



Cedar Mill News

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June 2010

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Community Gardens grow in Bonny Slope

by Bruce Bartlett and Virginia Bruce

Locally-grown food and community gardens are a hot topic around the country, bringing together people from a wide variety of interests—health, environment, social justice, food security—as well as those who simply find locally-sourced food an appealing idea and an aesthetic pleasure.

Close to home, an amazing adventure in community agriculture is unfolding in Bonny Slope. This neighborhood northeast of downtown Cedar Mill consists of a mix of two-acre lots with smaller, older houses, and five-to-seven-houses-per-acre developments of mostly large homes on small lots.

The Bonny Slope Community Garden Network evolved over the last several years, beginning when Ellen & Paul Saunders decided to clear the half acre of weeds in their backyard. In 2008, Ellen's brother Mark Hall—who designs and builds chicken coops (creativecoops.com)—came up from California to help out and build a shelter with a cob bench. He contacted Michael Cook of City Repair (cityrepair.org) who agreed to help with cobbing the bench. A team of workers, including volunteers, friends, and kids from a local Montessori School helped Mark, Michael and the Saunders build the cob bench under the shelter that Mark built.

Cook and the Saunders discussed the idea of creating a neighborhood garden on the site and perhaps planting a community pumpkin patch. In 2009, Cook returned with a handful of City Repair interns to do some more work on the bench. By this time he had met Amanda Tripp, an Americorps member working as the Resource Conservation Outreach Coordinator for the Beaverton School District. Her main interest is community-building, and she saw this effort as a way to put her ideals into practice as her Community Action Project. Cook introduced Amanda to the Saunders

Continued on page 8

Next Meeting

Cedar Mill Business Association

Tuesday, June 8, 11:45 am

Place: Leedy Grange Hall, 835 NW Saltzman

Topic: Defining Your Personal Brand: Taking Charge of How Customers Perceive You

Speaker: Tim Kober, Cedar Financial Advisors

FREE pizza, bring your own beverage

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

Husen Park gets new facilities, and Jordan Park trail planning is progressing

by Virginia Bruce

The Tualatin Hills Park & Recreation District's long-awaited improvements to Jackie Husen Park will get underway this month. The small neighborhood park, located on Reeves Street just east of 113th, will include a large, open, grassy area, a picnic shelter, and a playground.

Zink Studio helped refine THPRD's master plan for the park, and Northwest Earthmovers Inc. was awarded the contract for construction in May. This is the same company that is the lead contractor on the nearby Saltzman Road Project. THPRD Director of Communications Bob Wayt says, "The district is looking forward to working with NEI in producing an exceptional neighborhood park in the Cedar Mill area."

Construction preparatory work is scheduled to begin June 9 with the erection of fencing for erosion control and tree protection. The park will be closed from June 14 until this fall (approximately 14 weeks, depending on weather) when the work will be completed, around the end of September. The county has required that a half-street improvement, with on-street parking, be included in the project. An additional 18 parking spaces will be part of the park development.

The park totals 4.88 acres, with

less than half included in the current development. The remaining land slopes down to Cedar Mill Creek and has a dense forest



canopy. A portion of the forested area will be enhanced and restored by the removal of invasive species and replanting with native shrubs and trees. The forested area is an ongoing enhancement and restoration project of the district's Natural Resources Department.

The approved master plan for Jackie Husen Park included an open grassy field that would be graded fairly level to provide for a variety of field games and other open space activities. With the purchase of the

one-acre property to the east of the existing park, a larger open area was possible, and due to the high demand in the northeast quadrant of the district for soccer fields, THPRD determined this would be appropriate for a practice soccer field. A fully-developed field for practices and games would not fit into this low-traffic, quiet neighborhood, nor would the required grading for such a field be acceptable for this site. The field area will be scheduled for practices only with

Continued on page 7

Cedar Mill Business Association Member News

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

Dinihanian's Farm Market opens

If you run out of fresh produce from the Farmers' Market, or just didn't make it by on a Saturday, you can still eat farm-fresh local produce by stopping at Dinihanian's Farm Market on Cornell just east of the Sunset overpass. They also have local free-range eggs.

