



Quick Release



A publication of 3 Rivers Velo Sport Inc. Founded in 1969, 3RVS is an LAB, ACA and IMBA affiliated club, & member of the IBC, USCF and NORBA. Quick Release contains current and planned club biking activities and is distributed to all members. Submissions are due by the 10th of each month.

November 2000

The Bicycle Bulletin Board

Issue 2000.11

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November Cycling Quote:

"When I see an adult on a bicycle, I do not despair for the future of the human race."

H.G. Wells

3RVS Festivus Holiday Party

Mark your calendars now for the 3RVS Festivus Holiday Party to be held on Saturday, December 9th, from 7 p.m. to ???

This year the party will be held at the Avalon at Northbrook Apartments clubhouse on Dupont Road, just East of Lima Road. As usual, Casa's delicious meat and spinach lasagnas and salad will be served. Soft drinks will be provided.

If you want or need something more, BYOB. Also, if you have a special dessert you'd like to share, please bring it along.

A donation of \$5 will be taken the night of the party. So end the year with you bike club friends and share pictures and stories of special rides you've been on during the year. For more information, please call Diane Mardoian at 497-9740.

BRRR, IT'S TOO COLD TO RIDE

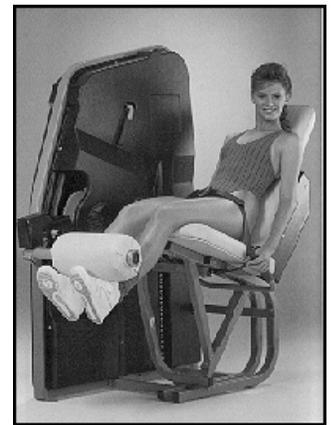
November Program Preview

The time of year is here when the weather often is too cold to ride. How do you maintain your fitness level during the Winter months when you are not riding?

Attend the 3RVS meeting on Thursday, November 2, to learn how Fort Wayne health clubs can help you maintain Winter fitness. The meeting will be at 7:30 p.m. at First Wayne Street United Methodist Church.

Four fitness facilities have been invited to send representatives to speak to our members. One of those facilities, the Sports Club at the YWCA, offers a group discount to 3RVS members, as well as offering indoor cycling classes. The YW has confirmed it will send a representative to our meeting.

A few years ago, Bicycling Magazine offered tips to cyclists on Winter fitness. The magazine recommended an indoor trainer, but warned not to overdo it. Time on the indoor trainer is more tiring than riding outdoors because there are no hills to coast down and no tailwinds.



Bicycling magazine adds, **the surest way to guarantee staleness in the Summer is too ride indoors hard all Winter.** Use the indoor trainer once or twice a week as a supplement to alternate activities. That way you will be mentally fresh in the Spring, yet still be physically ready for the cycling season.

Various other activities can help keep you in shape during the Winter. Following is a sampling of activities you can use to stay fit in the Winter.

Skating. On pavement or ice, this has rapidly become an off-season training staple because the main cycling muscles (quads and glutes) get a vigorous workout.

Cross-country skiing. Cross-country skiing (either the skating or classical technique) has proven to carry over to cycling.

Running. This quick and convenient workout is especially useful in Winter because you can do it under conditions that would be dangerous for cycling. That would include on wet and snowy roads, when it is cold or in the dark. Bicycling Magazine warns you to be careful though because pounding the pavement can lead to injury and the running motion isn't very specific to cycling muscles.

Mountain Biking. Cyclists who ride mainly on the road can turn to mountain bikes when the weather gets nasty. Mountain biking is a great off-season opportunity to hone bike handling skills.

Please attend the 3RVS meeting at 7:30 p.m. November 2 to learn about how to maintain Winter fitness. And, we might have some pretty cool snacks at the meeting too.

Karen Walker

President's Message



I am writing this just before Hilly Hundred Weekend. I am looking forward to getting together with the 3RVS gang in Bloomington for Hilly this year. Many of us will be staying at the same hotel, which makes it easier for us to plan get togethers for our Club members at Hilly.

