



Cedar Mill News

Volume 6, Issue 5

May 2008

Featured Business

Cornell Urgent Care

By Virginia Bruce

Dr. Sejung “Scott” Shin, like many other entrepreneurs, got tired of working for others and saw a need that he could fill. Since receiving his medical degree from the University of Illinois in Chicago in 1990 and completing an emergency medicine residency at Wayne State University, he had successfully practiced emergency medicine for over 15 years and was always committed to providing high-quality medical care. He realized that there was no urgent care facility in this area, and that the nearest facilities were overcrowded. Dr. Shin wanted to provide convenient access to quality medical care. And his wife, Kitty, is an experienced business manager. So he opened Cornell Urgent Care, an alternative choice for expeditious and compassionate healthcare in the Cedar Mill area.

they live now with their two children, ages 15 and 16, who attend Lincoln High. He became familiar with Cedar Mill, and realized that there was a need for an urgent care facility in the area. When he found the new building on Cornell, he decided it was the perfect spot for the new practice, with good visibility, easy access from the local area and an unfinished interior that could be custom-built from the inside to support the equipment needed for a clinic.

The bright, open space of the clinic includes a reception area, Dr. Shin’s office, a break room for employees, and five private exam rooms.

There’s also a fully equipped x-ray room with a hospital-size x-ray machine that

outputs digital images, making it easy to send x-rays to other doctors or hospitals.

In the small lab they can perform basic tests such as pregnancy tests, strep, or mono. They can send samples to other labs for more specialized procedures. There is an IV station for patients who have become dehydrated from vomiting or diarrhea and need fluids. They can also administer IV sedation for the temporary pain involved in dislocated joints and other procedures, and IV antibiotics for acute infections.

Three Certified Medical Assistants (CMAs) help with patient care and also do lab work and reception duties. Leticia is fluent in Spanish,

Continued on page 5



Both Kitty and Sejung were born in Korea, and their families immigrated to the Los Angeles area when they were young. Sejung and Kitty were high-school sweethearts, and they finally married when Sejung was in his second year of medical school in Chicago. As is common in the field of emergency medicine, Dr. Shin worked in several different hospitals during his career. He first came to Oregon in 1999 to work at the Tuality Community Hospital for a year. He then worked in Spokane for the next five years. In 2006, he returned to Oregon to work at Mercy Hospital in Roseburg.

In 1999, the family had moved into a home in Forest Heights, where

Join the Cedar Mill Business Association—see page 7

Next Meeting

Cedar Mill Business Association

Tuesday, May 13, noon

Place: Cedar Mill Community Library --FREE PIZZA!

Topics: Helping Homeless Kids at Sunset High
Roundtable Discussion: Effective Collection Methods for Business

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

Citizen effort wins park addition, safe way to school

By Virginia Bruce

Nearly two years of sustained effort on the part of a small group of dedicated volunteers has resulted in a new park addition for our area, and a safe way for hundreds of kids to walk or bike to the new Bonny Slope Elementary School. The “remnant parcel” of land left over from the construction of Bonny Slope Elementary School on McDaniel Road is being transferred to Tualatin Hills Park & Recreation District (THPRD) as an addition to The Bluffs Park. In exchange, Beaverton School District (BSD) will get about \$1 million in improvements to district playing fields from THPRD.

BSD put together the 10-acre site for the school after nearly five years of negotiations and four different land purchases. One of the sellers’ conditions had been that the steep, wooded property to the north be included in the purchase.

Doug Bergmann, who lives next to the newly-acquired land, attended the first BSD public meeting on the potential new school in Spring 2006. His son will be attending Bonny Slope Elementary, so he was very interested in the proposal. “As it became apparent that the two-acre

parcel would not be used as part of the school, I testified at a THPRD Board meeting, encouraging them to obtain this land as an extension the Bluffs Park. I felt it would be an ideal situation—connecting the neighborhoods and providing a great opportunity for kids in the surrounding neighborhoods to walk or bike to school while preserving a natural area. I also felt we were underserved with parks in this area and our neighborhoods would benefit from an additional park,” he recalls.

Barry Raber, who lives north of the new school in the Ironwood

Continued on page 6



Barry Raber, Doug Bergmann and Jon Epstein with their kids in front of Bonny Slope Elementary

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 employees cook up funds for charities

Every Saturday through Labor Day weekend Bales employees will be serving up barbecue lunches to raise money for local charities. CynDee Ross-Brockett, Bales employee and Starbucks manager, says store employees came up with the idea and that managers are volunteering their time as part of the effort. "It's something we can do to give back to the community, and we believe that's important," Ross-Brockett said.

