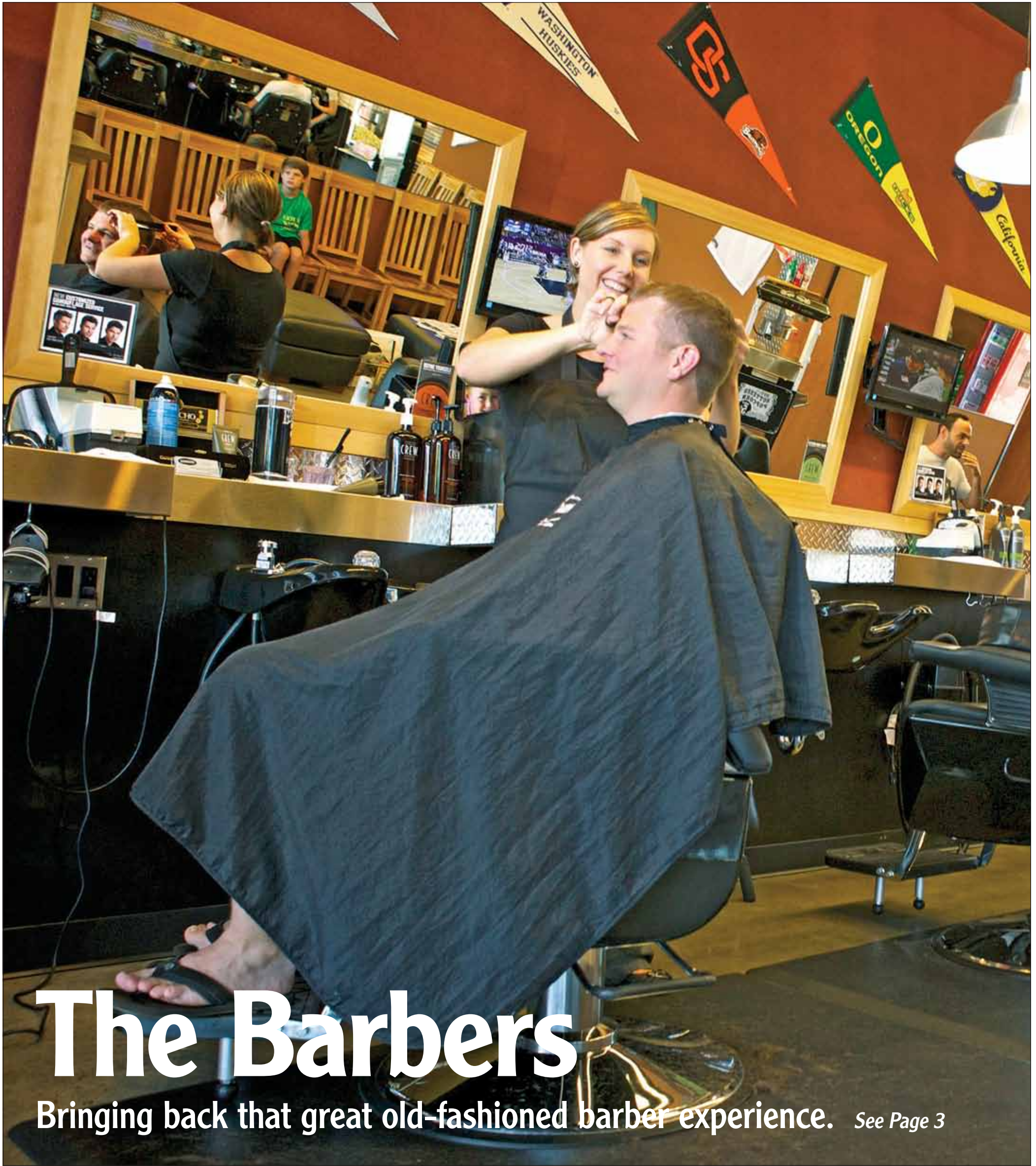


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SHOP, DINE AND HAVE FUN CLOSER TO HOME!



