

Discover West Linn Central Village

SHOP, DINE AND HAVE FUN CLOSER TO HOME!



Wow mom at Wishing Well

The flower and gift shop is one of several gift-buying destinations at West Linn Central Village

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4 MOM'S PERFECT GIFTS
Central Village offers Mother's Day gifts ranging from wine to candles



5 SUNDSTROM
Find out about kids group sessions at the therapy center



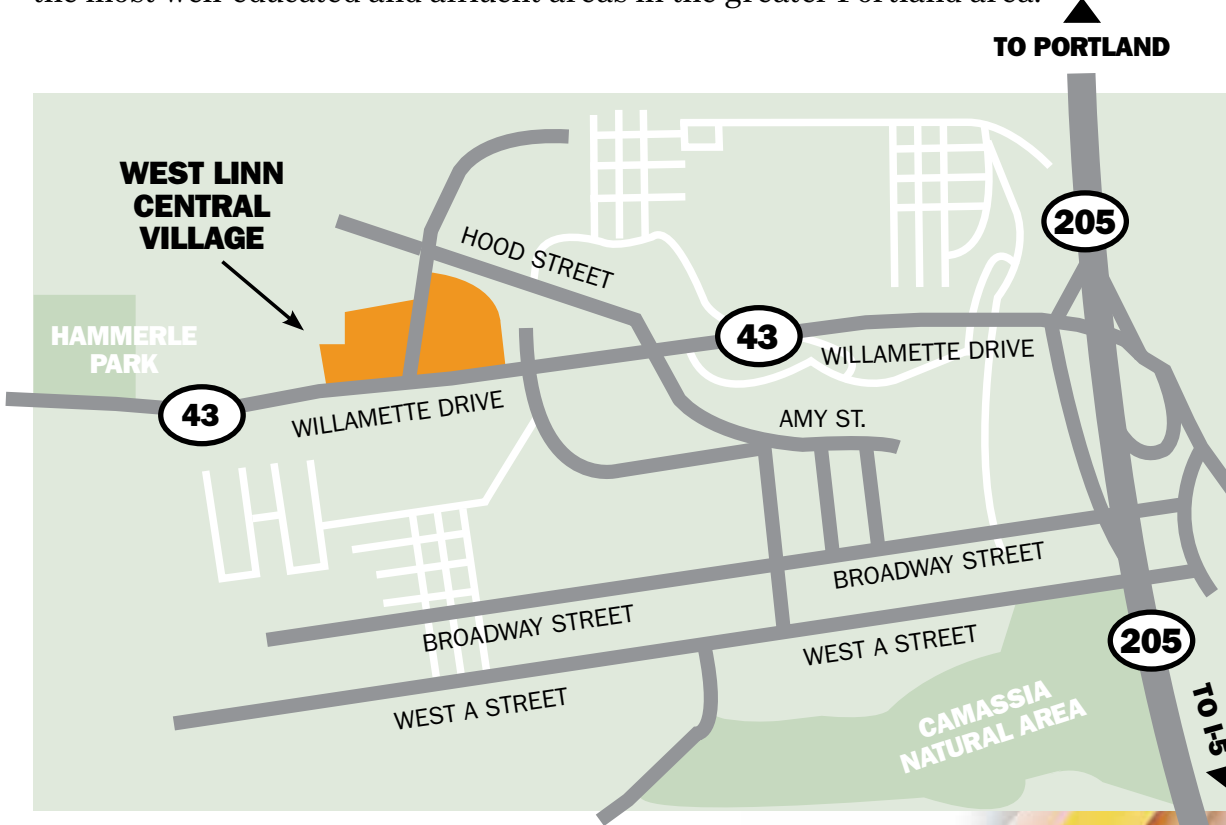
6 HONORING MOMS
Central Village workers say what Mother's Day means to them

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.



TO PORTLAND

TO SEASIDE



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On the cover: Serena Ross, owner of Wishing Well, with a springtime floral wreath.
Photo by Jonathan House

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Photographs of West Linn Central Village courtesy of Gramor. Some photographs supplied by Dreamstime.

