

Discover West Linn Central Village

SHOP, DINE AND HAVE FUN CLOSER TO HOME!



Meet your local barbers

Sport Clips adds staff amid transition

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A SPECIAL PUBLICATION OF PAMPLIN MEDIA GROUP/COMMUNITY NEWSPAPERS



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Find the perfect Valentine's Day gift



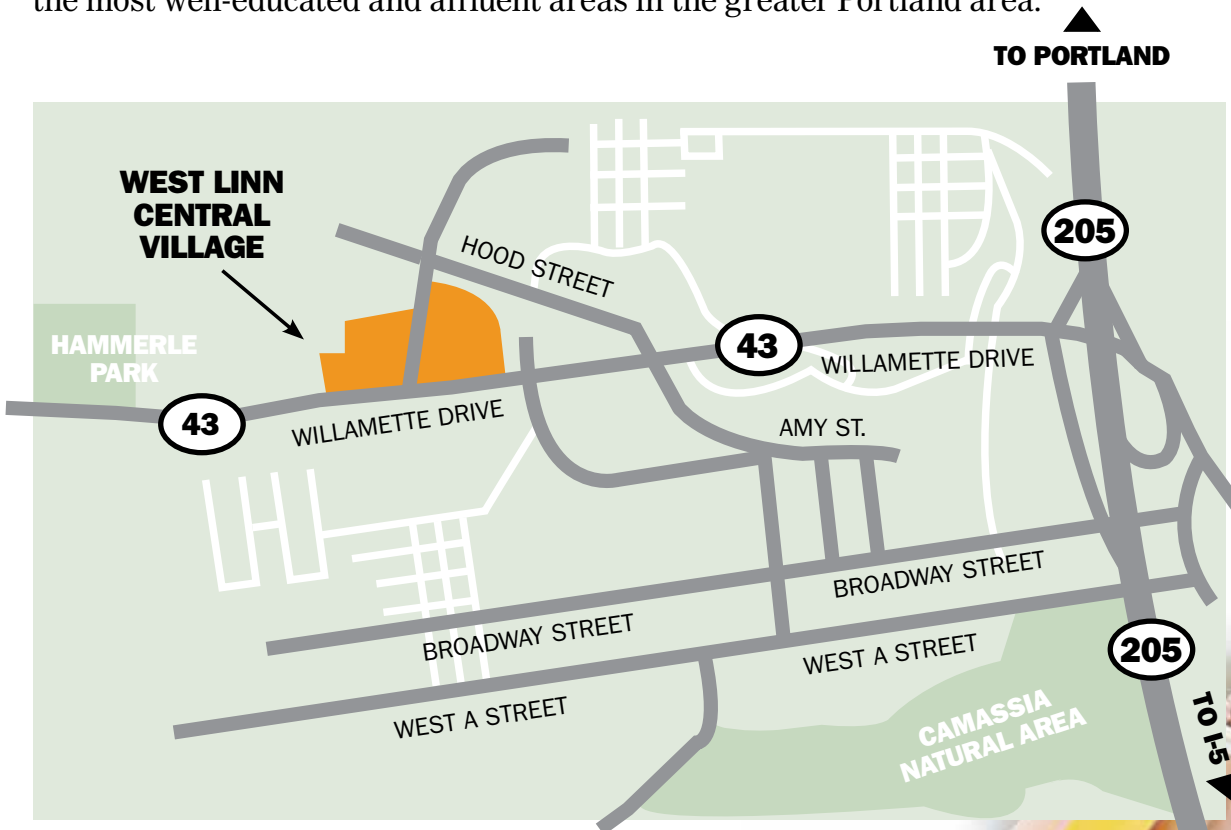
6 YOU & EYE
The eye clinic continues to flourish

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:
Alissa Dees, left, and Wendy Tyson
are co-managers of Sport Clips in
West Linn..

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Sport Clips co-manager Wendy Tyson cuts a client's hair in West Linn.

Sport Clips builds its team

The shop welcomes clients and staff from the Oregon City location

Story by: COREY BUCHANAN
Photos by: JAIME VALDEZ

The West Linn Sport Clips has recently introduced new teammates and customers to its squad.

With the closure of the shop in Oregon City, the stylists at that location moved to West Linn and customers from the city across the Arch Bridge began commuting to West Linn Central Village for their haircuts.

“Due to that we’ve been a lot more busy and it’s really great to see the shop grow and see stylists who have been with Sport Clips for some time be a part of our family and our team,” manager Alissa Dees said.

Dees said the shop now has 13 stylists, that the holiday season was especially busy and that things didn’t let up too much in the first few days after New Year’s. However, she said wait times have gone down since they added new staff.

Still, Dees recommended people wanting a haircut use the online check-in via the Sport Clips website.

Then, they will get text alerts that indicate when they should arrive for their haircut.

“We try our best to move efficiently and in a timely manner because we know time is valuable,” Dees said.

Even though the store is busy, Dees said the team hopes to do more marketing in the local schools and business community to get the word out about their shop and attract prospective employees.

