



# Cedar Mill News

Volume 8, Issue 12

December 2010

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## Featured Business

### Miller Paint

by Virginia Bruce

When Michael Coats commutes from Tigard to his job as Manager of Miller Paint in Cedar Mill, he doesn't worry about traffic. He leaves home at 5:30, and "the roads are pretty calm," he says. He gets to the store and takes care of paperwork and then gets everything ready for the rush at 7 am when the professional painters come in to stock up for their day's work.

"Between 7-9 am, our customers just want to get in and out as quick-



Michael Coats has managed the Murray store for four years

ly as they can. They know exactly what they want. It's almost like we run two paint stores here, one for the pros, and one for the consumers who appreciate the time we can take with them to help them make selections and figure out what tools and supplies they need."

The customer service capability of Miller Paint is one of the things that sets it apart from the big-box stores, where sales people have a minimum of training and very little time to spend with customers. Coats, who has worked as a store manager for several other companies, says that is what impressed him about the company when he began nearly six years ago. "During the training, we were hearing, 'Take care of the customer.' I kept waiting for them to say, 'but...' and I found out there is no 'but,' it's 'take care of the customer, period.'"



called a 'buying group') to gain economies of scale. The Guild also works with the Color Marketing Group to identify trends and develop new color palettes such as the yearly Color Canvas collection that will be hitting Miller stores in late December," says Miller's advertising and marketing manager, Dan Saunders. They employ a relatively new color choosing system from the Color Guild that is called, "Color Is."

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Because of this emphasis on customer service, they hire people for their people skills, and then teach them what they need to know. Employees help customers with everything including choosing the right colors, paint types and primers, advice on prep and application, and solving tricky problems. "It's a steep learning curve for our folks at first, and we continue to train and improve our skills continually," says Coats.

Another thing that sets Miller apart is that it's a northwest company. The coatings that they sell are formulated for our weather conditions, and the colors are selected to look great in our often-gray light. Colors for their Devine line were created by local artist Gretchen Schaufler.

In addition to being a protective coating for interior and exterior surfaces, paint is really about color. Miller works with, "The Color Guild, a collection of regional companies that order products together (often

Next Meeting

Cedar Mill Business Association

Tuesday, December 14. 11:30

Place: Sunset Athletic Club Banquet Room

Holiday Social!

Enjoy a special holiday luncheon and plenty of door prizes provided by CMBA Member businesses. Members only, but you can join at the Social, see page 3.



## Toward a more sustainable Cedar Mill

### What would a sustainable county look like?

by Bruce Bartlett and Virginia Bruce

We hear a lot these days about sustainability. We are exhorted to recycle and re-use, cut down on energy use, eat locally and grow our own vegetables, all in the name of sustainability. But it seems like few really understand both the definition and the consequences of true sustainability.

"Enough for everybody, forever," was the phrase Douglas Tsoi offered in a recent talk to the Washington County Public Affairs Forum. Tsoi is the Coordinator of the Partners for a Sustainable Washington County Community ([pswcc.org](http://pswcc.org)), a coalition of eleven county governments and agencies to improve practices and education.

Forever. What we are doing now should not negatively impact the lives of future populations. The truth is, what we are doing now is negatively impacting our own lives and those of everyone on the planet, and will bring an end to our way of life unless we change our habits fairly drastically and fairly quickly.

Some people say that science will find a way, that we shouldn't worry about conservation or sustainability because science and technology have always found a way to get us out of experiencing the consequences of our actions. We don't have that kind of faith, and we don't want to risk the future of the planet on a gamble like that.

Population growth, rates of consumption, the extractive nature of our technologies (taking stuff out

of the ground), and the economic pressure on business for never-ending growth have gotten us here. Government actions and personal choices will both have to change to make a difference. But what can we do at the county level to turn space-ship earth toward sustainability?

Washington County's nascent efforts to achieve sustainability recognize the roles and responsibilities for public agencies to protect and conserve natural resources, use financial resources effectively and efficiently, and celebrate the achievements of a healthy and productive organization as described at [www.co.washington.or.us/Support\\_Services/Sustainability/index.cfm](http://www.co.washington.or.us/Support_Services/Sustainability/index.cfm).

Looking to the future, there is much work to be done in plotting a course of action and accomplishing it. Factors to be considered are policies dealing with land use and transportation policy, environmental protection, and food security.

### Help us make the road map

The authors of this article are devoted to promoting all forms of sustainability in the community, county, region and state. Citizen Participation Organizations provide a logical platform to discuss this work at the grass-roots level. CPO 1 is planning a series of brainstorming sessions over the next year (starting December 7) on practical ways to address sustainability in the county. You are invited to attend and share your ideas for creating a

Continued on page 7

# Cedar Mill Business 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](mailto:vrb@teamweb.com)

## The Grapevine Restaurant & Lounge

You may have noticed that Santorini's closed last summer. A new venture has opened in its place, offering handmade burgers and fries and fresh Mediterranean and continental specialties for lunch with seafood, beef, lamb, chicken and pasta dishes for dinner. There's a nice little wine list and also a full bar in the lounge.

Originally built as Marika's Restaurant by the Choban family, who still own the property, the restaurant was run for many years by the Tzakis family, most recently as Santorini's. Irene Pavlatos has been busy cleaning and remodeling the space, and opened in late November.

"We are offering a nice, clean family atmosphere with really good food at affordable prices," says Pavlatos. "We have a Kids Menu, and homemade soups every day." Specialty hamburgers accompanied by hand-cut Yukon Gold French fries are available at lunch or dinner.

The winery-themed restaurant is located at 11525 SW Barnes Rd, just west of Cedar Hills Blvd. It will soon offer a newly remodeled banquet room for parties and weddings.

## Points of Tranquility offers bodywork treatments

Points of Tranquility Acupuncture and Oriental Medicine is proud to announce that Chung So, LMT will be available on Saturdays for appointments at our clinic.

Chung does a variety of bodywork techniques such as Proprioceptive Neuromuscular Facilitation (PNF) and Myofascial Release (MFR). He also uses Jin Shin Do, Trager techniques, Hanna's somat-

ics, Shiatsu, sports massage, and Breema principles.