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The Mom's Favorite bouquet in a keepsake bird pitcher at Wishing Well.

Make mom smile with flowers from Wishing Well

Flower shop will deliver fresh, elegant flower arrangements and more

Story by: **HOLLY BARTHOLOMEW**
Photos by: **JONATHAN HOUSE**

Smiles, tears, hugs — Wishing Well Owner Selena Ross has seen many moms warmly receive deliveries of fresh, hand-picked flower arrangements on Mother’s Day.

“I’ve hugged so many moms. I’ve cried with moms. I’ve grinned from ear to ear,” she said.

Wishing Well Floral and Gifts will be open on Mother’s Day and making deliveries, though Ross said customers can pick up their orders early or have them delivered before the special day.

Ross said she likes to think of the holiday as “Mother’s Week” not just Mother’s Day, so sending a delivery early means mom can enjoy the flowers all week long.

While customers can stop in the shop and choose from the selection on hand, Ross said those with specific ideas in mind for their arrangement should order ahead. The earlier the better, she added. Deliveries within West Linn are free.

The wide variety of flowers blooming at this time of year means there are countless options for fun, lively and elegant arrangements. Select from the dozens of choices online at [westlinnflowers](#).

com or go with a “Florist’s Choice” and let Ross and her staff work their magic.

As a tasty addition to flower orders, Wishing Well will offer cakes from Nothing Bundt Cakes, specially for Mother’s Day. Ross said there will be cakes in the store but customers requesting special orders like gluten-free cakes should call ahead.

While flowers are a classic gift on Mother’s Day, Ross noted that Wishing Well has more to offer like one-of-a-kind gifts, house plants, spring wreaths, candles, home decor, locally-made cards and more. She said she and the staff are happy to help customers select the perfect gift.

Wishing Well also offers flower subscriptions, where recipients receive a fresh, new, seasonal arrangement each month. Ross called it “the gift that keeps on giving.”

Ross and her team know firsthand how important honoring moms is, and not just those who are mothers by DNA but all the motherly figures in your life.

Equally important, she said, is taking time to think of those moms who are no longer with us.

“Moms have a tough, tough job. It’s a job that never ends,” Ross said. “Most of us working in here are moms. We get it.”



The Mom's Garden bouquet in a reusable watering can at Wishing Well.

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Central Village has the perfect gifts for mom

No matter what she needs, the businesses at Central Village have you covered

Story and Photos by:
HOLLY BARTHOLOMEW

Finding the perfect gift for mom on Mother's Day can be hard, but the variety of offerings from the business in the West Linn Central Village can help make it a little easier. Whether she needs jewelry, wine, items for the house, something sweet or a relaxing massage, the Central Village will have you covered.

A treat as sweet as mom
Treat mom to something sweet with a cake from the bakery at Market of Choice. With options from rich and decadent chocolate lovers to light and tangy lemon burst, the bakery's cakes will please even the pickiest taste buds. With several cake flavors, and a range of icings and fillings, the possible flavor combinations are endless. Cakes can be ordered as cupcakes, or round or sheet cakes in various sizes with prices ranging from \$15.99-\$175.

For the wine-loving moms
Celebrate mom with the perfect bottle of wine from the cellar at Market of Choice. Whether she loves sweet wine, or dry, white or red, new world or old, the beer and wine section has an array of options. This Pinot Noir Rose from McBeth Vineyards, now \$17.99 a bottle, would go great with a Mother's Day lunch.

Dinner mom won't have to cook herself
Mom may be the best chef you know but the kitchen staff at Five-0-Three is a close second. Treat her to a delicious meal at Five-0-Three in the Central Village. Five-0-Three is loved for its locally-sourced fare and craft cocktails. The restaurant also offers gift cards.

A relaxing aroma
The candles sold at Backyard Bird Shop are made with 100% soy wax and a cotton wick. Hand-poured in Portland,

the candles come in scents like citrus, black amber and wild honey. Backyard Bird Shop sells them for \$24.99 or \$14.99 depending on the size.