“We want to make sure we can support high schools, beauty school students who are maybe about to graduate and start out and work. We want to put ourselves out there to grow,” Dees said.

Overall, the shop offers haircuts, neck-and-shoulder treatments, steamed towels and more while customers can watch whatever sporting events are happening at the time on the many televisions. They also have myriad moisturizing and conditioning products.

“We always try to keep the current and live games on as much as we can. It’s fun to have the pump up and every-

one watching it,” Dees said.

The shop is open Mondays through Saturdays and Dees said stylists try to provide a great experience and make getting a haircut a pleasant part of their day.

“We try to do our best as far as being pretty efficient and consistent and making sure you have the same experience each time, having that championship experience,” she said.

For more information on Sport Clips, visit <https://haircutmenwestlinn.com.s>



Sport Clips co-manager Alissa Dees cuts a client's hair at the West Linn location.



Sporting events are always on in the background during haircuts.

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WestLinnTidings

Rethinking diet culture

Sundstrom introduces intuitive eating to clients struggling with relationship with food



Sundstrom Clinical Services offers mental healthcare and therapeutic services for kids and adults. FILE PHOTO

Story by: COREY BUCHANAN

Diet culture, according to Sundstrom Clinical Services clinical psychologist Paige Marmer, has promulgated misguided eating habits.

She said that diets often put moral definitions on food — placing some in the category of “good” and others in the “bad” classification.

Through her work at Sundstrom, Marmer helps clients deprogram this mentality and embrace intuitive eating — which simply says to eat when you’re hungry and stop when you’re full.

“I love seeing people realize that they can get rid of these rules, whether they are diet culture rules or things they have created in their own minds because of diet culture,” Marmer said. “Having the freedom in their brain to focus on other things than ‘Oh, did I gain weight that day?’”

Growing up, Marmer said her father always wanted to introduce her family to new delicacies and cuisines. When she became a clinical psychologist, she hoped to dive into how people use food as a coping mechanism rather than what it’s supposed to be — a means of pleasure, tradition and social gathering.

While diets have been one of the primary ways people try to look or feel better over the last few decades, Marmer noted that the majority end up putting on weight. This is because withholding food can exacerbate the urge to satiate and in turn overeat. Dieting can also slow the metabolism.

Further, Marmer says body size isn’t an indicator of how healthy someone is — our bodies have a natural stasis point that they will try to nudge us back to.

“Efforts to change that, our bodies are going to resist,” Marmer said.

Marmer tries to help patients simply eat when they’re hungry, listen to their body when it is craving a particular food and remove mental restrictions like feeling guilty when they have pasta or a slice of cake. This work is especially challenging, Marmer said, because oftentimes her clients’ friends and family remain under the spell of diet culture even if they no longer are.

“This work really takes years to unlearn all of the problematic messaging diet culture has taught us. It’s not an overnight thing or a couple months really. It takes people a pretty long time, maybe a year or so or more,” Marmer said.

“
I love helping people realize there is so much more to their self worth and their life and there is so much about food to enjoy.
- PAIGE MARMER

And Marmer notices that her patients feel a sense of liberation and freedom around food and the obsessiveness toward their weight goes away.

“I love helping people realize there is so much more to their self worth and their life and there is so much about food to enjoy,” she said.

Marmer hosts an intuitive eating therapy group designed for females 25 years old and older who are worried about their relationship with food. She also provides individual consultation for teenagers and adults.

For more information on the services Sundstrom provides, visit www.sundstrom-clinic.com.



Sundstrom Clinical Services clinical psychologist Paige Marmer teaches clients how to utilize intuitive eating to forge a healthy relationship with food.

PHOTO BY COREY BUCHANAN

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Spread love with Valentine treats and gifts

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Story and Photos by:
HOLLY BARTHOLOMEW

Whether they're for a romantic partner, a friend or family member, Market of Choice has a wide range of fun and tasty gifts that will show your love this Valentine's Day.

Chocolate is one of the most popular Valentine's Day gifts for a reason. Whether you're looking for sweet and decadent or dark and rich, Market of Choice has a variety of chocolates to suit your Valentine.

From heart-shaped truffles to chocolate-dipped oreos and pretzels adorned with heart sprinkles, Market of Choice's chocolatey treats are both tasty and festive.

While not necessarily Valentine-themed, the books, puzzles, mugs and home decor in the Market of Choice floral and gift department could also make for fun and unique gifts.



Valentine's Day can feel special without alcohol. Market of Choice has a wide selection of zero-proof beverages.

For a fun gift under \$5, the department sells unique, hand-painted stickers from Eugene artist Shanna Trumbly. The stickers, which mostly feature wildlife and nature, are waterproof and UV-protected, perfect for decorating notebooks, laptops or water bottles.

For a romantic candlelit dinner, a cozy night of reading or just to add a nice scent to the room, Market of Choice also sells soy, wood-wick candles from Anchored Northwest, a Spokane-based artisanal candle-maker. The candle-makers in Spokane hand-pour 100% soy wax in each candle with an untreated cedar wood wick from US forests. The company's "Lilac City" candle currently in the home and gift department smells of lilac, rose, carnation, green leaves and sandalwood.

