



Cedar Mill News

Volume 3, Issue 11

November 2005

Featured Business

Cornell Eyecare

by Virginia Bruce

So how do you test the eyesight of a baby? Dr. Chad Lawson knows, and it's not that hard. "We have a retinoscope that measures prescriptions by bouncing light off the retina. In fact, we can test anyone's eyes this way, and it is accurate enough to prescribe glasses. But with adults we like to do the other tests because getting the correction right can be somewhat subjective," he says.

Dr. Lawson takes care of the vision of his patients at Cornell Eyecare, located on the north side of Cornell west of Saltzman. He began working there with Dr. Raymond L. Roy, Jr in 2001, when he bought the practice from Dr. Roy, who still sees clients two days a week. "He's not retiring, he's exploring other ventures," Lawson says. Lawson had previously worked for a doctor in Tigard and at a chain store.

Both Dr. Lawson and Dr. Roy got their degrees from Pacific University College of Optometry. Dr. Roy built the building on Cornell in 1978, when he founded the practice after working with his father in Portland. He chose the location because Cedar Mill was a growing community. And they have another thing in common – both have wives who work in the practice. "When Dr. Roy is here, his wife Marietta comes in and works with him. And my wife Caryn also works here part time and also



buys all our frames," Lawson explains. Other employees include office manager Pam Flores and receptionist Mary Ingram.

What's the advantage to getting your vision care and correction from a practice like Cornell Eyecare rather than the discount mall shops? "Most people who go to the mall shops discover that their service is unpredictable," explains

Continued on page 7

Subscribe to The News—see page 7



Next Meeting

Cedar Mill Business Association

Tuesday, November 15, 7:30 AM

Place: Cedar Mill Community Library Community Room
Topic TBA

The Nature of Cedar Mill Western redcedar

By Kyle Spinks, Natural Resources Technician Tualatin Hills Park and Recreation District

Western redcedar (*Thuja plicata* – pro-

nounced "THOO-yuh pli-KAH-tuh) is probably the tree best known to Northwesterners. Native Americans from Alaska to northern California, and as far inland as the Rocky Mountains, prized this tree for its myriad uses. Canoes, clothing, shelter, nets, and tools were made from all parts of the tree, from roots to shoots, heartwood to bark. Medical and spiritual uses were common as well, and included such things as drinking teas to relieve pain and waving smoking limbs to ward off evil household spirits.

As with the Native Americans throughout the ages, redcedar is highly prized by today's builders because of its beauty and its resistance to decay. This decay resistance is because redcedar, like the redwood and sequoia species to the south, accumulates 'extractives' (metabolic byproducts) in its wood. These byproducts are toxic (or at least not tasty) to many bugs and pathogens. Many years, even decades, after a redcedar has fallen in the forest, its wood perseveres on the forest floor, long after other trees have decayed back into the soils.

Western redcedar is a shade-loving species, and is well adapted to cool, maritime regions or moist valleys. The soft, shredding, reddish bark and tapering bases with large buttressing flutes easily distinguish this tree from other trees. Many may grow to 130 feet tall and over 3 feet in diameter on average, though much larger specimens are common in our western forests (the largest known Western redcedar, along the shore of Lake Quinault on the Olympic Pen-

insula, is 173 feet tall and 19 feet in diameter). Under the right conditions these trees can live to over 450 years, producing copious seed each year after the age of about 20. Another of redcedar's attributes is its proficiency at sprouting on downed logs (nurse logs), forming linear stands



A nice specimen on South Road

of new growth on the backs of fallen giants of yesteryear.

The name 'redcedar' is compound, indicating that it isn't a member of the family of true cedars (which are native to the Eurasian continent). The compound or hyphenated common names of some of our other natives also indicate misnomers: Douglas-fir (not a true fir), poison-oak (not part of the oak family), and Oregon-grape (not a grape). But you only need to live here a short time to understand that no matter what you call it, western redcedar is the icon of Northwest nativeness.

Big Cedar Contest!

We're looking for the biggest Western redcedar tree in Cedar Mill so we're challenging our readers to get out there and measure big trees. This might make a neat project for classrooms or scout groups...

The standard way to measure a tree is at 4.5 feet up, commonly referred to as 'diameter at breast height' (dbh). For redcedars this can be tricky because they taper so much, especially in the lower 10-ish feet, but this is still the standard way to measure them. Run a tape measure around the trunk, then divide the circumference by pi. You can use 3.14 for ease of calculation, and unless we have two trees very close in diameter, the small difference between the two numbers (pi, 3.14) won't matter.