The Barbers

Bringing back that great old-fashioned barber experience. *See Page 3*

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4 A new school year is just around the corner. Make sure you have all your supplies.



5 Get your prescription and buy Lafont sunglasses from Beaverton Eye Health.



6 Discover woodfired pizza and mouthwatering appetizers at B.J. Willy's.

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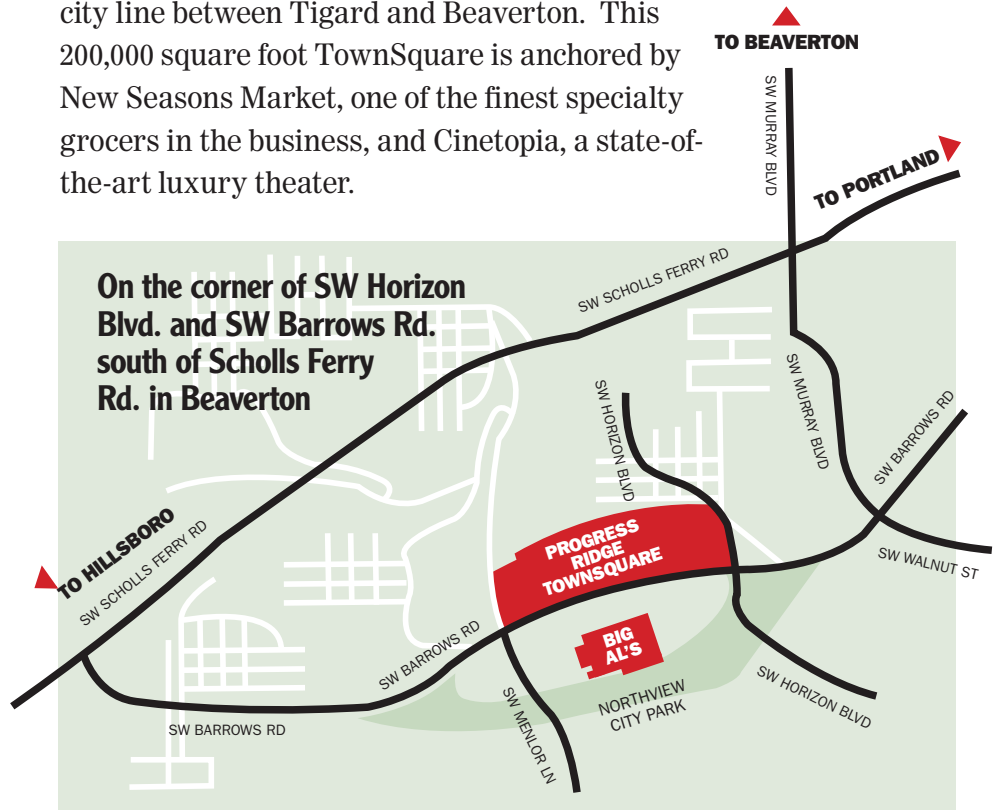
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On the cover: The Barbers' Manager Lori Lee cuts Kyle Hopp's hair at the Progress Ridge location.

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Who we are.

Progress Ridge TownSquare, one of Beaverton's and Tigard's favorite shopping and entertainment destinations, was originally a rock quarry. Gramor Development started working on the project in 2001. New Seasons, Big Al's and Cinetopia are the anchor businesses, but a growing number of smaller shops and eateries have opened and encourage you to stop and visit.



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**Discover
Progress Ridge
TownSquare**



**Watch for our
next issue on
September 13th!**

The Barbers

A great haircut and a great experience

By SCOTT KEITH

If you're a guy, and in need of a haircut, you may be perfectly happy just dropping by the nearest corner barber shop. But if you want to enjoy the full experience of a real barber shop — the warm lather, the great conversation and the feeling of family — plan your next haircut at The Barbers at Progress Ridge TownSquare in Beaverton.

Drop by The Barbers and you'll notice a family-friendly atmosphere with a feeling of all things sports, including a collection of Pac-12 pennants, team jerseys and television sets always tuned to your favorite sporting event.

