

Discover West Linn Central Village

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Clients can feel confident that they'll receive a professional-quality cut at Sage Kids Salon.

See Page 3

A SPECIAL PUBLICATION OF PAMPLIN MEDIA GROUP/COMMUNITY NEWSPAPERS



4 ONE TAEKWONDO ACADEMY
Summer might be the perfect time to enroll in taekwondo.



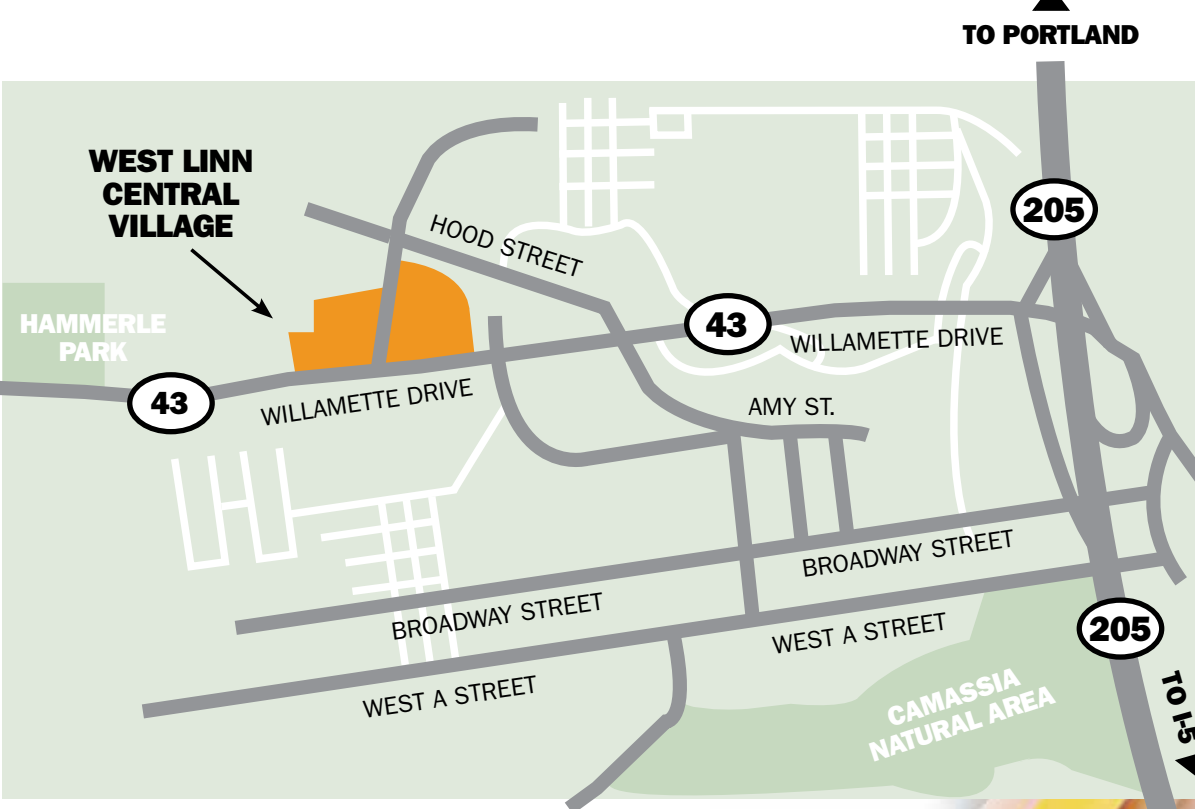
5 NATURE'S PET MARKET
Find out how to keep your dog comfortable amid sweltering heat.

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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On the cover:
Juna Bell's hair is cut by stylist Desiree Perry while she sits in a car-chair with her dad Josh Bell next to her.

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



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Stylist Desiree Perry cuts Juna Bell's hair with Bell's dad Josh Bell by her side.

Salon strives to earn trust, and make clientele comfortable

Sage Kids Salon provides haircuts for all ages as well as ear-piercings and limited hair coloring

Story by: COREY BUCHANAN
Photos by: JONATHAN HOUSE

To owner Barbara Perez, the component that separates Sage Kids Salon from other establishments that provide haircuts for kids is the professionalism and experience of her staff.

Currently, she said all of her staff members have worked in the industry for at least 10 years. And this experience leads to a consistency of quality, Perez added.

In short, Sage Kids Salon lives up to its namesake.

“Our team is small and all equally skilled because we serve entire families and we crossover clients. We are all trained so people get consistent service from us no matter who we see,” Perez said.

Sage Kids Salon in West Linn Central Village offers haircuts for all ages and specializes in cuts for kids, who can sit in a car and watch television while stylists cut their hair. The shop is currently appointment-only and is open until 6 p.m. most days.

One of the more unique styling services it offers is piercings, which Perez does herself. She also provides the earrings, which include 18-carat gold posts and surgical steel.

“I’m a rarity in that they can go to a nice boutique and have a quality service where they feel safe,” Perez said.

