



the wheatsville breeze

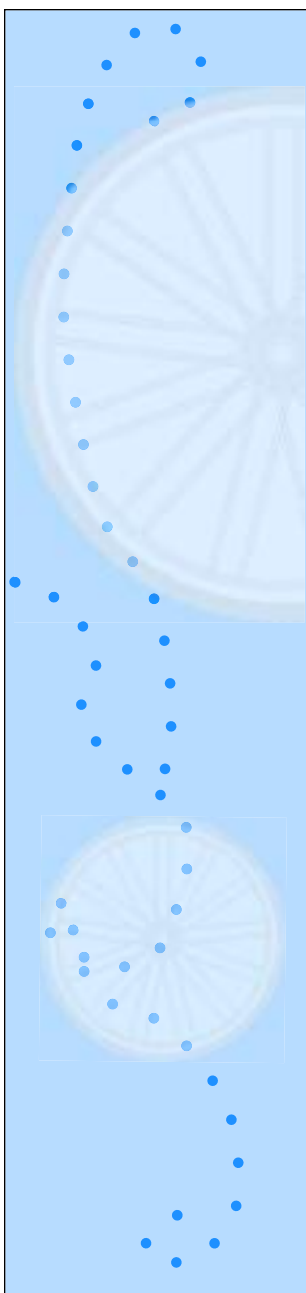
A Publication of Wheatsville Food Co-op • 3101 Guadalupe • Austin TX 78705

**May is
Bike Austin!
Month!
Bike Stories on
Pages 20-27**



photo by Bob Kinney

Just a few of our bike commuting Wheatsville posse: Erik, Theron, Travis, Laurie, Prof. Conti, Cecelia, Riley T, Chris, Carla, Bill S, Cece, Clifford, Stacy, Olivia, Jimmy E, Marisa, Rachel, James S, Mindy, Bradley, Joseph, Elliot.



**Consider
running for the
Wheatsville
Board of
Directors!**

See article on
Page 3

Attend the Candidate Orientation Sessions
in the Wheatsville meeting room.
Wednesday, June 22nd at 7:30 p.m.
Monday, July 11th at 6:00 p.m.
Saturday, July 16th at 2:00 p.m.

Contact the Nominations Committee [nominations\(at\)wheatsville.coop](mailto:nominations(at)wheatsville.coop).

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Farm to Plate 2011

Thursday, May 12
6:30 - 9:30 pm
at Barr Mansion

Sponsors Barr Mansion & Wheatsville present the premiere sip and stroll event of spring, featuring the food and wine of Central Texas. Sustainable Food Center's 4th annual Farm to Plate fundraiser features winemakers & brewers and Central Texas top chefs' tastings using local, seasonal produce.

2011 Chefs Include:

- David Bull—Congress & Second Bar + Kitchen
- Jesse Griffiths—Dai Due
- James Holmes & Andrew Francisco—Olivia
- Shawn Cirkiel—Parkside and The Backspace
- Jam Sanitchat—Thai Fresh
- Jack Gilmore—Jack Allen's Kitchen
- Andrew Curren—24 Diner
- Roberto Espinosa—Tacodeli
- Teresa Wilson—Aquarelle
- John Bates—Noble Pig Sandwiches
- Foo Swasdee—SATAY & Get Sum Dim Sum
- Josh Watkins—The Carillon
- Rene Ortiz—La Condesa
- Sonya Cote—East Side Show Room
- Jason Donoho—FINO & Asti Trattoria
- Joel Welch—Kerbey Lane Café
- Kelly Casey—Hudson's on the Bend
- Robert Mayberry—UT/SFC Farm to Cafeteria Proj.

- Charles Bloemsa—Green Pastures
- Jennifer Bartos—All in One Bake Shop
- RJ Spade—Blue Star Cafeteria
- Ben Willcott—Texas French Bread
- Zack Northcutt—Haddingtons
- Paul Hargrove—Trace
- Bryce Gilmore—Barley Swine

Breweries: Real Ale Brewing Co.
Independence Brewing Co.
Saint Arnold Brewing Co.

In keeping with SFC's mission of zero-waste, guests are encouraged to carpool.

Buy tickets at www.sustainablefoodcenter.org

We've Got Mail



Board of Directors 4/12/2011
Wheatsville Food Co-op
c/o Dan Gillotte
1101 Guadalupe Street
Austin, TX 78705-2819

Don't
Forget to
make
RSVP

Dear Dan and Friends at Wheatsville Food Co-op,

Thank you for your generous gift of \$1,789.00 from the Community Action Wednesdays in March. We deeply appreciate your continued partnership in this wonderful fundraiser for SFC. Your contribution helps us continue to grow, share and prepare healthy food in the Central Texas community.

By promoting a vibrant and sustainable local food system and teaching children and adults about eating healthfully, SFC provides lasting solutions to hunger and diet related diseases.

Your gift helps build a healthier future for our community and increases access to healthy, affordable food for all. So, thank you, for making our work possible through your gift. In today's challenging economy, your continued support means a lot to us and to the community we serve.

Sincerely,

Ronda Rutledge
Executive Director

SFC is a 501(c)(3) non-profit organization. No goods or services were received in consideration of this gift.

GROW. SHARE. PREPARE.

Community Action Wednesdays

The group selected for May is the **Yellow Bike Project** and the group for June is **Out Youth**



The Austin **Yellow Bike Project** is dedicated to providing human-powered transportation for the people of Austin, running a community bike shop, and educating

kids and adults. The project promotes cleaner air, land, and water, while encouraging people to meet their transportation needs through an active lifestyle and community participation.

Out Youth's Mission is to promote the physical, mental, emotional, spiritual, and social well-being of sexual minority youth so that they can openly and safely explore and affirm their identities.

Out Youth's vision is for GLBTQQ youth and allies to receive support needed to develop positive self-images, empower themselves, and become active citizens in their community.



New Composting Program

by Bill Bickford, Operations Manager



In our continuing efforts to operate your co-op as sustainably and responsibly as possible, we have (finally!) begun a composting program to manage the waste created by our store operation. Previously, the produce department had been running a somewhat informal composting program, wherein clippings were set aside for various farmers to take for use in their own composting. This new program is beginning in the deli, where a majority of our organic waste is produced. From there, we hope to roll it out to the rest of store after we have assessed to quantity of waste produced and worked out any kinks.

This program is the result of a partnership with **Jeff Paine at Break It Down**, a company that offers both residential and commercial compost pickup. Their composting process will allow us to compost meat, dairy and other protein products in addition to the more typical fruit and vegetable trimmings. This will maximize the impact on our store waste and minimize the difficulty in training staff for this transition.

Should the program prove successful in the deli, we hope to add low-grade paper composting, such as paper towels in the restrooms and potentially to also provide a bin for customers to compost uneaten deli food. To be clear, though, Wheatsville does not have the space to accept home compost from our customers. If you are interested in such a service, I urge you to contact Break It Down or another compost hauling service to arrange home pickup. (<http://breakitdownaustin.org>)

We are excited about this new program and are optimistic that it will be a big success. As the program develops, we should be able to cut significantly back on our trash service to offset the cost of the composting program and to minimize the amount of waste that gets sent to a landfill. And rest assured that your co-op will continue to look for ways to minimize our impact on the environment and to operate as responsibly as possible. I hope that you're as proud of this new initiative as we are.



The Wheatsville Breeze is a publication of

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Austin, Texas 78705
512-478-2667

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Photos by: Aldia Bluewillow
except where otherwise noted or not known

Staff Bikers photo & softball photos by Bob Kinney
Bike map by Pete Dahlberg

The Wheatsville Board of Directors meets at 6pm the fourth Tuesday of every month at 3105 Guadalupe (building North of store). Check <http://wheatsville.coop/BODindex.html> for details

Members are encouraged to attend. Something that you would like discussed at the meeting? Contact General Manager Dan Gillotte at 478-2667 or [gm\(at\)wheatsville.com](mailto:gm(at)wheatsville.com)

Wheatsville 2011 Board of Directors

Rose Marie Klee	Theron Beaudreau
Doug Addison	Kitten Holloway
Lee Blaney	Steven Tomlinson
Mark Wochner	Reyna Bishop
Kate Vickery	

The purpose of Wheatsville is to create a self-reliant, self-empowering community of people that will grow and promote a transformation of society toward cooperation, justice, and nonexploitation.

The mission of Wheatsville is to serve a broad range of people by providing them goods and services, and by using efficient methods which avoid exploitation of the producer and the environment. The focus of this mission is to supply high-quality food and nondiscriminatory information about food to people in Austin, Texas.



Veggies, Community, and Leadership by Kate Vickery, Board Member

As I write this, my husband and I are getting ready to get in the car to head out to one of our favorite places on earth: **the Urban Roots farm**. We go as often as we can to harvest, weed and plant long rows of organic and sustainably raised veggies alongside incredible high school students who come from various backgrounds and schools. The Urban Roots experience is only kind of about

food. More importantly, it's about developing young leaders, and trust me when I say that nothing is more rewarding than seeing these students in action. Every week, the youth involved in this program fill me with hope for the future and I go home with dirt under my fingernails and a giant dorky smile on my face. For those of you who have absolutely no idea what I'm talking about, visit the Urban Roots website:

<http://www.youthlaunch.org/programs/urban-roots>. For now, just trust me when I say that Urban Roots is one of the things I love most about my community.

By now you're saying, "Yeah, that's great, but aren't you supposed to be writing about Wheatsville?" Well, that's the beauty. By writing about Urban Roots, I **am** writing about Wheatsville, because my co-op also cares about Urban Roots. So far this year, Wheatsville became the first retail grocer to carry Urban Roots produce—40% of their veggies are donated to local food banks, and most of the rest goes into their CSA program and are sold at farmer's markets—and is now sponsoring tours and field trips to the farm for school groups and classes. Your co-op supports Urban Roots because the program shares our values and is making the same kinds of changes in our community that we want to make.

As a board member of the co-op, I am proud of the work that we do to ensure that Wheatsville's financial success is shared with our Austin community. The beauty of our work, though, is that we don't sit around nit-picking which organizations to support. Instead, the board has crafted a set of Ends Policies that guide our general manager and his staff to be creative. I know I talk about our Ends policies a lot, but it's because there is truly nothing more important shaping the work that we do. So, here they are again:

Wheatsville will be at the forefront of a transformed society that has:

- a thriving community centered on hospitality, kindness, and generosity
- a robust cooperative economy
- easy access to sustainable, healthy food solutions

Wheatsville supports Urban Roots and other community organizations because to do so is at the core of who we are as an organization. By supporting the efforts of Urban Roots specifically, Wheatsville is increasing access to sustainable food to a wide variety of people who most likely don't shop at our grocery store and is truly helping to transform society through the development of youth.

Why am I talking so much about Urban roots and our Ends policies? I'm hoping that my ramblings are helping you make connections between your trips to Wheatsville to buy your popcorn tofu and breakfast tacos, and the bigger picture of what benefit your co-op provides to your community.

Each spring we begin the process of encouraging our owners to consider **running for a seat on our board of directors**. We know that every person engages with their co-op in a different way. Maybe it's the only place you can find your variety of herbal tea; maybe you love the annual arts festival or the

smiling faces that greet you at the hospitality desk. Maybe you're a person who loves the annual owner gathering because you really love to engage with other owners. Maybe, you are super hard-core and you've been to a board meeting. Or maybe, you're super duper hard-core, and you've been to one of our candidate orientation sessions and have even considered running for a seat on your board.

However you engage with your co-op on a day to day basis, we are hoping that over the next several months, some of you may be interested in learning more about being part of the group of people who are elected by you to work on behalf and for the benefit of the owners of our co-op. We are having amazing conversations right now about the future of Wheatsville, expanding the cooperative economy, and transforming society. If there was ever a time to join the conversation, it's definitely right now.

So, what do you do if you're interested? Come hang out with us at a board meeting; we typically meet on the **last Tuesday of every month from 6:00 to**

9:00 p.m. Schedules and agendas are posted on the Wheatsville website.

We also strongly recommend that you consider attending one of our **Candidate Orientation Sessions**. Even if you only have an inkling of interest, come to one of these one-hour sessions for an overview of our work, responsibilities, and role within the larger co-op structure. We currently have three sessions scheduled, all of which will take place at the Wheatsville administrative office (the building just north of the store) meeting room.

Wednesday, June 22nd @ 7:30 p.m.

Monday, July 11th @ 6:00 p.m.

Saturday, July 16th @ 2:00 p.m.

If you know these dates/times don't work in your schedule, but you're interested in talking more with the Nominations Committee, send us an email to [nominations\(at\)wheatsville.coop](mailto:nominations(at)wheatsville.coop).

Applications will be available in May at the hospitality desk in the store, or online at www.wheatsville.coop, and will be due on August 1st. Keep an eye on the *Breeze*, Dan's weekly emails, and our Facebook page, for more information about becoming a Wheatsville Director.

I'm off to enjoy a lunch full of my Urban Roots CSA bounty. Yay, veggies!

**Field Trips to the
Urban Roots Farm!**



Bring your class or youth group to the farm!

On a Field Trip, your group will:

- Take a Farm Tour
- Be led by our Youth Interns and Staff
- Learn about where food comes from
- Do Interactive Activities on Healthy Living, Nutrition, Farming, & Food




Field Trips to the Urban Roots Farm now Sponsored by Wheatsville Food Co-op!!!

To learn more about Field Trips to Urban Roots, contact Shirene at 512-342-0424.
Urban Roots is a program of YouthLaunch.
www.youthlaunch.org



**ARE YOU OUR
ONLINE FRIEND?**


Connect to our pages
on **Twitter** and
Facebook
at
www.wheatsville.coop




Cooperative Values

- Self-help
- Self-responsibility
- Democracy
- Equality
- Equity
- Solidarity
- Honesty
- Openness
- Social Responsibility
- Caring for others

We Wanna Adopt Your Mac



Got a G4, G5 or laptop sitting around since you got your new Mac? We'd appreciate the donation of iMacs, G5s, G4s, or peripherals like DVD Burners, LCD monitors, laser printers, or external drives, etc. We can't offer you a tax-deduction but you will definitely amass some good karma. Call Aldia at 478-2667 or email [aldia\(at\)wheatsville.coop](mailto:aldia(at)wheatsville.coop) to place your Mac in a loving home.

Celebrate your Mom, Dad, or Significant Other Parent (that's what we say in our house) by Dana Tomlin, Deli Manager



Mother's Day and Father's Day are coming up! Celebrate the people in your life that have given you advice, offered a helping hand, loved you unconditionally, and have really been there for you. For those of us that love food, we tend to celebrate our love WITH food. We may cook it ourselves, we may take someone out to a great dinner, or we may pamper them at home and just tell them, "Don't get up honey, I've got this."

Our Deli will be celebrating both of these holidays with humanely-raised steaks, fresh sustainable fish, local farmstead cheese, and lots of delicious side dishes. These are the making for a great Mother's Day meal or a Father's Day grilling event! Don't forget to look to our bakery to have something sweet to finish it all off.

Graduation Party Trays - We've got 'em!

We have amped up our catering! We have a great selection of party trays that are perfect for sharing with large groups. We also have some smaller platters that are geared towards a smaller crowd. You can check out our selection online www.wheatsville.coop. Or stop by the Deli counter and grab a catering brochure. We offer **meat & cheese trays** and **fresh veggie trays with cashew tamari garlic dip**. If you are looking for a crowd pleaser you can order a **Mediterranean tray**. This has vegetarian dolmas, hummus, and tabouli served with pita.



We also have **fruit & cheese trays**, either **domestic cheeses** or a little fancier with the **gourmet cheese tray**. One of our newest items has been quite the crowd pleaser - **Brie with Preserves**. This is a beautiful full wheel of Brie smothered in delicious organic preserves.

We're Running a Graduation Special!

During May, order **three Sliced Cold Cuts & Cheese Trays** and get **three free loaves of Rudi's Organic Bread**. We suggest Rudi's Organic Honey Whole Wheat but you can choose the flavor you like. These trays are perfect for a large get together! A plentiful selection of hand sliced Boarshead meat and cheeses along with Rudi's Organic Bread allows for your folks to build their own sandwiches or just have a little bit to tide them over.

Another great deal that we always have is our **Popcorn Tofu Party bags**. You get 4 pounds for the price of 3 of our famous Popcorn Tofu. Popcorn Tofu is our Deli's top selling item—we love it and we know you do too.

Is there something else that you love that we make in the Deli? You can order it by the pound and take it to your graduation party (or stay home and don't share). Email me at [deli\(at\)wheatsville.coop](mailto:deli(at)wheatsville.coop) if you are interested in putting something together!

RIP Vegan Dill Mayo

Vegan Dill Mayo, brought to life by Julie Caves, was survived by its brother **Vegan Chipotle Mayo**. Thanks to the people that created this recipe when there was no other vegan mayonnaise out in the market.



And thank you Vegan Dill Mayo for always accenting my Southern Fried Tofu sandwiches, we will miss you. In remembrance of this fabulous recipe I would like to share it with those who would like to continue to celebrate its life by making at home.

