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Holistic Products

SwissBike



Although I am no expert when it comes to the latest trends and fads in cycling, I do appreciate a good mountain bike when I see one (must be from the years I spent cycling through the potholes of New Orleans when I was too poor to afford a car). A smooth ride, lightweight frame, durability and portability are all key for me, especially in those times in my life when I decide to go completely car-less and tooling a bike on and off the public transit system becomes part of my normal routine. When it comes to the things that make life just a little bit easier when traveling on two-wheels, the Swiss Bike is a unique alternative.

What makes the SwissBike stand out from the crowd? This is a bike that shines in all its glory when standing on two wheels. And when the cycling day is over, it can fold up small enough to fit in the trunk of your car or the back of an apartment closet. According to a good friend of mine who is also a former organizer for cycle tours across the Pacific Northwest, the design carries the stamp of approval of a professional. "It is the most geometrically pleasing style of folding bike that I have seen," says my friend. "And it is the first one that I have seen that hasn't compromised the strength of the frame to make it folding." There are three models of SwissBike. The XO is the flagship model, a tough and durable mountain bike made in Switzerland. The XO is a bit pricey at around \$2,000. There are other options, however, for those of us on a budget. The LX and TX run at around \$800 and \$600 respectively and offer the same Swiss knife-like folding action and "Shimano's 24-speed and 21-speed drive trains as well as Montague's patent pending CLIX™ Wheel Release System." A mountain bike that looks cool, is tough as nails and fits in the corner of my closet-sized studio apartment. Technical jargon aside, it's obvious that the SwissBike is one cool ride on two wheels. www.swissbike.com

Stop Wars by Clothing of The American Mind



I don't wear a lot of slogan T-shirts anymore, but the ones I wear have often come from Clothing of the American Mind (COTAM). Their message is simple and clear and their shirts wear and feel great. Made from organic cotton, they are soft and supple. Lately, I love wearing my Stop Wars T-shirt because it gets a lot of feedback from many different kinds of people. Fashioned after the Star Wars logo, I can see the "Ah-Ha" on people's faces as they first view me as a Trekkie and then a peacenik—the latter of which I most definitely am. On the back it says, "Because the Force is