Chung's method is to reduce spasms, improve range of motion and restore restfulness. These treatments go beyond the traditional approach and are very effective.

## CU Photo Contest deadline extended

You still have a chance to win \$100 for your best shot of Cedar Mill. The Sunset Credit Union will be accepting photos—digital or prints—through December 31. Photos should include name, address and phone number and be dropped off at Sunset Credit Union, 1100 NW Murray Blvd (across from McDonalds). Open to everyone in the community.

## Pars Market adds soup

Delicious homemade soups are joining the growing menu of middle-eastern eat-in or take-out dishes at Pars Market on Cornell. Fresh-grilled kebabs, gyros, delicious falafel sandwiches and more are available for lunch from 11-2 Monday-Saturday.

If you're thinking of catering a small party or snacks for a meeting, Pars can prepare and deliver delicious and healthy food to please everyone. Call them at 503-350-2300 for menu ideas and more.

## New deli will replace Tilly's

Tilly's owner Leon White has decided to hang up his apron. The store closed last month, and will open again in January under new management after remodeling as a gourmet deli. We'll bring you more information as soon as it's available.

## Cornell Farms offers biodegradable wreaths

If you're trying to cut down on waste this holiday season, visit Cornell Farm at Barnes & Miller for a 100% natural wreath. Co-owner Deby Barnhart explains that, "Wreaths have always been made with either wire or plastic rings and frames, but this one is actually made with willow branches and beeswax-covered hemp string, fresh local northwest mixed evergreens and berries, by a local company in the Cedar Mill area (cannot divulge my

source)!! Can't get any better than that for supporting the local "hood"!

"After the holidays, you can hang it on the back fence or cover a corner of the garden (good weed suppressant) and it will literally give back to the earth. PLUS, Cornell Farm is the ONLY place you can buy these in Oregon. We are shipping them across the continental US also. Have been told these are huge hit on the East Coast."

## Free coffee Friday at Gelato and Yogurt Lounge

Patricia Barnett is offering customers a free 12 oz. coffee drink—any kind—free on Friday, December 17 from 7 am – 2 pm. Bring in a new toy or non-perishable food for Sunshine Pantry and get your free drink. Plus a free package of fresh-ground Longbottom Coffee to the first 150 customers. Get in there!

## DuFresnes' free brakes food drive

Bring in at least six cans of food for the Oregon Food Bank and get your brakes inspected for free. If you need new pads, DuFresnes will give you free top-quality pads or shoes (you pay for installation).

This offer is good throughout the month of December 2010. DuFresne's Auto Service is located at 10690 NW Cornell Rd. For more information, call them at 503-646-2940 or visit online, DuFresnesAutoRepair.com

## Rock Creek Country Club offers membership deal

Through December 31 you pay only the \$99 initiation fee, and you can wait until March 1, 2011 to begin paying on your membership of choice. Contact Mike Eichenberger, 503.645.1115 or [membership@rockcreekcc.com](mailto:membership@rockcreekcc.com) for more information. The Rock Creek Country Club is located at 5100 NW Neakahnie Ave and offers an 18-hole golf course along with dining and banquet facilities. Find out more at [www.rockcreekcountryclub.com](http://www.rockcreekcountryclub.com).

## Village Gallery News

Our Holiday Bazaar continues to run throughout December. Our walls are hung with affordable, original art and our shelves are full of one of a kind arts and craft items. Many of our artists work year around to fill our gallery with delightful creations for the Holiday Bazaar.

Our artist of the month is Mary Robinson whose show theme is It Takes a Village. Using the art form of collage she expresses the myriad of interrelationships between people and the structures that house their daily lives and activities. The public is invited to an artist reception hosted by Mary on Saturday, December 11th from 2 -4pm in the gallery.

Stop by the gallery to buy just the perfect ornament for your holiday tree, a lovely hostess gift or just the right piece of jewelry



to compliment that new dress or sweater. Our hours are 10 am to 4 pm Tuesday- Saturday, and Sundays noon to 4 pm. We are located just behind Walgreen's Drug and next to the Cedar Mill Library at 12505 NW Cornell Road. Call us at (503) 644-8001 or view our web site at [www.villagegalleryarts.org](http://www.villagegalleryarts.org).

## One more gift?

Before choosing gifts this holiday season, stop and think about how many of us actually need more things in our homes. Consider giving certificates for specialty services or unique experiences that show your thoughtfulness without consuming any space. There are many possibilities available. Instead of the usual tie, give a carwash coupon. Instead of a toy, give tickets to see a favorite play. Instead of another purse, give a manicure certificate. Think about what kinds of things the person likes to do or where they like to go.

Are you giving a gift to some

*Continued on page 9*

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## CMBA Holiday Social

The Cedar Mill Business Association (CMBA) is having its annual Holiday Social on Tuesday, December 14, 11:30 am – 1 pm in the banquet room of the Sunset Athletic Club. Enjoy a free buffet



CMBA President Terry Taylor presents a \$1000 check to Mary Metheny of the Beaverton school district's homeless student program. She and Sharon Straus of the Sunshine Pantry (seated, left) were among community helpers who spoke at the November meeting

lunch of local goodies, and win great door prizes. Also, bring along warm outerwear and toys (new or gently-used) and food items for

## Leedy Bazaar proceeds will help renovate hall

by Virginia Bruce, Leedy Grange Master  
Local artists, craftspeople and entrepreneurs offered a wide array of gift items to huge crowds during the Thanksgiving weekend again this year. We grossed over \$6,300 in sales during the three-day event. While most of the money will go back to the artists, Leedy Grange will be able to make some needed improvements to the hall with our percentage and the table fees.



Thanks to the Beaverton Valley Times for running a group ad promoting the event in their paper and in the Mercury—many attendees let us know that they heard about the event there. And thanks to all the shoppers who decided to “Gift

Sunshine Pantry. (See their wish-list at [sunshinepantry.org](http://sunshinepantry.org).)

