

Discover West Linn Central Village

SHOP, DINE AND HAVE FUN CLOSER TO HOME!



Protect your sight

The lead-up to the school year can be a great time
to get your kids' vision checked at You & Eye

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A SPECIAL PUBLICATION OF PAMPLIN MEDIA GROUP/COMMUNITY NEWSPAPERS



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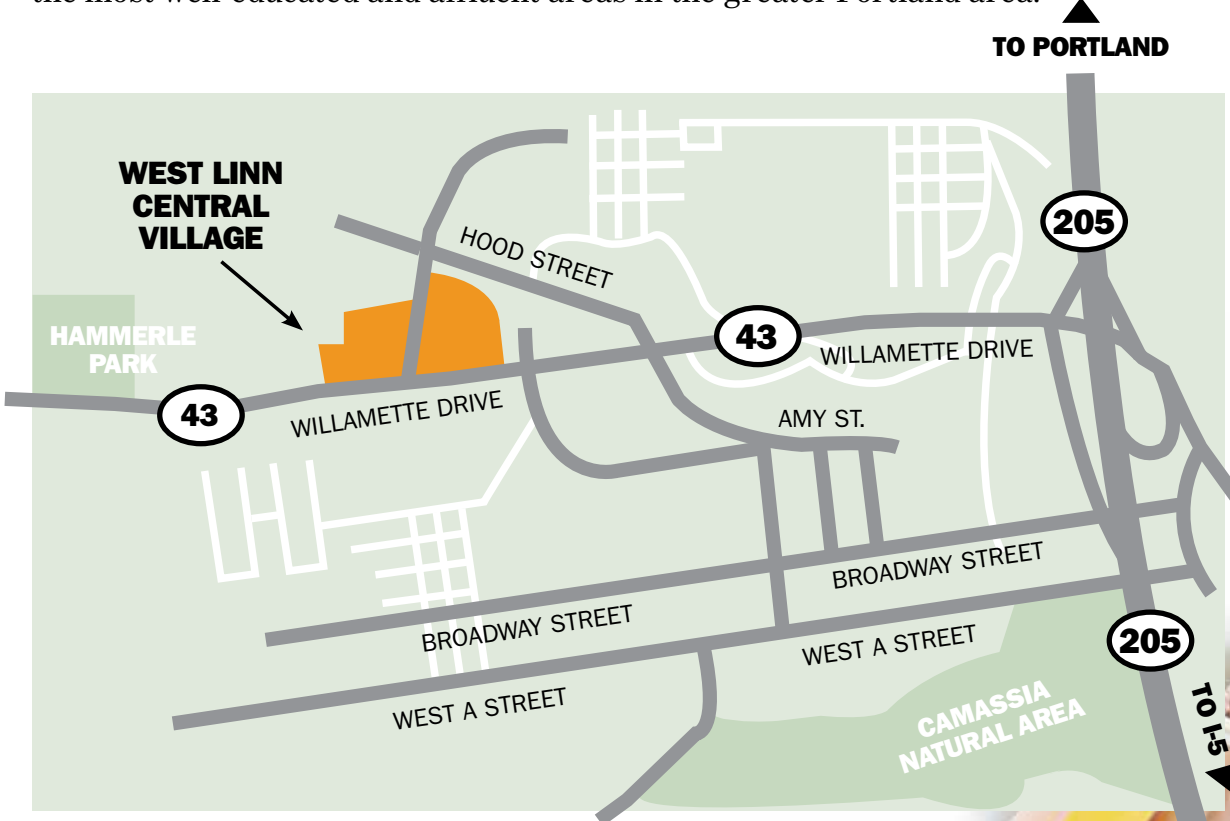
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West Linn Central Village

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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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On the cover:
Destiny advises families to get their kids' eyes checked in preparation for the school year.

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

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Destiny has worked as an optician at You & Eye in the Central Village for several years.

Get eyes checked before the start of the school year

You & Eye also now offers the popular Maui Jim sunglasses along with 42 different frames

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

In the madness of back-to-school shopping, one often overlooked aspect is making sure students’ eyes are ready for the classroom.

“It’s important to have kids’ eyes examined and make sure everything is working as it should,” said Destiny, an optician at You & Eye in the West Linn Central Village.

While some students may get glasses for a new school year, or even have a required eye exam before starting kindergarten, eye health isn’t always top-of-mind for families, Destiny said.

In the classroom, students are using a mixture of distance vision to see a teacher working at the board, and up-close vision to read, write and do other work. Making sure both distance and up-close vision work well and in concert is important, Destiny said.

