

VIRGINIA RIDER

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MAGAZINE™



FREE

WRAPPING UP CHRISTMAS & RIDING INTO THE NEW YEAR
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LAST-MINUTE GIFT IDEAS FOR THE RIDER ON YOUR CHRISTMAS LIST!

We talked with riders from all over the Virginias and asked them to help us make a list of bike-related gifts that they would love to get this Christmas. So, if you're looking for some ideas...here you go!

- Airbag system
- Packable rain gear
- Emergency road gear
- Helmet & gear rack
- Bike stand

- National Park pass

- Tank bag, Gremlin Bell, chain lube, a lock to go on the brake rotor

- All-in-one mount and stand for my helmet, jacket, and gloves

- Helmet mount

- Cardo Bluetooth Motorcycle Communication System

- Pre-paid gasoline card

- Cleaning kit. It could include a nice set of brushes, cloths, shampoo/wax/waterless wash spray

- Tool roll

- Carabiner clips

- Reflective stickers/tape for rims/bike parts

- Earplugs

- Bandanas

- Balaklava

- Motorcycle helmet strap belt

- Hex key set

- Tie downs

- Bungee cords

- Motorcycle chest rig

- Reservoir socks/covers

- Battery charger

- Portable electronic tire pump

- A tattoo gift certificate

- Heated gear – gloves, vest, insoles

- Earplugs

- Helmet/visor cleaning kit

- Shake siphon

- Quad Lock motorcycle handlebar mount with vibration dampener

- Motorcycle dashcam

- Leather riding jacket with zip-out liner

- Bluetooth helmet

- Artwork framed for home, the office or rec room

- Gift cards are a great idea because they will spend it where they need it.

- Brake Free Motorcycle helmet brake light

- Key tags

- Tickets to a motorcycle race

- Riding experience on a racetrack

- Nice Tire Pressure Gauge

- Motorcycle Shifter Pad Boot Cover

- High Power Motorcycle Soundbar

- Full-face motorcycle helmet

- Blinker/Brake Light Motorcycle Shoes

- Saddlebags or Backpack

- AAA Gift Membership

- Quad lock cellphone mount

- Freeway Blasters Custom Motorcycle Horn

- Unbreakable motorcycle jeans

- Arm sleeves

- First aid kit

CENTER STAND

DIRT BIKE STAND

BIKE JACK

PADDOCK STAND



from the editor's desk

Well friends, here we are inching up to the finish line for 2024. As we wrap up this final issue of the year, we'd like to say a huge THANK YOU to all of our readers who have been with us this year and are following us on our Facebook page. We greatly appreciate you telling your friends about Virginia Rider & sharing the links to the magazine & our website. Most of all, we are forever grateful to the rider-friendly businesses who support us through their advertising. We wouldn't be here without them. They do so much for our riding communities by opening their doors to help sponsor & host rides & poker runs. These are the businesses that "see you". They know of your passion for motorcycling & for helping others which is why they are here with us so that you can know that they are here for you too. The expression "we take care of our own" is so true which is why we proudly run their advertisements in our magazine & encourage you to stop in to see them, go shop, stay & play at these amazing rider-friendly small business establishments. By supporting our communities, they are "our own", so please help us take care of them.

I'd like to give a big shout-out & Whoop! Whoop!, to my incredible staff who have worked with me for many, many years, not only since Jan 2019 at the birth of Virginia Rider but way before that on my other magazines that I used to edit & publish over my 20+ years of doing moto mags. Our staff may be small but they sure are mighty in so many ways

Let's hear it for ... Our Layout & Design wizard, Warren Ells! * Our dynamic duo of adventures & Great Places to Ride hosts, Marc Ritchie & Rose Grant! * & the one, the only, John Peterson, aka "The Bike Saver"! These folks are the best of the best in what they do & the biggest bonus is that they are all friggin' amazing people!!! I couldn't ask for a better team & I certainly couldn't do this magazine without them. Thank you all sooooo much! I love you guys! ❤️

One of our main goals for 2025 is to create more ways for riders to find each other. Believe it or not, there are plenty of riders who either aren't riding as much as they would like to or they are riding alone because they can't find anyone in their area to ride with. That's pretty sad. It's always good to have riding friends for the company & it can help you stay safe too. Let's get connected! Join us on Facebook so we can help you connect with other riders in your area.

We hope you enjoy the many goodies that we have waiting for you in the pages ahead. If there are any topics that you'd like to see on our pages please drop us a line any time & let us know. If you have any stories or pictures that you'd like to share with us, don't be shy, send them on! You just might see them in an upcoming edition of Virginia Rider 😊

As we close out this year, let's take a moment to reflect on the moments that shaped us, the challenges we overcame, and the joys we shared. Here's to a new beginning filled with hope, new opportunities, and exciting possibilities for the year ahead. - Dr. Seuss agrees that you should try something new!

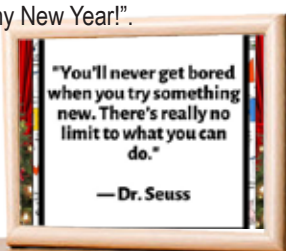
May your days be merry & bright even though some might not see a Christmas that's white....

Wishing you a safe, happy, and healthy New Year!"

Stay safe in your travels friends & Cheers to your awesomeness!

With much Love,

Kelly



IN THIS ISSUE



GREAT PLACES TO RIDE According to Mark, It's "Junkie Season." Seems only the truly hard-core are still enjoying their fix, while everyone else is reluctantly sentenced to rehab. A rider's gonna ride. And will make any excuse to, as long as the roads are clear without anything frozen on them.



LAST MINUTE GIFT IDEAS If you're still looking for Christmas gifts for the special people on your list, we've got some great suggestions from riders all over the Virginias of gifts that they'd love to have. & John P has some also for the bike savers in your life! - Check 'em all out inside this issue so you can wrap up your Christmas shopping!



BIKE SAVERS Birds Of A Feather describes the kind of motorcycles John picks out to work on and "save." In this issue, he discusses four of these rare and old "birds" and some of the trials and tribulations he went through putting them back on the road.



STARTING THE NEW YEAR OFF RIGHT New Year, new you... right? Making resolutions and setting goals for the upcoming year is one of our most time-honored annual traditions. Here's some suggestions to help get your new year started in the right direction and help you be all you can be for 2025 & beyond!



FIT FOR THE ROAD With the arrival of cold weather, you might not feel the need to hydrate as often. But, with cold weather workouts on the horizon, it's a great time to discuss hydration in the winter months. We talked to some personal trainers about the effects of cold weather on our workouts and our hydration needs. Here are some solutions to keep us prepared and performing.



THE LIGHTHOUSE This is about a woman who discovers that the wonder of Christmas can be relived at any age. In caring for her father after her mother's death, Kathleen Baker finds that her father can still amaze her with his attention to all the details and decorations of Christmas that he has prepared for her.



Twas The Night Before Christmas 'T'was the night before Christmas when all through the garages. Not a motorcycle was rumbling, except for Santa Claus's. Those are the opening lines for a motorcyclist's reimagining of one of the most beloved Christmas poems in the world. So Merry Christmas to all, and to all a good night!

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OUR TEAM



Kelly Collins
Owner/Editor

Kelly is a U.S. Navy Veteran & is a long-time friend & fellow rider of motorcycle communities throughout the Virginias and the Mid-Atlantic regions. She has been the owner/editor & publisher of free "moto" magazines for nearly 20 years. Kelly takes great care in making sure that her publications are entertaining, informative, are a great resource for riders, while also keeping the content in good taste so that they can be enjoyed by everyone. She packs a variety of topics into every issue...rider-friendly businesses, safety, health/wellness, funnies, entertainment, tourism, great places to ride & so much more.