- 1 silken tofu
- 1 water-packed soft tofu
- 1/2 cup canola oil
- 1 cup plain soy milk
- 1/2 fresh lemon juice
- 1 Tbs onion powder
- 1/2 Tbs sea salt
- 1 tsp granulated garlic
- 1 Tbs dill
- 1 tsp ground white pepper
- 1/4 cup Dijon mustard

Blend all ingredients together. Makes 1.5 quarts. Will last for 7 days



We are super excited to bring in a new line of plastic containers to the Deli. At Wheatsville we are always interested in the story behind the product and this story is a great one. These new plastics containers are domestically produced from 100% recycled plastic and are recyclable as well.

Think Green Recycled & Recyclable Packaging

Eco-Plastic Packaging

- made from **100% recycled plastic**
- **packaging is recyclable**
- **85% reduction in energy use** from use of recycled plastic vs. making virgin plastic

Promoting Recycling vs. Downcycling

The number1package clamshells are made from 100% post-consumer recycled content (PET plastic*) and manufactured using clean production technologies.

number 1 package
100% recycled PET plastic content

The recycled packaging is designed to be fed back into the recycling loop vs. a downcycling loop. Most "recycled" plastics are actually downcycled, which means they can only be used to create products of lesser quality.

The manufacturer, Packaging 2.0, strives to use renewable energy for processing their plastic and plans to increase renewable energy use as they grow.

*PET plastic, labeled #1 on the bottom, is polyethylene terephthalate, a plastic resin and a form of polyester. Most plastic beverage bottles are made from PET.

Consumers Want Eco-Packaging

While consumers make purchasing decisions based on what's inside the packaging, they are becoming increasingly aware of and mindful of the packaging they use. This recent survey shows the relative importance of packaging attributes:

Recyclable	75%	Minimal	62%
Biodegradable	71%	Reusable for other purposes	60%
Made of recycled content	57%	Compostable	51%
Refillable	53%		

Question: "When purchasing product, how important is it that your packaging be...?"
Based on 5-point scale with "Very Unimportant" = 1, Very Important = 5
Sample: 1391 persons in "Work of Sustainability"
Source: Sustainability Outlook: The Rise of Consumer Responsibility, The Hartman Group, Inc., 2009

	Recycled PET Plastic	New Virgin Plastic
Energy	11 million BTUs per ton	70 million BTUs per ton
Greenhouse Gas Generation	0.2 tons	4 tons
Air Emissions	0.02 tons	3 tons
Water Discharge	0.5 lbs. per ton	10 lbs per ton
Solid Waste Generation	100 lbs per ton	200 lbs per ton

Fast Facts
2.5 million - Number of plastic bottles Americans throw away every hour
7% - Total US oil consumption used for making new plastic
50% - Amount of plastics used for packaging
16.3 barrels - Oil saved by recycling 1 ton of plastic packaging
15% - Plastics volume in municipal waste
30 cubic yards - Landfill space saved by recycling 1 ton of plastic packaging
4.6 billion - Pounds of PET bottles available for recycling
22% - PET recycling rate in the USA



Staff Top Ten Picks by Adam King, Produce Manager

#1. Organic Green Kale
Massaged kale with lemon juice, olive oil, salt & pepper - YUM

#2. Deli Breakfast Sandwich
Delicious any way you make it.



#3. Bulk Frontier Chia Seed
8oz Water + lime juice + 2 TBSP chia seed = Natural Energy

#4. Deli Vegan Pot Stickers
Grab 'em and go! They hit the spot

#5. Mexican Cokes
So refreshing!



#6. Applegate Organic Beef Hotdogs
Perfect for the barbeque.



#7. New Belgium Ranger IPA
Hoppy goodness!



#8. Straight From The Vine Raw Sauerkraut, Texas Hot
A great twist on sauerkraut. Locally made!



#9. Say It With Vases Collapsible Flower Vase
What a great idea!



#10. Chocolve Almonds & Sea Salt in Dark Chocolate
The chocolate bar that made me love dark chocolate.





Grilling Time by Mark Maddy, Meat & Seafood Buyer

I can smell it in the air as I ride my bike home on Sundays—grilling time is here. Grilling is a great way to spend time outside with the family, save on

some utilities, and enjoy one of the most basic forms of cooking around. While this article is primarily about meat, there are plenty of vegetables that benefit from the grill as well. Corn on the cob, onions, peppers, garlic, asparagus, and pretty much all varieties of mushrooms are all easy to grill.

Before we get into the meat of the matter, I have a few tips when it comes to grilling. I know there is a lot of humidity here in Texas, but we go for long periods without rain, and a handy fire extinguisher is always a good idea around any open flame.

I have found the charcoal chimney starter to be a great addition to my grilling tools. It does not require lighter fluid. It also takes only a couple minutes to get going and less than half the time to get the coals hot. Breed and Co. sells Weber's great chimney starter for a reasonable price. Clean your grill grate, as food may stick to the dirty parts. Use a towel to put a high burn point oil, like vegetable, on your grill surface. Less food stuck to the grill means more food on your plate and less cleaning later.

I recommend a meat thermometer for safety, but the traditional way to test doneness of grilled meats is not so scientific. For the sake of posterity here is how I was told to judge if it was time to remove my meat from the grill: loosely rest your hand and press the flesh between your thumb and pointer finger. When the surface of the meat feels like this – soft, but with some slight resistance – that is medium rare. Make a loose fist with your hand and press on the same area – this is what medium feels like. Clenching your fist brings you to well done. Always, always, always let your meat rest for at least three minutes under some loosely tented aluminum foil to let the juices redistribute throughout the meat. I really recommend a five minute rest. If you cut into your steak or burger too soon, you will lose all the juiciness you have worked to create.

Now that we've got a couple basics covered, let's talk about what Wheatsville has to offer to throw on the grill. In the red meat corner we have beef and lamb. All of our **Niman Ranch Lamb** cuts are great for grilling. If you were so inclined, you could even ask one of our butchers to cut you a boneless **Leg of Lamb Roast**. In the Wheatsville blog, there is a recipe for a **Dijon mustard-based marinade**, which is what I use at home for grilling lamb. The **Lamb Leg Steaks**

and **Shoulder Steaks** are also great grilling cuts. The **Loin Chop** is probably the king of grilled lamb.

Prefer Beef? We have a great menagerie of fantastic grillable delights. In the super premium echelon we have the **Ribeye**. Nice marbling gives great flavor to this premium cut. The **Hanger Steak** is full of flavor without the internal fat. Its texture is a bit like cheek meat and its proximity to organs gives it a slight iron-y bite which makes this one of the more complex cuts off the cow. The **Flat Iron** is a shoulder cut that benefits from marbling and a great beefy flavor. The **Top Round Roast, Chuck Roast** and **London Broil** are all great for grilling. **Chuck Steaks** are also great on the grill. We also have **Brisket** – a full size brisket is great for long, slow smoking. We have some smaller **Brisket Flats** if you are looking to feed only a few. For the Flat Iron and Brisket, we offer a local product from **Windy Bar Ranch**, a great local purveyor of beef that is up to the same standards as our **Niman Ranch Beef**. We also have **Inside and Outside Skirt Steak** and **Flank Steak** from Windy Bar.

Then there is pork. From chops to ribs, pork is the master on the grill. **Babyback Ribs, Country Style Boneless Ribs, Butterfly Chops, Thick Cut Chops** and **Tenderloin** are all fantastic on the grill.

If you like skewered meats we offer a **Kebab cut** of lamb, beef, or pork, ready to be threaded on some skewers with veggies.

Sausage is another grilling favorite. Wheatsville makes our own in-house sausages. We have **Sweet and Hot Italian**, as well as **Chorizo and Pork Breakfast sausage**. **Buddy's Chicken** has three great flavors of sausage to offer as well: **Garlic, Italian** and **Jalapeño**. We have hot dogs from **Applegate Farms, Niman Ranch** and a really great **Buffalo Dog from Tanka**.

If you need to save on prep time we have some great quick to fix options. Our ready-to-grill **Bacon Cheddar Burgers** support small family farms: the ground beef is from Windy Bar Ranch, the bacon is from Niman Ranch, and the cheddar is from Organic Valley. Niman Ranch is comprised of a series of small family farms, Organic Valley is a co-op of small family farms and Windy Bar Ranch is a small family farm near Stonewall, TX. We have **Moroccan Lamb Patties**

and **Cilantro Lime Chicken Patties** on the spicy side and **Turkey Burgers** and **Salmon Burgers** on the milder side. We will also have **six-pepper-rubbed Fajita Meat** and **Gorgonzola Steak Pinwheels**. Keep your eyes peeled in this little nook of the Meat Market, as we will be rolling out new sausage and quick to fix items all season long.

Now we have arrived at Seafood. A few tips about seafood and grilling. The firmer the flesh, the easier to grill. Skin is your friend. It keeps structure, is totally edible and is packed with nutrients.

Salmon is a great grilling fish.

The **Coho Steaks** are perfect for grilling, but the filets work marvelously as well. You have plenty of marinating options here, from fruity glazes and teriyaki sauces to spiced fruit salsas to straight up spicy rubs.

Keep a look out in August because that's when Sockeye season starts.

Fresh Sockeye Salmon from Alaska is a fish lover's dream come true. **Halibut** is great grilling fish. This guy does not have skin, so a

little TLC is needed to keep him and the **Tilapia** from falling apart. A good size spatula will go a long way in keeping these guys together. Tilapia is a mild but versatile fish and takes the flavor of what you marinate with.

Whole Rainbow Trout

could not be better suited for grilling. Just rub oil on the outside of the fish and you can play with whatever tasty treats floats your boat to stuff inside – for example, baby spinach, pine nuts and some crumbles of feta cheese works fabulously. There are also some recipes for Trout on the Wheatsville blog. One last thing:

Organic, Peeled and Deveined Medium Shrimp.

These shrimp taste fantastic and require no prep work from you, unless you feel like making a marinade.

I love this time of year. It will get hot, but the smells and tastes of grilling make it worth it.



Fire Up That Grill—We'll Provide the Sides! by Merilee Kuchon, Kitchen Manager

Other parts of the country are just starting to warm up right about now, but down here in the heart of Texas, we're already outdoors, livin' it up and firing up the grill! For those times when it's just too hot to turn on the oven, which happily seems to be about half the year in Austin, the Weber charcoal grill outside my kitchen door becomes the focus of my cooking.

When it comes to grilling, I prefer light marinades, basic spice rubs and simple glazes to any complex techniques – the veggies and meats I grill are so flavorful and fresh that it doesn't take much to do them justice. Tossing veggies in olive oil, salt and pepper and then throwing them on the grill til juicy and charred is my idea of perfection, and I grill everything. Believe it or not, my new favorite veggies to grill are big, fat red radishes! And with some delicious sides picked up at your Wheatsville Deli, you won't even have to turn on the stove for a full family meal or block party barbecue!

At all of my barbecues, some version of potato salad is a must-have, and boy, do we have 'em! Our creamy **Baked Potato Salad** is rife with bacon and buttermilk. Spicy and sweet **Chipotle Potato Salad** mixes up roasted Yukon Golds and Jewel yams with cilantro, fresh veggies and a peppery vinaigrette. Our popular **Vegan Potato Salad** mimics a classic potato salad with vegan mayo, celery, red onion, peas and carrots all lending a hand to create a dairy-free salad most everyone can enjoy.



Our coleslaws are fantastic, too – the most popular is **Sumi Salad**, a refreshing slaw that dabbles in Asian flavors with sesame oil, rice wine vinegar and sliced almonds as ingredients. **Lively**

Beets & Carrots is another real showstopper that also works as a slaw – raw, shredded organic beets and carrots are tossed with a little cider vinegar and local agave to create an absolutely stunning yet simple side dish that's great for you, too!

For some equally refreshing cold salads on your table, look for **Peace in the East**, a best-selling salad of freshly chopped cucumbers and vine-ripened tomatoes tossed in a dressing of soy yogurt, tahini and lemon juice! Also, **Broccoli with Cashew-Tamari** is always a crowd-pleaser with tender broccoli florets and red bell peppers dressed with a garlicky cashew butter sauce. Our Italian-inspired **Insalata Caprese** is a wonderful starter as well as a side dish: cubes of fresh mozzarella are tossed with cherry tomatoes, red onions, fresh basil and olive oil for a delicious addition to any meal.

Of course, there is always our **salad bar**, where you can create your very own mixed green salad from a variety of ingredients without spending tons of time! Another tasty option for your guests is grilling up our Bakery's fresh-baked LaBrea wholegrain loaf or sourdough baguette!

Simply slice the bread lengthwise, drizzle the cut sides with olive oil, sprinkle with sea salt and toast it quickly on the grill, cut sides down. You can even slather it with some of our Deli's pesto – vegan or cheesy! – once it comes off the grill to make it a more substantial and flavorful side.

Whether I am grilling hot dogs or hanger steaks, there aren't many places I'd rather be than in front of my grill at this time of year, tongs in one hand and a cozy-wrapped Shiner Bock in the other! No matter what you like to grill, your Wheatsville Deli has many delectable dishes and superb sides to make your barbecue easy and successful! If you want to order a certain salad for a special event, just give us a call at 512-478-1164 and we will make it just for you! Happy grilling!





Keepin' It Cool!

by Mariah Barrett, Deli Counter Manager

Enjoy your free time to the fullest. Whether you're done with school for the summer or just enjoying the sunshine after work, let the Deli do all the cooking for you! We have a large and affordable selection of great light summer salads

and coleslaws that go great with any picnic or graduation party. Try our **Sumi Salad**, our **raw Carrots and Beets**, or our **crisp and delicious Broccoli Cashew Tamari Salad** available regularly in the full serve case.



When it's hot outside, the Deli is totally committed to keeping you hydrated and refreshed. You may have notice a new, more convenient way to get your **Iced Coffee Toddy**, **Gingerade**, and **Hibiscus Mint Iced Tea**. Directly in front of the deli counter we now have an icebox filled with grab n' go iced beverages! No need to wait in line, just grab your selection and head to the register. If you

really need to cool off, make sure to swing by and try our **Featured Smoothie**. May is the **Blueberry Banana Dream** and June is **Strawberry Pineapple**. Whatever you need to beat the heat this year, come to the Wheatsville Deli and let us help!



Fresh Cheese!

by Greg Flores, Cheese Buyer

Springtime is my favorite time of the year. Long days, cool nights, Texas wildflowers, gardens and fresh cheeses.

Chevre happens to be one of my favorite cheeses. This tangy treat is complimented by many of springs offerings from wildflower honey to Texas' sweet succulent berries. Even the clean fresh taste of cucumbers plays well with Chevre's tangy goaty flavor.

Chevre is the French word for goat and refers to a number of fresh goat cheeses including **Bucheron**, **Chabis**, **Ste Maure**, **Picadon** and **Pyramide**. It is believed that the Moors introduced goats to France in the 8th century and cheese production started soon after their introduction.

Though France is the first country to come to mind when mentioning goat cheese, other countries offer versions of fresh goat cheeses Such as **Mato** from Spain and **Pantysgawn** from Wales.

Texas is becoming known for its goat cheeses and we are lucky to live close to one of Texas' most famous goat dairies, **Pure Luck Farms**. They offer a variety of fresh goat cheese including their award winning **Feta**, **Basket-Molded Chevre**, **Hopelessly Bleu**, and **Ste Maure**. As of last year they introduced another fantastic spread, **June's Joy**. It is their chevre mixed with Round Rock honey, smoked black pepper and fresh thyme. We also carry **Wateroak Farms** wonderful **Chevre** and **Feta Crumbles**. The feta crumbles come in three varieties plain, garlic and herb and a skim milk version.

There is another reason that makes spring a special time of year, **Meadowkaas Gouda**. This special Gouda is made from the milk of cows who have grazed on the first green grass of the year. The fresh grass gives this cheese its wonderful flavor—you can definitely taste it in the subtle notes of this cheese.

There are only a certain number of wheels made and we had to order six months ahead of time so that we can offer this wonderful cheese to our owners. We will be receiving our wheels on May 24th. Once these wheels are sold, that's all till next year. Don't miss out!



See You 'Round the Cooler

by Chris Moore, Chill Buyer

Hello there Wheatsville patrons! As summer approaches and the heat rises don't forget about all the unique locally made beverages that can be found in the cooler.

Yummy Living Foods has two single serving varieties of their delicious nut milks—**almond** and **hazelnut**—both of which come in a single serving glass bottle.

If you are looking for a local *and* flavor packed kombucha then look no further. We offer two—**Kosmic Kombucha** and **Buddha's Brew**, with a wide array of different flavors between the two of them. Kosmic also makes a Wheatsville exclusive flavor—**Wheatsville Pear of the Dog**.

Is it getting too warm for a hot cup of coffee? We now carry a locally made cold brew coffee in the refrigerated department from **Chameleon Cold Brew** which comes in two different sizes and 3 times the amount of caffeine... WOOOO!!! It was a big hit with staff when we tried it at our weekly meeting.

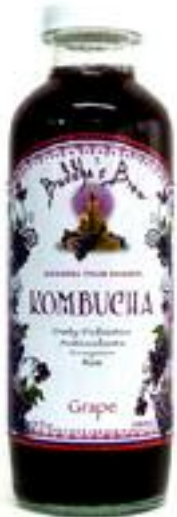
Just looking for a frozen treat? Check our selection of all natural and organic popsicles and ice cream bars. We have a great selection to offer you that includes **Fruitful Bars**, **So Delicious Agave-Sweetened Non-Dairy Non-Soy Sorbet Bars**, **Jolly Llama**, **Fruit Stix** and **Julie's Organic Ice Cream** and Sorbet Bars.



