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## from the editor's desk

Welcome back friends! We're so glad to have you along with us as we get ready for a new riding season just ahead. It's almost time. We've got flowers popping up everywhere & the birds are filling the fresh air winds with their sweet songs of spring. It's so crazy how the temperatures can be in the low 80s by the coast one day & then drop into the low 30s at night. The mountain extremes aren't quite as warm but it's still quite a contrast. With the crazy ways that climate change has affected our weather patterns, I guess it's 'anything goes' after January.

We are so excited to bring you some really good reads that we have lined up for you this season. We're starting things out with spring motorcycle prep and how to prep yourself to stay fit for the road with your sleep hygiene. Our Bike Saver, John P, is in his shop working his magic on another oldie but goodie. It's pretty fascinating how he can bring these incredible machines that were left to die, and bring them back into all their original glory. It's always amazing. We also have the dynamic duo, hosting us on another exciting adventure and introduce us to a new word that we all should embrace this riding season..."coddiwomple" – you'll have to read the article to find out what that crazy sounding word means ha ha Saddle up & join Marc & Rose as they explore more great places to ride.

No one ever likes talking about motorcycle accidents but unfortunately, they can happen to the best of riders at anytime, day or night. We want to help you be informed & prepared in the event that it happens to you. Over the next couple of editions of the magazine, we'll be including important information from our friends at Tom McGrath's Motorcycle Law Group that you'll surely want to read about. Plus we have great tips on how to prep your bike for spring riding.

You can always save any of our magazines by going to the MAGAZINE page of our website, [www.virginiarider.com](http://www.virginiarider.com) & you can download any or all of the issues you'd like to add to your library. Virginia Rider is always FREE for our readers...always has been, always will be

Be safe out there friends & we will see you again soon!

Stay awesome,

*Kelly*



## IN THIS ISSUE



**GREAT PLACES TO RIDE** Who knew that "coddiewomple" was a word? According to British slang, the term coddiewomple means "to travel in a purposeful manner towards a vague or yet unknown destination." The word squares beautifully with riders so much so that many of us would probably qualify as Coddiewomple Savants.



**MUSIC AND MOTORCYCLES.** "Motorcycle Mama" dates from the sessions for Homegrown in January 1975. The month prior, Young went on his first date with his wife Pegi, who he would marry in 1978. Pegi was fond of riding motorcycles, a characteristic Young sings about in his later portrait of her, "Unknown Legend".



**BIKE SAVERS** John Peterson takes us through several bikes he has worked on recently. He makes note that all of these take time and money to restore, and he says, "My wife says admitting I have a problem is half the battle, and 'none of them run!' Oh, but they will, honey – they will. I'll just focus on these for a while and - SQUIRREL!"



**RUFF RIDERS** Even though Auston isn't well-trained in some respects, when it comes to the sidecar, he is. He'll just hop up on the sidecar and sit down. Sometimes he likes to stand too, but he won't jump. He's not afraid at all, and he's so comfortable there. Auston is quite the celebrity and gets much attention when we're out. He also raises funds for the OSPCA.



**SLEEP HYGIENE** Strong sleep hygiene means having both a bedroom environment and daily routines that promote consistent, uninterrupted sleep. Keeping a stable sleep schedule, making your bedroom comfortable and free of disruptions, following a relaxing pre-bed routine, and building healthy habits



**THE LIGHTHOUSE** As a child, you don't really have a well-conceived idea of what it is to be poor. If you have enough to eat, a roof over your head and clothes to wear, you think you're just like everyone else. But when you realize you're poor by the standards of the world, it sometimes takes a spiritual awakening to realize how rich you really are.



**TOM MCGRATH'S MOTORCYCLE LAW GROUP** A motorcycle is unlike four-wheeled vehicles, particularly in a crash scenario. Because of our deep understanding of both the physics involved in a motorcycle crash and the laws that govern those involved, the Motorcycle Law Group maintains a high success rate in both settlements and jury outcomes.

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Issue 2 - 2024

# 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!



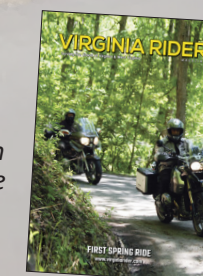
## FEATURED IN THIS ISSUE



Spring is in the air and you are ready to jump on your bike and head out into the sunshine, but before you get revved up, take a few moments to get your bike prepared. Doing so will extend the life of your bike, and result in a safer ride for you and everyone else on the road. You'll only keep your cheap motorcycle insurance premiums by staying safe and accident-free, so starting the season with your bike in peak condition is crucial.

### ON OUR COVER

*With the warmer weather, riding season is commencing with what is the first ride for many after storing the bike for the winter. Get out and enjoy!*



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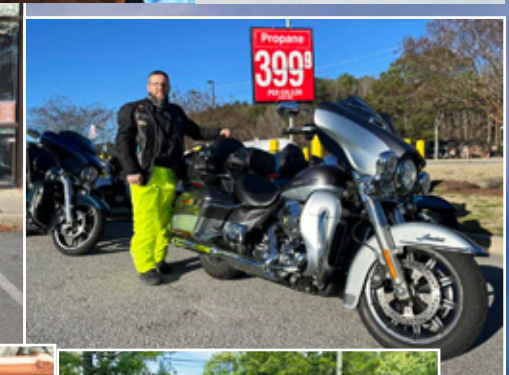
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# GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

## Coddiwompling

I saw a post the other day and according to British slang, the term coddiwomple means “to travel in a purposeful manner towards a vague or yet unknown destination.” I think the word squares beautifully with riders so much so that many of us would probably qualify as Coddiwomple Savants. At least that was the result of this month’s Great Places to Ride feature, as well as many other adventures of late where we’ve just set out and followed the front tire to see what we might find.

Skies were severe clear and temps forecast to be upper 40s and low 50s depending on elevation. We hadn’t been to the Canaan Valley area in a while, so that seemed like a good place to start. Temps were still in the 30s at KSU, so we donned “The Juice.”

Journey’s “Stone in Love” blared right after takeoff prompting a leg squeeze before we even got to the first mountain, which is only a half mile away. Rose and I fueled up in McDowell so we could take the shortcut to Franklin on Straight Creek Road. Emerging from mostly forest on 220 to open fields, we were greeted by a breathtaking view of Jack Mountain once we made our turn. A few moments later, Rose got a pic of the equally stunning Monterey Mountain which prompted another leg squeeze.

We decided to avoid Snowy Mountain. Ever since it was repaved and widened last year, I haven’t felt all that comfortable with all the trucks that travel such a steep road with so many blind corners. Instead, we took our chances on WV33 and Judy Gap, where we encountered our first glimpses of the remnants from a rather light snowstorm a few nights ago.

Rose and I made our first stop at Seneca Rocks. The visitor’s center was still closed for winter, but there wasn’t any need for code yellows or time to enjoy the viewing area on some comfy rocking chairs anyway. Instead we set up the pod-of-all-triness and got a shot of us practicing for Valentine’s Day.

