

# Discover West Linn Central Village

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## New pilates studio opens



**Club Pilates wants to help customers gain strength and peace of mind at local studio.**

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A SPECIAL PUBLICATION OF PAMPLIN MEDIA GROUP/COMMUNITY NEWSPAPERS



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The colder months bring beautiful birds to the community



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Advance Sports & Spine's remodel is complete



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Check out the big pumpkin on display at Wishing Well

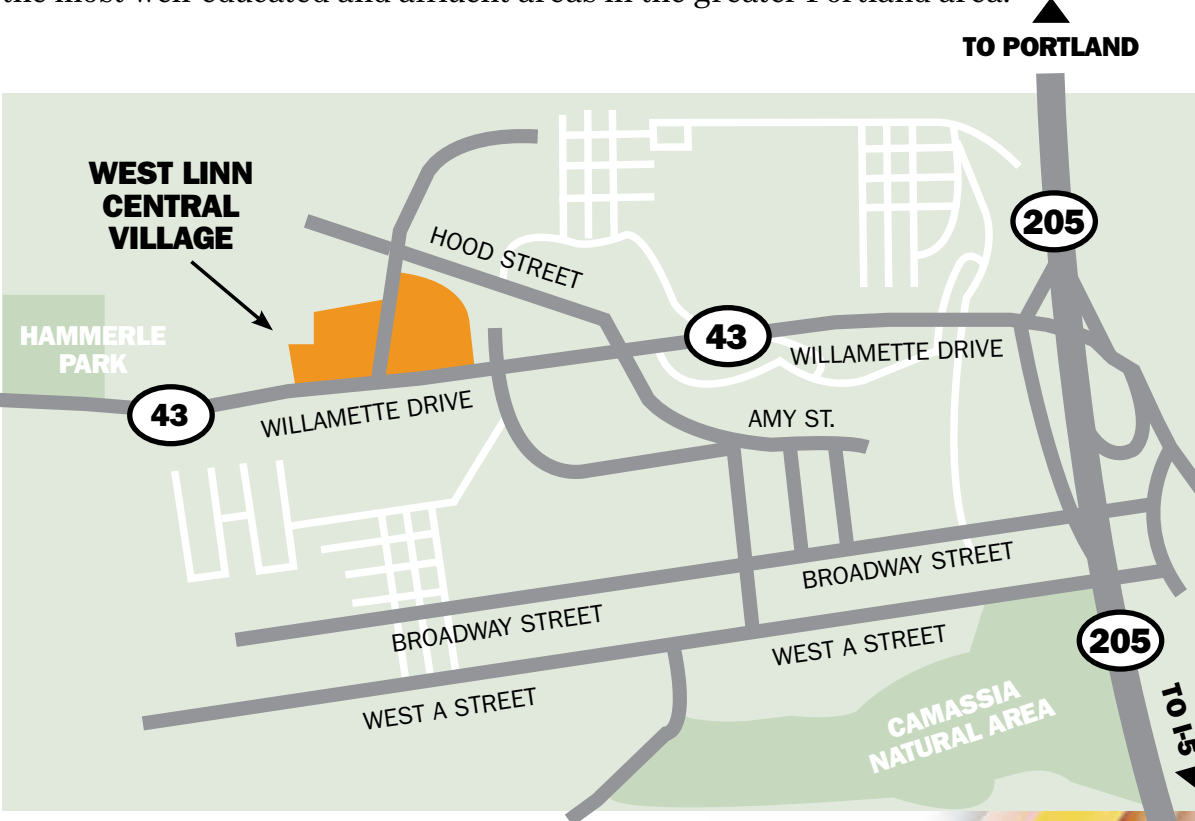


# West Linn Central Village

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The Club Pilates studio opened in West Linn Central Village in late September.

**Publisher:** J. Brian Monihan  
**Writers:** Corey Buchanan and Holly Bartholomew  
**Graphic Design:** Josh Bradley  
**Photography:** Jaime Valdez and Holly Bartholomew  
**Advertising:** J. Brian Monihan  
**Creative Services:** Chris Fowler, Maureen Zobelein, Josh Bradley and Dwayne Stowell



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The Club Pilates team poses for a photo at the new location in West Linn.

COURTESY PHOTO

# Make pilates a part of your life

*The studio offers a variety of classes based on the increasingly popular training style*

Story by: COREY BUCHANAN

For four years, Alyssa McCartney had eyed West Linn Central Village as an ideal location for a pilates studio.

After the former yoga studio there closed, the Happy Valley Club Pilates franchise owner saw an opportunity to do just that. On Sept. 22, the Club Pilates studio welcomed the community in for the inaugural workout.

