



Cedar Mill News

Volume 7, Issue 4

April 2009

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Featured Business

Integrative Pediatrics

by Virginia Bruce

Dr. Paul Thomas really loves kids! Not only does he see them six days a week in his practice, he and his wife have raised nine children—three biological and the rest adopted.

And it was because he has such a great regard for children that he has expanded his practice of medicine to embrace methods and concepts that rub some in the medical establishment the wrong way.

tise to take care of all but the most severe of pediatric emergencies. Dr. Thomas explains that, “The extra is that we give care with an eye for natural healing, partnering with the parents to give children the best of care and minimize the risks that sometimes may be associated with modern medicine.”

Dr. Thomas and his staff spend about one-third of a typical day doing “well-child” checkups. They



Separate waiting rooms for sick kids and well kids are separated by a large fish tank. Dr. Thomas' practice is now accepting new patients.

“Integrative Medicine” is a term that generally means a practice that embraces more than just traditional medical treatment. This can include referrals to “alternative” practices such as Naturopathic and Chiropractic, combined with an emphasis on prevention and nutrition. It is becoming increasingly popular as people are discovering that less invasive, more preventive treatments are effective and in many cases, more affordable. Dr. Thomas says, “I’m constantly learning and excited to bring you an integrative medicine approach blending the best of holistic, complementary, and alternative approaches with traditional medicine.”

Integrative Pediatrics is a full-service pediatric clinic, with a state-of-the-art lab and the exper-

provide “anticipatory guidance,” helping parents understand the challenges of each stage of development. They talk with parents about growth and development, diet and nutrition, vaccines, exercise, and offer advice to keep their young patients safe.

About two-thirds of patient visits are for sick children. Most of the time, he sees kids with “normal” illnesses—respiratory or tummy troubles, injuries and so forth. When there are good alternatives to traditional medical approaches, he presents both options to parents. His goal is to educate so that people can make informed decisions.

About a tenth of the patients he sees have chronic neurological diseases, including autism and ADD. While working at a large pediatric

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Next Meeting

Cedar Mill Business Association

Tuesday, April 14

11:45 am networking & lunch; program noon-1 pm
Place: Leedy Grange Hall, 835 NW Saltzman

Topic: Effective Networking Strategies
Speaker: Marilyn Mays, Keller Williams Real Estate

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

History in the News

Safe sidewalks: The Cedar Mill Pathway and the Larry Vincent footbridge

by Joan Andon, Library Volunteer

Schoolchildren in Cedar Mill need safe ways to walk or bike to school. Bonny Slope students and nearby residents must use bus or car transportation since no sidewalks exist on 113th from Cornell to Mc Daniel and 119th/McDaniel between Cornell and Thompson Roads. A CPO subcommittee was recently formed to explore the creation of sidewalks where now there are none.

Citizen action to create safe

paths is nothing new in Cedar Mill, though. A page from Cedar Mill's history should encourage community members in their efforts.

In the late 1970s Cedar Mill citizens “made it happen,” too. They built the Cedar Mill Pathway, 2.5 miles of paved pathway along the south side of Cornell Road from Murray Road to Miller Road. Children

walking to Cedar Mill Grade School, cyclists, and joggers no longer needed to share the narrow shoulders of Cornell Road with cars and trucks.

The project started in January 1977 when Gary Peterson, a Portland structural engineer, gathered a small group of fellow Cedar Mill residents. This group of neighbors, including Ray and Barbara Lokting, began a fund-raising project that culminated two and a half years later in the \$40,000 Cedar Mill Pathway.



Larry Vincent died at 15. His father Andrew Vincent stands on the bridge that was built in his memory. Photo from 1981 Oregonian Northwest Magazine.

By May 1977, Washington County's Park and Recreation Commission had recommended that the proposed Pathway receive top-priority funding. The Tualatin

Continued on page 9

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

Students Learn Essential Organizing Skills

Today's students, like their parents, struggle with a growing influx of paper and material items. This leads to lower grades, poor use of time, and feeling overwhelmed. The National Association of Professional Organizers (NAPO®) has recently launched a community outreach program to help students learn the benefits of being organized. Beth Giles, a member of NAPO and owner of NW Organizing Solutions, LLC, spent time this month at Jacob Wismer Elementary School helping third graders learn basic organizing principles.

The interactive classroom presentation introduces a fictional character, Drake. Students explore how disorganization negatively affects Drake's school work, hobbies and general life. They discuss various ways to get organized and the many benefits that result from a clutter-free life. The students practice sorting school supplies into different categories and apply their new organizing skills to their desks and backpacks. With renewed excitement, they produce wonderfully organized areas and demonstrate an eagerness to keep all areas of their lives organized.

NW Organizing Solutions, LLC, is a local company that assists people in bringing order to their homes, offices, and lives, while teaching them how to live clutter-free. In addition to presenting in schools, NW Organizing Solutions, LLC, offers space, paper, and time management workshops for community, church

and business groups. For more information, contact Beth Giles at 503-709-0791 or email beth@nworganizing.com.

Tilly's lunch specials

Tilly's Gelato and More is now offering a different lunch combination every weekday from 11 am to 3 pm. Only \$4.99 for a sandwich, salad and canned drink. Stop in and enjoy your favorite espresso drinks, wonderful freshly-made gelato and hot soups as well. Tilly's is located in the Milltown Center, next to Walgreens.