Shortly after our turn on 32 in Harman, Steven Wilson’s “Home Invasion”, with my new favorite guitar solo, enhanced a rather spirited glide through some highway gear sweepers. On a whim, we took a stroll through the Canaan Valley State Park to catch our breath. The slopes of Timberline and Canaan Valley were clearly outlined with glacier-white snow to the east. The golf course was full, but not with golfers. Instead, dozens of deer were providing their own landscaping skills, enjoying the fairways and greens in the bright sunshine.

Recapturing the pace, we emerged on West Virginia’s longest straight-a-way. Just before Davis, I had fun with REO’s blast from the past, “Take it on the Run”, pegging the volume every time there was a chorus. The hills were swimming in reverb.

Normally, Rose and I do a little research or catch wind of a place to stop for lunch. But since we were in coddiwomple mode, we were pretty much at the mercy of what would be open on a Monday. We ended up parking right in front of Sirianni’s Café: not because we knew where we were, but because it was an open space. There was a local patron out front having a smoke. She noted how nice a day it was for a ride, to which I quipped, “Yeah, it’s awful.” “How’s the food?” I asked. “Wonderful!” she replied.



## coddiwomple

(kod’ə wom pəl) (v.)

To travel purposefully toward an as-yet-unknown destination.

Rose and I were immediately seated. Once settled, my attention was captured by the uniqueness that we had stumbled on. Had we just discovered another gem of a place that riders would enjoy? It had a warm and cozy, mom-and-pop feel, with signs and pictures nearly everywhere. I didn’t notice any TVs. And if there were any, they weren’t on. There was even the obligatory “Liar’s Table” filled to capacity, including our new friend from outside. The food was equally appealing and it was a truly enjoyable experience.

The misery wasn’t over. We still had a bit of a ride to get back home which included the H Corridor: one of my favorite highways. It’s usually quite windy, hence the windmill farm near Mt. Storm. But today, our Windy didn’t experience any turbulence whatsoever. Aside from a couple of coal trucks carrying their loads to the power plant, we had the entire road to ourselves. And that’s usually the case. And why that, and the scenery, make this such a great cruise road.



You won’t find many more rabid enthusiasts than motorcyclists, as the new season will soon demonstrate. We seem to have a knack for seeking out and finding the places we want to experience. It’s not all too uncommon for us to ride 50 miles or more just for a stamp at a remote, rural post office so we don’t have to stand in line at the one in town, or something seemingly as trivial as that. But that’s what we do. So imagine throwing in more enticing excuses like an enjoyable place to eat, stay, or both, with great riding on empty roads and great scenery. You won’t have to twist any arms. You just have to show up on our radar.

Cheers and thanks for reading!

Marc Ritchie

Photos and partner in coddiwompleness: Rose Grant



continued next page



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# VIRGINIA RIDER

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## MOTORCYCLE ACCIDENTS

### Motorcycle Accident and Injury Representation for Riders, by Riders

While many personal injury lawyers say they represent motorcyclists, how many of them are actual riders themselves? At Tom McGrath's Motorcycle Law Group, each of our attorneys is an experienced rider and skilled attorney who knows firsthand the unique challenges and circumstances that motorcyclists face. If you have been in a motorcycle accident or incident in Virginia, North Carolina, South Carolina, or Georgia, contact us for a free consultation.

#### Where the Law meets the Road.

A motorcycle is unlike four-wheeled vehicles, requiring skilled and vigilant rider coordination to operate – particularly in a crash scenario. Because of our deep understanding of both the physics involved in a motorcycle crash and the laws that govern those involved, the Motorcycle Law Group maintains a high success rate in both settlements and jury outcomes. Most importantly, we have a passion for the motorcycling lifestyle and can effectively and sincerely communicate to the jury, judge, and insurance companies the reasons we ride and the laws that guide our community.

#### Common Motorcycle Accident Causes

What's the biggest threat facing motorcyclists? Other drivers. Unsafe roadways, dangerous weather conditions, rider errors, and motorcycle defects can also cause accidents. Know the risks before you hit the road to avoid a crash.

#### Commonplace risks and causes of motorcycle accidents include:

- Inexperienced or negligent drivers: Tailgating, failing to adequately check blind spots, or driving under the influence can easily result in accidents that seriously injure or kill riders. Riding defensively and maintaining awareness of the road and surrounding vehicles is the best way to avoid accidents with negligent drivers.
- Speeding: Speeding creates risks for riders and drivers. In fact, many states have a law that a speeding rider has forfeited his right of way. All drivers and riders should always follow the speed limit.
- Weather and dangerous road conditions: Running over potholes or rocks in the road may not always flip a car, truck, or SUV, but it can easily result in a rider being tossed over their handlebars. Icy or wet roads can cause bikes to slide, and the results can be devastating. Make sure your lights, tires, and brakes are always in good working order before you ride.

- Unsafe lane changes: Many drivers become distracted and don't adequately check to confirm the lane they're changing into is clear. Keeping aware of your surroundings is the best defense against these kinds of drivers.
- Rider error: Most riders are very cautious and stay focused, but sometimes a crash occurs from over-braking or running wide on a curve.
- Intersections: Intersections are the source of many motor vehicle accidents. Unsafe left turns, running red lights or stop signs, and illegal lane changes all create risks for motorcyclists at intersections.

If you've been in a motorcycle accident, get an attorney who knows their way around both the bike and the law.

As avid motorcycle riders, each attorney with our firm understands the unique situations motorcyclists face each day on the road. This direct experience gives us the ability to present your motorcycle accident to a jury, judge, or insurance adjuster, and make sure they understand what happened to you from a knowledgeable and persuasive perspective.

Each of our motorcycle crash lawyers is a skilled trial attorney who can take your case to litigation. Whether the opposition is willing to negotiate or not, you can depend on us to be there for you.

Don't rely on just any motorcycle injury attorney — especially those who only pretend to know this world. Trust lawyers who ride and understand the difficulties we all face. We have seen our fair share of turn incidents, rear-end crashes, and negligence on the part of motor vehicle drivers who fail to acknowledge motorcycles on the road.

As the firm that rides, our attorneys approach their work from the background of experienced motorcyclists who understand the specific challenges that you face. Contact us today to set up a free and confidential consultation. Call **1-855-LAW-RIDERS**.

