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MAGAZINE™



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## from the editor's desk

It's so great to have you back with us as we roll into a bright shiny new year. If you're just joining us for the first time... Welcome! We're so happy to have you! Saying goodbye to the past year while welcoming in the new one usually brings great feelings of hope and inspiration for trying to do things a little differently this time around. Many people see it as a clean slate, a new chapter or, even, a new book altogether. It's not exactly a "do-over" but I like to look at it as a "do-better". I have some things that I'll be working on for myself and as for the magazine, Virginia Rider has room for improvement too. So, together we'll be working on being all that we can be for a better year ahead, for me & for YOU!

We are looking forward to lots of awesome events this year. Our Events page on [virginiarider.com](http://virginiarider.com) is updated frequently so be sure to check back often for the latest rides & to keep up with what's happening in Virginia and West Virginia. If you have an event, or you know of any, drop us a line with the info on it so we can get it added right away.

If you're looking for great places to ride, stay, eat, shop, or play, check out our Rider Friendly Directory, which is also on [virginiarider.com](http://virginiarider.com). The businesses in our directory are your friends on the road, the folks you can rely on for all of the things that you may need to fully enjoy your life of riding on 2, 3 or 4 wheels. They're here with us so you'll know that they are here for YOU!

This is going to be such an exciting time to be a part of the motorcycle communities in the Virginias. We encourage you to join us on our Facebook page as we share lots of great info about motorcycle roads, news & info, pictures, event happenings, and much more. We are looking forward to teaming up with some of our friends of the road to feature giveaways, contests & other fun & exciting things that you can participate in this coming ride season of 2024. We hope you stay with us as we count down to the end of Day Light Saving time on March 9th to kick off what we like to think of as the unofficial start of the new riding season. The countdown is on!

We love putting together Virginia Rider for you every month & would love for you to be a part of it by sending us your pictures for the SHOTZ pages, you can share your stories & adventures of road trips or day rides, if you ride with a four-legged friend we'd love to feature you in our Ruff Riders section which will be back next issue. You can drop us a line anytime with suggestions or comments – we'd LOVE to hear from you!

We are still waiting for some white stuff...Let it snow! (just for a few days 😊)

Stay warm & safe out there friends....until we meet again!  
<Hugs>

Kelly



## IN THIS ISSUE



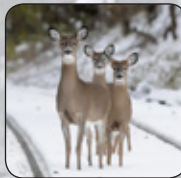
**GREAT PLACES TO RIDE** Marc and Rose were off on another adventure, this time on the morning of Christmas Eve. The journey took them through Bullpasture Mountain, McDowell, Moyer's Gap Road, Franklin, and finally turned around close to Judy Gap and Reeds Gap Road. We can't wait to see where they're going next!



**CHILDHELP TOY RUN** The toy run covers the Christmas wish items for the 50 plus children living at the Alice C. Tyler Village in Culpeper County, Virginia. Though the weather and flu bug keep a lot of our usual attendees away this year, the event was a huge success filling the wishes for the children.



**GOOD FOR YOU** Cinnamon is rich in antioxidants and other beneficial compounds. Some research suggests that it may help you manage blood sugars, protect against heart disease, and reduce inflammation. In recent years, modern science has started to confirm many of the potential health benefits associated with cinnamon.



**JUST A MOMENT DEER** Even though normal peak time for deer-related crashes in the Virginias are October through December, the chances are still incredibly high well into the first of the new year for you to meet up with a deer while traveling. Here's some safety tips to help keep you safe out on the road.



**THE NEW YEAR BLUES** Here we are with the holidays behind us, rolling into a bright shiny new year. For many, it's not very shiny and tends to be the hardest part of the winter season to get through as the days are still rather short and the nights are still long and cold. Even the best of us can get the blues this time of year. Here are some tips for beating them.



**THE LIGHTHOUSE** Too often we underestimate the power of a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring. This month is devoted to two stories in which people showed kindness and fairness. Are you making the road smoother for someone?



**TOM MCGRATH'S MOTORCYCLE LAW GROUP** It's amazing how many Motorcycle Laws are in effect here in VA and WVA that most motorcyclists have no idea that they even exist. You may be very surprised to learn about them, so via The Motorcycle Law Group, we will keep you posted on the latest "road rules" of Virginia's and West Virginia's Motorcycle Laws

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## PMS - The Silent Killer.

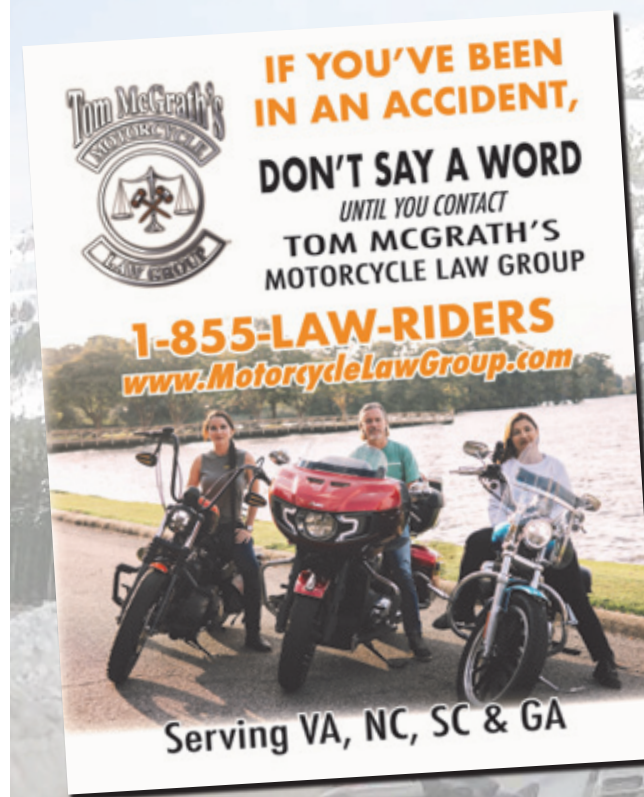
Parked Motorcycle Syndrome symptoms include pacing back and forth in the garage, irritability, headache and nausea. If you or a loved one is suffering from any of these symptoms, get out for a ride. Prolonged exposure to a parked motorcycle can drive you completely insane.

Share the Road.  
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LOOK TWICE  
for motorcycles

A MOTORCYCLE'S BEST SAFETY FEATURE IS YOU.

## FEATURED IN THIS ISSUE



The Motorcycle Law Group in Virginia is dedicated to providing comprehensive legal services tailored to motorcyclists.

Specializing in motorcycle-related legal matters, they offer expert representation for riders facing legal challenges. The firm understands the unique complexities of motorcycle accidents and strives to protect the rights of bikers.

Services provided by the Motorcycle Law Group include assistance with personal injury claims arising from motorcycle accidents, insurance disputes, and legal representation in cases of wrongful death. The team at the Motorcycle Law Group is comprised of experienced attorneys who are passionate about advocating for the rights of motorcyclists.

They work diligently to ensure that riders receive fair compensation and justice in the legal system. With a client-focused approach, the Motorcycle Law Group in Virginia stands as a trusted ally for bikers navigating the legal aftermath of accidents and seeking justice.

### ON OUR COVER

Don't suffer from PMS (Parked Motorcycle Syndrome) this winter. There's nothing like getting out and kicking up a little snow to beat the winter blues.



# Just a Moment Deer

## Safety Tips For Winter Deer Encounters

It only takes a moment for an accident to happen. Even though normal peak time for deer-related crashes in the Virginias are October through December, the chances are still incredibly high well into the first of the new year for you to meet up with a deer while traveling, whether you're on your bike or in your vehicle. Here's some safety tips to help keep you safe out on the road

### Be on the lookout at dawn and dusk



Deer are typically most active during dusk and dawn, according to wildlife experts. This movement increases your risk of colliding with a deer during these times of day, says the Insurance Information Institute. During deer season, when the sky is dark or the sun is low, make sure to keep your eyes open for deer.

If you're driving when it's dark or the sun is low, the Department of Transportation recommends slowing down in areas where deer crossing signs are posted. It's also recommended to scan the side of the road for deer. You may see "eyeshine" as you ride, which is your headlight reflecting in a deer's eyes.

### If you see one deer, look for others



Deer often travel in small herds, so if you spot a deer during your ride, slow down. There may be more deer in the area that

you haven't seen yet. Deer often cross roads single file. If one crosses in front of you, stop to be sure that more deer aren't following behind the first.

### Wear your safety gear

A helmet is an important part of your riding gear, especially during deer season. To make sure your helmet offers proper protection, the Motorcycle Safety Foundation (MSF) suggests looking for a comfortable, snug fit. Also, make sure the helmet has a DOT sticker, signifying the helmet meets the safety standards of the U.S. Department of Transportation. Help protect your arms and legs by wearing long pants and jackets made of abrasion-resistant materials, as well as motorcycle gloves and boots.