The menu will vary from week to week, but common items may include hamburgers, hot dogs, meat kabobs or ribs, served with a side of potato salad and a soft drink. Hot dogs will cost \$3 a meal for one or \$5 for two. Hamburgers will cost \$4 for the meal.

They will be barbecuing every Saturday from 11 am to 3 pm, possibly longer if the weather is nice. They'll also have outside seating on nice days.

St. Pius-sponsored Search for Peace art on website

The web site searchforpeaceart.org now includes artwork from the March 2008 Search For Peace exhibit, and the 2007 Children's Peace Fair, held last November. We encourage you to go to the website, review the art from 2008 and previous years, and send the link to others who might enjoy it.

UPS Store can move you

In addition to providing copiers and shipping of small items, the UPS Store in the Peterkort Towne Square shopping center at Cedar

Hills and Barnes can help you ship large items and even facilitate moving your entire household.

They offer a variety of shipping options at competitive prices. They'll help you find the best way to get your stuff where it needs to go, including overseas shipping. Their custom handling and packaging services can include pickup, and they also sell moving boxes and supplies. Call them at 503-646-9999 or stop in Monday-Friday 9-7 or Saturday 9-5.

Sunset Medical Practice celebrates National Nurses week

National Nurses week is the first week in May, but we will be celebrating our nurses all month long! We are thankful for the kind, caring service they provide to our patients. They really do go the extra mile to make sure that the quality of care is optimal. Patients can rest assured that their care is a priority here and we will do what it takes to be certain their needs are met. So, next time you are in for your visit, calling for an appointment, or receiving a call for continuity of care, be sure to thank the nurse you encounter for a job well done!

Village Gallery News

This month's featured artist Sue Girard recently returned from a three week trip to Vietnam. Sue's featured photos will be of the places and the faces of Vietnam. Sue is a 20-year resident of Lake Oswego. All are welcome to her artist's

"Blooms for Books" Plant Sale

By Dawn Anderson

Growing a garden nurtures your family and your neighbors! Colorful annuals, perennials, vegetables and herbs will be available from 10 am to 2 pm on Saturday, May 17 at the Cedar Mill Community Library, located at the intersection of Cornell and Saltzman. Proceeds benefit Cedar Mill and Bethany Community Libraries.

To view pictures of the plant selection,



Lee Davies Real Estate gets a new home

In March 2007, Lee Davies Real Estate purchased the building at 9200 SW Barnes Road. Conveniently located across the street from the main entrance to St. Vincent Hospital and in the center of our market area, this facility will serve as the flagship for our company.

With the help of LRS Architects, WRG Design and Yorke & Curtis Contractors, ground was broken for an extensive renovation this past January. When com-



plete, our state of the art new home will capture the lure of the Pacific Northwest and will represent our vision to be the best full service Boutique Real Estate firm focusing on the West Hills, Sunset Corridor and West Suburban markets.

reception on May 18th from 2-4pm at the Village Gallery of Arts, east of the library.

For the second year The Village Gallery of Arts will participate in the Cedar Mill Library's Plant Sale on May 17th. We will have our arts and crafts and jewelry for sale that day with a portion of the sales to benefit the library. There will be artist demos and a face and henna painting table for kids of all ages.

Giftique co-owner honored

Leona Bolton, co-owner of Giftique Affordably Elegant Gift Baskets, was recently awarded an Honorable Service Medal at the First Annual Tri-State Women Veterans Conference in Pendleton, Oregon. She is a disabled Air Force Veteran and was honored along with many other women veterans

from Oregon, Washington, and Idaho. Ages of the veterans ranged from 24 to 87, and several of the women honored had served during World War II.

The conference was held to recognize women veterans and to afford them the opportunity to attend workshops covering a variety of issues, as well as to provide them access to various Veteran Service Organization representatives to answer their questions.

For more information about Giftique, visit their website at GiftiqueOregon.com

Sassy Frocks Spring & Summer Collection

Two local women offer a clothes shopping alternative with the Et-cetera collection trunk show. Elisa Bennett, co-owner of Sassy Frocks with Catherine Camp, describes the line as, "Simple, feminine, tailored, bold, elegant and practical. It is everything for our lifestyle, from great basics to casual-chic looks that can take you from day into night."