The Barbers is where "guys go to get a great haircut," according to owner and operator Kim Spiegelberg. She pointed out that

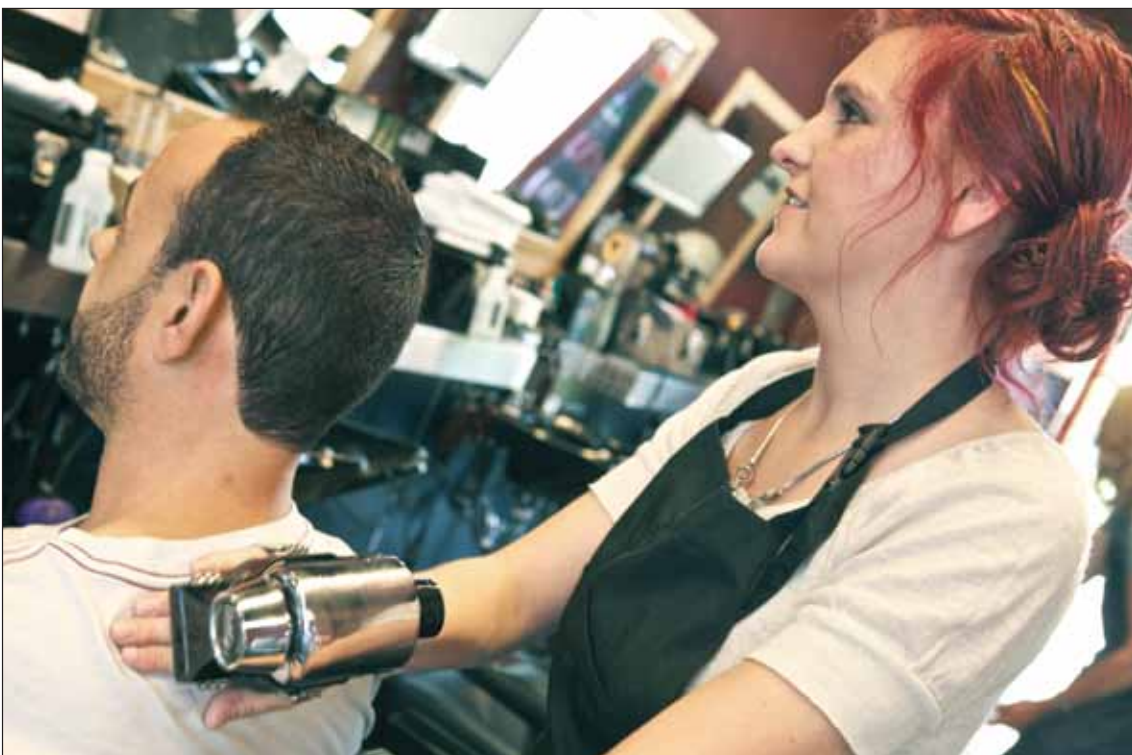
their clients seek a high-quality haircut, at a reasonable price, and in a great atmosphere.

"We brought back the old fashioned barber experience."

— Kim Spiegelberg

"We brought back the old fashioned barber experience," she said. "People establish a relationship with their barbers. We provide regular schedules for our barbers (a staff of eight women, which includes manager Lori Lee), so our clients know where to find them."

Appointments aren't necessary, but you can call a half-hour ahead of time and request your barber.



One of the great services at The Barbers is that the client receives a shoulder massage after a haircut. Pictured is barber April Anderson giving David Johnson a massage at the Progress Ridge location.

There's a feeling of the good old days at The Barbers.

"We have the old fashioned barber chairs ... built for men. We have a washbowl at every station," Spiegelberg said. Her shop even provides relaxing, soothing neck shaves.

"We put warm lather on the back of their neck. We actually shave the neck, which gives men a cleaner neckline. It lasts longer. It feels awesome," she said. "It keeps your haircut looking a lot cleaner for a longer period of time."

Customers will feel at home at The Barbers.

