon, a radioactive gas that seeps up through the ground and increases the risk of lung cancer. Based on geography and soil testing, Indiana and Illinois have higher levels of radon than many other states.

Radon test kits can be found at home improvement stores or online. "That's an investment in safety for you and your family," Dr. Garrett said.



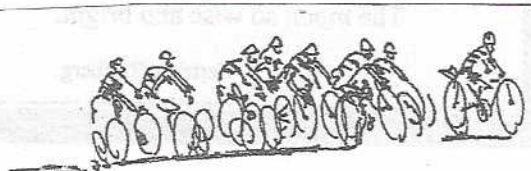
ZIGGY TOM WILSON & TOM II



STEVE DEBENPORT, GETTY IMAGES

Visit us at usaweekend.com

SOUND THINKING: DAIGUIRI



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Wilson 6/16

7 Surprising Uses for Carrots

Even Bugs would be delighted by these tasty innovations and transformations

1 Salad dressing Blend carrots with ginger, rice vinegar, olive oil, garlic and toasted sesame oil for a zesty salad topper.

2 Tacos Toss chopped carrots with oil and chili powder; roast until caramelized. Pile into tacos with avocado, radishes, cilantro and sour cream.

3 Waffles Add ½ to 1 cup shredded carrots to your favorite waffle recipe (or mix).

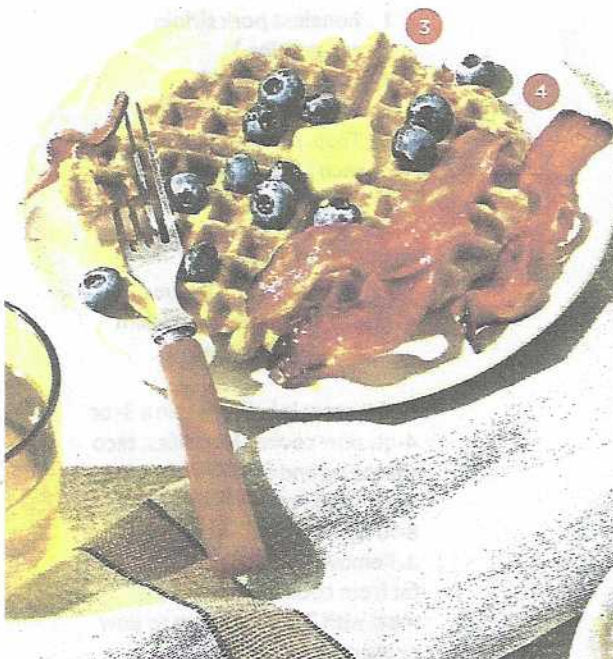
4 Bacon Use a vegetable peeler to create long, thin slices. Mix soy sauce, garlic powder, smoked paprika, olive oil and a little maple syrup; brush on. Air fry at 350°F for 10 minutes.

5 Noodles Spiralize carrots. Boil briefly or sauté until tender, then toss with butter, Parmesan, lemon zest and pepper.

6 Hummus Roast chopped carrots with cumin, then blend in a food processor with tahini, lemon juice, garlic and olive oil.

7 Energy bites In a food processor, combine carrots, walnuts, dates, nutmeg, vanilla, cinnamon and a pinch of salt until well blended. Roll into balls; no cooking needed.

—Beth Lipton



Recommend not boiling the "rainbow carrots". They're Carotenoid pigments. It goes away when boiled. So if you're cooking them with the intention to show off their beautiful colors, Roast them!

CARROTS A L'ORANGE III

Cook carrots (2 cups - sliced) in one cup fresh orange juice 10 minutes. Uncover and continue to simmer until nearly all the liquid evaporates, Serves four, 55 calories each

Food Stylist: Nicole Jewett / Photo Stylist: Yehuda M



CREAM-FILLED CINNAMON COFFEE CAKE

When guests stay over for the holidays, they ask that I make this cake for breakfast. Prepare it in advance to make the morning super easy.