Send your big redcedar information to vrb@teamweb.com by the end of November. The prize? Knowing you found the biggest redcedar in Cedar Mill.

Citizen Summit Focuses on Building an Involved Community

Getting citizens involved in community organizations or service groups can be a daunting challenge. So Oregon State University Extension Service is hosting a citizen summit to look at changing opportunities for citizen involvement and innovative techniques to assist community leaders to build membership.

The summit, "*Coming Together: Shared Lessons in Building an Involved Community*", will be held Saturday, November 12, 2005 8:30 am-2:30 p.m. at the OSU Extension Offices at the CAPITAL Center, Beaverton. A \$10 fee for box lunch and materials will be charged. Pre-registration by Wednesday, November 9, is required to ensure sufficient attendance.

The summit is focused on providing community leaders from the CPO program, community service groups, and nonprofit organizations with opportunities for sharing lessons learned and a workshop on various techniques to energize existing members and attract new ones.

Featured speaker will be Mitch Rohse, former chair of the Oregon chapter of the American Planning Association and an advocate for citizen involvement in Oregon's land use program. Rohse will speak of changes statewide in public involvement over the years and the value citizen voices bring to community decisions.

OSU Extension coordinates Washington County's Citizen Participation Organization (CPO) program which provides support to citizens interested in land use and livability concerns. To register, contact Melissa Lim, OSU Extension Service, at 503-725-2124 or Melissa.lim@oregonstate.edu.

Planning for Parks

If you live in the Tualatin Hills Park and Recreation District service area you're invited to an open house meeting to discuss updates to the Park District's Comprehensive Plan. The meeting will be held Thursday, November 17 from 6 to 9 p.m. in the Beaver Den Meeting Room of the Tualatin Hills Nature Park at 15655 SW Millikan Boulevard.

The Comprehensive Plan outlines both the current services offered by Parks Services and the service planned for the next 20 years. The Plan was last updated in 1997 but must be updated more frequently to keep up with changing needs. The Park District is also updating its Trails Master Plan, last updated in 1998.

Area members of all ages are encouraged to partake in the discussion on updating the Comprehensive Plan. Brief presentations of the plan update will be given at 6:30 and 7:45 p.m., but all are welcome to arrive at any time to review the existing plan and give input on the present and future priorities. Refreshments will be provided.

For more information please visit www.thprdparkplan.com or contact Sarah Cleek, the project manager of THPRD at 503-629-6305, ext. 2931.

Youth Transition Program now offered in the Beaverton School District

The Youth Transition Program (YTP) is a program designed to improve education and employment outcomes for youth with disabilities through an innovative partnership between BSD high schools and the State of Oregon's office of vocational rehabilitation. YTP provides services to students in high school and continuing during the early transition years after leaving school.

Benefits to the student

- *individualized planning* focused on post school goals and self-determination, and help to coordinate school or vocational plans with relevant community agencies;
- *short-term* training, job coaching, and job readiness skills;
- *job development* for both work experience and career related employment;
- *follow-up support* for up to 1 year after leaving the YTP program.

Benefits to the employer

- Students screened and matched with employer needs.
- YTP assisted training and support.

- Technical assistance in prescreening, training, and vocational assessment.
- Positive community image for companies seen as improving quality of life and enhancing today's work force.
- Pre-qualified candidates for the Work Opportunity Tax Credit

For more information on YTP, and providing employment opportunities, please contact Carolyn McIntire, Youth Transition Program Job Developer, 503-259-5050 ext. 5065, or 503-259-4013 Voice Mail

Cedar Mill Business Association News

The CMBA held its annual meeting on October 18 and elected new directors and officers. Two new directors joined the board. Bonnie Kost runs Logo Portland, a custom embroidery shop. Her shop was tucked away near the Shell Station for many years but recently moved to the Triangle Shopping Center behind the Dairy Queen.

