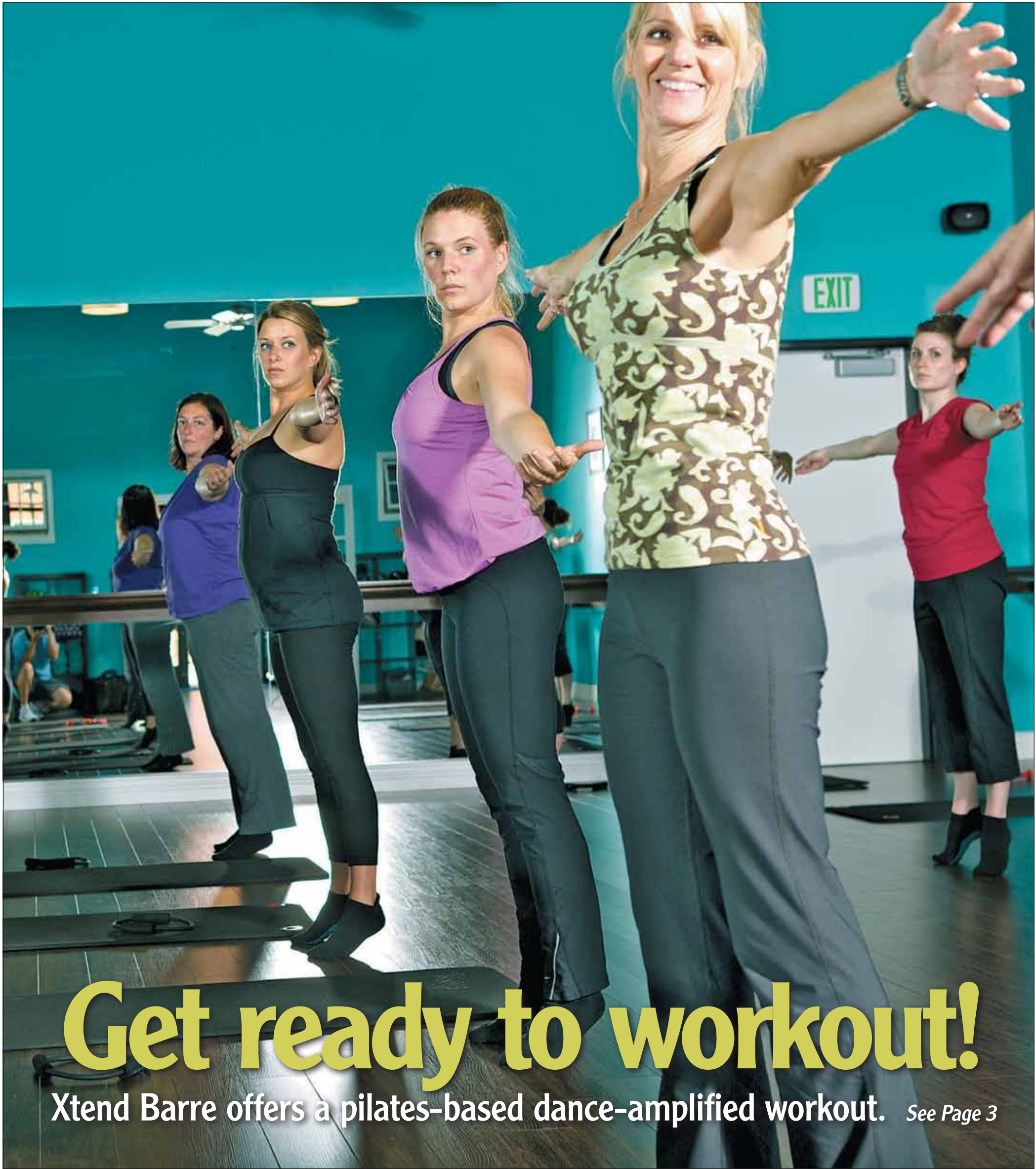


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## Get ready to workout!

Xtend Barre offers a pilates-based dance-amplified workout. *See Page 3*

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**2** Progress Ridge TownSquare is easy to find. See our easy to read map on Page 2



**5** Find a complete list of all the merchants at Progress Ridge TownSquare on Pages 4 and 5



**6** Having a summer wedding? We've got you covered! Turn to Pages 6 and 7



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**On the cover:** Ladies exercise to the Xtend Barre workout at the new Progress Ridge fitness center. The workout is a combination of dance and Pilates exercises.

