



Cedar Mill News

Volume 6, Issue 2

February 2008

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Featured Business

Cedar Mill Chiropractic Clinic

by Virginia Bruce

Dr. Lauren McCabe took over Jordan Stockton's chiropractic practice in June 2007 when Stockton made a big life-and-career change and moved to the east coast. Along with massage therapist Aimee Perkins, she provides care to hundreds of local folks from the clinic on Cornell east of Murray. Over 90% of the old clientele has remained, and the practice continues to grow.

Dr. McCabe grew up in the Chicago area. She knew she wanted to pursue a career in healthcare and worked for a while at the University of Chicago Medical School. "But I saw how unhappy everyone seemed to be there, and I realized that I didn't want to be a physician," she said. That's when she decided to study chiropractic, and came out

way," she explains. Chiropractic treatment is based on the idea that the body knows how to heal itself once the conditions that prevent good health are removed. Spinal misalignment causes a host of problems with muscles, nerves and organs, because all the nerves of the body pass between the vertebrae. Injuries can cause muscles to spasm and hold the spine out of alignment. Chiropractic adjustment, especially when combined with massage, can



to Oregon to attend the Western States Chiropractic College in east Portland. "My father was helped tremendously by a chiropractor after he suffered a disabling low back injury. He was able to avoid surgery and could get back to work." Dr. McCabe herself was found to have scoliosis during a school screening, and chiropractic care helped her too.

She graduated *summa cum laude* in December 2006 and worked at the school for a while supervising the intern clinic. She heard about the opportunity to take over Cedar Mill Chiropractic and decided to buy the practice.

"I really like being able to help people reach their goals in a natural

help the body remember its proper alignment.

Dr. McCabe primarily employs traditional manual adjusting techniques. She uses a low-force "activator" for people who are new to chiropractic and nervous about the "cracking" that often accompanies manual adjustment. For people with limited mobility a tilting table is used so they don't have to climb up.

She specializes in soft-tissue (muscle, ligament, and tendon) injuries and sports medicine. She is a runner and participates in marathon and relay events as both an athlete and therapist for other athletes.

Chiropractic treatment is well known for helping with back and neck problems and headaches, but it can also treat many more ailments

Continued on page 5

Next Meeting

Cedar Mill Business Association

Tuesday, February 12, noon

Place: Cedar Mill Community Library

Annual Meeting: Board of Directors election, CMBA updates
Meet the new Executive Committee

FREE PIZZA—bring your own beverage

The Cedar Mill Business Association's meetings are free and open
to anyone interested in business in Cedar Mill

Powers that be

Urban Needs—Rural Government Part 4: Our Urban Service Providers

by Bruce Bartlett

In the previous articles in our series on the governance of Cedar Mill, we reviewed some history of the development of the area, how annexation into cities has occurred (and not occurred), and described the Special Service Districts that serve the area. In this article we will explain the critical services needed by an urban community and how those services are provided in Cedar Mill. In other regions of the country, some cities provide most or all of these services to residents. (Public non-profit agencies are listed in **green** and for-profit providers are listed in **gold**.)

In this discussion, a reference to the "urban unincorporated area" (uua) refers to Cedar Mill. The services can be divided into physical services, safety and criminal justice services, and transportation services. Next month we will discuss community services which are typically provided by cities and are mostly lacking in the "uua."

Physical Services

Water: The Tualatin Valley Water District (TVWD - www.tvwd.org) provides water to much of Washington County. TVWD has two primary sources for the 22 million gallons of water we use each day on average, (70% residential, 30% commercial). TVWD purchases a majority of our water from the City of Portland's Bull Run Watershed. TVWD's other water source is the Joint Water Commission (JWC)

comprised of the Tualatin Valley Water District and the Cities of Hillsboro, Beaverton, Tigard and Forest Grove. These cities each purchase some or all their water from the JWC, with Beaverton and "uua's" primarily served directly by TVWD. The JWC controls water contained in Hagg Lake (Scoggins Reservoir) and Barney Reservoir in the upper reach of the Tualatin River. TVWD will stop getting water from Portland within a decade and all our water will come from the JWC at that point.

Sanitary sewer: Sewage treatment for all of Washington County is provided by Clean Water Services (CWS - www.cleanwaterservices.org). The various award-winning treatment facilities clean about 60 million gallons of wastewater on an average day, discharging water so clean it actually improves Tualatin River water quality.

