

Discover West Linn Central Village

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The gift of a tan

Check out Tan Republic and other West Linn shops for Valentine’s Day gifts

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Academy reaches out to the community



5 WISHING WELL
The shop offers impressive floral assortments

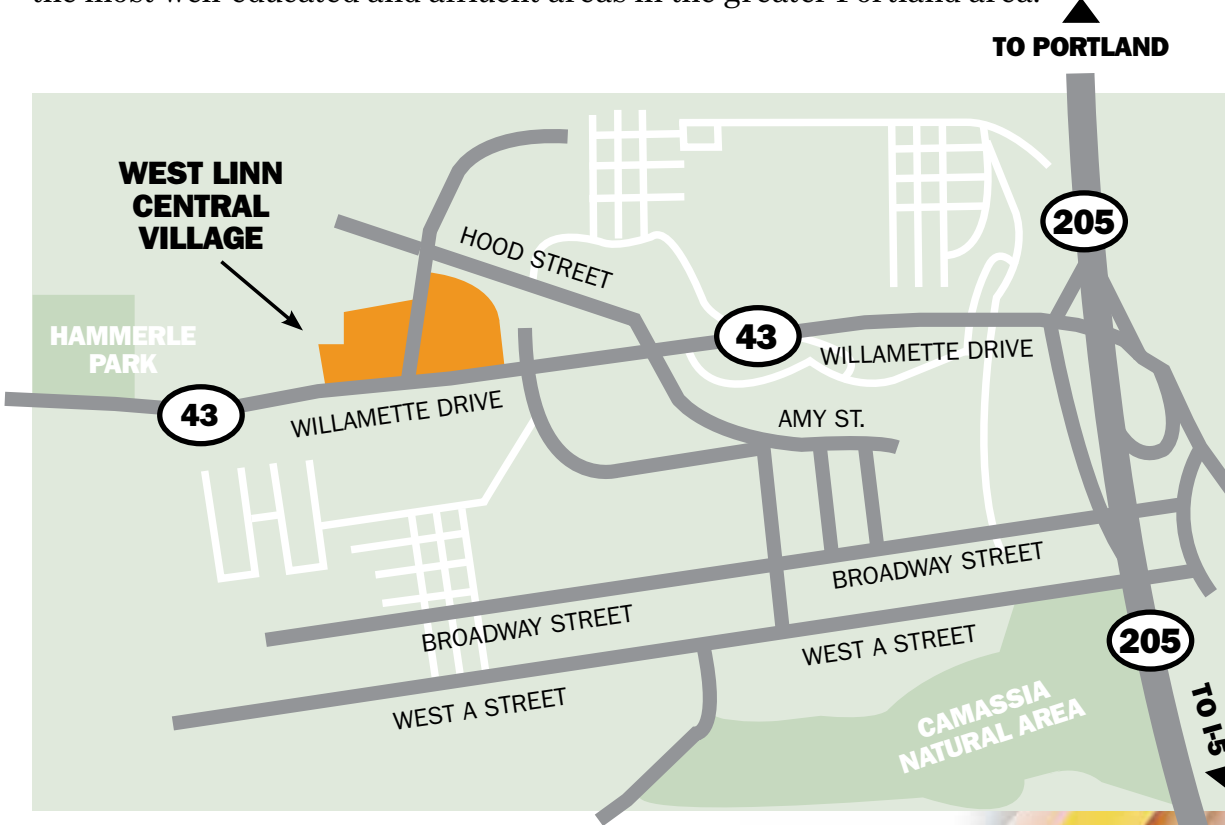


6 FIVE-O-THREE
Spend a romantic night out at the restaurant

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

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On the cover:

Rachel, the manager of Tan Republic in West Linn, offered a few gift ideas available at Tan Republic.

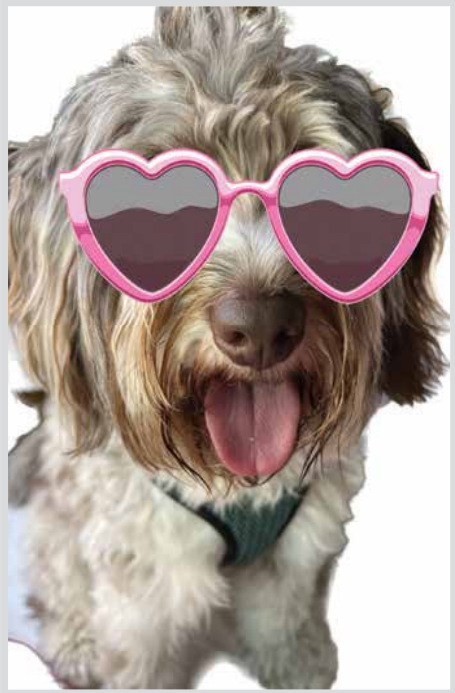
Photo by Jonathan House

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



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

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The store recently unveiled a new high-pressure ultraviolet bed.