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# Achieve a chiseled dancer's body without being a dancer

**Xtend Barre at Progress Ridge offers pilates-based dance-amplified workouts for all fitness levels**

By **SCOTT KEITH**

**I**t's a workout regimen, combining ballet with pilates, that you may not be aware of.

Whatever your age or body shape, you might want to drop by one of Progress Ridge TownSquare's newest establishments: Xtend Barre.

Xtend Barre, owned by Sara Peelle, Emily Harrington and Whitney Mallard, is a pilates-based dance-amplified workout.

**"You don't have to have a dance background or a dancer's body. You learn as you go. We are open to all fitness levels... it's a very safe and effective, efficient workout."**

**— Sara Peelle**

band – to create some resistance."

Ballet-type movements are part of Xtend Barre (pronounced Extend Bar), but don't worry, you don't have to have the skills and grace of Mikhail Baryshnikov.

"You don't have to have a dance background or a dancer's body. You learn as you go. We are open to all fitness levels... it's a very safe and effective, efficient workout," Peelle said, noting the program is also open to prenatal and postnatal women.

Xtend Barre can benefit all fitness levels, whether you want to sculpt your body or shed a whole lot of weight. "Even if you haven't worked out in two years, you'll come in and take a class – we can modify or advance every exercise to fit the person's fitness level," she pointed out, adding that all ages are welcome to participate.

Classes are offered at Progress Ridge seven days a week at hours that will fit your convenience. Instructors are required to have a Pilates Mat Certification.

Peelle recalled her own background

in pilates.

"I began doing pilates when I was in physical therapy school. I have my doctorate in physical therapy from Loma Linda University," she said. "I'm a marathon runner, so doing pilates came natural for me, as kind of a complementary exercise."

**Classes are offered at Progress Ridge seven days a week at hours that will fit your convenience.**

Peelle is receiving positive feedback from her Progress Ridge TownSquare customers.

"They're just loving it. The response is great. Clients are so excited to have something like this in their community," she said. "It's a really upscale type of workout for women, and it's something you don't find at the gym. You see results right away. Every class is different."

Xtend Barre is not just for women. Men are welcome, although they may be a bit skittish at first. Peelle admits not many men take part.

"At our studio in San Diego, we have one male client that comes back quite a bit," Peelle said. "I think the guys are a little intimidated because of the dance elements. But if they got in there and try it, they would love it."

If you are interested in trying out Xtend Barre, visit their website at [www.xtend-barrebeaverton.com](http://www.xtend-barrebeaverton.com). Better yet, Peelle invites you to stop by: "Come try Xtend Barre. You can obtain that chiseled dancer's body without having to be a dancer."

*For more information about Xtend Barre call 503-610-3214.*



**Xtend Barre Instructor Angie Sanders leads her a class at the Progress Ridge studio.**



**Ladies exercise to the Xtend Barre workout at the new Progress Ridge fitness center. The workout is a combination of dance and Pilates exercises.**

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# Who we are!

**NEW SEASONS MARKET** – New Seasons Market was founded in 2000 by three Pacific Northwest families. Locally owned and operated, New Seasons is known throughout the community for offering items from Northwest farmers, ranchers, fishers and specialty food producers. Unique to the Progress Ridge TownSquare store are an in-house bar (featuring wine and beer) and The Seasonal Greens, where they will make you a salad, exactly to your liking. Each year, New Seasons gives 10 percent of its after-tax profits to more than 650 non profits and community groups. [www.newseasonsmarket.com](http://www.newseasonsmarket.com). Phone: 503-597-6777

**ACE HARDWARE** – Ace Hardware stores, located throughout the United States, are independently owned and operated. Ace offers a wide selection of hardware and fix-and-replace products. Lawn and Garden supplies include: farm supplies, lawn and garden tools, outdoor lighting, sprayers and bird feeders. Ace also offers paint supplies, home goods and plumbing, electrical, auto supplies and much more. [www.acehardware.com](http://www.acehardware.com). Phone: 503-747-0299