Mustachioed Goodness

Did you see a bunch of the staff wearing mustaches a few weeks ago? We were introducing a brand new product to the dairy case, **Upton's all natural Seitan** the finest in faux meats. We are carrying all four variety's, traditional, ground beef style, chorizo and Italian sausage. They are located at the North end of the dairy cooler with our other meat alternatives.

Having trouble coming up with idea's on how to prepare this delicious seitan? Check out their website for some most excellent suggestions (and check out the mustaches and other finery!) www.uptonsnaturals.com/recipes/





Gazela Vinho Verde

When the air is hot and the sun is bright the wine you want may be a white and cool, refreshing **Vinho Verde**. So named for its youthful-ness (verde means "green" in Portuguese), Vinho Verde is typically a budget-friendly, refreshing, slightly effervescent white wine from Portugal.

Gazela Vinho Verde is made at Quinta de Azevedo winery, owned by Sogrape Vinhos near Barcelos, in the Vinho Verde region of northwest Portugal.

Gazela is an irresistible bright fruity white wine. The bouquet is a lively mix of citrus and floral aromas. Soft flavors of apricot and grapefruit are perked up by the sparkling bubbles and balanced by delightful crisp acidity and strong minerality.

The wine is made from a blend of Loureiro, Trajadura, Azal and Pedernã. The grapes are harvested by hand and undergo careful vinification at temperatures kept below 60°F to preserve the natural fruit and refreshing acidity that makes Vinho Verde so distinctive and delicious.

A well chilled bottle of Gazela makes an ideal aperitif and a perfect picnic wine. And best of all, you don't even need to bring a corkscrew!

Buying for a crowd—don't forget our wine deal. Buy six

or more bottles of wine and get 10% off. Any wine! Any price! Mix and match!

We also have a great way to transport your wines with our spiffy Wheatsville 6 bottle carrier for only \$1.99 each! Best of all they have the Wheatsville logo on the side so you can bring it to a picnic or party with co-op pride!



Blue Moon White

Brewed by Blue Moon Brewing Company, Blue Moon White was created by Keith Villa, the brewmaster at the Blue Moon micro-brewery in Denver, Colorado. Originally known as "Bellyslide



Belgian White" when it was first brewed in 1995, Blue Moon White was renamed for fear of misleading consumers that it was made in Belgium.

The recipe includes an interesting list of ingredients including white wheat, oats, coriander and orange peel. Instead of the more traditional slice of lemon, Blue Moon encourages the addition of a slice of orange to further enhance the orange flavor.

Blue Moon White pours a cloudy, honey-orange color and sports a foamy white head that quickly dissipates. The flavor starts with a subtle orange taste that parallels the smell and a crisp wheat flavor breaks in with some sour notes. It has a complex, biscuity dry finish that is sure to refresh!

New Belgium Sunshine Wheat

This is a great way to beat the heat. Brewed by the New Belgium Brewing Company in Fort Collins, Colorado, Sunshine Wheat came into the world as Wedding Wheat, a beer that New Belgium founder Jeff Lebesch brewed in celebration of his wedding to his wife-to-be, Kim Jordon.

Sunshine Wheat features the refreshing combination of coriander and orange peel tartness, followed by subtle apple and honey tones. Sunshine Wheat is a filtered wheat beer that offers a crisp, refreshing alternative to many heavier-bodied hefeweizens. Featuring a full round mouthfeel and lively carbonation, this is a light refreshing brew that finishes crisp and dry.



Trumer Pils

Brewed in the original German Pilsner style, Trumer Pils imports the finest malt and hops from select sources in Germany and Austria to deliver a light golden brew with a creamy head that balances traditional hopping with rounded malt and a sweet, crisp finish. Trumer Pils features a fresh taste and effervescence.

Pilsners are a very delicate beer style so it is best not to pasteurize or ship them long distances. To combat this problem Trumer Pils is brewed at a dedicated brewery right here in the United States guaranteeing a fresh product every time. Try this great summer pilsner today!



BLACK STAR CO-OP
 PUB AND BREWERY
 www.BLACKSTAR.COOP
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Wheatsville Shopper's Index

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Wheatsville By the Numbers in March 2011

compiled by Niki Nash, Merchandising Manager

Number of free pieces of cake given away for Wheatsville's 35th Birthday: **560**

Dollars raised for the Austin Sustainable Food Center by Wheatsville's Community Action Wednesdays: **\$1,790**

Gallons of Fair-Trade coffee sold in the Wheatsville Deli: **345**

Number of (at)Wheatsville Twitter followers: **2,152**

Pounds of Popcorn Tofu sold in the Wheatsville Deli: **540**

Number of containers of coconut water sold in the Wheatsville Grocery Department: **3,435**

Number of new, fully invested Wheatsville owners: **139**

Pounds of bananas sold in the Wheatsville Produce Department: **13,779**

Number of Wheatsville 35th Birthday T-shirts sold in the Wheatsville Housewares Department: **512**



Introducing Brand New Brands! by Cody Atkins, Health Team Supervisor

Happy Summer Wheatsvillians! I hope everyone has been enjoying the warmer weather and all the outdoor activities that the season brings. I also hope that you have noticed some of the amazing new products that are now carried in your Health section. Let me give you a run-down of a few new brands:

Urban Moonshine



Urban Moonshine produces top-quality **organic bitters and tonics** that can aid in digestion, mood/energy, and immune function. Most of these are available in convenient pocket-sized sprays that can be used at the conclusion of a meal or taken to work, school, etc. I am a fan of their Original and Maple bitters formulas. Just a couple spritzes at the end of a meal and you are on your way to healthier digestion!

Jovial King is the founder and formulator of Urban Moonshine. She has studied herbal medicine for many years with an array of terrific teachers including completing apprenticeships with Brigitte Mars, Guido Mase, Rosemary Gladstar, and Hart Brent. Urban Moonshine is a small family business located in beautiful Burlington, Vermont. Their mission is to rekindle the relationship between herbal medicine and the modern world.

Oregon's Wild Harvest

Oregon's Wild Harvest, an independently owned and operated herb farm in Sandy, Oregon, is passionate about helping people make a healthy difference in their lives. Throughout the company's history, the philosophy has been driven by the desire to naturally heal the body and the earth. Certified organic since its inception in 1994, the founders, Pamela Martin and Randy Buresh, have built the company on a strong foundation of traditional herbal use, validated by scientific methodology and backed by environmental stewardship. Always striving to be more sustainable, Oregon's Wild Harvest went beyond organic and became Biodynamic certified in 2009.

The quality and purity that defines each Oregon's Wild Harvest product is backed by a comprehensive staff of highly trained scientists and an educated Quality Assurance Department that oversees every step in the processing, manufacturing, and production of each supplement. Many of their herbs are manufactured within minutes of harvest, mere steps from where they were grown, guaranteeing the highest degree of plant nutrient vitality in each product.

I particularly like their **Rhodiola**. It works very quickly and is a godsend when your adrenals are feeling taxed.



Barlean's

Barlean's is the most popular name in **Flax Oils**—recognized for their quality and freshness. Every delivery we receive has been made to order just for us. Barlean's flaxseed oil is pure, unfiltered, unrefined, and packed with lignans just as nature intended. Lignans are a highly studied and researched class of plant phytonutrients most abundantly found in flaxseed that have recently come to the forefront of nutritional research. Numerous studies have reported on the role of lignans in support of the structure and function of heart and hormonal health.

1 - 2 tablespoon daily can be used in salad dressings, mixed with yogurt, cottage cheese, oatmeal or used in blended beverages & protein drinks.



The Little Things in Life

by Carla Vargas-Frank, Bulk Herbs Lead

Do you have garden envy? Sure, everyone's raving about the great planting weather and showing off their bronzed shoulders and newly rough hands from working in the yard—but what if you don't have a yard? What if your space or schedule (or any myriad of things) keeps you from creating a sprawling, outdoor garden?

The answer is **sprouting seeds**, which can be grown indoors. While the rising temperatures outside might soon be too much for our little seeds or beans to endure, a stable temperature of 70-75° is the perfect condition for successful sprouting.

Foster a love of small things this season, with help from your co-op! I think whoever first said that "the best things come in small packages" must have been a sprouter. There's nothing sissy about growing your garden in a jar or bag rather than a raised bed in the front-yard. Don't for a second let your botanically well-endowed neighbors tell you that sprouts are somehow less impressive! In fact, next time you bring your bowl of sprouts to the neighborhood block-party potluck, you just tell those garden-jocks this: **A) Sprouts are highly nutritious** and more bioavailable due to the natural enzymes that they develop. These naturally occurring enzymes also make them easier to digest than unspouted seeds or beans. **B) They're economical!** A little goes a very long way, some can grow up to thirty times their size! **C) Who needs to keep track of planting seasons?** You can grow fresh sprouts throughout the year and the varieties are as vast as there are delicious! Wheatville's got you covered on **broccoli seeds** (\$11.89 a bag), **radish seeds** (\$4.39 a bag), **sunflower seeds** (11.59 a bag), **alfalfa** in bulk for \$11.39/lb, **mung beans** (\$2.99 for a one pound bag), and more! Wheatville's got everything you need to get started including a magnetized sprouting chart for \$6.49 to hang in your kitchen, detailing specific ideal growing conditions for a number of seed varieties! You too can soon be a sprouting aficionado!

After impressing your friends and neighbors with your homegrown sprouts, they'll want to know how it's done. So, being the generous and community loving person that *all* Wheatville owners are, you give them these helpful pointers:

First, **soak seeds overnight** (some large varieties may need a bit longer).

Second, pick a sprouting container. A sprouting jar is the traditional method; instead of a lid, use a screen or a muslin cloth, and just flip upside down to drain. Sprouting bags are great for grains and beans because they don't require any light at all. Remember to swish the sprouts around when you rinse—about every 12 hours to prevent mold and so that the roots don't grow into the weave of the fabric. Whether using a jar or a bag, don't forget to keep your sprouts well drained. Wheatville carries sprouting jars in bulk for \$4.79 and sprouting bags for \$11.99.

Finally, you can store your harvested sprouts in your refrigerator, continuing to rinse them every couple of days.

Just for good measure, here are a few bonus sprouting facts from *primalseeds.org* to blow away those neighbors:

- Grow mung beans near bananas. The fruit gives off ethylene gas, a natural plant growth hormone.
- Alfalfa means "father of all foods" in Arabic and can be sprouted in five days.
- Sunflower sprouts are tasty but prone to mold. It is recommended that they be eaten two days after sprouting.



Introducing Leap Organics

by Kim Jehan-Barrow, Bodycare Buyer



Wheatville is happy to be carrying a brand new line in our bodycare department called **Leap Organics!** This new small business was founded by Luke Penney with two goals in mind: to produce the healthiest, most effective organic soap and skincare products on the market

and to create a company that was as pure as its products.

After having switched much of his own diet over to organic foods years ago, Luke turned his attention to other products that had an impact on our bodies' overall health—namely personal care, because what goes onto your skin goes into your body!

Unable to find any truly certified organic personal care lines manufactured



by companies following sustainable business practices, Luke did the only thing an entrepreneurial-minded guy would do—he started his own company.

In July 2010, after two years of rigorous research and testing, Leap Organics was launched, and it has since been met with praise for the healthiness of its ingredients, the efficacy of its products, and the sustainability of its business practices. The company uses recycled and recyclable packaging as well as renewable energy, and they donate a minimum of 1% of net revenues to environmental non-profits.

All of Leap's products are cruelty free, vegan, and biodegradable, and their bar soaps are gluten-free! All of this makes for clean skin with a clean conscious!

So, the next time you come into Wheatville, check out this awesome new line and let us know what you think!

There's A New Kid On The Block

Pharmacy opens across the street from Co-op

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Help Your Muscles & Joints, So You Can Have More Fun! by Elke Stoeckelmann, Vitamins Lead

Hello bicycle, outdoor, gardening, dancing, playing, enthusiasts of all kinds! It's time for getting out, shaking it up, sweating, and playing in the sun! And, our bodies will carry us through it all, enabling us to engage in so many stimulating activities. So, what can we do to help our

muscles and joints help us, so we can have more fun? My favorites are: **electrolytes, proteins, omega fatty acids, green powders, regular cleansing/detoxing, and supplementation with anti-inflammatory herbs.** I will now write about all of these, but will focus mainly on electrolytes since these are so fascinating to me. They are crucial to everyone's health, especially anyone living in a hot climate.

The term "electrolyte" is the medical word for electrically charged minerals. They are important because they are what our cells (especially nerve, heart, muscle) use to maintain voltages across their cell membranes and to carry electrical impulses (nerve impulses, muscle contractions). Electricity in our bodies! So cool.

Basically, electrolytes produce positive and negative ions when dissolved. The different electrolyte solutions of +/- ions in and outside of our cells help move fluid into our cells, delivering nutrients and oxygen, and move fluid out of the cells to remove waste. These processes and the flow of water in and out of our cells act to produce hydroelectric energy like water flowing through a dam. This is what is called "cellular energy." For every 1% drop in water inside your cells, cellular energy is reduced by 10%, affecting the entire body and accelerating the aging process. Low cellular energy means there is an imbalance of electrolytes in our interstitial fluids (fluids that bathe our cells), meaning our cells have become dehydrated, and the movement of fluid in our bodies has become sluggish. This imbalance of electrolytes also leads to water becoming trapped outside our cells, causing bloating from water retention (like when you eat too much salt). Without the correct ionic ratios going on in the interstitial fluids our cells bathe in, our cells won't be able to drink water or expel their waste. Unhappy, dehydrated, constipated cells lead to unhappy, hurting, and tired us, unable to "have more fun".

So, how can we keep all in balance in our interstitial fluids so our cells can drink, excrete, and be merry? Drinking lots of water won't do it. When we sweat, stress, cleanse, etc., we lose electrolytes. Traditional sports drinks (e.g. Gatorade) are made to remedy this electrolyte imbalance, but also contain artificial colors and sweeteners (feeding your cells sweetened chemicals). Here at Wheatsville, we have many more healthy alternatives. **Coconut water** has become a favorite for many. A more portable solution is the many tabs and packets of powder you can add to water when you're ready. You'll find these in the vitamin section. Here are some of the options you'll find:



Nuun makes some great effervescent **electrolyte enhanced drink tabs**. **EmergenC** makes a powdered one called **ElectroMix** in packets. A new one in our store is **Oxylent**. This also comes in packets of powder. It is very high quality, with Albion minerals, amino acids, B-vitamins, buffered vitamin C, organic sugar (less than 2gm), and a special enzyme called SOD that works to turn toxins into oxygen and water. The ever-increasingly popular **Vega** has their version too, called **Sport**. With the additional adaptogenic herbs ginseng and rhodiola (for energy), and anti-inflammatory herbs turmeric, ginger, and devil's claw, this one is exceptional!



Also, Dr. Peter Gillham makes a powdered one, in packets, called **Natural Calm Plus Calcium**. I'm a big fan of his stuff, and of magnesium in general! As you sweat, the ratio of calcium to magnesium will be changing in the body; the percentage of calcium will increase; and since calcium is a muscle contractor, the muscles will cramp. So, supplementing your diet with more magnesium than what is in your daily multi or in your

calcium supplement can really help to balance things out. Check-out www.calmnatural.com for good info about magnesium and magnesium deficiency. It is recommended that you drink your electrolytes just before and during any physically exerting activity. However, I'd recommend supplementing with electrolytes everyday during the summer in Austin if you get outside at all. I personally find this helps me a lot.

Ideally, you should try to eat within 60 minutes of the end of your workout or any strenuous activity and make sure you include some high-quality protein and complex carbohydrate. I like to make a smoothie, adding some protein powder, right after a good workout (sweaty yoga). We have a great selection of protein powders in the vitamins section.

Omega Fatty Acids are considered anti-inflammatory, helping joints, cardiovascular support, mood, and brain function. I take some every day, and can definitely tell the difference. **Fish oils, flax oil, hemp oil, and chia seeds** are all good sources. They come in liquid, capsule, and seed form, and are all available in the vitamins section.

Green powders are one of my very favorite supplements. These are so helpful to the body in so many ways. They help to keep the body oxygenated, alkalinized, provide important minerals (such as magnesium), B-vitamins, vitamin A, iron, and protein. This is another one that makes a noticeable difference in my health and well-being. Taking green powders regularly also helps to cleanse/detox your body on a cellular level. And, a detoxed body will experience less discomfort in the joints, less allergies, and more energy.

I try to do a thorough cleanse 2-4 times a year. I accomplish this by doing a juice-cleanse for 10+ days and/or by using one of the **cleansing kits** we sell. Without regular cleansing, regular consumption of green powders, exercise, and a clean diet, my body tends to feel yucky. Symptoms felt are: fatigue, achy joints, constipation, allergies, skin blemishes, body odor, and decreased sense of well-being. Regular cleansing has become a practice for me, with the greatest benefit being increased awareness of my body and my relationship to it. My main recommendation for any cleanse you might consider is self-love. Cleansing because you want to honor, respect, and get to know your body, is healthy. Please take the time to go into cleansing very consciously; i.e. read about it, only talk about it to people that will support you, create the time and space in your life to give the cleansing process the attention it deserves, and get plenty of rest while cleansing. Also, supplementing with electrolytes just before and after a cleanse is a big recommendation from me. This is a process you go through *with* your body. Support it however you can with your good thoughts, friends, space, time, and supplements.