This is our only members-only event of the year. Join or renew now through December 14 at the special price of \$75. New members will enjoy membership benefits now, and renewing members can get it out of the way and be able to use the business-expense deduction on your 2010 taxes. Be sure to bring your checkbook if you're planning to join at the Social as we can't take credit cards. Or act now, and mail in the Membership Form on page 11 along with your payment, or join online via PayPal at [cedarmill.org/CMBA](http://cedarmill.org/CMBA).

CMBA will collect donations for the Sunshine Pantry at the Sunset Credit Union through December, just drop off new or gently-used toys, warm outerwear, and food at the CU at 1100 NW Murray.

Locally,” supporting artists and our little community center.  
We're planning to replace the worn-out windows in the main hall as soon as possible. We're also looking at adding blown-in insulation in the attic. The old 1903 structure is totally uninsulated, so we're looking forward to cutting our costs and practicing energy conservation.

Our next focus will be on the kitchen. Our triple sink is leaking and the faucet is very old and creaky. We're hoping to replace them with used restaurant fixtures to make the kitchen

easier to use for events and for folks who want to make food for sale.  
We're always happy to welcome new members. To find out more about Leedy Grange, visit [our website](http://our-website) or email me, [info@cedarmill-news.com](mailto:info@cedarmill-news.com)

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## A season for helping

While our neighbors in need can use help year-round, we often think about it more around the holidays. Here's a selection of opportunities for us to share our bounty locally.

### Clothes Closet at Lee Davies

Between December 1st and December 14th Lee Davies Real Estate on Barnes Road will be collecting specific donations for the Beaverton School District (BSD) Clothes Closet. The Clothes Closet is operated by volunteers from the School District's parent groups and the community to provide free clothing for students in grades K-12 from families with limited income.

Already this school year, the Clothes Closet has served over 1200 students, with approximately 12,000 items distributed- a 20% increase over last year and yet another indicator of the demand in our community. The Clothes Closet is especially in need of:

- Warm coats (all sizes welcome, but they are low on elementary sizes)
- NEW socks/underwear (again, all sizes welcome, but their supply of middle/high school sizes are low)
- Blue jeans for elementary aged students, both boys & girls, sizes 6 to 12
- Gently used or new shoes for elementary aged students

To help facilitate the collection of these items, we have collection boxes ready at our Barnes location, 9200 SW Barnes Road, (across from St. Vincent's Hospital) and encourage you to stop in and join us in this effort. For every pair of new socks/underwear donated, "LDRE Brokers for Basics" will gladly match it. Thank you in advance for helping us help others.

For more information on the Beaverton Clothes Closet, visit [beaverton.k12.or.us/home/community/clothes-closet/frequently-asked-questions](http://beaverton.k12.or.us/home/community/clothes-closet/frequently-asked-questions)

### Park District toy & food collection

The Tualatin Hills Park & Recreation District and the THPRD Employee Association are collaborating again to encourage giving to the less fortunate during the holiday season.

New toys (for youth ages 4-18) and food will be accepted at most THPRD centers through December 16. It's part of a drive called "Drop

In and Help Out Our Neighbors," sponsored by THPRD and OSEA Chapter 400, the union that represents most Park District employees.

All donated food and toys will be forwarded to the Sunshine Pantry in Beaverton for distribution to local individuals and families. Toys should be new and unwrapped; no stuffed animals, please.

"Many of our neighbors are hurting during these difficult economic times, and that pain just becomes more acute during the holiday season," said THPRD General Manager Doug Menke and Employee Association President Dwight Phillips. "Let's try to make this time a little brighter for those in need, especially the children."

Toys and food will be accepted at these nearby THPRD locations:

- Sunset Swim Center: 13707 NW Science Park Drive
- Tualatin Hills Aquatic Center: 15707 SW Walker Road
- Cedar Hills Recreation Center: 11640 SW Park Way
- Tualatin Hills Athletic Center: 50 NW 158th Avenue
- Tualatin Hills Nature Park Interpretive Center, 15655 SW Millikan Way,

THPRD's Administration Office and Tennis Center, at 15707 SW Walker Road, also will accept donations during open hours.

### Leedy Grange Hall

Grange members will be collecting clothing and food for the Sunshine Pantry during their Christmas Party on Saturday, November 11 from 11 am-1 pm. Items that they need right now include: canned vegetables, canned beans, crackers and chips, peanut butter and jelly, cereals, grains, baby food stage 1 through graduates, baby formula, diapers—all sizes, all hygiene products, paper products - toilet paper, napkins, paper towels, etc., winter clothing - jackets, sweaters, etc. (gently used), warm blankets (gently used), shoes (gently used).

### Care to Share

Care To Share coordinates assistance to families and individuals seeking emergency food and other basic needs. Their aim is to help people through crisis situations and to connect them with other community services if continued support is needed. Care to Share has partnered with BSD for a number of years providing school supplies and other assistance to families. Visit the [Care to Share website](http://Care to Share website) to find out how to help.

### Community Warehouse

Unneeded household items and furniture will be collected by the members of the Skyline Ward, LDS at their LDS West Union Chapel, 14885 NW West Union Rd., on Saturday, December 11 from 9 am to noon.

Your donations will help Community Warehouse provide essential household items to survivors of domestic violence, homelessness and disability, refugees, and the elderly living on fixed incomes. Community Warehouse gives your donations to these families as they set up an apartment, helping them prepare and cook their own meals and sleep comfortably.

Visit [communitywarehouse.org](http://communitywarehouse.org) for more information and specific needs.



Volunteers from Beta Sigma Phi's Beaverton Council have adopted the landscaping on Barnes between Cornell and 118<sup>th</sup>. The Eta Theta chapter of this international, non-academic sorority gets together often for social and educational activities and service projects. The women picked up trash and pulled weeds and pruned the median areas that were installed as part of the 2005 Barnes/Cornell road improvement project.

### Invasive plant removal at The Bluffs Park

The Bluffs Park, tucked away between Ironwood and The Bluffs subdivisions near Bonny Slope, includes a nice little playground, lawns, and trails through natural areas. Some of the natural areas are threatened by invasive plants, and without volunteer help, the Park District can't rescue them.