“We had a whole bunch of anticipation,” McCartney said. “I think we opened with over 100 members so we’ve done some pilates in the park, got to meet the community during construction. Classes are full and there’s really good energy and people are already making friends. It’s going really well.”

The studio offers pilates in seven different class formats — including one to get your heart rate up, suspension training, stretching, muscle soothing and more.

All of the classes incorporate a reformer, which is a machine that offers resistance and has springs attached to it.

“It’s really exciting to see. Most people come in and are not sure what a reformer

is, not sure what to expect,” McCartney said, adding that pilates is a well-rounded approach to fitness.

The studio owner notes that pilates has become increasingly popular among professional athletes but is also used by those who have nagging injuries and the elderly. For her part, McCartney said she wasn’t that athletic growing up and started pilates 10 years ago as a way to stay in shape. She quickly grew to love the training and eventually became a Club Pilates franchise owner. And she’s noticed that people who do pilates regularly come away feeling sharper, more content and confident.

“Pilates is something people get addicted to and hooked on and people want to make it a part of their life,” she said.

McCartney felt that Club Pilates’ prices were lower than many counterparts and that her studio has a welcoming and communal atmosphere. McCartney added that the franchise is hoping to get involved in the community and that she’s already reached out to local schools.

For more information on the studio, visit [www.clubpilates.com/location/westlinn](http://www.clubpilates.com/location/westlinn).



The new studio opened in West Linn in September.

PHOTO BY JAIME VALDEZ



Club Pilates involves machines called reformers, which offer resistance and the chance to practice balance and improve strength.

PHOTO BY JAIME VALDEZ

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WestLinnTidings





White-crowned sparrows can be found in the winter months.

COURTESY PHOTO

# Get ready for a wonderful bird winter

*Backyard Bird Shop coordinator offers advice on how to help birds as the weather changes*



This varied thrush stands next to a bird bath.

COURTESY PHOTO: DARLENE BETAT

Story by: COREY BUCHANAN

When it comes to the local bird habitat, every season brings new surprises. And this may be especially so in the colder months — as a variety of new birds flock to the West Linn habitat and join together to forage for food instead of spreading out like they do during nesting season.

“It’s a really active time. Once everyone gets into town it’s amazing how much activity is happening out the window,” said Darlene Betat, the outreach coordinator for Backyard Bird Shop. “It’s very thrilling to people because there’s a lot more to watch.”

Some of the birds Betat said to expect this year include Townsend’s Warblers, yellow-rumped warblers and ruby-crowned kinglets — all of which will join bushtits, chickadees, woodpeckers and nuthatches in feeding. Next, house finch-

es and goldfinches will gather with pine siskins and song sparrows and spotted towhees and dark-eyed juncos will join golden-crowned and white-crowned sparrows as well as fox sparrows. Further, Betat said to look out for the rare white-throated sparrows.

Betat added: “As it gets colder the beautifully marked Varied Thrush moves down from higher elevations to join our sparrow flocks in search of food on the ground. These birds will readily visit open tray feeders too.”

And the aforementioned birds seek varying foods including suet, black-oil sunflower and white proso millet.

“While sunflower seeds, millet, suet and fresh water are staples, adding nuts and other seeds to the menu may make your yard even more popular with the birds,” Betat wrote via email, adding that it’s important to regularly clean your feeder.

Betat offered further words of wisdom to those hoping to help the preponderance of birds in the community.

For one, she said to keep bird bath water fresh — though rain is frequent it can bring debris with it and bird droppings can sometimes sit in bird baths if left uncleaned.

Next, Betat said to plant native plants, which bring in insects and help birds more than horticultural plants.

Some other tips include protecting feeders from rain or snow, leaving leaves out to benefit the local habitat and applying or refreshing anti-strike window decals.

“Windows take a lot of birds out sadly,” Betat said. “Decals and cutouts keep migrating and winter birds safe.”

Betat added that the shop includes free instructions for helping the local bird habitat. It also has bird food, feeders and more.

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



A mixed sparrow feeding flock congregates.

COURTESY PHOTO: DARLENE BETAT

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# Remodel complete at Advance Sport & Spine

*There is more room for exercises in the newly-rennovated space*

Story and Photos by:  
**HOLLY BARTHOLOMEW**

About six months after the remodel and reconfiguration of Advance Sports & Spine and Advance Dental Arts began, the work concluded at the physical therapy office. The location in West Linn Central Village has new floors and finishing and a larger, more open gym space that will better suit patients’ needs.

