

DECEMBER 2015

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Holiday Gift Guide

Check our guide for those last-minute ideas – See Page 4

A SPECIAL PUBLICATION OF PAMPLIN MEDIA GROUP/COMMUNITY NEWSPAPERS



3 Market of Choice brings out the best in baked goods and treats for the holidays



4 Stumped for that last-minute gift idea? Our holiday gift guide has the answers for you



6 Elements Massage is offering the gift of relaxation for that someone special this holiday

West Linn Central Village Easy to find

Located at 21900 Willamette Drive in West Linn

West Linn Central Village is an open-air urban center with a “town square” feel in the heart of historic West Linn, Oregon. Prominently located on State Highway 43 (Willamette Drive) this upscale retail center is perfectly positioned to serve one of the most well-educated and affluent areas in the greater Portland area.



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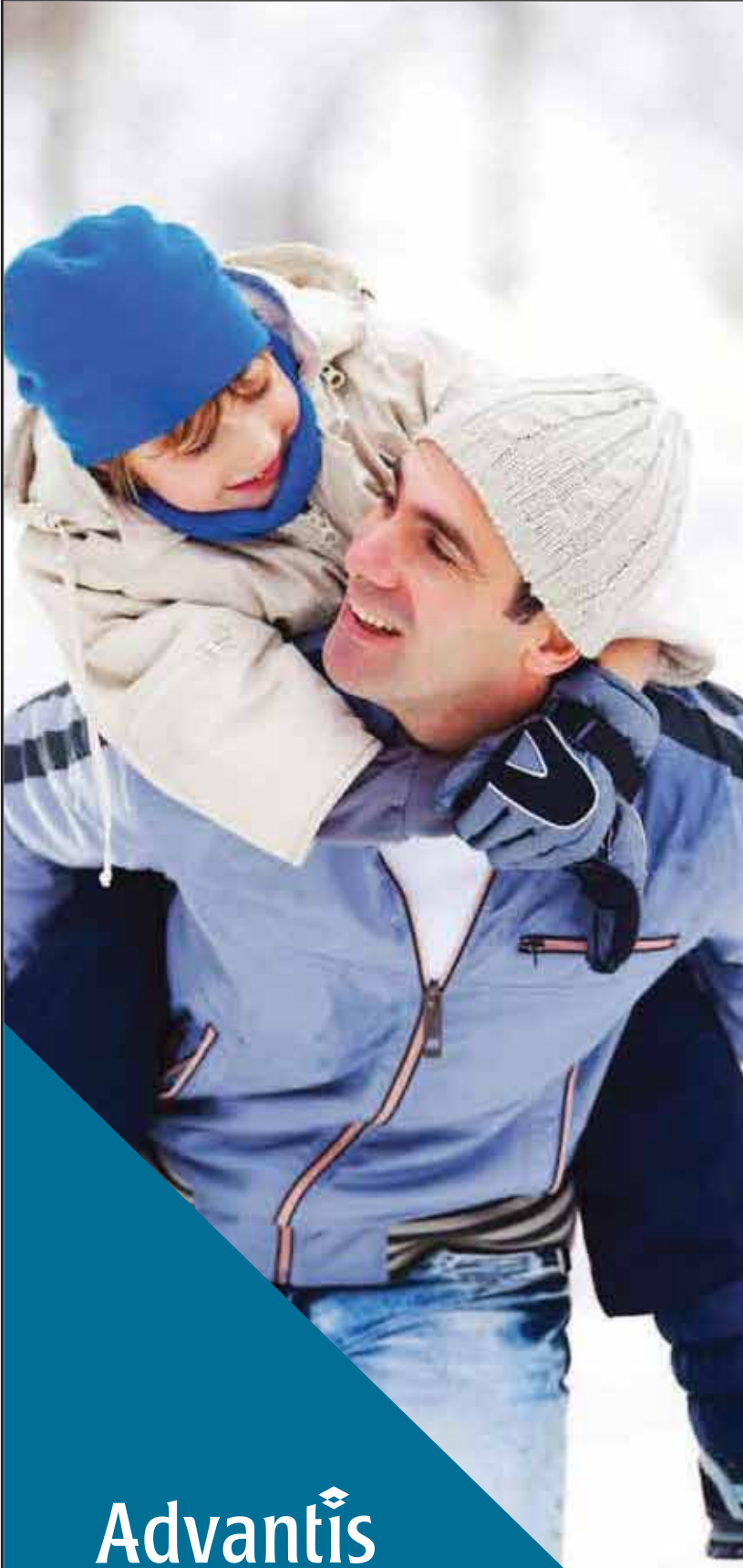
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On the cover: Shop local this holiday season at West Linn Central Village and find your gifts like this holiday centerpiece from Wishing Well.

