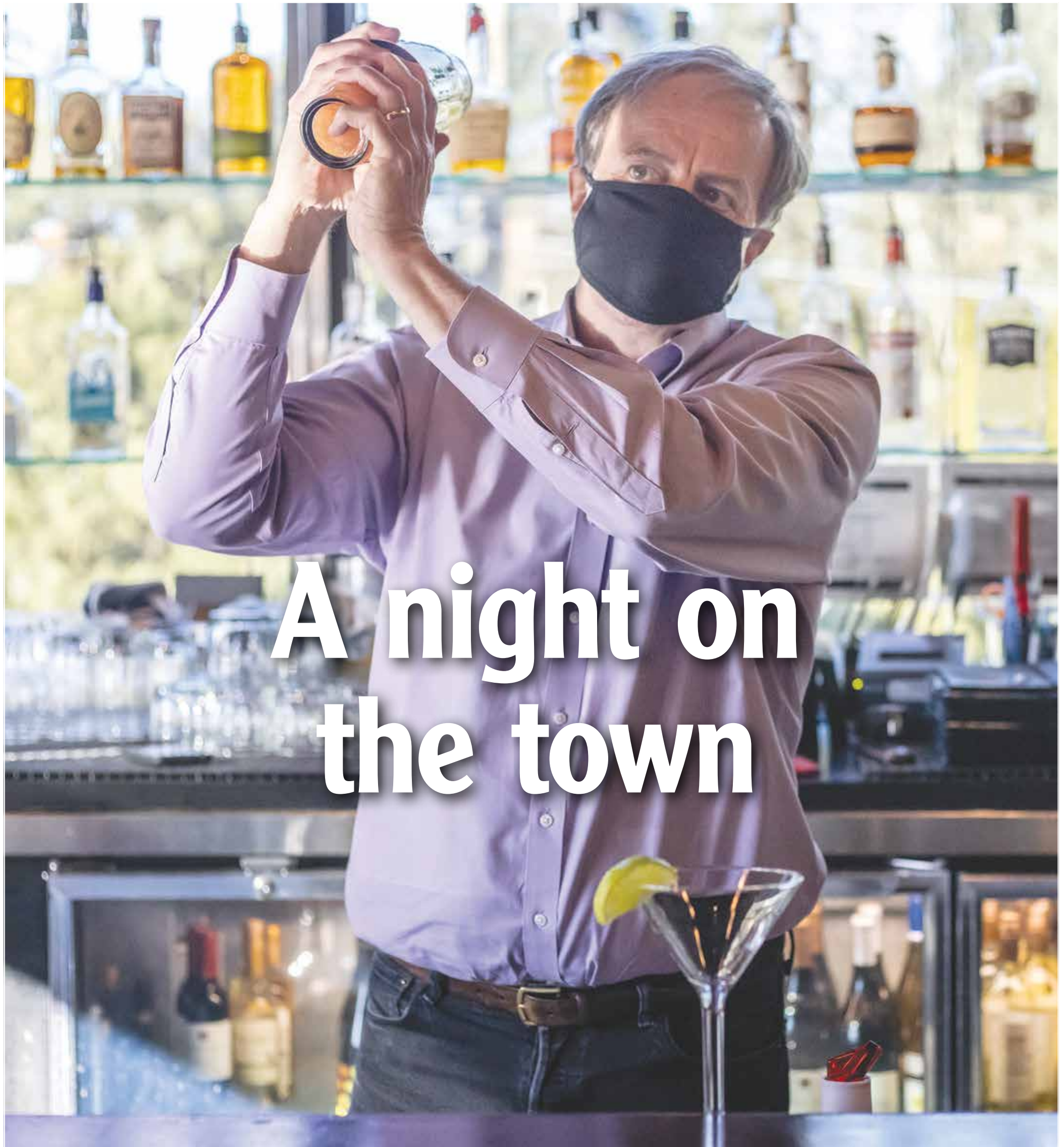


FEBRUARY 2022

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A night on the town

Five-0-Three provides a romantic ambiance for Valentine's Day

See Page 3

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4 TAN REPUBLIC
Check out the products and specials at
Tan Republic



