

# Road Rash

Over The Hill Gang  
P.O. Box 3606  
Lae Havasu City AZ  
86405



### Directors (elected)

President	Tim McGuire
Vice-President	Bruce Hall
Secretary	Mitch Geiger
Treasurer	Bill Ensley

### Appointed positions

Club Shirts/Store	Marty Weinstein
KRUZE/Run Chairman	Eddie Ebach
Facebook	Brian Macy
Membership Records	Jim Ingram
50/50 Money Raising Events	Lee Armstrong
Sergeant at Arms	Denny Dunkirk
Car of The Month Photographer	Dan Moiso
Club Historian	John Justus
Past President	Don Schulz
Newsletter Co-Ordinator	Gilman Jelkin
Newsletter Editor and OTHG Webmaster	Donna Ingram @ Frontline Graphics

### OTHG History by John Justus

10 Years ago

August/September 2009

Vice President Dick Gilbert wrote that the club would pay the Run To The Sun ten dollar preferred parking fee for members who wanted to park together. In his NSRA News article, Eddie Ebach wrote that he is retiring as NSRA representative from Arizona as soon as they find a replacement. He also wrote about a man named Dave Schaub who was planning to drive his street rod (a roadster as I remember) thru 49 states in 9 days to raise money for Ronald McDonald house (he completed the trip on time). Dick Raczuk had two shop tips. The first was to use cutting oil with some sulfur in it when drilling or tapping holes. His second was about saving a T-shirt that has a stain on it. He used a marker pen to make the stain into a cartoon face. He even had pictures of his artistic accomplishment. There were no member profiles this month. The August car of the month belonged to Al Veto. The article did not mention what car it was. You have to see the October issue of Road Rash to see the September car of the month. Don't ask me why. Nick Nickels won the 50/50 drawing.

### Prez Sez by Tim McGuire

Well the heat is not giving us a break as of yet but we are getting closer to the cooler months. We do have 2 upcoming events that I am really looking forward to. The first one is Sept 14th/The Dam KRUZE and then Sept 18th/The boat KRUZE to the Springs for lunch! If you have any questions contact Bruce Hall.

It wont be long before all of the members will be back from vacation or the beginning of their winter stay. Looking forward to that. I cant wait to see you all again. Hope everyone is having safe and fun summer.

On a personal note. THANK YOU DEAN WILLES FOR ALL THE HELP

Tim McGuire

(612) 363-6678  
tmcguire@suddenlink.net

### Membership by Jim Ingram

We currently have 73 active members

# In the News



Dale Geer received his picture of his 1934 Ford for August car of the month



## SAVE THE DATES

### Sept 14th 9am

Metropolitan Water District Pumping Station Tour and Dam Run KRUZE/Picnic/Swimming Hole Meet at Southside Ace Hardware at 9:00am  
Contact Bruce Hall (928) 846-1240 for Pumping Station Reservation or Questions

(Evite to follow)

### Sept 18th 10am

OTHG Boat Cruise To Havasu Springs  
Meet a Channel by Dog Park at 10:00am  
KRUZE by boat or car to Havasu Springs for lunch

Anyone with a Boat/Pontoon wishing to Captain his/her boat Contact Tim McGuire (612) 363-6678



## Keeping in touch....

Hello fellow OTHG members!

Yes we are surviving the sogginess here in Minnesota; wish we could send some water your way, lots of flooding going on here. As large of an area Mpls.-St.Paul and suburbs are, there seems to be no shortage of car shows to attend. At any given weekend there must be at least 8 or 10 within a 50-mile driving radius.

I was fortunate enough to have my 35 Plymouth coupe nominated for "street rod of the year" by MSRA at it's first outing. Since then, I have been to quite a few shows and cruise ins with it. There will a total of 12 nominated cars and voting by MSRA members will take place in November. I must say that it is quite a humbling feeling to be recognized by my peers when there is no end to the cars that could be nominated. Like most street rodders, I'm not really a show or trophy freak, just like working on cars, especially old ones, but it is exciting when I look back at the history of this award and see names like Eddie Ebach, Don Groff, Ed Belkengren and many more. These are guys who's cars I have admired since I was a kid! (sorry Ed, didn't mean to date you!).

So anyway, having a good time showing the car and hanging out with fellow rodders here. Looking forward to being back in Havasu after the New Year. We are planning on shipping our 34 Plymouth Sedan down this year, so we are looking forward to being able to participate in club and town activities with a car.

That's the news from here, stay kooooool and best wishes to all of you!

Tim & Bobbie Paske



## KRUZEN with Eddie Ebach

This is the current list of Car shows/Events  
that are coming up

### 2019 Car Shows and Event

Sept 10th OTHG Monthly meeting, LHC Quality Inn  
@ 7pm

Sept 14th Metro. Water Dist KRUZE

Sept 18th Boat/Car KRUZE to Havasu Springs

Nov 15-17th Goodguys Southwest Nationals,  
Scottsdale, AZ

### Car Show Websites

<http://www.arizonacarshows.com/carshows.htm>

<http://www.cruisinarizona.com/carshows.html>

<http://www.havasudeuces.com/havasu-deuce-show/>

<http://www.nationwidecarshows.com/state/AZ>

\*See OTHG Website for more detailed info.