Catherine explains, "Many of our customers work 10-12-hour days plus weekends. They consider our trunk show as a time-saver because they schedule their shopping time like they would another appointment."

Their current collection will be available for viewing for one week only, May 14-May 21. If you are interested in attending a trunk show, please contact them by email at catherine@sassyfrocks.com or call 503-737-9054. To preview the pieces in the collection, visit etcetera.com.

The Cedar Mill News © 2008

Published monthly for the Cedar Mill Business Association (cedarmill.org/CMBA) by Cedar Mill Advertising & 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 Copytronix

Opinions expressed in this publication are not necessarily those of the Cedar Mill Business Association or of the advertisers.

Terra Linda Neighborhood Association sponsors Emergency Preparedness meeting

The Terra Linda Neighborhood Association is sponsoring an Emergency Preparedness information session featuring Ted Morris, instructor from the City of Beaverton's Community Emergency Response Team program. All community residents are invited to

attend. Ted will be discussing how to be prepared for an emergency, including "72 hour kits" and emergency water supplies. The meeting will be held Thursday, May 29 from 7:00pm - 8:30pm at the Christ United Method Church, 12755 NW Dogwood Street.

West Tualatin View earns Green School certification

On Earth Day, the West Tualatin View Elementary School (8800 SW Leahy Rd) and its Green Team was awarded a "2007-08 Green School" certificate from the Beaverton School District. This award is for completing the required trash audit, improving recycling percentages and introducing co-mingling of recyclables to the students. They had a short talk about the history of Earth Day and recycling plastic bags and how we might reduce this trash by using reusable bags.

A Plastic Roundup competition had great results. West TV students collected 205 pounds of plastic grocery and merchandise bags! That translates into approximately 13,700 bags! They were stuffed into cars and taken to Far West for recycling.



Olivia Metcalf weighs plastic bags (Photo: Ruth Deal)

Rescue a tree!

Cedar Mill Park natural area restoration party Saturday, June 7, 9 am-noon, meet at the picnic tables in the park west of Cedar Mill School at Cornell & 103rd.

The newly-acquired Brady property west of the park has a number of trees that are being strangled by ivy. Join your friends and neighbors for a morning rescuing these trees and doing other restoration work around the park. All ages welcome. Refreshments and some equipment provided, bring along your favorite work gloves and wear long pants and sleeves.



Petition for spotlight at Dogwood

Local businesses, churches, schools and organizations are supporting a petition urging Washington County Commissioners to put a spotlight and crosswalk at the intersection of Dogwood & Saltzman as part of the road improvement project. You can read more about the situation and sign the petition at Bales, the library, Walgreen's and other nearby locations.

What's with all the straw?

Murray/Cornell property ready for lease

For more than 15 years, residents of Cedar Mill have driven by a fenced-off, vacant lot at the corner of Northwest Cornell and Murray. According to property owner Richard Meyers, the space may soon be in development.

"There was contamination on the corner property from a previous gas station," Meyers said. "The contaminated dirt was removed and replaced with clean dirt about five years ago, and now DEQ has given me a 'No Further Action' letter that gives the go-ahead to develop."

Residents have seen a bit of site remediation lately, as ConocoPhillips, which previously leased the land, worked to fill the underground spaces created when the gas tanks were removed.

Meyers, a resident of Orondo, Washington, says he has owned the 30,000-square-foot property for 35 years. It previously was home to a restaurant and gas station. The property is zoned transit commercial, and Meyers says he'd like to lease it again.

"I've also donated 30 feet of the property to the county for the road-widening project at Murray and Cornell," Meyers said. For more information, contact Meyers at 509-784-2783.

