

# Discover West Linn Central Village

SHOP, DINE AND HAVE FUN CLOSER TO HOME!



## Assist your local pollinators

**Check out products to help mason bees at  
Backyard Bird Shop**

*See Page 3*

A SPECIAL PUBLICATION OF PAMPLIN MEDIA GROUP/COMMUNITY NEWSPAPERS



**4 CALIFORNIA CLOSETS**  
Consider a wall bed to optimize your space



**5 FIT FOR LIFE 365**  
The gym now offers step classes



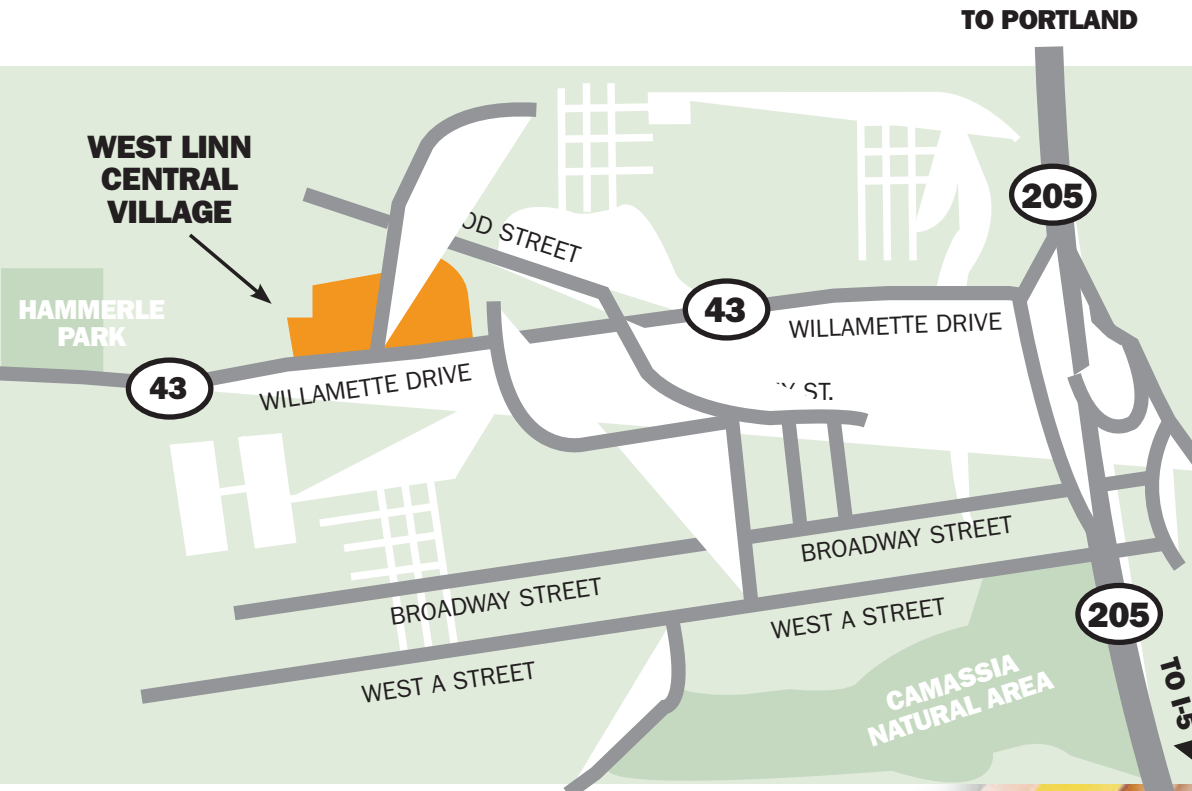
**6 NATURE'S PET MARKET**  
Prepare your pet for the outdoors at  
local shop



# 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.



A Special Publication Of  
**PamplinMediaGroup**  
6605 S.E. Lake Road | Portland, OR 97222  
503-684-0360

**On the cover:**  
Cali, an employee, stands next to the mason bee display at Backyard Bird Shop in West Linn's Central Village.  
*Photo by Jonathan House*

**Publisher:** J. Brian Monihan  
**Writers:** Corey Buchanan and Holly Bartholomew  
**Graphic Design:** Megan Smith  
**Photography:** Jonathan House and Holly Bartholomew  
**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.

