



Jeremy Forrest Emerald

Cafe Yumm's three Eugene locations serve a variety of meatless items.

Yumm mixes flavor, variety

The local cafe boasts a vegetarian menu and an attached coffee shop

Natasha Chilingierian
Advice Columnist

With the growing number of vegans and vegetarians in our earthy home of Eugene, there ought to be more places like Cafe Yumm. This little nook, tucked inside the burgundy- and butternut-colored Meridian indoor mall on 18th Avenue and Willamette Street, has delicious items sure to please all health nuts. Dishes made to order, goodies from the adjoining coffee shop and take-home treats all burst at the seams with character and flavor.

Cafe Yumm serves its delicacies from a counter that is already overflowing with assorted bonbons to buy and nibble on, such as truffles, ginger drops and sesame nuggets. The menu has many vegetarian options and

is based on the cafe's original dish, a rice and bean bowl. Three sizes of the bowl and variations of the recipe are available, along with soups, salads and sandwiches ranging from plain turkey to garden pesto. The hearty, colossal tofu wrap comes filled with red and black beans, avocado, diced tomato, olives and melted cheddar; it's sure to satisfy large appetites. A tasty dish to order is the Yumm 'N Greens plate — a bed of salad greens covered with fluffy brown and jasmine rice, the cafe's signature creamy garlic-almond sauce, beans, slightly spicy salsa and a circle of tortilla chips. The only flaw in these two dishes is there are too many beans.

Along with the cuisine, the cafe sells a wide array of other items. Cafe Yumm offers its own signature vegan sauce in original, spicy and smoky versions; they also have a line of beans. The adjoining coffee shop, also run by Cafe Yumm, offers classic

espresso, organic teas, monstrous pastries and a steamed milk-mango-granola concoction. There is also great service at both food and coffee counters. The employees are laid-back, friendly and seem excited to be working at such a unique, tasty and health-conscious restaurant.

There are two other Cafe Yumm locations in Eugene — at the Oakway Center and at the Fifth Street Public Market. Addresses and hours can be accessed via the restaurant's Web site, www.cafeyumm.com/.

Cafe Yumm is a great choice for vegans, vegetarians or people who just want great food. Check it out for lunch one day — by the time you leave, you'll honestly be saying, "Yumm!"

Contact the Pulse columnist at natashachilingierian@dailyemerald.com.

Fashion

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also has a personal connection with the cause.

"My mother has breast cancer," she said.

Peer educator Maria Guerrero participated as part of her internship, but she also modeled for fun.

"I think my favorite part was being able to wear the great outfits — to take an outfit and dress it to what your topic is," she said. "You're not really speaking it, but showing."

Alice Roach, a retired community member and breast cancer survivor, said she enjoyed bringing the topic of breast cancer into

the limelight.

"I loved the clothes, and I loved

"I was very honored to be invited... They did just a great job of highlighting and making it fun with the modeling."

*Cynthia Crawford
owner, Cynthia's Fine Lingerie*

just bringing people's attention to breast cancer awareness," she said. "It brought out a little of my

exhibitionism, I guess."

Cynthia's Fine Lingerie owner Cynthia Crawford contributed door prizes in addition to clothing.

"I was very honored to be invited," she said. "They did just a great job of highlighting and making it fun with the modeling."

Crawford said the fashion's message was important because it informed young women — a demographic who wouldn't be aware of breast cancer unless it directly affected them.

Peer Health Educator and emcee Cara McCarthy ended the evening by lifting the presentation's veils of satin, suede and organic cotton to expose the true intent behind the show.

She told the audience, "The Peer Health Center and medical staff want to encourage you to have healthy habits now."

Contact the Pulse editor at jacquelynlewis@dailyemerald.com.



Danielle Hickey Emerald

Peer health educator Rebecca Wagner models clothes for breast cancer awareness during the Best Dressed Breast fashion show.

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Ask Nat

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One thing that is essential — and sure to bring you comfort — is to know you are protected from pregnancy and disease. Please take advantage of what the University Health Center has to offer. The Health Center offers contraceptives free of charge, plus it's confidential. A wise choice to stay baby- and STD-free is to start taking birth control pills and to use a condom

every time you have sex.

As far as technique goes, I'm not about to print anything graphic in a public newspaper (and I don't want to horrify my mom or my grandma, who love reading my column), so you can look at Cosmopolitan for that. If you truly feel strong love and attraction for this boy, you should be able to act on your feelings and let the sex flow naturally. Don't expect any explosive orgasms the first time around, and don't fret if afterwards you suddenly see sex as overrated. Sex is an acquired taste that gets bet-

ter with time, so look at this first shot as a bonding experience.

One last thought: If you live in the dorms, try not to moan too loudly surrounded by those paper-thin walls — unless you want a rousing round of applause coming from the hallway.

Contact the columnist at natashachilingierian@dailyemerald.com. Her opinions do not necessarily represent those of the Emerald. Send questions to advice@dailyemerald.com.

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