

Discover West Linn Central Village

SHOP, DINE AND HAVE FUN CLOSER TO HOME!



**Sugaring NYC introduces 50% off special
for first-time customers**

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A SPECIAL PUBLICATION OF PAMPLIN MEDIA GROUP/COMMUNITY NEWSPAPERS



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Optometry and eyewear shop expands



5 SUNDSTROM CLINICAL SERVICES
Clinic can help improve parent-child relationships



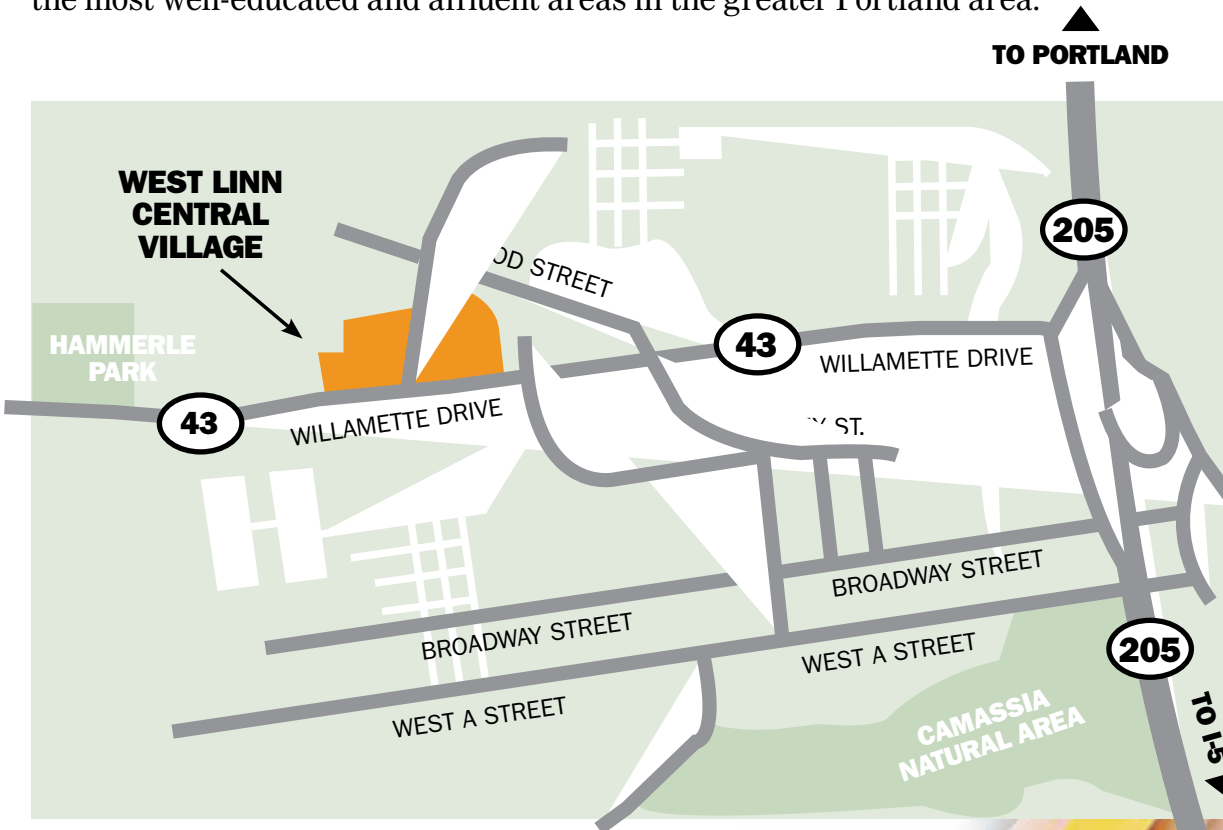
6 FIVE-O-THREE
Enjoy special menus at the restaurant

West Linn Central Village

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

Come Celebrate Dad's Special Day at Five-o-Three
Family Style Brunch or Dinner for a special Steakhouse Five-o-Three Menu.