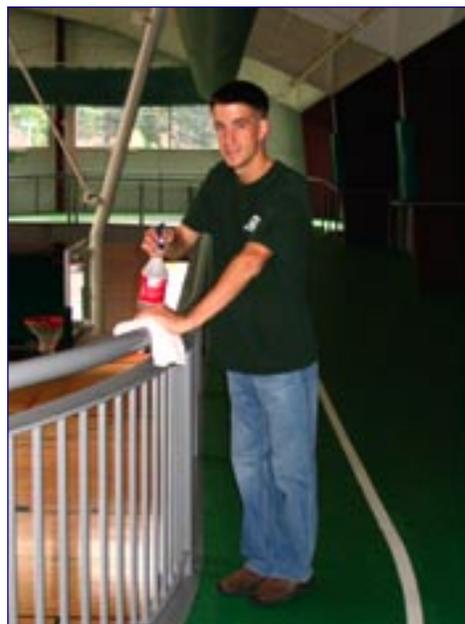
Krista Labavitch from Sunset Animal Clinic has been a CMBA member for several years. The Sunset Animal Clinic is located in the Oak Hills Village shopping center on Cornell Road.

The new president of the CMBA is Bill Rawson from the Edward Jones office in the Sunset Shopping Center near Safeway. Vice President is Brian Harvey from American Family Insurance, Secretary is Linda Teufel from Teufel Nursery and Treasurer is June Newcomer from Mister James Hair Salon.

The CMBA board is newly energized and wants to increase its value to the local business community by implementing some of the suggestions learned from a survey of local business owners. Recognizing that there are limits to how much time a volunteer-run group can put into building a more active organization, the board is looking for ways to hire a part time leader to build the organization. Several members of the CMBA board pledged enough funds to hire a leader for at least 2 months, but recognize that it will take at least 3 months of concentrated effort to fully explore whether a more active CMBA is really feasible in our community. Businesses who would like to help build a dynamic business association are encouraged to make a donation to the CMBA. The CMBA is looking for broad business support at all levels. Businesses contributing at higher levels may also be eligible for board membership.

Many exciting things are happening in Cedar Mill. Road improvements will soon be completed and business development is poised to take off. An active local business association can stimulate local business, but it requires participation and involvement.

The next meeting of the CMBA will be held on Tuesday November 15 at 7:30 am at the Cedar Mill Community Library Meeting Room. For more information contact Bill Rawson at 503 644-1408 or bill.rawson@verizon.net or any board member.



A YTP student working at Sunset Athletic Club

The Cedar Mill News

Published monthly for the Cedar Mill Business Association (cedarmill.org/CMBA) by Cedar Mill Advertising and Design
12110 NW West Rd., Portland, OR 97229
Online at cedarmill.org/news

Publisher/Editor: Virginia Bruce
503-629-5799 • vrb@teamweb.com

Printing courtesy of Pacific Office Automation

History in The News

The Shoemaker

by Nancy Olson, co-author, Cedar Mill History

Around the turn of the century, a shoemaker named Florion Osterhammer opened a cobbler's shop on Cornell Road in Cedar Mill. Osterhammer, a bachelor from Bavaria, was a small man with a soft voice, sandy complexion, red hair and mustache. In the shop, which was also his home, he always wore a big leather apron. To select personally the fine leather used in his work, he drove an "Indian" motorbike with sidecar into Portland.



The shoemaker was recalled by many longtime residents as an expert craftsman. All his shoes were hand sewn, and Clara Katterman Haskell remembered "his soles lasted a long time." Many families wore shoes made by Osterhammer. The shoemaker also made logging and work boots for laborers in the area as well as repairing leather goods. Children from Cedar Mill took their torn baseballs and mitts to the elderly cobbler to be mended, and they were allowed to run the treadle machines while he worked.

In the evenings after five o'clock when the shop had closed, Osterhammer regularly visited the General Store, near his home, where he frequently purchased brot, (bread), eire (eggs), peaches. He also bought tobacco and big cigars known as "stinkers" which he especially liked. Willard Bauer recalled that the smell of the cigars lasted for weeks on leather goods made or repaired by Osterhammer.

One evening while Osterhammer was visiting the General Store, a gunman came in to hold up the place. The thief told the cobbler and storekeeper Clyde May to raise their hands. May complied, but Osterhammer, who customarily smoked his cigar with arms folded across his chest, refused. After a few tense moments, the thwarted gunman repeated the command, but again Osterhammer refused. The gunman took what cash he could and fled up Cornell Road toward Portland where he was met by the local sheriff.

Osterhammer was regarded as a kindly

figure in the community, often loaning money to those who needed it. Though he lived alone and was quiet by nature, he formed many friendships in Cedar Mill. George Foege and Dave Ediger, owners of the Cedar Mill Garage often visited with him. One morning on March 3, 1930, the two went over to check on the old shoemaker and discovered Osterhammer had died peacefully, hands folded, and neatly tucked in his bed. The 71 year old cobbler was buried in Mt. Calvary Cemetery in Portland.