—Arlene Wengerd, Millersburg, OH

Prep: 25 min. + chilling
Bake: 20 min. + cooling
Makes: 12 servings

- ½ cup butter, softened
- 1 cup sugar
- 2 large eggs, room temperature
- 1 tsp. vanilla extract
- 1½ cups all-purpose flour
- ½ tsp. baking soda
- ½ tsp. salt
- 1 cup sour cream

TOPPING

- ½ cup sugar
- ½ cup chopped pecans
- 2 tsp. ground cinnamon

FILLING

- 1 Tbsp. cornstarch
- ¾ cup 2% milk
- ¼ cup butter, softened
- ¼ cup shortening
- ½ cup sugar
- ½ tsp. vanilla extract
- Caramel ice cream topping, optional

1. In a large bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Add eggs, 1 at a time, beating well after each addition. Beat in vanilla. Combine flour, baking soda and salt; add to creamed mixture alternately with sour cream, beating just until combined.

2. Pour into 2 greased and waxed paper-lined 9-in. round baking pans. Combine topping ingredients; sprinkle over batter. Lightly cut through with a knife to swirl.

3. Bake at 350° until a toothpick inserted in center comes out clean, 20-25 minutes. Cool 10 minutes; remove from pans to wire racks to cool completely.

4. For filling, in a small saucepan, mix together cornstarch and milk until smooth. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Cover and refrigerate until chilled. In a small bowl, cream butter, shortening and sugar until light and fluffy, 5-7 minutes. Add vanilla extract and chilled milk mixture; beat on medium speed until smooth and creamy, about 10 minutes.

5. Place 1 cake on a serving plate and spread with filling. Top with remaining cake. Store in refrigerator. If desired, serve with caramel topping.

1 PIECE 419 cal., 24g fat (11g sat. fat), 67mg chol., 268mg sod., 49g carb. (35g sugars, 1g fiber), 4g pro.



Baja Pork Tacos

This delicious recipe is my copycat version of the most excellent Mexican food we ever had while vacationing in Arizona.

—Ariella Winn, Mesquite, TX

Prep: 10 min. • Cook: 8 hours
Makes: 12 servings

- 1 boneless pork sirloin roast (3 lbs.)
- 5 cans (4 oz. each) chopped green chiles
- 2 Tbsp. reduced-sodium taco seasoning
- 3 tsp. ground cumin
- 24 corn tortillas (6 in.), warmed
- 3 cups shredded lettuce
- 1½ cups shredded part-skim mozzarella cheese

1. Cut roast in half; place in a 3- or 4-qt. slow cooker. Mix chiles, taco seasoning and cumin; spoon over pork. Cook, covered, on low for 8-10 hours or until meat is tender.

2. Remove pork; cool slightly. Skim fat from cooking juices. Shred meat with 2 forks. Return to slow cooker; heat through. Serve in tortillas with lettuce and cheese.

FREEZE OPTION Freeze cooled pork for up to 3 months. To use, partially thaw in the refrigerator overnight. Heat through in a covered saucepan, stirring gently and adding broth if necessary.

2 TACOS 320 cal., 11g fat (4g sat. fat), 77mg chol., 434mg sod., 26g carb. (1g sugars, 4g fiber), 30g pro.
DIABETIC EXCHANGES 3 medium-fat meat, 2 starch.



Healthy You

Please Remain Seated

Even if injuries have you chairbound, you can still improve your fitness **BY NICOLE PAJER**

FOR THOSE of us who love staying active, lower body discomforts—foot pain, achy knees, a sore hip—can be frustrating. But you can still stay mobile and keep your muscles strong by turning a chair—the natural enemy of fitness—into your own personal gym. A 2021 review of studies found that chair exercises can improve balance, gait speed and grip strength.

“Chair exercises are an excellent option for beginners and those with mobility issues,” says Richard Dupee, M.D., chief of geriatrics at Tufts Medical Center. Use a sturdy chair with a firm back. Exercises should be challenging enough that you feel like you need to take a break after 8 to 10 repetitions, says physical therapist Rachel Prusynski. (Ask your doctor before starting any exercise program.)



TRAINER TIP
Always exercise on a firm chair, such as a dining chair, instead of a folding chair or recliner.