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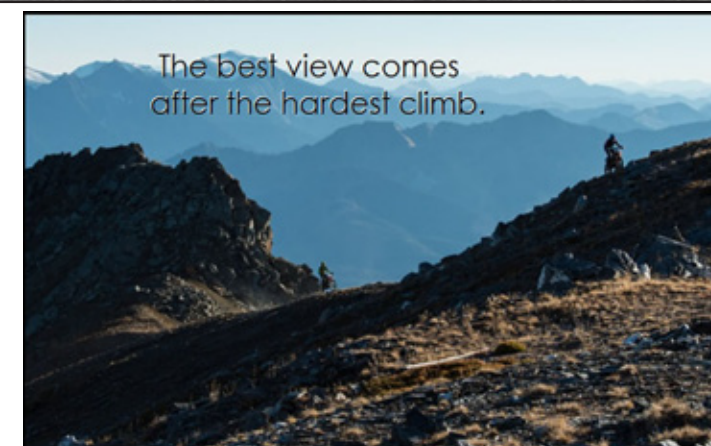
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**WHEN YOUR PIPES ARE TOO LOUD**



# FIT FOR THE ROAD

## Mastering Sleep Hygiene: Your Path to Quality Sleep

What it is, why it matters, and how to revamp your habits to get better nightly sleep

Paying attention to sleep hygiene is one of the most straightforward ways that you can set yourself up for better sleep.

Strong sleep hygiene means having both a bedroom environment and daily routines that promote consistent, uninterrupted sleep. Keeping a stable sleep schedule, making your bedroom comfortable and free of disruptions, following a relaxing pre-bed routine, and building healthy habits during the day can all contribute to ideal sleep hygiene.

Every sleeper can tailor their sleep hygiene practices to suit their needs. In the process, you can harness positive habits to make it easier to sleep soundly throughout the night and wake up well-rested.

### Why Is Sleep Hygiene Important?

Obtaining healthy sleep is important for both physical and mental health, improving productivity and overall quality of life. Everyone, from children to older adults, can benefit from better sleep, and sleep hygiene can play a key part in achieving that goal.

Research has demonstrated that forming good habits is a central part of health. Crafting sustainable and beneficial routines makes healthy behaviors feel almost automatic, creating an ongoing process of positive reinforcement. On the flip side, bad habits can become engrained even as they cause negative consequences.

Thankfully, humans have an impressive ability to make our habits serve our long-term interests. Building an environment and set of routines that promote our goals can really pay off.

Sleep hygiene encompasses both environment and habits, and it can pave the way for higher-quality sleep and better overall health. Improving sleep hygiene has little cost and virtually no risk, making it an important part of a public health strategy to counteract the serious problems of insufficient sleep and insomnia in America.

### What Are Signs of Poor Sleep Hygiene?

Having a hard time falling asleep, experiencing frequent sleep disturbances, and suffering daytime sleepiness are the most telling signs of poor sleep hygiene. An overall lack of consistency in sleep quantity or quality can also be a symptom of poor sleep hygiene.

### How Do You Practice Good Sleep Hygiene?

Good sleep hygiene is all about putting yourself in the best position to sleep well each and every night.

Optimizing your sleep schedule, pre-bed routine, and daily routines is part of harnessing habits to make quality sleep feel more automatic. At the same time, creating a pleasant bedroom environment can be an invitation to relax and doze off.

A handful of tips can help in each of these areas, they aren't rigid requirements. You can adapt them to fit your circumstances and create your own sleep hygiene checklist to help you get the best sleep possible.

### Set Your Sleep Schedule

Having a set schedule normalizes sleep as an essential part of your day and gets your brain and body accustomed to getting the full amount of sleep that you need.



- **Have a Fixed Wake-Up Time:** Regardless of whether it's a weekday or weekend, try to wake up at the same time since a fluctuating schedule keeps you from getting into a rhythm of consistent sleep.
- **Prioritize Sleep:** It might be tempting to skip sleep in order to work, study, socialize, or exercise, but it's vital to treat sleep as a priority. Calculate a target bedtime based on your fixed wake-up time and do your best to be ready for bed around that time each night.
- **Make Gradual Adjustments:** If you want to shift your sleep times, don't try to do it all in one fell swoop because that can throw your schedule out of whack. Instead, make small,

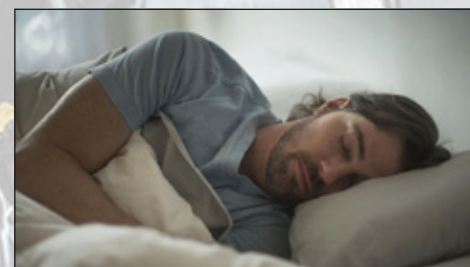
step-by-step adjustments of up to an hour or two so that you can get adjusted and settle into a new schedule.

- **Don't Overdo It With Naps:** Naps can be a handy way to regain energy during the day, but they can throw off sleep at night. To avoid this, try to keep naps relatively short and limited to the early afternoon.

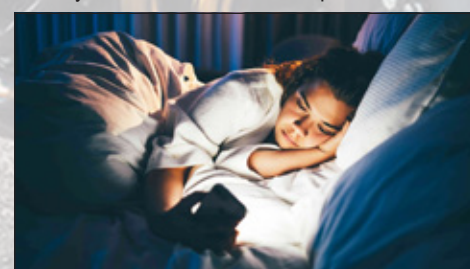
### Follow a Nightly Routine

How you prepare for bed can determine how easily you'll be able to fall asleep. A pre-sleep playbook including some of these tips can put you at ease and make it easier to fall asleep when you want to.

- **Keep Your Routine Consistent:** Following the same steps each night, including things like putting on your pajamas and brushing your teeth, can reinforce in your mind that it's bedtime.
- **Budget 30 Minutes For Winding Down:** Take advantage of whatever puts you in a state of calm such as soft music, light stretching, reading, and/or relaxation exercises.



- **Dim Your Lights:** Try to keep away from bright lights because they can hinder the production of melatonin, a hormone that the body creates to facilitate sleep.



- **Unplug From Electronics:** Build in a 30-60 minute pre-bed buffer time that is device-free. Cell phones, tablets, and laptops cause mental stimulation that is hard to shut off and also generate blue light that may decrease melatonin production.

- **Test Methods of Relaxation:** Instead of making falling asleep your goal, it's often easier to focus on relaxation. Meditation, mindfulness, paced breathing, and other relaxation techniques can put you in the right mindset for bed.

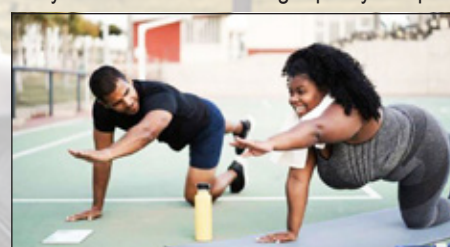
- **Don't Toss and Turn:** It helps to have a healthy mental connection between being in bed and actually being asleep. For that reason, if after 20 minutes you haven't gotten to sleep, get up and stretch, read, or do something else calming in low light before trying to fall asleep again.

### Cultivate Healthy Daily Habits

It's not just bedtime habits that play a part in getting good sleep. Incorporating positive routines during the day can support your circadian rhythm and limit sleep disruptions.



- **Get Daylight Exposure:** Light, especially sunlight, is one of the key drivers of circadian rhythms that can encourage quality sleep.