Remodels at Advance Dental Arts are ongoing and may take another month or two.

“Staff seems to enjoy it (the newly remodeled space),” physical therapist Jeff Cox said. “Patients seem to enjoy it. It’s a very clean space. We like that it’s a much more open gym compared to our previous space, which was much smaller and kind of an awkward shape.”

The remodel included moving one of the office’s walls so Sport & Spine could have about half the space that used to serve the former yoga studio next door.

Cox said the project allows physical therapists and patients to make better use of the space. With the old setup, Cox said the gym was small and awkwardly shaped, making it impossible for two physical therapists to work with patients simultaneously.

Now patients can easily use the gym simultaneously.

In fact, Advance Sport & Spine may eventually use the new space for sports performance or yoga classes. Cox said the space could accommodate a class of five or six people.

The only reason Sport & Spine won’t use the space for its upcoming winter sports conditioning class is because

“Staff seems to enjoy it (the newly remodeled space.) Patients seem to enjoy it. It’s a very clean space. We like that it’s a much more open gym compared to our previous space, which was much smaller and kind of an awkward shape.

- JEFF COX, PHYSICAL THERAPIST



The staff at Advance Sport & Spine is enjoying the newly remodeled space, which includes a larger, more open gym space better suited for working with patients.

physical therapists will still be working with patients during the class hours. The new class, which is meant to help people get in shape for downhill skiing, snowboarding, cross-country skiing and snow-shoeing, will be at EpiCenter Fitness in West Linn.

Advance Sport & Spine’s newest physical therapist, Addy Brown, will lead the six-week class aimed to help with endurance, strength, flexibility and balance.

Brown recalled a major fall on the mountain while skiing at Jackson Hole a few years ago. Though she was uninjured, the fall shook her confidence.

Knowing that this hesitancy can lead to an increased risk of injury, but is common in skiers after a fall regardless of injury, she thought conditioning for the ski season could help with both confidence and injury prevention.

“When we ski and board we need strength, power, endurance, and balance to help us achieve success and prevent injuries from occurring,” Brown said. “When you attend our conditioning camp you will have skilled Physical Therapists

and Fitness Coaches who are experts in their field at creating, instructing, and assessing exercise and movement so that you are not only getting the most out of the workout, but staying safe without risk of injury.”

Physical Therapist Noel Tenoso said the class will help winter recreators stay on the mountain longer, improving endurance, and include strength and flexibility training to prevent injuries.

“With skiing and snowboarding being a very expensive sport, you don’t want to waste the price of your ticket by spending all of your time at the lodge because you’re tired or injured,” Tenoso said.

People of all fitness levels can join the class running from Oct. 10 through Nov. 16. Classes will be twice a week and in the evening. For people hesitant about joining the class or hitting the slopes this winter, Advance Sport & Spine is offering a free 45-minute consultation to assess readiness and prepare you for participation.

For more information, visit <https://physicaltherapy-portland.com>.

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Wishing Well owner Selena Ross stands with her pumpkin, which was recently named the prettiest at a local event.

# A gord-geous pumpkin

*Giant pumpkin at Wishing Well named prettiest at a local contest*

Story and Photo by:  
**HOLLY BARTHOLOMEW**

Residents of West Linn and beyond will have the chance to guess the weight of an enormous locally-grown pumpkin at Wishing Well Floral & Gifts in the West Linn Central Village.

Wishing Well owner Selena Ross has displayed a gigantic pumpkin grown by her neighbor in the flower and gift shop each of the past five years. She invites anyone interested to guess how much the pumpkin weighs for a chance to win a hand-made bouquet, pumpkin spice cake from Nothing Bundt Cakes and a bottle of local wine.

With the help of four people, Ross moved the pumpkin into the store Sunday, Oct. 2. The previous day, the pumpkin was named the “Prettiest pumpkin of the

year” at the Bauman Farms giant pumpkin contest. Ross witnessed this year’s judging of the pumpkins and was amazed by the judge’s thoroughness.

“They have to make sure it has not been altered to cheat in the contest,” she said. “If you’ve altered your gourd at all, they don’t allow you to enter.”

According to Ross, the giant pumpkin has become quite popular over the past few years. Last year, a teacher from Beaverton had her class measure the

pumpkin and guess its weight.

“People from all around have heard about it,” she said.