There are so many wonderful herbs to support joints and muscles! **Turmeric** is called the "king of herbs" in Ayurveda, the science of medicine in India. It is a great anti-inflammatory, helping many people with all kinds of joint discomfort, cancer, Alzheimer's, and liver detoxification. It is the what I took to recover from a nasty case of carpal tunnel syndrome, along with high dosages of B-vitamins, flax oil, icing, massage, and rest. We have several brands of Turmeric capsules to choose from. Ginger and Boswellia are also good anti-inflammatory herbs. Also, cutting down on sugar and caffeine have helped, in a big way, to keep inflammation down in my body.

I have been an avid bicyclist for about 15+ years. I have the same bike I bought 15 years ago, and it has been my main mode of transportation that whole time. I have tried all kinds of transportation—I've owned several cars and a motorcycle, but bicycling is still my preference. Bicycling keeps you young in body and spirit, keeps you in touch with nature, is good for coordination, and of course, our friend planet Earth, loves it too!

I wish you a beautiful Spring and Summer season, and may you and your body stay balanced, connected and healthy, so you can have more fun!!!



Our Health Team staff are smart, but are not your doctor. Please consult your health practitioner before using any advice.



Staff Top 10 Picks

by Cody Atkins, Health Team Supervisor

White Mountain Bulgarian Yogurt
You could drink this stuff straight from the jar—not that I do.



Derma E Pycnogenol Line
Maybe I'm born with it. Maybe it's Derma E.



Lone Star Beer
The national beer of Texas.



Organic Unsweetened Mango Slice in Bulk
It's jerky for vegetarians.

Deli Breakfast Sandwich
Try the Cody Special: Tomato, Avocado, and Sprouts.

Annie's Bunny Graham Friends
You know, for the kid in me.



Tandoor Chef Naan Pizza
You know, for the bachelor in me.



Organic Dandelion Greens
On behalf of Leroy, my pet lizard. He loves these!

Vega Berry Health Optimizer
Good, clean, vegan energy.



Organic Grooming Dusk Cologne
You don't have to stink to smell like a man.





Staying Healthy on the Move

by Rachel Wilder (aka Ray in the Health Team)

Okay folks, so it's warming up and I am getting a lot of clients coming in with back strains. Might be all the garden-ing, bike riding, spring-cleaning, camping and all the over-time you're putting in. Let's talk about staying happy and healthy and moving about.

Prevention

- **Nordic Naturals Cod Liver Oil**— Keep your joints smooth sailing with the lubricating and anti-inflammatory effects of fish oil! Nordic Naturals makes the most ethically harvested, purest and best tasting fish oils, in my opinion. I take a swig of the liquid cod liver oil and chase it with some almond milk and breakfast. Because it's a fat-soluble substance, take it with food. If you can't take the liquid, the capsules work just as well.
- **Thinksport Yoga mats**— GENTLE stretching before and after strenuous activity will set you up for success and once you're doing it, just feels so good. So take a bath, turn on some new age music (or dance-trance if you prefer), light some candles, and gently reset your range of motion. (These comfy mats are ecofriendly, too!)
- **Bodywork!!**—Hint, hint...nudge, nudge...



Aches and Pains



- **Peaceful Mountain Arnica Plus and Back and Neck Rescue ointments**— I love these blends of anti-inflammatory and pain numbing herbs. Your sacrum, shoulders, and forearms will think so, too!
- **Dr. Christopher's Bone and Tissue**— Use either his ointment or capsules of this great herbal blend to help your body heal all soft tissues—muscle, ligament, tendon and bone. We have a rather injury prone athlete on the team who swears by it! I would use the capsules for anything more than general muscle soreness. And it's a steal with 100 capsules per bottle!
- **Epsom Salts**— Stock up y'all! A cup or two of these magical crystals in the tub (plus 5-6 drops of some essential oil) will draw the day right out of you, leaving only your sweet memories of sunshine and puppies.

- **Turmeric Powder**— Turmeric is a powerful anti-inflammatory and I use it often. Put a couple of teaspoons of our organic turmeric (found in bulk spices!) in a quarter cup of warm/hot water and...bottoms up! It doesn't taste that great, but it could be worse. This also works awesomely for headaches!
- **Bodywork!!**

Injury treatment

Identifying when something is beyond the usual groaning that usually happens by the time we're 30 can be tricky. Even when it's minor, if left unattended, it can turn into something more chronic or serious. So treat the "aches and pains", too.

The three most vocal signs of injury are acute pain that persists, inflammation (redness, heat, swelling), and numbness, tingling or any loss of function. However, those signs can vary by person and location on the body, so if you need to go to a professional, do. Here is a chart I've found useful for prevention, soreness and minor injury treatment. If this doesn't help, go get some!

Ice or Heat?

	Ice	Heat
When To Use	Use ice after an acute injury, such as an ankle sprain, or after activities that irritate a chronic injury, such as shin splints.	Use heat before activities that irritate chronic injuries such as muscle strains. Heat can help loosen tissues and relax injured areas.
How To Do It	Read through information on how to ice an injury. There are several ways to ice an injury.	Heating pads or hot wet towels are both excellent methods. Place a washcloth under hot tap water and then apply to the injured area.
For How Long	Apply ice treatments for no longer than 20 minutes at a time. Too much ice can do harm, even cause frostbite; more ice application does not mean more relief.	It is not necessary to apply a heat treatment for more than about 20 minutes at a time. Never apply heat while sleeping.

And enjoy this fabulous weather!!



Rachael Wilder
Licensed Massage Therapist

512.919.0132
osunray@gmail.com
www.awakenednature.com

1003 Bouldin Avenue
Austin Texas 78704



Awakened Nature
Integrative Therapeutic Massage

Fresh New Look for Spring!

by Miranda Robinson, Housewares Lead



Spring is the season for turning over a new leaf and in the spirit of change we've spruced up our house wares department. You'll find lots of new items throughout the department, and a complete makeover in three main areas.

Aisle 4: Sustainable Lunch Options

Most of us eat at least one meal during the workday and preparing a lunch at home saves money, reduces waste, and helps make healthy food choices easier. We have all the tools you need, at prices for every budget.



Two of my favorite lines are **Laptop Lunch** and **To-Go Ware**. Laptop Lunches are colorful plastic bento boxes that are great for kids and adults alike. Multiple compartments allow you to pack a variety of foods and make appealing presentation a snap. The basic Bento Set includes 3 lidded watertight containers, 2 un-lidded containers, a stainless steel fork and spoon, and a book of lunch ideas. The Bento System features an insulated carrying case and water bottle, and Bento Buddies provide additional containers for even more configurations. Visit www.laptoplunches.com and sign up for the monthly newsletter to receive healthy recipes and fun menu ideas.

Stainless steel tiffins from To-Go Ware are another great way to pack a lunch. These stacking containers lock together for easy transport and the self-latching top



lid allows you to use just one container if you choose. We offer the **Classic Tiffin Set**, as well as **2-Tier and 3-Tier sets and Action Packs**. The **RePEaT Bamboo Utensil Set** is an awesome alternative to disposable cutlery with a knife, fork, spoon and chopsticks all tucked neatly inside a carrying case made from recycled plastic.



Aisle 5: Kitchen Essentials



From bread knives to colanders, can openers to vegetable choppers; this is our spot for kitchen basics and food storage.

We've increased our selection of necessities and gadgets to make shopping for your home more convenient than ever, and I have a couple of items that I'm especially excited about!

The first is a refillable **oil mister from Norpro**. This 6-ounce bottle has a pump mechanism that allows you to spray oil evenly and gradually for an economical and waste-free alternative to pre-packaged cooking spray.

Another product I'm stoked to have on the shelf is the **10-piece TrueSeal Storage**



Container Set. Featuring glass bake-ware made in the U.S. and BPA free lids, this boxed set is a great value at just \$35.99 and makes a wonderful gift.

Aisle 5 & 6 End Cap: Wheatsville Merchandise Headquarters

Our owners love to show their co-op pride and we love to see our folks sporting our logo. On the end cap between aisles 5 and 6 you'll find a fun assortment of Wheatsville merchandise. I'll be changing up the selection periodically so look for new t-shirt styles, tank tops, baseball caps, and more. In addition to apparel we also offer pint glasses, coffee mugs, shopping bags.... so many ways to show the world how much you love your store!

This project has been a lot of fun so I hope you are as excited about these changes as I am!

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Green Grocer—Prelude to Summer by Adam King, Produce Manager

It's summertime! Well, not officially, but the last two months of spring in Texas feel more like a prelude to summer than an end of winter.

I find I'm less interested in cooking during the warmer months. Maybe it's because the houses I've lived in over the years have always been poorly ventilated and expensive to cool. Regardless, when summertime comes, I reach for the recipes that require

the least cooking. The food is so fresh and readily available, why go through the trouble of heating up your kitchen?

Amie Todd, a longtime produce clerk at Wheatsville, has recently turned me on to **massaged kale salads**. They're so simple and delicious! You just cut or tear kale into smallish pieces and toss them with lemon juice, olive oil, and salt and pepper. By "massaging" the kale, it softens in your hands and the other ingredients get worked in. It's like a wilted greens salad that's never been cooked. Try it yourself! A sprinkling of parmesan cheese is a good compliment to the lemon and olive oil.

Our Hospitality Clerk/Board of Directors Assistant/Facilities Clerk Extraordinaire **Beth Beutel** shared a great cooking technique with me the other day. Onions, vegetables, and your choice of protein are sautéed and placed on a bed of fresh greens (spinach, arugula, kale, chard, whatever's on hand). The heat from the cooked food wilts the greens below. What a neat idea, so quick and easy!

By now, many Americans have pulled their grills out of the garage, shined them up and are now cooking with them regularly. Being a Texan-born male, you'd think I'd somehow be endowed with the love of standing in front of a roasting hot grill in the heat of summer. For better or worse, this is not the case. It might have been the years I spent away from the state of my birth, but I prefer to leave the grilling to someone else. Don't get me wrong! I love barbeque – brisket, hamburgers, sausages, kabobs – all of it. I just prefer to prepare food inside, in a climate-controlled environment.

Some of my favorite summer dishes are cold soups, gazpacho and cucumber/melon soup being standouts. Cold soups are really a treat: they're refreshing, delicious, prepared using seasonal ingredients at the height of flavor and freshness, and most importantly REQUIRE NO COOKING! Here are two simple recipes, easily modifiable for whatever ingredients you have on hand.



Gazpacho Soup

- 6 ripe tomatoes, peeled and chopped*
- 1 onion, finely chopped
- 1 cucumber, peeled, seeded, chopped
- 1 sweet red bell pepper seeded, chopped
- 2 stalks celery, chopped
- a small bunch of parsley, chopped
- a small bunch of chives, chopped
- 1 clove garlic, minced
- 1/4 cup red wine vinegar
- 1/4 cup olive oil
- 2 tbsp lemon juice
- 2 teaspoons sugar
- salt and fresh ground pepper to taste
- (optional) Tabasco sauce to taste
- 4 cups tomato juice

*You don't have to peel the tomatoes if you don't want to, I prefer to peel them. Tomatoes are easily peeled by blanching – cut an X on the skin, drop the tomato into boiling water for 30 seconds, remove and place in ice water for one minute. Peel away the skin at the X's.

Combine ingredients and blend them to whatever consistency you'd like. Store overnight in the refrigerator in a non-metal container.

Easy Cucumber Melon Soup

- 2 cucumbers, seeded, cut into chunks
- 1/2 Honeydew melon, seeded and cut into chunks
- 6-8 leaves fresh mint
- juice of 2 limes
- (optional) Tabasco sauce to taste
- salt & pepper to taste

Combine ingredients and blend them to whatever consistency you'd like. You can add an 8oz container of plain yogurt to thicken the soup, if you'd like. Store overnight in the refrigerator in a non-metal container.

I hope you have a great summer! Come by the co-op and see what we have to offer. Use your imagination and you can come up with some really fun things. I find that if you keep it simple, you can't go wrong. It's not rocket surgery!



Staff Top Ten Picks

by Dan Gillette, General Manager

Honest Tea Assam Black

A bottled tea that tastes like clear and clean homebrewed black tea!

Jokerz Bars

Holy (at)#!% these are good. SO much like a Snickers bar, as I recall, but VEGAN!



Tofurky slices

My go-to food... I love it in sandwich form or just out of the package, Jojo likes 'em rolled up with Better than Cream Cheese.



Rock Star Bagels

The Statesman declares these the best in town and I agree! It's finally safe to enjoy a bagel in Austin!



Kale!

Number one green of my dreams!

Steamed or sautéed, Kale rules!



Annie Chun's Roasted Seaweed Snack

Such a delightful savory snack, get them before Dana or I eat them all!

Rudi's Organic

100% Whole Wheat Bread

The Gillette household sandwich and toast standard.



Purely Decadent Peanut Butter Swirl

A super premium ice cream for us vegans!



Organic Short Grain Brown Rice

Our main grain. Easy to cook and it keeps well. Make a batch at the beginning of the week and always have a side!



Asparagus

Whether roasted or grilled from the deli or steamed at home, I love this vegetable!

Eat Local, America!



June 15th – July 15th

Join your friends and neighbors and discover the joys and benefits of eating local food grown or processed in Texas.



Need a little help? Ask at the Hospitality Desk or look for the blue local c+nnnection signs.

Pick up a handy list of LOCAL SUPPLIERS at the Hospitality Desk or check online at www.wheatsville.coop/local.html

Four good reasons to eat local:

1. It's good for you and tastes better, too
Locally grown food doesn't travel far, so farmers can choose varieties based on flavor, rather than their ability to withstand a long journey. And, by eating local foods that are in season, you eat foods when they are at their peak flavor, are the most abundant, and – typically – are the least expensive.

2. It's good for the economy
The money you spend on local food stays in the area as it supports the work of local farmers and retailers.

3. It's good for the environment
The average American dinner travels nearly 1,500 miles before reaching the plate. When you eat local food, you reduce the consumption of fossil fuels, carbon dioxide emissions and wasteful packing materials.

4. It's good for family farms
With each local food purchase, you ensure more of your money spend goes to a local farmer.

For more information, go to www.eatlocalamerica.coop.

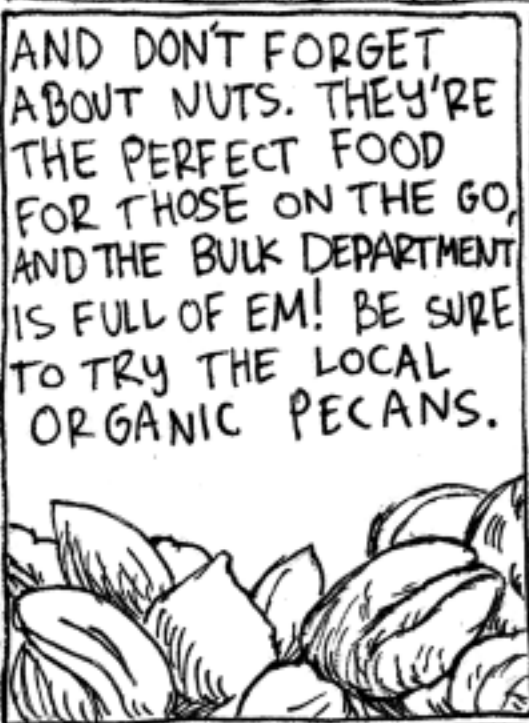
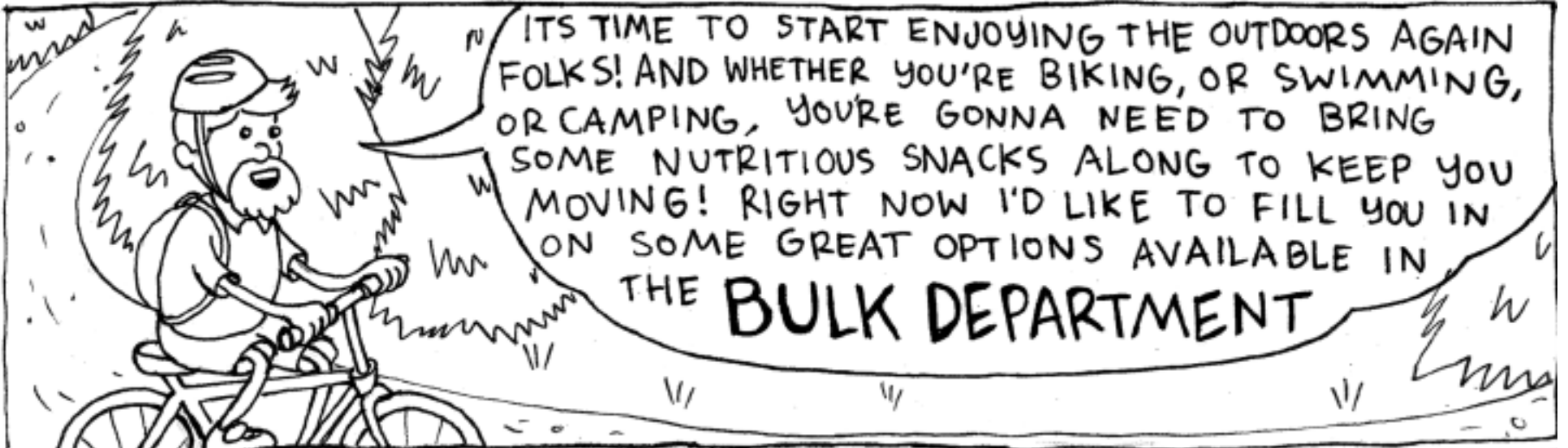


What's Going on with Coffee Prices? *by Riley Luce, Bulk Buyer*

I'm sure some of you have noticed that coffee prices are on the rise these days, it's happening all across the board, from small local roasters to Folgers Coffee. There are several factors contributing to this rise, but the main one seems to be unpredictable weather patterns occurring in the coffee growing regions of the world. Coffee plants rely on a delicate balance of rain and sunshine, and unpredictable weather leaves farmers not knowing when to plant, which leads to smaller yields.