Warren Ells
Layout & Design

The Warren Ells Agency, owned and led by Warren Ells, specializes in a comprehensive range of services including video production, copywriting, ad design, and print layout. With a focus on delivering high-quality content, they excel in creating engaging videos, compelling copy, and visually appealing advertisements. Whether it's crafting impactful messages or designing eye-catching visuals, Warren is dedicated to meeting the diverse needs of clients, providing a one-stop solution for effective multimedia communication. He has been creating content for businesses, bands, and individual entrepreneurs for over thirty years.



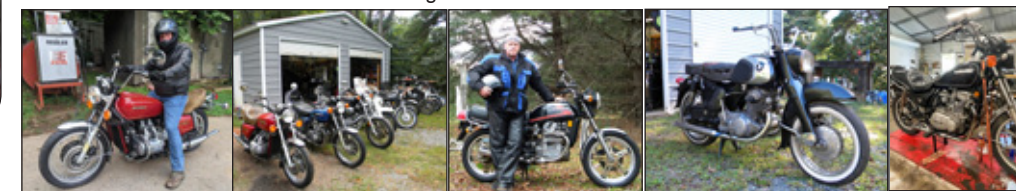
Marc Ritchie & Rose Grant
Great Places To Ride

Marc and Rose have been riding, traveling, writing, photographing, and videoing together for over a decade. No matter what time of year, whether it's across the country, or across the county, the bike is their sanctuary, and they're always looking forward to the next ride together.



John Peterson
Bike Savers

John's been saving bikes ever since he was given his first motorcycle that didn't run and snapped a funnel off in the transmission case. His biggest inspiration is his wife Barbara, who reminded him that "None of them run..." Ever since, he has breathed new life into at least 20 vintage machines!



FEATURED IN THIS ISSUE

LAST MINUTE CHRISTMAS GIFT IDEAS

If you're still looking for Christmas gifts for the special people on your list, we've got some great suggestions from riders all over the Virginias of gifts that they'd love to have & John P has some also for the bike savers in your life! - Check 'em all out inside this issue so you can wrap up your Christmas shopping!



ON OUR COVER

The creator of this phenomenal "chopper rocker" is a friend of the magazine, William "Bill" Fearn of Chesapeake, Virginia. Bill enjoys doing unique wood projects that make lasting memories for people, especially for his granddaughter Alice and grandson Jaxon.





THE LIGHTHOUSE

*"I have come into the world as a light, so that no one who believes in me should stay in darkness."
John 12:46 NIV*

Santa's Love

Older folks tend to astound me with their wit and wisdom, and inspire me with their determination to continue living life to its fullest. As my own Dad ages he never ceases to knock my socks off, and last Christmas he did just that!

The first few years after Mother's death, I made sure Dad did not spend the holiday in his own home for fear he might dwell on years past and find no joy in the season whatsoever.

Then, last year Dad offered up an invitation to once again come home for Christmas. He even promised me it would snow in Kansas! That's when I knew how badly he wanted to host the celebration in his own home; we assured him we would be there with jingle bells on. I prepared several dishes that would freeze for traveling, with plans to cook side by side with Dad for the rest of the holiday feast.

On December 22nd, we loaded up the dogs, food items, gifts, and headed north. The temperature dropped considerably the farther north we drove, and I found myself getting excited even though I was apprehensive. I just couldn't fathom Dad opening the door alone upon our arrival.

We rounded the corner of Dad's street and my mouth fell open. Dusk had fallen and I could see new outdoor decorations. As we pulled into the driveway, we were greeted by a herd of twinkling, mechanical reindeer! I could not believe a man 88 years of age would be buying new decor, not to mention climbing a ladder to hang lights on the eaves of his house. The deer were whimsical, but I was ready to scold him about ladder climbing - after a recent 'knee replacement.' Mercy!



Actually, I forgot to scold him! No sooner did we enter the house than my mouth fell open again! There stood a beautiful, new 6 foot-tall Christmas tree, with ornaments spaced perfectly. I wondered how many days he had worked at that. Guess he knew if they weren't perfect, I'd be puttering around with them. 'Gee, Dad, you have a beautiful new tree! But, what was wrong with your other one?' I was baffled.

'Oh, I never did like that other tree and Mom said we didn't need a new one at our ages.' His eyes danced and he continued with details of finding the perfect tree, and getting a bargain to boot.

The dining room table was decked out with fine linen; a task I had assumed would be left for me. I commented on how nice it looked - plus the fact he had already 'dressed the table.'

'Thanks,' he grumbled, 'but didn't you even notice my new candle holders?' Oh no! I had hurt his feelings - I made a record-setting, split-second apology. I still don't know why he needed new ones as there were several sets in the china cabinet.

Everywhere I looked was a new decoration, or and old favorite from years gone by, and Christmas CD's were playing in the background. I was amazed! How did he do all of this, and how long did it take? Even though he's still young at heart, his arthritic back is a source of pure torture. Still, he had somehow managed to create a picture-perfect holiday happening.

We finally hauled our luggage to the guestroom only to discover electric candles in the windows, and a floral Christmas arrangement atop the makeup stand. I giggled aloud and wondered if there might be bright red sheets under the bedspread!

I was almost afraid to check the guest bathroom for fear he'd bought some of that lovely holiday print toilet paper! Whew, just a couple of candles . . . the stores must have been out of the cheerful tissue, or I'm sure he would have bought some just for kicks.



The desserts displayed in the kitchen reminded me of a Martha Stewart segment on TV. Cookies, cakes, and pies, all made from scratch, and several kinds of homemade candy beckoned from kitchen countertops. He had been cooking up a storm! In addition, Christmas candles, holiday hand towels, and such were scattered here, there, and everywhere.

My head was spun as I gawked around the house. No sooner had I plopped down on the couch to catch my breath, than the dogs began begging to go outside. I opened the backdoor and was nearly blinded by the light - Dad

had decorated the deck! It was dazzling with numerous strings of flickering lights draped around the railings. 'Oh my gosh, Dad! You've never decorated the back of your house - have you lost your mind, or what?'

I've never seen such a smug look on anyone's face in my entire life. 'Well, I figured the doggies would enjoy it when they went outside.' His eyes sparkled much like the deck lights.

The next day friends and neighbors began dropping by to visit. Without fail, they each asked what I thought of Dad's preparations, and they all reported he had been on a 'mission' to surprise the dickens out of me. It seemed nearly everyone in town knew what he'd been up to. As for surprised? You bet I was!

Just as when I was a child, this now-older Santa had made Christmas as special as possible for his now-older, little girl. Never in my life had I felt Santa's love quite so deeply . . .

Written by Kathleene S. Baker

Kathy resides in Plano, Texas with husband Jerry, and two precious pups, Hank and Samantha. She enjoys writing, needlework, and fishing. As a freelancer, she has contributed to newspapers, anthologies, magazines, online ezines, Chicken Soup for the Soul and writes a weekly column entitled The Heart of Texas.

Source: <http://www.ajiftoinspiration.com.au/stories/inspirational/santa.shtml>



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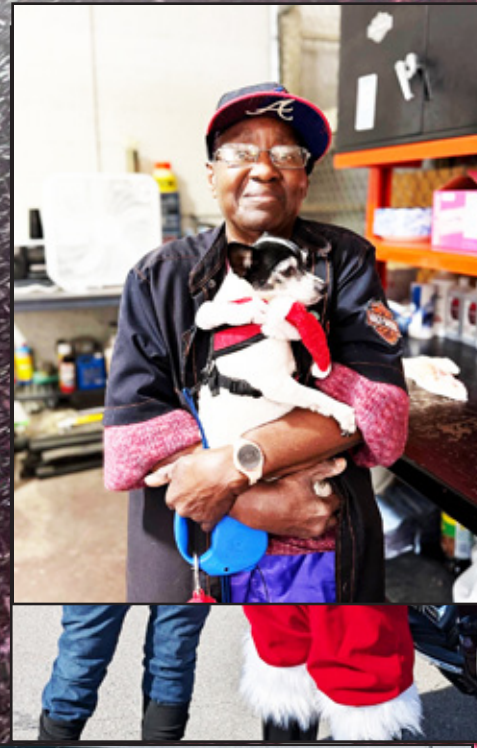
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GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

Junkie Season



Rose a sample of their Shiraz. This place had “The Vibe,” as all good wineries do. They might even have that “pause” button bumped up a notch or two. It was definitely set up for chillin’ on a professional level. The outdoor patio had heaters and Adirondack chairs with matching tables, overlooking the vineyard and Allegheny Mountains in the background. Rose and I opted for a Cab Sav and a Malbec to go. They would be a nice accompaniment for grilled steak later.