Please join us for Watershed Tales
 A fundraising auction to support the programs of Rock Creek Watershed Partners
Wednesday, November 9 5:30-9 pm
 McMenamins' Cornelius Pass Roadhouse Octagonal Barn
 4045 N.W. Cornelius Pass Rd.,
 No-host food and beverages available
 Music & storytelling
 Proceeds will help us do our work in education, restoration and support of stream groups in the Rock Creek Watershed

PET BARN
 12675A NW Cornell
 (next to Bales Thriftway)
 503-641-9443
 Hours Mon-Sat 10-7, sun 11-6

Nails Sophisticate Spa
 Polish up with Holiday Sparkle!
 We love seniors!
 503-526-2052
 Sunset Shopping Center • 13410 NW Cornell
 Open M-F 9-7, Sat 9-5 • Walk-ins welcome!

Indoor Aquatic Center
 SCHEDULED TO OPEN FEBRUARY 2006
Sunset Athletic Club
 13939 SW Cornell Road in Portland
 Across from Sunset High School
 More info at: www.SunsetAC.com
Join Today! 503-645-3535

The Cedar Mill Park restoration project
 November 12, 9-noon
 10385 NW Cornell
 Replanting with natives, and holly removal with the amazing weed wrench!
 All tools, gloves and snacks provided.
 Join your neighbors in restoring the trail area of our park.
 For more information, call Virginia 503-629-5799 or email vrb@teamweb.com

Computer Repair
 Custom Computers
 Data Recovery
 Laptops

 13408 NW Cornell
 503-644-9880
 10 years at this location!
sgscomp@yahoo.com

Community Calendar
 November 1
 CPO #1 Meeting, 7 pm, St. Vincent's Hospital Souther Auditorium
 November 12
 Cedar Mill Park Restoration, 9-noon
 Cedar Mill Park, 10385 NW Cornell
 November 12
 Citizen Summit (see article p. xx)
 8:30-2:30, Capital Center
 November 15
 Cedar Mill Business Association,
 7:30 am Cedar Mill Library
 December 3
 Cedar Mill School Pancake Breakfast
 8-11 am, 10265 NW Cornell Rd.

Willow Creek Restoration Project Underway

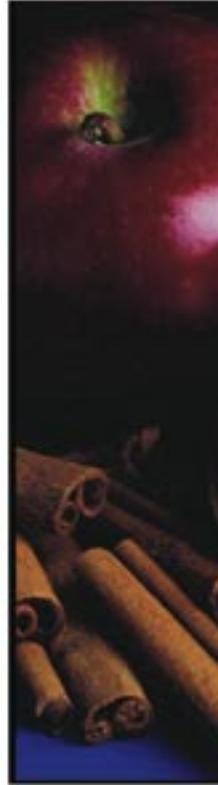
by Megan Bruce, staff writer

A wide floodplain of Willow Creek running westward from 143rd through a portion of the Oak Hills subdivision is the focus of a Stream Enhancement Project undertaken by Clean Water Services. Much of the preliminary work has been completed. The project will enhance over 67,000 square feet of emergent and forested wetlands.

A 330-foot-long berm (pile of dirt) has been removed from the floodplain. The berm had been constricting the floodplain and blocking the connection between 9,000 square feet of wetlands and Willow Creek. The removal of over 3,000 square feet of material from the floodplain will restore the stream's meander and improve the floodplain's ability to store water.

So far much of the non-native plant life in the area has been removed and herbicides have been applied to prevent their return. The remaining invasive species, including Himalayan blackberry, English Ivy, Reed canary grass and more will be removed shortly and seeding of native species in the area will begin in spring 2006.

Thousands of native plants will be planted. Sometime between December 2005 and



February 2006 approximately 5,000 native trees and shrubs will be planted in the areas currently covered by blackberries. This is expected to take about a week. Roughly 5,000 more native plants will go in during February or March 2006. It's likely there will

be an opportunity for volunteer planting parties, which will be announced in the News.

Maintenance of the area will include about four mowing events during the spring, summer, and fall. The cutting will be done by lawnmowers or chainsaws and is intended to protect the new plants from meadow voles. The cuttings will be scheduled carefully to minimize the effect on the areas nesting birds. The maintenance will continue for three to five years depending on need and will reduce annually until the area is returned to self-sufficiency as a wetland with a functioning native plant community.

