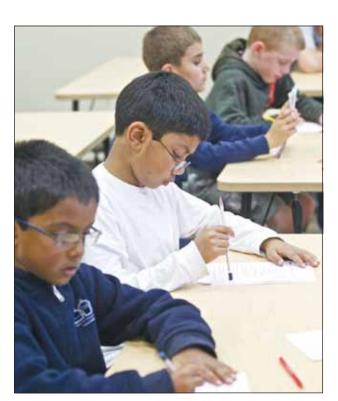
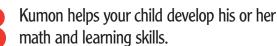
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On the cover: Connor Janes, 2-1/2 years old, plays with a workbench made by Red Toolbox at Piccolo Mondo Toys.

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# Build your child's confidence in math and reading skills

### Kumon at Progress Ridge helps students learn on their own

By **SCOTT KEITH** 

ome of us simply can't stand math. Yet others seem to be human calculators, so good at math that they are able to work through complicated number formulas with ease. While some public school students struggle with their multiplication and division, others need more of a math challenge from their teachers.

An instructor in the Beaverton area knows we're all different when it comes to learning math and reading. Marga Bailey works at Kumon at Progress Ridge Town-Square in Beaverton.

Kumon was founded in 1954 in Japan by a math teacher.

The Kumon program (385 students at Progress Ridge) helps both remedial students and students who need a greater challenge. The program, which serves youngsters from three years of age to 18, complements traditional school.

"Public schools use more of a conceptual math program. Kumon is a traditional math, that's a world-wide math," Bailey said. "Colleges teach universal, world-wide traditional math. Our schools don't always do that, so the kids will be much better prepared for college if they have both."

The Kumon program (available in 47 countries), helps with math and reading and is based on ability.

"We're looking at their skill level, where they're comfortable. We're not looking at whether they're a fourth, second or a sixth grader," Bailey mentioned.

"Most students (in school) are working at a different level. They're maybe struggling in school a little bit. So their actual foundation skills are pretty weak," Bailey said. "We have to get those solid before they can work independently above grade level. The other piece of Kumon is independence—learning how to learn on your own."

Worksheets are critical in the Kumon program. There's a complete curriculum from pre-school levels to college calculus.

"I don't teach. I facilitate the worksheets (for reading and math). The teaching is ac-



Kumon, the largest after-school math and reading academic enrichment program, welcomes new students at Progress Ridge.

tually in the worksheets. They learn from example, they learn from practicing — they also learn how to think about what the next little step is, rather than wait for me to show it to them," Bailey said.

Kumon is a confidence builder for

"Too many kids don't have the confidence in math (or reading) — with Kumon, they get to that confidence level," Bailey said

Bailey, whose background is special education, has been a Kumon instructor for 15 years. She said most parents want the best for their kids.

"They want their child to do well. That's the one thing I love about Kumon. I haven't ever had a student that didn't do well," Bailey said

"I love it. That's why I do it.

#### CONTACT INFORMATION

Kumon at Progress Ridge TownSquare

Address: 12325 S.W. Horizon Blvd. Ste. 221 Upper level of Progress Ridge – a few steps from Cinetopia

33\_118733\_15383\_1012

**Phone:** 503-639-7219 **Web:** www.kumon.com

Web: www.kumon.com

For information on he

For information on how to enroll, visit the website or email Bailey at margabailey@ikumon.com



Kumon Math Specialist Robert Salvia helps a student at the Progress Ridge location.



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# TURKEY TIME

### at New Seasons Market

# But hurry, reservations for your Thanksgiving turkey are open through November 17



New Seasons Market can provide you with a traditional Thanksgiving feast.

By **JORDY BYRD** 

olidays can be stressful. Relatives and in-laws are sometimes erratic, sometimes the eggnog is spiked a few thimbles too much and 20 pound turkeys don't just cook themselves. But don't worry — the deli at New Seasons Market is here to help.

Just in time for Thanksgiving, the deli will be rolling out hand-made appetizers, entrées and full dinner packages that will please your pickiest eater and relative with "I think a lot of people find us for the first time at the holidays and then they become regular shoppers. There is something about restaurant people that whenever we are pressed, we seem to shine."

- Ronnie MacQuarrie, Progress Ridge Chef

a gluten allergy.

Progress Ridge Chef Ronnie MacQuarrie and her team are making magic in the kitchen. MacQuarrie has more than 20 years of cooking experience and about

seven years experience with New Seasons Market under her apron.