CEDAR MILL REALTY

Luxury Homes Specialist
Floyd Stewart
 Principal Broker - Owner
 Million Dollar Club
 30 years experience
503-740-0146
CedarMillRealty.com

ACUPUNCTURE & HERBAL MEDICINE

Brett Csordas
 LAc. MAcOM
 1225 NW Murray Suite 103
503-644-6109

Bring in this ad for
\$10 off
 Deep Tissue or Specialty massage
(Regular price \$65 or greater)

503-644-6109

ANGELICAL
 Healing Hands, Inc.
2 locations in Cedar Mill:
 1225 NW Murray (behind McDonalds)
 and in the Sunset Athletic Club

Check our website for discount coupons
AngelicalHealingHands.com

Authorized Provider

TAX SERVICE

Quality Tax & Accounting Services for:
 Individuals • Homeowners • Self-employed
 Small Businesses • Partnerships & Corporations

13405 NW Cornell • 503-646-5600
www.pnwtax.com

State-of-the-art facilities
 Laboratory Services
 Nutritional Counseling
 Geriatrics • Grooming
 X-ray • Ultrasound
 Surgery • Dentistry
 Parasite Control

Hours: 7:30 am - 7 pm M-F
 8 am - 2pm Saturday
 appointments preferred

Frederick W. Labavitch & Associates

ANIMAL CLINIC
 Family Pet Care since 1972

Animal Cancer Clinic
 University-trained
 Veterinary Oncologist
 503-629-5580

Convenient Parking
www.sunsetanimal.com

503-690-8249

14740 NW Cornell • Oak Hills Village

Practical & Advanced
Elliott Bookkeeping
 Payroll Master;
 Start Your Own Bookkeeping Business & More

School

Classes starting soon!

Call now or visit our website for more information

1225 NW Murray Suite 112
503-644-6451
elliottbookkeepingschool.com

Eldercare Assistance
 in your home

Free in-home consultation

- Medication reminders
- Meal preparation
- Light housekeeping
- Respite Care
- Transportation
- Bathing/grooming and more...

Comfort Keepers
503-643-2010
 1225 NW Murray, Ste. 101
 Always hiring great caregivers!
www.comfortkeepers.com

Washington County's Urbanization Forum

by Bruce Bartlett & Virginia Bruce

For the last several months, we have been taking a look at the governance of Cedar Mill, which is one of the urbanized communities in unincorporated Washington County (cedarmill.org/news/archives/UrbanNeeds.html). In the series we have explored the history of local governance and how service districts and enhanced county services have developed to meet the needs of the urbanized unincorporated areas (UUAs). We have also looked at some of the services that cities provide for their residents that aren't available to us.

One of the reasons we have been doing this series is that we know that although many UUA residents feel the status quo is fine, it is unlikely that our governance can remain the same in the long term. Oregon law dictates that cities should provide urban services. County policy and the realities of the tax structure currently prevent the county from providing many of the services that urban areas need to remain vibrant and safe.

To address the situation, we have long advocated a public process to explore the options. We felt that a forum bringing together representatives of the county's cities, service districts and county administration, along with the affected citizens, could define the range of governance choices facing us, examine the differing needs of various UUAs in the county, and finally find and implement a set of solutions which will evolve and enhance our local

governments to form efficient, integrated and robust institutions.

So we are most heartened that the county held its initial Urbanization Forum on April 24th at Hillsboro's marvelous Glenn & Viola Walters Civic Center (a great example of what a city can do for its residents). Leaders from all of the county's cities and service districts, plus all of the County Commissioners and a majority of the Metro Councilors were in attendance. Mark Cushing, chair of the Government Relations and Public Policy Practice Group for Portland law firm Tonkon Torp, was chosen to facilitate the process.

The goal of the Urbanization Forum is first to achieve agreement on the range of governance issues facing us, then to precisely define those issues, ultimately leading to a comprehensive set of solutions.

The key questions presented to participants during the first session were:

What is working and not working in terms of how governments and service districts meet the needs of urban Washington County citizens? Are changes needed to address the next wave of growth and meet the vision for the county?

What services do we believe are necessary to provide to the UUA? Is there any difference between these services and what we currently provide to residents of cities and the UUA?

What are the options for delivering these services to the UUA? Must it be through cities?

If cities are not the only means of delivering services (due to practical,

political or legal factors), then what is the mix of service providers, and can it be a combination of providers, including the county? Is there a financial impact on cities in terms of the method of delivering services to the UUA?

Do the answers differ depending on which category the particular area falls into? (fully mature urbanized areas such as Aloha and Cedar Mill; areas currently non-urbanized but within the UGB and slated for development such as North Bethany and West Bull Mountain; areas currently non-urbanized but within the UGB and **not** targeted for development; or areas currently non-urbanized but designated urban reserves in 2009 under the ongoing regional Urban-Rural Reserves process).

The first meeting was a worthy start and participation was sincere. Participants were given the chance to make brief (and some not-so-brief) statements of their positions, their concerns and their hopes for the outcomes of the Forum. The sentiments expressed were widely varied.