- **Be Physically Active:** Regular exercise can make it easier to sleep at night and also delivers a host of other health benefits.
- **Don't Smoke:** Nicotine stimulates the body in ways that disrupt sleep, which helps explain why smoking is correlated with numerous sleeping problems
- **Reduce Alcohol Consumption:** Alcohol may make it easier to fall asleep, but the effect wears off, disrupting sleep later in the night. As a result, it's best to moderate alcohol consumption and avoid it later in the evening.
- **Cut Down on Caffeine in the Afternoon and Evening:** Because it's a stimulant, caffeine can keep you wired even when you want to rest, so try to avoid it later in the day. Also be aware if you're consuming lots of caffeine to try to make up for lack of sleep.



- **Don't Dine Late:** Eating dinner late, especially if it's a big, heavy, or spicy meal, can mean you're still digesting when it's time for bed. In general, any food or snacks before bed should be on the lighter side.
- **Restrict In-Bed Activity:** To build a link in your mind between sleep and being in bed, it's best to only use your bed for sleep with sex being the one exception.

### Optimize Your Bedroom

A central component of sleep hygiene beyond just habits is your sleep environment. To fall asleep more easily, you want your bedroom to emanate tranquility.

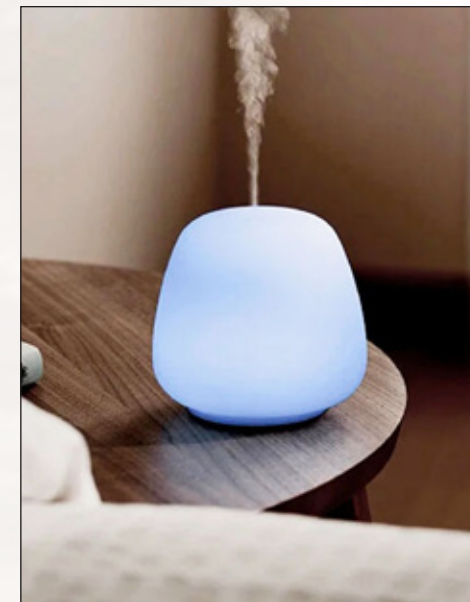
While what makes a bedroom inviting can vary from one person to the next, these tips may help make it calm and free of disruptions:

- **Have a Comfortable Mattress and Pillow:** Your sleeping surface is critical to comfort and pain-free sleep, so choose the best mattress and the best pillow for your needs wisely.
- **Use Excellent Bedding:** The sheets and blankets are the first thing you touch when you get into bed, so it's beneficial to make sure they match your needs and preferences.
- **Set a Cool Yet Comfortable Temperature:** Fine-tune your bedroom temperature to suit your preferences, but err on the cooler side (around 65 degrees Fahrenheit).



- **Block Out Light:** Use heavy curtains or an eye mask to prevent light from interrupting your sleep.

- **Drown Out Noise:** Ear plugs can stop noise from keeping you awake, and if you don't find them comfortable, you can try a white noise machine or even a fan to drown out bothersome sounds.



- **Try Calming Scents:** Light smells, such as lavender, may induce a calmer state of mind and help cultivate a positive space for sleep.

### Is Sleep Hygiene the Same For Everyone?

The basic concept of sleep hygiene — that your environment and habits can be optimized for better sleep — applies to just about everyone, but what ideal sleep hygiene looks like can vary based on the person.

For that reason, it's worth testing out different adjustments to find out what helps your sleep the most. You don't have to change everything at once; small steps can move you toward better sleep hygiene.

It's also important to know that improving sleep hygiene won't always resolve sleeping problems. People who have serious insomnia or sleep disorders like obstructive sleep apnea may benefit from better sleep hygiene, but other treatments are usually necessary as well.

In other words, even though it may be beneficial, sleep hygiene alone isn't a panacea. If you have long-lasting or severe sleeping problems or daytime sleepiness, it's best to talk with a doctor who can recommend the most appropriate course of treatment.



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Source: <https://www.sleepfoundation.org/sleep-hygiene>

# MUSIC & MOTORCYCLES



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## Motorcycle Mama



**Motorcycle Mama** is on **Comes a Time**, the ninth studio album by Canadian singer-songwriter Neil Young, released by Reprise Records in October 1978. The album is largely performed in a quiet folk and country style. "Motorcycle Mama" dates from the sessions for Homegrown in January 1975. The month prior, Young went on his first date with his wife Pegi, who he would marry in 1978. Pegi was fond of riding motorcycles, a characteristic Young sings about in his later portrait of her, "Unknown Legend".

### Motorcycle Mama

Won't you lay your big spike down?  
 Motorcycle mama  
 Won't you lay your big spike down?  
 I always get in trouble when you bring it around  
 Motorcycle mama  
 Won't you lay it down  
 Do, do, do, do, ah

I'm runnin', I'm runnin'  
 I'm runnin' down the proud highway  
 Yeah, I'm runnin', I'm runnin'  
 I'm runnin' down that proud highway  
 And as long as I keep movin'  
 I won't need a place to stay

Motorcycle mama  
 Won't you lay your big spike down?  
 Motorcycle mama  
 Won't you lay your big spike down?  
 I always get in trouble when you bring that around  
 Motorcycle mama  
 Won't you lay it down?

Well, I'm here to deliver  
 I hope you can read my mail, oh yeah  
 I just escaped last night  
 From the memory county jail, yeah  
 I see your box is open  
 And your flag is up  
 My message is ready  
 If there's time enough  
 Ooh, ooh

Motorcycle mama  
 Won't you lay your big spike down?  
 Motorcycle mama  
 Won't you lay your big spike down?  
 Motorcycle mama  
 Won't you lay it down?



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# THE LIGHTHOUSE

*"He is not here; he has risen!" - Luke 24:6-7:*

## THE RICH FAMILY

I'll never forget Easter 1946. I was fourteen, my little sister, Ocy, was twelve and my older sister, Darlene, was sixteen. We lived at home with our mother, and the four of us knew what it was to do without. My dad had died five years before, leaving Mom with no money and seven school-aged kids to raise.

By 1946, my older sisters were married and my brothers had left home. A month before Easter, the pastor of our church announced that a special holiday offering would be taken to help a poor family. He asked everyone to save and give sacrificially.

When we got home, we talked about what we could do. We decided to buy fifty pounds of potatoes and live on them for a month. This would allow us to save twenty dollars of our grocery money for the offering. Then we thought that if we kept our electric lights turned out as much as possible and didn't listen to the radio, we'd save money on that month's electric bill. Darlene got as many house- and yard-cleaning jobs as possible, and both of us baby-sat for everyone we could. For fifteen cents we could buy enough cotton loops to make three potholders to sell for a dollar. We made twenty dollars on potholders. That month was one of the best of our lives.

Every day we counted the money to see how much we had saved. At night we'd sit in the dark and talk about how the poor family was going to enjoy having the money the church could give them. We had about eighty people in church, so we figured that whatever amount of money we had to give, the offering could surely be twenty times that much. After all, every Sunday the pastor had reminded everyone to save for the sacrificial offering.