5 YOU & EYE
Protect your vision with You & Eye



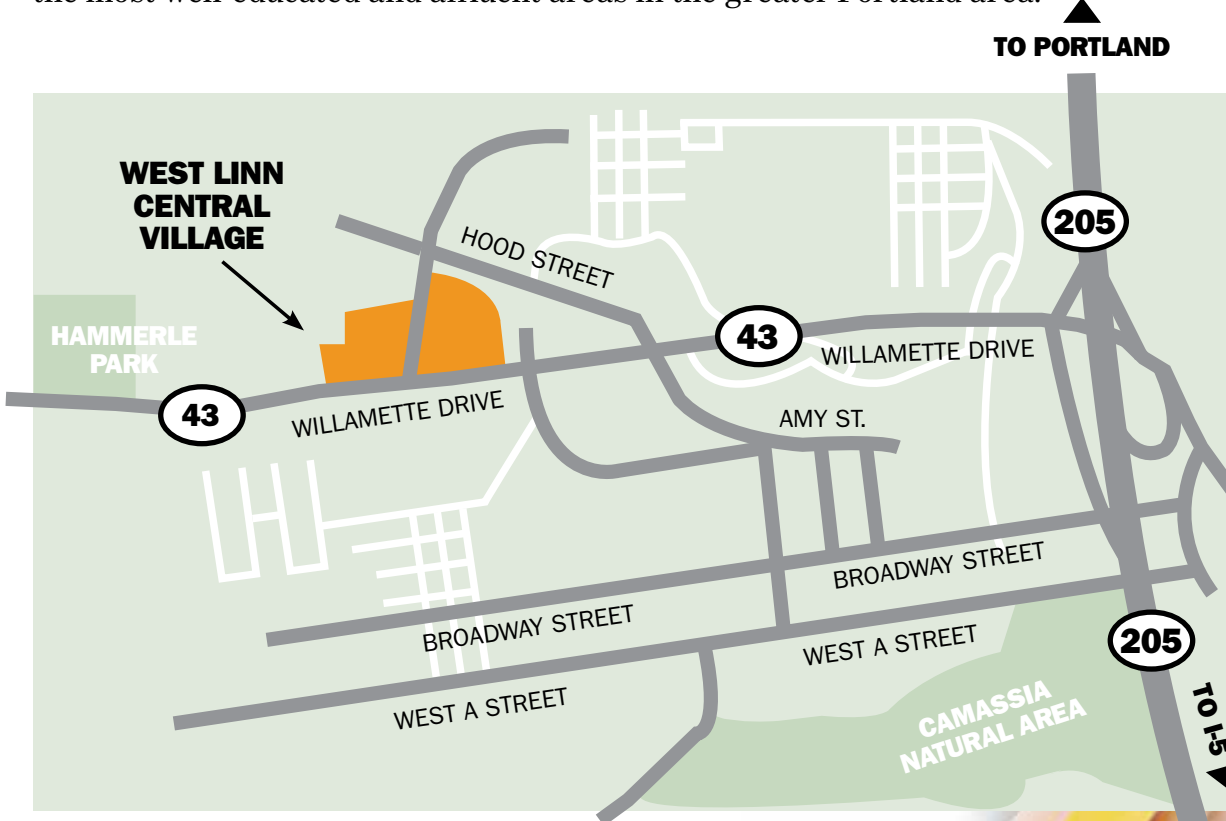
6 WISHING WELL
Wow your significant other with gifts
from Wishing Well

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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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On the cover: Owner John McEwan prepares a mixed drink at Restaurant Five-O-Three.

Photo by Jonathan House

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Owner John McEwan prepares a mixed drink at Restaurant Five-O-Three.

Making a weekend of it

Five-O-Three Restaurant offers Valentine's Day specials throughout the weekend

Story by: COREY BUCHANAN
Photos by: JONATHAN HOUSE

With Super Bowl Sunday coming the day before Valentine's Day — and therefore Restaurant Five-O-Three not being open on the eve of the special day for couples — owner John McEwan is doing things a bit differently this year.

Rather than the standard array of options that are only available on Valentine's Day, the restaurant in West Linn Central Village will introduce a few specials over the course of three days — Friday, Saturday and Monday.