Introduce your kids to The Magic of Saving

It's all about youth at Oregon Community Credit Union April 20-25th, when we'll celebrate National Credit Union Youth Week with the theme, "The Magic of Saving." We're committed to helping children of all ages start down a path of financial awareness.

Bring your child to our branch, located at 13567 NW Cornell Rd. in the Safeway Shopping Center, during National Credit Union Youth Week and join in on the fun.

The UPS Store Pack & Ship Promise

You probably already know about the array of shipping options we offer, and that our Certified Packing Experts pack your items right. But have you heard about our Pack & Ship Promise? It's a new program that doesn't cost you any extra and you'll only find it at The UPS Store.

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The Pack & Ship Promise applies to packages packed by The UPS Store associates, and using only new materials purchased, and shipped by The UPS Store that packed it via UPS on our account to any domestic or international destination services.

We know how important your items are. That's a fact we don't take lightly at The UPS Store. Call

us today to learn more about how we stand behind our promise. Check the website at theupsstore.com/3379.htm for exclusions. The UPS Store is located in Peterkort Towne Square, 10940 SW Barnes Rd. Call us at 503-646-9999.

Mother-daughter car care clinic at DuFresne's

DuFresne's Auto Service is holding their first "lady's car care clinic" on April 5. Owner Nancy Scheewe says, "We are putting on a clinic for girls that are 15-16, just starting to drive. We are very excited. AAA recommended us to do this for a group of mother and daughters."

"We will have a barbecue and teach them to be responsible drivers. We will teach them how to check their oil, change a tire, how to know what their engine lights mean and many more things. This class is full, but we have so much interest in this, we will be doing it again for our community at a later date."

Call them at 503-646-2940 for more information.

Cedar Mill Veterinary Hospital news

CMVH will be at the NW Pet and Companion Fair on Saturday and Sunday, April 18-19 at the Portland Expo Center. Come see us!

Also, introducing our new technician, Jenny. She has been a CVT since 2003. Jenny shares her home with her husband and their seven cats. Welcome Jenny!

Free* Money for First Time Buyers class offered

Lee Davies Real Estate is launching a free forum series that will be held on Monday evenings at their office, 9200 SW Barnes Road. Davies says, "In today's volatile real estate market, understanding the best actions to take could make or save you tens of thousands of dollars. We have always prided ourselves on educating clients. We believe that by giving our clients a solid foundation of information, they can make informed buying and selling decisions."

The first class on April 6 will be "Free* Money for First Time Buyers." This class will explain

how buyers can receive \$8,000 free *provided they buy and close on a home by 11/30/09. The speakers will include a panel of tax, title, mortgage and real estate experts who will discuss tax benefits of homeownership, FHA Loans and the loan pre-approval process, title insurance, escrow, and closing. Finally, our "Buyer Brokers" will share with buyers how they can begin the educational process both by visiting listed homes and utilizing the internet.

Classes will be limited to 12 participants in a round table discussion to ensure that all attendees are able to have their individual questions addressed. If you would like to attend, send an email to info@leedavies.com to register. Additional classes will soon be scheduled for first time buyers and we will also soon set dates for "Staging for Success" and "Investors Forum." Visit LeeDavies.com for our Forum Series Updates or call Katie Reiners at 503-292-1500.

Village Gallery News

The all media "Recycle" theme show opens April 7th through May 2nd. Featured artist will be Kalyani Pattani. Contact the gallery at (503) 644-8001 or visit their website, villagegalleryarts.org for more information and for upcoming class schedules.

Smiles for Health and Safety Extravaganza

On Saturday, April 6, 9-11 am, World of Smiles Pediatric Dentistry will host "Smile for Health and Safety Extravaganza." Enjoy snacks provided by Pizza Schmizza, healthy drinks for kids, as well as fun and educational information for everyone. Andrea from Portland Laughter Yoga will be offering free Laughing Yoga classes.

Parents, this will be a time for you to just relax with other adults over coffee while we play games and watch movies with your kids. Secure Child will take fingerprints and ID photos during the event. Over a million children go missing each year—with the proper ID your child could be located faster and easier. World of Smiles Pediatric Dentistry is located at 11790 SW Barnes Rd Suite 280. www.visit-worldofsmiles.com

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CMBA Meeting Notes

by Lauren McCabe, DC, CMBA president

At the March 10 CMBA meeting, Deb Fife of Tualatin Hills Parks & Recreation District joined us to talk about the fifth annual Cedar Mill Park Concert. She mentioned that our previous sponsor would not be able to continue to support the event this year. She encouraged members of the CMBA to sponsor the Park Concert—see page 4.

Sandy Sahagian talked about the Membership Committee's ribbon-cutting ceremonies for CMBA members. The CMBA is eager to conduct more celebrations to honor anniversaries, business openings, and other special events after our first event at Poppa's Haven was such a success!

Doreen Rivera from the Washington County Sheriff's Office gave an informative presentation on steps to protect small businesses from check and credit card fraud. She offered action steps including checking customers' ID for credit card purchases to prevent identity theft.

She also issued a warning that local teenagers are playing a game of hide-and-seek in area neighborhoods at night. She warned the parents in the crowd that the teenagers are being confused with potential

burglars and recommended that parents strongly discourage kids from playing this game to prevent accidents or confrontations due to mistaken identity.