Predictably, most of the mayors said that only cities should provide urban services. Service district leaders (fire, sheriff, water etc) expressed their ability and willingness to continue providing quality services to UUAs. County Commissioner Dick Schouten vowed to keep an open mind, and said that a single solution for all areas was not realistic. County Commissioner Andy Duyck said that a major hurdle for the process is that the majority of UUA residents are generally happy

Sheriff's Levy deserves your vote

The Washington County Sheriff's Department provides near-urban-level services to Cedar Mill and other urbanized unincorporated areas through the Enhanced Sheriff's Patrol District (ESPD—for more information see January 2008 Cedar Mill News article). The current levy will expire in June, so a renewal levy is on the May 20 ballot.

The levy is assessed on county property tax bills for those who live within the ESPD (all of Cedar Mill is included). Currently 49 cents per thousand dollars of assessed value, the new

levy increases the amount to 63 cents per thousand. Just thinking about all the miles those folks drive explains the increase

Voters in the ESPD have routinely supported the levy in past

elections by more than a 60 percent margin. To be adopted in the May election, however, the levy must pass with a double majority—over 50% of registered voters need to vote, and over 50% of them must support the levy.

Sheriff Gordon has joked that the ongoing battle between Democratic presidential candidates is the best hope his department has, since it makes Oregonians more likely to vote in the primary. Be sure to get your ballot in by May 20. If you don't want to mail it early, you can drop it off at the library.



Sheriff Rob Gordon visited CPO 1 in April to discuss the levy and hear citizen law enforcement concerns

with things as they are.

With the county's population growing by 1000 people a month, no one argued that the forum was inappropriate or unneeded. The next meeting is planned for June 19.

Originally, we had planned for the Urban Needs—Rural Government series to have one article describing what city residents get that we in the UUA do not. This was an underestimation; next month we will continue with the third installment describing those services we in the UUA do not receive.

Bonamici replaces Avakian in Oregon Senate

Our previous District 17 Oregon Senate representative, Brad Avakian, was recently appointed by Governor Kulongoski to head the state Labor Commission. The Democratic Party of Washington County nominated Suzanne Bonamici to fill the post and she was confirmed by the County Commission on April 30.

District 17 stretches from northwest Portland nearly to North Plains and includes some areas south of Highway 26. The Senate seat is up for election in November and Bonamici has declared her intention to run in that election to keep it. Bonamici, who lives in West Slope, had previously been the State Representative for Cedar Hills.

Recognized for offering you excellence.

According to J.D. Power and Associates, our agency offers "An Outstanding Customer Experience." Call me today to find out more.



Brian Harvey Agency, Inc.
An Outstanding Customer Experience
J.D. Power and Associates certified
Distinguished Insurance Agency
503-644-1116
www.brianharveyagency.com



American Family Mutual Insurance Company and its Subsidiaries
Home Office - Madison, WI 53703
© 2006 002109 - 3/06

Urgent Care, continued from page 1
Vita speaks Russian and Ukrainian, and of course the Shin's speak Korean, so it's a multi-lingual office! Amii is the third CMA.

Dr. Shin says that the best reason to come into Cornell Urgent Care is to spare yourself the expense and long wait time of a hospital emergency room. Dr. Shin and the

bronchitis, sinus infection, lacerations (cuts), sprains, and fractures. He is also an expert at repairing facial lacerations, which is something that other nearby urgent care facilities usually will not handle. He says that about 80% of the cases that are seen at an emergency room can be handled at this clinic.

Patients suffering from life-threatening conditions can be stabilized at the clinic, but are sent on to an emergency room for treatment. Patients with chronic conditions (long-term illnesses requiring multiple visits or long-term treatment) are referred to local doctors or specialists.

The clinic also offers a variety of vaccinations, and screenings and physicals for school and employment-related purposes. Worker's Comp injury patients are welcome for treatment, management, and return-to-work exams.

In addition to urgent care, Dr. Shin offers a medication-assisted weight-loss program called "Freedom of Choice." This program helps



CMA Amii tests a patient sample in the lab area

the patient to choose a diet plan that they prefer, as long as it's healthy, and then supports them through the initial period of adjusting to new eating habits and lifestyle changes with medications that curb appetite and reduce cravings. After the initial appointment, patients can just "walk in" to pick up medications and have their health and progress monitored.