"Food has just always been a big part of my life," she said. "I really enjoy my job here. It's a fantastic place to work and we get to work with great product."

The California native studied at the New England Culinary Institute. While working in San Francisco, she visited Portland, fell in love, and immediately moved to the city she now calls home. MacQuarrie said New Seasons Market at Progress Ridge is gearing up for the busiest time of year.

"I think a lot of people find us for the first time at the holidays and then they become regular shoppers," she said. "There is something about restaurant people that whenever we are pressed, we seem to shine."

The deli's grab-and-go case will feature a variety of baked bries, artichoke dip, caramelized shallot dip, clam dip, smoked salmon spreads and more. Side dishes include a variety of orange glazed yams, roasted root vegetables, brussels sprouts, buttermilk mashed potatoes, green beans with wild mushrooms, potato sage rolls, scalloped potatoes, quinoa mushroom stuffing, cornbread stuffing, savory bread stuffing, soup, gravy, cranberry sauce and more

"The side dish package is really popular," MacQuarrie said. "It kind of takes some of the stress out of the holiday."

Less experienced cooks or those just rushed for time, may also choose from a menu of packaged dinners. A traditional turkey package dinner feeds four to six, or eight to 10 people, and includes a choice of stuffing, vegetables, pumpkin pie, dinner rolls and a precooked Diestel turkey which takes about two to three hours finished baking time at home.

The turkey dinner for two package includes a choice of stuffing and vegetables, roasted butternut squash soup, rolls, turkey gravy and cranberry sauce, a stuffed Diestel turkey breast chop and vanilla poached pear and almond tarts.

The gluten free dinner package (items can be purchased separately) feeds four to six people and includes a Diestel turkey,

quinoa stuffing with mushrooms and kale, buttermilk mashed potatoes, vegetables, turkey gravy, gluten free corn bread muffins and gluten-free pumpkin cheesecake.

The spiral sliced ham dinner feeds six to eight people and includes 3-4 pounds of fully cooked, Beeler's boneless spiral orange-glazed ham, butternut squash soup, scalloped potatoes, choice of two sides, cranberry sauce or apple chutney, rolls and a pumpkin pie.

Ordering a delicious Thanksgiving feast — don't forget dessert — is as easy as walking in the store or visiting New Seasons Market online. The holiday hot lines open now through Nov. 17. During that time frame, customers can make a reservation online or come into a storefront and place their order face-to-face at a "turkey table."

New Seasons Market will also offer a turkey hotline at 503-473-8695 where customers can discuss their reservation or ask a professional for tips and cooking advice. "We want people to get answers and feel more confident about their meal," MacQuarrie said.

Last minute shoppers need not worry. The deli case will be fully stocked and ready for last minute cancellations or mishaps in the kitchen.

"We always make it to the end and try to have as many options available," Mac-Quarrie said. "We don't want to disappoint anyone on their holiday."

New Seasons Market at Progress Ridge is located at 14805 SW Barrows Road in Beaverton. The market is open daily from 8 a.m. to 10 p.m. For more information, call 503-597-6777 or visit newseasonsmarket. com.



Progress Ridge New Season's Market Chef Ronnie MacQuarrie readies the food staff for the many Thanksgiving dinner orders they will receive this holiday.



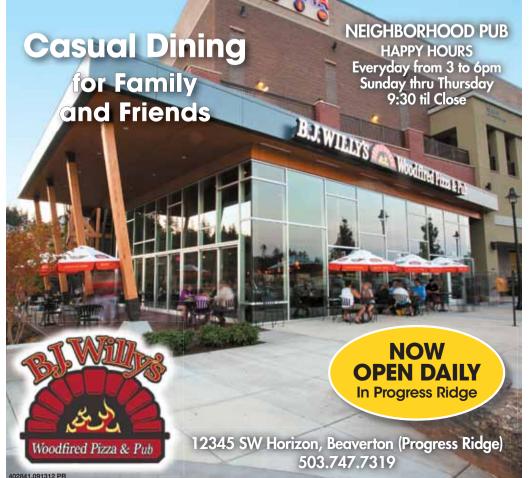
### **Turkey tips**

■ Progress Ridge Chef Ronnie MacQuarrie encourages patrons to try the Turkey Brine Willamette Valley Chardonnay.

The brine comes in a half gallon jug and combines untreated sea salt, bay leaves and black pepper. Brining the turkey gives it more flavor and keeps it moist, she said.

MacQuarrie said the easiest way to brine the turkey is to place the bird in a food safety plastic bag, pour the brine over the turkey, seal it and then roast the turkey in a roasting pan until the brine gets to all parts of the turkey.





