

# Discover West Linn Central Village

SHOP, DINE AND HAVE FUN CLOSER TO HOME!

## Why wait for the New Year?

*Get a jump start on resolutions and a healthier you at Fit for Life*

By KATE HOOTS

With Thanksgiving behind us and New Year's safely in the future, you could turn your focus to the holiday season's indulgences and extravagances.

Or you could combine the giving spirit of the season with the desire for self-improvement that January brings. Instead of focusing entirely on eating, drinking and being merry, you could choose to give yourself — or a loved one — the gift of improved health this year.

The staff at Fit for Life Exercise Center at West Linn Central Village are ready to help.

Kevin Sullivan is one of the local gym's employees, and he's used to seeing people make their New Year's resolutions and head to the gym.

"Things definitely do pick up at the first of the year. People have good intentions," he said.

Of course, as everyone knows, those good intentions don't always translate into action or lasting change. At Fit for Life, staff want to change that.

"One of the things we promote most is consistency," Sullivan said.

The gym's generous open hours — from 5:30 a.m. to 9 p.m. Mondays through Fridays; Saturdays and Sundays from 7:30 a.m. to 5 p.m. — are designed to make it easy for people to exercise when their schedules allow.

"A lot of people, it's easier for them to set a schedule early in the morning, when they don't have the pressure of work and family keeping them away," Sullivan said. "We encourage people to find a time that works for them and then stick with it."

Another way the gym makes it easy for patrons is by charging no fees for joining. You can even visit the gym for free before you join — that's something Sullivan recommends doing. Fit for Life offers new visitors a three-day guest pass that will allow them to explore the club, using



You'll find all kinds of exercise equipment and classes at fit for life - and employees like Kevin Sullivan who can help you create a personalized fitness plan that you'll stick with.

PHOTOGRAPHY BY VERN UYETAKE

the facilities for free, although most classes require guests to pay a small fee to attend.

One of the first things you'll notice when you visit the gym is the quiet. There's the usual hum of exercise equipment and the occasional bang of weights, but you won't hear the blare of music.

"It's quiet. You don't have a lot of swagger," Sullivan said. "This is a community gym. We are more about the community of West Linn. We have high school students coming here after school. And a fair number of retired members. And everyone in between."

If you decide to try a membership, you don't have to worry about getting stuck if you decide the gym isn't for you.

"For the most part, new people walk in and it's an easy kind of thing," Sullivan said. "We don't have any sign-up charges. We prefer month-to-month EFT (electronic funds transfer) but we don't require it."

What about if you sign up and then decide it's not for you? The club has a 10-day cancellation policy, to allow cancellation of transfers, but does not charge any penalty.

"There are no minimums," Sullivan said. "The good thing about fitness is it's a constant effort."

Personalized training is available to members, for an additional fee. Use of the exercise equipment, weights and admission to a variety of classes is included with membership.

"One of the more important things we do is encourage the nutritional side," Sullivan said. "Put good food in your body. Portion control is an exceptionally important thing."

That's a great reminder for a lot of people, especially at this time of year, when a holiday meal can place as much as 1,500 calories — or more — on your plate for the main course alone.

"You haven't had pie, you haven't had any glasses of wine," Sullivan said. Those extras add up.

The club emphasizes what Sullivan called "pretty com-

monsense things."

"We have 'clean food' lists that we hand out for people that are interested in cleaning up their diets," he said. "If you are paying attention to what you're eating, it really makes a difference."

Sullivan recommends using a tool called My Fitness Pal. It's a free app that lets you track what you eat and how you exercise.

"It will give you an idea of what caloric intake you should have," he said. "It's a simple trick, but it makes you pay attention."

He speaks from experience.

"When I started here, I was strong but not really healthy. My diet was out the window," he said. Following advice from his employer, Fit for Life owner Vicky Murphy, Sullivan started to pay attention to what he ate.

"It was surprising how quickly everything change for me," he said. "It was cardio and food. Over the course of about six months or so, I dropped about 25 pounds. I also exchanged another 15 pounds — I was different when I was done."

He credits the club for helping him make those changes.

"This place, it's kind of a family down here. There's a lot of camaraderie, a lot of group support," he said. "It's that kind of accountability that makes this place work so well ... If you're missing for a while, people will ask where you've been. The friendships are what encourage people to come back."

### Fit for Life Exercise Center

5640 Hood Street in West Linn's Central Village.  
503-655-7702 or look online at [fitforlifeexercisecenter.com](http://fitforlifeexercisecenter.com) for information about membership, class schedules, guest passes and more.



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# Walking in a wireless wonderland

## New Motorola, Samsung and Apple devices just might thrill the techie in your life

By JILLIAN DALEY  
Photography by VERN UYETAKE

When it comes to the hottest devices and accessories this holiday season, the digital buzz isn't just around the iPhone 6.

