

# Frozen yogurt shop replaces cleaners in Vermont Hills

## THE COUNTRY STORE

By Erik Vidstrand  
The Southwest Portland Post

Frozen yogurt has entered the community. When Gabriel Park

Cleaners closed last year due to family health issues, a local couple jumped at the opportunity to create a new retail space.

The idea of a warm, cozy spot serving dessert came to Mark and Shawn Preble while in Palm Springs.

Mark, a marketing professional by day, drew up a business plan and

researched similar shops in the area. One place showed up as a favorite: Nectar Frozen Yogurt Lounge located in Sellwood.

With two young daughters in hand, the entrepreneurs decided to try it out and loved it.

Little did they know Nectar would soon expand to a second lounge in Multnomah Village which opened last fall. But leases were already signed and the project went forward despite the competition.

"It was time," Shawn explained. "We've never done anything like this and it took a leap of faith opening up a yogurt shop with all the competition."

On the magical date of 12/12/12, Sunny's Legendary Frozen Yogurt opened in the Gabriel Park shopping center at Southwest 45<sup>th</sup> Avenue and Vermont Street.

Gone are altered wedding dresses and starched shirts; instead, frozen flavors like s'mores (toasted marshmallow and milk chocolate), lemon pound cake and mango tango sorbet await.

"The recipes are all kosher," stated Shawn who manages the store.

"We're in discussion with a local rabbi who's already been in to certify a section of the toppings as kosher as well."

There will also be signs alerting customers to the presence of nuts, peanuts and gluten in certain toppings. (The yogurt is all gluten free.)

As an added touch of community spirit, Sunny's will work with an organization to generate fun ways to raise money. Maplewood Elementary was one of the first. Spring hours are daily 11am - 11pm, Sundays until 9.



Southwest Community Health Center  
(Post photo by Leslie Baird)



Sunny's Frozen Yogurt opened on December 12 in the Vermont Hills Shopping Center.  
(Post photo by Erik Vidstrand)

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## Health center celebrates 8th anniversary in Multnomah Village

Craving those wonderful Kiwanis pancakes and sausages? Can't wait until Multnomah Days? Then your lucky day is coming next month!

The Southwest Hills Kiwanis will host yet another mouth-watering breakfast fundraiser for the Southwest Community Health Center.

The pancake breakfast is scheduled for Saturday, May 4, from 8:00 to 11:00 a.m. at the Lucky Labrador Public House in Multnomah Village. Tours of the clinic will take place during those hours.

Located next to Multnomah Village Antiques in Dr. Ray Foster's old office, the health center will celebrate eight years of providing basic health care to low-income uninsured individuals.

The small clinic is growing: It recently had its 10,000<sup>th</sup> visit late last year. There are over 150 volunteers- 92 of them are doctors, many volunteering and learning from OHSU and Legacy.

"There is a sliding fee scale based on ability to pay," said Samira Godil, executive director.

Ms. Godil spoke at the March Multnomah Neighborhood Association meeting, and asked for support from the association for the upcoming pancake breakfast.

"The uninsured amongst us include the working poor, elderly and immigrants," Ms. Godil explained. "Many workers don't work enough hours in one job for enrollment in health plans."

The majority of the patients seen over the past years are between 20 and 65. It's been a safety net clinic that focuses on these individuals in the Southwest Portland area.

The skills and kindness of volunteers are the backbone of the health center. It makes it possible for the clinic to provide quality health services.

There are a variety of opportunities that are available by checking out the website.

The SWCHC has clinics every Tuesday and Thursday from 4-8PM and Monday evenings from 6-8PM. Please call 503-977-0733 or visit [www.swchc-pdx.org](http://www.swchc-pdx.org).

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