



PHOTO BY TODD COOPER

welcoming atmosphere. “Our doctors are really friendly,” she says. And for terrified pups and stressed-out cats, calm and happy doctors are sure to make a trip to the vet’s office a not-so-scary thing.

BEST PLACE TO GET FIT

1. **YMCA** 2055 Patterson St. 686-9622. eugeneymca.org.
2. **Oakway Fitness** 170 Oakway Rd. 343-3314. oakwayfit.com.
3. **International Fitness** 4540 Commerce St., 343-1955; 1009 Green Acres Rd., 484-0970; 215 Q St., Spfd., 746-3533. internationalfitness.com.

The Y is looking for a new home, but its original location still remains the people’s choice for exercise. And let’s face it, the Y’s pretty hard to beat. With its super friendly staff, abundance of cardio machines and overall feeling of community throughout the old yet familiar building, the Y is a great place to take a swim or beef up those muscles.

BEST SALON

1. **Gervais** 248 E. 5th Ave. #18. 334-6533. gervaiseugene.com.
2. **Moss** 233 W. 7th Ave. 636-0055. mosshairstudio.com.
3. **London Hair Salon** 770 Willamette St., 686-1692; 460 Valley River Center, 485-1653. londonhairstudios.com.

BEST MARIJUANA DISPENSARY

1. **Twenty After Four** 420 Blair Blvd. 393-6524. twentyafterfour.com.
2. **Oregon Microgrowers Guild** 1395 Cross St. 246-8972. oregonmicrogrowersguild.com.
3. **Next Level** 145 E 29th Ave. 515-6514. nextleveldispensary.com.

Twenty After Four recently opened up in the Whit, conveniently located near Sam Bond’s and Papa’s Soul Food Kitchen, and even more conveniently it uses the address 420 Blair Blvd. (technically the building says 440, but who’s counting?). Manager Kevin Cronin says the original plan was to run Twenty After Four as a nonprofit and use it to fund

BEST ALTERNATIVE HEALTH CARE PROVIDER

1. **Acupuncture for the People** 2833 Willamette St. 521-6285. acupunctureforthepeople.org.
2. **Eugene Wellness Center** 1551 Oak St. 344-8912. eugenewellnesscenter.com.
3. **A Healing Space** 171 Lawrence St., 343-1887. ourhealingspace.com.

The people of Eugene love their alternative health care, and they particularly love the affordable treatment provided by Acupuncture for the People. “Acupuncture started as a folk medicine, available to everyone in the community,” says Rob Singer, owner of Acupuncture for the People. “If you want to get it and can’t afford it, it’s not going to help anyone, so by making acupuncture affordable, we make it accessible.” Singer says the clinic does about 1,000 treatments a month, and patients report that acupuncture provides stress relief. “A lot of the gratitude we get comes from helping people get a better quality of life,” Singer says.

projects such as Opportunity Village, but winding their way through the government process took more time and money than anticipated. Cronin previously co-founded the nonprofit Grassroots Eugene with Casey Houlihan, and Cronin says once the start up capital is paid back for Twenty After Four, he and Houlihan plan to donate their profits to grassroots organizing. Cronin points out that Twenty After Four is also conveniently located near the Community Alliance of Lane County, just the type of social justice work he seeks to support.

BEST NEW BUSINESS

1. **Elk Horn Brewery** 686 E. Broadway St. 505-8356.
2. **Custom Cranium** 1331 Willamette St. 525-9037. customcranium.com.
3. **Twenty After Four** 136 S. 6th St., Spfd. 515-6004.