McEwan hopes this offering will provide customers who prefer to celebrate the occasion on the weekend some flexibility to do so.

And for those who are more traditionalist when it comes to holiday celebrations, they can come Monday and enjoy themselves.

"Everyone can make it a Valentine's weekend as opposed to that one day," he said.

McEwan hadn't finalized the menu yet but expected the popular chocolate lava cake to be available for dessert and said a rack of lamb will be on the menu for dinner. Other options will likely include a surf and turf offering as well as coconut shrimp or tuna tartare.

"I don't know how many times people say: 'Are you ever going to bring the lava cake back?' It's clearly a fan favorite ... We make a really good one," McEwan said.

And on Saturday, the jazz trio of vocalist Sean Holmes, percussionist Bobby Torres and guitarist Christopher Weitach will perform live. McEwan spoke highly of their musical talents.

McEwan pitched Five-O-Three as a more convenient option than traveling to downtown Portland for a night out and safer if you've been drinking. And he hopes the community will attend what ought to be a special Valentine's celebration. McEwan described his restaurant as having the best food around and for a reasonable price.

“We're local with great food, great drinks, wonderful music and fantastic service staff.”

- John McEwan, owner

"We're local with great food, great drinks, wonderful music and fantastic service staff. That's why anyone in the general area ought to come out on any of those days," he said.

McEwan had hoped to offer a wine tasting session around Valentine's Day but decided to table it due to the recent omicron surge. He said that a wine tasting event should be coming soon, however. McEwan

said business has picked up a bit in recent weeks and is excited for the spring when patio seating will be more comfortable for patrons.

For more information on Five-O-Three, visit <https://restaurant503.com>.



ABOVE: This passionfruit cosmopolitan will be available to order at the restaurant.



LEFT: The restaurant has a plethora of wine selections.



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Tan Republic has a number of specials and products that could be a good gift option for Valentine's Day.

Giving the gift of tanning

Tan Republic has specials and products that could make for an attractive Valentine's Day present



The Versa Spa Pro Beyond Tan is one of the tanning devices Tan Republic has available.

Story by: COREY BUCHANNAN
Photos by: JONATHAN HOUSE

With the weather chilly and rays of warmth only breaking through the clouds on occasion, you or your partner may need some sun.

If that is the case, Tan Republic could be a good option to check out — in the form of a Valentine's Day gift or otherwise. The store in West Linn Central Village offers ultraviolet tanning, sunless spray-tanning products, red-light treatment and more.

In terms of gift ideas, Rachel Goland, the manager of the West Linn location, said the store is offering a \$25 gift card that gets you \$5 for free, a reduction in the membership fee from \$100 to \$22 and dozens of lotion and spray products ranging in price from \$30 to \$200. Some brands they carry include Designer Skin, Australian Gold and California Tan.

"There's a lot of ways to treat yourself depending on what you're looking for," owner Gary Sommer said.

Tan Republic has different levels of ultraviolet beds that vary in terms of voltage as well as red light, which can help rejuvenate skin. Goland recommended the level three option, which she said is safer for the skin.

"It also tans your skin three layers deep as opposed to just the top layer. It's better for building a base if you're going somewhere closer to the equator, like close to Hawaii," she said.

Sommer said the early months of the year are the busiest season for Tan Republic in part because many people are preparing for vacations.

Goland added that utilizing tanning this time of year could be a good way to reduce seasonal depression. On a similar note, Sommer said that "if you're not going away (on vacation), the Vitamin D and the ability to feel some warmth in your skin is nice in this gloomy time of year."

Sommer said the shop has been a mainstay in the Village for nearly four years, has upgraded equipment in the last six months and continues to clean thoroughly as part of its regular procedures and as a way to prevent the spread of COVID-19.

"That's one thing people can count on is we take care of not only the store but our customers and that's something we take seriously," he said.

Both Sommer and Goland noted that the store has longtime employees who have established relationships with the community. Goland added that it is open longer than many other tanning establishments (10 a.m. to 8 p.m. or 9 p.m.).