"We offer complimentary soda and popcorn. It's part of our deal. Kids love to come in here on Saturday," Spiegelberg said. "It's a place where moms feel comfortable bringing their boys in to get haircuts."

If you love sports, you'll fit right in at The Barbers. Each barber chair has a personal television screen. There's a larger screen to enjoy if you're waiting to be served. "We want a place for people to come and escape a little bit, so we don't put the news on. It's just sports."

The Barbers likes to support the community as well, sponsoring local high school sports teams through different ad programs offered by each school.

Spiegelberg's barber shop is also gearing up for its peanut butter drive, which begins Sept. 1.

"We work with the Portland Police Sunshine Division — our goal is to collect 30,000 jars of peanut butter," she said.

According to Spiegelberg, "We stock our shelves, and then as clients come in, they can sim-

ply pay us a dollar and we place a jar into the Sunshine barrel. We're really proud of our efforts. Peanut butter is the number one food item for food banks, because of the nutrition and protein. Obviously, the need in Oregon is greater than ever."

Phone: 503-430-7344

Web address: thebarbersonline.com

SOME OF THE SERVICES PROVIDED AT THE BARBERS

The Works — Haircut, shampoo, neck shave — **\$19.95**

Men's Haircut — **\$15.95**

Children ages 12 and younger — **\$12.95**

Shampoo — **\$3**

Razor Neck Shave — **\$2**

Buzz — **\$12.95**



Kim Spiegelberg is the owner of The Barbers location at Progress Ridge.

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Progress Ridge makes BACK TO SCHOOL easier!

By SCOTT KEITH

As late August turns into September, we’re reminded that we need to wrap up our summer vacations or STAYcations. The calendar also reminds us it’s back to school time. Youngsters need to load-up on pens, pencils, folders and supplies to prepare for that first opening school bell of the season.

When you plan your next, or perhaps, first visit to Progress Ridge TownSquare in Beaverton, think a bit “outside the box” and discover some nifty back-to-school clothing and accessory ideas. Merchants will be happy to introduce you to products that will take a little bit of the sting out of returning to school.

Sweet Siren Boutique

Sweet Siren offers back-to-school accessories and lots of fun dresses. Bracelets, earrings and necklaces will look nice as you impress your teachers and fellow students. Jewelry is available in the \$6 to \$30 range. Ask to see some attractive recycled leather bracelets.

Phone: 503-716-8182
Web: sweetsirenboutique.com

Silkwood

Easy-to-wear tunic dresses are available for the young woman ready to return to the classroom. These dresses, in a number of styles, range from \$49 to \$59. You don’t want to miss your next

class, so invest in a \$14 neon watch with rhinestones. Colors are bright and attractive.

Phone: 503-747-7041
Web: silkwood.us

Piccolo Mondo Toys

Youngsters with a few extra books to carry will enjoy Stephen Joseph Sidekicks backpacks at \$24.99 each. If your son or daughter needs a bit of help with math, flash cards are available at \$7.99 each. For ages 6 and up, find an Interactive “Map World” Talking Map that sells for \$44.99. Even grown-ups may want to play with this fun learning tool.

Phone: 503-579-8100
Web: piccolomondotoys.com



Play Boutique’s open house on Wednesday, Aug. 29, is a chance for people to visit and learn about their preschool programs.

The calendar also reminds us it’s back to school time.



Talia sports a Crocodile Creek backpack from Piccolo Mondo Toys at Progress Ridge.

Posh Baby

Posh Baby is a great destination for back-to-school goodies. Skip-Hop Zoo Lunchies and Zoo Backpacks should be a fun choice this school year. The lunchies are \$14.50 and the backpacks are \$20. While visiting this fun store, check out Tea Collection clothing, featuring dresses and sweaters. These items range from \$20 to \$35.

Phone: 503-747-3539
Web: poshbaby.com

Brow Betty

When they head back to school all the young ladies want to make a good impression. The expression at Brow Betty is “Perfect eyebrows in the bat of an eye ... no lie.” Ask about a number of services, including Brow Shaping (\$20), Brow Tints (\$15) and Lash Tints (\$25).