It was another day in the saddle together: no place I’d rather be. Even in the clouds and drizzle, there’s a rare intimacy, exposed in the elements on a machine, which relatively few endeavor this time of year, that still takes preference over anything else. Yeah, it’s Junkie Season. We didn’t wave all day. We likely would have if we passed Leonard on the road, but he would have been the only one. He may have gotten funny looks too, arriving somewhere on a vintage, two-stroke machine, walking into a store in full motorcycle gear in December. Perhaps, but was he buying charcoal?

Cheers, Merry Christmas, and thanks for reading!

Marc Ritchie
Photos and Grape Goddess: Rose Grant

I call this “Junkie Season.” Seems only the truly hard-core are still enjoying their fix, while everyone else is reluctantly sentenced to rehab. A rider’s gonna ride. And will make any excuse to, as long as the roads are clear without anything frozen on them. And with only a 30 percent chance of rain in the next few hours, what better excuse for Rose and I to hop on Windy and go for a ride, than a vino run?

Team Red wasn’t just after the usual, store-bought variety. We thought we’d pay a visit to Bluestone Vineyards in Bridgewater, VA. And just as we were about to walk out the door, the mail arrived, and with it, a fresh batch of Virginia Rider Magazines, ripe for dispersal. Since we were going to be near Mount Crawford, I thought we’d take some out to CycleLogikal, official sponsor of Great Places to Ride, along with some holiday cheer.

Magazines safely stowed, drizzle began to fall as we left the driveway. I reached for the “Info” knob which revealed 48F. Not exactly VFR weather, but certainly manageable with heated gear and a bike notoriously capable on moi,,, I mean, wet roads. Rush’s “Spirit of Radio” played over the speakers entering the forest after our descent on Shenandoah Mountain, prompting a volume boost, leg squeeze and a few deep breaths of relative relaxation, firmly in the highway gear on an empty road.

We didn’t see dry pavement until several miles up Rt. 42. There were a couple of nice sweepers Windy was finally able to dive into properly. Crossing the county line, Massanutten Mountain was

distinctly visible: always a beautiful sight, even on a cloudy day. A herd of dairy cows were taking a break from grazing: temporarily forfeiting in their unquenchable quest for that perfect patch of grass.

Rose and I arrived at our sponsors to find an idling Yamaha RD350 in the parking lot. The sound and the smell brought back memories. Norm greeted us and said they just restored it. And the owner, Leonard, was here to pick it up. It looked showroom new. And man, how fun would THAT be to ride?

While not on the original flight plan, which is nothing unusual while motorcycling, we made a detour to one of our favorite parks. Wildwood in Bridgewater has always been a catalyst for higher spirits. Its prominent landmark, the dam on the North River, has been the backdrop for countless pictures. They’ve built a new patio as an overlook. There’s even a swing chair for two, which Rose wisely lured me away from, or we might still be there. Its ducks and squirrels are amongst the friendliest park critters, even if we didn’t have any food for them. If you’re looking for a great place to picnic, or just set the world on pause for a little while, there’s not many better.

We didn’t plug back in. It was only going to be a couple of miles to our next stop and it was firmly in the 50s now. Following the signs, we arrived at the tasting room, which looked more like a villa. I asked our host if she’d seen any other riders here today looking for wine. She chuckled as she poured



continued next page



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SAMHSA

BIKE SAVERS

with John Peterson



The Bike Saver's Last-Minute Gift Ideas!

It's always hard to find a gift for the old bike builder on your list, but here are a few very affordable things I have rolling around my shop that are indispensable when it comes to getting old bikes back on the road; I hope it helps!

Number One – a decent set of JIS Screwdrivers! If you don't know already, Japanese bikes use what are called JIS screws – that stands for 'Japanese Industrial Standard' screws. JIS screws are different from Philips head screws and are specially slotted to take JIS screwdrivers, offering a better fit and make disassembling and reassembly of vintage bikes SOOO much easier! They are a Must-Have if you or someone you know is wrenching on old bikes. Vessel makes some good ones; These are some of my Vessel Megadoura screwdrivers that I use religiously, but there are other makes out there that are equally effective – just make sure they are designated JIS. They average \$20 and up for a set.



Another handy item to have is a pair of extended snap-ring pliers; as anybody who has ever struggled with rebuilding vintage brake cylinders will tell you, getting to that dang inner snap-ring can test even the most accomplished mechanic! These Toolwiz deep-reach snap ring pliers are available on Amazon for \$12 and get the job done:

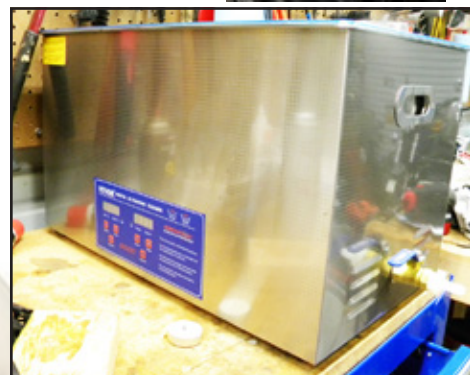


Another item I absolutely love are my wrench organizers. Previously I had to hunt and peck through the line-up to find the wrench that I needed, until I came across these babies – Tekton 40-piece modular wrench organizers! They run about \$30 on Amazon and are a huge help showing me what I have, and what's missing! (Seen here keeping things in line in my fugly tool drawer).



You'll need tweezers to put the little numbered stickers on, but they're very well worth it. And since they're modular, you can keep adding as many wrenches to the mix as you want! "Add To Cart"! Lol!

On the steeper side of things, I finally (after doing a LOT of research!) pulled the pin on a Vevor 30 Liter ultrasonic cleaner – I got tired of having to only be able to treat half my carburetors at a time, and since I'm now working with inline fours I wanted something that I could fit the whole rack into without having to take it apart, although I usually wind up doing that anyway - it has a heat function and an expanded timer setting so I can put stuff in and just let 'er rip – I love it! Around \$300, depending on where you look.



Lisle Tools makes some pretty darn good tools, and probably one of my top three tools to have is their valve keeper remover and installer – I used to work on valves the old-fashioned way, with a big C-clamp and a cutaway piece of pipe that I would tensely screw down to get the valve keepers out and in, but not anymore! Lisle's #36050 valve tools make the whole process as easy as smacking it with a hammer! It's really fun, too! Check out the videos online...About \$40 on Amazon for the two-piece set pictured.



There are tons more, but these are some of the tools I find indispensable to help save my bikes and I hope it's been inspirational. Honorable mention to the Ratio Rite fluid measurements cup (\$5), Honda clutch nut sockets (prices vary depending on the bike), and cans of computer dusters that come in real handy for blowing out small holes or other debris (about \$20 for a four-can set).

"And I heard him exclaim as he rode out of sight, 'Merry Christmas to All, and to All a Good Ride!'"

Ho-Ho-Ho, y'all!
-John



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WINTER - CLOCKWISE

WOODEN IT BE NICE....



I have done projects as gifts for family and friends and am glad to see my sons are starting to take on the hobby as well. Included here are pictures of the motorcycle I did my grandson Jaxon as well as a rocking seahorse I did for my granddaughter Alice.

This is an original design which I created myself for this project. It was one of the many difficult challenges since I was unsure of suitable dimensions for it.

My grandson Jaxon was only weeks old when I completed the project which took about 4-4 1/2 months.