Tan Republic offers Valentine’s Day special

The salon also unveils a new tanning bed and notes that tanning can help with seasonal depression

Story by: COREY BUCHANAN
Photos by: JONATHAN HOUSE

Tan Republic could be the perfect destination for purchasing Valentine’s Day gifts. The tanning salon in West Linn Central Village is offering a deal that Rachel, the store’s manager, said is essentially 50% off this February — it includes three platinum tans, three sunless spray tans and a bottle of color infusion tanning lotion for \$99.

“It’s a really good gift because this is winter time and tanning offers vitamin D. It boosts their mood, they get a little color and it helps them feel their best for Valentine’s Day,” Goland said.

The salon is also offering a gift card

special this month where a customer can get \$5 for \$25 purchased.

Further, Tan Republic recently bought a new high-pressure tanning bed, which Rachel said is less likely to burn clients and provides a deeper tan. She said it’s ideal for sunny vacations.

And Rachel also recommended the red light infrared therapy, which

helps with cellular regeneration, cell turnover and combating inflammation and in turn helps relieve acne, scars, stretch marks and hyperpigmentation. She also noted that the salon offers products that intensify the effects of red light therapy.

Rachel said the store can help new clients assess which kind of tanning

bed or other products they should use.

“It just depends on what they are looking for and on their skin type. We go from there. Everyone here is trained and certified,” she said.

Further, Rachel said the salon is especially busy this time of year as Oregonians grow weary of the lack of sun. She said tanning can help with seasonal depression.

“They feel better when they have a little color. I hear from a lot of people that this is their little escape when they get off work. It’s a nice treat and it feels like they are somewhere nice and sunny for 15 minutes,” Rachel said

For more information on Tan Republic, visit www.tanrepublic.com.

“It’s a really good gift because this is winter time and tanning offers vitamin D. It boosts their mood, they get a little color and it helps them feel their best for Valentine’s Day.

- RACHEL, STORE MANAGER



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WestLinnTidings

Academy puts itself out there

It participates in career fair and students will compete in state championships soon



The academy has seen increased participation recently.



A taekwondo class poses for a photo at the academy.

Story and photos by:
COREY BUCHANAN

One Taekwondo Academy wants to tell the local community about the form of martial arts and what it’s like to teach it professionally. The academy, specifically owner Frenel Ostin and another instructor, planned to attend the Rosemont Ridge Middle School Career Day Feb. 8.

“I think it’s extremely important to share with our community the work we do as a school as an instructor within the community. I think everybody deserves to learn more about what we do as a whole and to give the youth an opportunity to learn more about other programs or career paths that are available,” Ostin said.

Ostin, for his part, garnered a masters in business and administration but chose to teach martial arts instead. He started learning the craft in Haiti and began helping his instructor with classes as a teenager. Over time, Ostin learned that he loved seeing kids grow and change for the better through taekwondo.

“It’s to see the changing in the kids’ attitude that attracts me to this career and to make a difference in the kids’ life — especially the kids with single parents

out there,” he said. At the fair, he hopes to simply introduce families into the world of taekwondo, not necessarily pressure them into a career in the field. “I made a career out of it. I’m not sure they will want to. That’s a question for them to answer,” he said. Further, the academy will participate in the state championships at Warner Pacific College Feb. 19-20. “We will have a couple students to go and represent our school. If they do well there they will have a chance to compete this summer in a national championship in the US taekwondo organization,” Ostin said.

And Ostin said that participation in the academy has increased significantly from previous years of the pandemic, as evidenced by the amount of kids who tested for higher belts at a recent event. Ostin noted that the academy is for youth and adults alike and that they offer lessons for individuals and groups. “We teach not only exercise and body coordination and balance

but also instill in them the respect, the commitments, being a good person at the end of the day,” Ostin said. For more information, visit www.one-taekwondo.com.