Layaway now for the holidays!

If you're ready to gather your family for some good times, consider Brunswick! A pleasure to look at and a thrill to play on, every innovatively styled and expertly crafted Brunswick table features a lifetime warranty. You can trust Brunswick to add a lifetime of entertainment to your home.

THE Indoor SUV

Apollo Pools & Billiards
13306 NW Cornell Road
503-644-0556
apolloppools.citysearch.com

Get The News online at cedarmill.org/news

monday night collage class in bonny slope



local artist **Linda Sawaya** offers a weekly drop-in collage class—make a piece of art in one night! all materials provided—come and play from **6:45-9:45 p.m.** in my bonny slope art studio. class is limited to 6—no art experience required.

\$20 per session (or 4 for \$60; \$90 for groups of 6) email by **sunday** (include phone) to reserve a place! linda@lindasawaya.com • www.lindasawaya.com

Cristina John
Realtor

direct: 503-939-8201
office: 503-906-4678

cjohn@kw.com
www.kw.com

KELLER WILLIAMS REALTY

Keller Williams Realty • 4035 SW Douglas Way, Lake Oswego, 97035



Baking Daily

Bales

MARKET PLACE

Biking and Walking in Cedar Mill

By Bill Hagerup

For experienced bike riders, Cedar Mill is a very attractive area. In fact, that was a major factor in choosing this area when my wife and I moved here in 1996 (before our kids were born). It is a short ride to Skyline and other traditional road-biking routes. For hard-core mountain bikers, Forest Park trails can be accessed only a couple of miles to the north. For bike commuters, Beaverton is accessible to the south via bike lanes on Murray and Cedar Hills Blvd. (although getting under the Cedar Hills Blvd. overpass of the Sunset Highway is dangerous for bikes, and needs improvement). For the hardy, commuting to inner Northwest Portland via Cornell is manageable, likewise for Intel and other high tech sites in Hillsboro.



For the less ambitious, the Sunset Transit Center is close by, and MAX is very bike-friendly.

Biker's paradise, right? Unfortunately, the situation is rather different for less experienced riders such as school age children and adults who haven't been on a bicycle in awhile and want to get back in the saddle. For pedestrians,

it is even worse. Our area has very few off-road trails. In general, the abundance of dead ends and cul-de-sacs force bikers and pedestrians out on to the main roads, which are largely devoid of bike lanes. There are a few noteworthy exceptions, such as the trail that connects 131st to Saltzman, allowing Terra Linda residents to use the north-south route which was closed to drivers some years back. Kearney, Marshall,

Burton, Filbert, and Westlawn Terrace provide reasonably safe east-west alternatives. The Cedar Hills Blvd. extension has a nice new lighted bike path. And of course, the beautiful new Main Street taking shape on Cornell will make walking and biking on Cornell a pleasant and safe experience for the first time in decades.

By far the biggest problem for walkers in Cedar Mill is the lack of sidewalks on the local connectors such as Saltzman, Leahy, 119th, 113th, 111th, McDaniel, Thompson, and portions of Cornell. Instead of sidewalks, many of these roads feature narrow or non-existent shoulders and deep ditches. It is a sad fact that many of our schoolchildren (even middle-school age or older) cannot safely walk to their classmate's houses, even if their friends are only a couple of blocks away. Obesity is now the single largest health problem among our children, and is second only to

smoking among adults. If we walk or bike instead of drive, we and our children get exercise, while at the same time reducing pollution and traffic congestion.

Sounds great, but how do we make it happen? Unfortunately, there seem to be few easy options. Major new road projects, such as Cornell, Barnes, or the Cedar Hills Blvd. extension usually include new bike lanes. This is good, but many of our local roads (such as those mentioned above) are not scheduled for widening in the foreseeable future.

Ed. Note: This article will be continued in the Spring. Bill would like to hear from area residents who have an interest in this topic, whether you simply agree with his comments, have ideas to share, or would like to get involved in the solution. Contact him at bill@hagerupfamily.com or by phone at 503-643-4823.

Get The News online at cedarmill.org/news

Join us... In the Garden!
 Mike Darcy broadcasts LIVE
 Nov. 26th 9am-12 from Teufel Nursery
 Newsradio 750 am - KXL

(503) 646-1111 - WWW.TEUFEL.COM
 WINTER HOURS 8 AM - 5 PM EVERYDAY!
 12345 NW Barnes Rd. PORTLAND OR 97229

Congestion at the gate – will it improve?