I drew the rough idea on a sheet of 1/4" plywood and from there was a guessing trial and error with many hours of staring at the project trying to figure out my next step. There were no real plans other than my drawing.

The dimensions of this wooden masterpiece are:
5'8" end to end of rockers, 22" wide, 34" to handlebars from floor and 22" to seat.



There are many types of wood I used in this project:

Chechen – tank lam., frame trim, seat, head light, grips, other components

Leopard wood - tank outside La, handle bar parts, down rods on front wheel dowels, chain guard, Other

Hickory - frame

Black walnut - engine, wheel studs, chain links, solid turned black walnut tires.

Note: I got this wood years ago from an old gentleman in Norfolk that had since passed. Would have loved for him to have seen the application for it

Ash - dowels on front end, headlight lense, rockers, many other places

Olive wood - ribs on engine

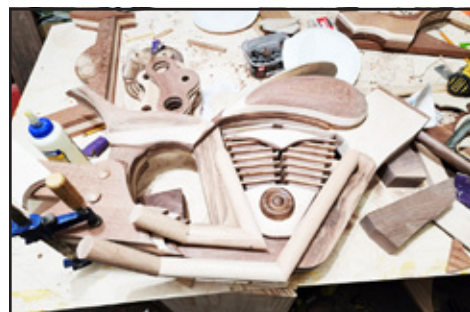
Wow, we are still blown away by it all... makes us wish that we were little again to hop on for a ride Feel free to reach out to Bill if you'd like more information or if you'd like to arrange for it to be on exhibit at your event or business. You can email him at designhaus757@gmail.com.

Wooden it be nice if Christmas was all year round – Have a Merry one & a very safe & Happy New Year!



Here's a very special gift that is a little too big to fit under a tree or in a stocking. We wanted to share this incredible work of art and fine craftsmanship that we thought would be a real treat for our readers.

The creator of this phenomenal "chopper rocker" is a friend of the magazine, William "Bill" Fearn of Chesapeake, Virginia. Bill enjoys doing unique wood projects that make lasting memories for people, especially for his granddaughter Alice and grandson Jaxon.



Bill shared with us some of the inspiration, background and intricate workings that make up this magical wooden marvel. A picture is worth a thousand words and we have many pictures for you to see the amazing artistry that has gone into creating this magnificent gift of Love. Enjoy....

Bill: I have been doing wood work since my freshman year in High school which was in 1976. I've enjoyed it as a hobby but also have done architectural design pieces for a company I owned that did custom deck and trellis, gazebo and shade structures for many years.



WORD OF THE DAY

jolabokafloð

noun [yoh-luh-boh-kuh-flawd]



an Icelandic tradition in which books are given as Christmas presents and opened on December 24, after which the evening is spent reading the books.

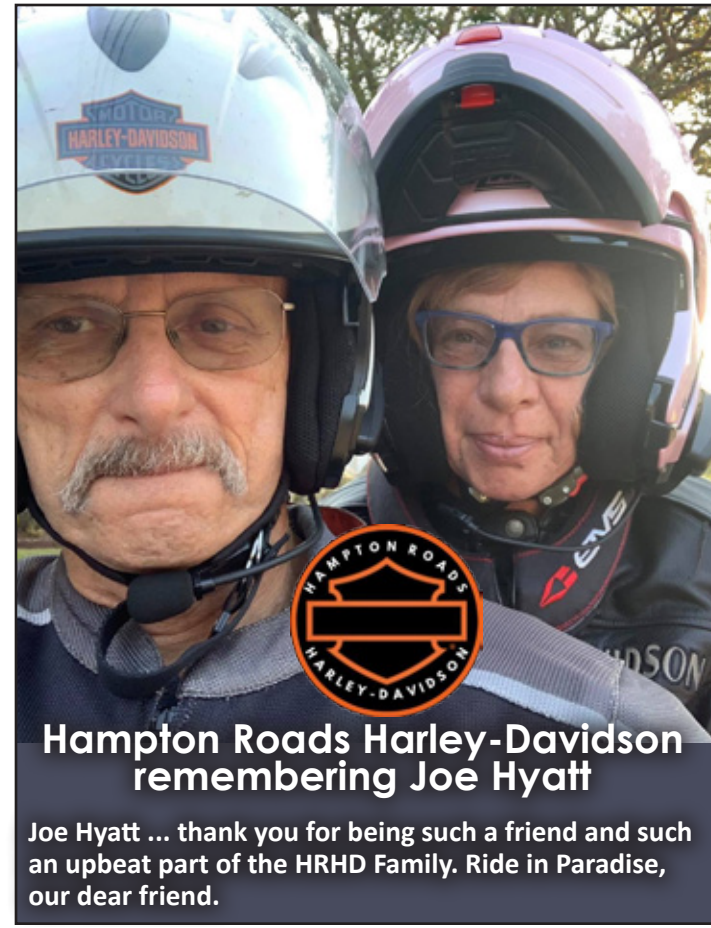
Today's word is one of the new words just added to Dictionary.com!




Dictionary.com




**FOLLOW
YOUR HEART
BUT TAKE
YOUR BRAIN
WITH YOU.**




One of the most
glorious messes in the
world is the mess
created in the living
room on Christmas day.
Don't clean it up
too quickly.
 —ANDY ROONEY








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WHEN MAGIC FILLS THE AIR

Extraordinary Tales on
Two Wheels

MARC RITCHIE

Marc Ritchie's "When Magic Fills The Air" is indeed filled with "Extraordinary Tales on Two Wheels". Marc, along with Rose's photographs, brings unique and fascinating glimpses into the magical world of motorcycling.

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HOW TO START THE NEW YEAR OFF RIGHT

New Year, new you... right? Making resolutions and setting goals for the upcoming year is one of our most time-honored annual traditions. Let's start with the word,

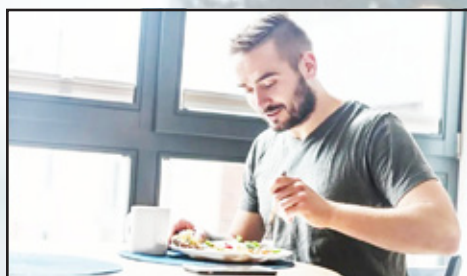
res·o·lu·tion /reza-looSHun/ noun - Defined as: a firm decision to do or not to do something.

The word "resolution" itself may sound a bit *official* & can be somewhat intimidating. If we relabel the term "New Year's Resolutions" to be something like "New Year's Hopes and Goals" it may take some of the pressure off and make your plans more approachable and attainable for the long haul throughout the year. Relabeling can turn your 'stumbles along the way' into 'ok let's take 5, brush it off and let's keep moving forward.' "You never fail until you stop trying" is a quote by Albert Einstein that emphasizes the importance of perseverance and suggests that true failure only occurs when someone gives up on their goals.

Here's some suggestions to help get your new year started in the right direction and help you be all you can be for 2025 & beyond!:



Get your sleep on – 7 to 9 hours - Just as a healthy diet and regular exercise are necessary and important for good health, so is sleep. Cutting back on the amount of sleep you get each night can lead to an out-of-control appetite (some studies show that people who sleep less are more likely to be overweight), which puts you at a greater risk for coronary heart disease and type 2 diabetes. So try to get the recommended 7 to 9 hours of sleep needed for good health, safety, and optimum performance.



Rise and shine — and eat - Breakfast gets your body's metabolism going again after a night of sleeping, and gives you the

gradual and adequate energy you need to get through the morning. You don't have to eat snacks to supplement your energy needs and expenditure. It doesn't have to be complicated either. Microwave instant oatmeal, topping it with skim milk or yogurt and berries; in minutes, you'll enjoy filling fiber with a protein and vitamin boost. Hard-boiled eggs, whole-grain toast with almond butter or a fruit and yogurt smoothie are also quick, nutritious choices.