## FREE for Tidings subscribers!



## INTRODUCING PamplinMediaGroup 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!

**FIND A COPY EVERY WEEK INSIDE  
THE WEST LINN TIDINGS!**

## House Hunting Time for Birds..... .....and Bees!



**We  
have the  
supplies  
and know-  
how to  
help you  
host them!**



*Local Flock of Shops Connecting  
People with Nature for 32 Years*

Beaverton • Lake Oswego • Portland  
West Linn • Vancouver • Happy Valley  
503-445-2699



[www.BackyardBirdShop.com](http://www.BackyardBirdShop.com)



# HELP YOUR LOCAL BEES PROSPER

*Backyard Bird Shop offers shelters for native mason bees*

Story by:  
COREY BUCHANAN

There are many misconceptions surrounding mason bees, according to Backyard Bird Shop outreach coordinator Darlene Betat.

Contrary to what some may think, a person does not need to be a gardener or have fruit trees in their yard to host them. Further, the bees do much of their work in the spring, rather than the summer months, and aren't prone to stinging.

And it's for these reasons — as well as the chance to support the insects that facilitate food production — that Betat said local residents should consider hosting mason bees in their backyard.

"I love that they are creating natural foods for our birds and wildlife in an urban setting. And I love watching them. They are super friendly," Betat said.

Backyard Bird Shop has an array of products that can help locals host mason bees such as shelters, nesting trays, tubes and liners. For more information, visit <https://backyardbirdshop.com>.

Betat said that most neighborhood homes will have the pollen needed for a healthy mason bee habitat and that the only thing humans can help provide is shelter, which she said is often the biggest challenge for the insects. Further, Betat noted that mason bees are native to the area and operate alone rather than working in a hive with a queen — though they nest together. Due to this lack of a hive, Betat said they are not aggressive or prone to stinging like honeybees.

"They are easy to care for because they are gentle. Honeybees have a hive to protect and will sting you if you approach them," she added.

Betat recommended people acquire mason bee shelters in time for their active season from March to June. Such shelters can be secured to a wall or a tree, among other options. However, they should receive direct sunlight.

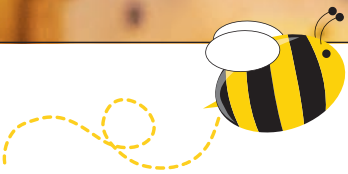
"Adult females will lay eggs in pre-made nesting tunnels that you provide, and the resulting young spend the winter hibernating in their own waterproof cocoons until emerging the following spring to begin the process anew," Betat said.

In terms of pollination, Betat said that one female mason bee is as productive as 100 honeybees. And Betat said those who create bee habitats can notice the white mustaches on the males as the bees rest in their tunnels, follow them around the yard to see which plants they frequent and watch busy female bees return to the nest covered in pollen.

"It's a fun backyard project that gives you a peek into a bee's life while benefiting these champion pollinators who help provide food for birds and other wildlife, and for humans too," she said.



PMG PHOTOS: JONATHAN HOUSE  
This is a mason bee house at Backyard Bird Shop in West Linn Central Village.



This is the mason bee display at Backyard Bird Shop in West Linn Central Village.



Providing shelter for mason bees is a key component of keeping them healthy and thriving.



NOW ACCEPTING  
KAISER PERMANENTE  
VISION





THE TEAM AT YOU & EYE IS DEDICATED TO PATIENT-CENTERED CARE FOR PEOPLE OF ALL AGES WITH ANY VISION OR EYE PROBLEM.  
NEW PATIENTS WELCOME. CALL US TODAY.

—YOU & EYE—

VISION CARE AND OPTICAL BOUTIQUE

5656 HOOD STREET, SUITE 107 WEST LINN, OREGON 97068  
503.723.3000 | YOUANDEYE.US

PHOTO BY BRIGHTLY & CO





SUPPORT YOUR  
LOCAL MERCHANTS

shop  
local

SUPPORT YOUR  
LOCAL MERCHANTS



WestLinnTidings





This is a wall bed display at California Closets in West Linn Central Village.