The night before Easter, we were so excited we could hardly sleep. We didn't care that we wouldn't have new clothes for Easter; we had seventy dollars for the sacrificial offering.

We could hardly wait to get to church! On Sunday morning, rain was pouring. We didn't own an umbrella, and the church was over a mile from our home, but it didn't seem to matter how wet we got. Darlene had cardboard in her shoes to fill the holes. The cardboard came apart, and her feet got wet. But we sat in church proudly. I heard some teenagers talking about our old dresses. I looked at them in their new clothes, and I felt rich.

When the sacrificial offering was taken, we were sitting in the second row from the front. Mom put in the ten-dollar bill, and each of us kids put in a twenty-dollar bill. We sang all the way home from church. At lunch, Mom had a surprise for us. She had bought a dozen eggs, and we had boiled Easter eggs with our fried potatoes!

Late that afternoon, the minister drove up in his car. Mom went to the door, talked with him for a moment, and then came back with an envelope in her hand. We asked what it was, but she didn't say a word. She opened the envelope and out fell a bunch of money. There were three crisp twenty-dollar bills, one ten-dollar bill and seventeen one-dollar bills.

Mom put the money back in the envelope. We didn't talk, just sat and stared at the floor. We had gone from feeling like millionaires to feeling poor. We kids had such a happy life that we felt sorry for anyone who didn't have our Mom and our late Dad for parents and a house full of brothers and sisters and other kids visiting constantly. We thought it was fun to share silverware and see whether we got the spoon or the fork that night.

We had two knives that we passed around to whoever needed them. I knew we didn't have a lot of things that other people had, but I'd never thought we were poor.

That Easter day I found out we were. The minister had brought us the money for the poor family, so we must be poor, I thought. I didn't like being poor. I looked at my dress and worn-out shoes and felt so ashamed -- I didn't even want to go back to church. Everyone there probably already knew we were poor!

I thought about school. I was in the ninth grade and at the top of my class of over one hundred students. I wondered if the kids at school knew that we were poor. I decided that I could quit school since I had finished the eighth grade. That was all the law required at that time.

We sat in silence for a long time. Then it got dark, and we went to bed. All that week, we girls went to school and came home, and no one talked much. Finally, on Saturday, Mom asked us what we wanted to do with the money. What did poor people do with money? We didn't know. We'd never known we were poor. We didn't want to go to church on Sunday, but Mom said we had to. Although it was a sunny day, we didn't talk on the way. Mom started to sing, but no one joined in, and she sang only one verse.

At church we had a missionary speaker. He talked about how churches in Africa made buildings out of sun-dried bricks, but they needed money to buy roofs. He said one hundred dollars would put a roof on a church. The minister added, "Can't we all sacrifice to help these poor people?" We looked at each other and smiled for the first time in a week.

Mom reached into her purse and pulled out the envelope. She passed it to Darlene. Darlene gave it to me, and I handed it to Ocy. Ocy put it in the offering.

When the offering was counted, the minister announced that it was a little over one hundred dollars. The missionary was excited. He hadn't expected such a large offering from our small church. He said, "You must have some rich people in this church." Suddenly it struck us! We had given eighty-seven dollars of that "little over one hundred dollars."

We were the rich family in the church! Hadn't the missionary said so? From that day on, I've never been poor again....

Source: <https://doina-touchinghearts.blogspot.com/2014/04/two-amazing-inspirational-easter-stories.html>



# WEDESIGN

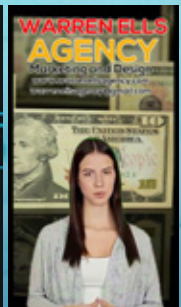
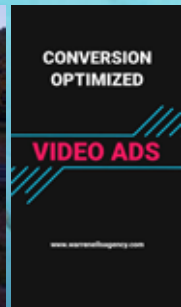
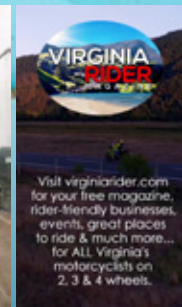
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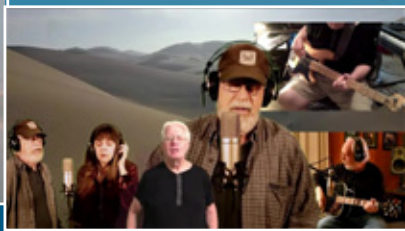
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# BIKE SAVERS

with John Peterson



## “SQUIRREL!” or, I Must Be Nuts

Winter is finally getting the hint and slowly getting out of the way for spring, and it's about time! 'Kind of' picking up where I left off with the 1989 VTR250 I brought home last fall and wrote about in my 'Miami Nice' column, I was looking forward to getting back out there and working on it because it's kind of a rare bike, only being made for three years, from 1988 to 1990.



Yes, I know: it screams “1980’s!” But isn’t that part of its charm...? (This is not a pic of my bike, but it looks exactly like it).

Not that rarity had anything to do with it (okay, well, maybe...), and since most of the bikes in my garage are along the lines of ‘vintage classic Universal Japanese Motorcycles’, or UJM’s, I think it was also something about the more modern look of the bike, the reported Fun-Factor riding it and the fact that I didn’t really have anything that ‘stuck out’ in the stable; plus I kind of wanted to get my hands on something a bit more updated to see what all the hype was about, so I brought one home.

Here’s mine, still on the truck...see...? Big difference...I do have the plastics, but I included the above pic to simply illustrate what the bike looks like when it’s fully dressed.



Okay, so: Winter comes and forces everybody inside for six months. It’s too damn cold to be out in the garage tinkering, and ‘idle hands are the devil’s workshop,’ or so the saying goes... months of dark and cold to suffer through, hoping to get out there soon and Get That Bike Going with nothing to do but cruise the interwebs - until I came across this.



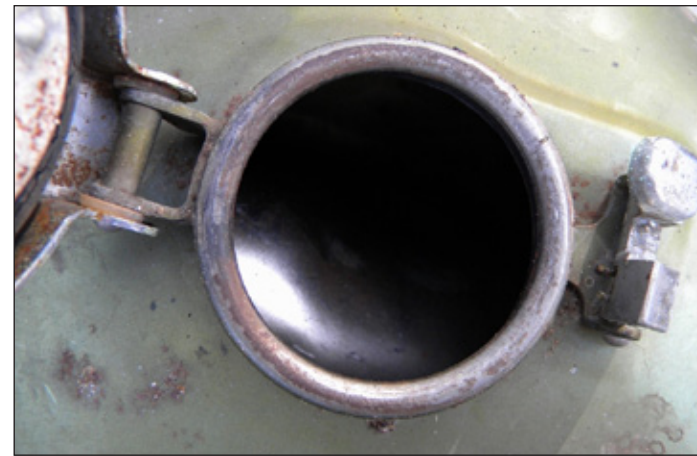
A 1973 Honda CB500 Four, festering away in a run-in shed... well, I just couldn’t leave it there... It’s like finding a kitten in the middle of the road on a wet, rainy, cold day. “Oh, you poor thing! You’ve been outside all this time...let me take you home!” I made the man an offer and brought this one in from the cold, so to speak.

