



Tom Patterson for the Emerald

Don't let the 'Closed' sign discourage you. The Keystone Cafe cooks up some tasty vegetarian fare and isn't all that far from campus.

Meatless meals a healthy choice

By Jon House
for the Emerald

It is becoming increasingly easier these days to eat affordable, healthy food. Today you can go just about anywhere and find vegetarian and vegan platters being served.

While certainly not a complete list of such places, here are some of the more affordable alternatives to fast food when dining out in Eugene.

The Glenwood

Owned by Jacqui Manniger since 1978, there are two Glen-

wood locations. The closest to campus is on 1340 Alder St. and the second is located at 2588 Willamette St.

The Glenwood boasts a menu of more than 20 vegetarian or vegan entrees. Some of the more notable dinner selections on tap are the Tomato Cheese Soup and the Pasta Genoese. The soup is a single combination of cream of tomato and various cheeses, including jack and cheddar. The pasta is an orchestration of pesto sauce, spinach, olives, tomatoes, garlic

and feta cheese. The average price of a meal selection is between \$5 and \$7.

Govinda's

Originally founded in Santa Cruz, Calif., Govinda's is owned by Al Marsben, who moved the restaurant to its present day location at 270 W. Eighth St. nine years ago. It is a vegetarian buffet-style eatery, which Marsben proudly boasts, "Has the best salad bar in town."

The multi-dimensional buffet

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Outdoors

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small parking lot.

While swimming in the reservoir is nice in the summer and the hiking leads to some beautiful waterfalls upstream, the hot spring alone is more than worth the trip.

The spring is very clean, with almost no trace of sulfur like many other springs. There are about five consecutive pools. Each descends in temperature as one flows into the next, so everyone should be able to find a comfortable pool. All of this is tucked up into the hills under old, tall fir trees.

There is a small covered area to hang clothes and store bags, but be prepared or not, as it were, because clothing is officially optional at the hot spring.

The No. 91 LTD bus runs daily out Highway 126. However, getting to the hot spring would require about a 10-mile hilly ride on your

bicycle, which the buses have racks for, so be sure you're ready for this trek. Call LTD at 687-5555 for schedules.

Driving to the reservoir is easy as the turn-off from Highway 126 is clearly marked four miles beyond the town of Blue River. There is a \$3 day-use fee for vehicles at the parking lot. The spring is only open from sunup to sundown, so plan accordingly.

Fern Ridge Reservoir — Just outside of Veneta, about 15 miles west of the Eugene, is Fern Ridge Reservoir. There you can picnic, swim, sail and even enjoy an occasional concert.

This large body of water can be accessed by any of the three Lane County Parks on the reservoir: Orchard Point Park, Perkins Peninsula or Richardson Park.

You can get there easily by bicycle on the Fern Ridge Path which begins on 15th Avenue just past Jefferson Street. According to the Lane County Web site, Perkins

Peninsula on the south shore is the closest of the parks at about 10 miles. Next is Orchard Point on the north shore at 13 miles and then Richardson Park on the far shore at 16 miles.

One can also get there by bus. The No. 93 LTD bus to Veneta goes around the lake and has stops near each of the parks.

If you're driving, simply take 11th Avenue west out of town until it turns into Highway 126. Perkins Peninsula is on this road and the other two parks are on Clear Lake Road, on the north side of the reservoir. There is a \$3 day-use fee for vehicles at the parks.

These few getaway spots are just the beginning. There are dozens of city, county and state parks in the Eugene/Springfield area. You can find out more information on many of them at www.co.lane.or.us/parks/ for Lane County, and www.prd.state.or.us/ for Oregon State Parks.

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