She added that it’s important for kids to switch between distance and up-close vision, so they don’t spend too much time using one or the other. This is particularly important when kids spend considerable time on screens.

For every 20 minutes kids use screens, they should spend at least three minutes

looking into the distance, Destiny said.

In addition to glasses and vision check-ups, Destiny also mentioned the importance of protecting the eyes from sun.

While many people think it’s not necessary to wear sunglasses on overcast days, Destiny said those days are often when UV levels are highest, adding that the eyelids and soft tissue around the eyes are susceptible to skin cancer.

Destiny highlighted the newest line of sunglasses You & Eye offers, Maui Jim. She said Maui Jim is one of the fastest-growing brands of sunglasses because of the quality of its lenses, as well as the company’s excellent customer service.

At You & Eye, patients and customers can select from over 42 different frames, most of which come in a variety of colors. More styles are available online. You & Eye can also personalize the sunglasses with specific prescriptions.

Destiny mentioned Maui Jim sunglasses all come with UV protection, scratch-resistant lenses and polarization, which helps reduce surface glare. According to Destiny, brown lenses are very popular in Oregon because they make things appear warmer, especially when it’s overcast outside.

Destiny also wanted community members to know You & Eye now accepts

Kaiser Insurance. She added that the office added a second exam room, which allows optometrist Nicole Pearce to see more patients.

“By having two exam rooms, she’s able to flip-flop between patients easier and we just hired our fourth employee,” Destiny said. “It’s the most employees that we’ve had in the seven years that we’ve been open, so it’s exciting to have a full staff and starting to get busy.”

For more information, visit www.youandeye.us.



You & Eye now offers sunglasses from Maui Jim, a brand rapidly growing in popularity.



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How to help your kid with ADHD

Sundstrom nurse practitioner plans class for parents of kids diagnosed with disorder

Story and Photos by:
COREY BUCHANAN

Bridget O’Boyle-Jordan strives to give kids diagnosed with ADHD and their parents the tools they need to manage it. And the nurse practitioner at Sundstrom Clinical Services in West Linn Central Village is hoping to do just that through her upcoming classes at the clinic, which will help parents understand the realities — and ignore the myths — about attention-deficit/hyperactivity disorder.

“The biggest tool in my opinion is getting a true understanding of what ADHD is and is not and what to expect when you have executive-functioning problems,” O’Boyle-Jordan said. “That allows parents to feel like they have a better understanding of what to expect from their kids and build from that.”

O’Boyle-Jordan has a masters in nursing, has been working as a nurse for almost 40 years and started at Sundstrom nearly 10 years ago. She began her career working in pediatric neurology and also had family members with ADHD.

“I enjoyed being able to walk along with the parents as we went through diagnosis and treatment options,” she said.

O’Boyle-Jordan said that while people think about the effects of ADHD mostly in terms of hyperactivity and focus problems, she said the disorder can have wider impacts — such as a higher chance of learning disability, anxiety, depression and oppositional behavior.



Bridget O’Boyle-Jordan helps ADHD-diagnosed kids and their parents work through the disorder.

However, O’Boyle-Jordan said that kids with ADHD can benefit significantly from certain tools and practices employed by their parents. A few she mentioned included giving them clear and specific instructions, positive feedback and structure as well as advocating for them in the classroom and other settings.

“One of the hardest things to do in modern society is establish routine and consistency. But it’s more important for a student with ADHD or other neuro-diversities than even for the other children,” O’Boyle-Jordan said.

The nurse practitioner added that medication can also be an option, which she will sometimes suggest if behavioral modifications aren’t working or at the beginning of treatment, depending on the circumstance.

“If they’re getting support from a therapist or counselor ... we end up using less medication and have higher

satisfaction rates from students and families,” O’Boyle-Jordan said.

She added that it’s important to listen to and work through parents’ concerns about medications and provide accurate information about their benefits and drawbacks. Further, she emphasized that parents do not have to choose that option and can stop whenever they want.

The dates for the parent class have not yet been scheduled and O’Boyle-Jordan is hoping to garner interest. The plan is for it to be four weeks and for sessions to last two hours.

“I thoroughly enjoy helping them have a better understanding of what they’re going through and what to expect but also really enjoy being able to hear them and know they are heard and to be able to share in those steps along the way and provide the support and education they need,” O’Boyle-Jordan said.

For more information, visit www.sundstromclinic.com



Sundstrom Clinical Services is planning to offer classes for the parents of kids with ADHD.