Storm water management: Clean Water Services also manages surface water for all of urban Washington County. In cooperation with Washington County and the 12 cities in the district, CWS builds, maintains and enhances the public drainage system to meet public needs and to comply with strict water quality regulations set for the Tualatin River drainage area by the Oregon Department of Environmental Quality (DEQ). CWS plays a big role in water quality, stream and watershed protection.

Continued on page 6

**Join the CMBA
see page 7**

Cedar Mill Business Association Member News

Do you have news or events or know of something that you would like to see covered in the Cedar Mill News? Please write to Virginia Bruce at vrb@teamweb.com

Bales' new store director reinforces traditions

"Our long-time employees really know our customers," says Greg Garcia, Bales' new Store Director. "They hear about customer concerns, and we are listening to that and making some changes." A big emphasis will be on restoring the level of customer service that people came to expect at the store.

Greg Garcia started his job at Bales on January 8. Previously he managed Grande Foods in Cornelius (formerly Hank's) and prior to that worked in management at area Safeway and Albertson's stores. He's a local guy, born in Portland and now lives in Beaverton.

"We are re-engineering our deli and bakery to provide more in the way of ready-to-heat gourmet meals," Garcia says. "We're not getting rid of anything, just adding features and items. The bakery will be offering some wonderful single-serving European-style desserts. And we've hired a gourmet chef to prepare complete meals for shoppers to take home and heat." They're also bringing in a new line of deli cheeses and more imports, with a new "cheese steward" to help customers with selections.

The produce section, long known for a great selection of local fruits and vegetables, has been reorganized to make it easier for shoppers to find what they're looking for. "It's less

decorative and more functional, and pretty close to the way it used to be," Garcia says. The organic produce section has been expanded and now includes nearly 150 different kinds of fresh organic produce. "Of course, there will be more as the seasonal vegetables start to arrive in the spring," he says.

While they are excited about the new gourmet offerings, Garcia wants long-time customers to know that they're dedicated to maintaining and building customer relationships and to providing the basics at competitive prices.



Call to Artists of all ages!

Enter the 2008 Search For Peace Art Exhibit to be held March 8-9 at St. Pius X. The Search For Peace welcomes any original artwork relating to peace and non-violence, by artists of all ages. Artists are welcome to enter the free exhibit, and enjoy the opportunity to sell their work with no commission taken.

The exhibit theme is "We Search For Peace in our Hearts, Peace in our Families, Peace in the World." We encourage parents and teachers to talk with their children and students about peace and nonviolence, and to create related art works.

Everyone is a winner in the Search For Peace! Engraved Peace Medals, ribbons, and many other prizes will be awarded for each of the four age divisions. For entry forms and more information, and to see art works from last year's exhibit go to www.SearchForPeaceArt.org or call 503 646-5449. Entries must be received by February 26, 2008.

Saturday, March 8, Public Opening and Artist Reception 6:30-8:30 pm; Sunday, March 9, Public Exhibit 8:30 am to 3 pm in the St. Pius X Community Center, 1280 NW Saltzman Rd.

Photo Restoration special offered

This is the time of year to restore your family heirlooms and here is a super reason to do it now! A first-time great offer from Sandy Sahagian portraiture on her award-winning restoration process, the best in the west!



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New officers, revised bylaws for CMBA

The Board of Directors met on January 25 to ratify revised bylaws drawn up by board member and attorney Dean Shade, and to elect a new Executive Committee for the group.

Ryan Egge of Bales Findley Property Management LLC will share Presidential duties with Dr. Lauren McCabe of Cedar Mill Chiropractic Clinic. (And congratulations to Ryan who's the proud father of brand new twin boys!) Diane Sandefur of Elliott Bookkeeping School will be Treasurer. Dean Shade will be Secretary, and Mike Irinaga of Irinaga Insurance Agency is our new Vice President.

The [revised Bylaws](#) simplify the organization's procedures and requirements, bringing it more into line with the wishes of the membership and the realities of business in Cedar Mill. The organization no longer has two tiers of membership—all members are voting members. There is no longer a geographical limitation nor the necessity for a "bricks and mortar" business to be a voting member. Many members have home-based businesses, and some of them live outside the (somewhat ambiguous) boundaries of Cedar Mill.