The Dinihanian family grows many varieties of veggies on their own plot, and has also arranged with farmers throughout the area to bring a wonderful variety of fresh fruits and veggies to Cedar Mill. Much of the produce goes to supply the members of their Community Supported Agriculture (CSA) program, but there's still a lot for sale every day (10 am - 6 pm) at the Farm Store.

Members of the CSA pay at the beginning of the season for a full or half box of produce weekly for 18 weeks from June through September. If you're interested in finding out more about the CSA, visit their website for details: www.YOURCSA.com. Or just stop in and talk to them at the Farm Market, 15005 NW Cornell.

Veggies for all!

The Cedar Mill Farmer's Market (CMFM) will soon be accepting SNAP cards (formerly Oregon Trail, or food stamps) as payment for food. This program is provided with the assistance of the Oregon Farmers' Market Association (oregonfarmersmarkets.org).

Market coordinator Dina Gross says that the system should be up and running by the last market in

June, if not sooner. The procedure will be similar to those already in place at other area markets—customers will be able to use Electronic Benefit Transfer (EBT) cards at the CMFM booth in exchange for \$1 tokens. The tokens can be exchanged for fruits, vegetables, and starts of edible plants but not prepared foods.

US Bank offers reward Burnt Ends wins again!

The Cedar Mill Branch of US Bank is offering rewards for referrals! If you refer a friend, family member, or employee to the Cedar Mill Branch to open a checking account, both of you will receive a \$5 gift card of your choice as a thank you. Please call the Cedar Mill Branch at: (503)643-8365 or stop by for details.

Cheryl Jerome retires from Bales Post Office

After 11 ½ years at the Bales Thriftway Post Office, Cheryl Jerome will retire to do some traveling with her husband to visit families in North Dakota and Minnesota, and then begin to tackle a lot of projects around her Cedar Mill-area home, and "just enjoy life."

She started working as a clerk in 1998, and became Manager in 2002. She's made a lot of friends along the way, and she says she'll miss seeing people, but will continue to shop at the store as she's been doing for over 30 years. "It's been a great experience," she says. "It's a wonderful community here, but I'll be glad not to have the responsibilities that go with the job."

Thanks for your conscientious service, Cheryl, we'll miss you too!

Impact Sign Co. is moving!

On July 1, Impact Sign Co. will be moved into our NEW space, still right off Sunset Highway and even easier to find. The new space has more (and safer) parking, is DOUBLE the size and we will have a bay to do all-weather vehicle

installations.

They will still be Cedar Mill's sign company, just a little way down the road at 23602 NW Clara Lane, Hillsboro, OR 97124, in the Sunset Highway Business Park @ Helvetia Rd. & Hwy 26 - Exit 61.

They're keeping their phone number—503-439-8347. Visit them on the web at impactsign.com

Burnt Ends BBQ competed in the Pacific Northwest BBQ Championships on May 22-23 in Bellevue, WA. The highlight of a very cold and rainy weekend was winning the first place prize for the extra category; Mystery Meat. The meat (which turned out to be Tri-Tip) was provided by a sponsor and revealed to all cooks at the same time on Saturday.

Our next event will be the Pacific Northwest BBQ Championships at the Rose Festival. We invite all of our BBQ friends to come and see us. We will be vending our BBQ from June 2-6 from 11 AM to 11 PM in Waterfront Park as well as competing in the contest on Saturday and Sunday. [After that we assume they'll be collapsing for a while...]

For more information about their catering business and their summer plans, visit them on the web at burntendsbbq.blogspot.com, or call (503) 641-6680 or email John Roberts at burntendsbbq@msn.com

Cedar Mill Vet retains accreditation

Cedar Mill Veterinary Hospital just once again passed the American Animal Hospital Association (AAHA) accreditation process. Only 15% of veterinary hospitals

pass the rigorous assessment to become AAHA members.

AAHA, along with a group of veterinary experts, developed the AAHA Standards of Accreditation as benchmarks of excellence.

Cedar Mill Veterinary Hospital is located at the corner of Cornell and Old Barnes Rd., cedarmillvet.com

cedarmillvet.com

Pars Market is grilling kebabs

Starting June 2, Pars Market will be grilling up fresh kebabs from 11:30-2 pm to eat in their sidewalk café or to take out. Choose from the marinated chicken or seasoned beef kebab sandwich, which includes fresh basil and yogurt-cucumber sauce in pita bread. While you're there, be sure to check out their selection of fresh salads and dips that can round out an easy summer meal.