“
We teach not only exercise and body coordination and balance but also instill in them the respect, the commitments, being a good person at the end of the day.
- FRENEL OSTIN
”



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Let the flowers do the talking

Order flowers from Wishing Well ahead of Valentine's Day

Story and Photos by:
HOLLY BARTHOLOMEW

Flowers are always a popular Valentine's Day gift, but the arrangements at Wishing Well are extra special because they are "hand-arranged gifts from the heart" according to owner Selena Ross. Each arrangement is assembled in the store with fresh and vivacious flowers chosen by Ross or a fellow expert designer.

Ahead of Valentine's Day, Wishing Well is offering several new and unique designs. One of the most popular new designs for the holiday, called "Eye Candy," features classic red and pink roses. But what makes it unique is the Valentine candy corn, Red Hots, sour-lip gummies and red and pink jelly beans that fill the clear vase.

Another special Valentine arrangement Ross mentioned, "Ooh la la," is a modern arrangement in a shimmering glass cube. The design comes to life with orchids, red roses, pink ranunculus and freshly-scented lilies.

Wishing Well offers several other special Valentine's Day arrangements which can be found on the shop's website: westlinnflowers.com.

The shop also allows customers to add wine, champagne, balloons and chocolates to each order. Ross recommended placing Valentine's Day orders online and asked customers to include any information that may be pertinent to the order, like if the recipient has pets or if the deliverer needs a gate code.

If flowers aren't what you're looking for, Wishing Well now sells a deluxe basket of lavish cherry-scented bath products from Lovery including bath salts, shower gel, body lotion, bubble baths and bath poufs.

As another alternative, Ross also recommended Wishing Well's plant subscription, where you can gift your

loved one a new potted plant every month.

Find these arrangements and house plants at Wishing Well in the Central Village, along with handmade cards and other gift ideas.

For more information, visit www.westlinnflowers.com.



The "Love You" arrangement comes in a wood cut-cut out box.



Selena Ross and Amy of Wishing Well hand-arrange each floral design offered at the shop.

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Johnny Nunn, who assumed ownership of Five-O-Three in July, makes pizza dough.

An elevated Valentine’s Day at Five-O-Three

New owner Johnny Nunn wants to give customers fine dining without the “pomp and circumstance”

Story and Photos by:
HOLLY BARTHOLOMEW

Excited to reconnect with the West Linn community, new Five-O-Three owner Johnny Nunn is offering a special Valentine’s Day menu with tempting dishes like bacon-wrapped beef tenderloin, California duck and Maine lobster. Nunn, who served as the restaurant’s executive chef for several years when it first opened in 2007, returned to the Central Village establishment in May 2022 and assumed ownership in July.

After his first stint at Five-O-Three, Nunn worked at and owned several other restaurants in the Portland area, but moved to Oregon City in 2021 and made his way back to Five-O-Three the following year.

“It’s been great reattaching with this community,” Nunn said.

Five-O-Three has long been a popular spot on Valentine’s Day and Nunn looks forward to keeping that tradition alive, offering a special multi-course menu on Feb. 14.

Because Valentine’s Day is a special occasion, Nunn wanted dinners to last longer and include elevated offerings.

Beginning with a choice of Maine lobster bisque, grilled romaine, Ahi tuna

tartare, fennel and blood orange salad, roasted beets and flatbread pizza, the Valentine’s Day menu progresses to the entree options, which include Maine lobster, bacon-wrapped beef tenderloin, vegetarian lasagna, Barolo braised pork shank, California duck and braised Andersen Ranch lamb raviolis.

The dinner concludes with a dessert for two: either Victorian sponge cake, chocolate hazelnut mousse or creme caramel.

Realizing patrons will largely be couples that evening, Nunn said he crafted the menu to be sharable. He added that special occasions like Valentine’s Day are an opportunity to try out new dishes, though the menu is also studded with tried-and-true customer favorites.

While Nunn wants to keep Five-O-Three affordable for West Linn’s families, he said some of the special items on the Valentine’s Day menu dictate higher prices.

Nunn said Five-O-Three is perfect for a Valentine’s Day date because it has the fine foods you’d find at an expensive restaurant without the stuffy formality. His goal for the restaurant is to have high quality, upscale meals without the “pomp and circumstance” you typically see with fine dining.

“I want the restaurant to reflect our personalities as the people who run the restaurant and we’re all pretty casual, open and welcoming,” he said.