Father’s Day Brunch Family Style

Four Courses include:

- Chilled Corn Soup
- Eggs Benedict
- Strawberry Rhubarb Tart



Steakhouse (five-o-three)



Entrees include:

- 10 oz Prime Rib
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- Beef Bourguignon

Scan for a Full Menu of the Father’s Day Brunch and Dinner Steakhouse



(five-0-three)

For more details and to book a table, please visit **restaurant503.com** or call **503 607-0960**

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Sugaring NYC offers hair removal that lasts

THE STORE WELCOMES NEW CUSTOMERS TO TRY OUT THE HAIR-REMOVAL TECHNIQUE



Sugaring NYC strives to provide an inviting atmosphere for clients.

Story by:
COREY BUCHANAN

Those who try Sugaring NYC for the first time often say they will never go back to traditional waxing for hair removal, owner Sejal Patel said.

For this — and many other reasons — she encourages the community to check out her establishment in West Linn Central Village and discover more comfortable and long-lasting body hair maintenance. Sugaring NYC is offering a sale to first-time customers of 50% off for any sugaring services.

“We’re an all-natural, organic waxing salon. We can get anyone ready before a vacation, before their big day or just for maintenance honestly,” Patel said.

Sugaring is a form of hair removal that uses a paste that includes simply sugar, water and lemon juice. Patel said it’s much less sticky than traditional wax removal, causes less redness, is less painful and significantly reduces hair growth over time. She added that it’s great for those who have allergies to cer-

tain ingredients or who want only natural ingredients.

“You’re able to wash the sugar off with water. Many waxes have to come off with natural oil or cleanses,” Patel said.

Further, she said that, while other salons offer sugaring as one of many services, Sugaring NYC specializes in hair removal and their employees are thoroughly trained in it.

“Ninety percent of our day for us is sugaring so we are truly the experts in sugaring,” she said.

Patel said that they attract a lot of clients in the summer but that consistent sugaring is the way to attain maximum benefit from the service. They also offer discounted membership pricing so that people are encouraged to come back for more sessions.

Further, Patel said that employees offer consultation before a session and will walk clients through what to expect.



Sugaring NYC sells scrubs that help make your skin look even better.

She added that the store’s bright and bubbly atmosphere makes for an inviting environment. Further, she noted that the salon is inclusive to any customers regardless of gender.

“The reason people come into a salon is they want to feel better. They’re excited about investing time in themselves, Patel said. “If they’re getting that walking out the door they will come back.”

Along with sugaring, the store offers lash lifts and brow laminations. Patel added that she’s excited to continue growing roots in West Linn.

For more information on Sugaring NYC visit www.sugaringnyc.com.

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SugaringNYC

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AFTER EIGHT YEARS OF GROWTH, YOU & EYE IS EXCITED TO EXPAND

Footprint of optical clinic and boutique will nearly double



PMG PHOTOS: HOLLY BARTHOLOMEW
Optometrist Nicole Pearce and the team at You & Eye are excited to expand the clinic this summer.



Acquiring the next-door space allows You & Eye to nearly double its footprint.



You & Eye will take over the next-door space formerly occupied by Lovell & Hall Real Estate Partners.

Story by:
HOLLY BARTHOLOMEW

Optometrist Nicole Pearce and the team at You & Eye in the West Linn Central Village are eager to expand the clinic and optical boutique into the next door space formerly occupied by Lovell & Hall Real Estate Partners. After receiving building permits from the city June 1, You & Eye anticipates the expansion work to begin. Pearce said she hopes for the work to finish by the end of August. “Our growth has been very steady over the last eight years that we’ve been here and we feel like we’re running into each other,” Pearce said. “We’re all in the same little area, which is nice, but when we have a lot of patients in the office, it’s not very welcoming. There’s too many

bodies and there’s too much talking,” Expanding into the former Lovell & Hall space will add over 900 square feet to You & Eye, nearly doubling its footprint. Pearce and optician Destiny said there were several reasons why they wanted a larger space for You & Eye. Destiny noted the optical boutique will be bigger, allowing You & Eye to offer a wider selection of frames. This is particularly enticing for Pearce and Destiny, who recently traveled to New York for the nation’s largest eyecare expo and found new eyewear lines to bring to You & Eye. The addition will also allow for more exam and office space. “Everything is getting a little bit more space: a little more exam space, a little more optical space, a little more employee space,” Destiny said.