The office accepts most insurance plans, including Medicare and state-funded insurance programs. About 20% of their patients are uninsured, self-pay cash customers,

and Dr. Shin offers a discount for these patients.

Visit the Cornell Urgent Care website, cornellurgentcare.com, to learn more about the services offered by this very welcome addition to our community. The clinic is open from 8 am to 8 pm weekdays and from 9 am to 5 pm on Saturdays. Call them at 503-646-8500 for more information or to schedule an exam, or just walk in when you need their services!



Dr. Shin reviews a patient x-ray. The clinic utilizes the latest in digital technology for storing and retrieving patient records.

staff are caring and friendly. Any kind of urgent medical condition that isn't life-threatening can be quickly handled. Some of the most common conditions that he sees are sore throat and other flu symptoms,

Tilly's
gelato and more ...

if you like ice cream, you'll love gelato!

next to Walgreens
in the Milltown Center
503-626-6063

Auto • Home • Business • Life

Safeco
Oregon Mutual
Progressive

503-644-5333
12700 NW Cornell
(across from Thriftway)

PENINSULA
INSURANCE
SINCE 1933
www.peninsure.com

Trusted Choice

Looking for a fast and tasty lunch or dinner idea?

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

NEW!
Fresh Chinese Food/Bento menu selections change daily—including egg rolls, veggie stir fry, kung pao chicken, broccoli beef, chicken with noodles, and always rice!

Park, continued from page 1
 subdivision, heard Bergmann's idea at the public meeting and contacted him to offer help. Raber did some online research on the property and found out that Morisette Homes had an option to purchase the remnant. He says, "I found a copy of the option agreement and noticed the wording seemed to have an exclusion if the land were transferred to a public entity versus to a private person. My attorney verified that the language allowed BSD to transfer the land to THPRD without being obligated to sell to Morisette. Then I sent a copy of the agreement and my conclusion to BSD Board and staff. They acknowledged this opened the door to the possibility of a park."

Bergmann and Raber developed a strategy of gathering public support and engaging with BSD and THPRD board and staff. Raber says, "We showed both boards the coalition we had formed and asked their advice on how to make this happen. They were very helpful. Board members suggested having people speak at every board meeting to keep the issue on their minds and suggested a petition and lobbying of the other board. So we then simply followed their advice."

They put together a flyer that was distributed to around 300 homes throughout the adjoining neighborhoods. They and other volunteers gathered 200 signatures on a petition, and encouraged neighbors and others to attend school and park board meetings to testify during public comment periods. Raber and Bergmann met with park and school staff to figure out how the

transfer could work. Neighbors and other supporters wrote letters and emails to BSD & THPRD board and staff members. Bergmann says, "Barry did an unbelievable job coordinating this effort."

Another neighbor, Jon Epstein, knew BSD Board member Tom Quillin. He recalls, "We met one morning to walk around the neighborhood and park/school site. I think he acted well to ensure this was heard out and considered by his fellow school board members and administrators in BSD."

On April 7, the BSD board gave final approval to the deal, which calls for THPRD to make improvements to playing fields at Sunset, Aloha, Southridge and Westview high schools. According to THPRD general manager Doug Menke, these improvements will mainly be turf improvements such as drainage



and irrigation for playing fields. They will enable high school activities to move off of middle school sites, making those sites more available to the park district.

In addition, the district is currently working to acquire an easement on property adjoining the new park land so that students and others can access the property from 117th, which stubs out just

south of Blackhawk. The switchback trail will connect the Ironwood neighborhood and the rest of Bonny Slope to the new school. It will also allow students from The Bluffs neighborhood to walk to school without using busy McDaniel.

Until recently, neighbors to the north had no easy way to reach nearby The Bluffs Park on foot. New development at the west end of Blackhawk includes an access trail to the narrow strip of the park that runs behind The Hideaway condos so that neighbors will be able to walk to the playground and enjoy the natural area (area "a" on the map). The new trail, slated for completion in Spring 2009, will create the beginning of a nice loop that can be completed by putting a trail through the middle section of The Bluffs Park (area "b") which is called for in the park's master plan.

Barry Raber wants to give credit where it's due. He says that Doug had the original idea, and that, "This could not have been done without a big group effort from the neighborhood and the wonderful people staffing these agencies and volunteering their time to be on the

two boards. The two districts were excellent to work with. They were open to listening to anything, even though they have so many demands on their time."