Hilly seems to mark the end of the biking season, although we schedule regular Club rides through the end of October. I hope everyone has had a wonderful biking season. I certainly have.

Looking over the past season, it seems like almost every 3RVS event has been a grand success. We did very well on both May Madness and the Three Rivers Festival Tour. For the first time this year, we had a 100-mile Road Race along with the Festival Tour. As usual, the Pokagon Overnighter was lots of fun.

We tried to plan at least one special event each month. This year we reinstated the Club picnic, had the 2nd Annual Museum Tour, and planned a Club Century, which would have been a great event if it had not rained that day. We had a Club Jersey ride scheduled too, which also suffered from rain. But, we still got together for breakfast and some of us rode after the rain ended.

Our weeknight rides were particularly successful this year. Those of us who rode on Wednesdays at Saturn had a blast every week. And, surprisingly we got pretty fast by the end of the season, especially on that long incline on 600 East just before we got back. The guys tried really hard every week to drop me there, but mostly I stayed with them (drafting of course) in spite of their 20 plus M.P.H. pace.

Our membership is way up this year over last year. Membership Chair Leslie Melcher reported at the October Club meeting that we have almost 300 members now. That number is pretty impressive. Congratulations to Leslie and the other Club officers, who all played a part in getting more memberships this year.

In September, we had a party to honor the Club's volunteers for this year. Thank you Debbie Ballinger, for chairing that party. And, thanks to your helpers, Luke Ballinger and Susan Hunt. We also owe a big thank you to Summit City and Koehlinger bicycle shops for contributing door prizes for the party.

I want to say special thanks to Marilyn Bash, who has chaired the Pokagon Overnighter for the last four years. Marilyn wants to retire from Pokagon to get a well-deserved rest. I will be looking for a volunteer to chair Pokagon for next year. Marilyn has offered to help the new chair get started, and Marilyn has kept detailed records of what she has done. So, if you are interested in chairing Pokagon next year, please contact me and let's talk.

Karen

3rvs@topica.com - The 3RVS Email List



Ever wonder how some people seem to know about last minute ride changes because of bad weather? Ever have a cycling question you were curious about but never got to ask? Our Club has an Email List that can help you to get the latest information about club activities and possibly answer your questions.

Joining the 3RVS list is fairly straight forward. Please note that you **MUST** have your web browser set to accept cookies to sign-up. And you apparently have to be using either Microsoft or Apple operating systems. I have tried using Linux without success. (Yes, of course, I registered my complaint at this exclusion.)

Then, go to www.topica.com and click on the sign-up free link. Fill in the blanks, follow the directions, and you should be added to the list without any problems. If you have a problem, try again. If you still have a problem, TRY AGAIN. If you have really tried and can't get signed in, please email me at mike@3rvs.com and I will try to help you.

Please note that, in order to help stop spam messages to the list, the administrator (me) has to approve your request to join the list. So, give me a few days to approve your request. If you haven't been approved after a few days, send me a polite reminder and I'll get to it.

Once you are signed up to the list and approved, you can post messages or questions by sending email messages to 3rvs@topica.com. Please keep the discussions cycling related and polite. We currently have 51 subscribers, and more are always welcome!

mike

November Touring Ride Schedule

We are now into the winter riding mode. If this is your first winter riding with us, our winter rides are known as "Show and Go". We will meet at the locations listed below each Saturday and Sunday at 1:00PM and head out. Ride direction and distance are decided by those hardy, dedicated riders but usually depends on wind and temperature. The Sociables will ride meet at the same time and location.

Saturday's 1 PM Homestead HS.
 Sunday's 1 P.M. Leo HS.

Girls on the Move

League of American Bicyclists members and all cyclists know that cycling is great for physical and mental health. Now, Girls on the Move, a new initiative, is creating a cross-country cycling journey designed to unite women of all ages in a demonstration of physical, mental and emotional health. Leading experts in education have teamed up with prominent athletes and celebrities, including Alison Dunlap, Kerri Shrug, Mia Hamm, Susan Sarandon and Courtney Thorne-Smith, to establish Girls on the Move.

