

# Road Rash

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



### Directors (elected)

President	Brad Lano
Vice President	Steve Root
Secretary	Mitch Geiger
Treasurer	Bill Ensley

### Appointed positions

Club Shirts/Store	Ross Zie
KRUZE/Run Chairman	Clyde Simmons
Membership Records	Don Schulz
50/50 Money Raising Events	Lee Stuart
Sergeant at Arms	Tim McGuire
Car of The Month	
Photographer	Dan Moisio
Club Historian	John Justus
Past President	Clyde Simmons
Newsletter Co-Ordinator	Gilman Jelkin
Newsletter Editor and	
OTHG Webmaster	Donna Ingram

### OTHG History by John Justus

10 years ago Sept 2012  
In his Prez Sez column Barry Serlis noted the passing of past president Bob Meeh. He also noted that members Ed Ebach and Jim Lyon were both in a Las Vegas hospital. They both were ready to get out of there and back to Havasu. Barry also mentioned that the club needed to start planning for the upcoming Christmas party. The car of the month was Don Ledford's 1957 Ford Thunderbird. Dick Raczuk's shop tip was a good thought, "The happiest people don't have to have the best of everything. They make the best of what they have".

John Justus Historian

### Prez Sez by Brad Lano

August is behind us and we are looking forward to cooler nights. Our dinner this last month at Azul's was exciting. We were treated to a monsoon after dinner. It was quite a suprise. Our garage sale is coming together, and we are always looking 🧐 for items for the sale. Please call Clyde if you have any questions. I will miss the September meetings but if you have questions please reach out to Steve Root V.P. I need to inform you all that Bill Ensley's wife Donna has passed away this last Saturday. More information will follow. Our hearts are heavy as she will be greatly missed. God speed.

Again safe travels to everyone. 🚗

Brad Lano  
[bradlano99@gmail.com](mailto:bradlano99@gmail.com)  
President Over the Hill Gang

### Membership by Don Schulz

53/18



# KRUZEN with Clyde Simmons

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

## 2022 Car Shows and Events

**September 8th OTHG Board Meeting at Clyde's shop @ 9am**  
**September 13th OTHG Monthly Meeting, LHC Quality Inn @ 7pm**  
**September 15th OTHG Kruze night Place to be @ 5pm**

September 16th-18th Super Run Car Show, Mesquite, NV

Nov 18th-20th Goodguys 25<sup>th</sup> Speedway Motors Southwest Nationals, Scottsdale, AZ

### Car Show Websites

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

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

<https://othg-havasuu.com>





Hear ye  
Hear ye

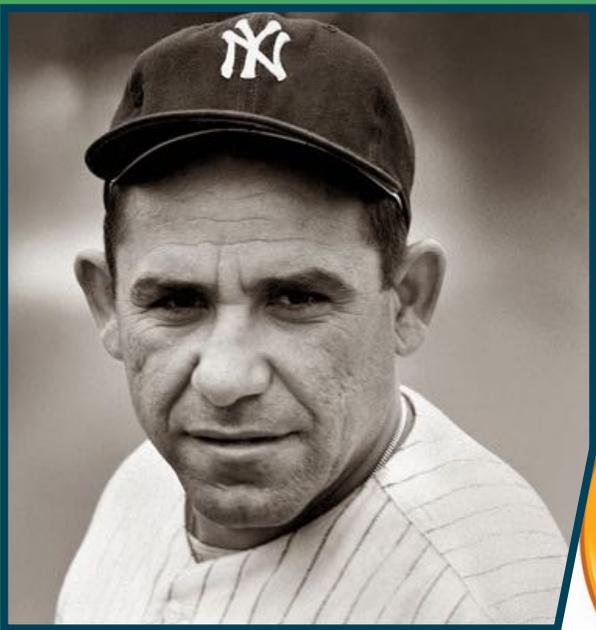


Rob Billaud  
COM JULY  
1934 Ford

This car was previously owned by  
Howard Lenington who passed  
away last October

**Words of Wisdom**  
(Dick Raczuk)

"If you don't know where you are going  
you might end up someplace else".  
Yogi Berra





Hear ye  
Hear ye

### Shirts for Club members

Yellow shirts available.