Phone: 503-718-7378
Web: browbetty.com

Play Boutique

Back to school time takes on a fun dimension at Play Boutique.

Play Boutique is a modern family piazza, or gathering place. Youngsters can enjoy a play area or learn in a classroom while parents can mingle and get to know each other. Peake Academy is Play Boutique’s early childhood education school readiness program.

Don’t miss Play Boutique’s open house on Wednesday, Aug. 29, from 4 to 6 p.m. It’s a chance for people to visit and learn about their preschool programs.

For more information on what Play Boutique is offering this coming school year, contact them at **503-352-5202** or find them on the web: **playboutique.com**

The Barbers

With the new school year approaching, it’s time for guys and kids to get a haircut. The Barbers offers men’s haircuts and haircuts for children ages 12 and younger.

Also, for your hair care needs, Tea Tree Liter Duos (shampoo) will be available for \$39.95.

Rivermark Credit Union

Once again, Rivermark Community Credit Union will run the popular School Savers Program at Nancy Ryles and Scholls Heights elementary schools. It’s a chance for students to open a savings account at Rivermark. With each new account, Rivermark makes a \$25 donation to the school. Rivermark will also match up to \$5 of each student’s deposit. A number of scheduled deposit days are held during the school year. Proceeds benefit school programs. For more information, call **503-626-6600**.



Talia sports a lunchbox from Posh Baby at Progress Ridge.



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Protecting your most important sense — your vision

Beaverton Eye Health brings the most current eye health practices to Progress Ridge TownSquare

By **SCOTT KEITH**

Perhaps you heard as a child that eating carrots can improve your eyesight. These crunchy, orange root vegetables are, indeed, high in Vitamin A.

But you can't rely on carrots alone for overall eye health. If you haven't already, it's time to set up a visit with an eye doctor. At Beaverton's Progress Ridge TownSquare, Beaverton Eye Health is ready to make sure your eyes are functioning properly.

You'll meet Dr. Adina Zapodeanu, who was born in Romania, and is a graduate of Pacific

University College of Optometry and served her residency at Northeastern Oklahoma College of Optometry.

"I want to promote eye health," Zapodeanu said.

Services at her new Beaverton location include comprehensive vision and medical eye exams and treatment for eye emergencies and diseases.

Beaverton Eye Health provides medical treatment for, among other conditions, cataracts, glaucoma, retinal disease and diabetic eye disease.

You'll find state-of-the-art optical equipment, that, in some cases, can discover more serious disorders including high cholesterol, high blood pressure and



What sets Beaverton Eye Health apart from other optometry offices is that Dr. Adina Zapodeanu stays current with the latest technological advances and has a retinal camera, which can diagnose medical conditions such as high cholesterol, diabetes, leukemia, glaucoma, macular degeneration and brain tumors.

leukemia because "20-20 vision doesn't always mean 100 percent ocular health," Zapodeanu said.

In one exam room, a retinal camera will produce an image of your eye in rich, vivid color. This impressive piece of machinery can not only detect eye problems — such as macular degeneration — but can also detect other potentially serious conditions, such as diabetes and tumors.

During your first visit, a retinal photo will serve as a baseline picture, so the doctor can notice any changes in the years ahead.

According to Zapodeanu, the American Academy of Optometry recommends eye-health exams should begin at six months old.

"The critical period of vision formation," Zapodeanu said, "is around 2 and 3 years of age. So if a child needs correction, especially for lazy eye, it should be before or around that time."

With age, computers and

mobile phones can affect one's eyes. For instance, a uniquely 21st century malady, Computer Vision Syndrome, can produce symptoms such as blurred vision, double vision, eye irritation and headaches.

"(Those with this syndrome) should take breaks or should bring reading glasses when they use this equipment," Zapodeanu suggested, noting that some eye exercises can help.

She also pointed out that eyes can be harder to focus if you spend too much time texting or playing with those high-tech gadgets.

Beaverton Eye Health serves patients in all age groups, and infants get free eye exams as part of the InfantSEE program.

