

## BIKE

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Hicks said the number of bike thefts has risen over the past few years, which he said is typical in Eugene.

Paul Nicholson, owner of Paul's Bicycle Way of Life, has been battling bike thieves for longer than he cares to remember.

"Eugene is almost unique with this problem," he said. "It certainly has become an epidemic recently."

Nicholson said he has heard about the pick and is worried that they will decrease the time it takes to steal a bike to less than one minute if the thief is experienced.

Nicholson also expressed frustration at the University. He said he felt they should do more to prevent theft of students' bikes, whether by volunteer bike-rack patrols, video surveillance or harsher punishment for people caught stealing.

"It's a reasonable expectation that the University take some responsibility for students property," he said.

Nicholson advocates that the names of convicted thieves be given to bike shop owners so they can ban the wrongdoers from their stores. He said he already enforces strict punishment to those who try to sell him stolen bikes, charging them with trespassing so they cannot return to his store.

But Hicks said the University is already taking preventative measures against bike theft. For example, there are bike cages scattered throughout campus where students can lock their bike inside of a secured cage. The University is also in the process of installing bike lockers that can house two bikes per unit at a cost of approximately \$30 per year.

Hicks added that DPS is working with University Housing to try and stop bike thefts near the residence halls.

Both Hicks and Tocci reiterated that even though it is possible to break U-Bolts, the majority of thefts occur when students leave their bikes unlocked and unattended. Hicks suggested students not only buy a heavy-duty lock but also register their bikes with DPS.

Tocci said students should follow some basic rules, such as locking the bike in a well-lit area where there are other bikes. She also advised locking both the front and back wheels, especially if the front wheel is a quick-release, and not following a routine that a thief could observe and follow.

"If you leave your bike in the same place everyday from 10 a.m. to 2 p.m., someone is going to notice," she said.

Kryptonite also offers an anti-theft protection offer with its locks. The offer states that if a Kryptonite lock is defeated by a thief, then the company will pay up to the limit of the offer, which can range from \$1,000 to \$3,500. Tocci said the first year of the offer is typically free, after which people can pay a yearly fee, which is around \$10.

Tocci said Kryptonite is dedicated to stopping bike thieves.

"They'll steal anything," she said. "That's why we're here — we don't like them."

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## BREAD

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number of times to let the gluten develop before baking. Gluten is an ingredient that makes bread chewy — without it, the bread would crumble. After the gluten has developed in the dough, Humble Bagel Bakery loaves are stored in a cooler overnight and baked in the morning.

"Baking bread in the oven is the finessing part," Katz said.

Eugene City Bakery, located at 1607 E. 19th Ave., has its own bread recipe. Owner Charles Koehler said he exclusively uses organic flour and as little yeast as possible. Like the Humble Bagel Bakery, the bakers knead their dough and leave it to rise several times, but unlike Humble, more flour and water is added to the dough each time. Yeast is only used in the bakery's baguettes and Italian, polenta and

olive breads, right before the dough is kneaded the first time.

Metropol Bakery, located at 2538 Willamette St., is another source for loaves. Artisan baker Shane Tracey, who is studying to be a pastry chef, said ancient techniques are highly valued in the bakery's kitchen.

"As an artisan baker, I follow traditional recipes," he said. "The bread is baked on stone instead of in pans."

Tracey said the Metropol Bakery uses a mix of French and Italian techniques. The French style, "pâté fermenté," involves saving a portion of dough from one day and using it with the dough made the following day. The Italian technique, "biga," also uses a day-old portion of dough in the new batch, but flour and water are added to the old portion before it is mixed in.

After much careful preparation, some bakers feel the bread is too good on its own to be eaten with anything else.

"I eat my bread with butter, by itself with a meal or with cheese," Koehler said.

Katz added that bread is always the center of attention if it is eaten with other ingredients.

"Whenever I eat a sandwich and the bread isn't fresh, it drives me nuts," she said.

Those seeking to tackle their first loaf of bread at home can make use of a few tips from the professionals. Katz encourages amateur bakers to pay close attention to instructions.

"First, don't be afraid of kneading too much, because you can't wreck the dough," she said. "Second, don't skimp on rise time or mix time."

Of course, if the bread turns out to be a crumbly, misshapen lump, novice bakers can always buy a fresh loaf of bread from their nearest bakery.

Contact the Pulse reporter at [natashachilingerian@dailyemerald.com](mailto:natashachilingerian@dailyemerald.com).

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