Wash your hands - From banishing cold and flu germs to preventing foodborne illnesses, frequent hand-washing is one of the smartest preventive habits you can adopt. Wash your hands with warm water and soap before handling food, eating, or touching your face, and after using the bathroom or coming into contact with potentially contaminated objects such as doorknobs, toys, and menus. Be sure to clean the entire surface of your palms and the tops of your hands, as well as under your nails. A thorough hand-washing should take about 20 seconds.



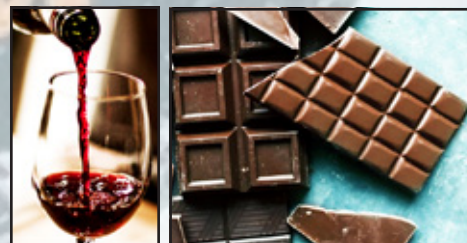
Know your family health history - Your family's medical history can give you important information about your own health. Many diseases, such as heart disease, breast cancer, diabetes, and depression, can have a genetic component. The more you know about the health of your relatives, the better informed you'll be about your own risk factors and how to manage them.



Eat mindfully - One of the significant differences between people who successfully manage their weight and people who constantly struggle is mindful eating. Turn off the TV or computer, sit down at a table with your food on a plate, and focus on eating. Mindful eating involves noticing how your food looks, smells, feels, and tastes in your mouth. Savor the smell and take time to really enjoy every bite of your meal. Chew until it's soft. The goal is to break down your food until it's liquified and has lost its texture. You should be able to swallow it easily without needing to wash it down with a sip of liquid. **Slow down** - You can try eating with your non-dominant hand, putting your fork down between bites. Chewing your food helps with digestion by giving saliva more time to work. It also helps regulate your appetite. Chances are you will eat less and feel more satisfied.



Add variety to your diet - Wild salmon and sardines are just a couple of the fish that provide heart-healthy fats such as omega-3, which lower your risk of cardiovascular disease and help preserve your cognitive function. Aim for two servings a week; more than that may add too much mercury to your system.

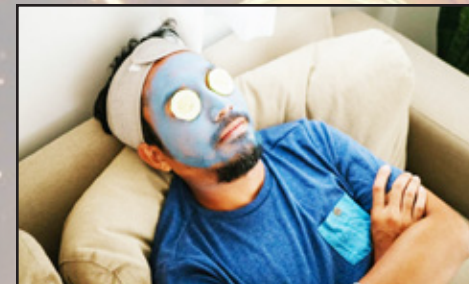


On occasion, if you enjoy wine, indulging in a glass of red wine or a bite of dark chocolate that contains at least 75% cocoa - both contain

antioxidants that can benefit your heart. In addition, both may relax blood vessels, which reduces clotting somewhat and makes it easier for blood to get to the heart. And finally, try to eat 5-7 servings a day of fruits and vegetables, and minimize your intake of carbohydrates.



Volunteer - In addition to helping others, volunteers themselves often benefit from "giving back" to the communities in which they live and work, and enjoy a rewarding sense of doing something good for someone else. As a volunteer, you gain valuable experience, learn new skills, make friends, and meet others who share the same interests. At Scripps Memorial Hospital La Jolla, volunteers also enjoy perks such as special events and wellness programs.



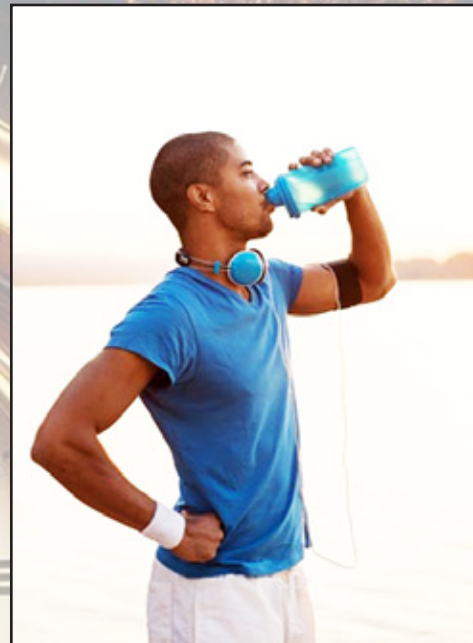
Make time for self-care - Self-care encourages you to maintain a healthy relationship with yourself so that you can transmit good feelings to others. You cannot give to others what you don't have yourself. While some may misconstrue self-care as selfish, it's far from that. When you pay adequate attention to your well-being, you're not considering your needs alone. You're reinvigorating yourself so that you can be the best version of yourself for the people around you. Everyone around you also benefits from the renewed energy and joy you exhibit.



Maintain strong family and social networks - Research has shown that people who have family and friends they can turn to for support and companionship may be healthier and less likely to experience depression than those who spend most of their time alone. Looking for new friends? Join a club, take a class or volunteer.



Take a time out - At least once a day, close your eyes and focus on taking 10 deep, full breaths. Inhale through your nose, feel your diaphragm expand, and exhale through your mouth. Deep, focused breathing slows your heart rate, calms the body and, as a result, calms your mind and reduces stress. Mix in at least 30 minutes of moderate physical activity at least five days a week as well. Choose something you enjoy and will stick to. Recent studies found that brisk walking is just as good for your heart as jogging, or try biking or swimming. You needn't do it all at once; two 15-minute workouts or three 10-minute blocks work equally well.



Drink more water - Drinking water prevents constipation, dehydration, and other related diseases. Whether you drink bottled, filtered, or tap, water helps keep your cells hydrated, flushes out toxins, and prevents dehydration. Tea, juices, and sports drinks count, too, but watch out for added sugar, artificial flavorings, and caffeine, all of which can detract from the benefits.

There's a wide range of New Year's resolutions out there, but they all have one thing in common — they have to be personally meaningful. A good New Year's resolution is one that resonates with what you want for your life. It will keep you motivated to work towards them, even when you don't feel like it.

The new year is here...are you all ready for it? Alright 2025, we've waited all year for you... Let's do this!



BIKE SAVERS

with John Peterson



BIRDS OF A FEATHER

GAAAH! I did it AGAIN!! Just WHAT is my Problem?? "I don't have a problem; YOU have a problem if you have a problem with me! I can quit anytime I want!"

This is called Denial, folks - but I guess of all the problems one could have, collecting old motorbikes is probably down there a bit...let's rewind the clock a bit here and go back to March of 2024, or thereabouts.

I got this itch in my pants for a classic 1972 Honda CB500 Four. Everything I saw online showed me these gorgeously restored bikes that were in the "Unaffordable" range - \$2,500, \$5,000, heck even \$1,500.

So I'm cruising around thru Facebook Marketplace one night after a few glasses of Kraken & Coke - always a bad idea, and if there's ever been an enabler for someone with a fetish for old motorcycles, Marketplace is it - and came across this beauty:



A 1973 Honda CB500 Four, just the way I like 'em - over 30 with lots of problems, seen here at the pickup point right after loading her up...I love the orange! Okay, great - I found my CB500 Four (Note the classic '70's ape-hangers...not my style, but I wasn't about to quibble).

I get her home, do a little triage on her and go back to working on my 1989 Honda VTR250, which I wrote about in previous issues of Virginia Rider...and wouldn't you know it, ANOTHER one shows up!



THIS one is a 1972 CB500 Four - where I found her, leaning up against a tree next to a dilapidated, broken-down shed the PO had pulled it out of trying to clear the yard while he was renovating a house.

Actually, I had seen it on Marketplace for weeks at a price I didn't particularly care for, and one morning I messaged the guy and jokingly said 'I'll give you \$100 for it'...and he said YES! This one is currently torn down and up on the bench awaiting restoration, I wrote about it in last month's Virginia Rider - I've got the frame repainted and am currently working on the engine, so you can expect to hear more about it as work continues...but I digress.

Okay, SO - that's TWO, right...? AND THEN IT HAPPENED AGAIN!! This time not 20 miles from my house! This is not the same bike as above...