The next CMBA meeting, on February 12, at noon at the library, will be the annual meeting where we will vote for new Board members. Current members will receive a notification by email of the candidates for the Board.

Be sure to renew your membership if you haven't done so. Use the form on page 7 or go to the website, cedarmill.org/CMBA.

Village Gallery News



The February Group Show will feature artist David Hooten, an accomplished amateur photographer and

professional print maker who applies his foundational skills in pastel and watercolor to his unique digital darkroom techniques. He says, "It is my sincere pleasure to share the perspective of my mind's eye brushed into the fibers of digital embroidery." The all-media show opens February 5 and ends March 2. The gallery is open Tuesday-Saturday 10-4 and Sunday noon-4. Bring your whole family and see what our local artists have been up to.

The Village Gallery also offers a wide assortment of classes for artists of all ages and abilities. February offerings include several different watercolor classes, children's art classes, and craft workshops. For more information, visit the website at villagegalleryarts.org or call 503-644-8001.

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vrb@teamweb.com

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Park District seeks input on future recreation needs

With demand for its programs and services continuing to grow and change, the Tualatin Hills Park & Recreation District has scheduled three public open houses in February to better plan for future parks and recreation facilities.

All open houses will start at 7 p.m. They have been geographically distributed to make them as convenient as possible for the public to participate. The one closest to Cedar Mill will be held on Feb. 19, PCC Rock Creek Campus, Building 9 Events Center, 17705 NW Springville Road, Portland.

THPRD officials will recap their 2006 Comprehensive Plan and discuss potential projects for the future. In addition, results of a recent phone survey about public attitudes toward parks and recreation in this area will be presented. Attendees will have ample opportunity to ask questions and provide their ideas and priorities. Comments will help THPRD determine whether to seek a capital bond measure this November.

Formed in 1955, THPRD is the largest special park district in Oregon, spanning about 50 square miles and serving more than 200,000 residents. For more information, visit www.thprd.org.

Play Ball!

It's time once again to register boys and girls aged 5-12 for Cedar Mill Little League baseball and softball. See the league website for complete details: www.cmllonline.org. Teams will form in early spring with regular season games concluding in June.

CMLL is proud to offer a quality program and playing experience for over 800 players in our community. Sponsorship opportunities are available—for information contact Jason Roraback at jason@stevensprinting.biz.

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Library News and Events

By Dawn Anderson
The library's Winter Reading & Arts Festival continues:

Papel Picado

On Saturday, February 9, 1 pm, Leticia Ramos will lead a workshop on Papel Picado, an enchanting Mexican popular art form of cutting paper that has roots in the country's ancient Aztec culture. This two-hour workshop will appeal to ages 10- adult. Supplies will be provided; however, **registration is required**. Call the adult reference desk at 503 644-0043 ext 114 to sign up.

Mehndi

On Saturday, February 16, at the Bethany Branch, Mehndi artist

"Car clouts" increasing in Cedar Mill

A message from your Sheriff's Office

In the past several months, a pattern of thefts from vehicles has developed in the Cedar Mill area. **Items are being stolen** when left in a vehicle while the owner runs into a store, stops by his house, runs into her child's school, or otherwise leaves valuables for "just a minute" - unattended.

These crimes are "crimes of opportunity." While deputies are running special missions and working to track down the thieves, we are asking citizens to take preventive measures to curb this kind of activity. An extra few

Raina Imig will conduct a workshop on this beautifully detailed method of decorating the skin with



henna. The reddish-brown Mehndi designs, traditionally applied to celebrate special occasions, remain on the skin for two weeks and are popular throughout India, the Middle East, North Africa, and Somaliland. To learn about this ancient form of body art and have your own design

moments of your time can save you a lot of trouble later.

Here are some steps you can take:

- Close your garage door to limit access to your vehicles
- Always lock all windows, doors and sunroofs
- Do not leave articles of value in plain sight
- Get in the habit of always taking your purse, wallet, laptop, or any valuable item with you every time
- Remove the detachable faceplate of your stereo
- Consider using some type of anti-theft device
- Make your neighborhood less

If you don't want it stolen, please don't leave it in your vehicle!

applied to your hand, drop in at the Bethany Branch any time between 3 and 5 pm.