By Virginia Bruce with help from Larry Barnes

A large proportion of the auto traffic coming into Cedar Mill arrives via the intersection of Cedar Hills Boulevard and Barnes Road. As Cedar Mill has grown, this intersection has become increasingly congested. And before long there will be significant increases in traffic through this intersection when Polygon Homes completes the Teufel Development.

If the Wal-Mart store is approved by Beaverton, traffic is expected to increase by nearly 20% at some times. In addition, when the work

including all but one of the eastbound to south right turn lanes on Barnes, and extension of the two through lanes each way on Barnes west of the intersection, and Polygon will build only a portion of the expansion on Cedar Hills north of intersection. Polygon will also do only a short section of the westbound right turn lane on Barnes to east of intersection.”

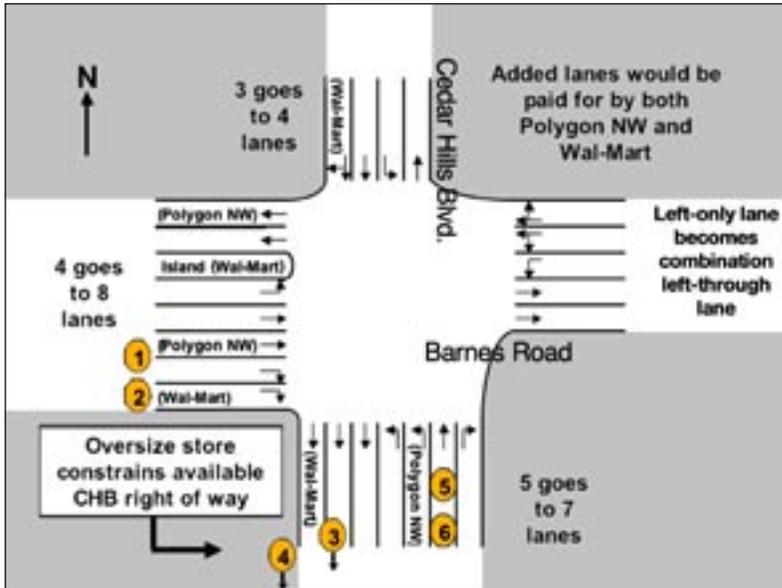
Miller continues, “The details and timing will come as we evaluate the Walmart development—we are currently awaiting resubmission of their application—it was incomplete the first time. We’re also waiting for Peterkort to resubmit their master plan (on hold because of annexation of much of the area by city—they must now address city as well as county standards).

We are working with all parties to make sure that the improvements done by each developer are in a logical sequence and minimize the amount of interim work that has to be torn out by the next phase.”

Some of the problems and concerns with these plans are highlighted on the accompanying diagram: 1. Another island may be needed here to separate lanes, preventing people from attempting to make last-minute right turns. 2. Traffic in the right-turn only lanes, if it gets backed up, could block the right-in-only driveway into the proposed Wal-Mart lot further west. 3. Heavy traffic in the southbound lane may block the westbound US 26 ramp. Additionally, traffic heading for the US 26 eastbound lane will need to cross two lanes.

4. Wal-Mart’s plan did not address the pedestrian and cyclist safety hazard under the US 26 overpass. The overpass is owned by the Oregon Dept. of Transportation (ODOT) and the county and ODOT are working out a solution to this. Miller says, “We are also working with all parties to plan how the bike and pedestrian circulation will work throughout this area. This is a particularly difficult problem where Cedar Hills goes under 26, but when we’re done, there will be bike and pedestrian facilities there.” 5. Left turn and through lane traffic is likely to block the westbound US 26 off-ramp, and 6. This through lane is not aligned through the intersection and may result in collisions.

Even if Wal-Mart withdraws its application, or if it is denied by Beaverton, the corner will eventually hold some type of large retail development. It’s encouraging that the government agencies are working hard to delineate additional road capacity, but it’s also clear that whatever happens, this intersection will only get more frustrating for people trying to get into and out of Cedar Mill. Maybe we’d better just all stay home!



NOTE: this diagram is not a map and doesn't show the varying widths of lanes, sidewalks, bike lanes etc. Additionally, everything is preliminary until Wal-Mart resubmits their application with the needed changes and additions.

on Highway 26 is completed, cars coming from the south on Highway 217 will no longer be able to use the Highway 26 ramp to exit onto Cedar Hills Boulevard, but will exit onto Barnes Road near St. Vincent’s Hospital. They’ll end up in the same intersection, but will be approaching it from westbound Barnes, to continue straight through or turn right onto Cedar Hills.