While the You & Eye team currently feels a bit crowded, the expansion will leave them with room to grow. Pearce noted the clinic now has a contract with Kaiser insurance and the expansion will allow it room to bring in Kaiser patients. Pearce said she’s also thrilled to have more room for the specialty eye care offered at You & Eye: dry-eye treatment and myopia management. Last but not least, Pearce and Destiny are also excited to have space for a breakroom. Currently, Pearce noted, You & Eye does not have an employee break room, meaning the clinic has to close for an hour every day as employees take their lunch break. You & Eye is located at 5656 Hood Street, to the right of Wishing Well Floral & Gifts.

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Improve relationship with kids with help of Sundstrom

The clinic offers parental advice for adults

Story and Photos by:
COREY BUCHANAN

While parents and kids are often distracted by work, school, activities and — increasingly — social media, nurse practitioner and psychiatrist Lee Evans says regular check-ins are an effective tool to strengthen familial relationships.

Evans works primarily with adults and some adolescents at Sundstrom Clinical Services in West Linn Central Village, where he performs counseling and medication management.

Evans had a career in construction management but decided, after shadowing a mental health nurse practitioner, to switch careers. So he went back to school and got his nursing degree to become a nurse practitioner.

“I knew I didn’t like it (construction management) but knew I had really great relationships with customers and clients,” he said.

Lately, he said some families are struggling with breaking out of habits deriving from the COVID-19 pandemic and reorienting their lives toward relationships. He also noted recent research showing the negative effects of social media use.

“One of the big ones coming out recently is we’ve seen a big uptick in depression, anxiety, those things especially since COVID,” he said. “Families were shut down in their home. A lot of those things they used to do together, being able to get out and do certain things, those things were taken away.”

In turn, Evans said it’s important to simply be there for your child — establish regular communication and times to connect, take advantage of free time and start doing recre-

ational activities together.

“As we build those normal things that youth can count on like family dinners together, time where they can debrief and talk to each other, those are all things where we can build those bonds again where youth can feel like they can express ideas or concerns or questions without being judged but heard by a parent and have a parent guide them through some of those concerns,” he said.

Evans can’t talk about his clients challenges but relayed advice he’s gleaned from his own life. His daughter has struggled with obsessive compulsive disorder and he has wrestled with the urge to try to fix her affliction. But he has found that patience, empathy and regular communication has helped.

“Sometimes as parents we feel like we have to fix it and when we can’t it’s really disturbing to us; it is to me but realizing it’s not always our job to fix it ... we can just be with our youth and help them through some of these processes and realize they’re not alone. We’re there for them,” he said, adding that it’s OK to make mistakes but that parents should apologize when they do and attempt to reconnect.

Evans said the counseling process always begins with a mental and physical evaluation and talking about the challenges the clients face. He conducts sessions once a week for clients facing more acute issues and less often for clients managing their mental health challenges. While clients show progress, improvement isn’t always linear, and Evans emphasizes that ebbs and flows are natural.

“But you stay engaged and continue to improve that loving relationship — that’s the win,” he said.

For more information on Sundstrom, visit www.sundstromclinic.com.



PMG PHOTO: COREY BUCHANAN
Nurse practitioner and psychiatrist Lee Evans works with patients on forging stronger bonds with their kids.

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FIVE-0-THREE PREPARES FOR FATHER’S DAY, FOURTH OF JULY CELEBRATIONS

Restaurant team likes to create memories on special occasions

Story and Photos by:
HOLLY BARTHOLOMEW

Five-0-Three owner Johnny Nunn and his team at the West Linn Central Village restaurant like creating memories on special occasions. That’s why the restaurant is offering special brunch and dinner menus this Father’s Day, June 18, holding a special four-day jazz and blues fest Fourth of July weekend and re-launching its catering program.

Father’s Day

Last year Five-0-Three offered a special steakhouse dinner on Father’s Day, but Nunn thought dads might enjoy brunch as well.

“We had a lot of success with Mother’s Day brunch, which a lot of people in the industry go for. The analysis has sort of always been that dad doesn’t need as much fanfare, which is kind of unfair,” Nunn said. “Not everyone is available for dinner or wants to have a steakhouse dinner, so we thought brunch would work.”