**PERFECT LOOK FAMILY HAIR CARE** – Perfect Look offers high quality professional hair care services at easy-to-manage prices. Cuts and styles are available for adults, children and seniors. Perfect Look offers a wide variety of popular hair care products, including Paul Mitchell, Joico, Nioxin, Biolage, Sebastian and American Crew. Perfect Look offers a variety of color services using Scuples color. [www.perfectlooksalons.com](http://www.perfectlooksalons.com). Phone: 503-590-6640

**AIM MAIL CENTER** – Aim Mail Centers are full-service centers that will help serve your postal needs on even the most stressful day. These centers provide one-stop service. You'll get help with shipping and freight. Aim offers passport and Visa photos, private mailboxes, printing, photocopies and personalized rubber stamps. You can use their FAX services and also schedule an appointment to see a notary public. [www.aimmailcenters.com](http://www.aimmailcenters.com). Phone: 503-747-2278

**UMPQUA BANK** – Umpqua Bank offers a variety of personal services, including checking, savings, CD's, mobile banking, online banking and bill pay. Umpqua also offers assistance with wealth management, loans and retirement IRA's. Umpqua, says its website, wants to shape its neighborhood and engage with its neighbors through community giving and community action. Visit Umpqua Bank at [www.umpquabank.com](http://www.umpquabank.com). Phone: 503-601-6780

**THE BARBERS** – Men of all ages will enjoy the extra care provided at The Barbers. The Men's Cut offers a precision, barber-style hair cut. Youngsters can enjoy their first-ever hair cut with the Kid's Cut. And if you're over 55, take advantage of the Senior Citizen's hair cut. The Barbers also offers beard trims and highlights. Oh yes, The Works is, according to The Barbers, the "best bang for your buck." The Works gives you a shampoo, scalp massage and a hot lather neck shave. [www.thebarbersonline.com](http://www.thebarbersonline.com) Phone: 503-430-7344.

**ASIAN CUISINE EXPRESS** – This locally-owned and operated take-out eatery (complete with seating, if you prefer)

**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.**

features Chinese and Korean treats, as well as Sushi. If you're on the go, select from menu items including boneless ribs, beef ribeye, marinated chicken, spicy pork and spicy rice cake. Select an egg roll or order panfried pot stickers or tempura shrimp. You may contact Asian Cuisine Express at 503-747-3114.

**DIVA NAIL AND SPA** – Diva offers regular manicures. Your nails and cuticles are groomed and buffed. The Deluxe manicure is a 30-minute session. You can choose the aroma of mint, lavender or Orange Citrus. A sea salt scrub and hand massages are offered. The session ends with a hot towel and polish. The Shellac manicure is their longest-lasting polish. Diva also offers a body wrap (five sessions), eye lash extensions and smooth body waxing. You may reach Diva Nail and Spa at 503-747-7212 or visit them on Facebook at Diva Nail & Spa.

**FRANGIPANI THAI** – This eatery features Lao and Thai cuisine. Takeout and dining are offered at the Progress Ridge location. If you're hungry for soup, try Tom Yum soup, with spicy lemon grass and galanta root. Pad Thai noodles are offered along with stir fry and curry dishes. Specialty items include Lemon Grass Chicken, Thai Pepper Steak and Ginger Duck. Try some sweet sour fish or ginger salmon on the seafood menu. You may contact Frangipani Thai at 503-579-7542.

**CINETOPIA** – Cinetopia is one of the anchor tenants at Progress Ridge TownSquare. Each auditorium offers plush ultra leather extra-wide seats with plenty of leg room. The Grand Auditoriums provide luxury seating; you'll enjoy digital super high definition film quality. The more intimate living room theaters offer restaurant table service. Located within Cinetopia is the Vinotopia Restaurant, which is open for lunch and dinner. [www.cinetopia.com](http://www.cinetopia.com). Call 503-597-6900.

**BIG AL'S** – Big Al's is another anchor business. When you finish a few rounds of bowling, take your kids to the 7,000 square-foot arcade. Games include DDR Supernova, H2Overdrive, Tank, Tank, Tank and Typhoon Simulator. Big Al's Sports Bar and Grill will make you feel as if you're in a stadium on a Saturday or Sunday afternoon. Plasmas are offered for your viewing pleasure. Party packages for young and old are available. Visit [www.ilovebigals.com](http://www.ilovebigals.com) or call them at 503-748-6118.