### Putting your pet's health care first

### Banfield's wellness programs keep cats and dogs happy and fit



Banfield Pet Hospital Veterinarian Sarah S. Dougherty examines Bailey, an 11-yearold chocolate Labrador at the Progress Ridge location.

By **SCOTT KEITH** 

ets are no different than humans. As your animals age, they can develop conditions or diseases that demand prompt medical attention. Pets also face emergencies. It's hard to think about it, but your cat could get hit by a car or your dog could ingest a harmful substance. In these situations, you want a pet hospital right around the corner.

Since October, Banfield Pet Hospital at Progress Ridge Town-Square in Beaverton has been tending to the needs of our furry companions. Banfield Pet Hospital is a full-service clinic that offers a broad range of care for animals, including preventive care, routine dental cleanings and vaccines. According to veterinarian Sarah Dougherty, the clinic has two full-time veterinarians and four full-service exam rooms. Plans are to add a part-time vet in the weeks ahead.

On any given day, a pet hospital faces a variety of scenarios.

"Common things are a dog got into the trash, or the cat ate some string," Dougherty said. More serious situations at her clinic may require X-ray and radiology equipment. "We have full digital X-ray."

Banfield Pet Hospital stresses preventive care. If you have just adopted a pet, doctors at the Progress Ridge clinic can give you valuable advice.

"Preventive care is crucial in the loving of that pet," Dougherty said. "It's proven that preventive care, every year (or every six months), is crucial for extending the life and health of that pet."



Banfield Pet Hospital sells dog food that best suits each pet.

When you bring your new pet to Banfield Pet Hospital, your doctor will be happy to discuss the importance of preventive care. They will provide exams, vaccines and checks for intestinal parasites and heart worm disease.

While prevention is important, animals can develop diseases over a lifetime, some serious. These may include feline distemper, leukemia, kidney disease, dental disease and diabetes. Even obesity, a growing human problem, can strike your cat or dog. If you want to get a head start on preventive care, consider the Wellness Plan. It's "a great way to package the preventive care that pet needs for the year — two full comprehensive exams a year, fecal testing, deworming, vaccines, baseline blood work," Dougherty said, adding there are Wellness Plans for different stages in a pet's life. Doctors at Banfield Pet Hospital help make the exam process a bit easier for animals. Like humans, animals get jittery during the examination process. Owners, if they choose, can ease the stress by joining their pets in the exam

"They (pets) definitely do get nervous, but we are well accustomed to that. We definitely help accommodate each pet (and family member)," Dougherty pointed out. Leaving the clinic, you may notice the many pet-friendly products that line the wall including: veterinarian prescription diets, products for preventive dental care, skin care products and pill pockets (to help hide your pet's pills). There's also a kid's corner for your youngsters to keep them entertained while your pets are being examined.

At Banfield Pet Hospital, it's all about the doctor-client partnership. "We definitely try to partner with the clients to provide the best care that we can for the pet," Dougherty said.

### CONTACT INFORMATION:

Address: 12305 S.W. Horizon Blvd., Beaverton Website: www.banfield.com Phone: 503-521-0358



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### Piccolo Mondo offers innovative toys for all ages of children

ost people never really get tired of toy stores. There's a fascination with toys that lasts a lifetime. At Progress Ridge TownSquare in Beaverton, Piccolo Mondo Toys has gift ideas for all ages. Piccolo Mondo offers a variety of fun and educational products.

According to store manager Heather Jones, there are "lots of great toys and games. We're all about education and learning through toys," Jones said, pointing out that her store features both international brands and locally-made products.

Her store offers a variety of toy lines. "We've got recognizable brands like Mattel, but then we have brands that you don't see every day."

Piccolo Mondo translates to "small world" in Italian, and you'll notice an international flavor as you visit the toy store. There's even a "Cultural Focus" window display featuring a new country every

Jones describes the look customers have when they visit Piccolo Mondo for the first time.

"They come in and they just kind of stop in mid-doorway and have this odd look on their face," Jones said. "Their face lights up."

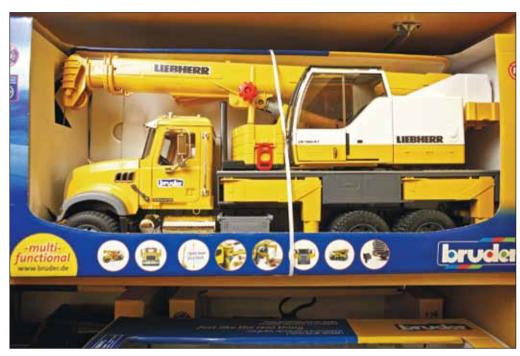
#### Have a birthday celebration around the corner? Do you want to get an early start on Christmas? If so, check out these gift recommendations from Piccolo Mondo Toys.