Ornaments to make mom smile
The fun ceramic ornaments come with funny, inspiring sayings and can be hung from a cork board or propped up on a desk. Wherever mom sees it, it's sure to make her smile. Find them at Backyard Bird Shop starting at \$11.99.

A day of pampering for mom
No one works harder than mom. Treat her to the day of relaxation she deserves with a gift card to Dosha Salon & Spa or Elements Massage. Dosha in the West Linn Central Village offers salon services and facials as well as waxing and eyelash tints, lifts and extensions. Massages at Elements Massage promote relaxation, rejuvenation, recovery and relief.



Treat mom to a day of pampering with a gift card from Elements Massage or Dosha Salon and Spa.



Find this Pinot Noir Rose from McBeth Vineyards near Eugene in the beer and wine section at Market of Choice.



These all-natural soy candles are handmade and start at \$14.99 at Backyard Bird Shop.



These fun and inspiring ceramic ornaments from Backyard Bird Shop are sure to make mom smile.

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Kids learn social skills at Sundstrom

Psychologist helps them work together with others and make friends

Story and Photos by:
COREY BUCHANAN

While helpful in the process of addressing mental and behavioral challenges, Sundstrom psychologist Lisa Masako Snow acknowledges that one-on-one therapy sessions can only do so much to help kids develop healthy social habits.

This is why she has implemented group sessions where kids can intermingle and learn how to interact with each other in a healthy manner. The sessions will take place this spring, with the first set of kids coming in at 4:15 and the second at 5:15 every Wednesday.

“I think what’s really helpful is when it’s a kiddo I’ve worked with in the past and I can see them in an individual setting and we can structure the pieces around what happens in the real world but this is a sterile environment and I can control the setting a lot,” Snow said. “Once I have them in a group setting I get to see in real time how they interact with their peers.”

Some of the skills Snow hopes to help kids improve through the sessions include making friends, problem solving, working together with others, picking up on non-verbal cues and regulating emotions. One game they play during the sessions is alligator swamp, where the kids have to traverse through a “swamp” using non-verbal communication.

“The goal would be for all the kids to learn and apply the different skills that are taught in the group with each other and again in their daily lives,” Snow said.

Prior to the sessions, Snow will do a private meeting with kids’ families to discuss the challenges they’re having and what they can work on. Then, along with a game or activity, each session will have a beginning check-in, an art component and a closing debrief. A snack will also be included so kids can practice having a conversation while eating.

Snow recommended this program to “children that could be anxious or they’re having difficulty successfully connecting with same-aged peers, who are maybe misunderstood by others or still learning their bodies, maybe bouncier or have more energy than others for example. Those are some good fits for the group.”

And Snow said the groups are available for people who do individual therapy at the clinic and those who do not. In the past it has been used to serve kids who are on the waitlist for individual therapy, she added.

“It really compliments the work I do with them individually because now we can process the things we saw in that group privately and how we can apply that to other peer situations in their life,” she said.

The kids in the group usually have one goal for the sessions, like making a friend or processing as much information as possible.

For more information about Sundstrom, visit www.sundstromclinic.com.



Sundstrom Clinical Services offers therapy for adults and kids alike.



Sundstrom psychologist Lisa Masako Snow facilitates group social skills sessions for kids.



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Central Village shows mom appreciation

Workers in the village discuss the important role their moms have played in their lives

Story by:
COREY BUCHANAN

So many of us owe a debt to our mom that's beyond repayment.

With the special day where we celebrate our moms right around the corner, the Tidings asked workers in West Linn Central Village what Mother's Day means to them, what they appreciate about their mom and what they value about motherhood.

Here's what they said.



Rachel Goland, Tan Republic

It's (being a mom) the center of my whole life. I base everything around it. It gives me purpose. I feel it's my responsibility to raise people that are going to be a productive member of society in the future. Kids are our future so I try everyday to teach my kids to be honest, humble, hard working and just good people in general, gentle and loving people. I think that's going to be important in the future with everything that's going on in the world.



Hollie Blubaum, manager at Sugaring NYC

It reminds me of the value in mothers and how great they are. I can count on my mom for anything, anytime I need her. If I'm having a bad day I can call her and cry. Same with my mother in law too. They are always there. You can always count on them. They're just amazing people and I aspire to be just like them where my kids can call me and I'll be there.