Photograph by Vern Uyetake.

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Food and treats to make your holidays complete

Market of Choice provides a wide variety of foods and baked items for the holiday season

By ANDREW KILSTROM

With holidays looming there's a lot to do. Between responsibilities at work, shopping for the holidays and preparing for family it's pretty common to become overwhelmed during the month of December. That's where Market of Choice comes in, providing every Christmas-related food item one could think of, from full-blown holiday meals to freshly baked fruit cakes.

Market of Choice is particularly ideal for those working on a tight budget.

Market of Choice's biggest draws for its holiday dinners are 8-9 pound prime rib for \$99.99, a 12-14 pound Diestel turkey for \$82.99, a 16-18 pound Diestel turkey for \$99.99 or a Beeler's carving ham for \$59.99. There are also vegetarian options, such as stuffed acorn squash for \$7.99. Everything comes fully prepared, taking all the pain and hassle out of preparing a delicious Christmas dinner.

"The holiday dinners we just did for Thanksgiving were a huge success, and we're hoping we get the same response for Christmas dinners," said Shawn Householder, kitchen manager. "Christmas typically isn't as popular as Thanksgiving, but we're hoping the tasting on Dec. 19 gets people to try out our food."

The bakery at Market of Choice is also busy this holiday season, whipping up all kinds of tasty desserts. Bakery manager Katie Wisniewski and her staff have been hard at work making sure the shelves are stacked with everything their customers have come to expect and love.

"We are going to be going crazy with our holiday sugar cookies," Wisniewski says. "I have a whole bunch of packages waiting in the wings in case we need them. Sugar cookies are something I think people really go for and enjoy. The snowmen and mittens seem to be the most popular this time of year."

The bakery's biggest seller, however, might be Market of Choice's renowned fruitcake. Wisniewski says the store is planning ahead, ensuring no one comes in looking for the holiday staple and leaves disappointed. Everything from packaging to the quality of the breads and cookies themselves, every little detail is meticulously planned, making sure this holiday season is a great one.

"Both our little gingerbread men and our holiday sugar cookies are stocked up right now. I think those are going to be some of our big attractions," Wisniewski says. "I think the fruitcake is going to be the biggest seller of all that I have



Katie Wisniewski shows off some of Market of Choice's holiday cookies.

"Sugar cookies are something I think people really go for and enjoy. The snowmen and mittens seem to be the most popular this time of year."

— Katie Wisniewski
Bakery manager

planned. People have already been asking about it. We're going to put them in a cute little Christmas tree container and it will be really fun and festive for the holiday season."

Sample Christmas

Market of Choice will be offering tastes of its holiday meal items Saturday, Dec. 19 from 2-6 p.m. so you can order exactly what you want when the holiday rolls around.

Market of Choice
5639 Hood St., West Linn
503-594-2901
marketofchoice.com



Gingerbread cookies are particularly popular during the holiday season.



Fruitcake is one of the store's biggest sellers during the month of December.



Market of Choice has the entire dessert spectrum covered, including delectable cakes for special occasions.