This one is a 1971 CB500K0! A First-Year production model, with just over ten thousand miles on the clock. I love the 4-into-1 pipes, which actually cleaned up really well. It rolls, but the kicker is stuck (probably the pistons), which means I'll have to do some top-end work (at very least), when I get the chance.

It's funny, you can search and search and search for a particular bike you want, can't find ONE anywhere - and then it starts raining them! I'm not rich by ANY means, but these bikes are going out of style and parts are hard to find, so whenever I get the chance to get one cheap ("affordably", I should say), I try to take advantage of it. So of course I made the trip, gave the man his money and brought his one home too! It actually came with a 1977 Suzuki GS400G parts bike, but that bike was so rusted-out and 'gone' that I pillaged what I could off of it (a set of rusty carbs, the manifold boots, airbox, a rear fender and a taillight) and left the rest to the elements that it had obviously spent years if not decades in.

"John", I can hear you saying..."you're nuts, man. Just HOW MANY of these do you need?" I KNOW, Right...??

Well, it turns out that THIS one is Special - in addition to being a UJM (Universal Japanese Motorcycle), this one is ALSO a 'JDM' UJM, made exclusively for the Japanese Domestic Market, sold exclusively in Japan and not for export. I knew I had something special when I came across this light-up jewel on the steering stem...



From what I can gather, that says "Speed Warning Light"...I guess it illuminates when you exceed a certain speed limit...? ...and there's also this ID plate on the rear fender...



I think the round sticker is the dealership sticker, but if anybody out there speaks Japanese, please let me know what it says.

From what I can glean from asking around, this bike was probably bought by an American soldier and shipped home from Japan, which is cool because I used to be one too!



Doing my usual triage, here...a can of Kroil and some carb cleaner! It's pretty cool, not only because of the historical cachet, but I had never seen a little 500 with a King/Queen seat on it, and as such you can definitely tell it seems to fit someone of a smaller stature - I'm 6'1"

and sitting in the seat my knees hug the tank; the handlebars are a little smaller too. No key, but I finally figured out the seat lock and found an original set of Honda tools still in the bag, and the rare-to-find fuse holder - that little tab-looking thingy next to the air inlet. No owner's handbook this time, but you can't win 'em all, I guess.



In my efforts to save all these bikes I come across over the years though I think it's kind of fantastically strange how you find one of the bikes you're looking for...and then others follow suit! The same thing happened with a CB350F I found - and then I found another one!

And hey, look - I appreciate your concern, but I can quit anytime I want - maybe I just don't WANT to, huh? HUH??

Now I just have to find a place to PUT it!



FIT FOR THE ROAD

Do Hydration Needs Change in the Winter?



Find out how the cold weather affects how much water you need to drink. Sweltering summer temps are a distant memory. With the arrival of cold weather, you might not feel the need to hydrate as often. But, with cold weather workouts on the horizon, it's a great time to discuss hydration in the winter months. We talked to some personal trainers about the effects of cold weather on our workouts and our hydration needs. Here are some solutions to keep us prepared and performing.

Cold air is drier than warm air.

Cold, dry air holds less moisture. Therefore, with every inhale, the dry air sucks moisture from the inside of our lungs and throat before being exhaled. "Have you ever seen your breath as you exhale in cold weather? What you're actually seeing is tiny droplets of your body's water being expelled and thus being lost to the surrounding environment," says exercise scientist and personal trainer Brett Knopf. To prevent dehydration, you've got to replace the lost moisture.

Solution

"Nose breathing is an essential skill that all cold weather exercisers should aim to master," says Golden Gloves Finalist and personal trainer Mitchell Senat. "Inhaling through the nose works in several beneficial ways," explains Senat. "One is that it helps to humidify the incoming air to limit the drying effect. It also limits the volume of air entering your body. [This] again helps to control how much dry air is entering your lungs. The nose filters the air [of] dust and micro particles that won't help you during exercise." To help warm the air before it enters your body, you can also try wearing a mask or balaclava.

Sweat evaporates quicker in colder weather.

"You may not feel like you're sweating very much in the colder climates. The colder temps are helping the surface of your body stay cooler," says Knopf. "But, much of what is happening is that when you sweat in cold weather it evaporates quickly before it drips down your face. [This] gives you the illusion that you're not losing much water." This may make you feel like you don't need as much water replenishment post-workout. But, failing to drink up leaves the body in a negative water balance until dehydration symptoms fully kick in.

Solution

Try layering to create a warmer outfit. This will help keep your muscles from freezing up, and allow you to move as fluidly as you like during your workout. It will also physically remind you post-workout that you have sweat a ton and need to replenish fully. Senat says that you should "stay on the same hydration plan you always use." He adds, "No matter the climate, drink plenty of water during exercise and especially post-

workout. If you weigh yourself pre-and post-workout, you will most likely see your weight drop after a hard bout." To combat this, Knopf says, "Try drinking 20 ounces of fluid for every pound lost."

Urine production increases in cold weather.

In colder climates, the body's tissues constrict slightly. This causes an increase in overall blood pressure. In response, the body attempts to extract some of the water from your bloodstream. In doing so, it increases the flow of blood to vital organs and tissues. Therefore, the easiest way for the body to get rid of water is through urination; so, expect to pee more in colder climates!

Solution Drink more fluids. "Start your day with 25-40 [ounces] in the morning before you do anything else," suggests Knopf. "You should be aiming for at least half of an ounce of water for every pound of body weight you have," he adds. If you're very active, make it one ounce of water, per pound of body weight—just to be safe.

The thirst response is delayed in cold weather.

As mentioned above, the body naturally directs a majority of its blood flow to the internal organs and tissues in cold climates to maintain a healthy internal temperature. This is a survival response aimed at protecting your vital organs from freezing and malfunctioning. All good right?! Well, yes, for survival it is great. For modern humans looking to exercise in this climate, it could pose a challenge, because our thirst reflex is not triggered as quickly, potentially causing us to forget to drink fluids.

Solution

Again, try to stay on a hydration schedule. If you know how much water you need to consume daily, based on your body weight and exercise duration, be sure to hit that mark, no matter how thirsty you feel. Knopf concludes, "If drinking a ton of water is not easy when you're not as thirsty, try taking in fluids in different forms. For example, warm soups, non-caffeinated teas, and electrolyte beverages might make drinking fluid more palatable."

Be sure to stay hydrated no matter what season it is, to help yourself stay fit for the road.

Source: <https://aaptiv.com/magazine/winter-hydration-needs/>



Twas The Night Before Christmas

'Twas the night before Christmas when all through the garages
Not a motorcycle was rumbling, except for Santa Claus's;
The leather was hung in the closet with care
In hopes that nice weather soon would be there.
Our bikes were all nestled snug in their covers
With visions of blacktop and burning up rubber.
With momma in her bandana and I in my skull cap
We had just settled down for a long winter's nap,
When out on the lawn, there arose such a rumble
I sprang from the bed as I started to grumble,
When, what to my wondering eyes should appear
But, a pack of motorcycles, with riders and gear,
With one old driver so lively and quick
I knew in a moment it must be Rider Nick,
He was dressed all in Leather, from his head to his foot
And his clothes were all tarnished with bugs and road soot,

A bundle of chrome he had flung on his back
Down the chimney he came, carrying a big red sack,
He spoke not a word but went straight to his work
As he filled all the riding boots, then turned with a jerk,
And laying a finger aside of his nose
And giving a nod, up the chimney he rose,
He sprang to his motorcycle, to his team gave a sign
As they all cracked their throttles and got into a line,
Now Honda, Now Harley, Now Triumph and Indian,
On Kawi, On Suzuki, On Yamaha and Victory,
But I heard him exclaim as he roared out of sight
"Keep the rubber side down and have a good ride.
Merry Christmas to all, and to all a good night."



Preparing Yourself And Your Motorcycle For WINTER RIDING

Most motorcycle riders store their motorcycles for winter time. Of course, it all depends on where you're from, but in most places across the globe, you'll see fewer and fewer motorcycles on the road as winter approaches. This article is dedicated to the brave souls out there who have decided winter and all the conditions that ensue won't stop them from riding their two-wheelers.