### Do not swerve if a collision is unavoidable



If you see a deer on the road during a ride, do your best to avoid it. However, swerving to miss a deer may not be your safest option, as you want to keep your motorcycle stable. Deer can be unpredictable — sometimes stopping in the road or doubling back. Braking until you stop may be the safest approach. Also, ride with your hands covering the brakes so that you can start braking as soon as you see a deer.

### Ride a bike with antilock brakes

Antilock Braking Systems (ABS) can help you maintain better control of your vehicle when trying to stop quickly, according to the National Highway Transportation Safety Administration. The Insurance Institute for Highway Safety says ABS prevent a motorcycle's wheels from locking up in a hard brake, which could mean a serious fall. So, if you're in the market, consider buying a bike that has ABS.

### Spread out if riding in a group

While it's always good riding practice to spread out during group rides, this is especially important if you are riding in the early evening during the fall and winter. Spacing out riders may help prevent one rider from colliding with others in the group if someone needs to brake quickly. The MSF recommends riding in staggered formation with at least a 2-second following distance between riders.

A perfectly unexpected mild winter day can be a wonderful time to head out on your motorcycle, but it's important to take extra caution when deer may be nearby. Follow these motorcycle safety tips to help you steer clear of the deer this cold riding season and keep both you and your bike safe.



VIRGINIA RIDER MAGAZINE

Source: <https://www.allstate.com/resources/motorcycle-insurance/deer-season-safety>



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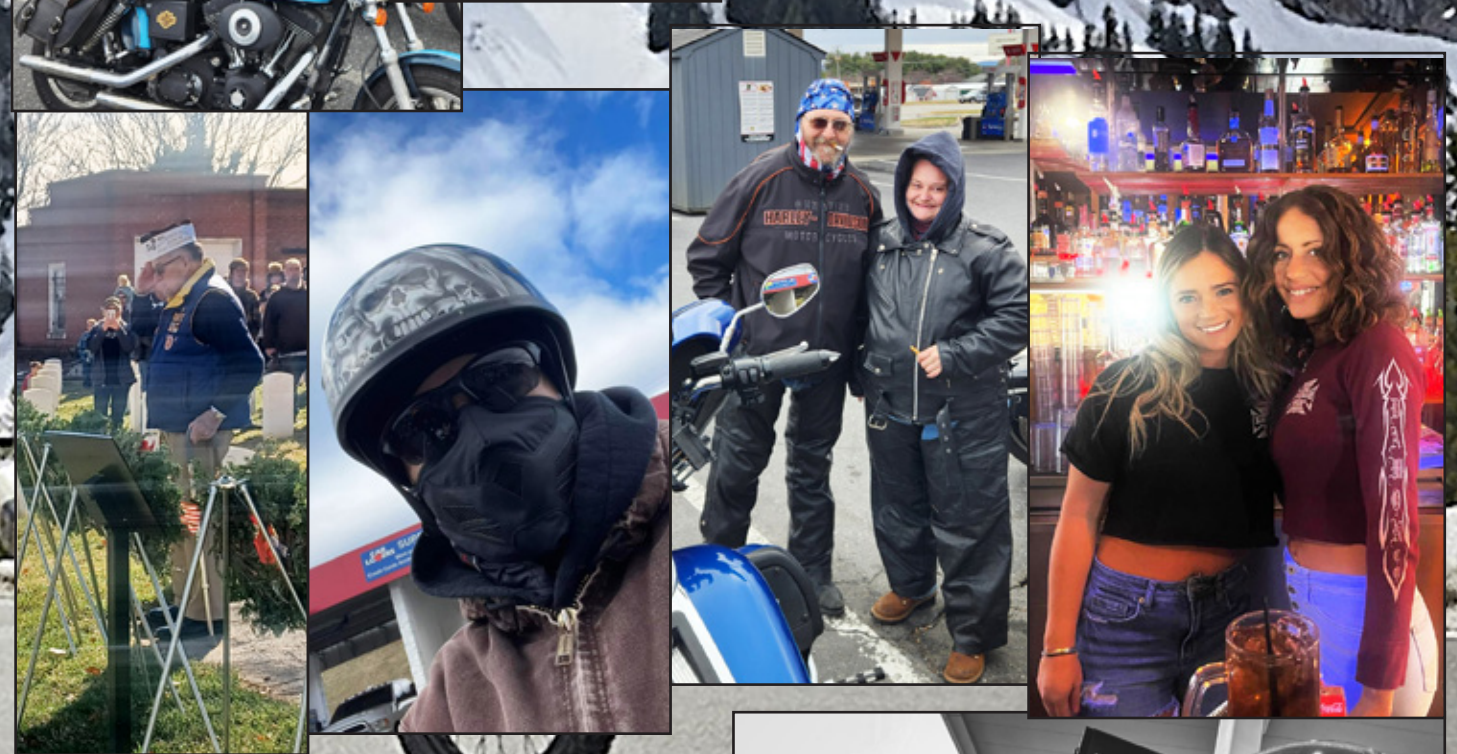
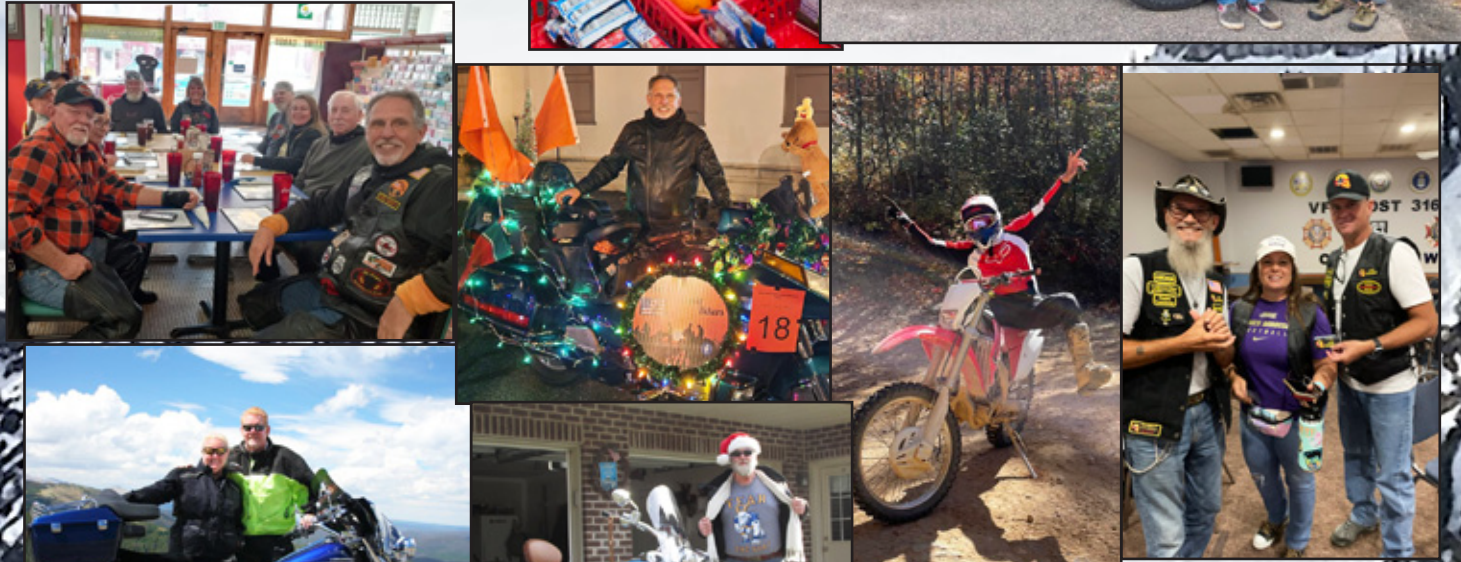
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# SHOTZ

LET'S DO SOME SHOTZ!!!  
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# GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

## Deep Tracks

I once read, "It is in the sublime where the greater reality exists." Like hearing Rush's "Jacob's Ladder" for the first time while playing "Permanent Waves," discovering a hidden backroad, that leaves an impression while exploring on a motorcycle, can provide a similar euphoria. I remember, as a kid, riding my bike to the record store a few miles away: inspired by a song played on the radio at the time. It's funny how today, great music is available right at our fingertips. And, after all these years riding, the roads finally are as well.

Rose and I departed late morning on Christmas Eve, to savor some of these now familiar farmacs. Temps were forecast to be in the upper 50s. It was Sunday morning, and "Easy" by another Ritchie, Lionel, and his mates, The Commodores, shuffled over Windy's ample audio system. She was also sporting a fresh set of tires thanks to Gary and Norm at CycleLogikal in Mt. Crawford, who are "Keeping the fun alive!" The roads were mostly clear and dry, even this late in the year, and we took full advantage of narrowing the chicken strips on Bullpasture Mountain.