Photographs by VERN UYETAKE



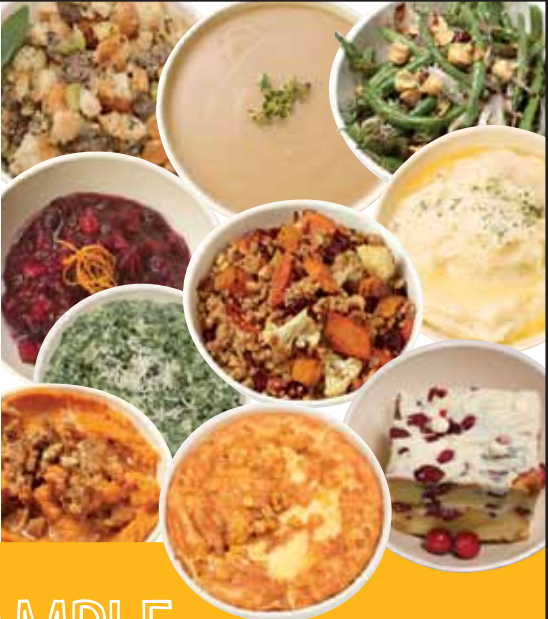
Market of Choice has holiday cookies galore in stock.



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marketofchoice.com/holidaymeals

Please place orders at your Market Kitchen and Bakery by Monday, Dec. 21st.

How Central Village saved Christmas!



STRESS LESS — With all the hustle and bustle of the holiday season, just about everyone could use some R & R when it’s all said and done. Give the people on your list the ultimate way to slow down and recharge with a visit to Elements Massage (22000 Willamette Dr., Suite 107; 503-722-8888). The therapeutic massage studio is running a gift card special this season, offering two one-hour massage cards for \$99 total. Top it off with a manicure-pedicure combo (\$36) at Aqua Nail Bar (5656 Hood St. Suite 103; 503-657-0053).

West Linn’s local merchants can help you find something for everyone on your holiday list

Story and photography by
KELSEY O’HALLORAN

Imagine driving to your local shopping center and knocking out your entire gift list in one fell swoop. It sounds impossible, right? Well, West Linn Central Village merchants want to help you make that dream a reality. Whether you’re looking to treat your loved ones to a delicious meal, pamper a friend with a spa treatment or simply show someone that you care with a unique and thoughtful gift, you’re sure to find whatever you’re looking for at one of more than 30 stores at Central Village.

This holiday season, ditch the crowded malls and take a stroll around these local shops to discover dozens of ways to spoil the people on your list. Here are a few ideas to get you started.



BEAUTY IN A BOX — Help your loved ones look and feel their best with cosmetic and hair products from local merchants. GiGi Salon & Spa (22000 Willamette Dr., Suite 108; 503-655-2433) allows you to create a unique gift by choosing from their collection of Aveda products such as lotion, shampoo and conditioner, cleansing products and makeup to create a personalized gift set (\$9.50-\$40). For the men on your list, stop by Sport Clips Haircuts (21900 Willamette Dr., Suite 207; 503-974-9600) and pick up holiday shampoo and conditioner combo packs from brands such as Paul Mitchell and American Crew (most \$20 or less).



Photography by
KELSEY O’HALLORAN



HEAD GEAR — Whether it’s a colorful graphic trucker hat (\$16-22) or a soft animal-eared beanie (\$18-32), kids seem to love expressing themselves through the hats they wear. You’ll find plenty of options for both kids and adults at Sit Still Salon (5656 Hood St., Suite 105; 503-657-3975). The shop also carries a wealth of stocking stuffers, including nail polish, bows and glittery hair accessories, earrings and wind-up toys (prices vary; most \$3-\$12)



TALK OF THE TABLE — Make your holiday feast shine this year with a seasonal centerpiece from your local florist. Wishing Well Floral (5656 Hood St., Suite 108; 503-557-3823) will create the ideal arrangement, complete with fragrant evergreens, pinecones, ornaments, ribbons, candles or a keepsake container and flowers that can hold up for two weeks. These arrangements generally run about \$50, though prices vary depending on what you’d like to include in the arrangement. In addition to custom centerpieces, you’ll also find wreaths, gift baskets, seasonal plant baskets, fruits and other treats at Wishing Well.