PMG PHOTOS: JONATHAN HOUSE

# Make your office a guest bedroom too

*California Closets offers wall beds to help optimize your space*

Story by:  
**COREY BUCHANAN**

Since the pandemic and the beginning of the work-from-home era, California Closets sales and design manager Brenda Savaria noted, people have increasingly merged their home and work lives.

“



**It’s been extremely popular in the last few years. Clients are requesting them more and more.**

- BRENDA SAVARIA

”

One way to optimize this change in lifestyle is to make better use of space within your home. California Closets specializes in this process and highlighted wall beds as one way it can facilitate it. The wall beds allow clients to have an office space, for instance, that can also be converted into a guest bedroom.

“It’s been extremely popular in the last few years. Clients are requesting them more and more,” Savaria said.

For the wall beds, clients can choose between vertical and horizontal tilts (horizontal ones can go into smaller spaces) and 16 color palettes, either use their own mattress or one provided by California Closets and add accessories like a gooseneck light that includes a USB outlet for charging. Savaria also recommended people add shelving and cupboards next to the wall bed so that there is a place for the sheets and pillows to be stored

while the bed is fastened into the wall. Savaria also noted that California Closets makes the opening and closing of the wall bed safe for families.

“The quality of the mechanism we carry is top of the line and it’s really safe for families and even older generations to operate,” she said.

Those interested can call California Closets or book an appointment online. Then, a staffer will visit with a client at their home to assess the space and help determine a plan of action. The time between consultation and installation can take about four-to-six weeks, Savaria said.

“You get the full California Closets experience the day you get to meet your designer. They collaborate with you

and are there with you every step of the way on the project,” she said. “They come in and take their time to listen to what the customers’ needs are and what they want to accomplish and personalize and collaborate for the best possible end result.”

Savaria added that clients also recommend California Closets to their friends and family. She further noted that the company can offer a larger home office redesign that includes a wall bed.

Along with wall beds, California Closets offers custom closets, garage storage, entertainment centers, craft rooms and more options for optimizing your home. For more information, visit [www.californiaclosets.com](http://www.californiaclosets.com).



Lights can be a good accessory to sit near a wall bed.

# We need YOU!



## Work at your favorite local business

.....

### Your community needs you.

Many of your favorite local businesses are short of staff and are hiring. Can you find time to help your favorite local business? Anyone can help support their community, including YOU!

.....





# Fit for Life 365 adds step classes

*Rachel's Tuesday, Thursday and Saturday step classes are fun and challenging*

Story and Photos by:  
HOLLY BARTHOLOMEW

Fit for Life 365 members looking for a fun new way to challenge their bodies, as well as their brains, can now try step classes three times a week.

Step instructor Rachel, who has over 15 years of experience teaching a variety of fitness classes, began leading

step classes at Fit for Life in the Central Village about a month ago.

Rachel hosts the hour-long classes at 7:15 p.m. Tuesdays and Thursdays and 9 a.m. Saturdays.

Though she's also taught cardio, weight and Zumba classes, Rachel said step is her favorite format because it's a mental challenge as much as a physical one. Step is a fun way to improve

strength, stamina and coordination, she added.

Over the first several sessions, many attendees returned, but new ones come each time as well. Rachel said she's heard people mention they like the class because it makes them sweat but thinking about the steps means they don't have to think about how hard they're working.

She also mentioned people seem happy to be back to in-person classes, something she's enjoying as well.

"It feels great to me because it's my first time teaching after everything closed down," Rachel said. "It's nice to be given the opportunity to teach a class and especially teach a step class."

Part of the reason she's enjoying teaching so much is the friendly atmosphere and positive community at Fit for Life.

"I've heard a lot of great things about Fit for Life (before teaching there) and some of my friends have been long-time members," Rachel said. "They've always talked about how it's a great community gym with a convenient location."

Rachel tries to make the class accessible for everyone, offering low-impact variations of different moves. According to Rachel, the other class members are really welcoming and encouraging as well. Everyone wants the class to grow so it stays at the gym, and are all very supportive of new class members,



Fit for Life began offering step classes about a month ago.

she said.

Rachel recommends going to a new class several times before deciding if it's for you or not. Oftentimes it takes more than once for you to feel comfortable doing something new, she explained.



Fit for Life step instructor Rachel (right) leads a Tuesday night step class.