1 per member / See Don Schulz

**Members shirts FREE to members**

**only.** Size is what you already requested on order sheet.

**NO CHANGES**

**No extras for sale!**

### OTHG STORE ITEMS

#### T-Shirts

#### Club Annual T-Shirts

Color Blue	\$20.00
Club Annual T-Shirt with Pocket	\$22.00
Dark Blue	
Golf Polo Dark Blue (limited sizes)	\$32.50

#### Other Store items.....

Stickers.....	BLK	RED	WHITE	\$1.50
Or two (2) for				\$2.00
OTHG Club Plaques (unpolished)				\$20.00
			(Polished)	\$35.00
Key chains				\$13.50
Hats w/velcro band				\$18.00
(Red, Yellow, Maroon and Black)				
Please contact	Ross Zie			

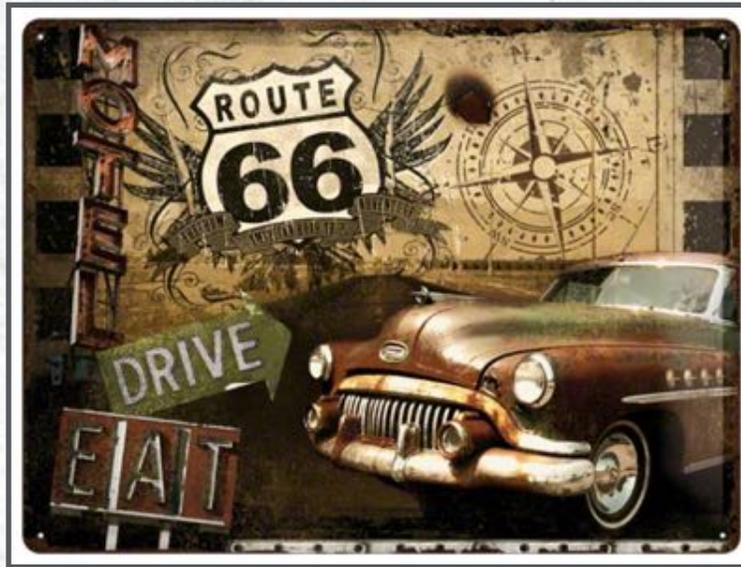
OTHG Store Manager

(760) 703-3968 or

[zieman08@gmail.com](mailto:zieman08@gmail.com)



# OTHG club event details



**KRUZE Night to Place To Be**  
**Address:** 333 S. Lake Havasu Ave  
**Date:** September 15th  
**Time:** 5pm

**HP Connections and EFI Store**  
**(Brian Macy) OTHG**  
Dyno tuning, wire harnesses, Fuel injection systems, Throttle Bodies, Computer installation and much more.  
**Hot Rods - Hot Boats - Race Cars**  
Cell (360) 280-6112

**Howard's Fabricating**  
**(Howard Mongold) OTHG**  
Hot Rod Interior Repairs  
2663 Rango Place LHC  
(928) 680-0933

# Upcoming car shows/events

## Super Run Car Show 2022 Mesquite, Nevada

**Date:** September 16th -18th

**Location:** Casa Blanca Resort Hotel Casino  
950 W. Mesquite Blvd, Mesquite, NV 89027

[Website](#)

[Entry Form](#)

[Schedule of Events](#)

Mark your calendar



September 16-18, 2022

## Goodguys 25<sup>th</sup> Speedway Motors Southwest Nationals

**Date:** November 18<sup>th</sup> - 20<sup>th</sup>

**Location:** WestWorld of Scottsdale, AZ  
16601 N Pima Rd, Scottsdale, AZ

\*\*We have a block of rooms reserved at the Best Western hotel in Scottsdale for the Goodguys show. They are for Nov. 17,18,19 at \$119.00/night. 2-double beds or 1-King bed. They are in the OTHG name. **DO NOT** say anything about Goodguys when booking the rooms.