We turned north on Doe Hill Road once in McDowell. In a few miles, we had caught a flatbed carrying hay rolls with farm tags. Fortunately, there was a clear passing zone we made quick work of. The skies were mostly clear, and Rose got some nice pics of the countryside and open road. She also got a long leg squeeze.

Crossing Moyer's Gap Road, we made a left on Dry Run. I would qualify this as a stereotypical Appalachian backroad. There are seemingly countless twists and turns with abundant elevation changes on paintless and sometimes, bumpy asphalt, with lots of gear changes and relatively little time spent in the highway one. Pair that with 19th and early 20th century farmhouses and homesteads with mountain views and very little traffic, pictures taken just very well might find themselves in a motorcycle or travel magazine or website.

Finally parked in fifth for the final stretch to Franklin on 220, Mammoth's "Take a Bow" got an inspirational adjustment on the volume knob as Wolfgang's paternally inspired solo echoed off the rock cliffs. Backing it down so as not to bounce off the storefronts, preserving the essence and flavor of main street in a small town, I noticed the temperature had eclipsed the 60 degree mark on the bank's thermometer: a subtle transmission from the universe coinciding with my age.

Like the other Mon Forest Towns, Franklin is a good place to basecamp, with dining and lodging options close to great roads and attractions. Spruce Knob, Seneca Rocks, Blackwater Falls, to name a few, are all relatively short rides, in addition to the countless, empty backroads to discover, many of which are featured on our



Virginia Rider Magazine YouTube Channel. For the BDR and camping crowd, there's also a well-stocked grocery store to take items back to Thorn Creek Park for the evening's dinner. And if you're just a local with a big touring bike with abundant storage like ours, you might just want to leave the SUV at home the next time you make a run.

Once again in the highway gear, we briefly pushed west on 33 towards Judy Gap and Reeds Gap Road. This little gem will eventually find its way to 220 just north of Upper Tract. In the meantime, prepare to enjoy some beautiful views of North Fork Mountain on mostly smooth and empty pavement. Rose and I stopped to put in a fresh camera battery, creating our own private overlook, amidst the bumper to bumper bovines across the fence. The second half is freshly paved, and no longer the bumpy proving ground for adventure bikes. It's still a bit narrow with blind bends, so like a fine wine or craft beer, we took a slow pull and avoided any improper chugging.

We reached our watermark for distance and headed south back to Franklin mirroring the South Branch Potomac River much of the way. In addition to the natural scenery, we enjoyed seeing all of the colorful Christmas displays. Rose and I finally got our wave on passing two bikes heading the opposite direction south of town. And in other news, a conscientious driver in an oncoming car with flashing lights alerted us to West Virginia's version of Open Range ahead, as we soon passed a loose cow on the side of the road.

As a rider, I couldn't have drawn it up any better than this. It's all finally right here: the greatest riding I've ever known, literally in my back yard. No matter which way Rose and I go when leaving home, we have to



cross over a mountain. And chances are, we'll be riding in a National Forest, or on one of the abundant, open and empty roads at some point. For many, riding is an escape: a way to completely check out and forget about life for a while. And to that end, uncovering these sublime experiences, when we realize we're in some of the greatest playgrounds a kid with a bike could ever dream of, where freedom meets nirvana, we tend to want to keep it that way.

Cheers and thanks for reading!

Marc Ritchie  
Photos and Nirvana magnet: Rose Grant



*continued next page*



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# **VIRGINIA RIDER**

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**Our Rider Friendly Directory locations are the best destinations for riders!**





## VIRGINIA MOTORCYCLE LAWS

It's amazing how many Motorcycle Laws are in effect here in Virginia that most motorcyclists have no idea that they even exist. You may be very surprised to learn about them so we will keep you posted on the latest "road rules" of Virginia's Motorcycle Laws.

### DO YOU KNOW....

**1. Motorcyclists can treat red lights as stop signs when the sensor fails to recognize the motorcycle after either two minutes or two cycles of the light, whichever is shortest.**



VA Code 46.2-833 section (B) states: Notwithstanding any other provision of law, if a driver of a motorcycle or moped or a bicycle rider approaches an intersection that is controlled by a traffic light, the driver or rider may proceed through the intersection on a steady red light only if the driver or rider (i) comes to a full and complete stop at the intersection for two complete cycles of the traffic light or for two minutes, whichever is shorter, (ii) exercises due care as provided by law, (iii) otherwise treats the traffic control device as a stop sign, (iv) determines that it is safe to proceed, and (v) yields the right of way to the driver of any vehicle approaching on such other highway from either direction. This is a Traffic Infraction with a fine of \$300.00.

**2. You may know that Motorcyclists can use HOV lanes in Virginia; but did you know that they are not required to be equipped with a transponder in order to use Virginia's HOV/ HOT Lanes.**



VA Code 33.2-501 Section A states: In order to facilitate the rapid and orderly movement of traffic to and from urban areas during peak traffic periods, the Commonwealth Transportation Board may designate one or more lanes of any highway in the interstate, primary, or secondary highway systems as high-occupancy vehicle lanes, hereinafter referred to in this section as HOV lanes. When lanes have been so designated and have been appropriately marked with such signs or other markers as the Board may prescribe, they shall be reserved during periods designated by the Board for the exclusive use of buses and high-occupancy vehicles. Any local governing body may also, with respect to highways under its exclusive jurisdiction, designate HOV lanes and impose and enforce restrictions on the use of such HOV lanes. Any highway for which the local jurisdiction receives highway maintenance funds pursuant to § 33.1-41.1 shall be deemed to be within the exclusive jurisdiction of the local governing body for the purposes of this section.

HOV lanes shall be reserved for high-occupancy vehicles of a specified number of occupants as determined by the Board or, for HOV lanes designated by a local governing body, by that local governing body. Notwithstanding the foregoing provisions of this section, no designation of any lane or lanes of any highway as HOV lanes shall apply to the use of any such lanes by:

1. Vehicles such as fire-fighting vehicles, ambulances, and rescue squad vehicles,
2. Law-enforcement vehicles,
3. Motorcycles.
3. Two-wheeled vehicles can travel side by side in a lane designated for one vehicle.

VA Code 46.2-833 states: A person shall be guilty of reckless driving who drives any motor vehicle so as to be abreast of another vehicle in a lane designed for one vehicle, or drives any motor vehicle so as to travel abreast of any other vehicle traveling in a lane designed for one vehicle. **Nothing in this section shall be construed to prohibit two two-wheeled motorcycles from traveling abreast while traveling in a lane designated for one vehicle.**



In addition, this section shall not apply to (i) any validly authorized parade, motorcade, or motorcycle escort, (ii) a motorcycle traveling in the same lane of traffic as a bicycle, electric personal assistive mobility device, electric power-assisted bicycle, or moped; nor shall it apply to (iii) any vehicle when lawfully overtaking and passing one or more vehicles traveling in the same direction in a separate lane.

If you have questions or comments concerning any of the laws affecting Virginia motorcyclists, contact Matt Danielson at McGrath, Danielson, Sorrell & Fuller, The Motorcycle Law Group matt@motorcyclelawgroup.com 1-855-LAW-RIDERS MotorcycleLawGroup.com

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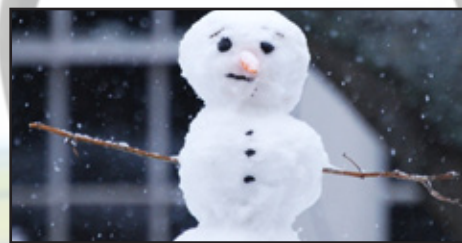
**SOMEWHERE**



# FIT FOR THE ROAD

## BEATING THE NEW YEAR BLUES

Here we are with the holidays behind us, rolling into a bright shiny new year. For many, it's not very shiny and tends to be the hardest part of the winter season to get through as the days are still rather short and the nights are still long and cold. Even the best of us can get the blues this time of year.



The "winter blues" are characterized by the mild depression, lack of motivation, and low energy that many people experience during this cold season. When it comes to riding, most motorcyclists are not "all-weather" riders who ride no matter what the temps say as long as the roads are clear. Most don't ride at all in the winter months and they've hung up their riding gear for the season. They keep their bikes covered or stored for the winter months unless there is a freak warm front that moves through. Enter, the new year blues... It can be very depressing to go for weeks and months without being able to ride. Luckily, even though you can't ride, there's a lot you can do to both prevent the blues from coming on and to get yourself back to normal if they're already here.

### Exercise

As if we needed another reason to get fit! Exercise isn't only for maintaining your weight and staying healthy. It's great for relieving the stresses of life. Plus, the effects of a good workout can last for several hours after you hit the showers. You'll have more energy throughout the day, and your metabolism will stay elevated too. Exercise also helps your mind by releasing those "feel good chemicals"

that improve your mood. You don't necessarily have to go to the gym. Find an activity that you enjoy for 30 minutes out of each day – one that gets you moving and your blood flowing.