A participant in one of Rachel's step classes follows along during a Tuesday night step class.

## NEW MEMBER SAVINGS

CURRENTLY

4.00%  
APY\*

No matter how much you deposit

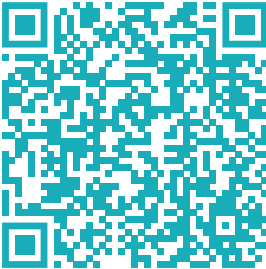
Created just for those new to Advantis, our New Member Savings account couldn't be simpler.

Join us and discover real savings.

- Absolutely free
- \$5 to open
- No max limit

Learn more and open online in minutes.  
[advantiscu.org/join-us](https://advantiscu.org/join-us)

Visit our West Linn branch.  
21900 Willamette Dr.  
West Linn, OR 97068  
Or call us at 503-785-2528.



\*APY= Annual Percentage Yield. APY is accurate as of 3/16/2023. Rates are subject to change after account opening. Minimum opening deposit is \$5.00. New Member Savings available to new members only, existing members are not eligible for the New Member Savings. One account per member. "New Members" are individuals or businesses that have not had an account as primary owner within the previous 6 months. The New Member Savings will convert to a Regular Savings account on the first day of the month following twelve-months from account opening. Current APY's for the Regular Savings account are Balances \$0-\$499.99= 0.00%; balances of \$500-\$2,499= 0.05%; balances of \$2,500-\$9,999.99= 0.05%; balances of \$10,000 or more= 0.05%. Current APY for New Member savings are Balances \$0-\$499.99= 4.00%; balances of \$500-\$2,499= 4.00%; balances of \$2,500-\$9,999.99= 4.00%; balances of \$10,000 or more=4.00%. Federally insured by NCUA.

# INFORMING. ENGAGING. INSPIRING.



If we didn't cover your community,  
**WHO WOULD?**

Help us build a stronger West Linn.

**SUBSCRIBE TODAY**  
**503-620-9797**



# Nature’s Pet has gear to keep pets dry and warm

*Boots and coats protect dogs from the elements*

Story and Photos by:  
**HOLLY BARTHOLOMEW**

While the snow is hopefully in the rearview mirror for the Portland metro area, there are likely plenty of cold and rainy days still to come this spring. Nature’s Pet in the West Linn Central Village has the essentials to keep your dog warm and dry even on a wet Oregon spring day.

From parkas and sweaters to rain-coats, boots and super-soaking towels, the store has what your pet needs to enjoy the outdoors no matter the weather.

Owner Mason Hartman pointed to the shop’s wide selection of dog outerwear from brands like Canada Pooch, Ruffwear and Gold Paw.

While it’s important to keep your pet warm and comfortable, Hartman noted that some dog breeds likely don’t need layers to keep warm.

“Generally with a double-coated dog like a husky or a German Shepherd, they don’t really need a jacket,” Hartman said. “But dogs with short-hair like a pitbull or Chihuahua, dachshunds with short-hair, they tend to need a little bit extra to keep them warm.”

Still, owners of longer-haired dogs might like a rain coat to keep them dry. Keeping the fur dry can cut down on mess and help keep their coat nice, Hartman said.

Nature’s Pet sells rain gear from Ruffwear and Canada Pooch in a variety of sizes and colors. The store also carries Canada Pooch’s snow suit, a full-body water-resistance thermal suit for keeping your dog warm and dry.

To keep dogs warm on chilly days, look for knit sweaters, Canada Pooch’s flannel hoodie or Goldpaw’s fleece jacket that has a waterproof softshell. Hartman also pointed to Ruffwear’s jacket-harness combo, which will keep dogs warm and connect to their leash.

Additionally, Nature’s Pet carries several socks and booties to protect dogs’ paws from the cold, ice, snow and rain. Nature’s Pet has durable booties from Ruffwear and RC pets as well as reusable and disposable rubber dog boots from Pawz.

The Pawz boots, which can be used multiple times and thrown away, come in packs of twelve in a variety of sizes and colors. The boots are bio-degradable and can be thrown away when worn down. Pawz boots were invented by a dog owner who became frustrated when the boots he bought for his dog constantly fell off. The boots gently hug your dog’s paw like a sock to prevent them from slipping off.