**October 26th is the LAST day to book a room**

**BEST WESTERN HOTEL INFO:**

**7515 E. Butherus Dr.**

**Scottsdale, AZ**

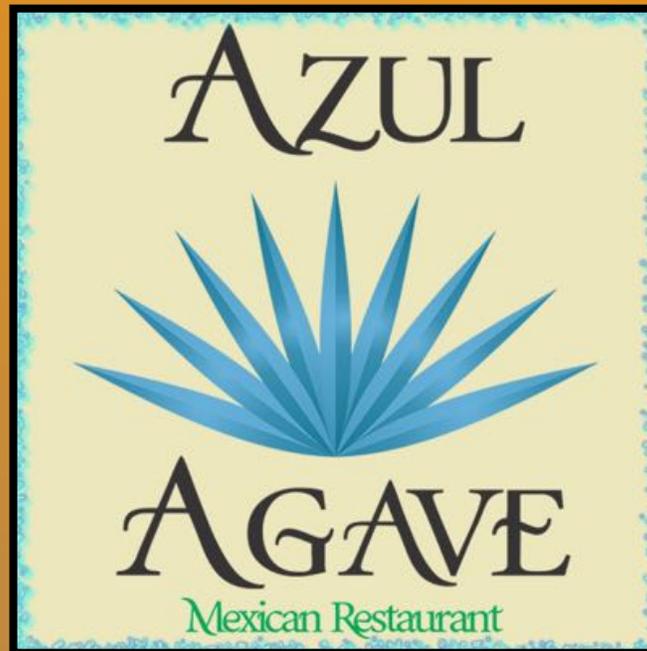
**(480) 951-4000**



# Past events

KRUZE night Azul Agave  
August 18th @ 5pm

About 20 people attended and we  
had a great time  
Food and service is always good  
BONUS: Front row seats to the  
Monsoon show afterwards



# More More More...

## CLASSIFIEDS

18' x 7' Car trailer.  
Elect Tongue Jack, toolbox, 4' stone guard, 5000-pound winch, ramp extensions, led lighting, tie downs, and new tires.

**Price:** \$6,260.00

**phone:** 928 208-0957

Lee Armstrong

**Email:** [stepdudelee@hotmail.com](mailto:stepdudelee@hotmail.com)

Aug



(New)FOR SALE: 1932 FORD California car cover, Tudor used twice. It is a Stormweave

**Price:** \$125.00

NO PICTURE

**Phone:** (928) 846 0665/Don

**Email:** [ddsauberan@gmail.com](mailto:ddsauberan@gmail.com)

Aug



(New)FOR SALE: 1-1956 Oldsmobile Fiesta flipper hub cap, never on car.

I have owned over 45 years

**Price:** \$125.00

**Phone:** (928) 846 0665/Don

**Email:** [ddsauberan@gmail.com](mailto:ddsauberan@gmail.com)

Aug

### **Brain volume study reveals anti-aging potential of taking the stairs**

Although we generally understand exercise to be good for us in all sorts of ways, scientists continue to make interesting inroads around the specifics of this relationship. The latest comes from a team in Germany which has found that even slight changes to regular physical activity, such as taking the stairs instead of the elevator, can counter the age-related loss of volume in brain regions linked to disease. Research has demonstrated how exercise can help combat some of the effects of aging. This includes studies showing that regular physical activity can preserve the heart's elasticity, reduce mild cognitive impairment and induce hormones that protect against Alzheimer's and dementia. Scientists at the German Center for Neurodegenerative Diseases (DZNE) have looked to add to this growing body of evidence, by looking at exercise's impacts on specific regions of the brain. "In previous research, the brain was usually considered as a whole," says Fabienne Fox, lead author of the study. "Our goal was to take a more detailed look at the brain and find out which regions of the brain physical activity impacts most." To do so, the scientists tapped into data from a population-based study of more than 2,500 subjects aged 30 to 94. This involved analyzing brain volume and thickness of the cortex through MRIs and assessing their physical activity, with the subjects made to wear an accelerometer on their thigh for seven days. "We were able to show that physical activity had a noticeable effect on almost all brain regions investigated," said Fox. "Generally, we can say that the higher and more intense the physical activity, the larger the brain regions were, either with regard to volume or cortical thickness. In particular, we observed this in the hippocampus, which is considered the control center of memory. Larger brain volumes provide better protection against neurodegeneration than smaller ones."

## "Koul Tools" by Dick Raczuk 2/2

Those that stand to benefit most may be inactive older adults. The scientists found that the largest, and almost sudden, volume increases were observed when comparing inactive subjects over 70 with moderately active ones.

“In principle, this is very good news – especially for those who are reluctant to exercise,” says study author Ahmad Aziz. “Our study results indicate that even small behavioral changes, such as walking 15 minutes a day or taking the stairs instead of the elevator, may have a substantial positive effect on the brain and potentially counteract age-related loss of brain matter and the development of neurodegenerative diseases. In particular, older adults can already profit from modest increases of low intensity physical activity.”

Genetic analysis of brain regions most impacted by uptake in physical activity indicated that they are home to high amounts of mitochondria, which provide our body with energy but need a lot of oxygen to do so. “Compared to other brain regions, this requires increased blood flow,” said Aziz. “This is ensured particularly well during physical activity, which could explain why these brain regions benefit from exercise.” The analysis also revealed a large overlap in genes impacted by physical activity and those impacted by diseases such as Alzheimer's and Parkinson's. This offers a possible explanation for the protective benefits of exercise against these types of conditions. “With our results, we want to provide a further impetus to become more physically active – to promote brain health and prevent neurodegenerative diseases,” said Fox. “Even modest physical activity can help. Thus, it’s just a small effort – but with a big impact.”