Chair Push-Ups

Sit in a chair with armrests, knees bent at a little more than 90 degrees. Lean forward and push with your arms and legs until your hips lift off the seat. Now use your arm and leg strength to lower yourself back down as slowly as you can—try for a count of 3.



Floor to Sky

Move your butt to the front edge of your seat and spread your feet wider than hip distance apart. With both arms, reach down between your knees as far as you can and try to touch the floor. Then quickly bring your arms back up and sit up all the way, reaching overhead as high as you can.



Sit to Stand

Start by leaning forward to get your nose over your toes, then stand up all the way to your full height. Sit back down slowly, with good control; try not to flop down into your seat. Repeat. You can cross your arms to try to avoid using them for help. → **Make it harder:** Wear a weighted backpack.



Band Pull-Downs

Sit up tall and hold an elastic band with your hands shoulder-width apart. Lift your arms overhead. Keeping your arms straight, move your hands away from each other as far as you can until the band touches the top of your head. Slowly return.



Row Your Boat

Move to the front edge of your seat and sit up tall. Hold a broomstick or other dowel in front of you at shoulder height. Now twist and drop one arm to bring the dowel down next to your hip as far as you can, like you are paddling a kayak. Bring the dowel back up to the middle, then row on the other side.



Seated Marching

Sit up straight and tall. Lift your knees quickly, one at a time, as fast as you can while pumping your arms. Try to march for 20 to 30 seconds before taking a quick 10- to 15-second break. Repeat 8 to 10 times. → **Make it easier:** Lean back against the chair for support.

Nicole Pajer writes on health for The New York Times and other publications.



▶ For a variety of fitness and workout videos, including chair exercises, scan this code, or check out aarp.org/stayfit.





If you replaced just 15 miles of driving with riding (at 10 mph) per week...

RIDE

REWARD

...you'd burn 700 more calories every seven days, or the equivalent of 21 Marshmallow Peep bunnies 4.5 cans of Cherry Coke 2.5 Einstein Bros. bagels with cream cheese



ASK MIKE

Our resident wrench weighs in

Why does my chain get hung up when I shift to the small chainring?

The technical reasons: Grime buildup inside housing and on cables is preventing them from moving freely. Clean and lube them. If that doesn't work, you may have to replace them. Another culprit may be a gummed-up front derailleur. Once grit and sweat build up and work their way into the derailleur body, you risk premature wear and, eventually, a poorly shifting mechanism. Use a solvent to clean the derailleur body, then lube pivot points and openings around the arms. The not-so-technical reason, and one I've seen a lot lately: There's a sticky coating of sugary sports drink on your bottom-bracket cable guide. If so, wash your bike.

Mike Yozell is a former pro-team mechanic and has been tinkering with bikes his whole life.

NewsBites

Juice Bridges Veggie Gap

With Americans' vegetable consumption dropping over the past decade, drinking your vegetables could help reach dietary goals. That's the conclusion of a randomized trial funded in part, not surprisingly, by the makers of V8 vegetable juice. Scientists at the University of California-Davis assigned 90 volunteers to follow the Dietary Approaches to Stop Hypertension (DASH) diet regimen while also consuming 0, 8 or 16 fluid ounces of vegetable juice daily. Despite being told to follow the DASH plan and receiving nutrition education, participants fell short of the goal of four daily servings of vegetables if not counting the juice. Across all groups, non-juice vegetable intake averaged 2.6 servings daily after 6 weeks and 2.3 servings after 12 weeks. But the groups also getting juice were able to close the gap. Researchers also looked at heart-health measures, which generally didn't change, prehypertensive participants, however, showed a significant decrease in blood pressure with higher vegetable and vegetable juice intake. While eating whole vegetables remains preferable, researchers concluded that juice is "an effective and acceptable way for healthy adults to close the dietary vegetable gap."

TO LEARN MORE: *Nutrition Journal*, September 2010; abstract at <www.nutritionj.com/content/9/1/38>

Challenge the Odds

Don't ask your mate if your jeans make you look fat, ask your doctor. Patients in a Mayo Clinic study were 2½ times more likely to create a weight-loss plan if a doctor diagnosed them as obese or overweight than if a spouse had an opinion.