A remarkable group of women, who have overcome major obstacles in life, started their 3,865 mile ride from Portland, OR to New York City on September 5 as part of a national public education and awareness campaign on issues affecting girls and women. For more information, visit www.girlsonthemove.com or call 1-877-GOTM (4686).



November Race Training Schedule

Training (road) rides are held in conjunction with the touring rides for November. So see the touring ride schedule for start times and locations. The idea is to try to keep the pace steady and work on base miles. Autumn is a beautiful time to bring someone new out to the touring rides and help them get started in the world of cycling.

CYCLE CROSS has started, and here the submitted results:

- Oct 1 Stoney Creak Metro park CX, Detroit MI
 Cat 3 Luke Landis Flat on last lap
- Oct 8 Bloomer Park CX, Detroit MI
 Cat 3 Luke Landis 3rd overall, 1st in 30 to 40 age group.

New Racing Team Forming in 2001

A new club racing team for year 2001 Fort Wayne has some of the best cyclists in the state when it comes to racing. So it is about time we create a team to represent Fort Wayne properly. We are seeking candidates for next years roster that can bring these qualities to the team:

- Competitive interests
- Good sportsmanship
- A willingness to learn
- Commitment to a few races
- Club support

Past racing experience not necessarily required. Respond to (me) Joe Bartels 744-1675 or e-mail at "AxnJoe@aol.com", AND LET THE GOOD TIMES ROLL !

<input type="checkbox"/> Individual	<input type="checkbox"/> New
<input type="checkbox"/> Family	<input type="checkbox"/> Renewal

3 Rivers Velo Sport 2000 Membership Form

<input type="checkbox"/> Touring	<input type="checkbox"/> Off-Road
<input type="checkbox"/> Racing	<input type="checkbox"/> Commuting

Name _____ Age _____ Date _____

Address _____ Email _____

State _____ Zip _____ Phone _____ City _____

Check to receive newsletter by email Check to not be included on membership roster available to other bike related groups

Signature(s) (Parent or guardian if under 18) _____

Fees: \$10 Individual, \$15 Family. In signing this form, I acknowledge the inherent danger of bicycling and agree on behalf of myself, my heirs, devisees or estate to hold 3RVS, Inc. and its members harmless for loss, damage, injury/death to myself or dependents as a consequence of participating in activities of 3RVS, Inc. **Make check payable to 3RVS. Return to 3RVS, PO Box 11391, Ft. Wayne, IN 46857-1391**



Greetings to all at 3 Rivers Velo Sport from Velo Sport Rotorua, away down in the South Pacific.

Firstly, let me say how much I enjoyed receiving and reading a copy of your newsletter, Quick Release, and thanks a million Mike Heyes for sending it. I'm not certain now how I originally made contact with your club, I have a feeling I "stumbled" across your website, (what a beauty), and went from there, received your newsletter and Mike has asked me to do an article on cycling in New Zealand.

I thought I would do this one on Velo Sport Rotorua or VSR as we call ourselves, but firstly, a bit of background on Rotorua. Most of you will have a knowledge of where New Zealand is, but possibly not Rotorua. The city of Rotorua has a population of 65,000 and is situated in the central North Island, around 3 hours drive from Auckland, the main landing area for tourists visiting this country. Rotorua is recognized as one of the main tourist cities in New Zealand. It is famous for its thermal attractions, great trout fishing and its unique Maori culture. It also has some of the best mountain bike trails in the country and runs a 12 hour, (8pm-8am), mid winter ride called the Cateye Moonride which attracts around 1000+ riders from around the country to either ride it as part of a team or as an individual, (the brave ones), it's awesome.

Well back to VSR and how it all started. Velo Sport was "born" 5 years ago this month, (September), to cater for cycling and cyclists that were not being catered for by the existing club in town, yes we were a breakaway group and have survived.