### Eat a Healthy Diet & Stay Hydrated



What and when you eat has a great affect on your mood and energy. Avoid refined and processed foods (like white breads, rice, and sugar). These foods are not only lacking the nutrients your body craves, but they zap your energy levels and can affect your mood—causing depression, lack of concentration, and mood swings. Incorporate the good healthy carbs, such as whole grains, fruit and vegetables. These healthy foods provide your body and mind with nutrients, and stabilize your blood sugar and your energy levels. It's important to stay hydrated and drink plenty of water. Our body is made up of 70 percent of water and no matter what time of the year, requires good hydration. Your body uses water in all its cells, organs, and tissues in order to regulate and maintain all of your bodily functions. It's recommended to drink 6 to 8 glasses a day during the winter and more if you are staying active. You can get your water from soups, teas, water-based fruits and vegetables also. These natural sources of water will help keep you hydrated and keep you healthy.

### Get Some Sun



Most people know that sunlight provides us with Vitamin D. But did you know that it also improves your mood? Winter days are shorter and darker than other months, and because of the cold weather, a lot of people spend less and less time outdoors. Lack of sunlight can cause many people to become depressed—without knowing why! Similar to exercise, sunlight exposure releases neurotransmitters in the brain that affect mood. Try to spend a little more time outdoors. Keep your shades up during the day to let more natural light in. Sit near windows in restaurants and when you're out and about. Try changing the light bulbs in your house to "full spectrum" bulbs. These mimic natural sun light and actually have the same affects on your mind as the real thing.

### Act on your Resolutions

A new year encourages many people to make resolutions to change things about themselves or to strive towards healthy goals. A recent study from the CDC showed a strong link between healthy behaviors and depression. Women who exhibited healthy behaviors (like exercising, not smoking, etc.) had less sad and depressed days than those whose behaviors were less than healthy. Although researchers studied women, the results are likely similar in men. So do your best to work on your resolutions and set goals that you can reach.

### Avoid Binge Drinking



Staying in with a cold beer or a nice glass of wine may seem like the only thing to do in the winter months, and many people who feel down also tend to turn to alcohol when they're feeling down. But alcohol is actually a depressant, and rather than improving your mood, it only makes it worse. Avoiding alcohol when you are already depressed is a good idea. Moderate drinking is fine for most people, but binge drinking (defined as having 5 or more drinks in one sitting) is never a healthy choice. The morning after will have you feeling sick, depressed, and even more tired, which will affect many aspects of your life. This will make your low energy and bad mood even worse.

### Treat Yourself

Having something to look forward to can keep anyone motivated. Winter can seem endless! But if you plan something exciting, your mood improves when you're anticipating it and when the event actually comes. Plan something that's fun to you - a weekend trip, a nice long ride with friends where you have frequent stops to warm up, take a class, start a hobby, go to a play or a show, have a girls or guys, night out, or go to a sporting event.

### Relax!



You're busy! Work, class, family, friends, appointments, meetings -

even if you enjoy being busy, everyone needs some time off. Don't be afraid to say "No" to extra opportunities (covering a shift for a co-worker, bringing food to your son's class party, etc...). Try to spend a few minutes each day doing nothing! Read a book or magazine, sleep in on the weekend, go to bed early, try some meditations, or take a yoga class...yes, that goes for you too guys! Relaxation, especially in the form of yoga, can alleviate stress and leave you with a calm energy. Mental exercises like meditation and positive thinking can help keep depression at bay.

### Embrace the Season



Instead of always avoiding the cold and the snow (if we get any ☺) - look for the best that it has to offer! Take up a winter sport like snow racing or riding trails, ice skating, snowboarding, hockey, or even sledding! Enjoy these opportunities while they last - after all, they're only here a few months per year, normally. Staying active will boost your energy. Seeing winter in a positive light, with all the fun activities that it has to offer, will keep your spirits high.

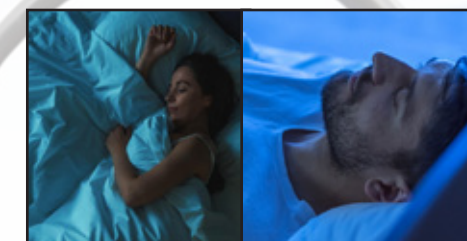
### Get Social Support



Don't underestimate the power of friends, family, mentors, co-workers, and neighbors. Who can you turn to

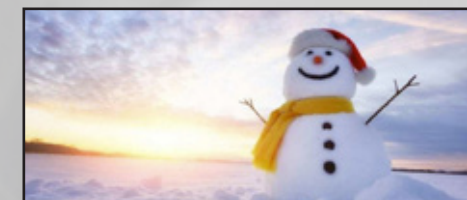
when you're down and need a pick-me-up? Keep a mental list of these special people and don't be afraid to ask for help or encouragement when you need it. Something as simple as a phone call, a chat over coffee, or a nice email or letter can brighten your mood.

### Catch some Zzzz's



People naturally want to sleep a little bit more during the winter. But with all we have going on, sometimes sleep is the first thing to go. With a little time-management, and some self-discipline, you can meet your shut-eye needs. Aim for 7-9 hours each night, and try to keep your bedtime and waking time consistent. Put your phone down & turn off the TV at least 30 minutes before you hit the sack for a more restful sleep. That way, your sleeping patterns can normalize and you'll have more energy. The best room temperature for sleep is approximately 65 degrees Fahrenheit. This may vary by a few degrees from person to person, but most doctors recommend keeping the thermostat set between 60 to 68 degrees Fahrenheit for the most comfortable sleep. Try not to oversleep—those 12-hour snoozes on the weekend can actually make you MORE tired. Don't forget naps! A short (10-30 minute) afternoon nap may be all you need to re-energize midday.

Whether you're an all-weather rider or you're counting the days until spring to get your bike up from its winter nap, we hope that you do all that you can to beat the new year blues so that you can be your best YOU and stay fit for the road!



Have a Happy & Safe Winter!



# Your New Ride isn't what you thought it would be...



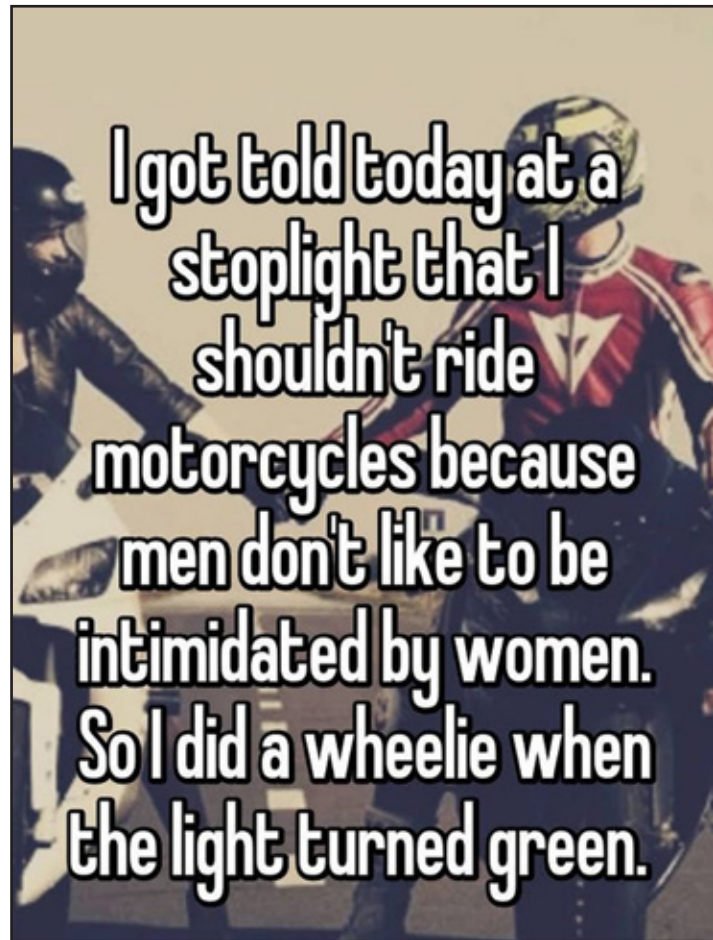
Don't Drink and Drive. Have a plan.

## MOTORCYCLE HAND SIGNALS



 <b>Left turn</b> Arm and hand extended left, palm facing down.	 <b>Right turn</b> Arm out, bent at 90° angle, fist clenched.	 <b>Stop</b> Arm extended straight down, palm facing back.	 <b>Speed Up</b> Arm extended straight out, palm facing up, waving upward.
 <b>Slow Down</b> Arm extended straight out, palm facing down, waving down to your side.	 <b>Follow Me</b> Arm extended straight up from shoulder, palm forward.	 <b>You Lead/Come Forward</b> Arm extended upward 45°, palm forward pointing with index finger, waving in arc from back to front.	 <b>Hazard in Roadway</b> On the left, point with left hand; on the right, point with right foot.
 <b>Single File</b> Arm and index finger extended straight up.	 <b>Double File</b> Arm with index and middle finger extended straight up.	 <b>Comfort Stop</b> Forearm extended, fist clenched with short up and down motion.	 <b>Refreshment Stop</b> Fingers closed, thumb to mouth.
 <b>Turn Signal On</b> Open and close hand with fingers and thumb extended.	 <b>Pull Off</b> Arm positioned as for right turn, forearm swung toward shoulder.	 <b>Caps Ahead</b> Tap on top of helmet with open palm down.	 <b>Fuel</b> Arm out to side pointing to tank with finger extended.