**POSH BABY** – This lifestyle boutique handles the needs of children and mothers alike. Eco-friendly and stylish products are offered. You'll find girl's and boy's apparel, shoes and socks, plush toys and dolls, and baby and children's clothing. There's a variety of furniture, including bassinets, changing tables and beds/bunks. Toys are available for newborns all the way up to youngsters 6 and above. [www.poshbaby.com](http://www.poshbaby.com). Phone number is 503-747-3539.

**PARKLANE MATTRESSES** – In business since 1921, Parklane Mattresses offers a direct-to-consumer model. They design and create their own mattresses in an effort to provide high-quality products at affordable prices. You'll find memory foam, luxury coil and pocketed coil mattresses. Accessories include pillows and sheets. Parklane offers a 30-night comfort guarantee. [www.parklanemattresses.com](http://www.parklanemattresses.com). Phone: 503-521-9071

**RIVERMARK COMMUNITY CREDIT UNION** – Oregon-based and locally owned, Rivermark offers a number of financial services. Rewards and free checking are available. Rivermark provides money market certificate and IRA services. Check in to getting an auto loan, home loan, student loan, personal loan, or yes, even a bicycle loan. Insurance and investment services are available. Rivermark Community Credit Union is involved in the community. Each year, the credit union supports many community causes including their annual Dough for Doernbechers cookie dough event. [www.rivermarkcu.org](http://www.rivermarkcu.org). Phone number: 503-626-6600.

**PICCOLO MONDO TOYS** – This family-owned business offers innovative toys for kids of all ages. Many of the toys help stimulate the imagination. Piccolo Mondo, meaning "small world" in Italian, offers arts and crafts, Calico Critters, cars, trains, vehicles, dolls, dollhouses, games, puppets, puzzles and ride-on toys. Toys are featured from around the world. [www.piccolomondotoys.com](http://www.piccolomondotoys.com).

**BROW BETTY** – Brow Betty is an eyebrow and waxing bar. Estheticians tend to brows seven days a week; they'll also offer you tips and tricks. Brow Betty offers brow shaping, facial waxing, body waxing and tinting services. They sell Betty Beauty products and Beau Bain Bath Bombs, which contain natural oils. Brow Betty likes to say, "Perfect Eyebrows in the Bat of an Eye. No Lie." [www.browbetty.com](http://www.browbetty.com). Phone: 503-718-7378

**T-MOBILE** – T-Mobile USA is a national provider of wireless voice, messaging and data services. T-Mobile is capable of reaching nearly 300 million Americans. T-Mobile offers cell phones, Android phones, smartphones, Internet devices, laptop sticks and individual and family plans. [www.t-mobile.com](http://www.t-mobile.com).

**B.J. WILLY'S WOODFIRED PIZZA AND PUB** – The Progress Ridge TownSquare location will feature 2 woodfired ovens and the largest bar yet, with 12 beer taps. B.J. Willy's is famous for the Margherita, Primo-Vera and Blind Onion pizzas. You'll enjoy Sicilian-style pizzas, gourmet burgers, pasta dishes and sandwiches. There will be indoor/outdoor seating for over 200 patrons. Sandwiches include the Meatball and Grilled Mahi. [www.bjwillys.com](http://www.bjwillys.com). Phone: 503-747-7319.

**AVA ROASTERIA** – Ava Roasteria not

only sells fresh-roasted coffee, but offers pastries, cakes, gourmet sandwiches (made to order) and soups. The sandwiches include the Very Veggie, with garlic aioli, pesto, tomato, fresh mozzarella and spinach. Another favorite sandwich is the Chicken Cordon Bleu, featuring grilled chicken breast, ham and provolone. Coffee is made from hand-selected coffee beans. [www.avaroasteria.com](http://www.avaroasteria.com).

**A FLAIR FOR GIFTS AND HOME** – This quaint shop will feature home decor and specialty gift items. Among the featured items: picture frames, decor items, jewelry, candles, scarves, soaps, lotions and vases. A Flair for Gifts and Home will celebrate several holidays during the year, offering numerous seasonal items. [www.aflairforgiftsandhome.com](http://www.aflairforgiftsandhome.com). Phone: 503-524-6616

**PLAY BOUTIQUE** – Play Boutique offers a modern, social place with creative play, lifestyle and wellness services and enriching activities. The idea behind Play Boutique is to inspire family excellence. Bonding is important at Play Boutique. The atmosphere is designed to get families to spend quality time together. Play Boutique will design parties for your youngsters.