That was February; months to go before it gets warm enough to go outside. Nothing to do...UNTIL...!



I came across THIS in Richmond! A 1972 CB500 Four! For a hundred bucks!! (I’m a sucker for a hard case; it’s amazing I don’t pick up hitchhikers on the freeway...)

Yes, it looks like hell, but believe it or not, the only really rusty things on this one were the pipes and front fender, the gas tank on this one was pristine inside; points too!



Clean as a whistle!  
And look at these points!



This bike was sitting outside under a shed for God knows how many years, and the points look new!

The throttle moves freely and snaps back, and I even found this inside!



The original 1972 Honda CB500 owner’s manual, in great shape. And if you look closely at the right side of the pic you can even see the very rare fuse holder in its little slot in front of the filter screen, with the original fuses still inside!

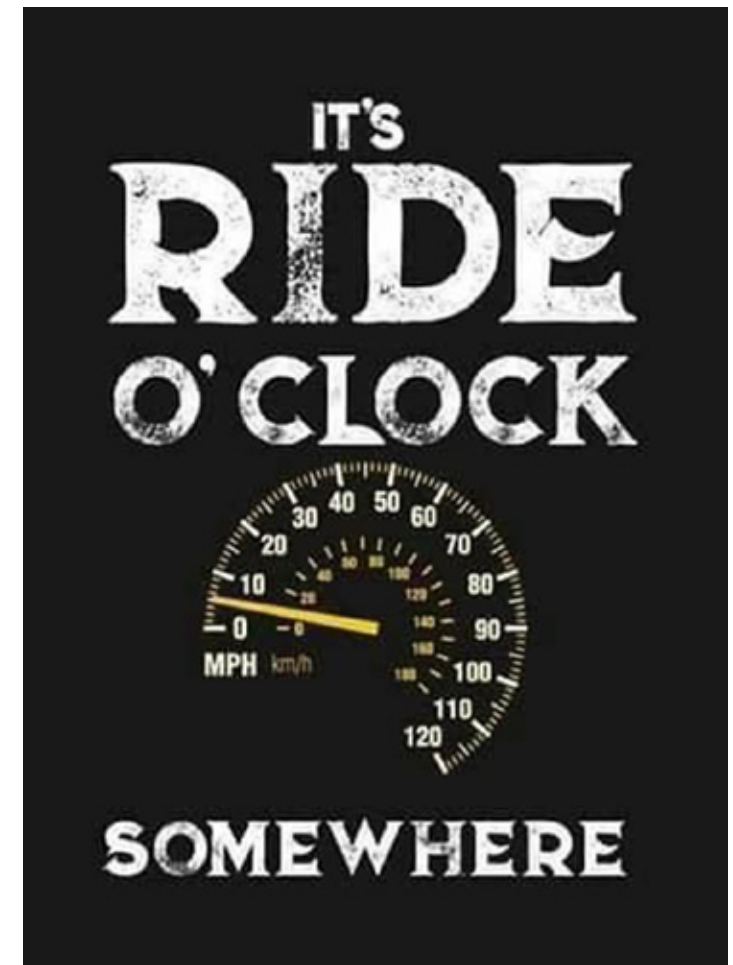
Now granted, there’s a lot of time and work to be spent here, not to mention money. I have too much of the former, and not enough of the latter, and you can’t save them All...but if I don’t – who will??

My wife says admitting I have a problem is half the battle, and ‘none of them run!’

Oh, but they will, honey – they will. I’ll just focus on these for a while and - “SQUIRREL!”



VIRGINIA RIDER MAGAZINE



# RRRuff Riders

## AUSTON the sidecar dog

AUSTON is a 7-year-old Mini Schnoodle. The story of how Auston became "the sidecar dog" is short but sweet. I had been looking for a Stella Original Scooter for a while and hadn't been able to find what I was looking for. Then one day, we discovered one in Acton.

We got married and had our children in Acton. My wife's name is Stella, and the scooter is the exact same color of red as her car. Now when we're out riding, I like to joke that Stella is in the Stella.

Whenever anyone mentions Stella, I always ask, "Which one?". Immediately upon getting the scooter, I wanted to train Auston in the sidecar. He took to it right away.

AUSTON. LOL. Not Texas. Named after Auston Matthews. Middle name Bowers. Both Toronto Maple Leafs' hockey players. "Auston Bowers"...get it?... like "Austin Powers". Lol

The first time we went out, I took him very slowly around



the court and he was good with it. I knew he was going to like this. When I finally got my M2, Stella got in the sidecar and we put Auston in with her, then went driving around. They began to build up speed and got up to 30mph. Auston seemed to be enjoying it.

Stella suggested we go down Hockley Valley Road, and I said "You know the speed there, right?", which was nearly 50mph and 60mph downhill. He did great with it.

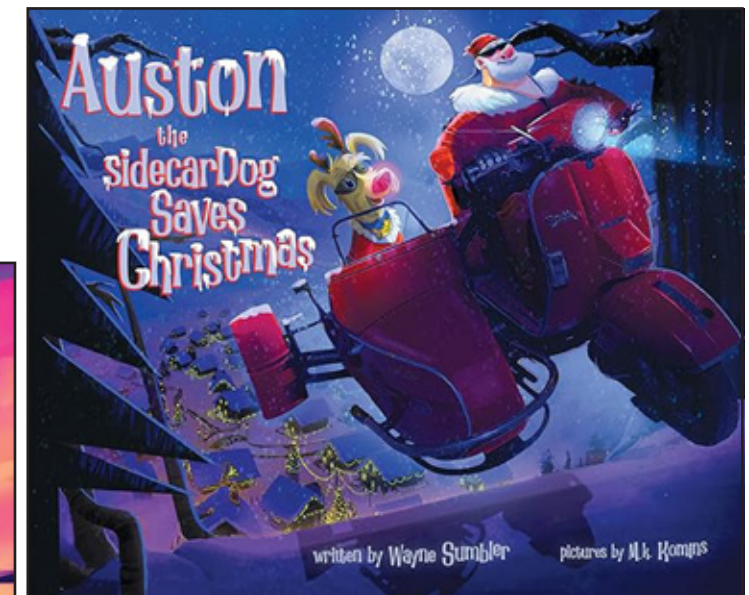
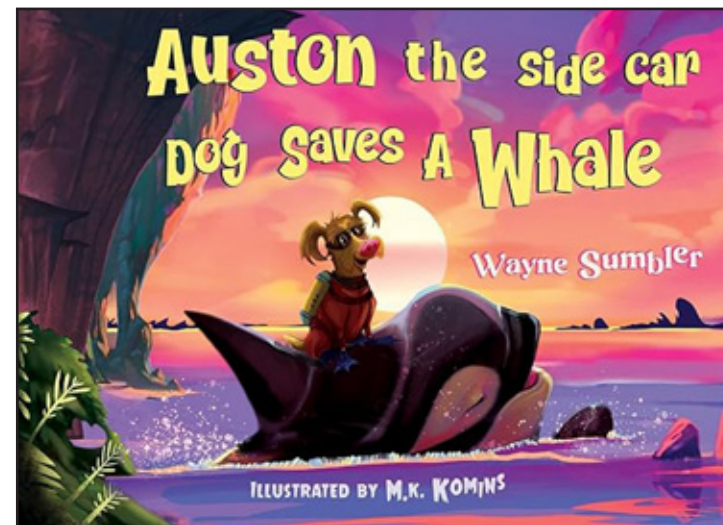
Even though Auston isn't well-trained in some respects, when it comes to the sidecar, he is. He'll just hop up on the sidecar and sit down. Sometimes he likes to stand too, but he won't jump. He's not afraid at all, and he's so comfortable there.