"I love the staff there. We're a really close-knit family. The ownership is wonderful, really accommodating and supportive and the guests are all really kind," Goland said. "It has a really inviting, warm atmosphere as opposed to some other salons I've been to that seem really pushy."

For more information on Tan Republic, visit www.tanrepublic.com.

“

There's a lot of ways to treat yourself depending on what you're looking for

- Gary Sommer, owner

”

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You & Eye helps patients take care of their vision

The Central Village vision center and optical boutique shares advice on eye-care

Story and Photos by:
HOLLY BARTHOLOMEW

Since opening in the West Linn Central Village in 2015, You & Eye has helped the community see better by providing high-quality glasses, contact lenses and vision-care.

Optometrist and You & Eye founder Nicole Pearce said the vision center and optical boutique helps treat issues ranging from dry eyes, allergies, injuries, computer-vision syndrome, myopia, cataracts and glaucoma.

“We have a pretty healthy population,” Pearce said. “The most common things we see patients for are glasses and contact lenses. We have some older patients that have cataracts starting or they have glaucoma.”

According to Pearce, kids and adults over 60 years old should get their eyes checked about once a year, even when they aren’t having issues. Other adults should visit their optometrist every one-to-two years when they aren’t experiencing eye problems.

Pearce said people don’t often think regularly visiting their eye doctor is as important as a regular physical or checkup at the dentist. However, regular visits to the eye doctor can help patients catch issues they may not have known were there, leading to less fatigue and eye watering, fewer headaches and an easier time reading or seeing in the dark.

Regular eye exams can also detect other unrelated health issues like diabetes or high blood pressure.

According to Pearce, You & Eye has seen more patients coming in with tired and dry eyes and computer-vision syndrome over the past two years due to an increased reliance on screens during the pandemic.

When online schooling first began, Pearce said she recommended computer glasses for nearly all kids.



The You & Eye optical boutique offers quality frames and lenses.

Computer screens, Pearce explained, trick eyes into thinking they are looking further away and thus require more focus. This can lead to fatigue, and dry, tired and watery eyes, she said.

Computer glasses can help the eyes relax by making sure they don’t have to work so hard to focus on the screen.

This is slightly more sophisticated than the relief that blue-light glasses provide. Blue-light glasses help cut down on the blue light from screens, which can cause eyes, especially those with lighter colored irises, to react differently.

In addition to computer-eye syndrome, the increase in computer use has also led to more children suffering from dry eyes, Pearce said. Glasses alone aren’t always enough to relieve dry eyes and some patients will require dry-eye therapy.

Thanks to new research on adolescent myopia, or nearsightedness, the vision center has recently started to help kids slow the progression of this condition, Pearce said.

“When kids start getting glasses for myopia, especially when they’re really young, it gets worse and worse every year. Now we have treatments where we can slow it down,” Pearce said.

“Like how dentistry has retainers, we have a way to stop the eye from changing so fast.”

Myopia management includes regular testing, eye drops, contact lenses and special lenses.



The team at You & Eye can help patients with dry eyes, allergies, injuries, computer-vision syndrome, myopia, cataracts and glaucoma and help them find the right glasses.

Pearce explained that slowing the progression of myopia is important because the worse the condition gets, the greater a person’s risk is of developing other eye issues as they grow older.

Pearce said that occasionally people are fearful of visiting the eye doctor but noted they don’t need to be because You & Eye has a touchless exam process. She said some patients have expressed fears based on

past bad experiences, particularly with the “air puff” that some doctors used to test eye pressure.

Pearce noted that You & Eye has another tool for measuring eye pressure so the air puff is never used at the clinic.

You & Eye is open 9 a.m. to 6 p.m. Tuesday through Thursday, 9 a.m. to 5 p.m. Friday, and 8 a.m. to 12 p.m. Saturday and closed Sunday and Monday.



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Wishing Well offers a wide variety of flower arrangements crafted by owner Selena Ross and the Wishing Well team.