<http://www.othg-havasu.com/>

## Car of the Month by Dan Moisio



### Marty Weinstein

1956 Chrysler New Yorker Newport

2 door hardtop, 331 mini hemi,

all original drive train,

matching numbers

108 miles select-o-matic push

button, a/c , p/s, p/b, p/s

### HP Connections and EFI Store (Brian Macy) OTHG

Dyno tuning, wire harnesses, Fuel injection  
systems, Throttle Bodies, Computer instulation  
and much more.

Hot Rods - Hot Boats - Race Cars

1045 Aviation Drive, LHC

Office (928) 706-6112

Cell (360) 280-6112

### Howard's Fabricating

(Howard Mongold) OTHG

Hot Rod Interior Repairs

2663 Rango Place LHC

(928) 680-0933



# Top 5 lifestyle changes to improve your cholesterol

High cholesterol increases your risk of heart disease and heart attacks. Medications can help improve your cholesterol. But if you'd rather first make lifestyle changes to improve your cholesterol, try these five healthy changes.

If you already take medications, these changes can improve their cholesterol-lowering effect.

## 1. Eat heart-healthy foods

A few changes in your diet can reduce cholesterol and improve your heart health:

- **Reduce saturated fats.** Saturated fats, found primarily in red meat and full-fat dairy products, raise your total cholesterol. Decreasing your consumption of saturated fats can reduce your low-density lipoprotein (LDL) cholesterol — the "bad" cholesterol.
- **Eliminate trans fats.** Trans fats, sometimes listed on food labels as "partially hydrogenated vegetable oil," are often used in margarines and store-bought cookies, crackers and cakes. Trans fats raise overall cholesterol levels. The Food and Drug Administration has banned the use of partially hydrogenated vegetable oils by Jan. 1, 2021.
- **Eat foods rich in omega-3 fatty acids.** Omega-3 fatty acids don't affect LDL cholesterol. But they have other heart-healthy benefits, including reducing blood pressure. Foods with omega-3 fatty acids include salmon, mackerel, herring, walnuts and flaxseeds.
- **Increase soluble fiber.** Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Soluble fiber is found in such foods as oatmeal, kidney beans, Brussels sprouts, apples and pears.
- **Add whey protein.** Whey protein, which is found in dairy products, may account for many of the health benefits attributed to dairy. Studies have shown that whey protein given as a supplement lowers both LDL cholesterol and total cholesterol as well as blood pressure.

## 2. Exercise on most days of the week and increase your physical activity

Exercise can improve cholesterol. Moderate physical activity can help raise high-density lipoprotein (HDL) cholesterol, the "good" cholesterol. With your doctor's OK, work up to at least 30 minutes of exercise five times a week or vigorous aerobic activity for 20 minutes three times a week. Adding physical activity, even in short intervals several times a day, can help you begin to lose weight. Consider:

- Taking a brisk daily walk during your lunch hour
- Riding your bike to work
- Playing a favorite sport

To stay motivated, consider finding an exercise buddy or joining an exercise group.

## 3. Quit smoking

Quitting smoking improves your HDL cholesterol level. The benefits occur quickly:

- Within 20 minutes of quitting, your blood pressure and heart rate recover from the cigarette-induced spike
- Within three months of quitting, your blood circulation and lung function begin to improve
- Within a year of quitting, your risk of heart disease is half that of a smoker

### ***4. Lose weight***

Carrying even a few extra pounds contributes to high cholesterol. Small changes add up. If you drink sugary beverages, switch to tap water. Snack on air-popped popcorn or pretzels — but keep track of the calories. If you crave something sweet, try sherbet or candies with little or no fat, such as jelly beans.

Look for ways to incorporate more activity into your daily routine, such as using the stairs instead of taking the elevator or parking farther from your office. Take walks during breaks at work. Try to increase standing activities, such as cooking or doing yard work.

### ***5. Drink alcohol only in moderation***

Moderate use of alcohol has been linked with higher levels of HDL cholesterol — but the benefits aren't strong enough to recommend alcohol for anyone who doesn't already drink. If you drink alcohol, do so in moderation. For healthy adults, that means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men age 65 and younger. Too much alcohol can lead to serious health problems, including high blood pressure, heart failure and strokes.

### ***If lifestyle changes aren't enough ...***

Sometimes healthy lifestyle changes aren't enough to lower cholesterol levels. If your doctor recommends medication to help lower your cholesterol, take it as prescribed while continuing your lifestyle changes. Lifestyle changes can help you keep your medication dose low.