Before we go into detail, I feel like offering a fair warning on why riding your motorcycle during the winter might be a bad idea, especially if you're not an experienced rider.

Why shouldn't you ride in the winter?

Unlike cars, motorcycles don't offer a safe enclosed space. Of course, that's part of the thrill of riding, but when you do it in the cold season, you'll quickly feel the effects. But how cold is too cold? Well, that's up to each rider, and it's significantly influenced by other weather factors, such as wind. If we were to give an exact number, it's not recommended to ride a bike when the temperature drops to 32 degrees.

Besides the cold, the most obvious issue when riding during the winter is snow. As I mentioned, it depends on where you're riding, as some places don't experience snowfall at all. But, in those that do, riding becomes way more dangerous, as motorcycles will struggle to get a grip. You can prepare for that; I'll talk about it shortly.

If these things don't scare you, you can consider riding your motorbike during winter. That's more important than people think: being confident in handling these rough conditions. So, if you're not ready to part ways with your two-wheeler for the winter, let's see how you can prepare.

Dressing for the ride

The cold air, snow, ice, and other winter conditions will significantly affect your bike and your body. That's why ensuring your riding gear protects you is critical, with insulation being the most important part.

The easiest and most effective way to keep warm while riding in cold conditions is by layering. The more layers you have on, the better. Of course, you can't simply throw on whatever you find in your closet – besides insulation, you must use gear that provides adequate protection.

So, what's the science behind layering? It's not that complicated – the more layers you wear, the more warm air you'll trap between the layers, so the warmer you'll be. Multiple thin layers of clothing will always be a better choice than using fewer bulkier ones.

You must choose the correct type of layers because you don't want moisture and sweat to be trapped under your gear. Another benefit of using multiple layers is that you can simply remove one if you need to regulate your temperature.

It all depends on the exact conditions you'll be riding in. That being said, there's a formula to layering that will work wherever you're riding. I'll keep it as short and sweet as possible.

The first layer you'll need is the base layer, which essentially acts as your second skin. Its purpose is to trap warmth while drawing off the sweat and moisture to your second layer. A safe choice is a natural fiber, such as merino wool, although synthetic ones like polyester and nylon will also do the job. This base layer should fit snugly to prevent warm air from escaping.

Next, we have the mid-layer – its role is to insulate the body by keeping the warmth in. This layer can have two parts if you're traveling in freezing conditions. In this case, you should the first one should be warm and thin. The second one can be a thicker thermal fleece, a down jacket, or even an electric heated jacket. If it's not that cold, you can opt for a single layer and

use a fleece or a down jacket.

And lastly, we have the outer shell layer, the one that will face the cold. It must be a motorcycle jacket with integrated protection that will also keep you warm. It's essential for it to be fully waterproof, so you should purchase a piece of gear dedicated to riding in the cold.

Gore-Tex is one of the names most often thrown around when discussing cold-weather clothing. Long story short, it's a waterproof and breathable fabric – what makes it so good is that it can repel water while allowing vapor to pass through. Of course, this is a brand, and there are many other alternatives out there. However, you can expect excellent quality when purchasing any piece of clothing with Gore-Tex.

The next level would be Pro-Laminate Gore-Tex, more simply known as Laminate. What makes this different from the Gore-Tex lining, which is typically removable, is that this membrane is built into the piece of equipment. Again, Gore-tex is one of many brands that produce laminated fabric.

Of course, dressing properly refers to more than just your torso area. You should follow the same dressing format when it comes to trousers, although you could skip the mid-layer, depending on the conditions.

Regarding boots, the best choice is adventure-style bike boots. They're large and tall, offer excellent protection, come with extra padding, and will keep cold and water away from your feet.

When choosing boots, make sure they fit correctly, meaning you don't need them to be very tight. That allows space for a thick pair of socks.

Another body extremity that requires special protection is your hands. You don't want to ride in the cold and realize at some point that your hand is numb, eventually leading to frostbite, with the risk of losing your fingers.

An excellent option is Gore-Tex gloves, as they provide fantastic insulation. The glove's gauntlet should be easy to tighten and should slide underneath your sleeve. Other options include lobster gloves, which retain more heat by keeping your fingers grouper, or heated gloves.

A winter-ready motorcycle helmet is also a must. Typically, the best and warmest option you could go for is a touring helmet, which can also come with a neck curtain and a chin guard.

Another thing you should look for is a pin-lock insert, which will prevent your visor from misting up. Moreover, consider a wool, silk, or synthetic balaclava for additional protection.

Motorcycle Maintenance

So, you've purchased all the necessary gear for riding. Before you go out, you need to make sure your motorcycle is just as ready as you are. Most bikes are set up for three-season riding, so they're equipped to handle warmer weather.

You need to check a few things before and after a cold-weather ride. First, we have the battery – cold temperatures make it harder to start the bike, and batteries don't work as well in the cold. So, make sure the battery functions correctly. For extra safety, you can carry a battery jump starter onboard.

Next, you must maintain correct fluid levels, such as that of the coolant. However, before that, make sure the fluid you're using is adequate for the temperatures you'll be riding in. What's more, check if you'll need thinner engine oil, as oil becomes thicker when temperatures are low.

Check the wear of your chain and see if it's clean and adequately lubricated. That's especially important because the salt used to clear icy roads can damage your chain in the long run.

And lastly, we have the tires. It's essential you check the tread wear, if they are worn out, and whether you have the correct tire pressure. Moreover, consider buying some winter tires, although they're typically not that easy to find. If that's not possible, at least ensure the rubber you have has a tread pattern suitable for rain and slippery surfaces. Check the tread. Two millimeters of tread depth is about as low as you should let it go. You don't need a fancy measuring instrument or other tire tools to detect 2 millimeters of tread depth. Use a penny if you don't have a measuring tool handy.

Motorcycle Modifications

There are countless modifications you can make to your bike. Here are some of the accessories you can equip that will make winter riding safer and more enjoyable. First, a larger windscreen will help deflect the air off your body, thus helping you stay warm. The same goes for lowered fairing, as they will further protect your body. Furthermore, heated seats are another option you could go for.

Even with proper gloves, having other accessories that help keep your hands warm doesn't hurt. Taking inspiration from dirtbike riders, you can fit a set of quality handguards to block the wind. Moreover, you can go even further and install handlebar covers, which provide an additional insulated layer. And lastly, a heated handgrip system is simple and inexpensive to fit.

If you really want to ride in more extreme conditions, the safest bet would be to get your hands on snow-studded tires or even build them yourself if you have the skills. These tires improve control and traction in icy conditions because the metal studs or spikes are embedded into the tire's tread, thus penetrating the ice when riding.

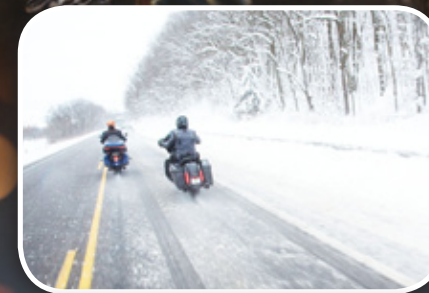
The major downside with snow-studded tires is that they're illegal to use on public roads in some places across the globe because they can damage the road. In the US, most states have seasonal restrictions, while some hotter ones fully prohibit them, and others allow unrestricted use.

Riding Tips

Presuming you've ticked all the boxes above, both you and your motorbike are locked and loaded for a winter ride. Now, it's all about how you handle the two-wheeler in the winter conditions. Here are some tips and tricks that will help you keep the bike upright and remain safe.

First, you must learn to spot the warning signs of cold-induced fatigue. Some of the beginning warning signs include decreased mental clarity, which is more dangerous than any other physical effect.

Hypothermia sets in gradually, and it will take a toll on your most vital organ: the brain. Your active scanning of the road ahead and your surroundings decreases, as well as the



anticipation of potential threats. Moreover, you'll have slowed reaction times.