Geoff Creighton of Edward Jones Investments had the March "Ten Minutes of Fame" segment—he spoke about the variety of services Edward Jones offers to their clients.

Westside Martial Arts, a brand-new member who joined at the meeting, was the lucky winner for next month's "Ten Minutes" presentation. You have to attend the previous meeting to be eligible for this great opportunity to get your business known by the group. Be sure to bring your business cards!

Next month, Marilyn Mays will present proven techniques to develop your "sphere of influence," create credibility with them, and ask for their referrals.

Cornell Clean-up

CMBA will hold an "Adopt-A-Landscape" weeding party on Saturday, May 2, 9am-noon. Meet at the "overlook" between A Cut Above and Dale, bring gloves and dress for the weather. We are also encouraging businesses along Cornell to take care of the weeds in front of their locations. It's up to us! Call Dean Shade, 503-644-5539 for more info.

TriMet will discuss service changes at CPO 1 meeting

TriMet representatives will be on hand at the April 7 Citizens' Participation Organization (CPO) 1 meeting at 7 pm in the St. Vincent's Medical Center Pavilion at the east end of the campus (the building near the fountain). The meeting will be held in classrooms 20 & 21, just follow the signs after you enter.



TriMet representative Tom Mills discusses proposed changes with a Cedar Mill Shuttle rider

TriMet is proposing to cut Line 60-Leahy Road and combine part of that route with a new bus service that would replace the Cedar Mill Shuttle. The new rush-hour, week-day-only line would serve 119th,

Marshall, Saltzman, Thompson, McDaniel, 111th, Rainmont, 113th, Cornell and Leahy. Leahy Road between NW 88th and Barnes would no longer be served.

The circuit would run during commute hours in the morning and afternoon and take travelers to and from the Sunset Transit Center (STC).

Because the STC parking lot routinely fills up by 7 am weekdays, shuttle service is the only way most of us have been able use MAX. Efforts to improve parking at the STC have gone nowhere. TriMet says that the lot fills up mainly with people traveling from around the region who park in the STC lot to avoid going through the tunnel and parking in downtown.

CPO 1 meetings, held on the first Tuesday of every month, are open to anyone. Residents of Cedar Mill and Cedar Hills can become members of CPO 1 by signing up to receive the newsletter at a meeting or by visiting extension.oregonstate.edu/washington/cpo/. A Citizen Participation Organizations (CPO's) is: a place where you can discuss

Support your local news source

The Oregonian used to provide plenty of local news, with a separate West Metro edition and several top reporters covering Washington County affairs. Progressive cuts over the last couple of years have eroded that coverage. So now there's even more reason to support your local Cedar Mill News.

If you have a business, consider advertising. Nearly 2000 local people read the News every month. And even if they don't need your service today, they will value your business as a supporter of their favorite local news source, and when they're ready, they'll call you first. Visit cedarmill.org/news/ads for information, or call 503-629-5799.

Library News and Events

By Dawn Anderson

Journey of Turtles, Waking of Butterflies Wednesday, April 15, 7 pm

Recognizing that *Stubborn Twig* by Lauren Kessler and Japanese immigration are the foundations of the Oregon Reads 2009 celebration, this year the Hearing Voices storytelling festival will feature several storytellers with Japanese ancestry. Robert Kikuchi-Yngojo, whose dual ancestors come from Japan and the Philippines, will tell the roots of both immigrations.

From the volcanic island of "exile", Hachijoshima in Japan to the volcanic black soil island of Negros, Philippines, Robert's grandparents left these islands for a better life in America and ended up in the San Francisco Bay Area.

They brought with them tales of jungle bandits, whaling ships, the

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Sorry but the News is not a non-profit organization so donations are not tax deductible. And thanks so much to the seven people who donated last month!



Emperors' chamber maidens,

and malaria outbreaks in Panama. These are just some of the immigrant stories that will pour from the lips of the storyteller into the ear of the listener becoming the brew of his listener's imagination. This program is designed for ages 10 and up.

For a full schedule of the countywide activities at 13 locations, pick up a brochure at the library or visit the WCCLS website at wccls.org/hearing_voices/index.html

issues in a comfortable forum; meet neighbors who are interested in the community; get unbiased information about issues that affect our area; and find neighbors who will listen to your concerns and work with you to find solutions.

NOTE: we don't often get the chance to publicize CPO 1 meeting topics, because the meetings usually fall right before or after the paper is published. Signing up for the CPO1

newsletter is the best way to stay informed. Visit cpofriends.org for more information.



Salar's Mediterranean Grill is slated to open in June. The restaurant will feature a variety of grilled meats along with Mediterranean-style side dishes. Photo by Neli Hefty

Saltzman Road improvements will begin this summer

Washington County will be widening Saltzman Road from Cornell to Bauer Woods Drive beginning around July, says project manager Matt Costigan. The project will include improving the two travel lanes, adding a center turn lane, installing traffic lights at Dogwood and 128th, constructing sidewalks throughout the project area, and adding bike lanes and street lights.

The final engineering design is expected to be complete in mid-April. The job will then be advertised for bids, and when a contractor is selected the project will go to the Board of Commissioners for final approval in June. Project completion



One property has already been acquired for the project and subsequently removed. The new sidewalk would have been right at the front door of the house at the corner of Lovejoy and Saltzman so the owners agreed to sell the property to the county and have relocated nearby.

should take about 18 months, winding up in December 2010.