**MENCHIE'S FROZEN YOGURT** – It doesn't have to be summer to enjoy frozen yogurt. Menchie's offers rotating flavors and a wide variety of toppings, including fresh, locally-grown fruit. You don't have to feel guilty adding lots of toppings, because you pay by the weight, not by the topping. Regular flavors include blueberry tart, chocolate espresso, Georgia peach and orange cream. No-sugar-added varieties include boysenberry and french vanilla. There are also dairy-free options. [www.menchies.com](http://www.menchies.com).

**CELEBRITY TAN** – Celebrity Tan is an upscale world-class tanning salon. State-of-the-art tanning beds provide several levels of tanning. Premium lotions are offered, featuring Australian Gold, Designer Skin and Supre Hempz product lines. A tanning specialist will help determine the type of lotion for you. If you have questions about tanning, you may click on the "tanning guide" tab at the Celebrity Tan website. [www.celebrity-tan.com](http://www.celebrity-tan.com).

**SWEET SIREN** – Sweet Siren is a woman's clothing boutique featuring fun, unique items and accessories. Locally-owned Sweet Siren offers jewelry, scarves, jackets, shoes – something for all ages. Sweet Siren provides personal service. In fact, you can take advantage of private shopping by appointment. Phone: 503-716-8182

**GENTLE DENTAL** – Gentle Dental offers full-service dental care, including cosmetic and specialty dentistry. General dentistry services include restorative and emergency services. Cosmetic dentistry includes teeth whitening, implants and crowns. Gentle Dental will help make

payment arrangements to suit your needs and accepts most insurance plans. [www.gentle1.com](http://www.gentle1.com). Phone: 971-205-5822

**CORNELL URGENT CARE** – Cornell Urgent Care provides urgent medical service for many injuries and illnesses. You can visit Cornell Urgent Care for lacerations, fractures, sore throats, ear aches, urinary tract infections and many other non-life threatening emergencies. A board-certified emergency physician is on hand to help. Walk-ins are welcome. No appointments are necessary. Cornell accepts several of the popular insurance plans. [www.cornellurgentcare.com](http://www.cornellurgentcare.com).

**FULCRUM FITNESS** – Fulcrum Fitness offers bootcamp-style workouts that combine strength and conditioning. Fitness experts follow a formula known as the Fulcrum Programming Matrix. The idea behind Fulcrum Fitness is to get you exercising on a regular basis so you can avoid the exercise burnout that so many people experience. When you arrive, you'll see the workout of the day on the whiteboard. This will help you take the guesswork out of your workouts and keep you motivated. [www.fulcrumfitness.com](http://www.fulcrumfitness.com).

**ZIBA SALON** – Ziba Salon is a hair salon that features waxing, highlights and smoothing – "Everything about Hair." Locally owned and operated, Ziba Salon also sells hair products, such as shampoos and conditioners. Ziba means "beautiful" in Persian. Phone: 503-430-0008

**BLACK EAGLE MARTIAL ARTS** – Black Eagle Martial Arts is locally-owned by 'Master' Angel Kimball. Classes offered will be hapkido kidz (ages 3 ½ and up), hapkido for adults, cardio kickboxing and nutrition and weight loss challenge coaching. Regular 'guest' arts offered at the school: Muay Thai, Capoeira, Brazilian jujitsu, MMA and Ninjitsu. Kimball incorporates character development into the curriculum. Kimball is a 4th degree BB in Hapkido (a 'master') and a 2nd degree BB in taekwondo.

**FUDDRUCKERS** – In business since 1980, Fuddruckers is a family favorite offering the "World's Greatest Hamburgers." The patties are fresh, never frozen, 100 percent all-American premium-cut beef. The patties are placed on sesame-topped buns that are baked from scratch. Specialty Burgers include the Southwest (with smokehouse bacon), The Works, and for those who like a bit of spice – The Inferno (with spicy jalapenos). [www.fuddruckers.com](http://www.fuddruckers.com).

**BEAVERTON EYE HEALTH** – Just opened is Beaverton Eye Health. Their focus is on family-oriented vision and eye medical services, and is led by Adina Zapodeanu, M.D. Beaverton Eye Health will employ a staff of two to three opticians. The office is committed to excellence in patient eye care, high professional standards, respect and understanding for the human being needs.