HAPPINESS

BE GRATEFUL
BE OPTIMISTIC
COUNT YOUR BLESSING
USE YOUR STRENGTHS
COMMIT ACTS OF KINDNESS



Share a Smile—
It's Contagious

MCBC CALENDAR RIDES - 2024

Club rides happen because riders show up !

			<u>Time</u>	<u>Leader</u>	<u>Place</u>
July	24 (Wed)	Club Ride	5:30 PM		Park Dept. Office, Pine Lake
July	31 (Wed)	Club Ride	5:30 PM		Bluhm Park -Westville
Aug.	7 (Wed)	Club Ride	5:30 PM		Rolling Prairie School
Aug.	14 (Wed)	Club Ride	5:30 PM		Door Village Park
Aug.	16 (Fri)	Nite Ride	9:00 PM	Dennis F. Smith	Amphitheatre (Fox Park)
Aug.	17 th (Sat)	Mill Pond Picnic & Ride	1:00 PM (Eat then Ride)		Mill Pond, Union Mills
Aug.	19 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
Aug.	21 (Wed)	Club Ride	5:30 PM		Fairgrounds
Aug.	25 th (Sun)	Wildlife Loop	1:00 PM		Kingsbury Fish & Game Shooting Range Parking Lot
Aug.	28 (Wed)	Club Ride	5:00 PM		Cummings Lodge
Sept.	4 (Wed)	Club Ride	5:30 PM		Luhr Park
Sept.	7 th (Sat)	Michigan City to New Buffalo	10:00 AM	Pam	DNR Parking Lot Mich, City
Sept.	15 th (Sun)	Rolling Prairie Loop	1:00 PM	Annette	School Parking Lot
Sept.	16 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
Sept.	28 th (Sat)	Pumpkinvine Trail	11:00 AM		Shipshewana

Look these Rides over! Mark your calendars!
 (Interested in leading One or More of these rides, let Dave know. Thank You!)
 (More Information - call 219-369-3978)

Check Facebook for any scheduled rides !



2024 - UPCOMING RIDES of INTEREST

July	27	Amishland And Lakes	La Grange, IN	www.amishlandandlakes.com/
July	27	Cardinal Greenway Ride	Muncie, IN 765-287-0399	www.cardinalgreenways.org
Aug.	17	Ride Across Wisconsin	LaCrosse, Wis	
Aug.	17	Sizzling Century	Kokomo, IN	breakaway.club/events/sizzling-century
Aug.	24	Wabash River Ride 2024	West Lafayette, IN	/wrcc.in.org/page/wabash-river-ride
Aug.	24	Hancock Flat 500	Greenfield, IN	https://www.hancockflat500.com/.ug
	25	Tour de LaPorte	La Porte, IN	/tourdolaporte.org/
Aug.	31	Blueberry Cruise	Plymouth, IN	www.blueberryfestival.com
Sept.	1	Bike the Drive	Chicago, IL	www.bikethedrive.org/
Sept.	8	Dam to Dam Ride	Wabash, IN	www.visitwabashcounty.com/dam-to-dam/
Sept.	14	Lakeshore Harvest Ride	South Haven, MI	
Sept.	29	Apple Cider Century	Three Oaks, MI	www.applecidercentury.com/
Oct.	4-6	Hilly Hundred 2022	Ellettsville, IN	www.hillyhundred.org/
Oct.	12	Crane Cruise	Medaryville, IN	



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

MCBC Meeting



Monday, August 19, 2024
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

Maple City Bicycling Club

Maple Leaf Logo

Website

www.maplecitybicyclingclub.com

THE OPTIMIST

I passed a sand lot yesterday,
Some kids were playing ball,
I strolled along the third base line
Within the fielder's call.
'Say, what's the score?' I asked.
He yelled to beat the stuffing,
'There's no one out, the bases full,
They're winning forty-two to nothing!'
'You're getting beat, aren't you my
friend?'
And then in no time flat
He answered: 'No, sir, not as yet!
Our side hasn't been up to bat!'

-First Presbyterian Church
Reynoldsburg, OH



Maple City Bicycling Club
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LaPorte, IN 46352

