



Food Pyramid Revamped



The new USDA web-based food pyramid reflects the guidelines released in January. The triangle is divided by six-different colored bands representing different food groups, and has a set of steps beside it with a stick figure climbing them to emphasize activity.

It still emphasizes consumption of grains, fruits, and vegetables with limited amounts of meat, oil, and fat. The limits are designed for weight maintenance and not necessarily weight loss, said Eric Hentges, executive director of the Center for Nutrition Policy Programs at the USDA and one of the chief architect of the new pyramid.

"It is not a diet plan, it is a plan for healthy eating," he said. Instead, officials hope that consumers will use the website to track their daily food intake as a starting point for gradually losing weight.

Margo Wootan, director of nutrition policy at the Center for Science in the Public Interest, characterized the new pyramid as a modest improvement over the 1992 symbol because of its emphasis on limiting calories and individualized dietary recommendations. She also criticized the effort for not doing enough to minimize intake of fat- and calorie-dense junk food.

"USDA really dodged the politically difficult message of encouraging Americans to eat less," she said.

Ms. Wootan also stated that the officials' focus on a website to tailor dietary recommendations will do little for consumers without internet access. "Pinning all their hopes to combat obesity on a website is bound to lead to disappointment" and "more deaths," she said.

The basic shape of the food pyramid was retained, which was developed in 1992 and criticized by many health experts for contributing to obesity by pushing foods high in carbohydrates.

Consumers must go to the USDA website to access the information. Critics note that this approach will prevent many poor Americans who lack computers from accessing the new recommendations. Thus, those who need the information the most will not know about it. For more: www.mypyramid.gov

The Tour Baby!

The Tour Baby! is showing at McMenamins Bagdad Theater on June 22nd & 23rd. The proceeds of this event will go to the Lance Armstrong Foundation for Cancer Survivorship.

The Tour Baby! chronicles Scott Coady's amazing journey following the entire Tour de France. Watch as Scott embarks on an adventure of a lifetime armed only with a Sony digital camera, his passion for cycling, and a beat up Avis rental van he called home for a month. Experience first-hand the excitement and drama of the world's most difficult and grueling sporting event.

Visit the website www.pdxtourbaby.com for more more details on the event, and a link to online ticket sales.

June 22nd: All-Ages Show - Doors open 5:00pm, film at 6:30pm. Adults \$12, Child \$8, VIP (Adult/Child) \$25

June 23rd: Over 21 Show - Doors open 6:00pm, film at 7:30pm. Adults \$12 or VIP \$25

Both shows will feature a raffle, and appearance by the filmmaker. The over 21 show will also feature a silent auction with some very cool items.

VOLUNTEERS NEEDED

The Annual Bike Fair is now in the planning stages. The success of the fair depends on you. In recent years, several volunteers have taken on small tasks to make it happen. If you are able to contribute a small amount of time to help the OHSU Bike Commuters Group pull off a fantastic fair, email us at bike@ohsu.edu. If you would like to become a regular volunteer you will be given a bike locker to use as a reward your efforts. Contact us at bike@ohsu.edu.

BIKE TO WORK!



The Bike Commuter Group (BCG) promotes bicycling as a healthy mode of transportation that benefits individuals and the environment. For more information about the BCG or to find ways to get involved, contact us at bike@ohsu.edu or visit our website at www.ohsu.edu/bike/.

"Kids Pedal" This Weekend!

The Community Cycling Center is hosting Kids Pedal this year during the Grand Floral Parade of the Rose Festival. One thousand kids on bikes will lead the time honored parade on June 11th, 2005. If your kids would like to enjoy the fun, it's not too late.

Participation is \$20 per kid including the ticket cost, lunch, a t-shirt, free bike checks, helmet checks, safety training, entertainment and more. Adult volunteers may participate for free.

The drop-off point is NW 4th and Glisan, on the west side of the Steel Bridge near the Greyhound station.

7:00 am - Safety skills rodeo

8:00 am - Ride leaves & crosses the Steel Bridge

The event is June 11th, more info is here:

<http://www.CommunityCyclingCenter.org/kidspedal>



OUT WITH THE OLD → → IN WITH THE NEW

The Institute for Local Self Reliance, a non-profit organization dedicated to strengthening communities has a project called *The New Rules Project*. The slogan of the project is "designing rules as if community matters." Why new rules? Well, they believe the old ones don't work anymore. The old rules undermine local economies, subvert democracy, weaken our sense of community, and ignore the costs of our decisions on the next generation. If you are interested in finding ways to encourage positive change and sustainability in your community, or if you would like to know more about The New Rules Project or other Institute for Local Self Reliance projects visit their websites:

<http://www.newrules.org/>

<http://www.ilsr.org/>

Bike Commuter Incentive Update

If you are paid by OHSU, your earnings through the bike commuter incentive program will now be paid out on your paycheck. Unfortunately, this is taxable income and not eligible for the Transportation Fringe Benefit (TFB), a tax exemption benefit available only for employees who commute by transit, carpooling, or vanpooling. If you are expecting a payment, it will hit your next paycheck. If you have more questions contact Angela Timmen at (503)494-2655.

More about the TFB

Earl Blumenauer introduced the Bike Commuter Act, which would extend the TFB to those who commute by bicycle. Currently, the TFB (available as a tax exemption benefit or cash compensation) is not available to bicycle commuters. Because 500,000 employees already bike to work, bicycles demonstrate the strongest potential for reducing single-occupancy vehicle trips during rush hours. For more info or to send your support to Earl visit these sites:

[Earl's Webpage on Bikes](#)

[Earl's Floor Speech on the Bike Commuter Act](#)

Click Here!



Information from the City about Getting Around PDX
www.pdxtrans.org/bicycles/default.htm

Calendar for Bicycling Events throughout the Region

www.CommunityCyclingCenter.org/calendar

The SUB: Sport Utility Bicycle

www.xtracycle.com/html/shopproduct_info.php?cPath=4&products_id=70

E-Bikes: Human Electric Hybrid Vehicles

www.zapworld.com/cars/epod.asp

If You Aren't Convinced that Bikes Rock...

<http://news.bbc.co.uk/2/hi/technology/4513929.stm>

National Advocacy Group for Bicyclists

www.americabikes.org

What's a PUV?

www.grist.org/comments/ha/2005/05/09/becke-puv/

BIZARRO By Dan Piraro

YES SIR, YOU DO LOOK RIDICULOUS. THESE CLOTHES ARE SPECIALLY DESIGNED TO DISCOURAGE ALL BUT THE MOST SERIOUS CYCLIST.



Women ON BIKES

Out of the 8,000 daily bicycle trips across bridges into downtown Portland, only 30% of those trips are made by women. If you are a woman interested in biking, but feel that there are too many barriers, consider attending an informational clinic presented by the City of Portland's *Women on Bikes* program. For more information about the program, contact Janis McDonald at janis.mcdonald@pdxtrans.org or visit www.gettingaroundportland.com for schedules.