I got told today at a stoplight that I shouldn't ride motorcycles because men don't like to be intimidated by women. So I did a wheelie when the light turned green.



## 10 Easy Hangover Cures

- WATER** - Your body is dehydrated from the excess alcohol. For optimal rehydration, add ½ tspn. of salt for every 2 liters of water.
- SPORTS DRINKS** - Rehydrate your body and add electrolytes back into your system with Gatorade or other sports drinks
- COCONUT WATER** - Same benefits as sport drinks, but with more electrolytes
- PRAIRIE OYSTER** - Crack raw egg over glass so yolk remains intact, use yolk with 1 teaspoon Worcestershire sauce, Salt + pepper, and a few dashes of Tabasco sauce and drink up
- TOMATO JUICE with SUGAR, LIME and CAYENNE PEPPER** - This concoction is full of nutrients and will help reinvigorate your blood sugar
- HEALTHY DIGEST** - **WHEAT GRASS** - The chlorophyll will help clean out and detox your body of the toxins that are making you feel bad
- ORANGE JUICE** - The high concentration of fructose will help get your metabolism running and process the toxins out of your system
- LIGHT MODERATE EXERCISE** - If your body can handle it, sweating out your toxins can make you feel a little better. Just be sure to be well hydrated if you do this
- MUSTARD WASABI BATH** - Add mustard powder or wasabi powder to a warm bath to help draw toxins out of your body
- SLEEP** - Your body has been through a lot and needs a lot of rest. If you have the luxury or not working the next day, rest up and let the passage of time eventually make your hangover go away.

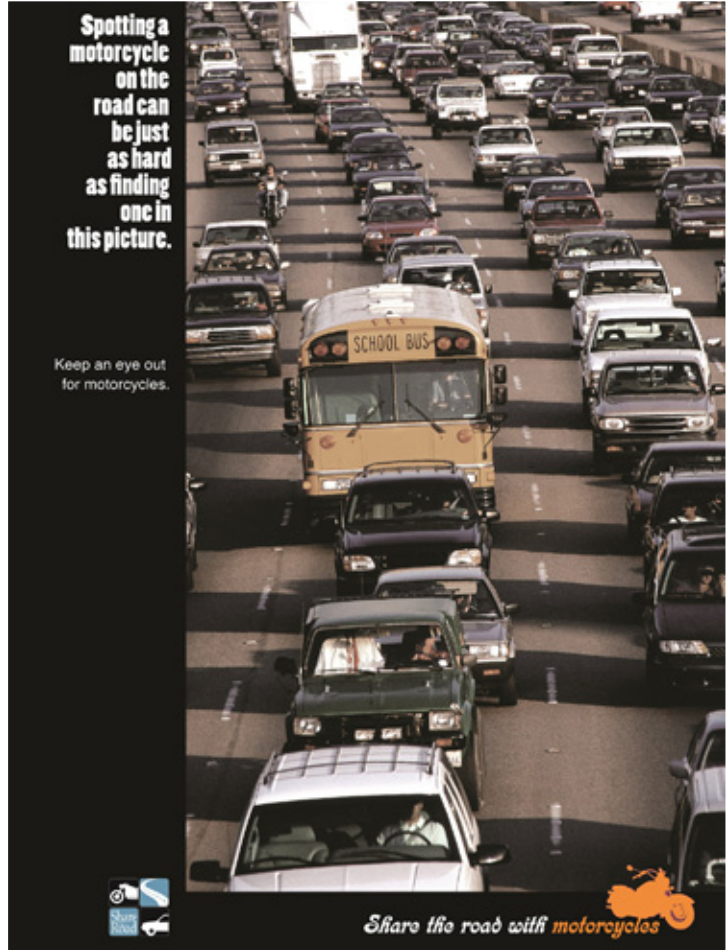


**Allstate MOTORCYCLE** EVER WONDER WHAT THE TEMPERATURE IS AT RIDING SPEEDS...

RIDING SPEED (mph)	AIR TEMPERATURE (Degrees F)													
	30	35	40	45	50	60	65	70	75	80	85	90	95	100
5	27	32	37	43	48	58	64	69	74	79	85	90	95	100
10	16	22	28	34	40	53	47	59	65	71	77	84	90	102
15	9	15	22	29	36	49	42	56	63	69	76	83	90	103
20	4	11	18	25	32	47	39	54	61	68	75	82	89	104
25	0	8	15	22	30	45	37	52	60	67	74	82	89	104
30	-3	5	13	20	28	43	36	51	59	66	74	82	89	105
35	-5	3	11	19	27	42	35	50	58	66	74	81	89	105
40	-6	2	10	18	26	42	34	50	57	65	73	81	89	105
45	-7	1	9	17	25	41	33	49	57	65	73	81	89	105
50	-7	1	9	17	25	41	33	49	57	65	73	81	89	105
55	-8	0	9	17	25	41	33	49	57	65	73	81	89	105
60	-8	1	9	17	25	41	33	49	57	65	73	81	89	105
65	-9	1	9	17	25	41	33	49	57	65	73	81	89	105

Spotting a motorcycle on the road can be just as hard as finding one in this picture.

Keep an eye out for motorcycles.



Share the road with motorcycles

## WE WANT YOU TO JOIN ABATE OF VIRGINIA

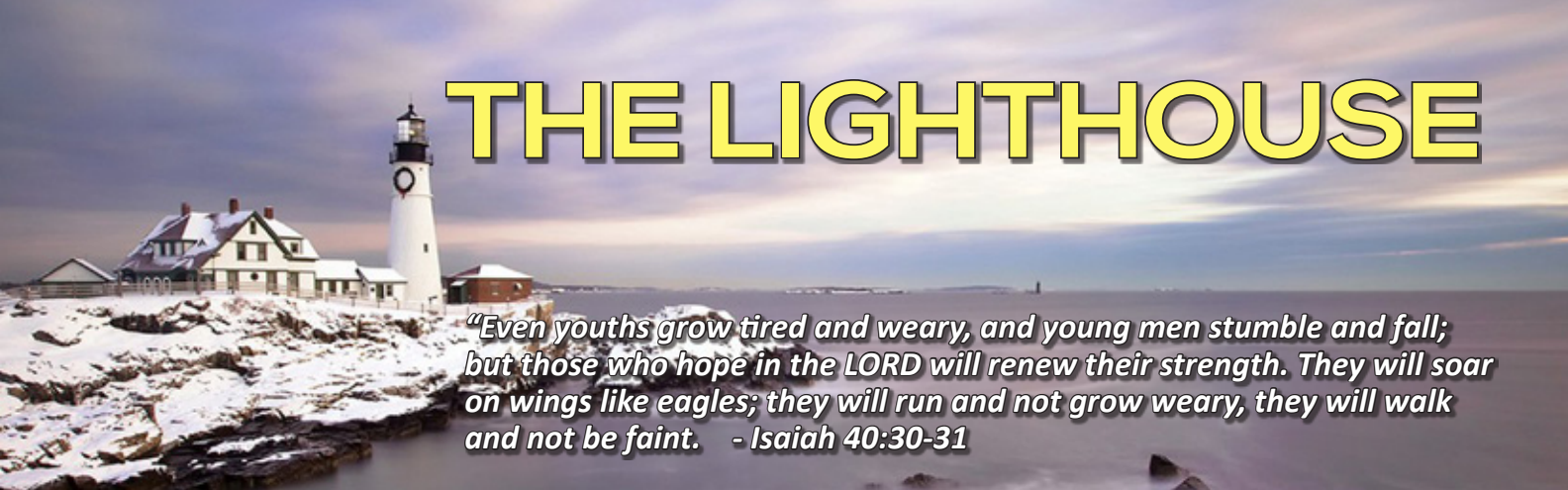


Why should you join ABATE? For the preservation of your freedom to ride a motorcycle today and into the future. Meet other motorcycle enthusiasts in your community and join them to promote motorcycling through participation at State and Chapter meetings, meeting with Virginia legislators and local officials, chapter rides, rallies, benefit rides, bike shows and more.