Upon the first visit, visitors will notice rows of designer eyeglasses and sunglasses; prescription premium lenses come from Hoya and Carl Zeiss.

Beaverton Eye Health accepts most insurance plans. If

you don't have insurance, payment plans can be worked out.

It's easy to neglect an eye exam, especially when there are no symptoms, but, according to Zapodeanu, "vision is the most important sense we have."

OPEN HOUSE

Where:
Beaverton Eye Health

When:
Thursday, Aug. 23,
4 to 7 p.m.

What:
Tours, refreshments,
prizes and drawings

Phone:
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Web address:
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The Beaverton Eye Health clinic sells fashionable Fendi eyeglass at their Progress Ridge store.

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Progress Ridge B.J. Willy's Woodfired Pizza & Pub General Manager Warren Marks is surrounded by dishes of calamari, bacon-wrapped stuffed jalapeños, pizza and Caesar salad which can be served inside or on the patio.

B.J. Willy's: Wood-fired pizza and more

By SCOTT KEITH

Hardly anyone would disagree that pizza is a favorite American treat. Pizza restaurants sprout up everywhere. And pizza styles are as numerous as the stars. At Progress Ridge TownSquare in Beaverton, one pizza and pub will remind you of your last trip to Italy.

B.J. Willy's is family-friendly, and locally owned, offering not only pizza, but appetizers, salads, soups, sandwiches, burgers and Italian-inspired dishes such as Spaghetti Bolognese.

Their special style of pizza cooking attracts customers young and old. Brian Johnson, an owner of the Progress Ridge eatery, said it's an old-style wood-fired method.

"The unique thing about it is that we are cooking with wood, solely. There's no gas, no electricity running the oven," Johnson said, noting that the imported Italian oven can reach 800 degrees.

According to Johnson, "Because of the heat in the oven, and because of the wood, it actually chars the crust, just a little bit on the bottom and the edges. That charring is what we are going after — it is part of our flavor profile."

And the unique cooking process involves a variety of woods.

"We use a hardwood mix. We have to use hardwoods. The mix could be apple, walnut, cherry, alder, oak (mixed in), just to give



Try the popular bacon-wrapped stuffed jalapeños.

At B.J. Willy's, you'll find a list of mouth-watering appetizers, including Bacon Wrapped Stuffed Jalapeños.

it a nice, even burning temperature," Johnson said.

This rustic cooking method can crank out pizzas quickly; the pizzas take, depending on size, anywhere from two to four minutes in the oven.

And the pizzas have a thin crust. Johnson said if it were thick crust, the dough would be burned on the outside and "doughy" on the inside.

It's a style you will find in the

old country.

"It's like an Italian pie," said Johnson, adding that hand-sliced fresh mozzarella is used to give each pizza a unique texture and flavor; the cheese can also add moisture to the pizza.

But Johnson is quick to point out that pizza is not the only draw at B.J. Willy's.

"We are an upscale pub ... with full offerings of beer (16 beers on tap, local, imported and domestic), a full bar — a nice wine list. We like to consider ourselves casual, but sophisticated — pizza is really only 20 percent of our product mix," he said.

At B.J. Willy's, you'll find a list of mouth-watering appetiz-

ers, including Bacon Wrapped Stuffed Jalapeños which feature chorizo sausage, cotija and jack cheese, wrapped in smoked bacon.

"We have a full listing of burgers and unique sandwiches. We do what we call Pub Grub (on our menu), that has things such as fish and chips and baby back ribs. We do our own Rotisserie Chicken," Johnson said.

Everything at B.J. Willy's is made from scratch and food allergies are considered. For instance, they make all their sauces for the popular chicken wings. For those with gluten concerns, B.J. Willy's has gluten-free noodles and gluten-free pizza crust. Outdoor seating is available at

B.J. Willy's — a great choice as we enter the last stretch of summer. You can unwind with a beverage while viewing Progress Lake in the background.

Occasionally, Johnson will get feedback from customers reminding him that B.J. Willy's pizza is, indeed, old-school. Johnson recalled a recent visit from a couple — the wife from Italy, the husband from France.