Indian Folksongs

On Sunday afternoon, February 24, at 1 pm, classical Hindustani musician and vocalist Nisha Joshi will perform traditional Indian folksongs. Nisha was born and raised in the northwestern province of Rajasthan, India where she studied music and learned the dances and folksongs that celebrate the many Indian festivals. Nisha earned a PhD in Hindustani vocals from Delhi University and has taught for more than 25 years. Several of Nisha's students will join her Festival performance.

of a target—spread the word to your neighbors

- Consider forming or rejuvenating a Neighborhood Watch in your area

For more information, please call Crime Prevention Specialist Doreen Rivera at (503) 846-5930. If you observe suspicious activity in your area, call non-emergency dispatch at (503) 629-0111. To report possible crimes in progress call 9-1-1.

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Leedy Grange welcomes new members

By Virginia Bruce

The Leedy Grange has been active in Cedar Mill since 1903. We wrote about its history in an article in the March 2004 Cedar Mill News. The present-day Grange can have an important role to play in the community, particularly if it gets a much-needed infusion of new members.

Membership in the Grange is open to everyone—you don't have to be a farmer! Yearly dues are just \$25 and there is a \$5 initiation fee. The major benefit to being a member is the chance to be involved in decision-making for the future of our Grange.

Bruce Bartlett, CPO 1 Chair, and I recently were initiated into the Grange during a meaningful ceremony at the Forest Grove Grange Hall. We decided to join for several reasons: the current membership in Leedy Grange is aging and there's not a lot of energy for organizing the community activities that a Grange can provide; the building can be a great asset to the community but would probably be lost if membership doesn't get replen-

ished; we were inspired by what we found out about Grange principles.

The initiation ceremony, in addition to teaching us some secret signs that are part of this fraternal organization's traditions, instilled the founding principles of the Grange through allegory and symbolism. Because the Grange was founded by farmers for the farming community, the ceremony uses agricultural themes. But the principles readily apply to everyone.

A Grange member is expected to contribute to the community through works of charity and the provision of educational and social opportunities. We are expected to be honest and kind in our dealings with fellow men and treat our animals and land with care and wisdom. We are expected to improve ourselves through education and to constantly strive to discover better methods of "husbandry."

The Grange motto is "In essentials, unity; in non-essentials, liberty; in all things, charity." The Grange encourages members to be politically active, but not to bring partisanship into the Grange. It

expects members to have religious beliefs, but doesn't espouse a particular denomination.

The Leedy Grange meets on the second Saturday of each month for a potluck lunch at noon and

a business meeting afterwards. Learn more about the Grange at grange.org, the portal website of the Oregon State Grange. Contact me if you're interested in joining.

Open House—Murray & Cornell Road Projects

[Ed. Note: These open houses are a great way for citizens to find out what's being planned, ask questions and have your input heard by the people responsible for the projects. We will all be impacted by these projects, so plan to attend now rather than complain later!]

The community is invited to attend an open house for the following proposed Washington County roadway projects:

Cornell Road/143rd Avenue to Science Park Drive

This project will add a traffic signal at the Cornell/Science Park Drive intersection and add intersection turn lanes. Construction will start in 2008.

Murray Blvd/Highway 26 to Cornell Road

This project will widen Murray Blvd to five lanes and add turn lanes at the Murray/Cornell intersection. A Stakeholder Working Group has

been meeting during 2007 to give recommendations to the planning team. The Land Use application was submitted late last year, and construction will start in summer, 2008.

The open house will be on Thursday, February 28th 5:30pm - 7:30pm at the Christ Methodist Church located at 12755 NW Dogwood Street. All are welcome and encouraged to attend. Washington County staff and staff of consulting engineer WRG Design, Inc., and consulting traffic engineer Kittelson and Associates, Inc., will be available to provide information and answer questions.

The open house is structured so that individuals can come and view the materials and ask questions at any point between 5:30pm and 7:30pm. If you have any questions about the open house please contact Michael Cerbone (WRG) at (503) 419 2500.

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Chiropractic, continued from page 1 including sinus problems, carpal tunnel wrist pain, shoulder problems like rotator cuff injuries and thoracic outlet syndrome, and ankle sprains. Athletes find that regular adjustments improve reaction time and balance. "Pain is usually the last symptom you experience when you have an alignment problem," Dr. McCabe explains.

