



MORNING GLORY CAFE
EUGENE

OPEN 7 DAYS A WEEK
7:30AM-3:30PM

450 willamette eugene, or

BREAKFAST
LUNCH
COFFEE
PASTRIES

Vegan & Vegetarian

FOR MENUS AND SPECIALS VISIT:
morninggloryeugene.com



MONDAY
Taco & Margarita Night
3 tacos + sides \$5 4pm-10pm

TUESDAY
Burger-n-Brew
\$7.50 4pm- 10pm

WEDNESDAY
Shorties & Suds
\$2 Specials
& WIN ON WEDNESDAY!
8 pm - midnight
FREE Monthly raffle.
Win bikes, duck tickets,
brewery tours, & more!

THURSDAY
Thirsty Thursday
\$3 Menu 6pm- midnight
LIVE MUSIC
award winning Mark Alan
No Cover. 8:30pm -11:30pm

FRIDAY
Ladies Night!
8:30-10:30pm

SATURDAY
Breakfast 9am – Noon
Benedicts, omelets, scrambles,
yum!

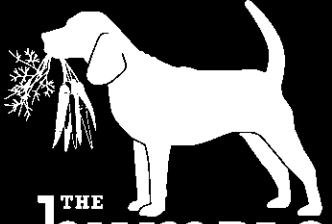
SUNDAY
Breakfast 9am – Noon
SUNDAY GOURMET DINNERS
starting at just \$10. 4-9pm

HAPPY HOUR!
Daily drink & food specials
EVERYDAY 4pm- 6pm

www.sixthstreetgrill.com
55 W. 6th • Eugene
541-485-2961

EAT OUT
COME HOME


GET YOUR BEAGLE ON,
7 NIGHTS A WEEK!



THE humble BEAGLE PUB


2435 Hilyard St. • Eugene, OR 97405
541-484-3062 • www.thehumblebeaglepub.com

open for dinner:
sun-thurs 5pm - 10ish • fri-sat 5pm - 11ish
happy hour everyday: 5-6pm & 9pm-close



THE KIVA

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& BOOKSELLERS



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DOWNTOWN EUGENE
125 W. 11TH AVENUE

THE KIVA

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- Bulk foods, herbs, spices, coffees and teas
- Specialty deli
- Wine, champagne and beer
- Hormone and antibiotic free meats
- Vitamins and body care products
- Sandwiches made to order daily

Sunday-Saturday 9 a.m.-8 p.m.
541-342-8666

CURES FOR THE CAUSE

Handling your hangover BY SARAH DECKER

Any drinker can entertain you with a good hangover story or two. And for every hangover story, there are at least five “known” cures. The science supporting most remedies is shaky, and when seeking a cure it really comes down to personal preference as well as individual makeup. But when you’ve overdone the boozing and are hurting the next morning, chances are you’ll try just about anything to feel better.

In order to counteract the effects of alcohol, it is important to first know what is going on with your body during a hangover. First and foremost, your body is severely dehydrated. Also, the liver is working overtime to break down the ethanol contained in alcoholic beverages, so it is unable to provide your body with the necessary amounts of glucose to power important organs like the brain. This all leaves you feeling lethargic, nauseous, weak and, chances are, there is a pounding headache involved as well.

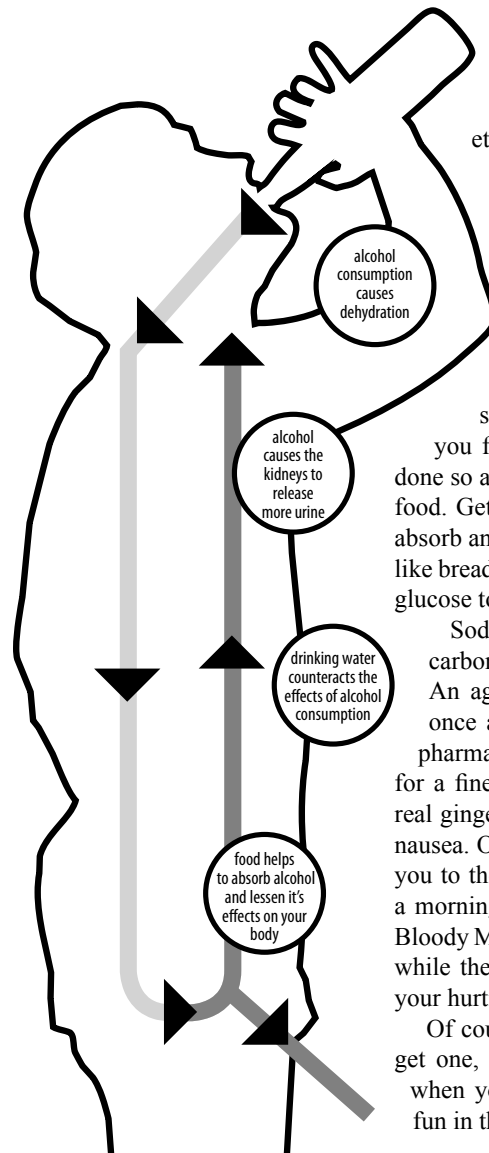
Cures — and trust me, I use the term loosely — can be broken down into two main categories. First, there is the planner’s approach, which is prevention. If you can anticipate overindulging, the effects of a hangover can be reduced if not avoided altogether by drinking ample amounts of water alongside your alcoholic beverage of choice. One popular method is one glass of water to match every cocktail.

Also, make sure you’ve lined your stomach with a healthy amount of food. This facilitates the absorption of alcohol, lessening its effects on your body. Last, avoid brown beverages (whiskey, rum, etc.) and cheap liquors, which haven’t been filtered as much as clear and mid- to top-shelf liquors. Following these three tips, your chances of waking and functioning decently the following day improve.

On the off chance you cannot anticipate overconsumption or simply forget to safeguard yourself, the next morning (or afternoon) will find you soon enough. Enter the ol’ standbys. Though you feel like vomiting — and potentially have done so already — now is a good time to grab some food. Getting something in your stomach will help absorb any remaining alcohol, and carb-heavy foods like bread or pancakes will speed some much needed glucose to tissues, particularly the brain.

Sodas can ease an upset stomach and the carbonation helps combat roiling stomach acids. An age-old favorite is Coke, whose syrup was once a staple used to treat stomach ailments in pharmacies around the country. Ginger ale makes for a fine choice as well — as long as it involves real ginger, a root used around the world to combat nausea. Of course, people will always try and direct you to the “hair of the dog,” or, in layman’s terms, a morning cocktail. If you go this route, make it a Bloody Mary. The alcohol in the vodka eases the pain while the tomato juice and other veggies replenish your hurting body.

Of course, the best cure for a hangover is to not get one, to know your limits and cut yourself off when you’ve reached that point. But where’s the fun in that? ■



THE DAVIS RESTAURANT & BAR

HAPPY HOUR SPECIAL DAILY
Half Off Our Extensive Bar Menu • \$1 off Any drinks
Monday – Friday 4pm to 6pm

GIRLS NIGHT OUT
Half Off Our Extensive Bar Menu & Selected Drinks from Our House Drinks List
Thursday’s 6pm to Midnight

MUSIC TO DINE TO
Every First Friday
Olem Alez Jazz Trio | 8pm
Every Second Saturday
Jessie Marquez Cuban Jazz | 8pm

94 W. Broadway | 541-485-1124 | www.davisrestaurant.com