In times like these I think it's important to consider the significance of buying fair-trade. Fair-Trade coffee companies and farming co-ops really make an effort to ensure that economic stability is maintained for both the farmers and for the industry in a situation like this.

Also, rest assured that we'll do our best to keep our prices as low as possible, and be sure to keep an eye out for coffee specials!





Co+op Deals Bring Together Exotic Flavors from our Deli, Everyday Value to our Food Budgets, Plus all of Mom's Favorites for Mother's Day! by Brooks Wood, Co+op Deals Assistant

Wheatsville's new Co+op Deals are packed with excellent products! Our new Deals include; breakfast favorites, pantry staples, delicious coffees, great Deals from our bulk department, excellent grilling options, tasty chocolates, nourishing vitamins & supplements, body care items and baby products. Also, we've planned an easy Mother's Day menu for Mom, or a

favorite woman in your life, as Mother's Day is May 8th. Breakfast in bed sounds pretty terrific, wouldn't you agree?

Our Deli offers delicious varieties of **Fresh in the Deli foods** at our Deli counter and self-serve case. These tasty dishes

come from our own kitchen as well as other Co-op Chefs from around the country. Be sure to try our **Black Bean & Mango Salad** which is packed with flavors that includes, pickled red onions, caramelized sweet corn, black beans and mango, all of which are dressed with fresh lime juice, fresh cilantro and jalapeno pepper to make this tangy and wonderfully delicious bean salad.



On sale from April 27, 2011 – May 10, 2011.

We have several delicious choices of organic beverages to choose from! **Equal Exchange Organic Love Buzz Coffee** on Deal for \$8.99/lb reg. \$10.49, **Bionaturae Organic Fruit Nectar** \$2.99, reg. \$3.89 and the hugely popular **So Delicious Organic Coconut Milk** 2/\$4.00 32oz, reg. \$2.69. On sale from April 27, 2011 – May 10, 2011.



Power snack options are abundant at Wheatsville! **Clif Energy Bars**, selected varieties, are 99¢, reg. \$1.39, **Bulk Almonds** \$4.49/lb reg. \$7.99, **Cascadian Farm Organic Granola Bars**, selected varieties, \$3.29 reg. \$4.69, **Lundberg Farms Organic Rice Cakes**, selected varieties, \$2.29 reg. \$3.39, **Natural Yellowfin Tuna**, selected varieties,



2/\$3.00 reg. \$2.49, **R.W. Knudsen Recharge**, selected varieties, \$1.49 reg. \$2.79 and **Stretch Island Fruit Co Fruit Leathers** 39¢ reg. 59¢. On sale from April 27, 2011 – May 10, 2011.

coop™ deals

Mom's going to love fresh warm **Buttermilk Pancakes from Arrowhead Mills** only \$2.79 reg. \$3.89 and **Shady Maple Farms Organic Grade B Maple Syrup** only \$9.29 reg. \$16.79, our produce department has bushels of fresh

organic strawberries to choose from and our cheese department has **Vermont Crème Fraiche** on Deal for \$4.49 reg. \$4.99, both of which make the perfect decadent topping for pancakes! If your Mom prefers a lighter fare, we also have two of our most popular yogurts on Deal; **Wallaby Organic Yogurt** 5/\$4.00 reg. 99¢ each and **Straus Family Creamery Organic Yogurt** now

\$2.99 (32oz) reg. \$3.89, and remember to top off our organic yogurt with our **Stahlbush Farms Frozen Fruits**, which are on Deal for \$2.99 reg. \$3.99, or add in some **organic flaxseeds** from our Bulk Department \$1.69/lb reg. \$1.79. On sale from April 27, 2011 – May 10, 2011.

To seal the deal for your special Mother's Day celebration, be sure to include a couple of bars of **Chocolove Almonds & Sea Salt**. All **Everyday Chocolove flavors** are on sale for \$1.79 each reg. \$2.39! On sale from April 27, 2011 – May 10, 2011.



Want to explore the world of good food? Visit www.strongertogether.coop and join the conversation around our table!

Did you know?

Organic Pearled Farro

is on Deal for \$2.59/lb reg. \$3.00, from April 27, 2011 – May 10, 2011 & is available in our Bulk Department.

Organic Pearled Farro (pronounced fahr-oh) is one of the oldest grains cultivated by humans, which was originally found in the fertile crescent of the Middle East and is now grown primarily in Italy. Pearled Farro (pearling removes the outer husk of the seed shortening the cooking time) is remarkably easy to prepare. Farro is an excellent source of fiber, as well as protein and iron. Pearled Farro is an extremely versatile grain making a great side dish when



blended with spices and vegetables or Farro can be added to soups and salads. Farro also makes a fantastic breakfast with a little maple syrup, honey, blueberries and walnuts. Yum!



THINGS TO REMEMBER!

May is national BBQ Month so be sure to "Get Your Sauce On" & check out the variety of BBQ Sauces we have at Wheatsville that beautifully complement our wonderful selections of tofu & meats!

May is Bike Month! Check out the city's link at <http://www.ci.austin.tx.us/rideyourbike/>

Father's Day is June 19th! Wheatsville is proud to be your one-stop food resource for Dad. Be sure to pick up the current sales flyer as Father's Day approaches to see the specific Deals we're promoting.

First day of summer is June 21st. Wheatsville will be stocked with all your favorite beverages to manage the heat and keep you hydrated!

Staff Spotlight—John Davis *by Beth Caudill, HR*



BC: What is your Wheatsville history? (When did you start? What positions have you worked? Etc.)

JD: I started on 9/3/09, my birthday, a great birthday present! So far I have worked as a cook in the deli kitchen and I like it a lot.

BC: Where are you from and when did you get to Austin?

JD: Shreveport, Louisiana. I got to Austin in September 1991, just as the first Gulf War started. Very strange time.

BC: What is your favorite product at Wheatsville?

JD: Curry lime chicken salad, but there are many I like. I think our meat department is second to none.

BC: What is your favorite thing to do/place to go in Austin?

JD: I have been living in Leander for the past five years, so I am not sure yet. I love coffee so I go to coffee houses a lot.

BC: Tell me one thing that most Wheatsvillians don't know about you (that you're willing to share!).

JD: I am very into black and white photography. I am working on setting up my darkroom right now, and I hope to get back into printing soon.

BC: Fill in the blanks:

JD: I've always wanted to take photographs for a living and if I had it my way, I would put all my time into it.

Owners!

Help us promote Wheatsville!

Celebrate big savings by sharing your Co-op Deals Flyer with friends and co-workers. Let them see the great prices and products that we have and get them excited about your co-op!

Your word of mouth is worth a million dollars of advertising!



Staff Top Ten Picks

by Marilee Kuchon, Kitchen Manager



Deli BLT Sandwich

Fresh veggies, lots of bacon & toasted sour-dough give this classic the crown.

Popcorn, Indiana Kettlecorn

So salty & sweet, you will eat the whole bag! Or I can help you eat it...



Texas-Texas Fire-Roasted Serrano Salsa

So fresh & so local! A fridge staple.

New York Sharp Cheddar

Melts like a champ! Maybe Yankees do understand queso after all.



Chocolove Extra Strong 77% Dark Chocolate

My boyfriend's doctor wrote him a scrip for this stuff. No, really.

Immaculate Baking Co. Crescent Rolls

Pick your favorite hot dog & make the best pigs in a blanket ever!

Niman Ranch Beef Boneless Ribeye Steaks

Add salt, pepper, garlic & fire: perfection!



Sunland Roasted Organic Peanuts

Pure, unadulterated, earthy deliciousness.

Dark Chocolate Raisins in bulk

These tasty bulk beauties are my favorite movie night snack!

Back To Nature Crispy Cheddar Crackers

I like to grind them up & use them in place of breadcrumbs!



Austin Cycling Association Defensive Riding Courses



The Austin Cycling Association is the leader in Adult Cycling education for Central Texas offering **Traffic Skills 101 classes, Commuting classes and Kid's programs** throughout the year. They teach cyclists and drivers what the laws are related to cycling.

Please check

www.austincycling.org/education/classes/defensive_cycling for the schedule of upcoming classes. They will be offering a **special ticket dismissal version of their Traffic Skills 101** for those cyclists that have been ticketed for offenses on their bike. Just like car drivers, cyclists enjoy the rights and responsibilities of behaving lawfully on the road and end up paying the consequences when they don't. Cyclists will not only meet the requirements to dismiss their traffic ticket, they will also learn vital defensive cycling tips on how to become a safer and more proficient cyclist.

Softball Off to a Blistering Start! by Bill Bickford, Operations Manager, captions by Beth Beutel, Hospitality Clerk, photos by Bob Kinney



Virgins of Guadalupe after their first victory! From Top Left: Carissa Belsky, Kevin Johnson, Bruce Cloud, Patrick Onderick, Ralph Hernandez, Jimmy Evans, Matt Washburn Bottom Row: Bethany Johnson, Beth Beutel, Bill Bickford, Greg Hull, Marisa Newell, Allen Demling, and Gregg Cornish.

The season is officially upon us! Wheatville's softball team, The Virgins of Guadalupe, had their first game on Sunday, April 10, against the Austin Chronicle. Your Virgins delivered a thorough beatdown, with a final score of 36-13, against the 2008 Alternative Softball League champs. We have a great squad this year, and while we don't anticipate every game will go quite as well as the first, we have a decent chance to make some noise in the postseason.

Whether you're a seasoned vet or have never attended an ASL event, we'd love to have you out to one of our games, cheering on your co-op's team. Games are only scheduled a week or so in advance, so check out altsoftball.com for more info. You can find a schedule of upcoming games, team standings and individual statistics, and links to all the other teams. Facebook and Twitter links, among others, are also available at the bottom of the page.

Thanks to Bob Kinney, for the photos and your endless dedication to Wheatville! See more of Bob's good work here: <http://bobkinney.wordpress.com/> **Go Virgins!**



Jimmy Evans, teaching the team how to hit a double. First step: hit well. Second step: be able to run to second in the time it takes most people to get to first aka "put the wheels on!"



Marisa Newell swings for a reason to get some "Dirt in the Skirt!"



Beth Beutel celebrates her first career double!



Rafael Hernandez reminds us all to drop your back shoulder and swing low if you want to snatch up second base.



Bill Bickford shows the kids how it's done. For the first game, he lead the team with a 1.0 batting average, and a 1.8 slugging percentage.



The Virgins bring it in for a huddle. Evans gets serious on us—tells us he's very proud of us—reminds us that it's a long road ahead, and says practice is Sunday at 11. Virgins on Three. One, two, three: Virgins!

Guess What!!

We have staff anniversaries

Shane Shelton 20 years as of 6/14
(beer & wine buyer) ★

Bill Bickford 12 years as of 6/10
(operations manager)

Chris LaBrasca 11 years as of 5/21
(produce receiver)

★ **Ricky Shaw 8 years as of 5/27** (cook)

Mariah Downing 5 years as of 5/30 (cashier)

Mark Maddy 5 years as of 6/9
(meat buyer) ★

★ **Jimmy Evans 5 years as of 6/13**
(floor manager)

Joseph Ramirez 4 years as of 5/15 (cashier)

James Stricker 3 years as of 5/1 (cashier) ★

Lisa Graves 3 years as of 5/3 (baker)

Kerie McCallum 3 years as of 5/23
(deli shift lead)

★ **Ken Hargrove 2 years as of 5/1**
(meat assistant) ★

Ryan Fowler 2 years as of 5/8 (cook)

Olivia Pepper 2 years as of 6/5 (cashier)

★ **Kelsi Urrutia 2 years as of 6/5**
(deli clerk)

Matthew Washburn 2 years as of 6/26
(floor manager) ★

Bradley Kerl 1 year as of 5/6
(deli clerk / deli orderer & data clerk)

★ **Annie Downs 1 year as of 5/7**
(cashier / accounting file clerk) ★

Jessica Van Roekel 1 year as of 5/21
(deli clerk)

Katie Kaptain 1 year as of 6/14
(deli clerk)

★ **Oscar Patino 1 year as of 6/28** (cashier) ★



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Animal Sanctuary**

Offering a safe haven for animals who are homeless, neglected, injured or abused. Our goal is to respect animals as individual beings with spirits who deserve the right to live a happy and healthy life, regardless of their attitude towards humans and human contact. For information about adoption visit our website.

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- training in resiliency strategies
- community-based substance abuse prevention and intervention
- after school group mentoring sessions to build relationships between youth and adults
- awareness, education and involvement in the prevention of HIV and related diseases
- statewide training programs for evidence-based prevention and coalitions

When there's a need...we have a service.



Workers Assistance Program, Inc.
Creating Better Workplaces, Schools, and Communities



We support Wheatsville Food Co-op!

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Community Action—Wheatville Staff Members Get Involved! by Gabriel Gallegos, Ownership Services Coordinator



One of the really incredible benefits of co-operative ownership is democratic participation. Each fall during our annual co-op election, Wheatville's

owners help select our Community Action Groups. These are local non-profit organizations that receive 1% of our Wednesday sales for a whole month as well as the additional donations that shoppers contribute out of their own pocket at the cash register. In recent months, Wheatville staff members have made a strong effort to provide these organizations with either on-site volunteering or food and product donation drives in the store.

From October 2010 to April of 2011, Wheatville staff members have provided the following services for our Community Action Groups:

People's Community Clinic – Owners and staff donated 594 English and Spanish books to the PCC Children's Book Drive. These books were then made available to the children in the clinic's waiting room.

Sustainable Food Center – Wheatville donated 900 paper bags to SFC in April which will be used by customers at the Downtown, Sunset Valley and Triangle farmers' markets.

SafePlace – In February 2011, Wheatville hosted an in-store personal care product and diaper drive for SafePlace. We are so proud to announce that in February 2011, SafePlace received the largest Community Action donation in Wheatville's history for the amount of \$2,005.52! This was all thanks to our owners pulling together and donating their patronage rebates to SafePlace.

SafePlace – Also, in April we collected donations, participated in, and provided on-site food vending for SafePlace's Field Day. Wheatville's relay team, **The Wheatville Smooth Cooperators**, participated in relays such as the three-legged race, dizzy bat race, head ball and brought home five trophies for Best Relay Team Name! ↓



Capital Area Food Bank – Owners contributed to an in-store food drive and later that month, Wheatville staff members spent a day sorting and packaging donated food at CAFB's warehouse.



Special Thanks

When Wheatville signed up to participate in SafePlace's Field Day, we had to collect a minimum of \$350 in donations to be eligible to participate. Thanks to the very generous support from our shoppers, staff, and board members we raised \$830! From the bottom of our hearts, we would like to say thank you so very much for coming together and helping us reach our goal to support such an incredible organization and event.

I would also like to personally thank all the staff members who have participated in each of these volunteering efforts. It has been so much fun and very rewarding to help the community while representing Wheatville and our cooperative values. In addition, I must mention that each of these outings would not have been possible without the time and dedication to Community Action that Wheatville staff members **Beth Caudill** and **Jesus Martinez** have put forth. Beth is continuously searching for and setting up volunteer outings and donation drives while Jesus takes time out of his busy



day to recruit staff members for these events. Thank you so very much for your efforts and I look forward to working with you all again at our next Community Action event!



Note from GM Dan Gillotte— I'm so proud of our staff for taking ownership of our community outreach and helping us find a way to increase Wheatville's positive impact in our community. Super big thanks to Beth, Gabe, J, and all of the staff who have donated their time to make a positive difference!

EmanciPet – Landscaping and exterior painting services were provided by Wheatville staff and other volunteers. We helped shovel over 7,000 pounds of gravel!



It's My Park Day –

In March, Wheatsville staff members planted fifteen trees at Zilker Park for the Austin Parks Foundation's it's My Park Day. Although the Austin Parks Foundation is not currently one of our Community Action Groups, Wheatsville was the presenting sponsor for this event and we were very proud to help them out with such a noble cause!

In addition to the tree planting team, Wheatsville provided food for the volunteers and additional support.



We Need YOUR Help!

While Wheatsville staff members may be coordinating and attending these Community Action drives and volunteer efforts, most of the support comes from our owners! After all, it is YOU that selects the groups we support. Here are some ways to increase your participation in Wheatsville's Community Action:

Shop on Wednesdays – It's that simple! Wheatsville donates 1% of its Wednesday sales to the Community Action Group of the month. This is a really great day to do your big shop for the week.