**Apple's latest iPhone** iteration improves upon the previous model's camera. The phone is also bigger, and it comes with the new Apple Pay, which allows you to use your phone as a credit or debit card at participating stores, said Katelyn Moeller, store manager at the Verizon Diamond Wireless at West Linn Central Village, which carries the iPhone 6 and many other in-demand devices.

Yet, there's more to the latest developments in the world of wireless gadgets than just the iPhone 6. Moeller recommended a host of other gift options for that tech-loving friend or family member of yours — or for yourself.

"The **Galaxy Note 4** — one of Samsung's newest phones — they just have awesome cameras," Moeller said. "They have super-fast processors. Obviously, Samsung is notorious for having lots of bells and whistles. You can literally control your life from your phone."

One feature for Note 4 is the S Pen, a stylus you can use to highlight text like a mouse does. The stylus is compatible with the touchscreen so that it can be used like a finger, to swipe screens and select icons, and when you write notes with it, the software will transform them into a nice font.

People not only like to have power at their fingertips but also to keep their phone batteries humming.

"Mobile chargers are pretty hot gadgets; people always seem to need chargers," Moeller said. "They are called the **myCharge**, and ... You can take your phone literally anywhere all day and still have constant battery power — nine to 27 hours of battery power."

And you won't break your back transporting the little



Katelyn Moeller shows off new tablets by Samsung and LG.

gizmos.

"They can fit in your palm; some are about the size of a tube of lipstick," Moeller said.

Yet, if you have **Motorola's Droid Turbo**, you may not need a portable charger. Moeller said that while Motorola hasn't been putting a lot of outstanding phones on the market in the last few years, its latest device is exceptional for its high-resolution camera (21 megapixels to iPhone 6's 8 megapixels and Note 4's 16), and its battery life.

"They're pretty much making their claim to fame on charge," Moeller said. "You can literally plug your phone in for 15 minutes and get eight hours of battery life. There's up to two days of battery life. So (Motorola) is coming back with a vengeance."

Once the juice is flowing into that smartphone, you can find just the right **Spigen brand** case to spruce it up a little, Moeller said.



Portable chargers make a great gift item.

"You get really, really good protection with cool colors, and they're super, super thin, so those all launched for iPhone 6s," she said.

**Verizon Diamond Wireless**  
22000 Willamette Drive, Suite 104, West Linn  
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# A taste of the holidays

Let Market of Choice help you create the perfect holiday meal

By PATRICK MALEE  
Photography by VERN UYETAKE

The holidays are a whirlwind. You're barely done loading the leftover Thanksgiving turkey in the fridge before you have to start thinking about buying gifts, school letting out for the holidays and who all is coming over for Christmas this year. A couple missteps and it turns into a logistical quagmire.

Now for the good news: If you're looking for a full, diverse meal in a pinch, Market of Choice at Central Village is here to help.

The kitchen staff at Market of Choice prepares new holiday specials each year, and they're sure to please guests with even the most diverse tastes. The headliner this year is a pork Weiner Schnitzel.

"It's traditionally done with veal, but ... not everyone loves veal, so this one is pork," head chef Laura Bliss said. "It's pork with bread crumbs, and we dip it in lemon juice. That's a staple — you want to serve it with a lot of lemon."

This year, Bliss is also excited to offer authentic crab cakes.

"This is something that's very special, because the blue snow crab and the Dungeness crab are well known to be caught in the winter time," Bliss said. "Sometimes, the people that are catching the crab, they cancel because the weather is so bad, and we don't have it."

"So it's pretty cool when we have it. There is no imitation crab in these, and the best part about them is when you take a bite out of them, you can actually taste the crab — it's not something that's lost in the bread crumbs and all that."

If you're looking for a full, diverse meal in a pinch, Market of Choice at Central Village is here to help.

Rounding out the special holiday items for December, the kitchen is offering Swedish meatballs — a "hearty" dish according to Bliss — and a bourbon bread pudding for dessert.

"It's made with our bakery's French bread, layered with raisins and pecans, and topped with bourbon cream sauce," Bliss said. "It's a great ending to any meal."

Not interested in experimenting this time? No problem — Market of Choice will also be offering all of its "traditional" holiday items, from turkey to ham, stuffing and even prime rib. Just make sure to call ahead, and you can have everything ready to go when you get to the counter.

If you need a trial run, Market of Choice will also host a tasting of its holiday items Dec. 20, from 2 to 6 p.m.

**Market of Choice**  
5639 Hood St.  
7 a.m.-11 p.m. daily  
503-594-2901 or marketofchoice.com



The Market of Choice kitchen, led by Head Chef Laura Bliss (second from right), has plenty of fresh options for the holidays this year, from the exotic to the more traditional favorites.

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