The first work, once the contractor is selected, will be to “clear and grub.” This involves removing trees and other vegetation in the project path. And yes, unfortunately, it will include a number of large trees that line the west side of Saltzman. It may be possible to save some of the logs to use in a nearby park project.

Once the right-of-way is cleared, trenches will be dug for utilities, which will be undergrounded from Cornell to the library. This will give a better visual look to the area, as well as leaving more room on the sidewalks for pedestrians. Five-foot-wide sidewalks will line both sides of the road in that area, with a ten-foot sidewalk in front of St Pius X and five-foot wide sidewalks from St Pius northward. Dark-sky-friendly lighting will be used throughout the project, rather than the attractive but light-polluting “acorn-style” lights that were used along Cornell.

A hard-fought battle to get a light at Dogwood Street (enabling pedestrians to cross safely to get to the library) was won when Bales-Findley Property Management agreed to reconfigure their parking lot at that corner. The new entrance will be on Dogwood, and the Saltzman Road entrance to Bales, next to the Grange Hall, will be restricted to right-in/right-out upon completion of the project..

Work on the project will be done Monday-Friday between 9 am and 3:30 pm. Some night work will occur in the “downtown” area only to avoid road closures during commute hours. The road will not be closed during the project but delays should be anticipated, and the speed limit will be 25 mph for the duration of the work.

The project is funded through the Major Streets Transportation Improvement Program (MSTIP) 3B (design and right-of-way acquisition) and MSTIP 3C (construction). Project budget is \$11,500,000.

A focus group composed of community members, business owners and other concerned parties met eight times from October 2007 to October 2008. Several public open houses were held to inform the public about the progress being made and to give meeting participants an opportunity to provide feedback. One more open house will be held after the contractor is selected to give the public a chance to meet the contractor. The project website, deainc.com/saltzmanroad.html has maps and more information about the project.

NOTE: see the November 2008 issue of The News for detailed project information.

Blooms for Books!

The Cedar Mill Community Library is hosting their fourth annual “Blooms for Books” Plant Sale on first Saturday in May in the library’s parking lot.

The library is taking pre-orders. They have a large variety of high-quality, value-priced landscape annuals and perennials to beautify yards and decks, available in half flats, full flats, patio planters, hanging baskets and gallon-size individual plants. Kitchen herbs and vegetable starts can be ordered for home gardens. Or choose something special for Mother’s Day! (Sunday, May 10). Plants are competitively priced. Visit the library’s website at www.cedarmill.org/library for an order form and to view photos of the plants. The pre-order deadline is April 12.

Plant sources are all local, with



Plant pick-up date is Saturday, May 2 at the library, located at 12505 NW Cornell Road, Portland, OR 97229. A “Spring Festival” is also being planned for May 2 where customers can purchase additional plants, books, art, food, garden-themed items and supplies. All purchases support library programs.

For more information, contact Dawn at 503-644-0043.

Cedar Mill Park Concert set for August 6

Tualatin Hills Park & Recreation District (THPRD) has announced an even bigger schedule of entertainment for this year’s Summer Concert Series, up to 12 sessions from nine last year. Cedar Mill Park’s concert was among the first three that were held in 2004. The series has proven so popular that the district has ramped it up to now include several theatre performances in addition to the musical concerts.

Music for the Cedar Mill Park Concert has not yet been chosen—performers for all the concerts will be announced in June. The CMBA will once again sponsor the popular “Passport Contest” with prize winners drawn from completed passports stamped by all the community partners at the event. Businesses and local service agencies

are invited to participate: contact Sandy Sahagian, 503-297-2343 or sandyzphotozz@msn.com

A complete schedule is available on the district website at thprd.org/events/summerconcerts.cfm.

Sponsors needed

The sponsor who has supported the Cedar Mill Park Concert in previous years will not be continuing this year. One or more businesses are needed to donate funds or in-kind donations to help pay for the band, stage setup, sound equipment, publicity and other incidentals. The concerts offer opportunities to businesses and community partners to support these free events, starting at \$100.00! Contact Sandy (info above) for more information or see the THPRD website at thprd.org/events/summerconcerts.cfm.



Polygon Homes is beginning to build a new section of the Timberland housing development. This new area of multi-story condominium rentals is called “The Reserve.” The building visible from Barnes Road is the future leasing office.

North Bethany Open House April 6

Monday, April 6, 4:30 - 7 p.m.,
Jacob Wismer Elementary School,
5477 NW Skycrest Parkway

North Bethany is an 800-acre area east of 185th and north of Springville Road that was brought into the Urban Growth Boundary in 2002. Because it's not inside a city, Washington County is doing the planning for the area, and the Board of Commissioners will eventually approve the plan.

Developers bought up large parcels of the land, but they can't build until the master plans for the area are approved. Progress stalled because of the difficulties in figuring out how to fund the necessary infrastructure (sewer, roads, schools, parks) needed to serve some 5000 new residents.

The North Bethany Community Planning process has moved ahead in recent months with refinements to the Concept Plan and a Funding Proposal to suggest

how to pay for development. Washington County staff is also preparing the community plan for the public hearings process anticipated to begin in July.