Kiarra Garza, Legacy GoHealth Urgent Care

To me this means celebrating my mom for as much as she's done for me. I love everything about my mom. She's my best friend. She's my other half. We're super close. I'm a mom as well so being a mom too, it's a different feeling — especially when your kids get older. I think that's the best part is seeing your kids move on from that.



Selena Ross, owner of Wishing Well

I appreciate my mom for wise advice and being a good listener.

People don't really talk about how it's OK to honor your mom even though they might not be with you on a daily basis. They're still in your heart.



Addison Brown, Advance Sports & Spine Therapy

I think that Mother's Day is a chance to appreciate everything my mom has done for me because she's sacrificed a lot in her life for me (and) to be grateful for that and thank her and show her the love she deserves.



Jozef Zaragoza, Mathnasium of West Linn

Quite frankly it's a day where we should be honoring our mother but we should be doing that every day. It's a day where we focus 24 hours to appreciate what our mother does for us, which is basically everything.

(I appreciate) That she has raised me in such a way to treat women with respect and kindness.

Teresa, Backyard Bird Shop

It's a good reminder. We should be thinking about all the things we should appreciate about them everyday. We only do it once (a year) ... (I appreciate) Her unconditional love, her support, her encouragement, her humor.

Amy Smith, employee at Wishing Well

She was very outspoken but even with the outspokenness she can still be funny. A perfect example is when she passed away she said she wanted 'Send in the "Clowns" (by Frank Sinatra) to be her theme song as they wheeled her casket to the hearse.

Jeanie Lovell, owner of Lovell and Hall Real Estate Partners

It's a time to celebrate the most special women in our lives. She's my best friend. I can talk to her about anything. I'm a mother. It's my life. It's the most important thing.



Alissa Dees, manager at Sports Clips

She's one of the strongest people I know. Mothers Day, you shouldn't appreciate your mother one day of the year. It should be every day. That's what I have to say.