Those wishing to take advantage of the special Valentine’s Day menu should definitely make a reservation ahead of time, Nunn said.

For more information, visit www.restaurant503.com

“ I want the restaurant to reflect our personalities as the people who run the restaurant and we’re all pretty casual, open and welcoming ” - JOHNNY NUNN



Johnny Nunn has crafted an elevated and sharable menu especially for Valentine’s Day.



Five-O-Three is known for its wine selection and craft cocktails.

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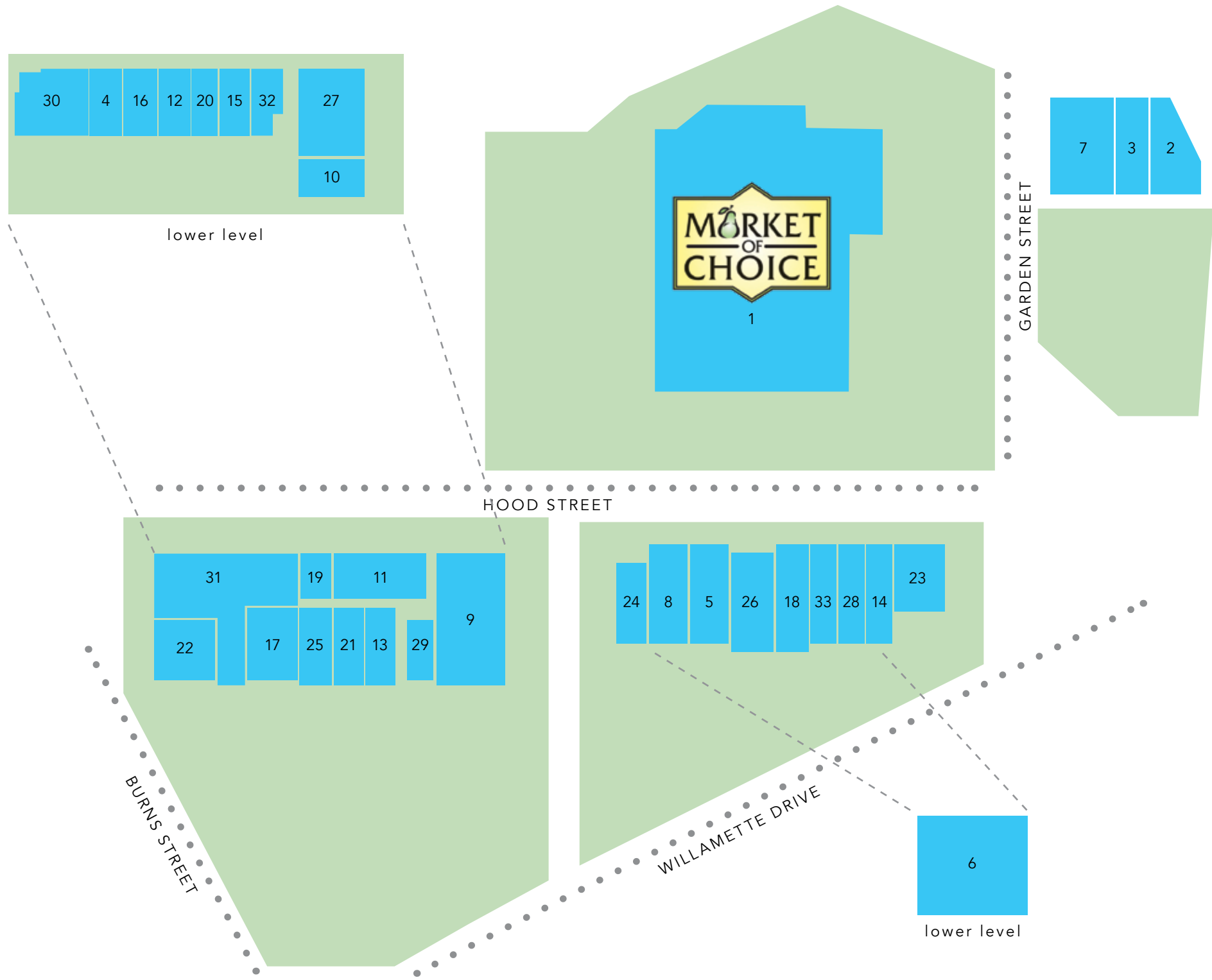
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