Also available for public review and comment will be the Funding Proposal. The project team (county staff and consultants) have worked with stakeholders (property own-

ance of public and private investment to fund development.

After the open house the Stakeholder Work Group will have opportunity to review community input and suggest final tweaks to the Concept Plan and Funding Proposal. The Public Hearings process will then begin, including Comprehensive Plan and Code amendments. A second open house is scheduled for Thursday, June 4, 4:30 - 7, Washington County Public Services Building, 155 N. First Avenue, Hillsboro. This open house will be a guide to the Public Hearings process including how testimony or comments can be provided.

Additional information is available on the project website: www.bethanyplan.org.



The latest Concept Plan for North Bethany includes several changes in road alignment and the distribution of density, including more-dense central areas and less-dense outer areas.

The preferred Concept Plan for North Bethany will be presented to the community at the Open House.

ers, developers, service providers, neighbors and representatives of other interest groups) over the past year to determine an equitable bal-

FREE! Easter Egg Hunt Inside the store for ages 0-3

free coffee & donuts for grownups

Saturday, April 11, 7:30 am prizes for all!

Spring Food and Wine Show

A huge sampling of all things edible!

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Friday, April 10 • 4-7 pm

Bales

MARKET PLACE

Proud to be part of the community for over 45 years!

The Nature of Cedar Mill

The Cedar Mill Wetlands

Most of us drive past it every day. Those who have lived here a long time remember when it was farmland. For a few years after the restoration in 1997, the area looked like a swamp full of white sticks. Today it's a wildlife-rich vista of water and vegetation performing

wetlands. The US Clean Water Act specifies that development which impacts wetlands can be offset by the creation and/or enhancement of a wetland in another location, usually nearby. For more information see oregonstatelands.us/DSL/PER-MITS/wetland_mit.shtml

protecting and conserving Oregon's greatest wetlands—our most biologically rich and diverse lands. The Wetlands Conservancy works to promote local stewardship, restoration and to acquire properties. They train, educate and provide assistance directly to landowners,



The Center Wetland in February 1997, during initial restoration work

valuable services to the environment and offering a peaceful view of nature and an interesting place to walk.

Historically, this property was a beaverdam wetland, with North Johnson Creek meandering through a flood plain between the steep ridges on either side. The land was drained and the creek was channelized along the south side of the valley by the Choban family in the twenties and thirties, who used it to grow beans, lettuce and celery in the rich soil, and also used part of it for a horse pasture. Area kids used to earn money picking beans there in the summer. The farming operation ceased in the 60s when Jim Choban died.

When the Sunset Transit Center was built and also when Barnes Road was realigned in the mid-90s, there were unavoidable impacts to the local

Metro, TriMet and Washington County pooled their resources to achieve restoration of the historic wetlands at the site to compensate for the loss of wetlands. The easement at the southern edge of the area west of Barnes Road was acquired with the development of apartments to the south.

The Wetlands Conservancy (TWC) acquired title to the 16.2 acre Cedar Mill Wetland (CMW) Preserve in four separate transactions during the 1980s-1990s. This organization still owns and manages the property. TWC is the only organization in Oregon dedicated to permanently

citizen groups, and businesses to increase local conservation and restoration of key wetlands.

TWC produced a report in 2005 describing the area, the work that had been done and outlining their management plan. It says, "N. Johnson Creek enters the system at the southeast corner. A small tributary also flows in a channel along the east property boundary. Together N. Johnson Creek and the tributary fill a large pond above the wetland. The pond has been created by a large beaver dam at the top of the creek on the TWC property. The creek flows from this pond, down the south



The East Wetland in July 1997, former Teufel Nursery in background

side of the east wetland. It passes through a culvert beneath Barnes Road and continues along the south side of the center wetland. Then it

passes beneath the paved path in a culvert and continues along the south side of the west wetland. It flows away from the wetland into a culvert beneath I-26. The mitigated wetlands were created as a series of ponds through which water flows via connecting rip rap channels."

TWC's goals for the project are

Birds

- Great blue heron
 - Green heron
 - Great egret
 - Mourning dove
 - Common crow
 - Red-winged blackbird
 - Mallard
 - Bufflehead
 - American widgeon
 - American bittern
 - Canadian geese
 - Red-tailed hawk
 - Western scrub jay
 - Stellar's jay
 - Cedar waxwing
- ## Amphibians
- Rough-skinned newt
 - Long-toed salamander
 - Bullfrog
 - (invasive non-native)
 - Pacific tree frog

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habitat, aesthetic, educational, flood control, water quality and all other values provided by urban wetlands; and to restore and enhance those resource and functional values of the wetland by continued invasive weed control and revegetation with native plants.

They carry out these goals by working with volunteer groups. Jennifer Schley, TWC Urban Land Steward, says, "I have a Natural Resource group from Open Meadow Alternative School, called CRUE—Corps Restoring the Urban Environment. This group uses CMW as an outdoor classroom twice each week. They do water quality studies, amphibian and bird monitoring, soil bio-engineering (fancy term for stream bank restoration), plant natives, etc."

