



PHOTO BY COLIN HOUCK

back of my head,” she laughs.

These days she’s a regular lead in local theater productions such as *The Quality of Life* at Very Little Theatre and *Vanya and Sonia and Masha and Spike* at Oregon Contemporary Theatre. She continues to perform in “Love, Loss and What I Wore” which has been produced at VLT and around western Oregon.

Her next theatrical gig will be at Very Little Theatre at 2:30 pm Saturday, Nov. 10, when she reads in a one-performance-only staged reading of Springfield playwright Dorothy Velasco’s new full-length comedy, *Ladies Shakespeare Club*. Admission is free. — *Bob Keefer*

Best Hair Stylist

1. **Amanda Nicole (Lussuria Urban Hair Loft)** 160 Oakway Road #100. 541-505-9699. Lussuriasalon.com.
2. Ashley Newport (American Traditional Barbershop) 23 E. 11th Avenue. 541-915-9613.
3. David Wilson (I. Magine Salon) 784 Blair Boulevard. 541-431-1717.

Best Yoga

1. **Eugene Yoga** 245 E. Broadway Street. 541-520-8771. 3575 Donald Street. 458-205-8378. Eugeneyoga.us.
2. Everyday People Yoga 352 W. 12th Avenue. 541-513-0180. Epyogaeugene.com.
3. Yoga West Eugene 3635 Hilyard Street. 541-357-3667. Yogawesteugene.com.

Feeling stressed? Come take a load off with this year’s winner for Best Yoga Studio: Eugene Yoga. The studio aims to be accessible to everyone, opening for classes at 7:30 am and closing as late as 7 pm, making it easy to fit this daily practice into your every day schedule.

“We are very appreciative of our community and the way they support Eugene Yoga,” says manager Valerie Morris. “We offer our profound gratitude to our community for finding their mat with us every day, every class, every year.”

Featuring an all-encompassing variety of practices, Eugene Yoga is sure to have something for all ages and levels. “No one is ever turned away due to financial

limitations thanks to our scholarship fund,” says Diane Butera, founder of Eugene Yoga. “I just want people to know they can always join us.”

Come into either of their two locations both downtown and in south Eugene to see what yoga can do for you. — *Amber Cecil*

Best Budtender

1. **Tyler Banks (Moss Crossing)** 2751 Friendly Street. 541-636-3724. Mosscrossing.com.
2. Darien McCartney (Moss Crossing) 2751 Friendly Street. 541-636-3724. Mosscrossing.com.
3. Biff Miller (Eugene OG) 2045 Franklin Boulevard. 541-505-7575. Eugeneog.com.

Tyler Banks is a budtender at Moss Crossing who has worked there since its inception on the Winter Solstice three years ago. Moss Crossing is a clean and well-organized dispensary in Eugene’s Friendly Street neighborhood that radiates trendiness from its logo to the angular, minimalistic pipes displayed on its walls. It’s not your grandma’s dispensary. And if you’re a novice or a pot-smoking professional, Banks — the man voted Eugene’s best budtender — is there to help.

“It’s kind of a culmination of all the jobs I’ve had in the past,” Banks says, who thinks that his customer service history has prepared him to converse with customers, answering whatever questions they have — and some have a lot.

Banks says that Moss Crossing is unique because the business does customer consultations, taking weed customer service to the next level. He says that some people have hundreds of questions to ask about trying marijuana. “This is people’s livelihood,” he says. “There’s a big responsibility on our shoulders.”

It may seem surprising in Eugene, but according to Banks, many of his customers are fairly naive when it comes to buying weed.

“Maybe 50 percent of the customers that come in everyday are re-introducing themselves to cannabis,” he says. Many customers come in per a doctor’s

Best Bike Shop

1. **Paul’s Bicycle Way of Life** 556 Charnelton Street. 541-344-4105. 2480 Alder Street. 541-342-6155. Bicycleway.com.
2. Hutch’s Bike Shop 960 Charnelton Street. 541-345-7521. 2100 Main Street, Springfield. 541-741-2453. Hutchsbicycles.com.
3. Arriving by Bike 2705 Willamette Street. 541-484-5410. Arrivingbybike.com.

It’s hard to imagine a future without bicycles. And as long as people ride bikes, there will be a need for bike shops. Shops staffed by true bike nerds, not some person pulling double-duty between bikes and produce, like at a big box store.

“It’s important to not just be a retailer,” Matt Ritzow says, but to also be part of the community. Ritzow is partner owner and general manager at Paul’s Bicycle Way of Life.

“We feel like an important part of being in business in a town is to try to give something back,” he goes on.

“When somebody wants to buy a bike,” Ritzow explains, “and they realize the complexity, they see a value,” in turning to locally owned bike shop. The value, “of a company that’s been in the business and will be there tomorrow,” Ritzow adds.

But like a lot of independent business these days, it’s hard to keep an indie bike shop afloat... or rather, on two wheels.

Politics and competition from online retailers are two challenges Ritzow lists as threats facing his business. But he sees a way forward, with smart staff and good service.

“We have the capability to have a much more grassroots connections to customers,” he says.

“Eugene is a great place to be a cyclist and have a bike shop,” he continues, “and we appreciate it.”

“I’m just grateful for the privilege,” Ritzow says. — *Will Kennedy*