- Join a group actively protecting and defending your rights
- Meet people who love freedom and having a good time
- Enjoy discounted memberships for additions in the same household
- Get your first year free if you are 18 to 29 years old

Check out the local chapter nearest you at [abateva.org](http://abateva.org)  
**BECOME INVOLVED AND JOIN TODAY!**

# THE LIGHTHOUSE



*"Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. - Isaiah 40:30-31"*

## MEETING GOD

A little boy wanted to meet God. He knew it was a long trip to where God lived, so he packed his suitcase with Twinkies and a six-pack of root beer and he started his journey. When he had gone about three blocks, he met an old man. He was sitting in the park just staring at some pigeons. The boy sat down next to him and opened his suitcase. He was about to take a drink from his root beer when he noticed that the old man looked hungry, so he offered him a Twinkie. He gratefully accepted it and smiled at him. His smile was so pleasant that the boy wanted to see it again, so he offered him a root beer.

Again, he smiled at him. The boy was delighted! They sat there all afternoon eating and smiling, but they never said a word. As it grew dark, the boy realized how tired he was and he got up to leave, but before he had gone more than a few steps, he turned around, ran back to the old man, and gave him a hug. He gave him his biggest smile ever.

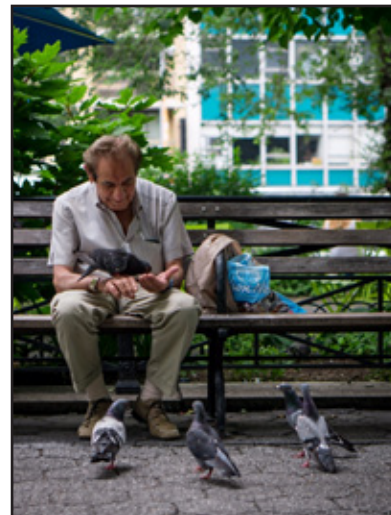
When the boy opened the door to his own house a short time later, his mother was surprised by the look of joy on his face. She asked him, "What did you do today that made you so happy?" He replied, "I had lunch with God." But before his mother could respond, he added, "You know what? He's got the most beautiful smile I've ever seen!"

Meanwhile, the old man, also radiant with joy, returned to his home. His son was stunned by the look of peace on his face and he asked, "Dad, what did you do today that made you so happy?"

He replied, "I ate Twinkies in the park with God." However, before his son responded, he added "You know, he's much younger than I expected."

Too often we underestimate the power of a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring.

*"And do not forget to do good and to share with others, for with such sacrifices God is pleased."*  
Hebrews 13:16



## THE KING'S HIGHWAY

Once a king had a great highway built for the members of his kingdom. After it was completed but before it was opened to the public, the king decided to have a contest. He invited as many as desired to participate. Their challenge was to see who could travel the highway the best.

On the day of the contest, the people came. Some of them had fine chariots. Some had fine clothing, fine hairdos, or great food. Some young men came in their track clothes and ran along the highway. People traveled the highway all day, but each one, when he arrived at the end, complained to the king that there was a large pile of rocks and debris left on the road at one spot and that this got in their way and hindered their travel.

At the end of the day, a lone traveler crossed the finish line warily and walked over to the king. He was tired and dirty, but he addressed the king with great respect and handed him a bag of gold.

He explained, "I stopped along the way to clear a pile of rocks and debris that was blocking the road. This bag of gold was under it all. I want you to return it to its rightful owner."

The king replied, "You are the rightful owner."

The traveler replied, "Oh no, this is not mine. I've never known such money."

"Oh yes," said the king, "you've earned this gold, for you won my contest. He who travels the road best is he who makes the road smoother for those who will follow."

*"The path of the righteous is level; you, the Upright One, make the way of the righteous smooth. Yes, Lord, walking in the way of your laws, we wait for you; your name and renown are the desire of our hearts." Isaiah 26:7-8*

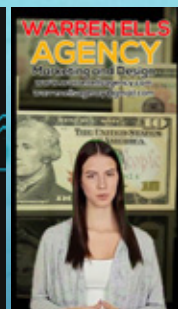
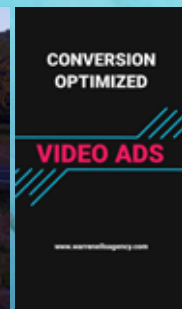
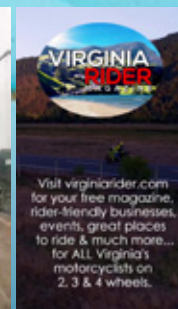
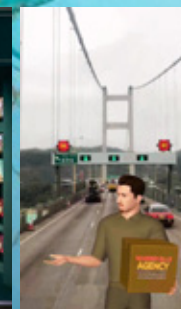
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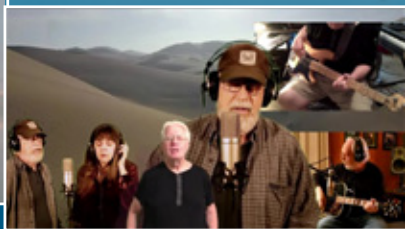
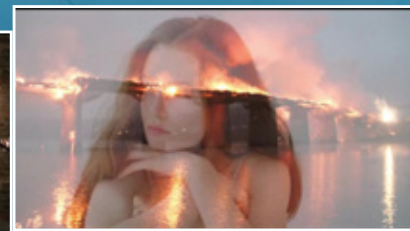
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## FOR THE LOVE OF MOTORCYCLING: FAMOUS RIDER - MALCOLM FORBES



Malcolm's father, Bertie, founded Forbes Magazine, the first American business journal, in 1917. Two years later, Malcolm was born.

Malcolm grew up in New Jersey, and experienced good and bad times. During the depression things were tight, and his father often had to borrow money to pay his employees. But Malcolm finished school, and university. Just in time to go to Europe and fight Germans, where he received a Bronze Star and a Purple Heart in the Battle of Aachen in October 1944.

He went back home and joined the family publishing business. He then went into politics, and won the Republican nomination for governor of New Jersey in 1957, but didn't win the election. The same year, he became the editor and publisher of the family magazine.

It wasn't going too well when he took over, but under his guidance and leadership it flourished. He became a multi-millionaire as a result.

### MR. FORBES LIKED SCREENS



So Malcolm started doing what rich people do, ie. Chucking extravagant parties and pursuing colorful hobbies, from hot-air ballooning to collecting Fabergé eggs.

In his late forties, he suddenly discovered motorcycles.

He bought a motorcycle dealership in New Jersey, turned it into one of the largest in the country, and became a goodwill ambassador for the sport.

And never has motorcycling known a stauncher defender.

At that time, the Garden State Parkway in New Jersey was open to cars, but not motorcycles. Malcolm fought that, and won.

He said: "I think legislative assaults on motorcyclists are totally emotional, disproportionate and totally unfair... They are instigated and implemented by people who know nothing about motorcycling, but have a prejudice. It's easy to curb the freedoms of others when you see no immediate impact on your own."

The Communist press of the Soviet Union and China both derided Forbes as a "Tool of the Capitalists". Forbes ran with it. He started promoting his magazine as a 'Capitalist Tool'.

He named his private Boeing 727 Capitalist Tool.

And he even started a motorcycle club called the Capitalist Tools.

His estate in New Jersey became a regular starting point for runs with New Jersey and New York motorcyclists, and Malcolm would ride along on one of his 70 motorcycles, which were mainly Harleys.

Some of the non-Harleys were pretty interesting motorcycles, though.

In 1978 he bought a Van Veen OCR 1000 – basically a 996cc Mazda Rotary in a Moto Guzzi frame, four-speed box, 291kg dry, discs front and back, top speed 210km/h. Malcolm said he took it to 220km/h.

Later he also bought two Amazonas from Brazil – Brazilian frame and running gear, 1600cc Volkswagen engine and transmission (with reverse), 363kg dry, brakes that taught the rider to plan well in advance. There were only 450 ever made.

### TOOLS ON TOUR



In 1979, he used his connections to take the Capitalist Tools on a goodwill ride of the Soviet Union, which at that stage did not accept American tourists.

In 1982, he used his political connections to ship a squadron of Harley-Davidsons to China, which at that stage did not accept American tourists either, and took the Capitalist Tools on another tour.

He also took a hot air balloon. The Chinese refused him permission to fly it. It "accidentally" slipped its tether, and finished its flight in People's Army camp, almost provoking an international incident.

### MALCOLM WITH ELIZABETH TAYLOR ON PILLION



Malcolm was undeterred. In February 1984, he took the Tools on a 20-day 3700 kilometre tour of Egypt. He took another hot air balloon, but this one was shaped like the Sphinx, and flew it over the Valley of the Kings.

A couple of months later, he had two crashes. The New York Times wrote on July 23, 1984:

*A sphinx-shaped balloon being piloted by Malcolm Forbes, the publisher, deflated and made a rough landing during a race here today, but there were no injuries.*

*Mr. Forbes, who suffered three broken ribs, a concussion and a collapsed lung in a motorcycle accident 10 days ago in Montana, said, "There goes my ninth life" after his balloon thumped to the ground in this western New Jersey community, according to Dennis Fleck, the director of the Forbes magazine's balloon division.*

In 1985, Malcolm took the Tools to Thailand. Malcolm's Harley was fitted with a calliope which played the Thai national anthem while he rode. The King and Queen of Thailand invited the Tools to dinner at their summer palace. And he flew another hot air balloon while he was there; this one in the shape of an elephant. A film crew filmed a documentary of it called "The Great Sky Elephant".