Johnson said, "They said they had not been able to get pizza like this, outside of Italy."

Enjoy these — and other items — from B.J. Willy's menu:

■ *For an appetizer, try the Oyster Shooter — a small oyster served in a shot glass with a flavorful combination of cocktail sauce, horseradish and lemon — \$1.99.*

■ *Try B.J.'s House Salad with romaine lettuce, iceberg lettuce, mushrooms, cheddar cheese and more in addition to your choice of dressings — \$5.99.*

■ *If your mouth is watering for a woodfired pizza, choose the Italian Stallion. This pie is topped with tomato sauce, mozzarella, pepperoni, salami, prosciutto, Italian sausage and red onions.*

■ *If a sandwich beckons you, order the Cheese Steak Sandwich complete with thinly-sliced grilled steak, sauteed sweet onions, green peppers and melted provolone — \$9.99.*

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Q: What special services or products will customers find when they visit New Seasons' meat department?

A: We have a full-service meat and seafood department staffed by a team who will not only cut and wrap your meat and fish, but offer suggestions for preparation, share information about the local ranchers who raised the meat or fishers who catch our fish, and prepare custom orders on request. Our staff really cares about the quality of the meat and seafood that we offer, and we want to give our customers remarkable, high-quality food that's been handled with care.

Q: With now being peak barbecue season, what suggestions to do you have for your customers?

A: Our selection of cuts that work great on the grill is enormous. A Country Natural Beef New York or top sirloin steak makes a satisfying meal, and ribs

slathered in sauce are a summertime must. Some people think of tri-tip as more of a roast, but it's an ideal cut for grilling and can feed a lot of guests at a barbecue. Our house-made sausages come in so many flavors, from bratwurst to chorizo, and varieties — chicken, pork and lamb — there's truly something to please everyone. Our marinated skewers, featuring beef, pork, chicken and even salmon, are made in-house daily ready for the grill. And our good, old-fashioned burgers always taste delicious because our beef is raised sustainably, on vegetarian feed without hormones or antibiotics.

Q: What are your most popular meats and sauces people can find at New Seasons:

A: Chicken breasts are always popular, because they're incredibly versatile. In the summer we see lots of people selecting our ground beef, which we ground fresh on site daily for burgers. Our homemade custom burgers have also become cus-

tom favorites. It's hard to resist our Bacon Cheddar Burger and Blue Cheese and Thyme Burger. The Teriyaki Beef Kabobs are great, and anything with the Asian Plum marinade is a winner. We make all of our sauces, marinades and rubs in-house, and we'll even pre-season our customer's meat at the butcher counter — just ask!

Q: What is different about the quality of the meats that you carry?

A: All our meats are raised on vegetarian diets without the use of hormones or antibiotics, but what sets us apart are the relationships with our producers. We know the people who raise the meat, and we call them our friends. Everyone in the department, from the buyers to the clerks, have the opportunity to visit ranches and see first-hand how well the animals are treated, learn the importance of taking good care of the land, and understand that what motivates these ranchers goes beyond money.



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BEER & WINE TASTINGS

Friday, 8/17 • 4-7pm

This exciting crop of direct-imported wines is from our friends at Small Vineyards. Some of these wines have production runs as small as 100 cases, many from small and sustainable wineries around Italy. This is one tasting you don't want to miss.

Saturday, 8/18 • 2-5pm

This Northwest cult producer will be bringing a full appointment of their stellar wines. Always known for their bold blends, we will also taste varietal wines of character and distinction.

Friday, 8/24 • 4-7pm

NE Portland knows no finer than the good folks at Alameda. At 130 IBUs, their Yellow Wolf Imperial IPA is one of the hoppiest out there, and the full range of brews shows grace across all categories.

Saturday, 8/25 • 2-5pm

Come have your "I was there when..." moment with the latest Portland juggernaut. Today we will have their IPA and dark saison, as well as a special draft beer of the brewer's choosing.

Friday, 8/31 • 4-7pm

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