**VELO SPORT ROTORUA,
NEW ZEALAND**

As a club we cater for all class of cyclists, from the Elite racing, mountain biker, tri-athlete to the recreational. Our membership is not large, (40), a far cry from your 200+. We are currently working on building this up as there are a large number of cyclists in this area who have no affiliation to a club. Velo Sport is affiliated to the Waikato Bay of Plenty Cycling Centre, (which we come under), and also to Cycling New Zealand, the controlling body for the sport in this country.

Club racing is held every Sunday morning and caters for everybody's needs, those who have the strength left at the end will usually then head off for a training ride. Racing is informal as that is how the riders want it to be, it works, and everybody knows whose won. Coming out of winter the races are around 30km and will increase as warmer and better weather, (who likes getting drenched), creeps up on us. The club also organizes and runs a 75km "fun ride" during January, Rotorua to a small place called Matata on the east coast in the Bay of Plenty. The fastest rider is around the 1hr-45m and the slowest 3h-15m. We finish off with a free BBQ and cold drinks. It's a great money spinner and numbers are growing all the time, we charge \$10 to enter and \$15 on the day. Posters for the event are usually out 3 months before and we circulate them through various outlets besides posting an entry out to each individual that took part in the previous years event, (that time is arriving again). On completion of the event, (within a couple weeks), every competitor then receives a certificate with his/her name on plus a copy of the results. It's a great way of boosting club funds.

The Club boasts two NZ Level one Cycling NZ coaches and those same people are both National grade Commissaires. We also have a level 4 mechanic and he has been (still is) the track mechanic for CNZ Track Cycling team currently at the Olympic Games and then moving on to the World Track Champs in Manchester in the UK early October.

There are probably things I haven't touched on, but maybe I have bored you enough. If you wish to ask me any questions you can email me at johns06@wave.co.nz Anybody contemplating a visit this way will be most welcome in Rotorua.

Cheers for now, *Trevor Johns*

Editor's Note: I'd like to thank Trevor for taking time to contribute this article for the newsletter. If you'd like to learn more about Velo Sport Rotorua, visit their website at http://www.geocities.com/velosport_nz/index.htm.



November Fat Tired Rides

From The Fat Tired Guy: Off-Season, Off-Road . . . and perhaps a little off beat, too. There's a nip in the air and the Hilly has brought the unofficial end to the Indiana bike touring season. For many, it is also the unofficial beginning of the Fat Tired season. This is a good way to get some saddle time through the fall and winter and spring. Rides are being planned for each month. We won't ride if the roads are slippery or sloppy or covered with more than three inches of snow and the low temperature cutoff is 15 degrees. November Other than that — we ride!

Sunday, November 5, 3 PM, Level 1 -- Join us at Foster Park for an easy paced ride through the southwest end of town. Meet at the parking lot at the end of the parkway.

Saturday, November 11, 9 AM, Real off road at Fort Custer -- Come along and find out why this is one of the area's favorite off road riding spots. Meet at Bob Evans, DuPont at I-69.

Saturday, November 18, 1 PM, GRR -- You don't have to be mad for this ride. GRR stands for gravel road ride. Meet at Leo High School and take a two wheeled tour through the Amish country of North Allen and DeKalb counties.

Sunday, November 19, 3 PM, UORE -- We'll leave from Appleseed Park for some Urban Off Road Exploring. We still find new places to ride almost every time we go out. Keep in mind that it's a few degrees warmer in town and there are always places to stop for coffee, etc.

No FT rides are scheduled for the Thanksgiving weekend, but if the weather is nice why don't you head out to Franke Park and "warm up" the trails.

For more info contact Phil at 419-542-8971 or bikenphil@AOL.com

3RVS Classifieds

1. Selle Italia Mythos Saddle Low profile shell, slim cut-out to help provide pressure relief, smooth leather cover. Perfect condition. New \$89 Pre-owned, slightly used, looks brand new \$40.

2. Dura Ace 175mm cranks, perfect condition, slightly used 53/39 \$125 obo.

3. Shimano 600/Ulrega 170mm cranks, excellent condition, used approx. 6 months 53/39 \$75.

4. Specialized Stumpjumper Mountain Bike, owned by Rita Andersen, only ridden on Sundays to church and back. 13" Frame, Shimano XT components, excellent condition, Blue metallic paint. \$500 or best offer.