Dress for the weather (layers are great). If you can, please bring a shovel, heavy-duty work gloves, loppers and a re-usable water bottle. Refreshments and a water cooler will be provided!

Meet at the park entrance located at the end of NW South Drive. Saturday, January 9, 9 am-noon. Contact Melissa Marcum, THPRD Natural Resources volunteer coordinator, at 503-629-6305 Ext. 2953 or email [mmarcum@thprd.org](mailto:mmarcum@thprd.org)

# Middle School, athletic field planned for Timberland

In 2003, the Beaverton School District (BSD) condemned and then purchased a 14-acre parcel in the middle of the former Teufel Nursery property for a future school site. This led to the Teufel family deciding to sell the entire property for development.

The site has been vacant as the Timberland housing development was built around it by Polygon Homes. In October, BSD posted a Request for Proposal for planning services for the site.

Maureen Wheeler, BSD Public Communication Officer, says, "The services would assist the District

planning services is March 31, 2011.

Wheeler continues, "There are no immediate plans to build a school, and in fact it will take another capital bond measure (maybe 2015) to fund the construction. However, Tualatin Hills Park & Recreation District (THPRD) is interested in developing the field(s). With their current bond funds, they could develop the fields in the near future, and before a school is built. The school capacity and boundaries have not been developed at this point."

Hal Bergsma, THPRD Director of Planning, confirms that the district wants to develop at least one field on the middle school site. "We would be using bond funds programmed for development of ten new youth athletic fields throughout the District. \$5,000,000 was programmed for that purpose, or an average of \$500,000 per site. These will be natural turf fields, with no lighting, and may be a soccer field or a baseball field, or a combination of both. Our first field project is at Meadow Way Park in south Beaverton. That project is just about done. We also tentatively have youth fields programmed for five other park sites including Cedar Mill Park. The final decision for each site will be made after we conduct a master planning process following our community outreach process.



in determining the options for the site design, infrastructure improvements and massing of a middle school facility. Services include: land use planning, civil engineering, and architecture associated with developing conceptual site plans and building documents. The middle school site is within the City of Beaverton's jurisdiction. The approximate date for completing the

"We have four fields that have not yet been assigned to a specific site. We want to develop one unassigned field in each quadrant of the District. The field being discussed for the Timberland school site would be one of those four fields. After the school district has completed their master planning process for the Timberland site we will

talk with them about an agreement to develop a field on the property consistent with the plan. The master plan and the field project would be subject to approval by the City of Beaverton."

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# Summer Dreams: Garden Planning in the Pacific Northwest

By Donna Prock, [permadonna.com](http://permadonna.com)

Believe it or not, it is time to consider planning your spring and summer garden. December and January are the months when seed catalogues begin to show up in the mail, and with good reason. The cold climate of the Pacific Northwest offers us a short growing season and getting a jump on starting seeds is often our only guarantee that those plants will yield the succulent fruits we crave in time for harvest. Here is a great article on growing in the PNW: [scribd.com/doc/11053621/Short-Season-Vegetable-Gardening](http://scribd.com/doc/11053621/Short-Season-Vegetable-Gardening)

While poring over these catalogues, I consider what I really like to eat. What do I purchase most when I go to the grocery store? What are the family staples? What would be good to store and preserve? What do the kids love? When we involve the kids in the planning stage by allowing them to choose their favorite vegetables and fruits, we also inspire them to be our little garden helpers.

Some of my favorite catalogues are listed in the box above. Most of these offer locally adapted seeds, and all of them offer organic and heirloom varieties. You can read more about what heirloom varieties

are in my [October article](#).

Each seed packet will have directions on the back telling you when to sow indoors to transplant or direct-seed outdoors for that particular variety, according to the last frost date. The average last-frost date for Portland is April 26, but you can watch the weather forecast if conditions aren't average.

If you have the time and space, starting seeds in a portable mini-greenhouse works well. These are widely available, easy to set up, and suitable for even the apartment dweller. If not, you can start seeds indoors on a well-lighted south-facing windowsill.

If you don't have the time or

**PermaDonna's favorite seed companies**  
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 Turtle Tree Biodynamic Seed Initiative [www.turtletreeseed.org](http://www.turtletreeseed.org)  
 Horizon Herbs [www.horizonherbs.com/](http://www.horizonherbs.com/)

space, purchasing plant starts at your local nursery is a great option. The most difficult plants to grow in our climate are the heat lovers—tomatos, peppers, etc.—and those are readily available as starts.

When it is time to transplant

the seedlings, you may want to use a cold frame or temporary hoop house/tunnel (these can also be used for direct seeding of some species). The simplest way to construct one of these is to bend one-inch PVC pipe over the beds with the ends firmly stuck in the ground, and cover the hoops with clear or opaque plastic. The sides can be secured with rocks, wood, or landscape staples. One of the major problems with spring gardening in the PNW is that it rains so late into the season. These are extremely useful for drying out water-logged beds and warming up the soil so that you can begin planting in early Spring. Here is a useful how-to article on the construction of a cold frame tunnel: [tipnut.com/tunnel-cold-frame](http://tipnut.com/tunnel-cold-frame)



If you're going to put in a new garden site, it is important to consider sun exposure (ideally the spot where the plants receive the most sunlight), access to water, and your own convenience. Depending on your particular situation this can mean a small plot in

your backyard, containers on your deck or balcony, or a combination of both. There are several web software apps available to help you lay out, plan and manage your garden. Just search for "vegetable garden planner."

Soil preparation is the most important factor in the health of your plants. Most native PNW soils are clay based and require amendments in the form of compost and manure to add necessary "life" to the soil. For more detailed information on soil building see my [July](#)

and [August](#) articles.

In my experience, there is always a surplus of food that I cannot consume at harvest time, so learning how to preserve (freezing, canning, drying, pickling, and cold storage) has been useful, and will let you "eat local" all year long. [Storey Books](#) publishes a series of "Country Wisdom Bulletins" on these subjects, and the Ball "Complete Book of Home Preserving" has been my favorite reference on the subject.