The research was published in the journal [Neurology](#)



**LINK:** [https://newatlas.com/medical/brain-volume-anti-aging-stairs/?utm\\_source=New+Atlas+Subscribers&utm\\_campaign=81139204d4-EMAIL\\_CAMPAIGN\\_2022\\_08\\_05\\_01\\_55&utm\\_medium=email&utm\\_term=0\\_65b67362bd-81139204d4-92122637](https://newatlas.com/medical/brain-volume-anti-aging-stairs/?utm_source=New+Atlas+Subscribers&utm_campaign=81139204d4-EMAIL_CAMPAIGN_2022_08_05_01_55&utm_medium=email&utm_term=0_65b67362bd-81139204d4-92122637)

## OTHG Get Togethers

### **Weekly**

Thursday: McCulloch Blvd KRUZEN 4-7pm

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

Saturday: American Legion 181 Paseo del Sol 9am-1pm

### **Monthly**

1st & 3rd Sunday: McCulloch Blvd 7am-9am

1st Sunday: Rotary Parking 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.frontline@gmail.com](mailto:donna.frontline@gmail.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

**"Let your dreams stay big and your worries stay small!"**

Lake Havasu City, AZ

over the hill gang



**OTHG Club Store**



Annual Club shirts are now available

Men's or Woman's Tee's/Blue	\$20.00
Men's Tee's with Pocket/Dk Blue	\$22.00
Men's Golf Shirt/Dk Blue	\$32.50
Hats (velcro band) (Red, Yellow, Maroon, and Black)	\$18.00

Contact Ross Zie  
(760) 703-3968  
zieman08@gmail.com



**Sharpe Cuts**

Knife & Scissor  
sharpening

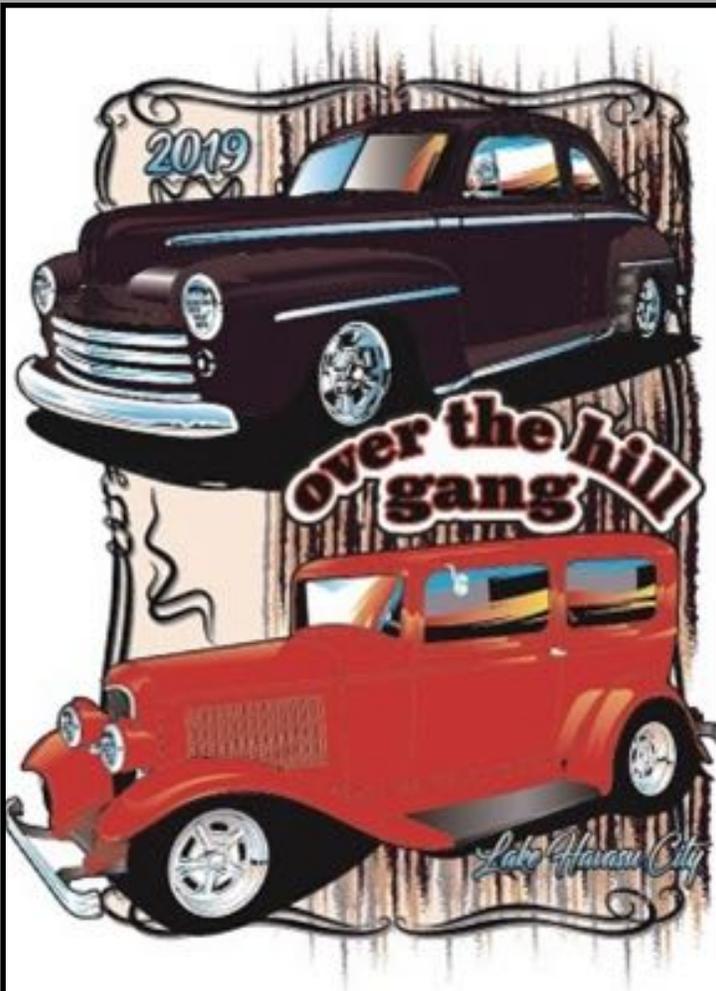
(Tim McGuire) OTHG

(612)363-6678

**DCW WORKS**

**(Dean Willis) OTHG**

**Street Rod & Muscle Car  
Fabrication, Paint & Body Work  
Wiring, Exhaust & Repair  
1530 Countryshire, LHC  
(928) 706-9575**



**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