Yes, all of the above are being offered by Todd or Rita Andersen. Call them at 219-436-0346.

Visit Hawaii This Winter

www.hbl.org

Hawaii Bicycle League

Time To Clean Up: Rivergreenway Cleanup Report

The following report, with some changes, was sent to Kathy Pargmann, of the Fort Wayne Rivergreenway Consortium. 3RVS adopted a two mile section of the Greenway and has annual cleanups scheduled during the year. Thanks to Chuck and Marilyn Bash for organizing and participating in these cleanups. Let get more bodies out there next time!

The Three Rivers Velo Sport, Inc. held its Fall Greenway clean up Saturday, October 7, 2000. We left one bag of trash at the restrooms in Kreager Park.

Two volunteers, Chuck and Marilyn Bash, together spend 1 3/4 hours to clean up a two mile section of the Greenway, along the Maumee River, from the boat landing to the golf course, known as Section #9.

No significant problems were noticed. The bike path in the area of the golf course needs repair; there is a section washed out. If repaired, it would provide a connection between the East Area and downtown. If the City of New Haven builds a bike path from New Haven to the Fort Wayne bike path, this damaged section, if not repaired, will prevent continued access along the path and discourage it's use.

Our next scheduled clean up will be in the spring of 2001.

Quick Release

This is a publication of 3 Rivers Velo Sport, Inc., as the astute reader would have learned from the top of page 1. It is published 12 or so times a year, and is distributed to all club members free of charge. Well, you do have to pay your dues to receive *Quick Release*, but beside that small detail, it's free of charge to members.

3 Rivers Velo Sport

3RVS Inc. is a bicycling organization based in Fort Wayne, Indiana which promotes bicycling as a healthy, fun, energy efficient, lifelong activity for persons of all ages. The club sponsors a range of activities offering the benefits of group cycling to riders interested in touring, racing and off-road riding. Special thanks to the following:

Webmaster Michael Heyes
 mhey@concentric.net
 Membership Leslie Melcher
 lvmelcher@msn.com

S'MORES, PARTYING AND DRIZZLE

By Karen Walker

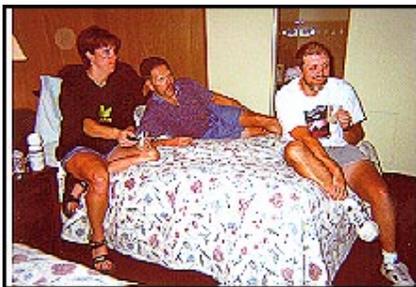
This year's Pokagon Overnighter was a great success as usual, with 46 cyclists enjoying the S'mores in the campground and/or partying at Potawatomi Inn. They also enjoyed the ride and beautiful weather on Saturday, but Sunday's weather was not quite so good. You can't always have everything, I guess.

The group left Leo High School on Saturday morning, September 9, in splendid weather and with a tailwind. Marilyn Bash had marked a 43-mile route and a 65-mile route to get us to Pokagon. Several riders chose to do the long route this year, including me. I don't usually ride so far, but my riding partners talked me into it. I only whined for the last ten miles or so. But since I ride with this group often, they are fairly used to hearing me whine. Right, Mike, Doug, Luke, Debbie, Susan, Leslie, Dan?



One stop of note on the 65-mile route is the store in Brushy Prairie. The proprietor was so friendly she would not give us water for our water bottles and or let us use the restroom. Some of us found our way to a bush behind her store and watered it for her.

Thank you, Marilyn, for putting the biggest hill I have seen outside of Southern Indiana on the 65-mile route. And thanks too for making sure that big hill came up after I already had ridden 60 miles. I got up it, but it was struggle.



I always stay at the Inn since I am not much of a camper. So, after arriving at the Inn, I went swimming in Lake James. The weather was perfect, the water warm and what were the guys doing? Of course, watching football in their room. What can I say?