**SUBWAY®** – The world's largest submarine sandwich chain is now open at Progress Ridge TownSquare. Subway is considered the leading choice for people seeking quick, nutritious meals that the whole family can enjoy. Subway is guided by the passion of delighting customers by serving fresh, delicious, made-to-order sandwiches.





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# HAVING A SUMMER WEDDING?

By **SCOTT KEITH**

**A**s we ease into another Pacific Northwest summer, thoughts turn to hiking, boating, fishing and recreation. For some, a summer wedding may be right around the corner. It's nerve-racking enough to figure out if the sun will shine on your July, August or September wedding. After all, this is not San Diego.

Whether your special day takes place indoors or outdoors, it's never too early to start making your wedding plans and the merchants at Progress Ridge TownSquare are ready to help.

Your friendly Progress Ridge TownSquare merchants offer everything from clothing to accessories, tasty treats and even a bridal registry. And they offer many choices when it comes to looking your best on your special day.

Here's a quick list of some of the many services available close to home by your Progress Ridge merchants:



**Silkwood at Progress Ridge offers custom-made wedding dresses and accessories by O'Peal Art.**

## Let the merchants at Progress Ridge TownSquare make your life easier

### Silkwood

Give Silkwood at least two weeks notice of your wedding, and they'll provide custom-made lace wedding dresses perfect for your special day. They also offer custom-made mother-of-the-bride and mother-of-the-groom dresses. Silkwood can also provide all alterations. Wedding dresses start at \$499. Gifts ideas include hand-made wedding jewelry, bachelorette gifts, candles and spa items.

**Phone:** 503-747-7041

**Web:** [www.silkwood.us](http://www.silkwood.us)

### Sweet Siren Boutique

Sweet Siren offers bridal accessories. Rhinestone jewelry is available in the \$18 to \$32 range. Gifts for bridesmaids include earrings, necklaces, bracelets and wallets. For your honeymoon, you'll be able to find colorful fun tops in the \$12 to \$32 range (styles can vary through the summer).

**Phone:** 503-716-8182

**Web:** [www.sweetsirenboutique.com](http://www.sweetsirenboutique.com)



**Wedding accessories such as earrings are available at Sweet Siren at Progress Ridge.**

### A Flair for Gifts and Home

For your wedding reception or party, ask about plastic wine glasses or a glass decanter for wine. They also offer bridal shower cards to go along with any gift. Other special items for your party include Votive Candles, Paper Napkins and Place Mats.

**Phone:** 503-524-6616

**Web:** [www.aflairforgiftsandhome.com](http://www.aflairforgiftsandhome.com)



**Simple but elegant wedding reception accessories are available at Flair for Gift and Home at Progress Ridge.**

### Ace Hardware

Sign up on their bridal registry and look for great gift items perfect for the home: garden decorations, tool boxes, houseware items, coffee pots, toasters and much more. More information on the bridal registry will be located on their website [www.aceprogressridge.com](http://www.aceprogressridge.com).

**Phone:** 503-747-0299

### The Barbers

Let's not leave off the guys in this list of wedding choices. The Barbers, at Progress Ridge TownSquare, will get the groom all spiffed up for the moment (we hope) he responds, "I do." The Barbers offers "The Works," which features a haircut, shampoo and scalp massage and a hot lather neck shave for \$19.95. If you're a groom who's over 55, take advantage of the senior citizen haircut, at \$12.95. Beard trims are also available.

**Phone:** 503-430-7344

**Web:** [www.thebarbersonline.com](http://www.thebarbersonline.com)

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## Discover Progress Ridge TownSquare



**Watch for our next issue  
on August 16th!**

## Ziba Salon



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### Perfect Look Family Hair Care

For women, try an Up-do, for wedding-style hair. It's \$30 per hour. Highlights are popular – 10 percent off all color. Perfect Look carries an extensive variety of hair products, such as moisturizers, conditioners and shampoos.

**Phone:** 503-590-6640

**Web:** [www.perfectlooksalons.com](http://www.perfectlooksalons.com)

### Diva Nail & Spa

You'll want your nails to look extra special on your wedding day. Or make it a spa day with your bridesmaids by visiting Diva Nail & Spa. They offer manicures, pedicures and a wide variety of services, including microdermabrasion. Facial services are offered and you can try the five-session Body Wrap.