Blooming love

Wishing Well offers flowers, chocolate and wine for Valentine’s Day

Story and Photos by:
HOLLY BARTHOLOMEW

Nothing says “Happy Valentine’s Day” quite like flowers, chocolate and wine. Wishing Well Floral and Gift offers these pillars of the most romantic day of the year, but they aren’t just any tired, old gifts. The fresh, vibrant and hand-arranged flowers, decadent Moonstruck chocolate and wines like Dom Pérignon champagne

will make anyone feel special. This year’s Valentine’s Day flower arrangement offerings include several classic rose-centric designs like the “Love You Forever” bouquet, “Everlasting Romance” and “Modern Love Story.” Wishing Well owner Selena Ross said leading up to Valentine’s Day the shop would receive an array of flowers in red, white, purple, pink and peach that would make vibrant bouquets. “I’m really going to focus on color pal-

ettes versus all one color so it’s a variety of colors that go together and complement each other,” she said. Other offerings include a cute cappuccino cup with a plant in it, which Ross said could make a good gift for a “Galentine.” For those who’d like to go a less traditional route, Wishing Well offers the “Anti Valentine Black and Blue,” with blue delphinium, white roses and silver accents. Ross mentioned the “Foxy Foliage,” a custom, low-maintenance plant in a fox pot, is another fun, less traditional arrangement. For those who can’t decide which arrangement might be best, Ross recommended the “Florist’s Choice.” “It’s a custom design. It’s designed just for you,” she said. “It lets us be your eyes because we want to make it special.” In addition to the flowers, wine and chocolate, Wishing Well also sells cards, candles, soap, mugs and home decor that can make great gifts for any occasion.

Ross asked that those placing orders remember to include a phone number for the recipient so they can receive a notification when the delivery arrives at their door. Ross said it’s important for people to remember to place their orders for Valentine’s Day well in advance. “The day before is Super Bowl Sunday, so most people might be distracted by that big game and not thinking about the next day,” she said. “We will deliver on Valentine’s Day but if they haven’t pre-ordered we will not be able to deliver that day.” Though the shop is not usually open on Sunday, Ross said she would be working on Feb. 13 and people could place orders to pick up that day. This year Wishing Well mixed bouquets will also be sold at Tumwater Vineyard off of Pete’s Mountain Road. Check out the offerings by visiting the shop in person or by looking online at westlinnflowers.com.



Find the perfect Valentine’s Day card at Wishing Well.