Another symptom you may experience is difficulty taking deep breaths. What's more, your hands and legs become stiff and lose mobility, and you might shiver. You must know when to stop – so when these things happen, it's essential to take a break, heat up, and have a snack.

Even if your tires are in perfect condition and inflated just right, you still need to hit the road cautiously and take your time to warm them up. The best way is to accelerate and decelerate quickly. Of course, do this while being aware of traction and the conditions – you wouldn't want to do either when encountering patches of ice.

Salt is not only damaging to metal, but it can significantly impact traction. So, you should treat it like ice – if you notice crystalized appearances on the side of the road, avoid them. White ice is easier to spot, but black ice blends in with the asphalt, making it way more dangerous. If anything remotely resembles ice, stay away.

Although plow trucks help make the road rideable, they can also damage them by causing cracks. When riding with the correct tire pressure, tiny cracks won't do any harm in most cases. But if you encounter a larger one, you might lose traction.

Another critical tip is to increase your visibility and space when riding in the winter. Look further down the road to identify possible threats and open up your following distance – keep at least a few car lengths of space between you and the next road user.

Get familiar with techniques for snow and ice riding, which can be pretty similar to dirt riding techniques. If you find yourself in the worst-case scenario, it's good to be prepared. However, the safest option would be to realize when you're out of your depth and ride calmly to the nearest place where you can rest, take a breather, and wait for the conditions to improve.

If you're riding and snow starts falling, the best thing to do would be to go home. To prevent this, you should keep an eye on the forecast before heading out.

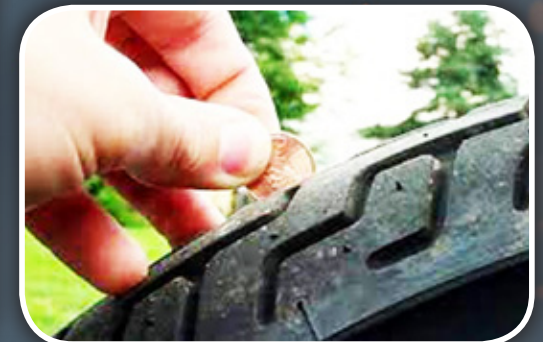
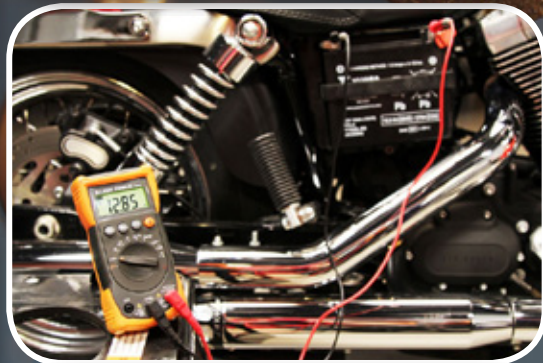
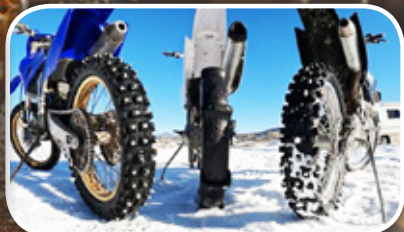
Regardless of how much and how well you prepare, unfortunately, accidents happen. Make sure you have a towing service in mind that's readily available, especially if you plan on riding for longer distances.

Riding in the winter is very challenging, but it can be a fulfilling experience if done right. These tips will help you stack more miles during colder months and improve your riding skills. As with most things in life, you need lots of practice – take it step by step, don't push yourself too much, and don't take any unnecessary risks.

Stay safe & enjoy this wild and wonderful winter season!

Source: <https://www.autoevolution.com/news/autoevolution-s-guide-for-winter-motorcycle-riding-224665.html>

continued next page



Just bought my first live Christmas tree. The guy told me if I give it a lot of light and water he would come back in February and haul it away. He was such a nice young man



5 TIPS FOR A PET-SAFE Christmas tree

- ONE- Securely anchor your tree to keep curious pets from knocking it over!
 - TWO- Sweep up pine needles frequently to avoid ingestion.
 - THREE- Keep glass, breakable or any edible ornaments up high, out of pets' reach!
 - FOUR- Keep pets from drinking tree stand water, & don't add toxic tree preservative products to it!
 - FIVE- Avoid using tinsel, string or ribbons - they can cause severe damage if ingested.
- from all of us at **VIRGINIA RIDER Magazine**
merry christmas!

**IF YOU RIDE,
DON'T DRINK.**

**IF YOU DRINK,
DON'T RIDE.**

A safety message from friends who care

VIRGINIA RIDER Magazine



Santa Says...
"Keep It Local This Christmas"

"Support Your Ho-Ho-Ho-HomeTown"

shoplocally.com

CHRISTMAS TREE PET SAFETY TIPS

- 1. TINSEL**
Avoid decorating with tinsel. If swallowed, tinsel can obstruct a pet's digestive system.
- 2. PLASTIC ORNAMENTS**
Choose plastic ornaments over glass ones. Shattered glass ornaments can harm pets.
- 3. CHOCOLATE**
Don't decorate with chocolate. Their chocolate ornament may be adorable, but it's also toxic to pets.
- 4. STABILITY**
Make sure the tree is stable. Curious pets can knock over a tree, causing harm and making a mess.
- 5. ELECTRICAL CORDS**
Hide electrical cords. Cords can trip excited pets or electrocute pets if they chew on them.
- 6. CHEMICALS**
Don't add chemicals to the Christmas tree water. Chemicals intended to prolong plant life may harm animal life.
- 7. PRESENTS**
Don't put the presents out just yet. Inquisitive pets may try to open them - and be disappointed when it's not for them.

A message from your friends at **dogster & catster**

FOR THE LOVE OF SNOWMEN EVERYWHERE, DON'T DRIVE BUZZED.

avoid the holiday buzz
buzzed driving is drunk driving.
holidaybuzzed.com

When the going got tough, the tough got creative

BROUGHT TO YOU BY COVID 19

Santa's idea of a motorcycle club.

LEE'S GARAGE

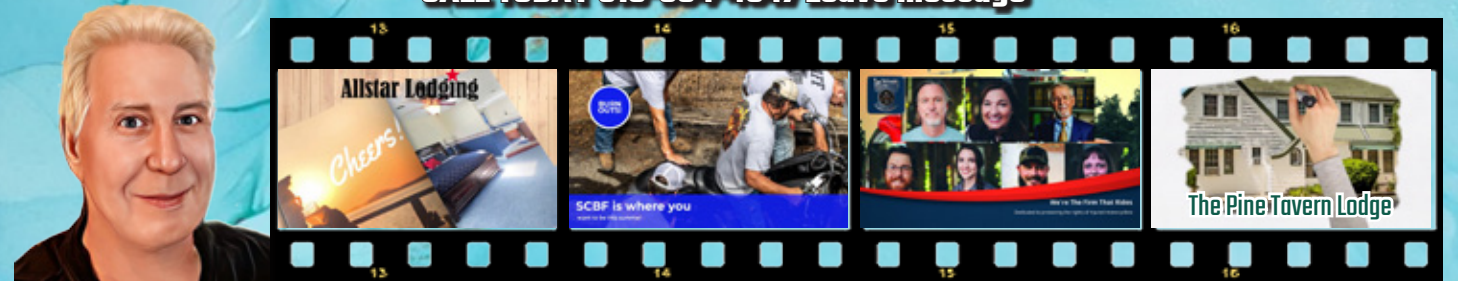
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It's not the destination, it's the journey.
We hope you have many great things coming your way in the new year ahead. May your days continue to be filled with good health and great company.

From all of us...  ...to all of you

WE WISH YOU A VERY.

MERRY CHRISTMAS



and a

Happy & Healthy New Year

2025

VIRGINIA RIDER



Magazine™