Massage therapist Aimee Perkins has extensive training in rehabilitative and relaxation massage, Thai massage, stretching and shiatsu. She is also a licensed chiropractic assistant and is responsible for teaching some of the home care exercise that may be prescribed in the later stages of rehabilitation.

Dr. McCabe also offers nutritional counseling. An hour-long initial exam reviews your general health, your current diet, any symptoms you are having, what medications you are taking, and then a blood sample is taken. The first followup appointment reviews the results of the lab work and helps you develop a plan—which foods should be eaten and which eliminated. If the lab results show any life-threatening problems, Dr. McCabe will refer you to a physician. But most problems respond very well to changes in diet. "The most common problems are too much fast food, not enough vegetables and not enough water," she says. "We teach you to seek foods that are nutrient-dense, and to avoid empty calories. If you can make yourself follow these changes for a month, it will become a habit." Additional followup visits at three and six months are recommended to review information, revise the plan and answer questions.

Many people have the idea that once you start chiropractic treatment, you have to keep coming back on a regular basis. And that's definitely recommended if you want to maintain optimal health. However, many specific problems can be successfully treated in one or two visits. One of

Dr. McCabe's recent patients had never had an adjustment before. She had been experiencing increasing difficulty with the movement necessary for daily life and decided to give it a try. After one visit, she went home and reached down and picked up her grandchild—something she hadn't been able to do for a long time.

Daily living presents many opportunities for our spines to get out of whack—fender-benders and worse, slips and falls on wet surfaces, over-enthusiastic gardening or sports exertion. So regular maintenance adjustments are a good way to stay functional and pain-free. To encourage this, Cedar Mill Chiropractic offers a Wellness Plan with discounted monthly visits.

New patients get an extensive examination and a thorough discussion of their symptoms and activity levels. She sends patients to an outside lab if she feels x-rays are needed, but most people don't require them. They receive an adjustment and recommendations for exercise and other healthful changes.

Health insurance plans are increasingly offering coverage for chiropractic care because of its proven effectiveness. Cedar Mill Chiropractic gives a time-of-service discount to patients who pay at the office, and provides a "super-bill" for patients to submit to their health plan for reimbursement. Office Manager Jacquelynn Wright has extensive experience on both sides of the chiropractic-insurance business and can assist patients to get maximum benefits.

In January, Dr. McCabe was elected by the Cedar Mill Business Association (CMBA) to be co-president with Ryan Egge. She sees an exciting time of growth for our area, with the new commercial development on Barnes and with the Bethany area expansion. She would like CMBA to become more involved in planning for that growth.



Massage helps patients get the most out of their chiropractic treatment



Clare Brown has been coming to the clinic since 1996. She just had a massage and now Dr. McCabe is adjusting her lower back.

She recently became engaged to a fellow chiropractor, and she and her fiancée hope to find a house nearby.

The clinic, located at 13321 NW Cornell, has ample parking in the back off Dale. Office hours are Monday, Wednesday, and Friday 8:30-12:30 and 2:30-6, and Tuesday Afternoons 2:30-6. They are open on Thursdays for nutritional counseling and testing. The website at cedarmillchiro.com provides patients with basic information about chiropractic along with a broad range of health information. Call them at 503-646-3393 to get more information and to schedule an appointment.



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Powers, continued from page 1

Air quality protection: DEQ monitors air quality statewide. It inspects vehicles for emission levels. Wood heating stoves are a significant source of air pollution in Cedar Mill. **Streetlights:** Cities provide streetlights for their residents. In the “uua,” residents may form a Local Lighting District and tax themselves to provide neighborhood streetlights. Washington County provides lighting on other roads.

Animal control: The Washington County Animal Services & Bonnie L. Hays Small Animal Shelter provides care and protection for an estimated 80,000 dogs and 90,000 cats. Cities rely on this countywide service.

Refuse removal and recycling: The Washington County Solid Waste & Recycling Division provides overall management of waste collection and disposal in “uua’s” through the franchised services of 26 different haulers. **Walker Garbage** is our hauler in Cedar Mill. Metro controls rates and other aspects of the region’s solid waste disposal.