Auston is quite the celebrity and gets much attention when we're out. He also raises funds for the OSPCA. To date has raised over 2000 dollars, more to come this year. And while we love cruising around locally, some days it's just about hitting the road together and enjoying the ride. He just sits there and lets his ears flop in the wind.

Auston has his own children's books too that you can purchase on Amazon. (see the book covers with this article). He'll have a new one coming out later this year entitled, "Auston the side car dog in space."

Auston's owner is Wayne Sumbler. You can follow Auston's adventures on Wayne's Facebook page - <https://www.facebook.com/wayne.sumbler>

Wayne, thanks so much for sharing with us about Auston's wonderful life & exciting adventures. He's a true Ruff Rider!



# EASY DOES IT

## SPAGHETTI CARBONARA

We love celebrating the start of new seasons with great food & this month we have a deliciously creamy & luscious pasta meal that you can whip up in a flash. It's seriously the easiest pasta dish you will ever make with just 5 ingredients in 15 min, loaded with Parmesan and crisp bacon goodness! The best part about this dish is that you only need 5 ingredients to make it! No wait, the best part is eating it! This is also super fun to make so let's get to cooking!

### INGREDIENTS

8 ounces spaghetti

2 large eggs – You can substitute the eggs with a little heavy cream

½ cup freshly grated Parmesan

4 slices bacon, diced – add extra slices if you want it really "bacon-ey" 😊

4 cloves garlic, minced

Kosher salt and freshly ground black pepper, to taste

2 tablespoons chopped fresh parsley leaves

## Good Food Simply Made

### INSTRUCTIONS

- In a large pot of boiling salted water, cook pasta according to package instructions; reserve 1/2 cup water and drain well.

- In a small bowl, whisk together eggs (or heavy cream) and Parmesan; set aside.

- Heat a large cast iron or regular skillet over medium-high heat. Add bacon and cook until brown and crispy, about 6-8 minutes; reserve excess fat.

- Stir in garlic until fragrant, about 1 minute. Reduce heat to low.

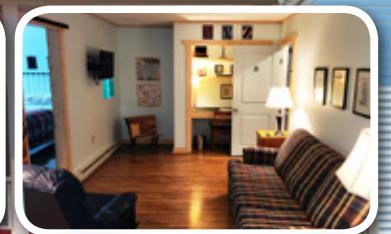
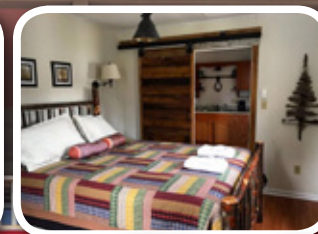
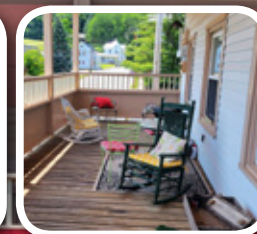
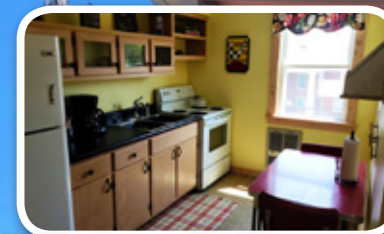
- Working quickly, stir in pasta and egg mixture, and gently toss to combine; season with salt and pepper, to taste. Add reserved pasta water, one tablespoon at a time, until the desired consistency is reached.

Serve immediately, garnishing with parsley, if desired.  
 "Life is a combination of magic and pasta." - Federico Fellini ... Bon Appetit! ❤️



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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# GETTING READY FOR SPRING RIDING



Spring is in the air and you are ready to jump on your bike and head out into the sunshine, but before you get revved up, take a few moments to get your bike prepared. Doing so will extend the life of your bike, and result in a safer ride for you and everyone else on the road. You'll only keep your cheap motorcycle insurance premiums by staying safe and accident-free, so starting the season with your bike in peak condition is crucial. After a winter in storage, use this checklist to prepare your bike before you get back on the road:



## Oil & Fluids

- Check the engine oil, gear oil, shaft drive, hydraulic fluid, coolant and fuel. Replace fluids that are degraded and top-up fluids that are running low. Fluids where the color, consistency or smell is considerably different than the new fluid you have is considered degraded and should be purged and replaced.
- Visually check to ensure there are no leaks, especially if you note fluid levels that are particularly low for no apparent reason – the liquid had to go somewhere!



## Battery

- If your battery was removed for the winter, reinstall it.
- Check the connections on the terminals to ensure that the cables are connected tightly.
- Ensure terminals are free of dust, debris, and corrosion, as that can cause poor and inconsistent electrical performance.



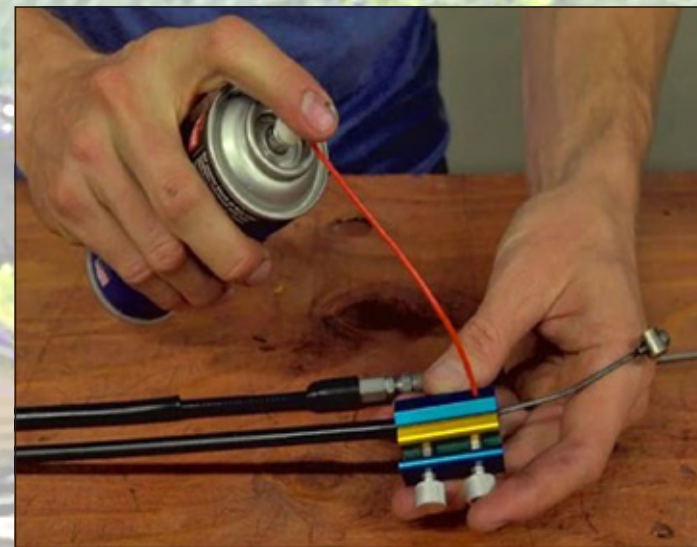
## Tires and Wheels

- Inspect your wheels to ensure they are round (no flat spots), free from cracks and dents, and that there are no problems with the spokes.
- Check your tires for wear and tear, as well as bulges, cracks or any objects that may have become embedded in the tread. Run your hand along the tread – they should feel uniform. Inconsistencies could indicate a problem with the tire.
- With temperature changes, rubber and metal expand at different rates, causing tires to lose air and need to be topped up in the spring. Get out your owner's manual and find the optimal air pressure, or check the sidewalls of the tires – it should be stamped into the rubber. Check to ensure each tire is properly inflated, and if not, adjust as necessary.