She continues, "I also started a program called Adopt-a-Wetland, to increase community involvement on our wetlands, since we are a land trust and our wetlands benefit the community and watershed as a whole. And we are a small non-profit with only one land steward, me!" so they need to depend on volunteer labor to remove invasive weeds like Himalayan blackberry, Reed canary grass and Purple loosestrife, and plant desirable natives that will eventually crowd them out. The re-



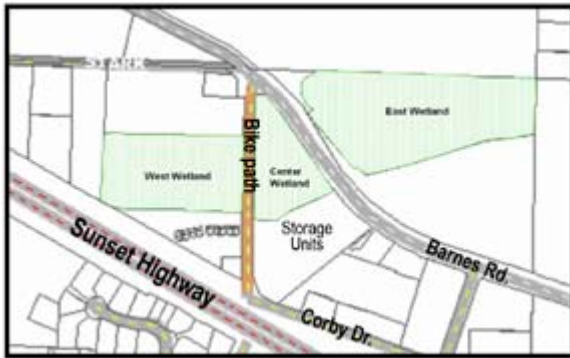
Center Wetland as it looks today. Photo by Neil Hefty

port notes, however, that there will always be invasives popping up (as any northwest gardener knows) so continuing stewardship will always

be needed. Schley continues, "TVA Architects and Mayer/Reed Landscape Architects contacted me in December 2008 and wanted to get involved as a group to reduce their carbon footprint. I mentioned my adopt a wetland program to them, went to

their offices and did a presentation and they agreed to adopt Cedar Mill. Their first adopt a wetland event was on March 14 and they helped me plant 500 native plants around the site." Most of us have noticed the ducks paddling around, but the area is also frequented by a great variety of birds, amphibians and mammals. (see sidebar). Take time out of your busy life sometime soon to walk or bike on the path that runs from the northwest end of Corby Drive to Barnes. And say thanks to all the partners who have saved and

enhanced this lovely natural area. For more information about the Wetland Conservancy, visit their website: wetlandsconservancy.org



Open Meadow students prune, plant and do other restoration activities

Greenlick will focus on Land Use for Town Hall in Helvetia

Our State Representative Mitch Greenlick will host a Town Hall meeting for constituents at 9 am on April 4 at the Helvetia Tavern, 10275 NW. Helvetia Rd, Hillsboro (with House Majority Leader Mary Nolan). The Helvetia Tavern meeting will focus on land use issues, as Majority Leader Nolan is also the chair of the House Land Use Committee.

His next local Town Hall is tentatively scheduled for May 16 at the Leedy Grange Hall. More information about that meeting will be in the May issue.

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The Oregon Silver Bullets Softball Team (for girls under 14) is taking a break from the diamond and heading to Mike's Auto Parts for a car wash Fundraiser. These 12 dedicated girls from our local area are working hard to raise money for equipment, uniforms, and tourna-

ment fees. You can help simply by letting them wash your car for a donation.

9 am - 4 pm, Saturday April 11, Mike's Auto Parts parking lot at the northeast corner of Saltzman & Cornell. Mike's donates equipment and supplies and the girls supply the labor.

Christ United Methodist annual plant sale

May 1-2, 9 am - 4 pm.

Church members will be selling vegetable starts, annuals, perennials, shrubs, trees, and miscellaneous garden-related stuff. Proceeds will fund preschool scholarships and other church needs. The sale will be held in the

main lobby of the church, located at 12755 NW Dogwood Street, just west of Saltzman.

They're also looking for donations—plants, ornamental pots, garden art, etc. If you are interested in donating, contact Janet Crum at 503-680-0331 or janetcrum@gmail.com.

Bethany Library set to expand

The Cedar Mill Community Library (CMCL) recently signed a lease on a new space in Bethany Village. Plans are underway to move the library across the street into a space totaling more than 4,600 square feet. This is 2 ½ times larger than the library's current space and will provide more room for books, children's programs and computers. The move will be completed early this summer.

CMCL @ Bethany opened in July 2007 shortly after voters approved the Washington County library levy. Roy Kim of Central Bethany Development offered space in Bethany Village and with community donations and volunteer assistance, the library opened 10 weeks after signing the lease.

Community response to the branch has been overwhelming. It was originally forecast that the library would loan 10,000 items per month. Actual lending in 2008 averaged 32,000 items per month and the library is now averaging 40,000 loans per month. The branch is on track this year to having the highest loans per square foot of all libraries in Oregon.

With the high volume of use, there is a great need for more space to accommodate users, volunteers and books. Story Times are now at capacity and library patrons often must wait to use the 3 public computers.

CMCL is the largest non-profit public library west of the Mississippi. Since it isn't part of a city government with borrowing or taxing authority the expansion project relies on private support. Funding comes from library reserves, the Second Edition Resale shop and local community support. As the community step up to support the library, it will be filled with more books, computers and furnishings—making the Bethany Library a comfortable and attractive community resource!

For more information, contact Peter Leonard, Executive Director of the Cedar Mill Community Library at 503-644-0043 or visit www.cedarmill.org/library.

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Pathway, continued from page 1
Hills Parks and Recreation District (THPRD) received \$20,000 for Phase One work on the Pathway. A matching sum of individual donations and county assistance had been raised for the project.

By July 1977, work was underway on the project. But a major construction problem loomed where the Pathway crosses the creek at Cedar Mill Falls (near 119th). There was no choice but to run the Pathway along the narrow strip between the edge of Cornell Road and the existing bridge guardrail. There was no money for a footbridge.