Washington County always tries to get developers to pay for roadwork improvements that are needed as a result of development. In this case, according to County Engineer Greg Miller, “Polygon Homes will pay for some of the improvements needed for this intersection,

sequence and minimize the amount of interim work that has to be torn out by the next phase.”

PACIFIC NORTHWEST **Authorized e-file Provider**

TAX SERVICE

Bookkeeping and Accounting Services
Payroll • Financial Consulting
Weekly, Monthly, and/or Quarterly • P & L
13405 NW Cornell • 503-646-5600

PACIFIC OFFICE AUTOMATION
— PROBLEM SOLVED —

www.pacificoffice.com

DIGITAL IMAGING SOLUTIONS
Multifunctional B & W and Color Copy, Print, Scan, Fax
Seamless Network Connectivity
Sales
Service
Supplies
Call for a Free Demo!
(503) 601-2228

Multi-Skilled

Brian Harvey
475 NW Saltzman (behind Dairy Queen)
503-644-1116

Rely on the expertise of the Brian Harvey Agency to bring all your insurance protection together, under one roof. Call today.

AMERICAN FAMILY INSURANCE
AUTO HOME BUSINESS HEALTH LIFE
©1997 American Family Mutual Insurance Company and its Subsidiaries
Home Office - Madison WI 53783
www.amfam.com
NA-07486 Rev. 10/02



DEVERAUX GLEN

THE LIFE YOU'VE IMAGINED

1,2,3, & 4 Bedroom Suites and Townhomes For Rent

BRAND NEW NOW LEASING

503.671.9030
www.deverauxglen.com

Cornell Eyecare, continued from page 1

Dr. Lawson. "Our service and professionalism stand above others. We use only the best products, which are a great value."

Does Dr. Lawson ever recommend corrective surgery for his patients? "Yes, but it's important for patients interested in laser refractive surgery to know the risks and benefits. I take it on a case-by-case basis. Surgery does work, but you also need to remember that your eyes are always changing slightly," Dr. Lawson cautions.

People should have their vision tested every one or two years, he says. Headaches, blurry or double vision, trouble with concentration, tired eyes and squinting are all signs of vision problems. If you're interested in getting more information about vision problems, Dr. Lawson recommends webmd.com.

Children get a basic screening in schools, but they're not tested for near vision, lazy eye, or eye disease, so they should get their first checkup at about 6 months and again every one

to two years. "It can sometimes be challenging to work with young children," he admits, "but I have three children of my own and I enjoy working with them."

Cornell Eyecare recently installed a new sign in front of their store, since the construction work on Cornell is done on their side of the road. "There was a lot of delay and confusion during the construction, but we are near the



Dr. Chad Lawson fits a new pair of glasses

end and looking forward to the road's completion," Dr. Lawson says. He enjoys learning about Cedar Mill's history, and is proud that the business has been in the community for over 25 years. "And the area is still improving, with lots of small businesses."

Cornell Eyecare is located at 12955 NW Cornell Road. Their phone number is 503-643-5556. They are open from 8-5 Monday-Wednesday, 8-7 on Thursday, and 8-3 on Friday. They welcome new patients, and the average wait for an appointment is just a few days. The first appointment usually takes about an hour. They have a website at www.cornelleyecare.com.

Get The News online at cedarmill.org/news

Your eyecare family



Cornell Eyecare Group
 Mon-Wed 8-5
 Thurs 8-7, Fri 8-3
503-643-5556
 12955 NW Cornell
 in Cedar Mill
www.cornelleyecare.com

For the INVESTMENTS you need.

PERSONAL
 Stocks • Bonds • Mutual Funds • IRAs
 Tax-free Investments • CDs • Life Insurance
 Retirement Planning • Long-term Care

BUSINESS
 Defined Benefits • SEP IRA • 401(k)
 Ownership Succession Planning • SIMPLE

Edward Jones
 Serving Individual Investors Since 1871.
 Member SIPC www.edwardjones.com



Bill Rawson
 Investment Representative
503-644-1408
 13635 NW Cornell Road
 west of Safeway

Subscribe to The News!
Now you can have the Cedar Mill News mailed to your home every month. Just send this form with your payment to:

The Cedar Mill News
12110 NW West Rd.
Portland, OR 97229

One year \$12
Two years \$20

Name _____

Address _____

City _____ State _____ Zip _____

Email address (optional) _____

Phone (optional) _____

Reducing junk mail

By Megan Bruce, staff writer

Few people like to get unsolicited ads or credit cards in the mail. Ditto telemarketing calls and spam for various sorts of enhancements or "investment opportunities." While it may be impossible to completely eliminate these wasteful nuisances, there are several ways to drastically reduce them.