**Phone:** 503-747-7212

### Brow Betty

Brow Betty likes to say, "Perfect eyebrows in the bat of an eye....no lie." And who wouldn't want great eyebrows on their wedding day. Brow shaping is offered for \$20, and that's not all. In the back room, ask for "The Full Betty," which is a Brazilian bikini. The price for this service is \$65.

**Phone:** 503-718-7378

**Web:** [www.browbetty.com](http://www.browbetty.com)

### Ziba Salon

Ziba Salon offers many professional services to get you looking your best before the ceremony. In addition to women's and men's haircuts, Ziba offers partial colors, weaves, partial weaves, corrective colors, perms and Japanese straightening. You may also try a Brazilian Blowout or a brow or lip wax.

**Phone:** 503-430-0008



Ziba Salon's Malihe Khany enjoys assisting clients with their choices of wedding styles.

### New Seasons Market

The floral department will be happy to show you bridal bouquets, corsages and boutonnieres that will look beautiful at your wedding. Dahlias, sunflowers and zinnias are great summer choices. New Seasons floral department offers free wedding consultations, but call at least a couple of weeks ahead of time.

Over in the pastry section, you may order sheet cake, cupcakes or brownie-bar platters for your reception or party. Mini cupcakes are another party favorite, featuring chocolate, vanilla and red velvet.

**Phone:** 503-597-6777

**Web:** [www.newseasonsmarket.com](http://www.newseasonsmarket.com)



The master florists at New Seasons will create corsages and boutonnieres to your wedding specifications.

### Fulcrum Fitness

Perhaps it's time to get in shape in advance of your wedding day. Fulcrum Fitness provides a "matrix system" that offers a supportive community and a great deal of personal attention. The bootcamp workouts will slim you down.

**Web:** [www.fulcrumfitness.com](http://www.fulcrumfitness.com)

### Xtend Barre

Xtend Barre offers you a workout that combines ballet with pilates. This innovative exercise program is open to both brides and grooms before and after the wedding.

**Phone:** 503-610-3214

**Web:** [www.xtendbarrebeaverton.com](http://www.xtendbarrebeaverton.com)



Give the gift of Xtend Barre good health to both bride and groom after the wedding.

### Gentle Dental

Before your wedding, you'll want to make sure your teeth are shiny and fillings are filled. Drop by Gentle Dental at Progress Ridge Town-Square and take advantage of state-of-the-art dental facilities and equipment. Services include cleanings, x-rays, fillings, crowns, bridges and teeth whitening.

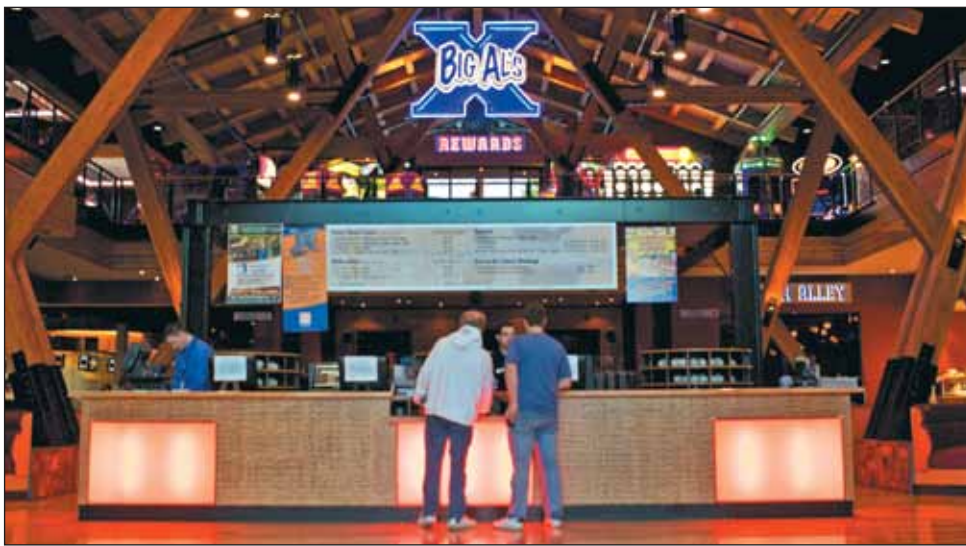
**Phone:** 971-205-5822

### Rivermark Community Credit Union

When you get married, money management becomes essential. Rivermark Community Credit Union offers several services to make your banking stress-free. Rivermark offers rewards checking, free checking, direct deposit and the recently-unveiled mobile deposit application.