## Lights

- Inspect the lenses on the lights for cracks, and check that they are attached securely.
- Check the headlight and ensure it is aimed correctly. Make sure both the high and low beams work.
- Check the turn signals and brake lights for operation, and ensure they are clean and securely attached.



## Controls

- Lubricate all levers and pedals. Ensure they are not broken or bent.
- Inspect all cables for kinks, folds, or fraying. Test that your bike's cables do not interfere with steering.
  - Check all hoses and look for problems indicated by cuts, cracks, bulges, or leaks. Make sure that the hoses do not get in the way of steering or suspension, and that there are no folds.
- Check the throttle to ensure it moves freely.



## Chassis

- Check the frame for any lifting paint, cracks, or dents, as this could indicate a structural concern.
- The front forks and rear shocks should be properly adjusted.
- Check the belt or chain for the proper tension. Add lubrication if required, and check that the teeth are mounted properly.
- Tighten all fasteners and replace them if needed.



## Stand

- Check that stand(s) are not cracked or bent and that they have enough tension to hold the bike in position. For most of these adjustments, you can refer to your motorcycle owner's manual, or purchase the shop manual from the manufacturer or dealer if you're mechanically inclined. If you are at all uncomfortable with doing a spring readiness check yourself then take it to a professional for a tune-up. This will ensure that your bike is road-ready and as safe as possible.

If you're one of those riders who hasn't ridden your bike all winter, most experienced riders recommend that you take some time to warm up to the bike again – take it slow and practice maneuvering a little bit before you really hit the road. Making sure that you're prepared will help keep you safe.



VIRGINIA RIDER MAGAZINE

# HOW TO REMOVE OIL AND AUTOMOTIVE STAINS FROM CONCRETE

Unightly oil and other types of stains can typically be removed from concrete with the aid of household materials and products, says Forbes. But it'll take trial and error to figure out what works best for your particular stain and concrete. For instance, try a scrub brush and some paste or dish soap, advises the Concrete Network. Degreaser can also be an effective way to loosen oil.

Whichever chemical you use, hot water tends to work best because it can begin separating oil from the concrete surface. Regardless of whether a spot is new or old, follow these steps to help remove oil or other automotive stains from your paved driveway or uncoated concrete garage floor.

## How do you remove oil stains from a driveway?

Whether your bike or vehicle is leaking oil, brake fluid, or power steering fluid, essential automotive fluids can damage your driveway by leaving unsightly stains behind. If you want to clean these stains effectively, you'll have the best luck if you catch them quickly and use the right products. Jonathan Gunther, co-founder of Brakes to Go, a mobile brake repair company in Texas, tells us how.

## How do I soak up oil and other automotive fluids?

To soak up the excess motor oil or fluid, you should spread cat litter over the fresh stain and let it sit for several minutes. In addition to soaking up the excess fluid, the cat litter will minimize the stain by pulling fluid out of the cement. After you've soaked up as much as you can, sweep the cat litter into a bag and dispose of it properly.

## How do I clean oil off of my concrete driveway after soaking up excess fluid?

If a stain remains after collecting the excess liquid, or you want to remove an older stain, you have a few options. You can start by dousing the spill with dish soap and water to remove oil from the driveway. "We've all seen the dish soap commercial where they're cleaning the little birds from oil spills," says Ganther. "Hopefully, if the stain is new enough, the dish soap eats through it and gets it out."

If using dish soap doesn't work, you can try spraying the stain with oven cleaner, WD-40, or a mixture of bleach and water and letting it soak for a few minutes. Then scrub it with a brush or a piece of steel wool and repeat the process until the stain is gone. Ganther warns that you should be careful not to spread the oil around and make the stain worse during this process.

## How do I clean up brake fluid from concrete?

You can remove power steering fluid or brake fluid from your driveway with the same detergent and solvents used to remove oil. Gather notes that it can be easier to remove stains from brake and steering fluids because they are lighter in color than the oil.

## What about asphalt driveways?

If your driveway is asphalt instead of concrete, it's probably best to skip the solvents because they might lighten your driveway. "I don't know if I would use anything other than dish soap on asphalt. The other solvents [can] bleach or color. You'd make the black driveway look worse," says Ganther.

## How do I dispose of products used to clean oil stains?

If you're using products that are stronger than dish soap, they may contain harsh chemicals that may be harmful to the environment. You shouldn't allow them to run into the grass or down the sewer. If you have oil-soaked rags, you shouldn't throw them in the trash. "You have to take them to a recycling center or hazardous waste center. You're not supposed to clean up oil and just throw it away," says Ganther. The disposal of household hazardous waste is regulated by state and local authorities. Check with the Department of Environmental Protection (DEP) in your state before disposing of any products.

Source: <https://www.allstate.com/resources/car-insurance/how-to-remove-oil-from-driveway>



# DMV Testing 1-2-3 from the DMV Motorcycle Test

DEPARTMENT OF MOTOR VEHICLES

The following questions are from real DMV written motorcycle tests. It may have been years since you've taken the written test so it's important to keep these rules of the road fresh in your mind when you hit the road. Safety first, for you, your passengers, & those who you share the road with. Could you ace the DMV test today? How many questions can you answer correctly?

## When riding with a passenger on your motorcycle, you should instruct the passenger to:

- (1) Get on the motorcycle before the engine starts.
- (2) Sit as far back as possible on the bike.
- (3) Not talk or move unnecessarily.



**Answer: (3) Not talk or move unnecessarily.** Tell passengers to avoid unnecessary conversation or movement while on a moving motorcycle. Passengers should get onto a motorcycle only after the engine is started. They should sit as far forward as possible without crowding the operator.

## If you are being chased by a dog, you should:

- (1) Approach the animal slowly, then speed up.
- (2) Kick it away.
- (3) Swerve around the animal.



**Answer: (1) Approach the animal slowly, then speed up.** Motorcycles often seem to attract dogs. If you are being chased by a dog, downshift and approach it slowly. Then, as you approach the dog, accelerate and leave it behind.

## In general, when riding at night, your headlight should:

- (1) Not be used.
- (2) Be used on its high beam setting.
- (3) Be used on its low beam setting.



**Answer: (2) Be used on its high beam setting.** Using your high beam headlight will help you see and will help other drivers see you. Use your high beam headlight any time you are not riding behind or approaching other vehicles.



Veterans and active military enter for free!

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Axe Throwing

**Saturday 6/8:**

Open at 7am  
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Audio & Sound Show by Vitas Hawiey  
Tobacco Road Band 11am-2pm  
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