Make Additional Donations – If you have a special place in your heart for the current Community Action Group, ask your cashier to include an additional donation to your transaction for any amount that you like. Additional donations are paid for by the customer rather than Wheatsville.

Donate Your Bag Credits – Yes, we can do that now! Instead of receiving 5¢ off for every bag and container you re-use, why not donate it to the current Community Action Group? Although it may not seem like much, all those nickels add up very quickly. Each month we give out around \$1,200 in bag credits. Just imagine if most of the customers reusing their bags donated their 5¢ credits to Community Action!

Donation Drives – We will occasionally hold donation drives for the current Community Action Group. However, the type of drive may change from time to time depending on what types of donations are relevant to the CAW Group. To find out if we are doing a Community Action donation drive, stay current with our weekly email list, Facebook fan page, and in-store signs. To join our weekly email list, visit www.wheatsville.coop



Upcoming 2011 Community Action Groups



- May – Yellow Bike Project
- June – OutYouth
- July – Emancipet
- August – Hospice Austin
- September – Meal on Wheels and More
- October – Capital Area Food Bank
- November & December – Wheatsville Community Cooperative Fund

Celebrate Bike Austin! Month!

May 6 to June 5

The Austin Bike Poster Show 2011

The show starts with a great show opening event at the Frame Corner Gallery on May 6— beer, BBQ, and music. In addition, the 20 selected show posters will be on display in the atrium outside city council chambers the week of May 16.

Saturday, May 7

Great Austin to Shiner Pedal \$



Join thousands of cyclists as they ride 100 miles through small towns and scenic byways to the historic Spoetzl Brewery in Shiner, Texas, starts 7am. Sign up at www.shiner.com/shinergasp/

Twin Oaks Library & Yellow Bike Project Event

Saturday, May 7, 2011
Twin Oaks Library, 1800 S. Fifth St.
Yellow Bike and Crafty Librarians get together to create a fun, family-friendly bicycle celebration.

Saturday, May 14, ACA 17th Annual Armadillo Hill Country Classic \$



Enjoy one of seven different courses that wander through the Texas Hill Country and the National Wildlife Refuge. See quaint towns like Bertram, Oatmeal & Burnet. Enjoy the beautiful rolling scenery, get a great ride in & do something good for the Austin cycling community at the same time. www.armadilloclassic.net

Yellow Bike Birthday

1216 Webberville Road
The Yellow Bike Project is celebrating its 14th birthday party on Saturday, May 14th from 4pm-Midnight in our shop located at 1216 Webberville Road. We are giving away 50 children's bikes to the first 50 kids who come to the party. We are also raffling off a sweet bright yellow cargo bike built by a local bicycle-building extraordinaire from the Austin Bike Zoo. Raffle tickets are \$10/piece. The party will include family friendly Contra Dancing early in the evening with bike polo debuting in our shop that night. Austin Bike Zoo will also make an appearance. Several local bands will play into the late evening hours. Beer and food will be provided – donations always appreciated. <http://austinyellowbike.org/>



ACA Defensive Cycling Course \$

If referred by the court to take a defensive cycling course, the Austin Municipal Court will accept the course certificate as part of a deferral for dismissal of certain bicycle citations.

May 14, 2011 - REI Gateway - 1:00 to 4:00 PM
www.austincycling.org/education/classes/defensive_cycling



May 16 - 20

Bike to Work Week

Celebrate life by biking to work every day this week, or as many days of the week that you can. Get tips and help from your local bicycle program: nadia.barrera@ci.austin.tx.us

Friday, May 20

Bike to Work Day

This year marks the 55th anniversary of B2W Day, started by the League of American Bicyclists. It has been adopted nationwide and has evolved with each city that has taken it on. The city-wide event is meant to inspire people to ditch their gas motors and meet fellow commuters along the way. The face-to-face interaction and ensuing celebrations are a reason we love to ride anyhow!

Bike to work and stop by breakfast and afternoon snack stations for free food, drinks, and fellowship with other cyclists! At press time, we are still waiting on the list of breakfast locations. For an updated list, please visit lobv.org/bike-to-work-day
Wheatsville will host a breakfast station from 7-9 am.



Saturday, May 21

Real Ale Ride \$

This favorite Bicycle Sport Shop ride rolls through the scenic hills of Blanco and includes route distances of 15, 30, 50, 65 and 80 miles. All routes end at Blanco's Real Ale brewery for a celebration of local beer and barbecue. To register and for more information, visit RealAleRide.com

Saturday, May 28th
Frankenbike #70

10am-4pm at the Texas Bicycle Coalition, 1902 East 6th St. A free bike swap meet held once a month that is open to anyone who wants to buy, sell or trade bicycles and bicycle related gear or parts. Admission is free, recycling great stuff is priceless. Visit www.frankenbike.net for more info.



May 27 - 29



Texas Toast Jam

East Side Drive-In (E. 6th Street)
BMX—expect dirt, street obstacles, and way more. Should be loads of fun for everyone!

<http://odysseybmx.com/fairdale/>

Bike to Work Day! Friday, May 20th

Breakfast Station
at Wheatsville 7-9am



Austin Cycling Association Biking Stories

Many Thanks to ACA Board Members & Staff for sharing their memories and dreams with us!

Gilbert Martinez, ACA President

There's nothing like riding in a group of cyclists in downtown Austin. At the Austin Cycling Association meeting in April, about 20 members and guests met at Bicycle Sport Shop and embarked on a ride to remember. On the way, we paused at the Pfluger Bridge because a movie crew was filming a scene. We made our way to the Lance Armstrong Bridge, where a lovely woman in a sharp black dress posed for photos. We crossed downtown and came across another photo shoot – this time of a woman in a snazzy white dress basking in the setting sun. Our first stop was the food trailers at East 6th Street and San Marcos Street. Reflecting on the tasty food, gorgeous spring weather and quality company, one of us remarked, "I could do this all night." With our blinky lights and headlights fired up, we rode 6th Street and caught brief snippets of one band after another and then we headed south on Congress into the joy that is First Thursday. It was a lovely night, but what I enjoyed most was that everywhere we went, people walking on the sidewalks, sitting on patios, milling around at street corners – they all watched us glide by on our bikes. It was as if they were looking at us, thinking to themselves how much fun that looked. And us, thinking back, yes, this is a lot of fun, and you should join us.



Eileen Schaubert, ACA Vice President

Now that I have ridden for a number of years, I am no longer surprised at the things people will do to ensure their own comfort on the bike. Back in the mid-90s, my husband and I moved to England for a semester abroad. Our roommate was to be another Texas ex-pat and somehow he convinced us to take a 10 day bike tour around Wales before classes started. We had no idea what this would really entail so showed up untrained and with cheap mountain bikes we purchased days before we left the country.



Our riding partner was pretty dismayed when he saw what we were packing in the limited space of our panniers. Imagine his delight when after five hours in the rain, I pulled out a blow dryer that gave us dry shoes for the rest of the journey.



David Tietz, ACA Ride Director

My love for biking began with a hand-me-down bike with a hideous banana seat, high-rise handlebars and rust on the frame. But, I loved riding that bike. I loved the magical sensation of leaning into a corner or riding fast down a hill. My parents saw how much I enjoyed riding so, one year, mid-December, my dad took me to some bike stores. He asked me which bikes I liked and what features I liked. We looked at a lot of bikes, but there was one in particular that I really wanted. It was so nice that it seemed impossible that it could ever be mine. But, on Christmas morning, there it was! It was a lavender GT Performer tricked out with mag wheels, pegs, and fork standers. But the best thing about it was that it was MY bike. It was the first bike that I ever picked out for myself and, to this day, is one of the best gifts I ever received. As the years have gone by, bicycles have come and gone, but I still feel like a kid again every time I get one.



Stanton Truxillo, Former ACA President

Like most kids, I learned to ride when I was pretty small, and mostly wandered around our neighborhood, keeping within my Mom's comfortable distance level. But once, when I was about 10 or 11 years old, I went for a ride on a Saturday. We lived in Metairie, a suburb west of New Orleans, and I headed generally north (toward Lake Pontchartrain) and east. Eventually I got to the New Orleans lakefront airport, which was still a naval air base at that time. I looked around and then headed home.

At supper, my Mom asked where I had gone on my bike, and I told her I went to the lakefront airport. At first, she didn't believe me, or figured I had gotten lost and not been where I thought I had been. When I told her all about the airplanes and boats and such, she got really upset. I learned to keep a little closer to home – and to be careful what I told her about my rides. (When I pull up the map on Google Earth today, I find I had ridden about 25 miles that day.) That sense of adventure whenever I get on a bike is still there today.



Gary Holliday, ACA Treasurer

I have had many great experiences bicycling over the last 30 years, but one that really sticks out is a fundraising ride I did in 2009 with the Leukemia and Lymphoma Society and a program they have named "Team In Training". The idea was to train for five months with help from seasoned cyclists and professional trainers, and then complete a century ride around Lake Tahoe. I had done century rides before, as had many in the group, but we also had riders in our group that didn't even have a bicycle when the training started.

We gathered in Lake Tahoe in early June for the ride. There were about 25 of us from Austin, but there were thousands from around the country that were in Tahoe to support the charity. It had snowed the day before the ride, and it was about 35 degrees when we started the ride. I have driven a car around Lake Tahoe many times, but seeing the lake on a bicycle was a whole new experience.

The ride was special, but it was the way we finished it that makes the experience especially memorable. Since there was a wide range of experience and fitness among the members of our group, we were pretty spread out by the time we finished an 8 mile uphill section that reached the top of a pass about 12 miles from the finish. At that point, the lead riders waited in a parking lot until every last member of the group caught up. After a wait of about 1 1/2 hours, we then finished the ride together as a team. Among our team were many cancer survivors, and they took the front of our "peloton" as we crossed the finish line through a crowd of people cheering for the riders from Texas. As it turns out, unlike groups from other parts of the country, the group from Austin finishes together every year, and has gained a certain reputation. Many in our group have done this ride five or more times, and it is easy for me to see why they keep coming back!



Jesse Noyes, Membership Director

My best bike story is still the first. This was back in Boston and my friend Matt had helped me build a little Raleigh single speed. When the day came to ride it to work for the first time, the narrow one-way streets and perpetual angry temperament of Boston drivers made me too nervous. But Matt had experience on these roads.

That first morning, Matt met me outside my apartment with his helmet strapped to his head, ready to go. He would serve as my escort to work that day. I ate his dust as we traveled over the Longfellow Bridge in the barely-there bike lane. We whipped past buses, managing traffic without getting mangled and I felt the rush of wind whenever a large truck passed a few feet to my side.

We stopped outside my office and Matt put one leg down for balance. "How was that?" he yelled over the honking of horns and rush-hour traffic.

"F#\$!ing awesome!" I shouted back. It was the beginning of a love affair. I never looked back.



Erin Truslow, ACA Secretary

For me riding a bike isn't just about the ride, it's about the bike. The first decision in going for a bike

ride is "which" bike! Being the proud owner of a Trek Madone road bike, Felt DA triathlon bike, Orbea D'ella mountain bike, and an Electra Townie sometimes that decision is not as easy as it seems, as I have very different relationships with each bike.

Riding my Trek means I am going out for a long casual, fun ride. Sometimes with friends and sometimes all alone to enjoy the silence and beauty of the ride. My Madone and I have had some epic rides and some magical moments. One moment in particular was when I was riding a section of what is now Ronald Regan Blvd. before it was open. I was climbing a big hill, right down the middle of the road (I normally wouldn't do this, but the road was closed to vehicles). I was listening to the song "Yellow" by Coldplay when I realized, I was surrounded by 4 foot tall Texas Sunflowers. I had to stop and soak in the moment and the beauty of the vista of yellow as far as I could see.

Riding my Felt DA means I am racing! She is not the new fancy DA she is the original thing, aluminum and nothing but built for speed. She is a bit old for Tri bikes these days, but then again so am I! I love how we show up for a race and she giggles, bucks and snorts at all of the younger carbon bikes...or maybe that is just me.

The Orbea and I have a love hate relationship. I love the idea of mountain bike riding, I just really suck at it. I haven't found the joy of riding over rocks and roots yet. Crashing into the ground, rocks and trees has prevented this. However, I continue to try....

My Townie is just for lazy days....tooling around the neighborhood and scooting off to the market for a quick something to put in the basket. Or riding next to my son as he is learning to ride a big boy bike. That is a joy all into itself.

Next will be a Cycle Cross bike.... It think that may be more my style.

Regardless of which bike I am riding. I have a smile on my face from ear to ear!



Sara DeShong, ACA Staff

I have a dream... of touring. I fantasize often about riding across the country on a beautiful lugged frame that has been brazed and fitted by my own hands. While I'm working on collecting the time and funds needed for such an adventure, I live life as a commuter and recreational cyclist; it is a life free of training, gel packs, and ice baths. At times, I feel that I live a rather bland cycling existence, with the exception of my job at the ACA. In trying to filter through my memory banks for a very special bicycle experience, a new discovery was made.

While I do not have one specific, climatic experience, I do have an enormous store of vivid memories commuting by bike on daily tasks. I can recall quite clearly the way I was feeling and the things I saw nearly every time I have gotten on my bike to go anywhere. Every time, I catch a new face, I see a new bike. I notice the strange discomfort on many drivers' faces as I wait at the light beside them. I remember being dumped minutes before a Thursday Night Social Ride and the anger fueling me through the hilly route to the Pfluger bridge in less than 15 min. I remember the strong wind at 4 am, riding with my soon-to-be beau, and the discovery of the purpose of cycling caps as he let me use his for the ride home. I also remember riding to Café Mundi on a beautiful, borrowed, all-silver road bike; unsure of my balance the way a baby fawn stumbles around on it's new sticks. This was the first time I had ridden a real road bike, in that aggressive position, and when I got over my fear of skinny tires and drop bars. But I remember all the trips as if they were my first one.

But that is something beautiful, is it not? To remember the paths you've taken and what you have found on them. So it is not at all an exaggeration, for me, to say that my bicycle has literally made my life more memorable.

And many thanks to Sara DeShong for organizing and collecting these stories and photos! — Aldia, Ed.



Buying Groceries by Bicycle by Mike Conti, Produce Clerk/Yellow Bike Volunteer

The popularity of bicycles for transportation is booming. Saving money, getting exercise, and mitigating environmental impact are all great reasons to hop in the saddle,

but perhaps the biggest and best motivation for vehicular cycling is that it can make mundane, every-day trips really, really fun. However, even seasoned commuters often default to automobiles for one of life's most fundamental tasks: grocery shopping. Tossing a change of clothes or a laptop into a backpack is easy enough, but the idea of moving milk and eggs to and fro with pedal power can seem daunting.

Good news: it's not as hard as it may seem, and can be every bit as enjoyable as the rest of your riding. On top of all the generally positive aspects of cycling, getting your eats by bike has its own special set of advantages, especially at Wheatsville. Here are just a handful:

Smaller Trips More Often Means Better Food

The biggest reason for not buying groceries by bike are the limits placed on how much you can carry at once. This perceived handicap actually has a hidden value, one dear to many Wheatsville shoppers. Whether you enjoy local produce, minimal pasteurization, top-notch meat, or kombucha that sells out faster than it can be fermented, enjoying great food means keeping what's in your fridge as fresh as possible. Driving to the store multiple times a week can take quite a toll on your gas tank, but on a bike, you needn't worry about that. Riding to the store, whether exclusively or just some of the time, provides both means and motivation for keeping your crisper emerald green and your fruit bowl mold-free. On top of that, the exercise you're getting will make diverting a few of the fuel dollars you've saved into the occasional sweet treat a guilt-free indulgence.

Parking

Anyone who's driven to Wheatsville during peak hours knows that our parking lot fills up fast — it's an unfortunate drawback of an otherwise ideal location. Luckily for cyclists, though, there is a TON of bike parking! On the patio and the west side of the store, we are absolutely lousy with loops — the

super-secure, upside-down "U" kind that easily accommodate bikes of all shapes and sizes. Plus, while I've never seen our bike parking quite reach capacity, there are plenty more racks and other lock-friendly structures within a block of the store, just in case.

Save Money With The Bag Re-use Credit

Every bag or container you re-use at the Co-op is worth five cents at the check-out, which means that a pair of panniers (more on those below) can earn you ten cents a trip! Further increasing those savings while decreasing waste can be as simple as keeping a couple extra produce sacks tucked in the bottom of your bike bags.

Challenge Yourself and Inspire Others

My very favorite thing about making big grocery runs by bike is the look of awe and disbelief in a cashier's eyes as they ask me, "You're gonna carry ALL THIS on your BIKE?" Yup! Lots of times, it's secretly super-easy, too — tortilla chips and toilet paper may take up a lot of space, but they won't make climbing a hill any harder. Every once in a while, though, it's fun to really push yourself and see just how much you can carry at once. You might find yourself just as amazed as that incredulous cashier! So, there are plenty of great reasons WHY you should



available panniers (often mistakenly referred to as saddlebags) are available in a wide range of sizes, features and price points. Grocery-specific panniers are great because their open-top design is friendly towards oversized-but-light loads (e.g. greens, baguettes, chips), while waterproof, roll-top bags will keep your goods dry no matter what the weather. Of course, DIY solutions work great, too! A simple crate held

on by hose clamps really can carry quite a bit. The Yellow Bike Project's favorite option: plastic bucket panniers! They're large, waterproof, easy to build, and super cheap. A variety of instructions are available online, or you can visit us at the shop for a helping hand.