Raber sums the deal up, saying, "It's a win-win-win situation! The neighborhood gets a walking trail and a nice natural area, the kids get a safe way to get to school, and the school district gets needed improvements to their properties. It's a once-in-a-lifetime chance to be a part of something that benefits everyone forever." We will just add that the entire community wins when citizens get active in local issues.



A set of steps at the top of the schoolyard leads into the new park section. Ironwood is in the background.

Computer Emergency?

- Spyware/Adware/Virus Removal
- Software/Hardware Troubleshooting
- Install Firewalls and VPNs
- Serving Businesses & Residential

Call Us Now! 503-848-9191

ELECTRONICS UNLIMITED

www.eucomputers.net
 Serving the Cedar Mill Community since 1995

SPRINGTIME IS MULCH TIME!

BARKDUST
SOIL MIX
MULCH
ROCK
GRAVEL

WE DELIVER OR YOU HAUL

CEDAR MILL Lumber

503-644-9101
12700 NW BARNES

FAMILY PRACTICE
 Robert P. Barlow, MD
 Gary R. Geddes, MD
 Vic Krisciunas, MD
 Heena Doshi, MD
 Hal Barry, MD
 Kimberly Felder, PA-C

INTERNAL MEDICINE Brian Cox, MD
NEUROLOGY, HEAD & NECK PAIN:
 Dale Margaret Carter, MD

now accepting new patients

SUNSET

medical practice group, p.c.
12400 NW Cornell • 503-626-0939
SunsetMedicalPractice.com

Cedar Mill Business Association 2008 Members

- American Family Insurance
- Bales Findley Property Management
- Bales Marketplace Cedar Mill
- Beighley & Associates Landscape Architects
- Cedar Mill Bible Church
- Cedar Mill Chiropractic Clinic
- Cedar Mill Community Library
- Cedar Mill Home Theater
- Cedar Mill Lumber
- Cedar Mill Realty
- Comfort Keepers In-Home Care
- Cornell Urgent Care
- da Vinci Smiles Dental
- Du Fresno's Auto Service
- Edward Jones - Bill Rawson
- Electronics Unlimited, Computer Repair
- Elliott Bookkeeping School
- Randall N Freed, DMD
- Giftique Gift Baskets
- Robert Gill & Assoc. Appraisals
- Jon Goodwin, DMD
- Lazette Harnish LMT
- Mike Irinaga Insurance/Farmers
- Lee Davies Real Estate LLC
- Pacific Northwest Tax Service
- Papa Murphy's Pizza
- Peninsula Insurance
- Pet Barn
- Piggyback Plus, Inc.
- Polygon Northwest Company
- Pro Travel Network
- Sandy Sahagian Portraiture
- Sassy Fracks Women's Clothing
- Dean Shade,, Attorney at Law
- St. Pius X Catholic Church
- Sunset Animal Clinic
- Sunset Athletic Club
- Sunset Medical Practice Group
- Sunset Science Park Credit Union
- Sunset Tire Factory
- Team Web Website Design
- Tilly's Gelato & More
- UPS Store
- Village Gallery of Art
- Walker Garbage Service
- West Hills Chiropractic
- Norman White Real Estate

Don't see your business here? Join or renew now →

The Nature of Cedar Mill

American Crow

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

[Ed. Note: The crows seemed particularly noisy and obtrusive early this spring in my neighborhood. Then I realized that their big nest, which I'd seen once or twice, had been in the trees down the way that have since been removed to make way for houses. They were having meetings to discuss the situation, one day in the oak tree, the next in the cottonwood. I think I counted 30 birds one morning. So I asked Kyle to give us a little more information about these noisy, sociable and ubiquitous birds.]

Probably one of the first few birds any child from our area learns is the American crow (*Corvus brachyrhynchos*). The "caw, caw, caw" heard high up in the trees make this distinctive, iridescent black bird one of the easiest for anyone to identify, even from a great distance. Here in the northwest, we can see crows regularly in our neighborhoods, parks, and open spaces, and they often will roost in large numbers during winter or when feeding communally. This gregarious, highly intelligent bird has become a common urban resident, though its range extends throughout North America in almost all habitats, and it overlaps that of its close cousin, the Common Raven, which typically occupies habitats at higher altitudes.