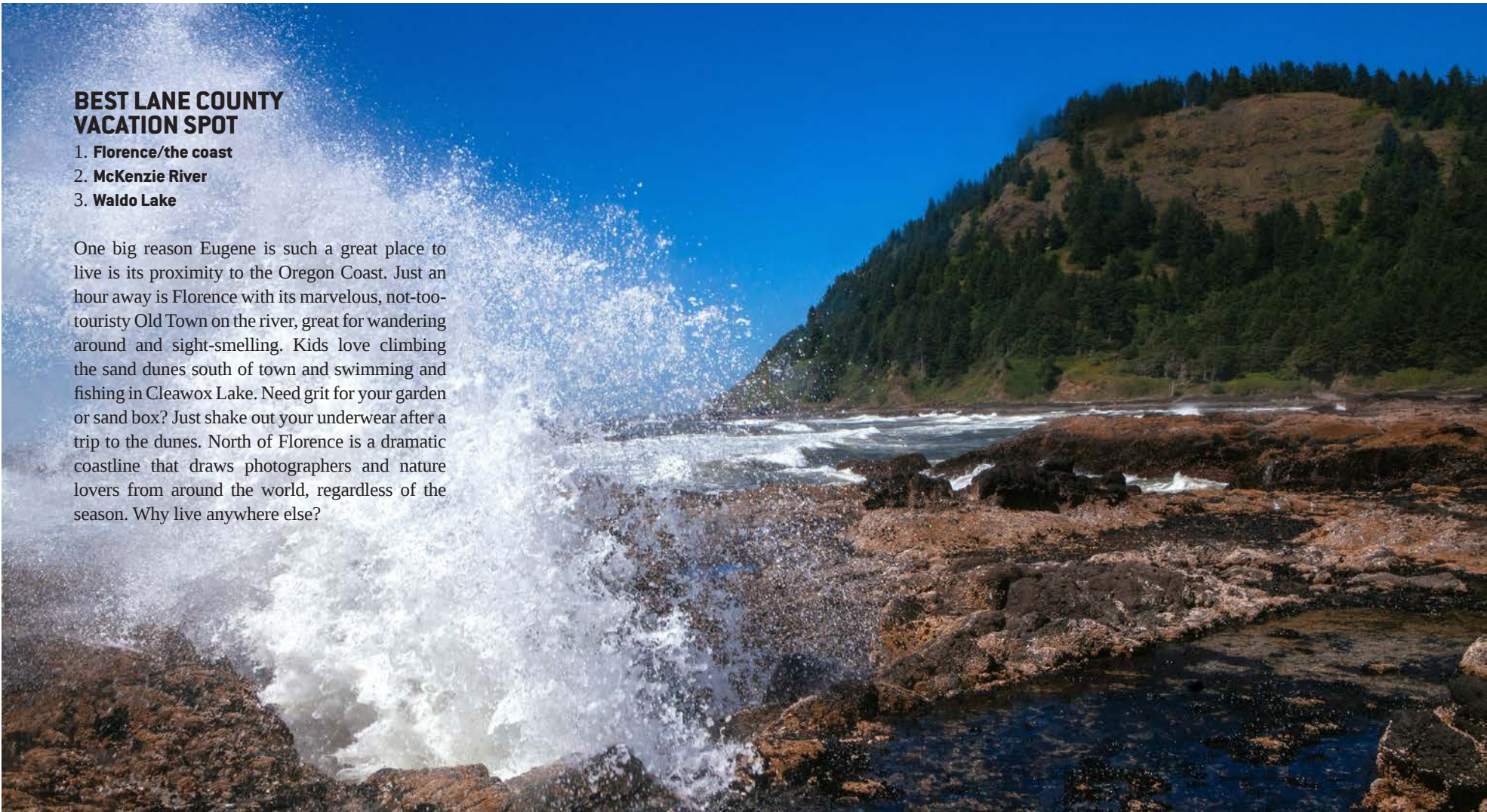
BEST ALTERNATIVE SPORTS TEAM

1. **Emerald City Roller Girls** emeraldcityrollergirls.net.
2. **Schneckengruven Relay Team**
3. **Eugene Reign Rugby** eugenewomensrugby.blogspot.com.

BEST LANE COUNTY VACATION SPOT

1. **Florence/the coast**
2. **McKenzie River**
3. **Waldo Lake**

One big reason Eugene is such a great place to live is its proximity to the Oregon Coast. Just an hour away is Florence with its marvelous, not-too-touristy Old Town on the river, great for wandering around and sight-smelling. Kids love climbing the sand dunes south of town and swimming and fishing in Cleawox Lake. Need grit for your garden or sand box? Just shake out your underwear after a trip to the dunes. North of Florence is a dramatic coastline that draws photographers and nature lovers from around the world, regardless of the season. Why live anywhere else?



PHOTOS BY TODD COOPER