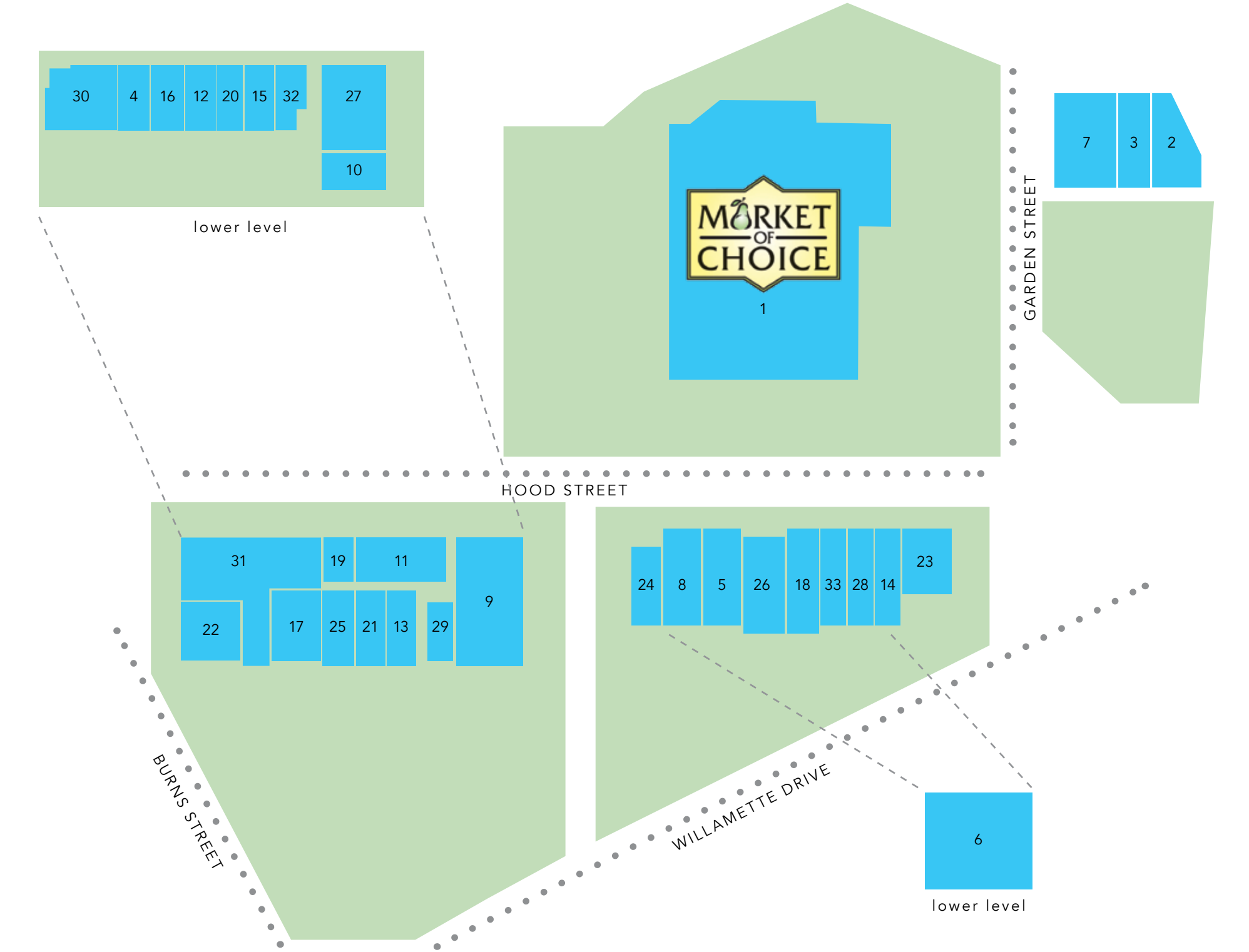
Wishing Well also offers wine from local vineyards and Dom Pérignon champagne.



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- 4. Aqua Nail Bar 503-657-0053
- 5. Elements Therapeutic Massage 503-722-8888
- 6. Fit For Life 365 503-655-7702
- 7. FOR LEASE
- 8. DOSHA Salon Spa 503-228-8280
- 9. Legacy Go Health Urgent Care 971-274-0038
- 10. One Taekwondo Academy 503-758-0318
- 11. Sierk Orthodontics 503-675-1239
- 12. Sage Kids Salon 503-344-4782
- 13. Sport Clips Haircuts 503-974-9600
- 14. Tan Republic 503-387-3479
- 15. You & Eye 503-723-3000
- 16. Sugaring NYC

PARKING

OFFICE AND SERVICES

- 17. Advantis Credit Union 503-785-2528
- 18. FedEx Office 503-557-0709
- 19. Halcyon Financial Planning 503-928-4412
- 20. Lovell & Hall Real Estate Partners 503-807-2848

RESTAURANT AND FOOD SERVICES

- 21. FOR LEASE
- 22. Restaurant (five-O-three) 503-607-0960
- 23. La Sen Vietnamese Grill 503-303-4445
- 24. Starbucks 503-656-7516
- 25. Sushi Hurray 503-305-7876

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- 27. Banfield Pet Hospital 503-462-7100
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- 29. Mathnasium of West Linn 503-305-8738
- 30. Nature's Pet Market 503-305-8628
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5.⁹⁹ ea

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7.⁹⁹ lb

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3.⁹⁹ lb

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5.⁹⁹ ea

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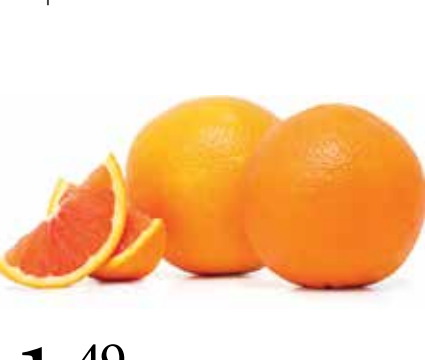
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1.⁴⁹ lb

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3.⁴⁹

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