Make a List and Know Your Limits

As mentioned earlier, bicycles do have limited cargo capacities, and it's important to be aware of them. Racks all have recommended weight limits, as do many bags, and every rider has his or her own physical comfort levels — don't be embarrassed about deciding when enough's enough. Make shopping lists that take these boundaries into account. Prioritize items on your lists, just in case you find yourself going a little overboard. Re-using containers for bulk items is also extremely helpful — you'll know how much space those purchases will occupy before you even leave home (while racking up more of those sweet re-use credits).

If you fall in love with pedal-powered grocery trips, but find you just can't carry as much as you need, you can also go a step or two beyond racks alone. Trailers are a good choice if you need to haul a whole lot every once in a while. Again, there are many makes, models, and price points. (Yellow Bike has a loaner trailer available for use by our collective members.) If your grocery trips are trailer-worthy more often than not, another option is investing in a purpose-built cargo bike. Cargo bikes (and trikes) allow for loads that are simply impossible to carry on average bikes, and unwieldy even with a trailer — they're the minivan or pickup truck to the road bike's sports car. One manufacturer also offers a kit to convert a normal bicycle into a rear-loaded cargo bike.



<h1>Pannier</h1>	<h2>Building Workshop</h2>
<h3>Instructions</h3>	
	<h3>Parts List (for each bucket)</h3> <ul style="list-style-type: none"> 1 3-5 gallon square plastic bucket (not included) 1 8-inch section of old bike tire 2 2-inch tarp hooks 22 inches 1/4-inch bungee cord 4 machine screws 6 washers 4 hex nuts 3 pig rings 1 8-inch cable tie <p>Not included: buckets or rear rack</p>

consider riding your bike to Wheatsville. The big question for most people remains, HOW? It's not as difficult as you might think, and the small amount of investment and preparation it requires will yield big returns.

Take a Load Off Your Back, Put it on a Rack

Backpacks and messenger bags are fine for picking up a quick lunch or a couple small items, but carrying a gallon of detergent and five pounds of potatoes on your shoulders is a pretty unpleasant experience. Racks are an indispensable tool for serious cycloshopping. Look for sturdy racks with high weight ratings, and mounting hardware that's compatible with your bicycle. Consult your favorite bike shop for options and ideas.

Once you have a rack installed, there are lots of options for how to load it up. Commercially



Take Care of Your Bike

You should always keep your ride well-maintained, and when you load it up with the extra weight of groceries, it's even more important to have properly inflated tires, fully functioning brakes, and tightly shut quick releases. You needn't be a master mechanic, but these basics, as well as how to fix a flat and keep your chain properly lubricated, are essential to safe, self-sufficient cycling. Not sure how to do any of these things, or afraid you might mess up while trying to learn? Come visit us at the Yellow Bike Project!



The League of Bicycling Voters is a member and volunteer supported non-profit that exists to bring more people to bicycling as an everyday activity in the Austin area. To bring bicycling to more people requires creating an environment where a broader group of people feel safe and comfortable riding their bikes. Such an environment requires: the implementation of bike facilities (such as more bike lanes and dedicated trails), enforcement of traffic laws and building codes that benefit cyclists, education about and promotion of cycling in the community, the creation of more and better destination facilities (such as showers and secure bike storage), and integration with mass transit, among other things.

Though the Austin City Council supported all of these when it approved the 2009 Austin Bike Plan, the community's work for a better bicycling Austin is far from over. Implementation of bike infrastructure requires diligent support from the community. Enforcement requires good communication with and education of local police. Ensuring education, promotion, destination facilities, and mass transit connections also require persistent community work. The LOBV has done important work in all of these areas to help create the better environment for cycling in Austin that we have today. Here are some examples of our work:

Proposition 1, the Austin Mobility Bond Election: We worked from the beginning with other transportation leaders to ensure that bike and pedestrian facilities constituted a large portion of the November 2010 bond – nearly half of the entire amount, and more than any bond election in Texas history.

Austin Bike Summit: The annual Austin Bike Summit is an opportunity for the entire bicycling community to share our ideas, programs, and other resources with each other. In this way, we accomplish much more than we could as individuals and isolated groups. Each year, we expand the reach to include the many bike advocates out there who, together with our existing core of advocates, can accomplish even more. The all-community Austin Bike Summit is a collaboration between the League of Bicycling Voters, Austin Cycling Association, Austin's Yellow Bike Project, and BikeTexas.

Defensive Cycling: We collaborated with the Austin Municipal Court to determine how we could incorporate a "Defensive Cycling" option into Austin's legal system – an option that had long been available motorists who receive traffic citations. This change gives a ticketed cyclist the opportunity to reduce the amount of his or her citation, and to learn bicycling safety education at the same time. Our valued peer organization and long-time bicycling safety education experts, the Austin Cycling Association, were happy to provide the educational components to carry the project to completion.

Austin Bicycle Advisory Council: LOBV Board directors, staff, and volunteers have worked for the last four years with the City of Austin Bike Program to create one of the most successful bicycling institutions in Austin, and in the country. LOBV volunteers created the recent incarnation of the BAC in 2007, and since then the LOBV

League Of..... Bicycling Voters

Austin's voice for bicyclists: www.lobv.org

has continued to provide the BAC with timely topics for discussion, and has ensured the utility, effectiveness, and notability of the BAC. The BAC is recognized as *the* forum for discussion for our city's current bike infrastructure issues, and provides an invaluable resource to City of Austin Bike Program Staff. Together with others in the community, the LOBV has created an inclusive environment for discussion that focuses on reaching consensus within the bicycling community, rather than winning the provincial victory of the moment. Through the creation of the BAC, the LOBV has saved Austin from the worst of the internal bicycling community conflicts that have plagued other bicycling communities, such as Dallas, as new bicycling infrastructure is implemented.

Bike Infrastructure: The LOBV has provided consistent community support for numerous infrastructure projects, including bike lanes. Without our support, many of our city's bike lanes of the last few years would not exist today. Some examples of where our work was key: W. 5th St., W. 6th St., Exposition Blvd., S. Lamar Blvd., Emerald Forest Dr., sharrow on Guadalupe and Lavaca Streets, Manor Rd., South Congress (Fall 2011: continuous uphill bike lane!), Rio Grande St. West Campus bike-way (implementation: 2011/2012)

Austin Metro Trails Master Plan: The LOBV is working with the City of Austin and other local entities to create an Austin Metro Trails Master Plan that incorporates all public right-of-way opportunities. Other major American bicycling cities – Minneapolis, Washington, Portland, Seattle – all have extensive trail networks available to bicycling transportation, while Austin's is in its infancy.

MoPac Improvement Project:

The LOBV is working to establish a continuous off-street bike and pedestrian trail along MoPac from the river to Parmer Lane, and good progress on this goal has already been made. We are also seeking better bike and ped connections over MoPac, and an enhanced Johnson Creek trail system (under Cesar Chavez St.).

Austin Police Department: The LOBV, collaborating with the Austin Cycling Association, has established an annual meeting with the Austin Police Chief. We've also established an APD liaison to the BAC who attends and provides bike statistic reports at least quarterly.

Capital Metro: We've improved the communication between CapMetro and the bicycling community, through regular visits by CapMetro to the BAC. As a result, the bicycling community's needs are regularly addressed, and CapMetro is better informed on how to best meet those needs. Examples: CapMetro created a bike & bus brochure, is establishing a secure bike parking station at the Kramer MetroRail stop as a pilot project, and is phasing-in three-bike racks on the front of every bus.

Bike Parking Initiative: Thanks to the LOBV, Austin will see its first on-street bike parking corrals at central Austin locations. In addition, we are working on a plan to provide adequate bike parking at all Austin locations where it is needed. To do this, we need your help: Contact us at [bikeparking\(at\)lobv.org](mailto:bikeparking(at)lobv.org) with your ideas where better bike parking is needed.

Bike To Work Day, May 20th: LOBV will host breakfast stations at Shoal Creek Blvd. & Far West, Banister Ln. & Casey St., Downtown MetroRail Station, East Riverside, and in the Mueller area. For the evening commute, stop by the **LOBV Happy Hour** at Halcyon Café, 4th & Lavaca Streets for bike commuter specials. At press time, we are still working on adding a few other breakfast locations. For an updated list, please visit lobv.org/bike-to-work-day

Our work depends on our members' financial support, as well as volunteer time. If you would like to support LOBV's work to create a better bicycling Austin, sign up today! lobv.org/join <lobv.org/volunteer>

The Austin Yellow Bike Project (YBP) 501c(3) is an ALL-VOLUNTEER initiative to put bicycles on the streets of Austin and Central Texas by operating community bike shops, teaching bike mechanics and maintenance, and acting as a local bike advocacy group. The Yellow Bike shop is located at 1216 Webberville Road in East Austin, and is an educational facility open to anyone who wants to learn about fixing and riding bikes. For more information and our current schedule, please visit www.austinyellowbike.org, and don't forget to join us at the shop on MAY 14th from 4 PM to midnight to celebrate our 14th BIRTHDAY!



Travis Audubon Society promotes the enjoyment, understanding, and conservation of native birds and their habitats.

They protect critical habitat for the endangered Golden-cheeked Warbler at their 690 acre Baker Sanctuary. Their ten acre Chaetura Canyon Sanctuary is home to more than 30 nesting avian species and is world renowned for research and conservation of Chimney Swifts. TAS continues to spearhead conservation programs locally and support them abroad. They lead field trips and bird walks both at local birding hotspots and exotic getaways. They offer an exciting array of monthly speakers, workshops, youth birding camp, the annual Birdathon, and seasonal and monthly bird counts & surveys. TAS offers classes from the basics of birding to advanced classes for the identification of sparrows, raptors, gulls, butterflies and dragonflies, and even grasses. Their outreach programs strive to educate the community about the vital connection between conservation and sustainable, healthy human habitats. Visit www.travisaudubon.org/fieldtrips.html for more details.

Lessons Learned From Riding a Bike by Marisa Newell, Floor Manager

I've been cycling as my primary mode of transportation since 2008, when I donated my car to KUT radio. This decision has undoubtedly been one of the best I've ever made. There are a number of positive merits that I am constantly refining in myself, through my participation in cycling.

Patience: It's true, you'll get there. I really like to take scenic routes, mostly to avoid car traffic. But also, it has been helpful in quelling my human desire for immediate gratification, a desire that I think is fostered by our car culture.

Awareness: I like to think of myself as an observant person, and there is no doubt that being on a bike makes you much more aware of your surroundings, versus traveling by car. I can verify this with the increased awareness I have when walking as compared to biking. If you're going fast, you have to watch where you're going. If you're going slower, you can observe the terrain that's not immediately in front of you. This might be why I trip a lot when I walk.

Pensiveness: Biking has become so comfortably second nature that I tend to really explore new ideas while I'm quietly riding my bike. While this does contradict my desire for awareness, I can't hide the fact that I am a perpetual multi-tasker, and thinking about life, goals, future planning, kindness, etc., etc. all come naturally while I'm wheeling through town.



Mechanics: So, I'm not a bike expert, but I have a basic understanding of how my bike functions, much more than I could ever say about my car. It's very empowering to be able to pinpoint, and especially to resolve, any number of problems that may arise with my primary mode of transportation. Plus, my less-than-impressive tool collection has probably tripled since I began biking!

Health: This one seems obvious, and probably not even worth mentioning. But, more than keeping my physical self in shape by biking every day, I honestly feel that biking helps support and nourish my mental state. Being on my bike makes me happy. There is a sense of true freedom and sheer enjoyment that comes from hopping on a bike and traveling anywhere & everywhere in this lovely city.

Community: Austin is large. Much larger than it was when I was first growing up here. And it's filled with lots of really cool, interesting, eclectic, and fun people. And because there's no possible way to know everyone, it's nice to have something that brings people together. And it's especially

cool when that thing is bikes. You wanna go on a bike ride?? Sweet! I have a tandem bike too. Just sayin'.

Austin Texas Bike Polo Social Club by Robert Kreuzburg, Produce Clerk



"3-2-1 POLO!" screams the crowd, as one player from each team dashes from behind their goal towards the small red ball placed in the middle of the court, hoping to reach it first.

This joust is what starts off a typical hardcourt bike polo game and it only gets more intense as the game progresses.

Bike Polo has consumed my life for the last two years and many of my friends as well. Cycling has become more than a means of transportation for us. We not only enjoy riding through the streets or on the trails of our wonderful city, we now enjoy circling each other at high speeds, swinging our homemade mallets at a roller hockey ball on an abandoned tennis court we call home.

We don't just do this one or two times a week either—four days a week if not more! We also don't just do this in Austin,

we travel to cities far and wide to play this game with others just like ourselves.

Seattle is given credit in sparking this trend some twelve years ago, and in the last several years there has been a huge increase in participation.

The Austin Texas Bike Polo Social Club was started roughly two years ago with six or seven people meeting irregularly. We now hold regular pick-up sessions at least 4 times a week with as many as 25 consistent players.

We, as a club, have also hosted four successful tournaments, hosting teams from all across the country. Many of us have traveled to tournaments from California to Wisconsin to Florida and many other states in between.

The thrill and excitement is addicting and anyone who has tried this game

will tell you the same. The mallet pops as it strikes the ball, the crowd roars as it passes through the goal for the fifth time and the game is over, time to shuffle the mallets, pick new teams and start over!

We currently play at Eastwoods Park just north of UT campus—our schedule is on our website atxbpsc.ning.com or look for Austin Texas Bike Polo Social Club on Facebook.



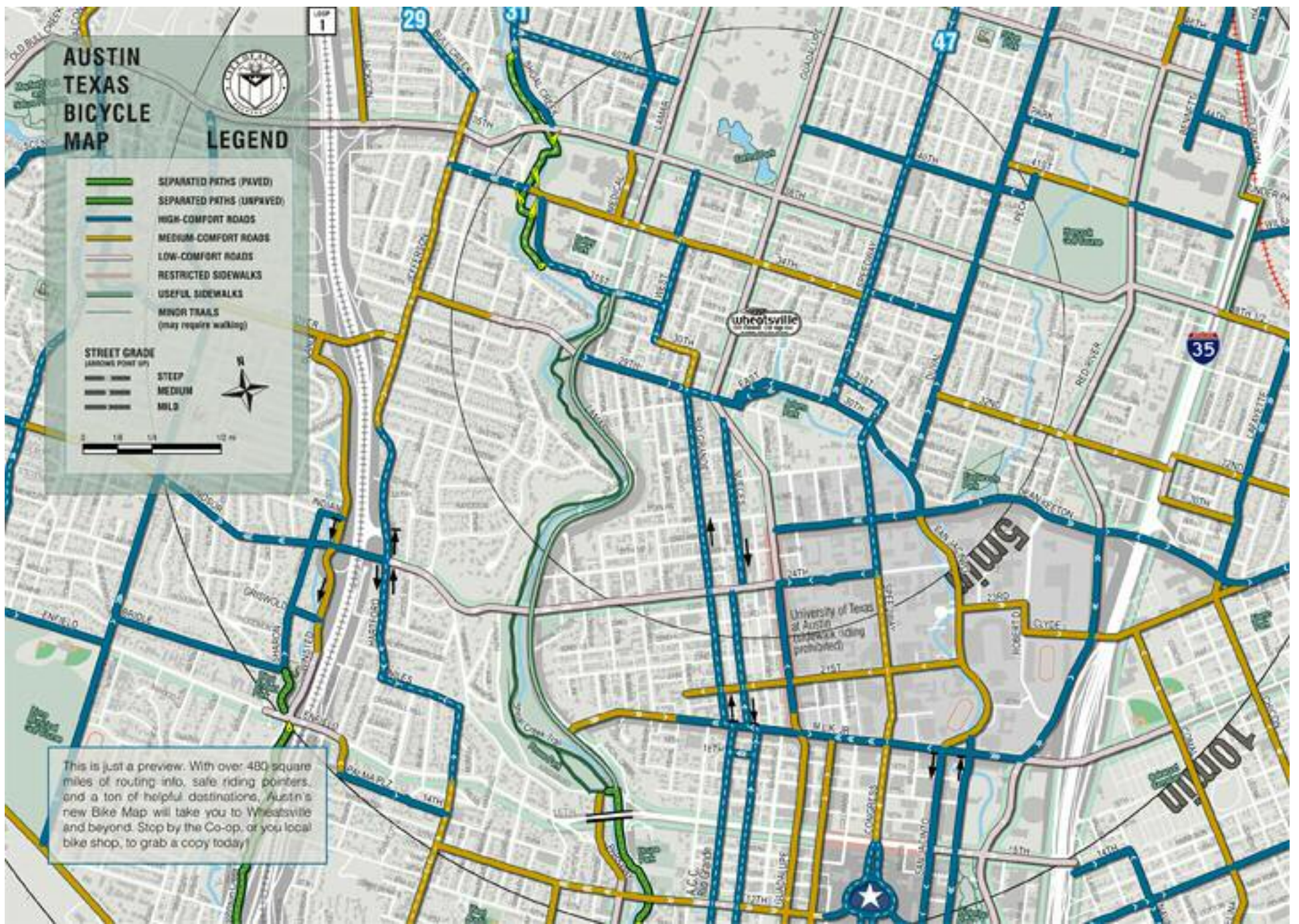
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Happy Bike Month Wheatsville Owners! by Nadia Barrera, City of Austin Bicycle/Pedestrian Project Coordinator

We are happy to have the opportunity once again to update you on the Neighborhood Connectivity Division's (formerly the Bicycle and Pedestrian Program) recent growth, successes, and lessons learned.