While most of us are "Dreaming of a White Christmas," I'll be dreaming of a green Spring and the abundance of the summer garden.

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## Winter visitors to Cedar Mill

By Lauretta Young

Winter brings many gifts. With the inclement weather and the hiatus of the growing season we spend more time indoors. This allows us to reflect on our past summer—what we plan to plant for next year to learn from the things that didn't go as planned – and to rest like the dormant trees.

Part of my rest is not having so much yard work to do. The long to-do lists of weeding the vegetable garden, lopping off spent blooms from roses and flowers, picking ripening fruit and berries and produce has been replaced with some “fire-place and knitting” time. Of course there are still leaves to be raked when the wind has settled and dead dahlias to compost and trees to be pruned. But not being overly tidy also means that the wintering bird species have leaf litter in which to scout for insects, brush piles in which to hide and rose hips and spent seed heads on which to feast.

With the holidays many of us have guests. Some guests are local for dinner parties and holiday parties of various sorts. Other

guests come from long distances and are not often seen. Sometimes these guests are hardly recognizable—the college student nephew who appears to have grown taller as well as more mature, the elderly grandmother who certainly appears more frail than one recalls or the still obnoxious uncle who is as gruff as ever even with one's best inten-



Varied thrush, photo by Jeff Young.

tions to not have him be irritating this year. Similarly if we look into our own back yards we see our bird winter guests.

One of these last week was a delight for me. As I was reading the morning paper I spotted a bird that almost look like a robin but was more intricately colored. It almost

blended in with the orange tones of the fallen leaves in which it was scratching busily.

I hadn't seen this bird for an entire year. I had certainly heard this bird when I would go out on trails in the local forests—even at Tryon Creek Park, but in the summer they are incredibly elusive by sight. The call is described as a long eerie quavering whistled note, followed after a pause by one on a lower or higher pitch. Describing bird song in words is a very unsatisfactory exercise so I prefer to direct my clients to the excellent [web site](#) of Cornell university ornithology where these researchers have recorded bird song for many years to provide high-quality songs and calls anyone can access. Listen to this bird. It is a Varied Thrush, you may just have one in your yard or you may have heard it in a forest in the summer in Oregon or further north.

The bird was quiet when I saw it, since most calls and songs are for territorial or breeding purposes. This wild bird certainly didn't want to attract any attention from the bird-eating local Cooper's and Sharp Shinned hawks, who also

have to eat all year long but have a particularly easy time in the winter with minimal tree leaves to obscure the prey. I remember hearing this species over and over this past summer when my husband and I hiked in Sitka Alaska—these birds breed in the northern areas but return “south” for the winter. So he is one of my most beloved winter guests. He reminds me of my summer outings and he is lovely to see in the winter with his spectacular coloring.

We have other winter birds that will have to wait for a future column to give them justice, since many of them are similarly interesting in their behavior as well as form. But for now we can reflect about how the seasons bring us different gifts if we notice them. Some visitors are more evocative and welcome than others.

Happy holidays and go look in your yard to see what you find.

Lauretta Young is a retired physician who now teaches at Portland State University in community health and at OHSU in the Division of Management, and for fun takes local birders and guests from around the world out on bird tours in Cedar Mill and beyond. Check out her web site for recent trips and more photos from her husband. [www.portland-birdwatching.com](http://www.portland-birdwatching.com)

Sustainable, continued from page 1 more sustainable county. We'll also be doing outreach to other groups and audiences around the county.

We have created a short, preliminary [survey](#) to gauge interest and get county residents thinking about what a more sustainable county might look like. If we don't make a plan, we can't follow it.

To get you started thinking, here are some of the actionable ideas that we have come up with, that could be implemented at the county level:

- Enhance the county's Community Development Code to include the latest best practices for green building, lower-impact footprints, streets designed to best deal with surface runoff, residential developments designed with Active Transportation in mind.
- Require that community garden space be provided in large housing developments and in affordable housing projects,
- Allow unused public property and foreclosed property to be used for community garden

space. Allowing unused lands to be gardened with a property tax deferral while used as garden, tax to be paid upon subsequent development.

- Require better coordination with public transit for new development.
- \* Work with TriMet to provide transit to existing built areas.
- Support more fully the mission of the OSU Extension Service. Their Master Gardener program already trains people in the how's and why's of gardening, and shares this information freely. They have established a demonstration garden at the Washington County Fairplex which should be expanded to include permaculture. We should create a local food preservation infrastructure so that we can freeze, can and dry the foods we grow for winter consumption. You can't eat locally if you don't put something away for the winter!
- Encourage the use of existing farmland through education

programs at local schools and through “farm conservancy,” where student farmers are matched up with older farm owners without children who want to farm. Imagine the results if we defined “Eco-Settlements” as a means to increase the vitality of farmland. Get young and old people living together on the land with the goal to make them self-sufficient, growing food as well as nursery stock.

- It can be observed that Oregon's land use laws protecting farmland from development are not increasing the number of actual farms, instead they often produce lots of fallow land, because no one wants to, or can afford to, farm it. As older farmers retire we don't have new farmers who are able to step in and continue farming. In the next 10 years, half of the current farmers will retire, raising the question: Who fills the farmer gap? The Extension Service's Growing Farms program offers a practical answer: start creat-

ing a new generation of farmers. See [smallfarms.oregonstate.edu/growing-farms-workshop-series](http://smallfarms.oregonstate.edu/growing-farms-workshop-series).

- And last but not least, contribute to the control of the birth rate through an expanded network of county health clinics. We invite you to take our survey at [surveymonkey.com/s/PSLVGPP](http://surveymonkey.com/s/PSLVGPP) and attend future CPO meetings, where the discussion will continue. We intend to present our findings to the Board of Commissioners in 2011.

We can't expect all the leadership in these areas to come from government. Many of the steps necessary to move toward sustainability have entrenched opposition in the business community, so leadership needs to come from us, the people, so that our politicians can follow!