Credit bureaus offer a toll-free "opt-out" number that prevents pre-approved credit card offers for two years. Simply call 1-800-OPTOUT (567-8688) to get more information and to sign up. The operator will ask for your personal information, including your home phone and your social security number, but don't worry: the information is confidential and necessary in order to process your request.

You can also contact the three major credit bureaus letting them know that you don't wish for your contact information to be shared for with other companies for promotional purposes. Just make three copies of a letter stating you want your information to remain confidential and send it to these major credit bureaus:

- Equifax, Inc., Options. P.O. Box 740123, Atlanta, GA 30374-0123
- Experian, Consumer Opt-Out, 701 Experian Parkway, Allen, TX 75013
- TransUnion, Name Removal Option, P.O. Box 505, Woodlyn, PA 19094

For direct marketers, there are options to reduce both telephone and mail solicitations. The Federal Government has the free and easy to use National Do Not Call Registry. For details or to sign up visit www.donotcall.gov, or call 1-888-382-1222 from the phone you want registered. Within three months there ought to be fewer telemarketers interrupting your dinner hour. The registration remains valid for five years or until the number is disconnected. After five years, you can simply register again.

The Direct Marketing Association (DMA) has a Mail Preference Service allowing you to opt out of receiving direct mail marketing from their member companies. Like the Do Not Call Registry the restriction only lasts five years, at which point you will have to re-register. To register with the DMA MPS, write a letter to:

- Direct Marketing Association, Mail Preference Service, P.O. Box 643, Carmel, NY 10512

Even with these preventive measures, unwanted solicitations seem to be as inevitable as taxes. If you receive a call from a telemarketer, politely let them know that you wish to be removed from their database. Some spam e-mails have links that allow you to unsubscribe, but prevention is the most important step. One option is to create a free e-mail account and enter it whenever you don't want to receive correspondence.

Lastly, please remember to recycle all junk mail, taking care to remove all non-paper items from the envelope first.

November is

Casino Month!

at Dufresne's

Play 21 with Dave or Tee when you pay for your service
Everybody Wins!
20" flat screen TV • DVD/VCR player
free auto service or lots more!

★\$19⁹⁹ LUBE, OIL, AND FILTER
Up to 5 qt. oil, with complete inspection,
(most cars and light trucks +\$5 environmental fee)
with this ad, expires 11-30-05

**Du Fresno's
AUTO
REPAIR**

Serving the Community for 37 years!
10690 NW Cornell
503-646-2940
www.dufresnesautorepair.com
dufresnesauto@aol.com

AAA
Approved
Auto Repair

Please support our advertisers. They make this publication possible. Tell them you saw it in The Cedar Mill News!

Cedar Mill Business Association 2005 Members

A Cut Above Siding	Edward Jones	Piggyback Plus, Inc.
American Family Insurance	Elliott Bookkeeping School	Renaissance Development
Apollo Pools	Freed, Randall DDS	Safeway
Bales Thriftway	Home Sellers White Realty	Scrapbook Attack
Bales/Findley LLC	HRSouce, Inc.	Silhouette Hair Salon
Bank of America	Keller Williams Realty	Sunrise Bagels
Cedar Mill Bible Church	Living at Home Senior Care	Sunset Athletic Club
Cedar Mill Chiropractic Clinic	Logo Portland	Sunset Science Park
Cedar Mill Farmers' Market	Mr. James Hairstyling	Federal Credit Union
Cedar Mill Lumber & Hardware	Nails Sophisticate Spa	Sunset Tire Factory
Cedar Mill Veterinary Hospital	Omega Group	Tanner, Nathan J. DMD
Cleary, Timothy M.D.	Pacific NW Tax Service	Team Web
Cornell Eye Care	Pacific Office Automation	Teufel Nursery, Inc.
Countryside Accounting	Peninsula Insurance	UPS Store (Peterkort Center)
Dufresne's Auto Service	Pet Barn	Walker Garbage Company
		Gary White, John L Scott Realty

Cedar Mill News
12110 NW West Rd.
Portland, OR 97229