Hartman also pointed out the Soggy Doggy, a microfiber towel that will soak up water on your dog’s fur after walking or playing in the rain.



Though some dogs don’t need extra layers to keep them warm, Mason Hartman said some owners like to keep them dry with raingear.



Nature’s Pet sells knit sweaters to keep dogs warm on cold days.



The store has several options for keeping pets warm and dry like Canada Pooch’s hooded flannel jacket.



Pawz rubber dog boots are reusable, disposable and come in packs of 12.

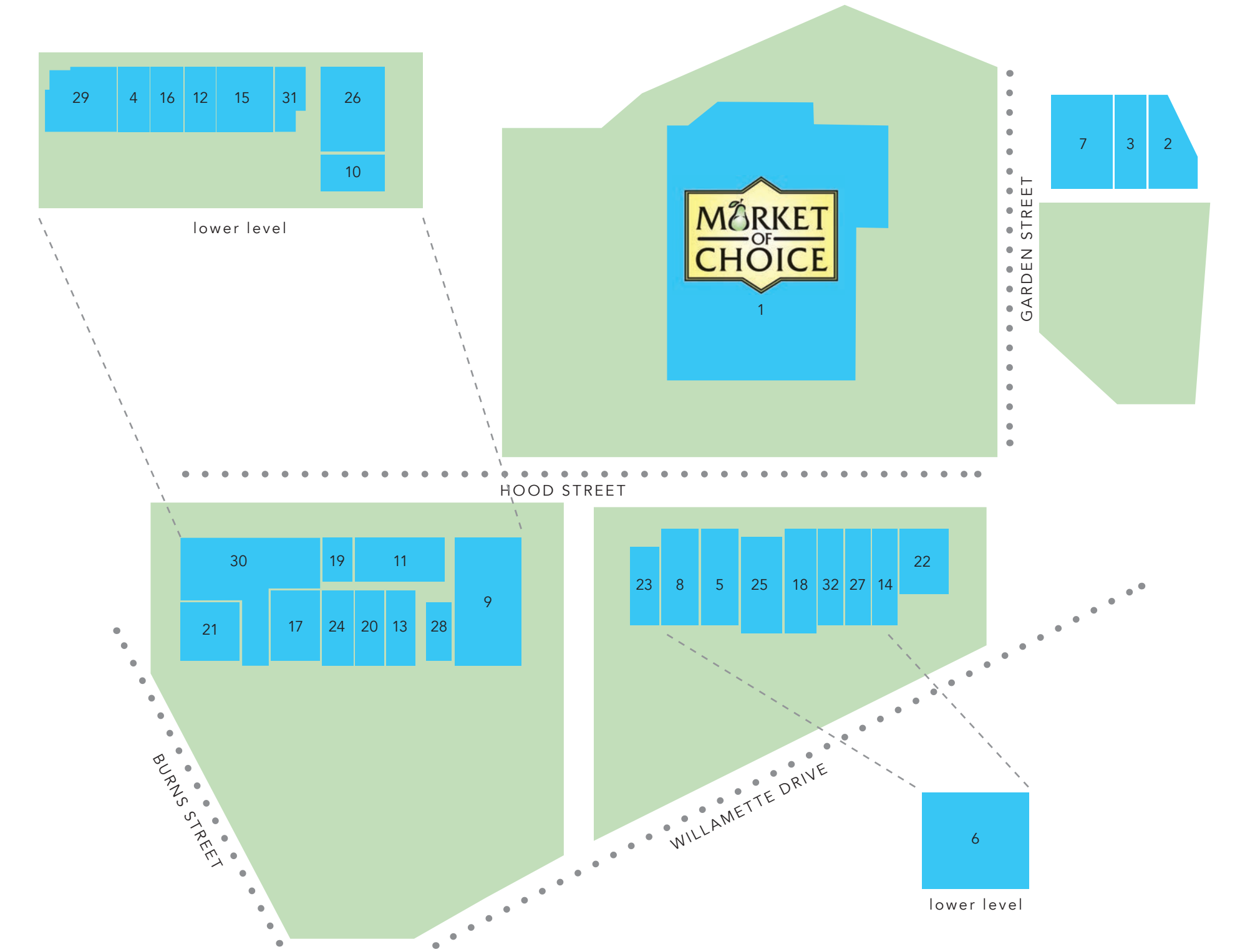


## Premier West Linn retail space available!



For leasing information, please contact:  
**Melissa Martin**  
503-245-1400 Ext. 525  
melissa@hsmipacific.com