The pumpkin has grown on the property of Ross’s neighbor since it was pollinated in the spring. Ross said the pumpkin required 200 gallons of water each day because it was so big. She added that heavy rains this spring washed away nutrients in the soil, so there was concern the pumpkin wouldn’t grow very large. Later in the summer, they worried the pumpkin

would burst due to the heat. Despite the weather troubles, and with the help of a giant sunshade, the pumpkin managed to grow to a very impressive size. Ross said the pumpkin’s vines were over 12 feet long.

The pumpkin will be at Wishing Well through Oct. 31, but the winner of the weight-guessing contest will be announced Oct. 26.

Ross encourages anyone interested to come into the store to take a picture with the pumpkin. She added that people of all ages, as well as dogs, are welcome to join in the pictures.

In keeping with the Halloween spirit, Wishing Well currently has spooky fall decorations in stock.

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

“

**People from all around have heard about it.**

SELENA ROSS, OWNER

”

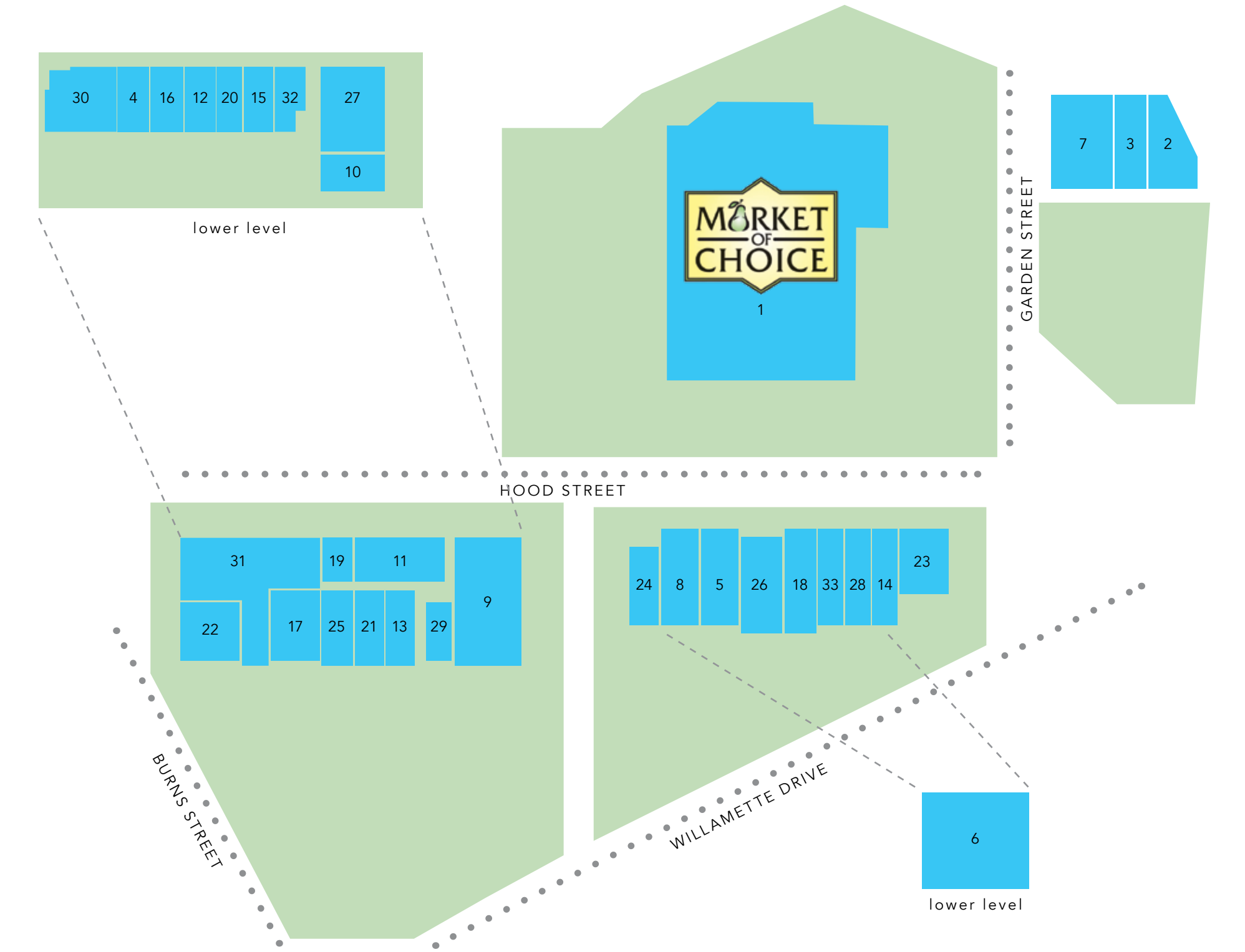


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