But a personal tragedy was turned into a living community memorial. On July 21, 1979, Larry Vincent, age 15, died in a farm accident near Ione, in Eastern Oregon. His parents, Andrew Vincent and Barbara Lokting, decided to build a safe footbridge across Cedar Mill Falls in Larry's memory, to ensure pedestrian safety and provide a safe viewing area for the scenic and his-

toric falls. Andrew Vincent, a landscape architect, designed the bridge, collaborating with Gary Peterson on



The Larry Vincent Memorial Bridge was rebuilt in 2002 after problems with the 24-year-old wooden bridge were discovered. The new bridge was made with pressure-treated wood and heavy beams salvaged from another bridge on Germantown Road. Photo by Neil Hefty

its structural aspects. Months of fundraising followed, along with the securing of county permits, design adjustments, pipe problems and the once-a-week seasonal help of the Oregon National Guard.

Finally, in August 1979, the 106-foot-long bridge with its two viewing turnouts was completed. A commemorative plaque was installed: "LARRY VINCENT MEMORIAL

BRIDGE • 27 APRIL 1962- 21 JULY 1977." Andrew Vincent said, "It is a reminder of the boy who loved to run, and ran so much on that road... providing protection to people in his community who enjoyed being outdoors the way he did."

The Larry Vincent Memorial Bridge exists today. Parts of the original Cedar Mill Pathway still exist, too. They offer a tribute to the community activism that can make the people and environment of Cedar Mill safer.

Science Fair at Cedar Mill Elementary

Thursday, April 16, 5:30-8 pm
Come out and support young scientists and maybe learn something too! Science projects will be on display along with hands-on activities for science exploration. Cedar Mill Elementary is located on Cornell at 102nd.

Not MY Kid Forum

Sunset High School is sponsoring a "Not MY Kid" Forum on Wednesday, April 15 from 7-9 p.m.

Even good kids can make poor decisions. Research shows that parents who send firm, consistent messages against tobacco, alcohol and other drugs will influence their children's behavior not to use. However, surveys find parents are suffering from a "not my kid" syndrome. We believe that we can help protect kids and inspire positive life choices by educating our community about the consequences and long-term impact of destructive youth behaviors.

Speakers at the forum will include a Registered Nurse presenting "Trauma Nurses Talk Tough." In addition, trial attorney Larry Wobbrock will address legal information that all parents and youth should know. A panel of young adults will share their personal stories of overcoming life-controlling addictions and self-destructive behaviors.

Students and parents are encouraged to attend this two-hour awareness forum together. Please note that the forum is not recommended for children under the age of 12 due to graphic photos used in the trauma nurse presentation. Interpretes en español estaran disponibles.

For more information, contact Rebecca Carney, Sunset Prevention/ Intervention Specialist, 503-259-5175 or Rebecca_Carney@beavton.k12.or.us

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Pediatrics, continued from page 1
 clinic, Dr. Thomas became acutely aware of the dramatic rise in the incidence of autism. Autism now affects one in every 100 children by the age of five in Oregon. He says, "This rise is real. In the 1970's it was one or two in 10,000."

Dr. Thomas began to realize that the "epidemic" of autism and other behavioral disorders was a huge challenge to traditional medicine because there were no cures. He says, "I found it unacceptable that we had to tell parents that there was nothing we could do. We would see children who were developing normally, and then over the course of three to four months, they would lose language and eye contact and seem to go into a world of their own. They would begin to display behaviors such as 'stimming'—the repetitive movements or mannerisms that are so baffling to parents and caregivers."

He says, "My interest in autism started when the parents of my patients were struggling to find answers. About ten years ago I began my quest to understand the why! We are still not sure but it seems clear that we all have differing genetic vulnerabilities. There is not however a "genetic epidemic" of autism and other neurological diseases. Clearly there must be a change in the environment for our children today. I believe it is the interaction between numerous toxins and our impaired ability to detox adequately that ultimately leads to the chronic neurological disorders we are seeing today."

Dr. Thomas feels that in genetically vulnerable individuals, toxins (heavy metals like mercury and aluminum, lead and arsenic), pesticides and plastics along with too many vaccines in the very young (possibly triggering an immune issue or perhaps simply the toxic load of all the vaccines) are among the factors that trigger autism.

For this reason, Dr. Thomas offers a modified immunization schedule when appropriate. He says, "There are vaccines that are so important that not to do them would seem very risky indeed.

There are choices in some cases as to the brand of a given vaccine that you can give. For instance, some of the DTaP vaccine's have more aluminum than others. The timing of vaccines and the number given

results in food that is lacking vital nutritional elements.

He recommends organically grown food to all his patients, along with filtered water and elimination of the use of plastic in food storage and preparation—especially in the microwave. The office also offers a wide variety of supplements. For patients with complex dietary issues, he refers to Naturopathic doctors and dietitians who can offer even more help with nutrition.

He has found that many children with autism, ADD, and other behavioral issues have severe food sensitivities. Many children improve and even "outgrow" their symptoms when placed on gluten (most grains) and casein (dairy) limited diets. "Tummy troubles" are common in autistic children, and diet modifications, while difficult, may offer rapid relief and long-lasting improvements. Blood tests are available to pinpoint food allergies.



Medical Assistant Ginny Leonnig painted this sea mural that young patients love to pass on their way to the exam room.

may have something to do with the safety of the current recommendations."