Our goal as a division is to enhance the viability of the transportation choices available in our City for Austinites and visitors. This means more walking and cycling facilities for everyone, ages 0-100. We are working to surpass our Bicycle Master Plan goal of getting 2% of the population riding their bicycles to work by 2015. Given our dedication to innovative facilities (green lanes, bike boxes, sharrows, etc), education, encouragement, evaluation, and enforcement Austin is currently ranked as a silver-level Bicycle Friendly Community by the League of American Bicyclists. However, to improve our ranking we need to get more people riding their bicycles. This is where you come in, Wheatsville Owners!

In order to have more success with our outreach campaigns, we are constantly studying what other successful cities do to encourage cycling. The categories below come from Portland's bicycle planners and engineers. They have categorized bicycle riders beyond the traditional "A" for Advanced, "B" for Beginner, and "C" for Child cyclists. Instead, they have developed the following consortium of riders: "Strong and fearless" cyclists do not require facilities and often ride long distances, "Enthusied and confident" cyclists are comfortable with on-street facilities. "No way, no how" people have no interest in cycling and no desire to develop an interest. However, perhaps 60 percent of people out there fall into the 'interested but concerned' category: they are not comfortable riding in traffic, but will ride in low-volume, low-speed neighborhood streets and greenways.** This category is the target audience for promotions and it could be you, your family members or your friends! Bicycling is a form of transportation that has health benefits, doesn't harm the natural environment, and helps to keep more of your money local.

Figure 1: Types of Cyclists



So, for those of you who are "interested but concerned," we encourage you to participate in the many Bike Month activities planned for May. Better yet, encourage friends and family to do the same. Check out our on-line calendar at www.cityofaustin.org/rideyourbike.

Here are a couple of easy things you can do to encourage cycling:

- 1. Contact the Neighborhood Connectivity Division for a presentation to your group or organization.** All participants will receive a free, new version of our bicycle map and tips on commuting by bicycle, walking, and transit. <http://www.ci.austin.tx.us/publicworks/ncd.htm>
- 2. Request a bicycle rack for your favorite destinations.** The City of Austin has a free bicycle rack program for existing businesses. Learn more here: <http://www.ci.austin.tx.us/publicworks/pwbrack.htm>
- 3. Take a bicycle safety course.** They are offered by the Austin Cycling Association, and help even the most experienced riders to learn something about the rules of the road: www.austincycling.org
- 4. Invite your co-workers or neighbors to tour Bike to Work Day breakfast and happy hour stations on May 20th from 7-9AM and 4-7PM.** This year, APD Chief Art Acevedo will be participating by manning a breakfast station at the Eastside Substation on Springdale Road. And, of course Wheatsville will also be participating in the fun.

Finally, we've noticed that often these small things make a big difference in a commute or trip. Do you have a small gap in your route, or something that would change the way you ride or walk to work or to the store? Let us know and we can work together to get it fixed. Your feedback is valuable in that it allows us to continually improve our non-motorized transportation network by making changes that make sense and will be useful to future users.

Thank you for riding your bike!

*Samuel Schwartz, PE, "On-Street Protected Bike Facilities Boost Mobility While Lessening Congestion," *In Transition*, Winter 2011 http://intransitionmag.org/Winter_2011/protected_bike_lanes.aspx



BEFORE YOU RIDE, CHECK YOUR BIKE FOR SAFE OPERATION

Have your bicycle inspected twice a year by a bike mechanic.

SADDLE

Adjust frequently for comfort and growth. Tighten saddle and seat post nuts securely, leaving at least 2 1/2 inches of seat post down in the frame.

FENDERS

Be sure they are undamaged and securely fastened.

BRAKES (coaster or hand)

Check before your first ride. Must brake evenly every time, no slippage. Periodically inspect and maintain brakes. The coaster brake arm must be securely fastened to the frame.

CHAIN

Check frequently for damage and stretch, and readjust if necessary. Lubricate frequently with light oil.

PEDALS

Reflectorized pedals add safety in night riding. It is imperative that the shoulder of the pedal axle be securely tightened against the crank arm. Replace worn or damaged pedals.

BELL OR HORN

Be sure it works properly, load and clear.

LIGHTS AND REFLECTORS

If reflectors are damaged or lost, for your safety, replace them immediately. Lights and reflectors should be visible at dusk and at night; headlights from 500 feet, rear reflector from 300 feet. Flashing lights and pedal and spoke mounted reflectors are very visible to motorists. Don't ride at night without a light. At some angles, an unlighted bike is invisible to motorists. Use state-approved reflectors.

TIRES

Inspect frequently for wear or leaks. Remove embedded stones, nails, glass, etc. Keep inflated to the correct pressure which is stamped on the sidewall of the tire.

WHEELS

Should rotate smoothly without wobbling from side to side. If necessary, should be realigned. Axle nuts should be kept tight.

SPOKES

Replace broken spokes promptly. Keep them tight.

Bicycle Safety Tips from www.ci.austin.tx.us/publicworks/bicycle-resources.htm

Riding a bicycle is fun and by using your bicycle instead of a car, you can help reduce air pollution and traffic congestion in Austin.

Obey Traffic Signs and Signals

Bicycles must drive like other vehicles if they are to be taken seriously by motorists.

Never Ride with Headphones

Always wear a helmet

Never Ride Against Traffic

Motorists aren't looking for bicyclists riding on the wrong side of the road. State law and common sense require that bicycles drive like other vehicles.

Use Hand Signals

Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection.

Don't Weave in or Leave the Curb Between Parked Cars

Don't ride out from between parked cars. Motorists may not see you when you enter traffic.

Follow Lane Markings

Don't turn left from the right lane. Don't go straight from a lane marked "right-turn only" unless "except bikes" is posted.

Riding in the Middle of the Lane is Safest When:

- the lane is too narrow to share safely
- debris or glass is on the edge
- obstructions force you away from the edge
- traveling the same speed as traffic

Choose the Best Way to Turn Left

There are two ways to make a left turn. (1) Like an auto: signal, move into the left turn lane and turn left. (2) Like a pedestrian: ride straight to the far-side crosswalk. Walk your bike across.

Don't Pass on the Right

Motorists may not look for or see a bicycle passing on the right. Pass on the left like other vehicles.

Make Eye Contact with Drivers

Assume that other drivers don't see you until you are sure that they do. Eye contact is important with any driver which might pose a threat to your safety.

Scan the Road Behind

Learn to look back over your shoulder without losing your balance or swerving. Some riders use rear-view mirrors, but still look before turning.

Avoid Road Hazards

Watch out for parallel-slat sewer grates, gravel, ice or debris. Cross railroad tracks at right angles.

Keep Both Hands Ready to Brake

You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since brakes are less efficient when wet.

Be Visible: Wear Bright Colors in Daylight and Use Lights at Night

Texas law requires a white headlight (visible from at least 500 feet ahead) and a rear reflector or taillight (visible up to 300 feet from behind).

Don't Ride Double

Riding with extra people on the back or handlebars of the bike makes it unsteady and unsafe. Only ride with two people on tandem bikes designed with two handlebars and two seats.

Keep your Bike in Good Repair

Adjust your bike to fit you and keep it working properly. Check brakes and tires regularly. Routine maintenance is simple and you can learn to do it yourself.

Congratulations to Our Newest Invested Owners 2/12/11- 4/11/11 (228)

Ash Gray	Tom Jones	Angela Luna	Joann Reyes	Sue Hoffman	Derrick Evans	Travis Christal	Katherine Goode
Jane Huk	Adam Lucas	Ann Clemens	Joel Barton	Terry Cowan	Diana Ramirez	Trisha Trigilio	Kathleen Person
Uva Most	Aiko Umeda	Anna Arrien	Karen Bomey	Zoe Comings	Elaine Dirico	Shauna Greene	Michael Sirmons
Lise Ross	Amy Pierce	Anna Worthy	Kelly Wells	Ari Reinfeld	Ezekiel Askew	Shauna O Neal	Molly Frisinger
Zac Egan	Amy Schein	April Belso	Laura Rosen	Casey Boyter	Helen Gaebler	Anthony Lepine	Roland Robinson
Diane Carr	Anna Ruben	Avery White	Lester King	Clinton Pena	Ignacio Prado	Barbara Koonce	Selena Faulkner
Jacob Lutz	Noah Mass	Brad Wright	Matt Wilson	Daniel Erech	Jason Joachim	Bonnie Paillon	Stuart Rutledge
Jenny Park	Bart Smith	Dane Mosher	Meg Renwick	David Deleon	Joyce Rimmele	Brian Freedman	Taylor Browning
Laura Wyne	Chad Nunez	David Ulmer	Nirav Patel	Ed Henderson	Kasi Mitchell	Cyrus Bavarian	Victor Martinez
Lisa Jones	Cori Nemec	Devah Lucus	Odin Amador	Emily Blazer	Kerri Halfant	Daniel Wiseman	Elizabeth Transier
Mark Fries	Noah Durst	Erin Dillon	Randal Vela	Erica Babino	Lauren Larson	Daniel Zellman	Benjamin Benulis
Mary Griss	Tammy West	Fon Walters	Randy Magee	Evan Hendrix	Laurie Berson	Danielle Kizer	Beverly L Goebel
CB Taylor	Tim Watson	George Peek	Randy Smith	Glen Hawkins	Lisa Robinson	Emily Ardolino	Harris Greenwood
Don Jones	Jon Parfitt	Jack Norman	Kristin Fine	Greg Resnick	Liz Patterson	George Sanchez	Jennifer Sembera
Joshua Ou	Julie Arldt	Jamie Smith	Ross Harper	Harry Childs	Shellie Clark	Jared Camarata	Valerie Broussard
Kyle Etie	Wade Green	Jessie Beal	Scott Quinn	James Fuller	Tiffany Puett	Leah Holdridge	Jessica Kamphaus
Mina Rios	Andrea Park	Jessie Strub	Seth Sather	Jason Corley	Virginia Lamp	Marie Mckenzie	Katherine Hodges
Skot Tulk	Andrew Bost	Jill Csekitz	Stephen Cox	J-Coby Wayne	Yogita Bindal	Nestor Cordova	Stelios Kyriakidei
				Jenny Spytek	Andrew Burton	Rachel Brenner	Kim Ann Grabosky
				Amanda Bloom	Andrew McEvoy	Rick Mansfield	Lauren Macknight
				John Hewlett	Audrey Charba	Robert Paulson	Lonnell Williams
				Joseph Noell	Lorig Hawkins	Seaton Collard	Salvatore Gnolfo
				Katie Brewer	Maedeh Faraji	Tina Lindquist	Sharon Gallagher
				Lindsay Foxx	Marina Isupov	Tracy Chappell	Stephanie Guidry
				Lizzy Lehman	Mariska Brady	Caitlyn Collins	Valerie Borchers
				Lynda Stuart	Matthew Flynn	Carrie Andersen	Elizabeth Morales
				Mary Maxwell	Maureen Brown	Celeste Mendoza	Jacqueline Larsen
				Melissa Head	Melissa Young	Cesare Fracassi	Lynelle Keil-Grey
				Ryan Malamud	Misti Corkern	Clayton Whittet	Mitchell Whittier
				Sarah Herman	Monica Weaver	Cristina Juarez	Nicholas Woodward
				Sarah Kopper	Nathan Horney	Davis Blanchard	Wendi Almon-Egan
				Sarah Rigdon	Nolan Darilea	Della Daugherty	Alex Von Rosenberg
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				Beverly Smith	Rosie Shipman	Jessica Stanton	Crystaleen Rodriguez
				Britt Zanetis	Russell Beach	Keith Carrizales	Blanche Greene-Cramer
				Chelsea Blake	Shannon Rizzo	Jon Andropoulos	Peggie Gaskamp Beaudoin

DOGGONE IT! WHERE DID YOU GO?

Members- if you've moved and you're not getting the Breeze in the mail, please take a minute to update your address.

YES! UPDATE ME!



Member Number

Name

Address

City

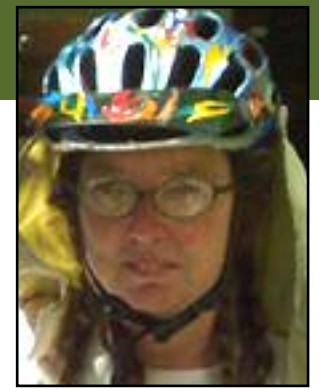
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On Sunday, April 3, I rode my bicycle to beautiful Lady Bird Lake to go rowing. I went by way of the Johnson Creek Trail, which runs parallel to Mopac from Enfield to the footbridge over Town lake (AKA Lady Bird Lake). The Johnson Creek Trail is narrow and paved like a sidewalk with white concrete; it's steep and twisty and has many blind corners. Mostly when I'm on this trail, I don't see many other people. This Sunday was no exception. I saw two joggers near Enfield heading north, and no one else. It was early morning, and everything on the trail was spring, trees, birds, quiet. But when I got to the last few hundred yards of the trail, near Lady Bird Lake, everything suddenly changed, and the whole experience became awful.

I rode around the last blind corner for the final downhill slope of the Johnson Creek Trail. Several hundred cars were parked on the parkland just west of the trail. A car backed out onto the trail just in front of me, as I came downhill on my bicycle. This is a park?

In the street, on Veteran's Drive, cars were everywhere. Cars filled the parking lot of Austin High School. Cars also filled the street—backing up, attempting U-turns, opening doors, stopping and starting unexpectedly. It was a mess—stressful, dangerous, smelly, and very ugly. What a way to treat a park! What a way to treat Lady Bird Lake!

Rowers were not allowed on the river, due to some boat race. The Johnson Creek Trail and the footbridge under Mopac were too revolting to use unless under compulsion, so I headed east and rode the bikeway to Nueces, which was blessedly quiet. I stopped at the Sunshine Community Gardens, but soon left, for the gardens, like the park, had been turned into a parking lot.

People go to gardens, parks, trails, and rivers to get away from cars, traffic, and stress. Unfortunately, most people in Austin use cars to escape from the stress of cars, and, even more unfortunately, we in Austin would rather turn our green space into parking lots than require people to leave their cars further away from the park. We let people park their cars almost everywhere, usually free of charge. This wonderful parking freedom destroys the whole point of parkland.

When cars can cruise, idle, and park at their drivers' whim, life becomes much less pleasant for everyone. Every small attraction—an elementary school, a post office, even a private party or yard sale—becomes a nuisance and creates a traffic jam.

Traffic jams are no fun. I am now in the habit of crossing I-35 east to west around noon once a week. I keep encountering humanity at its worst. There are far too many cars, and their drivers are stressed out and behaving opportunistically. The highway is like a big wound in the city. It hurts me. It hurts Austin. It especially hurts those of us who are on foot, on a bicycle, or in a wheelchair. We wait and wait for a chance to cross the street, in this place that dwarfs us, where everything is huge, mechanical, and out of control. It's very upsetting. I play a game with myself where I try not to get angry in this situation. I feel angry with the motorists because they're all making this happen, and they're not even noticing what they're doing.

I like to be aware of what's going on around me, but I don't like being angry. It has no effect on the targets of my anger; it just hurts me. This is counterproductive. Hence, I would like to appeal to the readers of this column—to you, who are probably a motorist. Only a small percentage of Austinites voluntarily lives car-free. A larger percentage are car-free by reason of poverty, disability, youth, or old age. Most people in Austin drive cars. The people causing the traffic jams are perfectly nice people, just like you.

I'm not asking you to stop using your car. I would like to ask, respectfully, that you learn to notice the effects that your car has on the world around you—your car and the hundreds of others that are always with it. If people are going to use cars, we need to learn to manage them. Where else could your car and the others park? Under what conditions would you walk or ride a bicycle instead of driving a car?

Lately on Sunday mornings, I sometimes see people who are probably just starting to bicycle in Austin for transportation. They alternately ride the bicycle slowly and walk the bicycle. They use sidewalks a lot. Many of them are middle aged or older. They don't know what they're doing, but they're finding out. It's an exciting thing to do. Bicycling and walking are both things you can still do when you're a hundred years old.

The car situation needs to change. People talk about burying I-35 underground in Austin. It's a great idea, but so expensive that it's impossible. Let's extend the idea, run the whole car system underground, and leave the outer world to the pedestrians and bicyclists. That would be terrific, but it costs too much ever to happen. The highways are so huge, the cars are so massive, and they go so fast. They

smell bad and are noisy and poisonous. They're among the chief contributors to the global climate meltdown that is picking up speed. It's stressful. It's overwhelming. We feel that there is nothing we can do.

We're not so powerless. Highways were made by people, and not so very long ago, either. They don't have to exist, and, if they do exist, they don't have to be the way they are now. For example, car use would be greatly reduced by getting rid of free parking and city-run car parking in general. In many cities, people don't drive their cars to destinations within the city, because they know there will be nowhere to park. We don't really have to try to park as many cars as may show up. Things can change. Walking and bicycling are actually fun, as well as healthful and interesting. It's wonderful to walk in the light, alive on earth. Let's keep doing it.

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