GREAT CRATE — For a gift that’s as unique as it is effortless, consider a custom holiday gift crate from Market of Choice (5639 Hood St.; 503-594-2901). The store’s floral and kitchen specialists will start with a gift crate (\$7.99), help you choose from a variety of food and gift items and then wrap it in cellophane and tie it with a bow. The crates can include specialty cheese and sausages, wine, cooking oils, crackers, chocolates, Oregon-made items and plenty of other treats from the store. The gift crates vary in price depending on the cost of the selected items. To place an order, ideally 24 hours in advance, call Market of Choice and ask for the floral department.

EAT IT TOO — Nothing brightens up a winter day quite like the taste of fresh pineapples, melons, berries and other delectable fruits. Send the sweetest kind of cheer in a holiday-themed shape from Edible Arrangements (21900 Willamette Dr., Suite 206; 503-650-2822), featuring an artful array of both regular and chocolate-dipped fruit. This year, the shop has a brand new Christmas Tree Bouquet (starting at \$75), which comes in a red drum container, with fruit arranged in the shape of a tree and a pineapple star on top. They can also create an adorable Snowman Celebration bouquet (starting at \$73), which features a ceramic snowman head with colorful fruits popping right out of his hat. Stop by the store to try free samples and decide which arrangement is best for the people on your list.

Continued on page 5 >>

Time to get gifting.

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22000 Willamette Drive, West Linn Central Village (Hwy 43 near Market of Choice)

How Central Village saved Christmas!

Continued on page 5 >>



SWEET SEEDS — For your favorite birder or holiday host, grab a seed cookie from Backyard Bird Shop (22000 Willamette Dr., Suite 106; 503-303-4653). Found in a variety of sizes — including a seed ornament (starting at \$6.99), seed cookie with a wire hanger (starting at \$9.99) and a seed wreath (starting at \$17.99) — these decorative and functional pieces are sure to bring hours of enjoyment as they draw birds to the yard and look lovely while doing it!



CHOW DOWN — No matter who you're shopping for, a good meal is sure to please. Pick up a gift card for dinner for two (\$100) at Five-O-Three Restaurant and Bar (21900 Willamette Dr., Suite 201; 503-607-0960), where entrees include pan-seared cod, paella, butternut squash ravioli and, of course, their signature burger on an artisan brioche bun. For those who prefer a meal of wokked vegetables or drunken chicken, grab a gift card for two (\$30) at Lá Sen Vietnamese Grill (22000 Willamette Dr., Suite 101; 503-303-4445).

STRETCH OUT — As the days turn cooler, the idea of striking a pose in a hot yoga studio becomes all the more appealing. Whether you're looking to please a certified yogi or encourage a first-timer, Bikram Yoga (1554 Garden St., Suite 101; 503-387-5184) offers gift cards for all their packages, including the new student introductory package (\$25) and the 10-class card (\$140), as well as yoga mats, towels and clothing. Starting in mid-December, the studio will offer up to 20 percent off its annual unlimited membership (regularly \$1,200).


SHAKE IT UP — Help the people in your life change up their exercise routine with a different type of training. At Fit for Life (5640 Hood St.; 503-655-7702), a one-month pass for morning Zumba classes (\$35), held three times a week, will have them moving and grooving in no time. For a different kind of workout, check out One Taekwondo Academy (5656 Hood St., Suite 111; 503-908-0784). The studio is offering one month of taekwondo training, plus uniforms and belts — a \$209 value — for \$25.

SANTA PAWS — To treat your children of the four-legged variety, head to Nature's Pet Market (5656 Hood St., Suite 101; 503-305-8628), they know exactly what your furry companions will be drooling over this year. They offer healthy seasonal cookies, some shaped like Christmas trees, Santa hats or bones (\$.79-\$2.99) For the pup who has — and has chewed through — everything, they recommend West Paw Design's line of rubber chew toys (\$9.99-\$17.99). These durable, American-made products even come with a guarantee — if your dog chews through it, the makers will give you a free one-time replacement or refund. You'll also find plenty of other treats, toys, accessories and pet-minded stocking stuffers at Nature's Pet.