The campers and Inn guests all had dinner together at the Inn before going our separate ways for the evening. Those camping had S'mores at the Campground so I hear. Meanwhile, those of us staying in the Inn had a stargazing party on the deck. Our stargazing party was complete with libations provided by Debbie Ballinger and her traveling blender. Do you believe Debbie brought a blender in her luggage?

It started raining during the night, which is one of the many reasons I say at the Inn. The Overnighter was the first camping adventure for one of our youngest members, Josette Morris, one-year-old daughter of avid cyclists Jim and Jeanine Morris. Hopefully, Josette enjoyed herself, and the rain didn't make her decide she doesn't like camping, or worse biking.

After breakfast, several cyclists braved the cold rain and biked back to Leo. The more wimpy ones, like me, caught rides back. Well, hey, I had ridden the long route the day before, and I might melt in the rain. Congratulations to those who made it back in the rain. I have to hand it to you because I know that was a tough ride.

I want to especially thank the Chair for the Pokagon ride, Marilyn Bash. Marilyn has chaired Pokagon for the last four years and has done a really great job each year. She had several wonderful helpers this year too, including her husband, Chuck. Others who helped were Jim Brown, Cindy Smith, Loraine and Bob Brown, Susan Hunt, Jerry Bovine, Norbert Braun and others.



The dates for next year's Pokagon Overnighter are September 8 and 9, 2001. Please make a reservation at the Inn now if you want to stay there as it fills up very early. And, don't believe any rumors Marilyn may be circulating about a certain Club President dancing on the table at the party at the Inn this year. Didn't happen, won't happen.

The 11 Foot Chain Guy:
West on the TransAmerica Bike Route
Part 2



by Wendell Brane - Wbrane@ctlnet.com

Day 7: Destination – Dubois, WY. At about noon we saw our first sign which told us the end was in sight: Dubois 48 miles. I was hungry for pizza and looking forward to tonight's stop. Even with our moderate headwind, we should reach the motel in 4 hours. After an hour or so, we saw the next sign which read, Dubois 36 miles. The winds had now picked up and we were only averaging 9 mph. Thus, we still had 4 more hours.

The next sign we passed announced that Dubois was now only 20 miles away. But the headwinds were unbearable, dropping us into our granny gears with a speed of only 5 mph. At this rate, it would take us ... you know: *4 more hours!* Thus, we were stuck in some sort of infinite twilight zone: No matter how far we would ride, the hot pizza, refreshing shower, and soft bed waiting for us in Dubois would always be 4 hours away.



Last month I reported that my brother Tom and I are crossing the country on Adventure Cycling's TransAmerica Bicycle route. We've divided the 4300 mile route into 5 manageable sections, riding each one per summer until we reach the Pacific Coast. Last month we completed our 4th leg from Canon City, CO to Missoula, MT, a total of 1007 miles. It was very rewarding to complete our goal this year – there were times

when we thought the winds of Wyoming would do us in. If we could somehow harness the power of just one day of these incredibly intense winds, we could meet the energy needs of the whole world for 20 years.

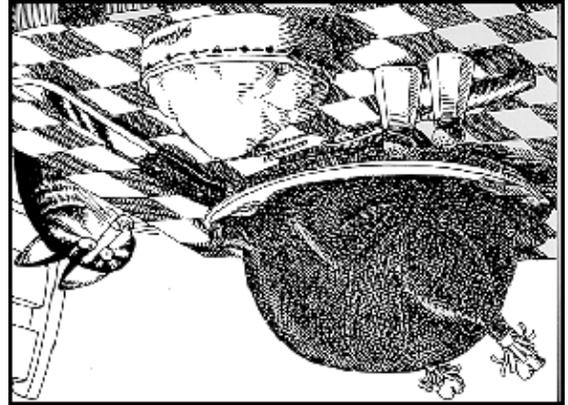
Day 9: Yellowstone Park. What a joy to have the route take us through the beauty and wonder of this national park! The scenery was simply astounding: crystal clear rivers, deep blue lakes, hundreds of hot springs and geysers, large open meadows, tree covered mountain sides, and a waterfalls around every bend. But the most fun was the wildlife that roamed freely. As you can see from the picture, campers and RVs weren't the only dangers we had to share the roads with.