They're now located right up front at 12923 NW Cornell. Call for more info, or visit them online at www.pars-market.com

Conquering Clutter class offered

Beth Giles, professional organizer with NW Organizing Solutions, will be teaching a class about the many ways to overcome the clutter that so often invades our lives and living spaces. This class will be taking place at OASIS, an educational program for adults age 50 plus who want to continue to grow, learn and be productive. She will also be offering a downsizing class during the month of August. To learn more contact Beth at 503-709-0791, beth@nworganizingolutions.com or sign up at www.oasisnet.org/Cities/PortlandOR/Classes.aspx?classnumber=324.

Hanlon joins Peninsula Insurance

Peninsula Insurance welcomes veteran insurance professional, Kim Hanlon, to its staff. Kim joined Peninsula Insurance on May 1st. She has over 15 years experience in the insurance industry, working for Safeco Insurance and then as an insurance agent since 1997. Kim brings her extensive personal and business insurance experience to the firm. She joins current staff members Debbie Baxter, Kim Thomas, Bob Rosson and Andy Rosson in assisting Peninsula customers with their personal and business insurance needs.

Leedy Grange Flea Market a sellout!

All tables were reserved by a week before the first Flea Market

Continued on page 10

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Copy Editor: John Ramey

Publisher/Editor: Virginia Bruce
503-629-5799

info@cedarmillnews.com

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Sunset students win national scholarships

by Erin Koval, Sunset High School student

Sunset High School spits out National Merit Finalists, opening up endless scholarship opportunities for the dedicated and hard working eight students who were chosen.

The students who were chosen include, Aniq Azim, Cynthia Chang, Brett Field, Casey Gould, Amina Rahman, Nevedha Rajan, Jennifer Shim and Jesse Zhu. Finalists have the opportunity to win one of two scholarships, a Corporate-Sponsored Merit Scholarship award designated for children of employees or members, or, a College-Sponsored Merit Scholarship (winners are chosen by officials of each sponsored college).

"I was fortunate enough to be granted a 2,500 dollar merit scholarship," said senior Jennifer Shim.

Library News and Events

by Dawn Anderson

"Make a Splash, READ @ Your Library This Summer!"

Join in the fun during the library's annual Summer Reading Program for babies, toddlers, preschoolers, school age children and teenagers. Signup begins at both the Cedar Mill and Bethany libraries on Tuesday, June 1.

Every reader and pre-reader who participates will be able to earn some great prizes, including a free paperback book! In addition, during the summer, both libraries are hosting special programs includ-

ing family storytimes, performers, Lego-Rama, plus events and programs just for teens. All programs are free of charge.

For more info, including a list of special programs, visit your library or www.cedarmill.org/library.

Growing New Readers Grant

The Juan Young Trust recently awarded the library a \$5,000 grant to build its collection of early childhood literacy materials. The library will upgrade book and tape kits to CD format, add small books for emergent readers, and replace some classic early readers that have

"This money will greatly help me pay for my college tuition at Princeton University next year."

Every year around 1.5 million students enter the Merit Scholarship competition, making Merit finalists well-rounded and extremely intelligent intellectuals.

"Being a National Merit finalist and being awarded a scholarship greatly helped me on my college resumes because it shows colleges that I am a hard worker," said senior Cynthia Chang. "Being a Merit Scholarship finalist is only a stepping stone in my educational future."

Sunset faculty is extremely proud of having so many National Merit Scholarship finalists from our school, and look forward to future high achievers.

been "loved to death." Most of the materials will be added by the end of the summer, so families with pre-schoolers and early readers will soon see some nice new materials to help develop a love of reading in our community's youngest residents.

Kindergarten Here I Come!

In this workshop parents will learn strategies for fostering your child's school readiness, while focusing on the "whole" child. Leave with the simple tools

and know-how for helping your child make a smooth transition into Kindergarten. Monday, June 21, 6:30-8:30 p.m. at Cedar Mill Library. No registration required.