STAY COOL — Give the people on your list an experience that's straight from the North Pole with a trip to Sub Zero Ice Cream and Yogurt (22000 Willamette Dr., Suite 103; 503-656-4984). At this shop, customers can choose their liquid ice cream and mix-ins, and then see it all frozen with liquid nitrogen in 15 seconds — right before their eyes. Hosting a holiday party? Pick up an ice cream pie at Sub Zero; if you can't decide between two different flavors, they'll put two pie halves together for a dessert that's sure to please everyone. This season, mention the West Linn Tidings newspaper to purchase \$25 worth of Sub Zero gift cards for \$20.


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Give the gift of **relaxation** this holiday

*Therapists at Elements
Therapeutic Massage use
dozens of techniques to
relax body, mind*

By JAKE BARTMAN

It's a lesser known fact about receiving a massage that the amount of experience a customer has can be as important as the experience of the massage therapist.

"It's something you need to learn — how to accept a massage," says Diane Lewis, a manager at Elements Therapeutic Massage in West Linn. "Because typically people are uncomfortable, they're nervous, they're not sure what to expect, so they tense up. And so they need to learn to relax. A good therapist will teach you how to do that."

HOLIDAY GIVING

GIFT GUIDE

The massage therapists at Elements Therapeutic Massage in West Linn are skilled practitioners when it comes to helping clients relax, which helps them to get the most out of their experience — both mentally and physically.

They can also help customers new to massage to choose the right variety, since its 16 therapists are together versed in over 30 different types of massage, Lewis says. Those types range from lomilomi to sport massage, cranial-sacral, lymph drainage and hot stone.

Hot stone massage is perfect as the weather grows colder, both for those new and experienced with massage. As the name suggests, the technique sees the therapist use his or her hands in addition to warm stones to help customers to relax and recover from hours spent sitting at a desk — or shopping for holiday presents.

"Hot stone is very relaxing and it's a nice way to get some knots worked out without using a lot of pressure. So there's less soreness afterwards," Lewis says. "It feels different, too, than just a hand. It's a little

more smooth.”

Sport massage is another popular variety, although it's one that is often misunderstood.

“The sports massage is a combination of stretching, and it’s kind of an invigorating massage. It’s kind of faster movements,” Lewis says. It is typically performed in three sessions and in anticipation of some athletic event the customer is preparing for: two sessions before the event and one afterward.

Oftentimes, athletes who come to Elements for their first massage think they need a sport massage when a different sort would be better for them.

“A lot of times, that client really needs a deep tissue massage,” Lewis says. “Because when you’re that physical, a lot of knots tend to form.”

Lomilomi is another popular type of massage, and, with its Hawaiian origins, can introduce a little tropical warmth into short winter days.

"It's very fluid — it uses a lot of forearms, and it's a lot of long strokes," says Lewis. "The true lomilomi practitioner, if you watch them give that type of massage, it's as if they're doing a dance. And it's really cool to watch."

Cranial-sacral is also a popular choice at Elements. That sort of massage focuses on the neck, and can be surprising to customers who haven't had it before, since the motions are so gentle that one might think that nothing is happening. Sometimes it's only afterward that a customer realizes the benefits, Lewis says.

With all forms of massage, however, relaxation remains a central goal. You may even get so relaxed that you fall asleep.

"If you fall asleep, it's still very good for you — but you don't remember it," Lewis says with a laugh.

For the holidays, Elements is offering packages of two one-hour massages for \$99, making for a great gift — or an excuse to get a massage or two for yourself.

Elements Massage
22000 Willamette Dr.
Suite 107; 503-722-8888
elementsmassage.com/west-linn



Alexandra Hayes does work on the neck and head; crano-sacral massage is very subtle but effective.



Massage therapist Alexandra Hayes gives a massage using hot stones. The warm stones can be great for sore or tired muscles, especially in the cold winter months.

“Because typically people are uncomfortable, they’re nervous, they’re not sure what to expect, so they tense up. And so they need to learn to relax. A good therapist will teach you how to do that.”

—*Diane Lewis*

Photographs by **VERN UYETAKE**

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Don't forget your pet!