Electricity: All of Washington County gets its electricity from **Portland General Electric** (PGE - www.portlandgeneral.com) except the City of Forest Grove which has its own local Public Utility District. On the local level, PGE is responsible for all utility poles. They provide and maintain streetlights under contract with the county.

Natural Gas: All of Washington County receives its natural gas from **NW Natural** (www.nwnatural.com). They deliver gas to residential, commercial, and industrial customers in Oregon and southwest Washington. NW Natural buys natural gas from suppliers in the western U.S. and Canada and owns the pipes and infrastructure that transport natural gas.

Telecommunication and Utilities: Numerous companies provide telecommunication services. Landline and mobile phone, fiber optic and cable lines all provide access to the Internet. **Verizon** provides the majority of the landline telephone services and **Comcast** provides cable, although both are busy competing in each other’s traditional service area these days.

Safety and Criminal Justice

Fire and Rescue service: All of the “uua,” as well as Beaverton and eight other cities in western Washington County, plus parts of urban unincorporated Clackamas and Multnomah Counties receive fire

and rescue services from **Tualatin Valley Fire and Rescue** (TVF&R - www.tvfr.com). 22 fire stations are spread throughout the district with a target response time of six minutes to your house or business. Only about 25% of their calls are for fire protection; the majority of their calls are for medical response, incident control (traffic accidents) and rescue. Some cities, such as Hillsboro and Forest Grove, provide their own fire and rescue service.

Emergency preparedness and services: The Washington County Office of Consolidated Emergency Management (OCEM - www.ocem.org) develops and maintains a county-wide, integrated system to prepare for, respond to, recover from, and mitigate against disasters. OCEM comprises Beaverton, Tigard, Hillsboro, Washington County, and Tualatin Valley Fire and Rescue. Its office is at the TVF&R administration office. Additionally, the Oregon National Guard provides large-scale safety and rescue services (when they are not in Iraq).

Ambulance service: **MetroWest Ambulance** is the oldest continuous owner-operated ambulance service in the State of Oregon. Owned by the Fuiten family, Metro West has provided ambulance service since 1953, starting from a base operation in Forest Grove and expanding into a Washington County-wide service in 1997. Metro West has a five year franchise for 9-1-1 emergency medical services in all of Washington County. They work closely with TVF&R.

Police service: Law enforcement is provided in a tiered fashion where responsibilities are well defined. All cities in Washington County provide their own police departments. The “uua” is served by the **Washington County Sheriff’s Department** and, as described in the January News, the Enhanced Sheriff’s Patrol District (ESPD). provides police protection additional to the basic level provided through out the county (to be similar to that provided by a city). The county provides jail space for all offenders so cities only need to provide their own holding space. If an offender’s sentence is less than 1 year, that sentence is served in either the county’s jail or at the Community Correction facility both of which are in Hillsboro. For sentences greater than 1 year, offenders are placed in an Oregon State correction facility.

Justice and the courts: Washington County provides all parts of the justice system: prosecution, public

defenders, judges and courts. Of special note is Washington County’s Drug Court which allows non-violent drug offenders to receive intensive community-based treatment instead of incarceration. The Drug Court exclusively deals with methamphetamine users due to the extreme nature of that drug’s culture and the unique damage it causes.

Transportation Services

Roads: Transportation planning uses about a 20 year horizon, that is it looks 20 years into the future and predicts how and where the population will grow and what kind or transportation system will be needed. Land use planning agencies at all levels of government work together in designing and building the ways we get around.

The Federal-Aid Highway Act of 1944 created the Interstate highway system. This system provides the large-scale principle arterial roads that cross state boundaries like Interstate-5, I-84 and I-205.

The Oregon Department of Transportation (ODOT - www.oregon.gov/ODOT) has responsibility for the next-largest-scale roads (and their on- and off-ramps) like Highway 26 to the beach and Hwy 30 along the Columbia River to Astoria. Most of the county, including Cedar Mill, is in ODOT Region 1.

The **Washington County Land Use & Transportation Department Capital Project Management Division** (www.co.washington.or.us/deptmts/lut/cap_proj/cap_proj.htm) provides all aspects of capital transportation projects, building county roads, bridges, intersections and making system improvements. County roads include major arterial roads like Walker, Cornell and Saltzman Roads. County roads are maintained by county’s Operations and Maintenance Division.