Day 10: Road construction before Ennis, MT. The last 13 miles of our route today was gravel and dirt. Though a state highway, road crews had completely scraped up all the pavement and replaced this section with loose gravel. The closer we got to Ennis, the busier it became. We've been splattered with gravel from tour busses, semi-trucks, fat RVs, and campers. The posted speed limit is 70 mph! Not a biker's dream. A water truck from the highway department has passed me twice spraying the road *and me* with water to settle the horrible dust (at least I think it is water).

Day 13: Though slow, we had no trouble climbing Chief Joseph Pass and enjoyed a wild, winding, rapid, steep-steep-steep descent for 8 miles on the other side. (I had to keep it under 30 because of a broken spoke). Motels are hard to find because of all the firefighters. We've observed many blackened and charred mountain sides here in the Bitterroot Valley, and while we've not seen any flames, we can smell the smoke.

Day 14: We made it! And just in time! Tomorrow's forecast calls for rain, snow, and a low in the teens! We even had time to stop in and visit the headquarters of Adventure Cycling...and get our picture taken. I have lots more to tell, and maybe I can work in a story or two in the upcoming issues. Next year we hope to complete our trip, riding from Missoula to Florence, OR.



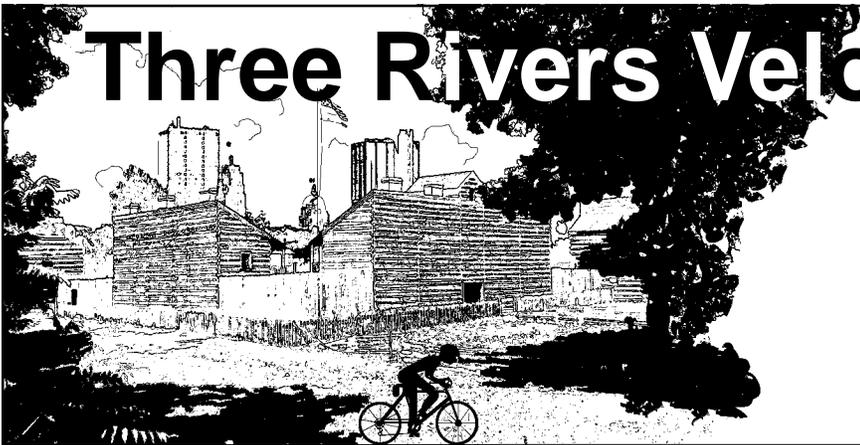


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Three Rivers Velo Sport, Inc.

November 2000 Newsletter

A FORT WAYNE, INDIANA
BICYCLE ORGANIZATION

Next 3RVS Club Meeting

When: Thursday, Nov. 2, at 7:30 pm

Where: First Wayne St. United Methodist
Church, 300 E. Wayne St.

November Mtg. Program

You've had a great season riding! You're fit, fast, lean and mean. Now, learn about the winter training options available at the YWCA to help keep you that way.

3RVS Club Officers

<u>Position</u>	<u>Name</u>	<u>Phone (219)</u>	<u>Email</u>
President	Karen Walker	747-2420	cougargalkw@hotmail.com
Treasurer	Kevin Truelove	432-6219	KTrue@aol.com
Secretary	Kit Conrad	422-6332	teacher@tk7.net
Racing	Joe Bartels	744-1675	AXNJoe@aol.com
Touring	Kathy Boling	432-5526	bikemom@ctlnet.com
Off-Road	Phil Snider	419-542-8971	Bikenphil@aol.com
Publicity	Your Name		Please volunteer to help!
Newsletter	Michael Heyes	489-7040	mhey@concentric.net
	website	www.3rvs.com	mhey@concentric.net
	email	mail@3rvs.com	
Membership	Leslie Melcher	486-9808	lvmelcher@msn.com