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Staying the financial course

Halcyon Financial help clients establish a wise, forward-looking investment plan

Story and Photos by:
COREY BUCHANAN

While the financial market might seem uniquely uncertain at the moment, Will Kaplan doesn't think about financial planning in terms of navigating short-term booms or busts. In his nearly 20 years in the industry, he's seen prices rise one year, fall the next and then level out.

And he tries to help his clients at Halcyon Financial in West Linn Central Village also see the bigger picture.

"We're having inflationary pressure right now and we're seeing negative market returns right now but this is one point in time and most people's financial journey is longer than that," he said.

Kaplan helps clients manage investments, plan for retirement and much more at Halcyon.

The biggest thing Kaplan imparts on clients during a market downturn is that depreciating values can present an opportunity for buy-low investment. He said now could be a good time to put more into retirement plans and invest in equities. When the ice is slick on the road, Kaplan said, you shouldn't abruptly turn your wheel in the other direction and the same is true with financial planning.

"The normal human behavioral component is: 'The markets are moving up. I'm feeling greedy and so I want more.' 'The markets are moving down. I feel anxious and it's time to start getting out.' That's the opposite of the behavior you really want," he

said.

Kaplan added that he helps clients develop a diversified portfolio, establish emergency funds for downturns and potentially alter their budgets during times when inflation is higher or lower. He also said that he can refer clients to other financial advisors if Halcyon is not a good fit. For instance, he doesn't take on clients who want an advisor to look over their financial portfolio in a cursory way.

"If you know: 'I'm going to be at the gym at 7 o'clock every morning and know exactly which machines to use and what my workout needs to look like,' great. Go do that. If you're like most people and you could use a little help and accountability that's where we fit in," Kaplan said.

And he reiterated that he does not

try to predict the short-term ebbs and flows of the market but to build a long-term trajectory knowing that prices will inevitably rise and fall. The eventual benefit for his clients, Kaplan said, is they can rest a little easier knowing that their goals for their financial future are still in reach.

"It sounds a little hokey but they sleep better at night knowing that a successful outcome isn't dependent on the stock market," he said. "Just because the market is down this year doesn't mean their retirement is in jeopardy. We've anticipated that. We've accounted for that and we've planned to include that as part of their retirement."

For more information, visit www.halcyon-financial.com



Will Kaplan provides financial advice through Halcyon Financial.



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Let Market of Choice do the work for Labor Day barbecue

The store can also make packing school lunches a breeze via their fresh sandwiches



Cameron, a kitchen manager at the West Linn Market of Choice, said the s'mores bread pudding is a great summer dessert option.

Story and Photos by:
HOLLY BARTHOLOMEW

With over 50 items available, the kitchen at Market of Choice has everything needed for a Labor Day barbecue or picnic.

Cameron, a kitchen manager at Market of Choice in the West Linn Central Village, highlighted some of the best and most popular offerings.

Every couple of days the Market of Choice kitchen grills up fresh salmon and chicken. Cameron said the grilled salmon is one of the kitchen's bestsellers and comes with either salt and pepper, teriyaki sauce or sweet chili. Because the salmon is already cooked, it just needs to be reheated, but Cameron said it is also good cold. If there is still some fish leftover after the barbecue or picnic, Cameron uses the salmon in sandwiches.

The kitchen also offers grilled teriyaki chicken breasts and thighs and grilled breasts with pesto.

Market of Choice also has plenty of vegan and vegetarian options including tofu salads and vegan meatloaf. Cameron mentioned that the crunchy chili tofu is a customer favorite.

Another popular meat-less option is the kitchen's new cilantro edamame salad. Cameron also highlighted the kale superfood salad, which he said is vegan, gluten free and very tasty.

The Market of Choice kitchen has no shortage of pasta salads. Cameron mentioned the sun-dried tomato penne pasta has been a long-time favorite while the creamy pesto tortellini has become one of the most popular side dishes. The kitchen also offers a regular mac and

cheese and Hawaiian mac salad.

According to Cameron, another customer favorite is the Oregon Orchard Chicken Salad, which has cherries and hazelnuts.

Another light, summer option Cameron pointed to is the asparagus, portobello and tomato marinated salad.

"Everything is grilled and it has a nice light Italian type vinaigrette," he said.

Those who enjoy that may also appreciate the medley of grilled vegetables with feta cheese and kalamata olives.

For dessert, there is always the bakery though the kitchen also offers several bread puddings including a s'mores bread pudding, a lemon raspberry version and one with fresh Willamette berries.