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# Pediatric Urgent Care celebrates its first anniversary

For parents whose children need medical attention outside the hours of their regular doctor, Pediatric Urgent Care opened in November of 2009, during the crescendo of the H1N1 epidemic. The business was founded by Dr. Paul Thomas. Seeing the tents that were being erected in the parking lot of the hospital to hold the overflow of patients, Dr Thomas

realized that for many children, the emergency room was not an inviting environment. There were patients there of all ages, some for relatively minor things, and some for more serious issues. But the triage of an emergency room simply meant that those with respiratory infections would be the last to be treated. Dr Thomas knew that this was a miserable situation for young children. That is when he came up with the idea for Pediatric Urgent Care. His regular daytime practice closed at

regular business hours, and then sat empty until the following mornings. Why not use the existing office to offer help to those that needed it?

Assembling a team of key support staff, Dr Thomas launched the idea of an after-hours clinic that would be open 365 days a year, including holidays. The clinic would be staffed by pediatricians, and see patients from newborn through 21. No appointments would be necessary because of its "urgent" designation; walk-in patients only. Within a few short weeks, Pediatric Urgent Care was able to open its doors.

That was just over a year ago, and Pediatric Urgent Care is still moving ahead. They continue to get patients in the clinic every night. The hours of the clinic are ideal for working parents, 7-10 pm Monday through Friday, and 1-9 pm on weekends and holidays. So many times our little ones seem to come down with a bug after



dinner, just between bath and bedtime. Pediatric Urgent Care is there for those times, offering help when the regular doctor's office is closed.

With onsite lab equipment, and full communication with patients' PCPs, Pediatric Urgent Care fills an important need and brings peace of mind and better care to families.

If it's urgent, take them to Pediatric Urgent Care, located at 11790 SW Barnes Rd., Suite 140. For more information, visit [pediatricurgent-careonline.com/](http://pediatricurgent-careonline.com/) or call 503-597-KIDS.

## A City By Choice

By Lori Waldo

A City By Choice is a grassroots organization made up of neighbors and business owners who live and work north of Highway 26. We are focused on providing you with the information you deserve in order to make an educated choice for the future structure and governance of your community. The first step is to learn what you like and dislike about your current services and which services you feel are lacking in order to build a sustainable, livable community.

All residents who live north of Highway 26 (from Cedar Mill to

Rock Creek) are invited to take a survey found on the home page of our website, [www.citybychoice.org](http://www.citybychoice.org). The survey is open for input through December 31st and takes about 15 minutes to complete. The results of the survey and discussion points from community forums will establish the scope of a feasibility study designed to compare costs of the three possible future governance options; create a new city, annex to Beaverton, or sign up to a newly-formed county service district.

The next community forum is scheduled for December 6th at 15220 NW Laidlaw, Suite 200 (above Huntington Learning Center behind the Bethany Village Shopping Center) from 6-8 pm wherein a recap of survey results, to date, will be reviewed and discussed.

Take the survey and attend the December 6th forum to provide your views, concerns, questions.

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*Business News, continued from page 2*  
 one who is feeling overwhelmed or stressed by the items already in their homes? NW Organizing Solutions ([www.nworganizingolutions.com](http://www.nworganizingolutions.com)) offers gift certificates to enable your gift recipient to better enjoy the things they already have. Our organizer, Beth Giles, helps to restore order and bring peace of mind back into homes by organizing their space. Is it an office that isn't functioning well, a garage that can't fit the car in, or the toy room that feels like it has gotten out of control?

Whatever area it is, the best gift you could give is help organizing it all. NW Organizing Solutions organizes both large and small areas, whether it is a whole house or an individual room. Show your thoughtfulness and don't give just one more gift. Give a gift especially designed for them, which will help them enjoy all the others and won't take up any of their precious space. For more information and to get your gift certificate, contact Beth at 503-709-0791 or [beth@nworganizingolutions.com](mailto:beth@nworganizingolutions.com).

### Holiday shipping dates

With only 20 shipping days between Thanksgiving and Christmas, good timing is critical. The UPS Store® at 10940 SW Barnes Rd. advises customers that Mondays are typically the busiest shipping days, and Dec. 13-17 is expected to be the busiest week of the year.

"Despite our best intentions, many of us still find ourselves scurrying around at the last minute. But procrastinators need not fear," said The UPS Store franchisee Tim Kimble. "You can ship as late as Dec. 23 for delivery on Dec. 24. Of course, shipping early provides more affordable options."

Most ground packages require five days or less to reach their destination, but if you're shipping coast-to-coast, it may take longer. Bad

weather can also create unexpected delays. If you wait until the week of Christmas, you'll have to select a premium service for delivery on Friday, Dec. 24:

Tuesday, Dec. 21 – Ship UPS 3 Day Select®; Wednesday, Dec. 22 – Ship UPS 2nd Day Air®; Thursday, Dec. 23 – Ship UPS Next Day Air®

If you are shipping internationally or to military personnel overseas, The UPS Store can advise you on the best shipping date to ensure on-time delivery. "In addition to taking more time, shipping internationally or to military personnel often includes certain restrictions as well as customs and duty charges," Tim Kimble said. "We can help customers avoid any surprise charges or unexpected delays." The U.S. Postal Service says packages to troops in Iraq and Afghanistan should be mailed by Dec. 4 in order to arrive in time for Christmas; mail going to other military overseas APO/FPO locations needs to be sent by Dec. 19.

The UPS Store is located at Peterkort Towne Square, 10940 SW Barnes Rd. and has convenient extended hours. For additional information, visit our website at [theupsstorelocal.com/3379](http://theupsstorelocal.com/3379) or call

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### New groomer at Sunset Animal Clinic

Please welcome Jen Dixon, our new pet groomer, to Sunset Animal Clinic. She has 12 years of professional experience in dog and cat grooming. Jen is available Monday thru Friday. Please stop by and tour the facility, and meet Jen for a grooming consultation. She will be happy to meet you and your pets' needs. The holidays are upon us, call us today to make an appointment: 503-690-8249. Please



check out our website: [www.sunsetanimal.com](http://www.sunsetanimal.com) for more information. Sunset Animal Clinic is located in the Oak Hills Shopping Center just east of the Sunset Highway overpass on Cornell.