The shop also provides tinseling, hair lighting and toned tips, although it does not dye hair completely.

“We pre-lighten the ends of the hair and then color it whatever they want — pink, blue and purple, those colors that are popular,” Perez said.

Some haircuts Perez has noticed recently that are popular include short barber-style cuts and shoulder-length cuts. The owner further said that the products the shop offers — from shampoo to conditioner — have been in high demand recently and are notable for being organic and vegan-friendly.

“People have trouble getting those things in other places. You can only get them at certain salons,” Perez said.

The owner added that stylists take their time with cuts to ensure quality and that they don’t schedule more than two or three appointments at a time.

“When you go in there it’s very calming. There’s not a bunch of chaos. We work really hard at that and also sanitation; the parents feel comfortable there, relax and have a high level of trust,” she said.

For more information, visit <https://sagekidssalon.com>.



Owner Barbara Perez helps a customer with an ear piercing.

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WestLinnTidings

Try out taekwondo this summer

The academy in Central Village welcomes new students to its sessions

Story by: COREY BUCHANAN
Photos by: JAIME VALDEZ

The dog days of summer can be an opportune time to start lessons at One Taekwondo Academy, instructor Michael Morris said.

While classes are large and instructors don't always have time to work one-on-one with every student extensively during the school year, the classes are less full in the summer months and can be a more relaxing environment.

"Now is always a good time to get started because you can establish good routines before the school year and because class sizes are smaller and you can get a little more personal attention," Morris said.

One Taekwondo Academy in West Linn Central Village offers taekwondo classes for various skill levels from beginners to black belts and holds classes throughout the week. For more information, visit www.one-taekwondo.com.

The taekwondo week, Morris said, consists of practicing upper-body skills and techniques Mondays and Tuesdays, lower body drills Wednesday and Thursday and sparring on Fridays. Classes include jogging and stretching to start before transitioning into technique and skills. Morris will also mix in a game of Dodgeball every now and then.

"That's where the balance comes in.



It's very important to have that strict self respect and structure but also give room to have some fun. We get some of the strongest reactions when I say we're going to play dodgeball," Morris said.

Competitions are another important wrinkle of taekwondo life. The academy recently completed a school tournament and black belt tests and will soon participate in a Washington governor's cup tournament. Morris said that student participation in tournaments can vary.

"We want you to use your skills in some capacity to demonstrate that you're learning it well and competition is a great way to do that," Morris said.

Morris extolled the virtues of learning taekwondo — he has seen kids who are meek and unsure of themselves hold their head up high and feel confident after extensive training. And he said the sport can allow kids to stand up to a bully or simply shrug off harassment when they receive it.

"Ultimately that confidence becomes its own deterrent. When you're feeling good and strong hopefully people see that and don't want to pick on you," he said.

Overall, Morris would love to see a new crop of students put on their white belts and begin their journey toward martial arts proficiency.

"We're ready to take on more white belts. We're happy to be here for those who may have been observing from the sidelines whether they want to come (try it out)," he said.

For more information, please visit: www.one-taekwondo.com

ABOVE: Master Michael Morris, with cousins Noelle, 11, and Ripley, 3, during a recent session at One Taekwondo Academy.

TOP: Ripley performs a kicking move at the session.

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Nature’s Pet can help your dog beat the heat

Find what you need to keep your pets cool this summer

Story and Photos by:
HOLLY BARTHOLOMEW

From frozen treats to portable water bowls, and protective doggie shoes to life-jackets, Nature’s Pet Market in the West Linn Central Village has what your dog needs to stay cool as summer heats up.

Jesse, a Nature’s Pet employee, said paying attention to whether your dog is hot or exhausted is the most important thing to remember when walking them.

Another important, but often overlooked, aspect to keeping pets cool is grooming them. Regular brushing in between visits to the groomer can help cool air reach your dog’s skin. Nature’s Pet has tools for at-home grooming like brushes, combs and clippers.

Jesse also pointed to the protective footwear Nature’s Pet offers. Because pavement

can reach temperatures much higher than the air outside, he said it’s really important to make sure your dog’s paws are protected. He noted the Ruffwear dog boots have tread and velcro, which will keep dogs’ paws protected on pavement or trails.

Jesse also mentioned how important it is to carry water for your dog when walking.

“Everyone who takes their dog on walks, especially during the summer, should have (a travel water bowl),” he said.

He also suggested a dog water bottle that comes with a little cup.

Another good way to help your dog stay cool, Jesse suggested, is keeping frozen treats, which Nature’s Pet stocks a variety of, handy.

The store has frozen bones in different sizes and frozen chicken, duck and turkey

“Everyone who takes their dog on walks, especially during the summer, should have (a travel water bowl).

- Jesse

necks, which Jesse said are like “doggy popsicles.” Nature’s Pet offers frozen treats from brands including Portland-based Northwest Naturals.

Nature’s Pet also has frozen yogurt for dogs in two flavors: banana and peanut butter and bacon and peanut butter.