# Discover these great merchants!

## West Linn Central Village Shopping and Services Directory

### GROCERY

- 1. Market of Choice 503-594-2901

### HEALTH AND BEAUTY

- 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 503-218-3736
- 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. Available For Lease - 906 SF

### RESTAURANT AND FOOD SERVICES

- 20. Crumbl Cookies (opening 2023)
- 21. Restaurant (five-O-three) 503-607-0960
- 22. La Sen Vietnamese Grill 503-303-4445
- 23. Starbucks 503-656-7516
- 24. Sushi Hurray 503-305-7876

### SPECIALTY AND OTHER

- 25. Backyard Bird Shop 503-303-4653
- 26. Banfield Pet Hospital 503-462-7100
- 27. California Closets 503-885-8211
- 28. Mathnasium of West Linn 503-305-8738
- 29. Nature's Pet Market 503-305-8628
- 30. Sundstrom Clinical Services 503-653-0631
- 31. Wishing Well Floral 503-557-3823

### WIRELESS AND ELECTRONICS

- 32. Verizon Authorized Retailer – Victra 503-406-6595

12 Months  
HALF PRICE!  
Sign up today!

YES! I want to subscribe

☐ WEST LINN TIDINGS - print and digital editions

Name

Address

City Zip

Phone E-Mail

YES!

Sign me up for 12 months-\$30.00 (Must be pre-paid)

Offer for local subscribers only

☐ Check ☐ Visa ☐ MC ☐ Discover ☐ AmEx

Card No.

Exp. Date

09CV15

Mail To: Circulation

Community Newspapers-Pamplin Media

PO Box 22109, Portland, OR 97269

Or call: 971-204-7817

Pamplin  
MediaGroup

# Thank You To Our



# COMMUNITY HEROES

Every week we strive to create stronger communities through trusted, local news. And we couldn't do our jobs without the support our local advertisers.

THIS MONTH WE ARE HONORING...



Because of their advertising, not only do they grow their own business, but at the same time they help us create stronger communities through great local journalism.

Our journalist's work stretches far beyond the news happening at city hall. We introduce readers to interesting people. We highlight upcoming community events. We provide the news that

finds its way into families' scrapbooks and onto the doors of refrigerators --- stories about local veterans, awards received, honors bestowed, touchdowns scored and lives well-lived.

If you believe local news is important to your family and your community, please thank our advertisers.

## WANT MORE LOCAL NEWS?

Help us find more local community heroes.

The more advertisers we have, the more stories we can write about your community, your neighborhood and your child's school or sports team. If your favorite local business doesn't advertise with us, please share this ad with them.

Our advertising team would welcome the opportunity to see if we could work with all our local

businesses to help them attract new customers and grow their business.

And we offer much more than just print advertising options. We have a wide variety of digital and email marketing options that have worked well for many of our clients while saving them money at the same time.

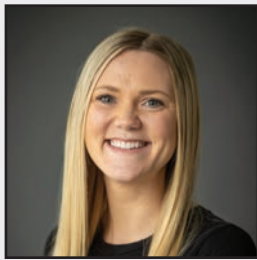
YOUR BUSINESS CAN BE A COMMUNITY HERO TOO!  
CONTACT US TO LEARN MORE ABOUT LOCAL PRINT AND DIGITAL ADVERTISING OPTIONS



**Aaron Breniman**  
**PUBLISHER**  
Clackamas, Oregon City and Happy Valley  
971-204- 7789



**Kelli Lair**  
**ADVERTISING REPRESENTATIVE**  
Downtown Lake Oswego  
971-204-7787



**Ashley Monihan**  
**ADVERTISING REPRESENTATIVE**  
Lake Grove and Kruse Way  
971-204-7793



**Jesse Marichalar**  
**ADVERTISING REPRESENTATIVE**  
West Linn and Wilsonville  
971-204-7774



**J. Brian Monihan**  
**PUBLISHER**  
Sponsorships  
971-204-7784