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### Library News

#### Santa Visits Second Edition

Bring your children and grandchildren to Second Edition for a visit with Santa. Saturday, Dec. 11 from 2-4 pm. Free. Children will get a chance to sit on Santa's lap and receive a small gift, while they last. Bring a camera if you like, to capture the moment!

#### Dollhouse Raffle

Have a child who would love a dollhouse? We are having a Dollhouse Raffle. Hand crafted by Willie Carlascio. \$2/ticket or 3 for \$5. Santa will draw the winning name on Saturday, Dec. 11, 3:30 pm.



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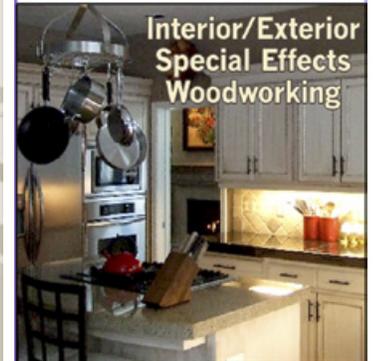
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Miller Paint, continued from page 1

Miller has been one of the leaders in developing environmental- and people-friendly paint. Volatile organic compounds, or VOCs, are the fumes that paint gives off during and after painting. One of their lines, Acropure, is Green Seal Certified as a low odor, Ultra-Low-VOC, environmentally responsible interior acrylic finish. Another line, the Devine series, incorporates a designer palette along with a texture that is very easy to apply, and they recently introduced Devinegreen, the low VOC version of Devine.

In addition, they provide information on their website (miller-paint.com) and through their staff to help architects and designers qualify for LEED certification for their projects. Saunders says,

“Miller has been pushing the green side of the envelope long before it came to be trendy. We believe in making good products, and that naturally led to lower VOC’s, lower-odor products, and longer-lasting products as paint technology has improved.”

Their commitment to the environment extends to their manufacturing processes. Many of their paints contain high proportions of locally-sourced raw materials. They participate in both PGE’s Green Power and NW Natural’s Smart Energy programs, and practice in-store energy conservation and recycling. Coats mentioned that he’s getting ready to install solar panels on the building that will help power the store.

They also participate in the Metro Paint program, both as a sales and collection point. Unused paint can be dropped off at the store, where Metro picks it up for blending and repackaging. Then the Metro Paint is made available for sale at Miller.

“The colors can be a little unpredictable,” says Coats, “and we can’t always get the ones you might want. But if you find what you need, it’s usually about half the regular price and it is good quality paint.”

In addition to interior and exterior paint, Miller carries a complete stock of, “everything you need to get your job done,” from ladders to rags, rollers to safety equipment. They carry additional lines of products to round out their offering. Saunders says, “In many cases, the non-Miller products are of a type that are very specialized, and require special-

ized technologies and raw materials to create that we simply don’t have the capacity for.” These products range from concrete stain—Pars Market used it to color their floors—to the products for faux finishes that have become so popular.

They rent sprayers, pressure washers, and wallpaper steamers. They also carry window coverings and a broad selection of wallpapers that range from \$20-\$200 per roll. Most of the wallpapers are special-order including a line that must be shipped from England!

**Miller Paint history**

Ernest Miller was a German born scenic artist and house painter who moved to Oregon in 1885. He was unhappy with the paints that were available.

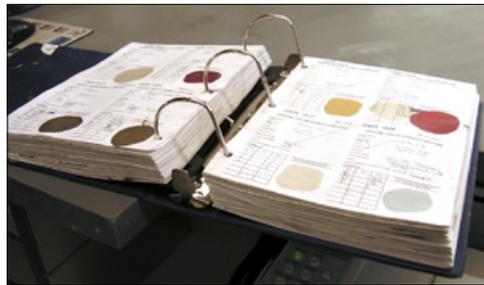


*The pivot point of the Color Is system places the brightest and most chromatic colors at the center of the display. As you work your way outward, colors become more muted. The bottom level is reserved for the neutrals versions of all of these families with warm on the left and cool on the right.*

Oregon for two complete generations. In World War I two of the Miller sons left to join the military. Walt Miller, Ernest’s youngest son who had quit high school in 1916 to work at the company, became the company manager, a position that he maintained until his death in 1990.

The original store in downtown Portland was moved to the Grand Avenue location in 1926, which was built to house the new paint store, the manufacturing facility, and the corporate offices. That store plus a store in Seattle and one in Beaverton comprised the sales locations until the ‘70s when the company expanded into additional locations in Seattle, Beaverton, and Vancouver.

The manufacturing side of the business grew as well, with two plant relocations in 1933 and 1955. The current Whitaker Way facility was begun in 1975, with manufacturing starting in 1978 and the contrac-



*Every time you take home custom-colored paint, an entry is made in this notebook, so it can be matched later with confidence*

At that time paint had to be shipped “around the horn” from the east coast, and the quality did not stand up to the demands of our Northwest weather. In 1890 he purchased a stone mill and began manufacturing his own paints. His products were of such good quality that other paint

contractors came to him to ask if they could use “Ernest Miller Paint” and the Miller Paint Company was born.

Ernest Miller and his three sons owned and operated Miller Paint Company in Portland,



*(L to R) Ernest Miller Jr., Herbert Miller Sr., and Walter Miller, Grand Avenue store, Portland, 1926.*

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corporate offices moving from the Grand Avenue location in 1995.

Additional Oregon store expansion in the 80's and through the mid-90's continued into Gresham, Salem, Corvallis, Tualatin, Oregon City, Eugene, and into Burien, Washington in 1995. After a five-year pause, store expansion began again in the year 2000 with the completion and opening of their 14th store in Salmon Creek, Washington. The Murray store, located in a building just north of Cornell that used to be Joe Smith's Grocery Store and Butcher Shop, was opened in 1998.

The company has grown to include 35 stores throughout the northwest and more than 250 employee-owners. It was Walt Miller's dream that the company remain independent and that it remain an employee-owned company. In 1999 the employees of Miller Paint purchased the outstanding shares of stock and created an Employee Stock Ownership Program (ESOP).