While many people take their dogs to the water to stay cool, Jesse noted how important it is to make sure dogs are safe while they’re there. And for that, Nature’s

Pet offers life jackets in all sizes.

Nature’s Pet sells life vests from Ruffwear, a company based in Bend that created its life jackets in highly visible colors with a handle and attachment for leashes.

Nature’s Pet is located on the corner of Hood Street and Burns Street and open 12-5 p.m. Sunday and 10 a.m. to 6 p.m. Monday through Saturday.




Jesse, a Nature's Pet employee, provided tips for keeping your dog cool this summer.



Jesse displays the frozen treats Nature's Pet Market sells.

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INSIDE: Puzzles, puzzles and more puzzles!

Word Search - Page 3 Crossword - Page 7 Sudoku - Page 13 Bonus Word Search - Page 23

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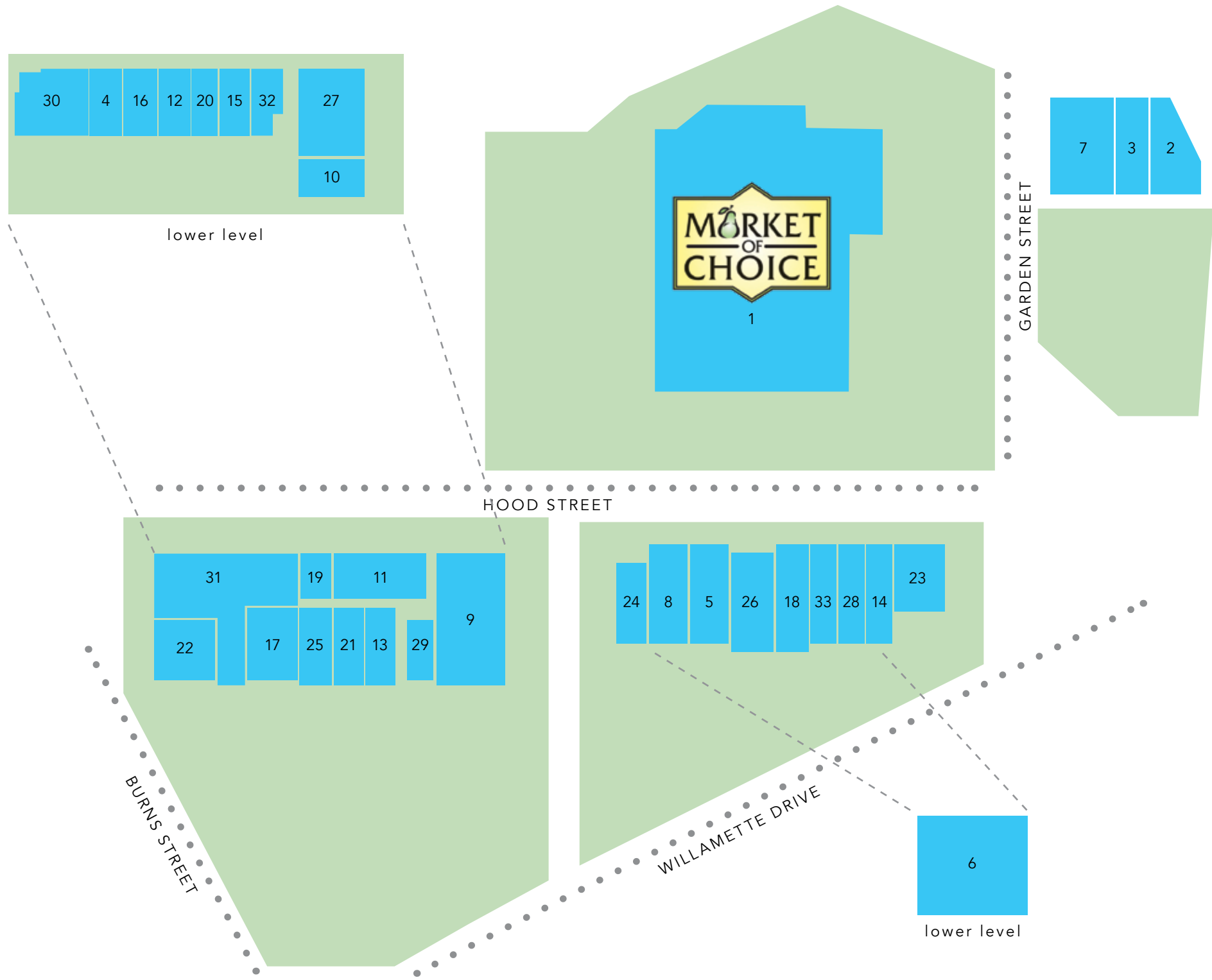
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PLAY

WATCH IT. EAT IT. DRINK IT. DO IT.

Our new weekly guide making your life easier for what shows to watch and stream. And if you like puzzles – we've got 4 pages just waiting for you to play. Enjoy!

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- 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

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- 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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