Any youngster will get quite a workout with Hop & Squeak Pogo Jumpers. These toys are made from soft, durable foam and include a stretchy bungee cord. There are soft drip handles and the Pogo Jumper can support up to 250 pounds. For ages 3 to 7. \$17.99.





Brios toys, including the classic railway system, are available at Piccolo Mondo Toys.



Bruder construction toys are available at Piccolo Mondo Toys.

- If your child yearns to become a flatbed truck driver, check out the Bruder MACK Flatbed Truck with Backhoe. These vehicles have realistic details, including opening doors and turning wheels. For ages 3 to 7. MACK truck is \$99.99.
- Did your child ever want a train set? Brio Trains, first introduced in 1958, are track pieces made of durable beechwood. A Classic Figure 8 Set, for ages 2 to 7, costs \$49.99. Additional sets are available.
- A fun toy for the truly young is the Tots Art Start kit by Alex. Six projects introduce paper frames, crayons, sticker creations and peel-and-stick collage boards. For ages 1 ½ to 3. **\$14.99.**
- Your youngster will have a life-long companion with Carolle's Calin Dolls. Lightweight beanbag bodies with a light vanilla scent. Changing clothes is easy because of flexible arms and legs. Ages 1 ½ to six years. Yang, Charming Pastel and Naima styles each **\$39.99.**
- Roll & Play is a fun items for kids 1 ½ to 3 years of age. The game teaches colors, counting and animal recognition. Kids will enjoy playing this game with their folks. \$19.99.
- Feed the Woozle is a fun game for little youngsters. There's a hungry Woozle who needs 12 snacks from the spoon. For ages 3 to 6. \$19.99.
- For kids of all ages, try the Perplexus Twist, a marble maze that can build motor and dexterity skills. Ages 7 to adult. \$29.99.
- For the brand-new do-it-yourselfer, check out the Red Toolbox Workbench, at a special price of \$129.99.

The above information is from the Piccolo Mondo catalogue.

Connor Janes, 21/2 years old, plays with a workbench made by Red Toolbox at Piccolo Mondo Toys.

There's a fascination with toys



that lasts a



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### Losu Rana Much more than just a baby store



our first child is a huge responsibility. Just what products will your newborn need? Posh Baby at Progress Ridge TownSquare has all the answers. Not only do they offer products for pregnant moms, but they also cover the needs of children through age eight.

Store manager Catie Stedman said Posh Baby offers a widerange of products including: belly bands, child carriers, strollers, cribs, mattresses, bedding, room decor, feeding utensils, toys and books.

Posh Baby is careful to evaluate products before introducing them at the store.

"Our store owner takes a lot of time in searching for products for her customers," Stedman said, noting that Posh Baby carries items made of the highest standards and from the safest materials. "The last thing you want to be doing is having a child drinking from a cup that is not safe, that may have toxins — we go above and beyond to make sure that all of our products meet and exceed all safety standards for kids."

Posh Baby also offers services for the new mom or soon-to-bemom.

"We offer many services, such as the baby registry...where they can sign up with us in the store. We are happy to walk them around, demonstrate and talk about all of our products," Stedman said. "They're free to go home and go online and update



Baby Andi seems content sitting in a Keekaroo Height Right High Chair while holding a Lifefactory glass baby bottle. Both products are available at Posh Baby at the Progress Ridge location.

their registry from the comfort of their own home."

Stedman is pleased with her Progress Ridge location.

"We do love it here. It's a beautiful location. It's growing. We have many other local companies around us, so we all support each other. We've met a lot of really nice people out here and the community is receiving us very well."

Atmosphere is important at Posh Baby. "When a customer walks in the door, we want to make them feel like they're a part of the Posh family. We greet them with a warm smile and a hello – we love to meet new people and watch their kids grow."

### etcetera... Suggested Gift Ideas from Posh Baby

#### Keekaroo High Chairs

This versatile product can handle up to 300 pounds and converts from a high chair to use at a desk. This heirloom birch wood product can be passed from generation to generation. \$239 for dark wood, \$229 for light wood.