Marrisa Marlow, Advantis Credit Union

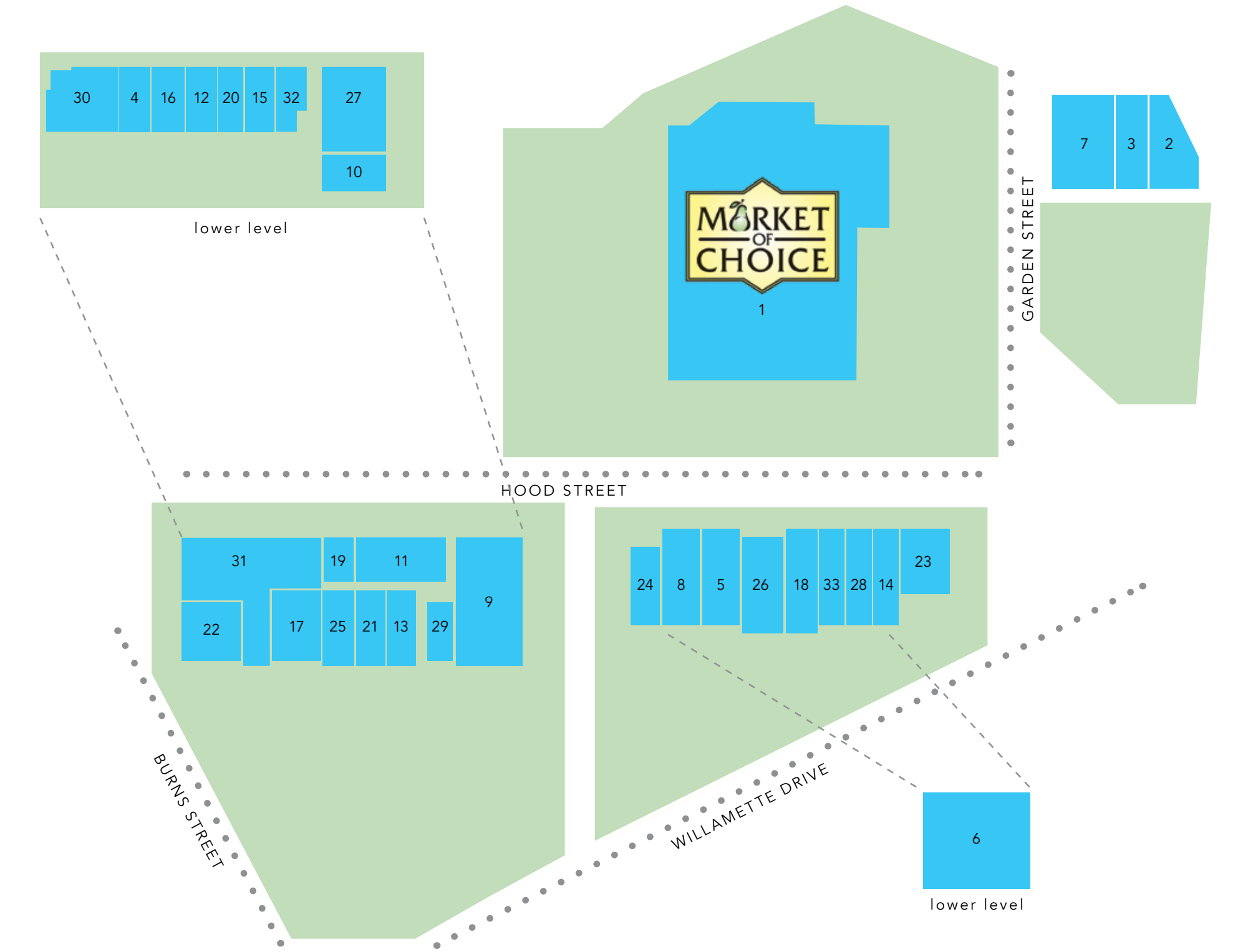
Mother's Day is a day to celebrate my mom, who has been my rock my entire life. She's my number one supporter. I get to take that day to fully focus on her.



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HEALTH AND BEAUTY

- 2. Advance Dental Arts Center 503-655-9300
- 3. Advance Sports and Spine Therapy 503-723-0347
- 4. Aqua Nail Bar 503-657-0053
- 5. Elements Therapeutic Massage 503-722-8888
- 6. Fit For Life 365 503-655-7702
- 7. Club Pilates – Coming Soon
- 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 971-867-0511

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

SPECIALTY AND OTHER

- 26. Backyard Bird Shop 503-303-4653
- 27. Banfield Pet Hospital 503-462-7100
- 28. California Closets 503-885-8211
- 29. Mathnasium of West Linn 503-305-8738
- 30. Nature’s Pet Market 503-305-8628
- 31. Sundstrom Clinical Services 503-653-0631
- 32. Wishing Well Floral 503-557-3823

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4.⁹⁹ lb

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11.⁹⁹ lb

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3.⁹⁹ ea

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2.⁹⁹ lb

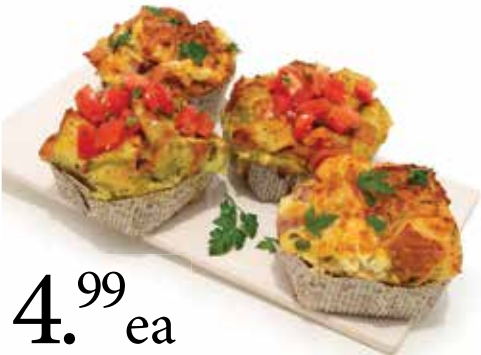
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4.⁹⁹ ea

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8.⁹⁹ lb

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17.⁹⁹ lb

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9.⁹⁹ lb

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6.⁹⁹ ea

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8.⁹⁹ ea

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11.⁹⁹

MARKET HOME & GIFT

Gerbera Daisies
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5.⁹⁹ ea

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2.⁷⁹

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Select varieties.



6.⁹⁹

Wilcox Cage-Free Medium White Eggs
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3.⁶⁹

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Franklin 1960 Franklin Blvd. 541-687-1188
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