# KRUZEN to R Burger Joint by Eddie Ebach pg 1/2

## Past car shows/club events

August 10th, 2019

We had a great Saturday KRUZE to the R Burger Joint in Yucca. Because of the intense heat we had 28 members show up with a mixture of Rods and Family drivers. Air conditioning was a MUST! The drive was exciting, I will let the participants tell you about that, but no breakdowns of toilet seat candidates. The R Burger Joint were prepared for arrival of 16 members, but quickly arranged another extra long table for seating for the 28 that showed up, so responding to those Evites is important. What a fun place with great food, service, and a rod, motorcycle, decor. They also had a full bar, and along with the great food it kept things exciting. Sandy Stuart won the 50/50 drawing



**KRUZEN to R Burger Joint by Eddie Ebach pg 2/2**  
**Past car shows/club events**



## Tip by Dick Raczuk "Koul Tools"

Here is a tip from the past that somehow got forgotten over the years. Maybe it's because everybody started to use SBC instead of flatheads. Who knows, but here it is again.

I believe Grumpy Jenkins (a prominent drag racer from the 60's came up with it.)

This homemade fix really works and I am sure there is a lot of guys out there will like it. Whether you pull the pan to fix a leaky rear main or you're building a new motor, you might really consider using this method. With the lower rear main bearing inserted into the cap, gently clamp the parts into a vise. Using a cutoff wheel in a hand grinder gently cut two grooves into the insert (away from the pan) as shown in the picture. Do not cut groove all the way across. See picture. This takes the pressure away from the rear seal and squirts it into pan.

Makes sense doesn't it!!!!!!

By the way, always stager the rope type rear main seals in the cap.

See you next tip

*Dick*

PS: I used this method on my DV32 Stutz



## OTHG GetTogethers

### **Weekly**

Thursday: McCulloch Blvd KRUZEN 4-7pm

Thursday: Wienerschnitzel 245 N Lake Havasu Ave 4-5:30pm (Havasu Classics)

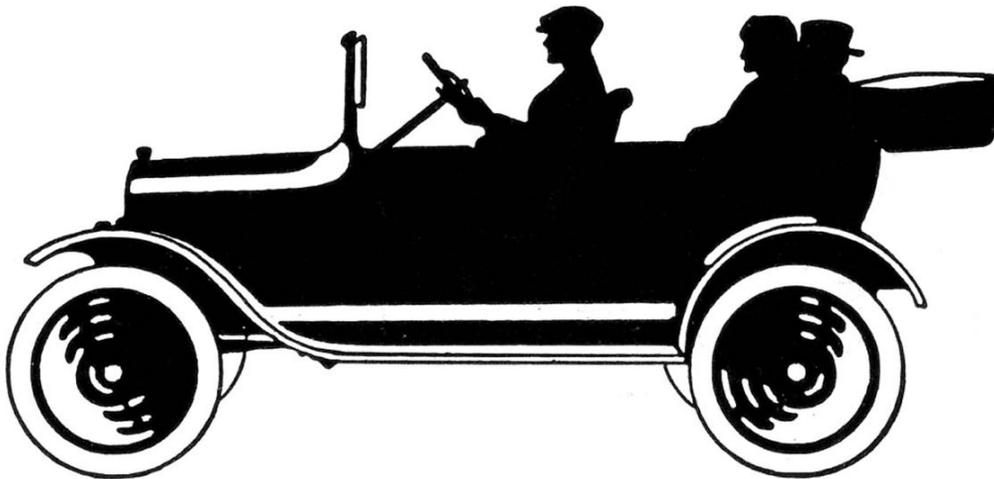
Friday: DeiTaco 81 London Bridge Rd 4-5:30pm (Havasu Classics)

Saturday: Wienerschnitzel 245 N Lake Havasu Ave 10am-1pm

### **Monthly**

1st Sunday: The Shops at Lake Havasu 5601 95-AZ Donuts and coffee 7-9am

1st Sunday: Rotary Park Lot by Cabanas 10am-1pm (Crash Customs)



## **Final Word**

Just a reminder that if you have something that you would like to add to the Newsletter: Pictures, a story about your vehicle, your restoration project, awards, or maybe even a memory you would like to share, you can send it to me at [donna@frontlinegraphics.com](mailto:donna@frontlinegraphics.com)

Everything must be in by the 20th of the month to be included. If you have any questions please feel free to shoot me an email. 🍑

Thank you all for your support

Lake Havasu City, AZ

over the hill  
gang



## OTHG Club Store



Annual Club shirts are now available  
at the Car Club

Men's or Womans Tee's	\$19.00
Men's Tee with pocket	\$21.00
Men's Golf Shirt	\$28.00
Woman's Golf Shirt	\$25.00

Add \$2.00 for 2X & \$3.00 3X



## Sharpe Cuts

Knife & Scissor  
sharpening

(Tim McGuire) OTHG

(612)363-6678

## DCW WORKS

**(Dean Willis) OTHG**  
**Street Rod & Muscle Car**  
**Fabrication, Paint & Body Work**  
**Wiring, Exhaust & Repair**  
**1530 Countryshire, LHC**  
**(928) 505-0505**

## Arizona Vintage Plates

### Weechie

Buy \* Sell \* Trade  
(520) 904-3542  
weechie@cox.net



## Unique Auto Parts

(Greg Bowden) OTHG  
Early Ford parts, Vintage AC, IDITIT  
Columns. Aluminum Radiators,  
Spal fans,  
Lokar & Genie Shifters & Much More  
3233 Maverick Drive, LHC

Forward Road Rash to your car friends and invite them to join us at one of our activities