Cities have responsibility for all the streets within their jurisdictions except for County, State and Federal roads. In Cedar Mill, this includes roads inside the city limits of Beaverton like stretches of Barnes by the Teufel development and Cornell along Sunset High School, as well as all the streets that connect neighborhoods within Beaverton.

In the “uua,” the county is responsible for maintaining all the urban/suburban neighborhood streets that are built to county standards. Maintenance is paid for by the Urban Road Maintenance District (URMD), another Special Service District discussed in the

January edition. As a result of the URMD tax, most roads in Cedar Mill are now in good shape.

Sidewalks and pedestrian facilities:

In general, cities have the responsibility to improve neighborhood streets within their boundaries to modern standards, which means sidewalks and other pedestrian facilities are provided as needed. Washington County, on the other hand, does not have the same mandate for the “uua” and only builds sidewalks along new county road projects. Other new sidewalks are only provided as part of a development and then are only required along the frontage of the development. The county rarely requires developments to perform off-site improvements and only maintains sidewalks to whatever standard they are constructed. This accounts for the disappointing lack of sidewalk continuity and the legendary gaps in the sidewalk system in Cedar Mill.

Bike lanes: Similarly, cities focus mostly on local travel which ensures bikes lanes and other bicyclist facilities are added to city streets, while the county builds bike lanes only on new construction projects.

Transit service: While much could be written, Cedar Mill has bus and light rail service provided by **TriMet** (www.trimet.org). In addition, TriMet provides a portion of the Cedar Mill area with transit service through the Cedar Mill Shuttle, a van that provides service between your door and the Sunset Transit Center. Visit www.trimet.org/schedules/cmshuttle.htm to learn more. You can register for regular shuttle service through the website and request service by phone.

Airports: The Port of Portland (www.flypdx.com) controls major airports including the Hillsboro Airport. Other smaller airports are privately owned and Washington County is addressing further regulation of these as the population grows more dense.

[Special thanks to Marc SanSoucie for the original list of services]



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Cedar Mill History, the book

by Nancy Olson, co-author, Cedar Mill History

Cedar Mill is one of Oregon's older communities. Although small in population, it is significant in the richness of its history, for it represents many of the various strands, both constant and contradictory, of the first century of growth in the Oregon Country. In *Cedar Mill History* we define and interpret the area's major developments and document many of the lives of those who shaped them.



The Cedar Mill History book has many wonderful old photos like this one of the Bauer family's steam engine that was used for many tasks around the farms of early Cedar Mill

In broad geographic terms, Cedar Mill is located in Washington County, seven miles west of Portland, nine miles east of Hillsboro and four miles north of Beaverton. Since specific boundaries for the area have never been established, we were forced to draw our own conclusions during the research. The method we used to define Cedar Mill was to conduct oral interviews with pioneer family descendants near the core business area and later



to extend ourselves outward until our interviewees no longer identified themselves with the Cedar Mill area. We found that in the opinion of residents, Cedar Mill is bounded by the communities of Bethany on the west, Bonny Slope on the northeast, Multnomah County line due east, the old Swedeville community to the southeast and Highway 26 directly to the south.

In writing *Cedar Mill History*, we found it necessary to identify places by roads that were mostly nonexistent during pioneer times. Cornell, Barnes, Saltzman and Leahy were

little more than meandering horse paths. However for reader convenience, we identified places by roads as we know them today. There is a chapter in the book that provides interesting information on the development of local roads and transportation.

Using available information we tried to record the history that distinguishes Cedar Mill. At the time of our initial research several fourth and fifth generation descendants continued to reside in the area and old landmarks were still standing.

Most are gone as are the farms and fields and muddy dirt roads.

One significant fact is that although Cedar Mill was never incorporated, it has continued to retain some of its own identity. Despite shifting land use and increasing population pressures, a remarkable sense of community still exists.

[Editor's Note: although the book *Cedar Mill History* is out-of-print, Nancy Olson still has a few copies available for purchase. Use the form available on the website for ordering: cedarmill.org/cmbook.html. Several stories from the book are on the Cedar Mill website at cedarmill.org/history, and an archive of *History in the News* articles is at cedarmill.org/news/index.]

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