As summer comes to a close, Cameron also said Market of Choice is a great place to pick up quick and easy school lunches. The kitchen recently began offering cold sandwiches, which are made daily.

Cameron also pointed to snack packs and to-go salads kept cold near the kitchen section.

Of course, Market of Choice is also a popular lunch spot for students at West Linn High School. Cameron said the kitchen has to be prepared with extra food on school days to accommodate the high schoolers.

"It's a quick little rush. They get a 30-minute lunch. It's a fun thing for us and I'm glad we're able to supply them with that," he said.

Cameron added that the kitchen strives to be better than school cafeteria food.

For more information, visit www.marketofchoice.com



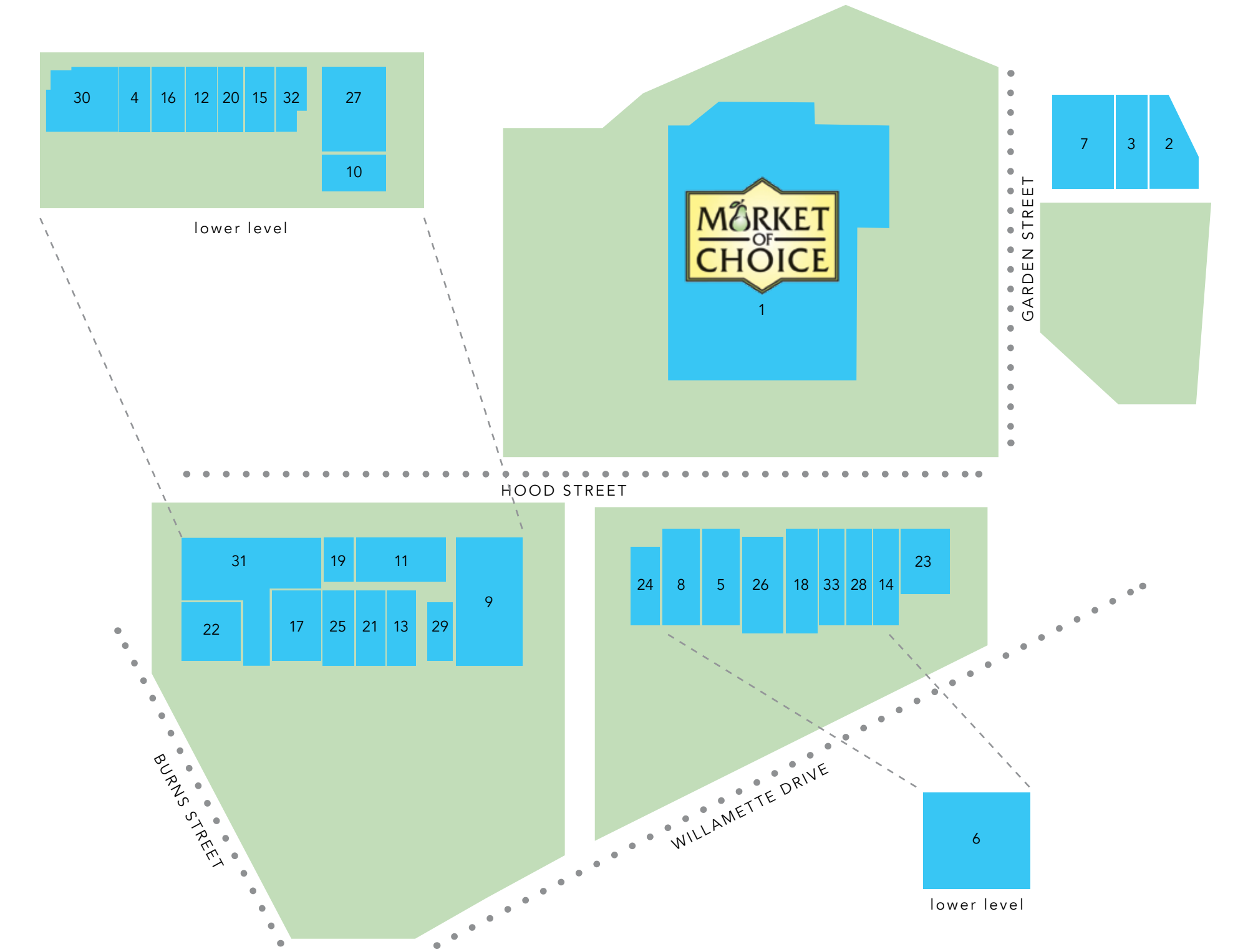
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- 15. You & Eye 503-723-3000
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