### A DIFFERENT KIND OF GREAT SKY ELEPHANT



The same year, he published a book called Around the World on Hot Air and Two Wheels.

In 1987, Forbes was awarded the AMA Hazel Kolb Brighter Image Award in 1987, the Association's highest award for activities that generate good publicity for motorcycling. Motorcyclist Magazine voted him "Motorcyclist of the Year".

In 1988, he was awarded "International Motorcyclist of the Year" by the International World of Motorcycles.

In 1989, Ronald Reagan presented him with the Presidential Citizen's Medal.

He died of a heart attack in February, 1990, and motorcycling lost one of its greatest advocates.



VIRGINIA RIDER MAGAZINE



The toy run covers the Christmas wish items for the 50 plus children living at the Alice C. Tyler Village in Culpeper County, Virginia.

The Village is a private, nonprofit, psychiatric residential treatment facility located in rural Virginia. The Village provides a clinically sophisticated therapeutic program utilizing an interdisciplinary approach specializing in the treatment of children and adolescents with mild to severe trauma or neglect, psychiatric disorders, and neurodevelopmental disorders.

The Village brings the light of love and healing into the lives of countless abused and neglected children, and those suffering from psychiatric and behavioral disorders.

Our unique location on a 270-acre horse farm provides a nurturing treatment setting with a variety of therapy resources. Children live in separate home-like cottages based on age and gender.

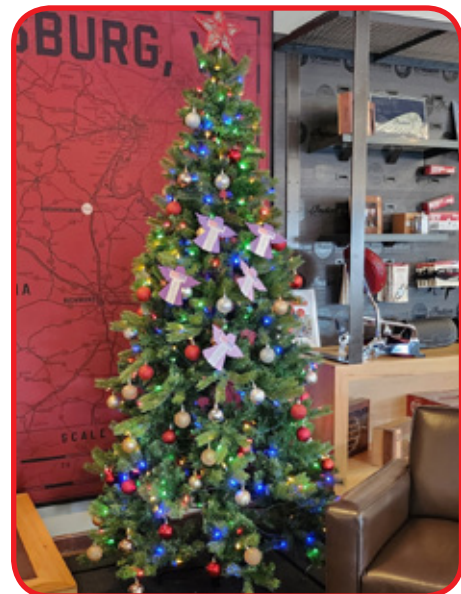
The motorcycle community along with other individuals and businesses purchase the gifts to provide many of the children that once in a lifetime magical Christmas morning.

This year's ride started out wet, foggy and 40 degrees. Thirty riders along with Santa and the Grinch did a quick parade ride through the Alice C. Tyler Village to share the joy of the Holidays with the children.

The group then headed to Indian Motorcycle of Fredericksburg, in Fredericksburg, Virginia, to start the official Toy Run activities.

Once at Indian Motorcycle, Santa and the Grinch meet up with Gabby 2022 Miss Buffalo Chip to welcome everyone. LifeCare was on hand to help load the presents. Spotsylvania Sheriffs provided an escort to Spotsylvania Eagles Lodge for a wonderful lunch provided by the lodge, live music from Bart Harris, raffle prizes and 50/50.

Though the weather and flu bug keep a lot of our usual attendees away this year, the event was a huge success filling the wishes for the children. We are looking forward to seeing everyone at our next Childhelp's Annual Toy Run event scheduled for December 8, 2024.



# EASY DOES IT Good Food Simply Made

## Delicious Comfort For The New Year – Quick & Easy Meatballs & Gravy

Comfort food isn't just about eating something because you enjoy it. Strong emotional states make us turn to comfort food to feel safe and in control. Comfort foods not only taste good, they actually lessen the impact of stress hormones.

Eating sweet and starchy food helps our bodies make serotonin which makes us feel calmer, and decrease the stress hormone cortisol. A number of studies show that people feel less depressed, anxious and irritable after consuming carbohydrate-rich foods.

We're not saying that this is the healthiest way to eat all of the time but since we wanted to start the new year out with some foods that made us really feel good, we chose the classic dynamic duo.... "Meatballs & Gravy". This iconic pairing can be found as the star of many dishes, prepared in a variety of yummy ways. This recipe we found to be one of the most comforting, along with being quick & easy, it's a winner/winner, meatballs & gravy for dinner. Grab your aprons & lets get cooking!

Here's all you need:

- 1 lb ground beef, salted & peppered
- 1 envelope dry onion soup mix
- 1 can cream of mushroom soup
- 1 ¾ cups water

Here's all you need to do:

- Form ground meat into small meatballs and fry in frying pan until all sides are brown.
- Pour off most of the fat and add, mushroom soup, water & onion soup mix.
- Simmer until gravy is thickened.

Serve over rice, cooked noodles or mashed potatoes...Yummm!!! Here's wishing you a delicious & healthy happy new year. Cheers! & Bon Appetit! ❤️



jet ski and 4 wheeler my brother and I made from snow back in 2005.



988 SUICIDE & CRISIS LIFELINE

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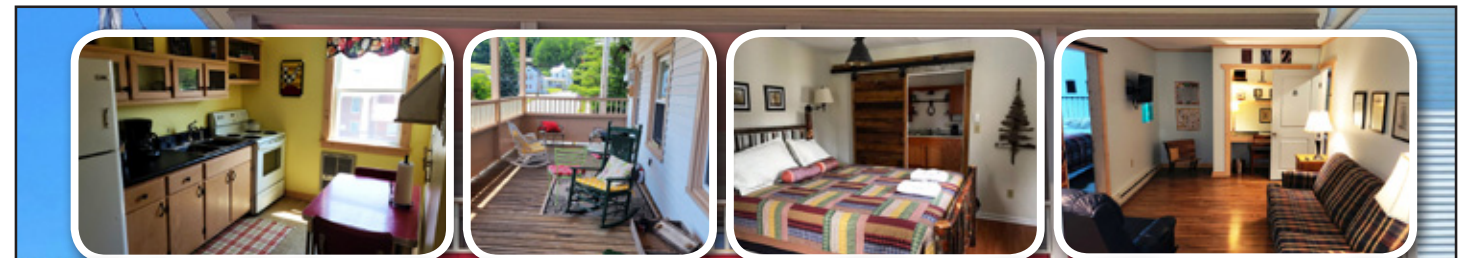
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SUNDAY 8:30 AM - 2:30 PM

# GOOD FOR YOU Cinnamon

Cinnamon is rich in antioxidants and other beneficial compounds. Some research suggests that it may help you manage blood sugars, protect against heart disease, and reduce inflammation. Cinnamon is a spice that has been prized for its medicinal properties for thousands of years. In recent years, modern science has started to confirm many of the potential health benefits associated with cinnamon. Here are 10 health benefits of cinnamon that are supported by scientific research:

**Contains powerful medicinal properties** - Cinnamon is a spice that is made from the inner bark of trees scientifically known as *Cinnamomum*. It has been used as an ingredient throughout history, dating back as far as Ancient Egypt. It used to be rare and valuable and was regarded as a gift fit for kings. These days, cinnamon is affordable and widely available in most supermarkets. It's also found as an ingredient in various foods and recipes. There are two main types of cinnamon:

- **Ceylon cinnamon:** This type is also known as "true" cinnamon.
- **Cassia cinnamon:** This is the most common variety today and what people generally refer to as "cinnamon."

*Note: True cinnamon is more tan-brown in color, while cassia has a reddish-brown hue.*



Cinnamon is made by cutting the stems of cinnamon trees. The inner bark is then extracted and the woody parts removed. When it dries, it forms strips that curl into rolls, called cinnamon sticks. These sticks can be ground to form cinnamon powder. The distinct smell and flavor of cinnamon are due to the oily part, which is very high in the compound cinnamaldehyde. Scientists believe that this compound is responsible for most of cinnamon's powerful effects on health and metabolism.

**Loaded with antioxidants** - Antioxidants protect your body from oxidative damage caused by free radicals. Cinnamon is loaded with powerful antioxidants, including polyphenols. One study found that cinnamon supplementation could significantly increase antioxidant levels in the blood while reducing levels of markers used to measure inflammation, such as C-reactive protein. In fact, the antioxidant effects of cinnamon are so powerful that it can even be used as a natural food preservative.

**May have anti-inflammatory properties** - Inflammation is incredibly important, as it helps your body respond to infections and repair tissue damage. However, inflammation can become a problem when it's chronic and directed against your body's own tissues. Cinnamon may be useful in this regard. Studies show that this spice and its antioxidants have potent anti-inflammatory properties.

