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Market

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here, your average Joe. It's a melting pot."

This inclusiveness is the stamp of the market, according to Little.

"Everyone is welcome at the market, whether you come to sell or buy. ... You can sell your wares with no regard to class or wealth," she said.

Many local companies started in booths at the Saturday Market, including the \$10 million Burley Design Co-op, which makes bike trailers, as well as Surata Soy Foods, Toby's Tofu and Jody Coyote jewelry. Market staff estimate that more than \$2.5 million worth of locally made goods are sold at the market each year. But with 24 food booths and live music from local perform-

ers, the Saturday Market is as much a social event as a shopping opportunity.

Rhonda Griffiths, a University graduate student, said she comes to buy vegetables at the Farmer's Market, but enjoys people watching, too.

"It's fun — there are lots of things going on," she said.

Stephanie Stotelmeyer, a Southern Californian who was shopping for jewelry at the market, said she doesn't think anything like Saturday Market exists where she lives.

"The Orange Street Fair is sort of like this, but it only happens once a year," she said. "And it's more like a Grateful Dead concert here, as opposed to the yuppie crowd at the Orange fair."

Those Deadhead years weren't exactly the best of times.

"It was different [30 years ago]," Little said. "We have good econom-

ic times now, so the vendors are more mature."

She said the City Council this year formally recognized the Saturday Market's contribution to the city.

"We funnel money back into the community," she said.

Market board member Judy Vanderpool said in the 12 years since she joined the market, she's noticed positive changes.

"It's gotten bigger and cleaner," she said. "Our security is better now, and we have better publicity."

Vanderpool, who knits sweaters, scarves and rugs for her booth, said she and her husband joined the market after retiring years ago.

"I enjoy the social aspect of it. I do it because I want to. I have the time on my hands," she said. "And my husband says it keeps me out of the bars."

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Veggies

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has a host of internationally themed dishes. Some of the best meals Govinda's has to offer come from recipes that originated in India, Italy, France and China. An all-you-can-eat full buffet for dinner costs \$7.50, while its lunch counterpart costs \$6.50. There is also a partial buffet available for the economical price of \$5.

The Keystone Café

The Keystone Café, located at 395 West Fifth Ave., was founded 25 years ago. Gail Brown has been

the head of the restaurant since taking over six years ago.

The cafe closes relatively early, 5 p.m., and thus specializes in breakfast and lunch. The prides of the menu are the vegan pancakes, an alternative to normal buttermilk or dairy-style pancakes. The Keystone Café offers different flap-jack styles including oatmeal sesame and buckwheat barley. The average breakfast is around \$6.50, while lunch runs a little cheaper at \$5.50.

The Locomotive

This upscale restaurant is owned by Eitan and Lee Zucher. It originally opened its doors in 1996 and has

been dedicated to serving organic food and meatless entrees.

The Locomotive serves both vegetarian and vegan meals on its international menu. The menu changes weekly for added variety, with each nightly bill of fare offering five appetizers (two soups, three salads), four main courses and 10 desserts. The menu also includes organically produced wine and beer.

Although a little on the expensive side, with the average entrée running at \$13, The Locomotive is the perfect place for those wanting an ideal dinner or at least those who want to impress first dates. It's located at 291 E. 5th Ave.

Fly fishing

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so much on a rod that you don't have anything left for flies or line."

Cline said that your choice of a rod is a matter of personal taste.

"There's no such thing as a perfect rod," he said. "People often buy an expensive rod right off the bat, thinking that it's a good investment because they'll have it their whole life. But when you're starting out, you don't know what your preferences are yet."

Most fly shops offer relatively inexpensive packages for the beginners, but you can also get lucky at garage and estate sales, or by inheriting tackle from a relative.

Ingenuity is important when fly fishing on a budget. Instead of pay-

“It's got to be fun. I mean, you enjoy being out there, but if you're fishing, you want to catch fish.”

Rick Hafele
 aquatic etymologist,
 author of 'The
 Complete Book of
 Western Hatches'

ing \$40 for a rod case, just whip one up out of PVC pipe. A catch-and-release landing net can be fashioned from an old wooden tennis racket and some soft mesh material. Cline recommended that you only spend your money where it's most needed.

"Footwear is key," he said.

"Spend your money on a good pair of wading boots, but get the cheap waders at Freddy's. Just get a tube of glue and chase the leaks."

Hafele stressed the need to reward yourself during those first, frustrating outings when your fly is bound to spend more time in the trees than in the water. If you get a bite, the trout only give you a split second to set the hook before they spit the fly out. Recognizing and reacting to the strikes takes practice.

Hafele recommended spending the early trips on friendly water stocked with plenty of fish.

"Go down to the Umpqua and fish for small mouth bass," he said. "They're easy to catch and there's a ton of them in there. ... It's got to be fun. I mean, you enjoy being out there, but if you're fishing, you want to catch fish."

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