**Phone:** 503-626-6600

**Web:** [www.rivermarkcu.org](http://www.rivermarkcu.org)



For something truly different and fun try having the groom's bachelor party at Big Al's. Bowling, arcade play and a great sports bar atmosphere add up to a rousing success.

### Vinotopia

The stress involved in putting together a wedding can make you hungry. Pamper yourself after the wedding rehearsal with a meal at Vinotopia, which is located next to Cinetopia. The menu includes such tasty items as the curry bowl, 12 oz. New York Strip and The Burger, with all the fixings.

**Phone:** 503-597-6911

**Web:** [www.cinetopia.com](http://www.cinetopia.com)

### B.J. Willy's Woodfired Pizza & Pub

Perhaps you're looking for a cozy place to pop the big question. If so, B.J. Willy's Woodfired Pizza & Pub may be just the place. With the ambience of the wood-fire in the background, your favorite glass of wine and her favorite appetizers, how could a girl say no?

**Phone:** 503-747-7319

**Web:** [www.beaverton.bjwillys.com](http://www.beaverton.bjwillys.com)

### Big Al's

You've made it through the rehearsal. Now it's time to relax and have fun prior to the big day. What better place to hold a bachelor party than at Big Al's. Try your hand at bowling or play in the upstairs arcade. Enjoy a 10,000 square-foot sports bar, featuring huge TV screens. They offer great food from the grill, including Big Al's Famous Nachos.

**Phone:** 503-748-6118

**Web:** [www.ilovebigals.com](http://www.ilovebigals.com)

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**HAPPINESS**

## New Seasons Market On the Go

Summertime is the season for travel! Whether it's a day trip to your favorite hiking trail at a nearby park, a long weekend at the coast or the annual family road trip, you're going to need to eat. Let us help you stock your backpack, cooler and carry-on with foods and drinks to fuel your body and nourish your soul. Grab some wine, cheese, fresh bread and fruit, and your picnic is ready to go—just don't forget the bottle opener! Stash some trail mix in your bag for a quick pick-me-up on that long layover, and single-serve nut butter packets with crackers to keep the kids happy in the back seat. And slather on the sunblock—it's going to be a hot one!

## PROGRESS RIDGE

14805 SW Barrows Road • Beaverton, OR 97007 • 503.597.6777



### Sign up for eNews!

Peruse the latest specials, details about weekend tastings and more, every week from the comfort of your inbox. Scan the code to the right with your smart phone to sign up, or visit:

[NewSeasonsMarket.com/talk-with-us/e-newsletter](http://NewSeasonsMarket.com/talk-with-us/e-newsletter)



## UPCOMING EVENTS

**Thursday, August 2nd, 5-8pm**

**First Thursday: Taste of Summer!**

Peaches, plums, apricots, nectarines, cherries—oh my! There are so many ways to make the most of our Northwest stone fruit season, join us for cobbler and other summer treats!

**Saturday, August 4th, 10-11:30am**

**GLUTEN-FREE STORE TOUR**

*with Leah Kriewall, MS, RD*

Bring your walking shoes for a tour that shows, aisle by aisle, the myriad products available at New Seasons Market for those avoiding gluten. We'll provide our comprehensive gluten-free shopping list; as well as recipes and valuable resources for navigating this diet.

**Visit our Beer & Wine Department**

**Blue Mountain Ciders**

**Saturday, July 14th, 2-5pm**

**Drink Pink!**

**Saturday, July 14th, 3-6pm**

**Coppola Wines**

**Saturday, July 21st, 2-5pm**

**Taste Italy**

**Friday, July 27th, 4-7pm**

**Meet the Brewer: 10 Barrel Brewing's Taphandle Takeover!**

**Saturday, July 28th, 2-5pm**

## Weekend Tastings

Join us every weekend, 11am-5pm, for free samples!

**July 14th & 15th • ICE CREAM    July 21st & 22nd • GRILLED SEAFOOD**

**July 28th & 29th • STONE FRUIT & BERRIES**

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[NewSeasonsMarket.com](http://NewSeasonsMarket.com)

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