**Could protect against heart disease** - Cinnamon has been linked to a reduced risk of heart disease, which is the leading cause of death around the globe. According to one review, supplementing with at least 1.5 grams (g), or about 3/4 of a teaspoon (tsp.), of cinnamon per day was able to reduce levels of triglycerides, total cholesterol, LDL (bad) cholesterol, and blood sugar in people with metabolic disease. Another review of 13 studies found that cinnamon could reduce triglyceride and total cholesterol levels, both of which are risk factors for heart disease. Cinnamon has also been shown to reduce blood pressure when consumed consistently for at least 8 weeks. When combined, all of these factors could help reduce your risk of heart disease.

**Could improve sensitivity to insulin** - Insulin is one of the key hormones that regulate metabolism and energy use. It's also essential for transporting blood sugar from your bloodstream to your cells. However, some people are resistant to the effects of insulin. This is known as insulin resistance, a hallmark of conditions like metabolic syndrome and type 2 diabetes. While more research is needed, some studies suggest that cinnamon may be able to reduce insulin resistance. By increasing insulin sensitivity, cinnamon can lower blood sugar levels and support better blood sugar control.

**Helps lower blood sugar levels** - Cinnamon is well known for its blood-sugar-lowering properties. Apart from the beneficial effects on insulin resistance, cinnamon can lower blood sugar through several other mechanisms. First, cinnamon has been shown to decrease the amount of sugar that enters your bloodstream after a meal. It does this by interfering with numerous digestive enzymes, which slows the breakdown of carbohydrates in your digestive tract. Second, a compound in cinnamon may mimic the effects of insulin to improve the uptake of sugar into the cells. Numerous human studies have confirmed the beneficial effects of cinnamon, showing that it can lower fasting blood sugar levels and improve hemoglobin A1c, a marker of long-term blood sugar control. *Per WebMD, a daily intake of 1/2 to 1 teaspoon of cinnamon per day is the limit, per some experts. This equals 2 to 4 grams of cinnamon a day, with the U.S. Department of Health saying that up to 6 grams of cinnamon per day is safe (via The Whole U).*

**May have beneficial effects on neurodegenerative diseases** - Neurodegenerative diseases are characterized by progressive loss of the structure or function of nerve cells. Alzheimer's and Parkinson's disease are two of the most common types. Certain compounds found in cinnamon appear to inhibit the buildup of a protein called tau in the brain, which is one of the hallmarks of Alzheimer's disease. In a 2014



study in mice with Parkinson's disease, cinnamon helped protect neurons, normalized neurotransmitter levels, and improved motor function. However, these effects need to be studied further in humans.

**Cinnamon may protect against cancer** - Cinnamon has been widely studied for its potential use in cancer prevention and treatment. Overall, the evidence is limited to test-tube and animal studies, which suggest that cinnamon extracts may protect against cancer. It acts by reducing

the growth of cancer cells and the formation of blood vessels in tumors and appears to be toxic to cancer cells, causing cell death. One study in mice with ovarian cancer found that cinnamaldehyde could block the expression of certain proteins involved in cancer growth. These findings were supported by test-tube experiments, which showed that cinnamaldehyde could reduce the growth and spread of ovarian cancer cells. However, more research is needed to evaluate the potential anti-cancer effects of cinnamon in humans.

**May prevent bacterial and fungal infections** - Cinnamaldehyde, one of the main active components of cinnamon, may be beneficial against various kinds of infection. Test-tube studies suggest that cinnamon oil could help kill certain fungi that cause respiratory tract infections. It may also inhibit the growth of certain bacteria,

including *Listeria* and *Salmonella*. Plus, the antimicrobial effects of cinnamon may also help prevent tooth decay and reduce bad breath. However, the evidence is mostly limited to test-tube studies, so more research in humans is needed.



**May have anti-viral properties** - Some research suggests that cinnamon may help protect against certain viruses. For example, cinnamon extracted from Cassia varieties is thought to be beneficial against HIV-1, the most common strain of HIV in humans. Other studies suggest that cinnamon could also protect against other viruses, including influenza and Dengue, a viral infection transmitted by mosquitoes. Still, additional human trials are needed to confirm these effects.

**Which type is best?** Not all cinnamon is created equal. The Cassia variety contains significant amounts of a compound called coumarin, which is believed to be harmful in large doses. All cinnamon should have health benefits, but Cassia may cause problems in large doses due to the coumarin content. Ceylon ("true" cinnamon) is much better in this regard, and studies show that it's much lower in coumarin than the Cassia variety. Compared to Ceylon cinnamon, Cassia cinnamon is generally more affordable and more widely available, such as in your local grocery stores. Still, you may be able to find Ceylon in some health food stores, and there is a good selection on Amazon. Though Cassia cinnamon is more affordable and more widely available, it's also higher in coumarin, which can be harmful in large amounts. Ceylon cinnamon is a better alternative, which can be found at some specialty stores and online retailers. Cinnamon is a versatile spice that is associated with a long list of health benefits. Thanks to the many beneficial compounds it contains, it may help lower blood sugar levels, reduce heart disease risk factors, and reduce inflammation. For best results, be sure to opt for Ceylon cinnamon or stick to small doses if you're using the Cassia variety. Note: Possibly the most common baking spice, Cinnamon is used in cakes, cookies, and desserts throughout the world. Cinnamon is also used in savory chicken and lamb dishes from the Middle East. In American cooking, Cinnamon is often paired with apples and used in other fruit and cereal dishes as well as added to a large variety of hot and cold beverages.



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Source: [https://www.healthline.com/nutrition/10-proven-benefits-of-cinnamon#TOC\\_TITLE\\_HDR\\_7](https://www.healthline.com/nutrition/10-proven-benefits-of-cinnamon#TOC_TITLE_HDR_7)

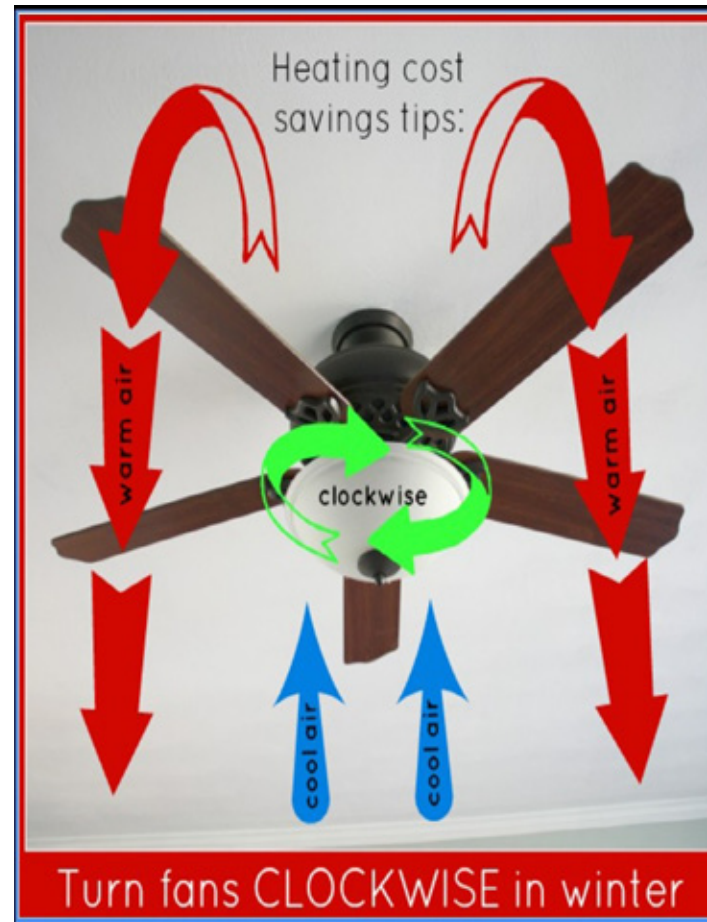


Wishing you a happy New Year! May it be filled with new adventures and good fortunes.



How old were you when you realized "Arby's" is just pronounced as RB's which is short for roast beef?

I was today years old.



## Shiny Side Up:

Watch Out for these Hazards on the Road

### Slick Surfaces

Debris like this can leave road surfaces can be very slippery, especially when wet:

- Leaves
- Crosswalk lines
- Trolley tracks
- Other painted surfaces
- Anti-freeze or oil

### Rough Roads

Rough and bumpy roads, either from disrepair or construction work, can cause motorcycle accidents.

### Gravel on the Pavement

Gravel is one of the trickiest hazards to navigate and is common on winding backroads.

### Animals

Live animal crossings can be difficult to anticipate, and even more difficult to avoid.

### Railway Tracks and Crossings

Not only can tires get caught in the track, but areas between the tracks can become slick when wet.

Check out the Brain Bucket Blog for tips to avoid these hazards, and stay safe out there!

RumbleOn

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MARC RITCHIE

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