The family-style Father’s Day brunch starts with a Dungeness crab chilled corn soup, which leans into a shareable serving of heirloom tomatoes with fresh mozzarella, basil emulsion, pine nuts and fleur de sel. Main courses are what Nunn called the “tried and true mainstays of brunch”: eggs benedict, beef bourguignon hash and house ricotta pancakes.

Though it’s an often-overlooked part of brunch, the Father’s Day meal also comes with dessert.

As Nunn said, “Special occasions require dessert.”

Father’s Day dinner will have a steakhouse feel with dishes and live music.

The menu is highlighted by entrees like prime rib with a truffle twice-baked potato, and grilled asparagus; bacon-wrapped beef tenderloin with chantenay carrots, aloha chard, rosemary jojos and carrot reduction; slow-cooked Alaskan halibut with corn, heirloom tomatoes, grilled prawns and basil emulsion; roasted chicken chicken breast with smashed red potatoes, green beans and sherry reduction; and beef bourguignon with garlic smashed potatoes, zucchini squash and bacon.

Vegetarian options will include a choice of Five-0-Three’s house-made pastas.

Starters for dinner include chilled corn soup, wedge salad, mixed green salad, salt and pepper calamari, grilled asparagus with warm truffled and whipped brie and fried shrimp.

For dessert, Nunn will offer chocolate hazelnut mousse, local berry cobbler and strawberry-rhubarb tart.

Fourth of July weekend

To kick off Fourth of July celebrations, Five-0-Three is holding a jazz and blues festival with a special barbecue menu June 30 through July 3.



▲ Five-0-Three owner Johnny Nunn enjoys helping others create special memories.



Known for its food and cocktails, Five-0-Three plans to offer several frozen cocktails this summer.

The menu will feature barbecue favorites like braised beef, pork ribs, smoked chicken, baked beans, potato salad and coleslaw.

At that time, Five-0-Three’s summer frozen cocktail menu will be available and feature frozé, “fromo” (frozen mimosa), frozen margarita and a frozen negroni or cosmopolitan.

Catering

Nunn was also excited to have recently relaunched Five-0-Three catering. Nunn said the restaurant offered catering when it first opened in 2007 but is now capable of doing so on a bigger scale.

“For us it’s another opportunity to be a part of someone’s special occasion, which is what we really like,” Nunn said.

Steakhouse (five-0-three)	
FATHER'S DAY 2023	
STARTERS & SALADS	
Chilled Corn Soup...\$9	Dungeness Crab, Sweet Peppers, Parsley
Wedge Salad...\$8	Bacon, Cherry Tomatoes, Bread Crumbs, Blue Cheese Dressing
Mixed Greens Salad...\$7	House Vinaigrette, Candied Walnuts, Bleu Cheese
Salt & Pepper Calamari...\$8	Cocktail Sauce, Lemon Aioli
Grilled Asparagus...\$6	Warm Brie, Truffled & Whipped
Fried Shrimp...\$6	Creole Remoulade, Lemon
ENTREES	
Truffled Twice Baked Potato, Grilled Asparagus, Creamy Horseradish, Natural Jus	10oz Prime Rib...\$48
Bacon Wrapped 6oz Beef Tenderloin...\$39	Chantenay Carrots, Aloha Chard, Rosemary JoJos, Carrot Reduction
6oz Top Sirloin Steak Frites...\$31	Fingering Potatoes, Asparagus, Sauce Bearnaise, Sauce Bordelaise
Slow Cooked Alaskan Halibut...\$39	Corn, Heirloom Tomatoes, Grilled Prawns, Basil Emulsion
Roasted Chicken Breast...\$28	Smashed Red Potatoes, Green Beans, Sherry Reduction
Beef Bourguignon...\$39	Garlic Smashed Potatoes, Zucchini, Squash, House Bacon
VEGETARIAN OPTION UPON REQUEST	
SIDES	
Baked Potato...\$2	All The Fixings
Crispy Russet Potatoes...\$8	Creamy Horseradish
Pommes Frites...\$7	Special Sauce
Grilled Asparagus...\$8	
SWEETS	
Chocolate Hazelnut Mousse...\$8	Hazelnut Brittle
Local Berry Cobbler...\$7	Cherry Honey
Strawberry-Rhubarb Tart...\$8	
<small>*Consuming Raw or Undercooked Proteins May Increase Your Risk of Food Borne Illness</small>	