After about six months with the company, employees get a certain percentage of their salary in stock for their retirement. Dan Saunders says, "this has worked very well for us. The sense of ownership and pride that goes along with being an employee-owner drives our employees to do their best every day."

The Murray store just recently joined the Cedar Mill Business Association. Coats says when they were approached by a CMBA member, "we jumped at the chance to associate more closely with our fellow merchants in the Cedar Mill area. Miller Paint, being a regional company originating in Portland, is just a small business that made it. We focus heavily on staying involved in the community that is so instrumental to our success." They offer a discount to all CMBA member businesses and their employees, equal to the lowest tier of professional discount. They started carrying the Cedar Mill News on the counter, and it has proven to be very popular with customers as they wait the two-to-seven minutes while their paints are mixed.

The Murray store is open daily; Monday-Saturday from 7 am to 6 pm, and Sunday 11 am to 4 pm. It is located at 1040 NW Murray Rd., just north of the intersection of Murray and Cornell. The phone number is 503-574-4411. The company website is [millerpaint.com](http://millerpaint.com)

## Cedar Mill Business Association 2010 Members

- |  |   |  |
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| <p>ACN<br/>                 American Family Insurance-Cornell<br/>                 Aesthetic Smiles<br/>                 Bales Findley LLC<br/>                 Bales Marketplace Cedar Mill<br/>                 Banner Bank, Cedar Hills<br/>                 Beaverton Valley Times<br/>                 Beighley &amp; Associates, Inc.<br/>                 Brentwood Accounting, LLC<br/>                 Kay Bridges, Wellness Consultant<br/>                 Burnt Ends BBQ<br/>                 Cedar Financial Advisors, LLC<br/>                 Cedar Mill Acupuncture Clinic<br/>                 Cedar Mill Bible Church<br/>                 Cedar Mill Chiropractic Clinic<br/>                 Cedar Mill Communications<br/>                 Cedar Mill Community Library/<br/>                 Second Edition Resale Shop<br/>                 Cedar Mill Farmers' Market<br/>                 Cedar Mill Home Theater<br/>                 Cedar Mill Liquor<br/>                 Cedar Mill Lumber<br/>                 Cedar Mill Realty<br/>                 Cedar Mill Veterinary Hospital<br/>                 Chickadee Montessori LLC<br/>                 Christ United Methodist Church<br/>                 Clark Wealth Management<br/>                 Cornell Eyecare Group<br/>                 Cornell Family Dental<br/>                 Cornell Family Medicine<br/>                 Cornell Farm Inc.<br/>                 Costco Aloha store<br/>                 Dinithanian Farm Market/YourCSA.com<br/>                 Du Fresne's Auto Service<br/>                 Edward Jones - Steve Lovs<br/>                 Electronics Unlimited, LLC<br/>                 Geiger Marketing Solutions</p> | <p>The Gelato and Yogurt Lounge<br/>                 Giftique Gift Baskets<br/>                 Gretchen Eyth, Yoga Instructor<br/>                 Hoffmann Academy of Music<br/>                 Impact Sign Company<br/>                 Integrative Pediatrics/<br/>                 Pediatric Urgent Care<br/>                 Irrigation Management Systems<br/>                 Mike Irinaga Insurance<br/>                 Jen's Small Business Solutions<br/>                 John L. Scott Real Estate,<br/>                 Gary Whiting CRB<br/>                 Justron &amp; Associates, P.C.<br/>                 Justus Orthodontics<br/>                 Kentco Paintco<br/>                 Lee Davies Real Estate LLC<br/>                 Leedy Grange<br/>                 Les Couleurs De Provence<br/>                 Karen Lewis -- Prepaid Legal Services<br/>                 Marilyn Mays-Keller-Williams<br/>                 Mikes Auto Parts<br/>                 Miller Paint Company<br/>                 Mountain Man Nut &amp; Fruit Co.<br/>                 Mr. James Hairstyling<br/>                 NW Organizing Solutions<br/>                 OregonLive.com<br/>                 Oregon College of Art &amp; Craft<br/>                 Painted Frog Studio<br/>                 Pars International Market<br/>                 Peninsula Insurance Inc.<br/>                 Peregrin Financial Technologies<br/>                 Pet Barn<br/>                 Piggyback Plus, Inc.<br/>                 Points of Tranquility Acupuncture and Oriental<br/>                 Medicine<br/>                 Poppa's Haven, LLC<br/>                 The Quilted Castle</p> | <p>Right at Home<br/>                 Rock Creek Country Club<br/>                 Rosemary's Solutions for Sustainable<br/>                 Wellness<br/>                 Safeway Cedar Mill<br/>                 Salar's Mediterranean Grill<br/>                 Sandy Sahagian Portraiture<br/>                 Santosha Yoga<br/>                 Scentsy - Stephanie Roitstein<br/>                 Seven Stars Salon<br/>                 Dean Shade Law<br/>                 St. Pius X Catholic Church<br/>                 State Farm Insurance, Bob Stirling<br/>                 Sultanov Russian Ballet Academy<br/>                 Sunset Animal Clinic<br/>                 Sunset Athletic Club<br/>                 Sunset Foot Clinic<br/>                 Sunset High School<br/>                 Sunset Medical Practice Group<br/>                 Sunset Presbyterian Church<br/>                 Sunset Science Park Credit Union<br/>                 Sunset Tire Factory<br/>                 Tap the Joy, LLC<br/>                 Team Web<br/>                 Tesla Electric Company<br/>                 Thai Lily Restaurant<br/>                 Tilly's Gelato and More<br/>                 Tutor Doctor<br/>                 U. S. Bank<br/>                 The UPS Store<br/>                 Village Gallery of Arts<br/>                 Virtues Project Consulting<br/>                 Walker Garbage Service<br/>                 Wallnutz Wall Murals<br/>                 Westside Music School<br/>                 Norman White Real Estate<br/>                 World of Smiles, Pediatric Dentistry</p> |
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