Nature's Pet stocks all of the healthiest – and tastiest – products for your pet

By PATRICK MALEE

Whether your pets have been naughty or nice this year, you can't leave them out of the holiday festivities.

If you're on the hunt for a special treat, look no further than Nature's Pet Market in West Linn's Central Village. The store is chock-full of special items — all designed with the health and happiness of your pet in mind.

Indeed, even the canine baked goods are healthier than what you'd find at your average grocery store.

"We have decorated dog cookies," Nature's Pet Owner Mason Hartmann said. "It's one of the few I've seen that has high quality, healthy ingredients — no corn, wheat or soy." Corn, wheat and soy aren't toxic for dogs, Hartmann said, but they can still cause problems.

"A lot of companies overuse them," he said. "So over time the dogs become sick and they can't process those ingredients over time as well as they can some other ingredients."

The cookies run from \$.79 individually to \$6.99 for a holiday gift pack.

"The holiday cookies are a limited amount, so once I get through them, we're done," Hartmann said.

If chew toys are more up your alley, Nature's Pet offers special holiday-themed items like polar bear plush toys and fake Christmas ornaments. Another popular item is the "Snug Tug," a \$10 weaved toy designed by a Boy Scout from Lake Oswego.

"I've actually been looking for a toy like this from my regular manufacturers, but I haven't seen anything," Hartmann said. "It's something you can play 'Tug O' War' with, without hurting the dog. And it's pretty durable."

In the midst of another wet and dreary winter, your pet might need a new coat or sweater. Fleece coats in a variety of colors and sizes are available from \$28 to \$43, and you can also buy waterproof coats.

"We still have a lot of Seattle Seahawks jerseys, if you want to support the Seahawks," Hartmann added.

Chewing bones are perhaps the most popular choices for dogs around the holidays, and Nature's Pet features an array of items that divert from the usual rawhide material.

"Yeti Dog Chews and Cheesy Chews (\$8.99-\$10.99), those are my best selling ones," Hartmann said. "It's yak milk that's



Keep your pet warm with Nature's Pets array of sweaters and waterproof coats.

been dried in high altitudes in Nepal, and it gets really hard. ... It's highly palatable and I have yet to have a dog get sick from them."

No-Hide Chicken Chews (\$8.99-\$14.99) are another healthy option to consider.

"This is actually made out of chicken, and they process it in a way that it gets really hard like a rawhide would," Hartmann said. "It's more expensive than rawhide, but a lot safer."

If you're feeling particularly ambitious, you can even add to the decor of your pet's living space. Hartmann stocks custom feeder stations homemade by a local cabinet maker. Built with fine hardwood, the feeders range from \$60 to \$130 depending on style.

"He does custom work, too, so he will do whatever style you want," Hartmann said.

To learn more visit naturespetmarket.com/westlinn or call 503-305-8628.



Homemade pet feeders — which run from \$60 to \$130 —make for the perfect addition to your pet's living space.



Special holiday cookie packs are in limited supply, and run for \$6.99 at Nature's Pet.



Stay away from raw hide and choose safer options like No-Hide Chicken Chews and Yeti Dog Chews.

Photographs by VERN UYETAKE

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our stores

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 * SW PORTLAND – 8502 SW Terwilliger Blvd. (503) 892-7331
 ASHLAND – 1475 Siskiyou Blvd. (541) 488-2773
 CORVALLIS – 922 NW Circle Blvd. (541) 758-8005
 EUGENE
 DELTA OAKS – 1060 Green Acres Rd. (541) 344-1901
 WILLAKENZIE – 2580 Willakenzie Rd. (541) 345-3349
 FRANKLIN – 1960 Franklin Blvd. (541) 687-1188
 WILLAMETTE – 67 W 29th Ave. (541) 338-8455

The majority of our stores are open from 7 am - 11 pm daily
 Our Franklin store hours are 7 am - 12 am

* Not all ad items are available at our SW Portland Store.
 We reserve the right to limit quantities.

WEST LINN – 5639 Hood St. (503) 594-2901 marketofchoice.com