For example, the AMA recommends that all newborns be immunized against Hepatitis B, and that it be repeated at 1-2 months. But Dr. Thomas notes that, "Each time this is given you are injecting 250 micrograms of aluminum (the adult daily maximum is 50). Now if mom has Hep B or may have it—then the vaccine is important as it can prevent the transmission of Hep B to the baby. If mom however has been tested and does not have Hep B, the risk to that baby is zero. One catches Hep B from infected sexual partners and IV drug use—much like HIV. So for the mom with no risk factor it truly is not that logical to give that newborn such a high dose of aluminum."

He also notes that a lot of the food we get now is lacking in essential nutrients. Over-processing is only part of the problem. Industrially-produced food, grown in soil that is depleted of nutrients and then supplemented with only the fertilizers that are necessary to produce large crops,



The exam room has a fascinating view of the Cedar Mill Wetland and beyond that helps put young patients at ease.

In addition to his regular pediatric practice, he also offers a detox clinic for young people with addictions. His "Fair Start" program treats patients up to age 30 with an integrated approach that includes counseling, diet and supplements along with drug therapy using

Suboxone (buprenorphine). This "agonist/antagonist" helps addicts with the pain of withdrawal and also makes drug use less satisfying.

He notes that up to four percent of twelfth graders are using narcotics. They often start with stolen pharmaceuticals but end up using heroin. Children with untreated ADD and other behavior disorders tend to "self-medicate" with illicit drugs to relieve their "baseline irritability." Once addicted, most people need help to quit, but they must be ready and ask for help, he says. More information about the clinic is at fairstartonline.com.

Dr. Thomas was born in Oregon, and moved with his missionary parents to Zimbabwe when he was four years old. He grew up there, living in a small village until he was seven, and later attended a boarding school in Swaziland for high school. He learned the Shona language, and his parents adopted an orphaned sibling group.

He and his wife had two adopted children and three biological children, when, he says, "at five we thought we were done but there was a different plan for us. My African sister Tsitsi from Zimbabwe, who was by then living in the US, suddenly died and left four children ages 11-19. At the news I turned to my wife and said, 'I feel we need to go.' I knew we were the only ones in the family that could keep the kids together—that's how we ended up with nine!" Since moving to

Oregon they lived in Aloha for seven years and have lived in the West Slope area since then.

After finishing medical school, he worked in a VA hospital where he saw many people suffering from "lifestyle" diseases caused by smoking, drug and alcohol abuse, and poor diet. He began to see the futility of a medical system that was focused on diagnosis and treatment without addressing

the causes of sickness.

He moved to Oregon in 1988, where he started the Pediatric After-hours Clinic (now Pediatric ER) at Emanuel Children's Hospital and also taught medical students and residents from 1988-1993.

He was a full-time pediatrician at Westside Pediatrics from 1993 until last summer, when he opened Integrative Pediatrics.

The staff includes Dr Carol Squyers, who recently retired to Portland to be with her granddaughter as much as possible. She sees patients on Tuesday and Thursday afternoons while Dr. Thomas handles administrative issues, and she also covers the office when he is away.

Three Pediatric Nurse Practitioners (PNP's)—Wendy Ware, Cathy Lien and Mallory Braun—see most well-child appointments and provide extensive expertise in that area. Dr. Thomas follows them and

sees every patient that comes to Integrative Pediatrics. This model gives every patient ample time with a provider and also ensures that on each visit you get to see Dr Thomas.

Nurses Becky Graff, Jillisa Chen, and Julie Graham and Medical Assistants Stephanie Osborne, and Ginny Leonnig help with patient care and lab work. Office Manager Joann Springer and Billing Manager Kristy Madore make sure that scheduling and insurance billing is handled smoothly and patients' concerns are taken care of, along with receptionists Kristen DeLashmutt and Dr. Thomas' daughter Aja Crocker. Lef Hylton handles Information Technology and Medical Records. Two of Dr. Thomas' sons, Taremeredzwa Mutepfa and Noah Thomas also work in Reception and medical records, and Tare also helps as a nurse's assistant.

Integrative Pediatrics is ahead of the curve with an excellent, informative website (integrativepediat-

ricsonline.com), online new-patient forms, and assessment forms for neurological disorders. The clinic will be introducing a secure email system this summer. Dr. Thomas says, "Patients will be able to access parts of their health record on line securely—like immunization records, medications, problem lists, and allergies. This will help patients team with us to make sure that we

"Traditional medicine finds a label (a diagnosis) and then a pill or procedure (the treatment). Real health returns when we address the underlying toxicity or deficiency. That's a key difference in the approach at Integrative Pediatrics and that of most other pediatric clinics."

Dr. Paul Thomas

are all on the same page. Patients will be able to communicate with us by email and of course the phone will still be an option. There may also be the option of doing some follow-up visits on line."

The clinic accepts all major insurance coverage (listed

on the website), and also has a fee reduction for payment in full when requested for those paying cash.

The clinic is located on the ground floor of the Barnes Professional Center, at 11790 SW Barnes Road, Bldg. A, Suite 140. It is open Monday-Friday 8:30-5, and Saturday 10-noon for sick children only. Contact the office at 503-643-2100 and visit their website at integrativepediatricsonline.com. Prospective new patients can get more information by emailing new@integrativepediatricsonline.com

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