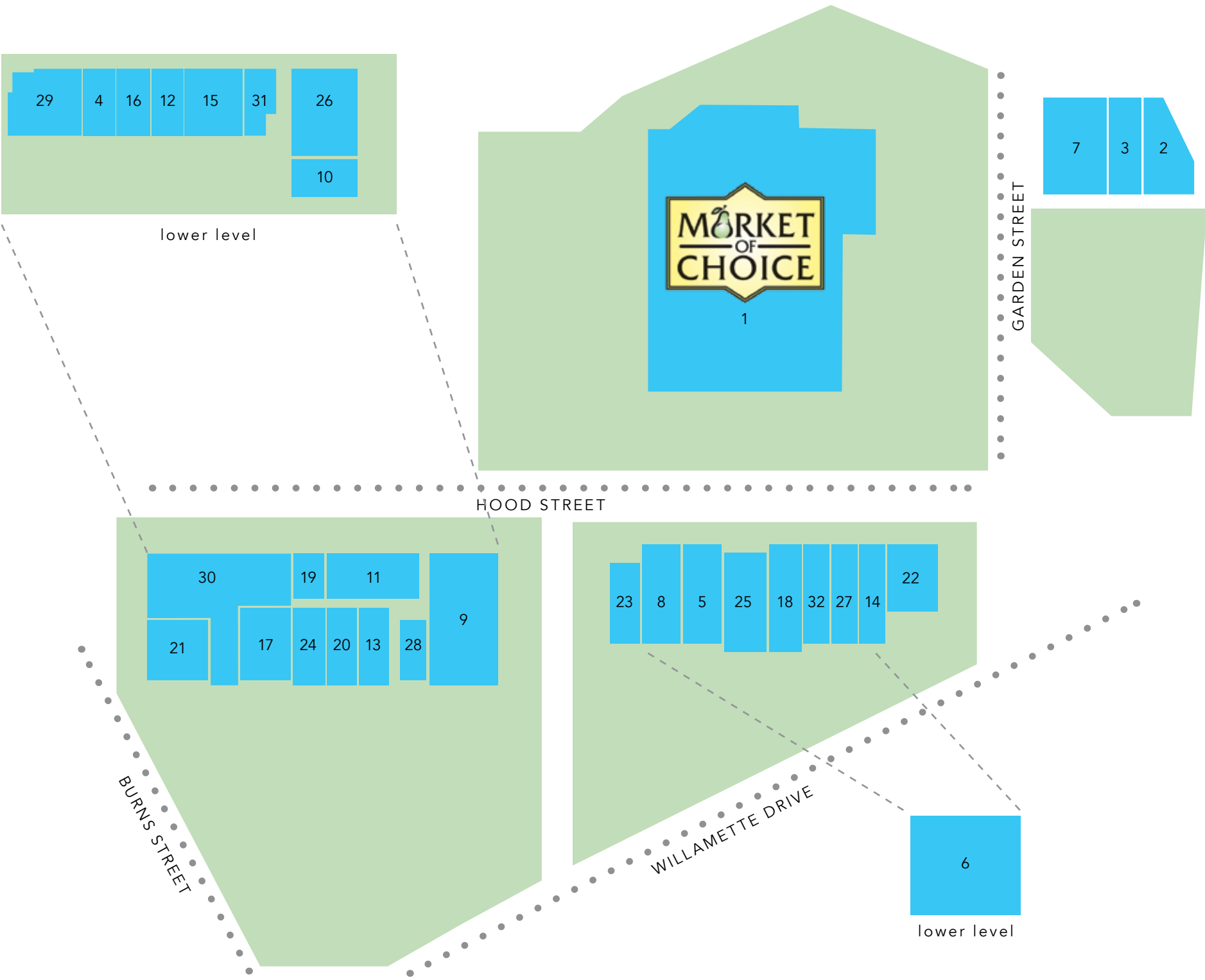
For Father’s Day, Five-0-Three will offer a special steakhouse menu.



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- 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

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- 18. FedEx Office 503-557-0709
- 19. Available For Lease - 906 SF

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- 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

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- 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

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