Along with chocolate and flowers, wine is another timelessly romantic Valentine's Day gift. Whether white or red, new world or old — or even non-alcoholic — Market of Choice has a wine for the perfect dinner or date night.

Market of Choice's wide-range of Oregon pinot noirs, or the Cecilia Beretta red blend from Northern Italy, would pair well with a romantic dinner.

If you're in a more celebratory mood, Market of Choice has a number of bubbly options including several fun and fruity sparkling rosés.

If you and your date are feeling festive, but don't want the alcohol, Market of Choice also has a large selection of zero-proof wine, spirits and beer.



Nothing says "Happy Valentine's Day!" like a large assortment of chocolates, which Market of Choice has plenty of.

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The roots of 'Yellowstone' are recalled in '1883'

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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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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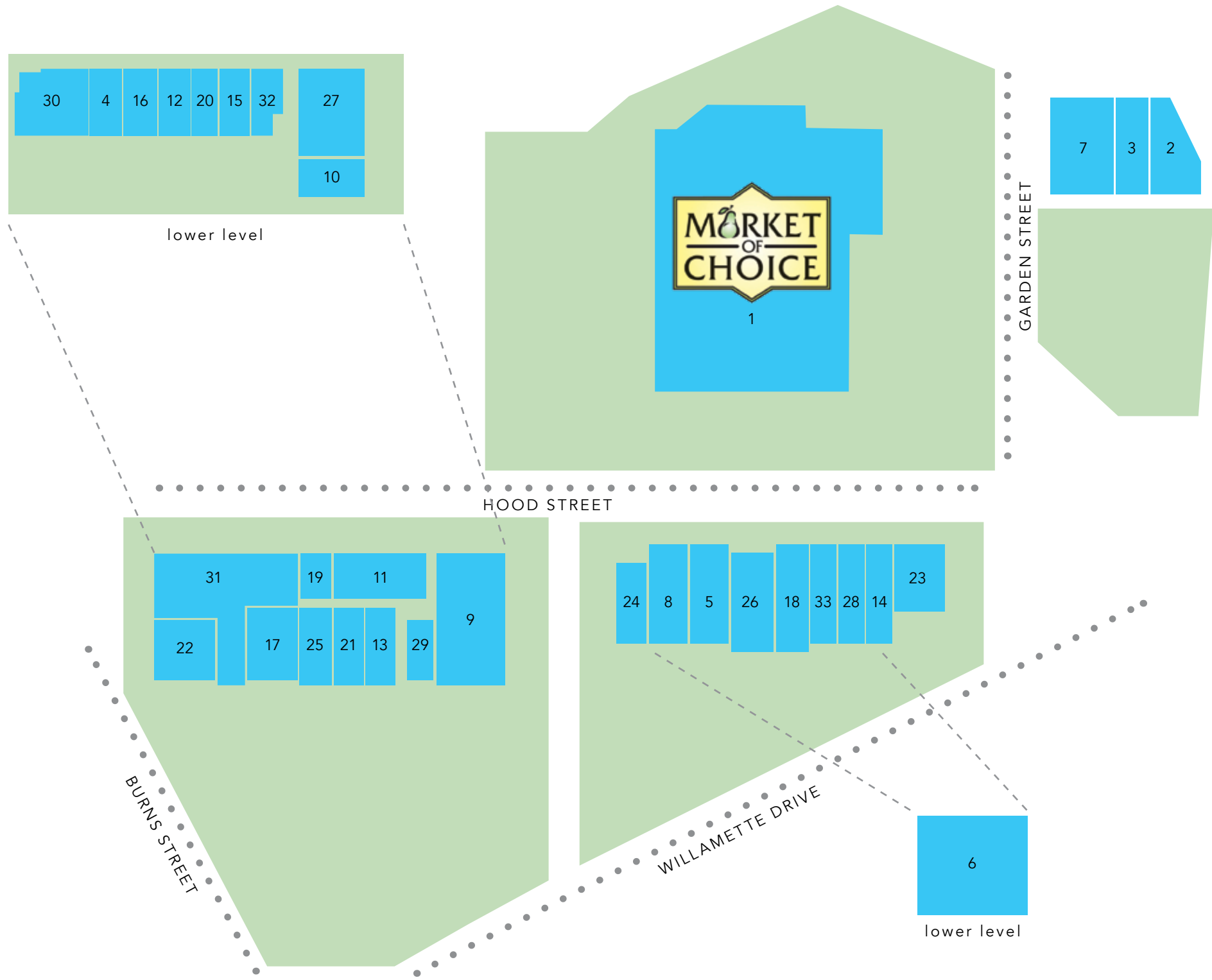
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- 4. Aqua Nail Bar 503-657-0053
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- 8. DOSHA Salon Spa 503-228-8280
- 9. Legacy Go Health Urgent Care 971-274-0038
- 10. One Taekwondo Academy 503-758-0318
- 11. Sierk Orthodontics 503-675-1239
- 12. 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

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- 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. Crumbl Cookies (opening 2023)
- 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
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