Native Americans of the Pacific Northwest considered the crow a mischievous animal or even a

bringer of doom. In urban settings, the same feelings may be elicited when we have to chase the crows from a garbage can or we see them feeding on carrion alongside the road. And some people aren't all too happy to be awakened by the dawn cacophony of a bunch of crows in the trees just outside our homes.

However, crows occupy a valuable niche in the wilds, spreading seeds from the many berries they eat throughout the forests. The carrion they eat gets 'reprocessed' and deposited back into the natural



areas as ready-to-use fertilizer that our native plants need. Of special note is the documented use of tools by crows and ravens to gather food, including using pieces of bent grass to collect insects.

Crows will often roost in large groups; in some cases up to several thousand crows may take up overnight residence in a grove of trees. This communal behavior provides a measure of defense against bird predators, such as hawks or falcons, as well as re-enforcing familial and colony ties.

Crows mate from February to about June and 3-4 eggs are laid in a shallow, bowl-shaped nest of sticks

and twigs lined with softer fibers. The eggs hatch in about 18 days and the young begin to fly (fledge) in about 35 days. Both parents feed the young, and will defend the helpless young until they fledge. It is common for second- and third-year fledglings to help with the defense of the territory of the parents. This behavior, called cooperative breeding, is unusual among bird species, but is just another example of the why the American crow is so distinctive.

Crows are susceptible to West Nile Virus, which they get from mosquito bites. However, only two crows have been found infected in Washington County since 2006. "Some bird species such as crows, ravens, and jays are especially susceptible to West Nile virus. Although there is no evidence that a person can get the virus from picking up a dead bird, we recommend avoiding handling dead birds with bare hands," says Toby Harris, Public Health Program Supervisor for Washington County's Department of Health and Human Services.

Cedar Mill Chiropractic Clinic

Want to improve your comfort, mobility, athletic performance or recover from an injury? Chiropractic can help!

Lauren McCabe, DC, PC
www.cedarmillchiro.com

13321 NW Cornell
503-646-3393

Join or renew now! Cedar Mill Business Association 2008 dues

2008 membership through 12/08 \$70

Cedar Mill Business Association
P.O. Box 91052
Portland, OR 97291-0052

Please send this form with your check, payable to:

Member name: _____

Business name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Fax: _____

Email Address: _____

Website URL: _____

- Include my business in the Cedar Mill Website Business Directory (www.cedarmill.org/biz).
- Contact me about advertising in the Cedar Mill News

Copytronix offers a wide range of document and imaging solutions through industry leading manufacturers that meet the demands of every type of office environment. Learn how CTX is helping Oregon Businesses think differently about how they manage images and the economical advantages of a less paper intensive work place.



For more information contact your Imaging Consultant Mike Noonan at 503.968.0337

COPY | SCAN | PRINT | FAX | WIDE FORMAT

INTRODUCING THE AMAZING QUALITY OF XEROX. COLOR!



Get The News online: cedarmill.org/news

Want a reason to smile?

Picture yourself younger, more attractive and confident.

Don't trust your smile to just anyone. As a preferred Cosmetic Dentist by LVI, the most reputable aesthetic dental institute, Dr. Maryam Motlagh takes into account your unique concerns, hopes and dreams to create the perfect smile for you.



Maryam M. Motlagh
DMD, PC

featured on ABC's "AM Northwest"

Ask about our Complimentary Smile Design and Computerized Imaging Consultation.



da Vinci Smiles
aesthetic & family dentistry
503-643-9855
www.davincesmiles.us

Cornell Urgent Care

No appointment necessary!



Why wait in the Emergency Room or in another Urgent Care for HOURS?

We will have you in and out within 30 minutes for most cases

Fractures, Cuts, Infections, & other Non-life-threatening illnesses

Workman's Comp injuries welcome
Board Certified Emergency Physician
On-site X-ray, EKG, & Labs

Accepting most insurances, including Medicare & Care Oregon

Ask about our Medical Weight Management Program

Hours: Mon-Fri 8am-8pm • Saturday 9am-5pm
13305 NW Cornell, Suite C • 503-646-8500

Cedar Mill Home Theater

Free in-home consultation

Insured & Bonded CCB# 165589



New construction or existing
In-wall speakers for audio in every room
Security • HDTV

Showroom:
13405 NW Cornell

Call for appointment
503-626-2435

Mobile: 503-703-9455

User-friendly Color Touch-screen
Theater Remote Controls

cedarmillhometheater.com

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