#### Jellycat Cordy Roys stuffed animals

These fun, bright animals come in a variety of colors. It's a corduroy-looking material and is popular with the youngsters. You may also purchase a \$10 book that goes with the Jellycat animal. \$24.

#### Tea clothing, designed in the U.S.A.

You'll find tops, bottoms, dresses, rompers in a wide selection of colors. There are designs for different parts of the world. Tea clothing, sold in specific

boutiques, are for babies through age six. Prices range from \$24 to \$38.

#### Feeding utensils, including Lifefactory Glass Bottles.

- Aden + Anais Bamboo Swaddles (for wrapping the baby) \$45 for a three-pack
- Bamboo Dream Blanket \$59.95.
- Bamboo Crib Sheets \$34.95.
- Bamboo Changing Pad cover \$29.95.
- **Baby Carriers** (Ergo Baby, Beco, Baby K'Tan and Moby Wrap) range from \$48 to \$150.
- **Diaper Bags** (J.J.Cole, Petunia Pickle and Bottom) range from **\$60** to **\$175**.



At top: Aden & Anais Bamboo swaddles, which reduces a baby's risk of overheating, is available at Posh **Baby at the Progress** Ridge location.

Left: Tea clothing is sold at Posh Baby at the Progress Ridge location. Tea clothing highlights a country's clothing style from around the world.

### A world of collectibles | A Flair for Gifts and Home now features Sid Dickens Memory Blocks

ooking for that special something to decorate a mantel, your living room or hallway? Then look no further than A Flair for Gifts and Home.

The local gift and home store now offers an exclusive line of Sid Dickens Memory Blocks at their Progress Ridge store. Memory Blocks, individual handcrafted plaster tiles, are the work of Dickens, an artist from British Columbia, and his motifs include Medieval, Renaissance, Baroque and Rococo.

Some Memory Blocks are finished to a porcelain-like quality; others have a weathered or aged appearance. Each Memory Block has a theme, a title, a num-



A Flair For Gifts and Home features handmade tiles made by Sid Dickens just in time for the holiday season.

ber and a special saying about them on the back. According to information from Sid Dickens, piece of history in a very modern way." There are more than 70 tiles to choose from.

A Flair for Gifts and Home owner Michelle Bottaro said these tiles (each roughly the size of a paperback novel) can be displayed in many ways.

"I have them at my home. I have a wall of them in my family room," Bottaro said. "But then I also have them displayed around the house on stands their website (www.siddickens. com) is abound with pictures of how their collectors have chosen to display their pieces."

The Sid Dickens line of Memory Blocks is ever-changing. Styles are introduced and retired on a regular basis. "They

Each incorporates a unique do hold their value and they do Memory block facts and hold that collector's piece," Bottaro added.

> Memory Blocks have themes. "There's this tile called Marriage, another tile that's about Friendship. We had a customer that bought the Marriage tile for an anniversary gift for her husband," Bottaro said.

Bottaro has 20 of the tiles on display at her Progress Ridge store, but several other tiles are available. Tiles can also be ordered at A Flair for Gifts and Home. Each tile costs \$79.99, a price set by Sid Dickens.

Bottaro is thrilled to be a Sid Dickens retail store. "I'm a Sid Dickens fan. I'm very excited... Our customers have been very favorable."

### figures, according to a Sid Dickens fact sheet

- Tiles are 6"x 8"x 1-1/4"
- Tiles are easy to mount. No additional supports or braces are necessary.
- Each tile back has been finished with an angled aperture for easy hanging.
- No framing or installation costs are required. Memory blocks are affordable, movable and desirable.

A Flair for Gifts and Home is at www. a flair for gifts and home. comPhone: 503-524-6616







# Tastings and events

Join us for our November tastings and find inspiration for your holiday table! Place your Thanksgiving order through November 17th at your Progress Ridge store.

### November 15, 4-7pm

Bread, wine and cheese:
Baguette, Beaujolais Nouveau and Brie

### November 16, 4-7pm

Pie and port pairings
Try our pumpkin and pecan pies
paired with Quinta Seara d'Ordens Port.

### November 16, 4-7pm

Meet the winemaker: Elk Cove Vineyards

### November 17, 2-5pm

White Wines for Thanksgiving

### November 18, 2-5pm

Beaujolais Nouveau

### November 19, 4-7pm

European Wines for Thanksgiving

### November 20, 4-7pm

Willamette Valley Vineyards

10% MILITARY DISCOUNT EVERY TUESDAY • 10% SENIOR DISCOUNT EVERY WEDNESDAY