NEW: Scrapbook Club

Work on your own projects as you socialize and learn from each other. The group is designed for adults and meets the second Sunday of the month, June 13, 2-4 pm in the upstairs meeting room at Cedar Mill Library. Newcomers always welcome. Free.

Genealogy Seminars

Embark on your own "Who



One of our favorite photos from the exhibit is Berry Pickers, c. 1930 from the collection of the Findley family.

Shortcake and Historic Photos at the Grange

Saturday, June 19, noon-3 pm
Leedy Grange Hall,
835 NW Saltzman

Leedy Grange will be hosting the third annual Shortcake Social and Historic Photo Exhibit on Saturday June 19. Take a break from your busy Saturday, or stop by after the Farmers' Market.

Strawberry shortcake will be served in the dining room with luscious local berries, Bob's Red Mill biscuits and real whipped Alpenrose cream—a local food lover's delight! \$3 for a small serving, \$5 large.

Captioned photos from the *Cedar Mill History* book will be on display in the main hall, with many of them enlarged courtesy of Portland Vital Signs, a local company owned by the son of the book's co-author, Nancy Olson.

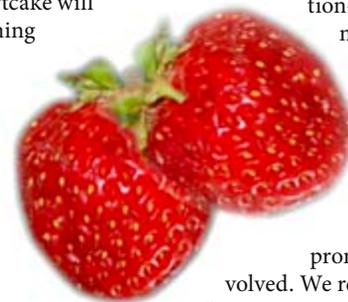
Proceeds from the FUNraiser will go to redecorate the main hall. Built in 1906 by the Modern Woodmen, it was purchased by the Grange in 1913. It was renovated in the 1930s, and has been maintained since then, but the walls and windows need quite a bit of work so they look as good as the refinished floors.

Like Leedy, many Granges around the country have found

themselves surrounded by urban development. There are not many nearby farmers, who made up the traditional Grange membership. Moving into the 21st century, support for sustainability, including the local food movement—farmers' markets, local suppliers, home gardening and food preservation—can be a way to make the Grange relevant again.

If you're interested in sustainability, joining the Grange can be a way to learn more, help promote it, and get involved. We recently offered the "Menu for the Future" class from Northwest Earth Institute, and will be offering more opportunities to learn about actions you can take to move us toward sustainability.

Leedy Grange holds a regular monthly meeting on the second Saturday of each month, starting with a noon potluck that is open to anyone. More information about Leedy Grange and the Grange organization will be available at the event, and on our website leedygrange.org. Volunteers are needed to help prepare and serve shortcakes, if you have a little time to spare. Email Virginia Bruce with any questions: vrb@teamweb.com or call 503-803-1813.



Do You Think You Are?" journey. Michele Fricke will teach a three-part series on starting your own family research. Topics will include: how to get started, census work, understand the Ancestry.com database, what to do after gathering the initial information, effective use of library databases and collections, how to creatively search the web for genealogy related records, and where to find interesting resources to illustrate family stories.

Cedar Mill Library, upstairs

community room, June 10, 17, and 24, 6-7:30 pm. Free. Designed for adults, age 16 and older. No registration required.

Bonamici coffee

State Senator Suzanne Bonamici will meet with constituents to discuss issues in the current legislative session on Tuesday, June 15th, from 7-8 pm at New Seasons Cedar Hills Crossing, which is located at 3495 Cedar Hills Blvd. in Beaverton.

The Nature of Cedar Mill

The Pleasures of really seeing...

by Laurretta Young

Last week I took a bird tour group out on a tour in my own back yard in Cedar Mill. This was one of the tours I had donated to a local school auction and the buyers had mobility issues so wanted to sit AND see backyard birds. Since spring is typically "very birdy," I invited them to sit with me. One of the group members was very focused on getting his "list" topped off with a certain number of birds, especially ones he had not seen before. It is always a treasure hunt in the spring when migrants come passing through and it is very exciting to find a new bird and have a long and satisfying list after two hours.

And yet...

What we noted as we sat—and I encouraged the group to listen AS WELL as look—is that the many

types of calls and songs are missed in the "birding by list" method of doing this activity. We distinguished between the "oh dear me" (in minor key) of the golden crowned sparrows, the "whinny" of the robin, the "wickedly wicked" call of the common yellowthroat, and the staccato calls of the marsh wrens. By the end of the tour they were competently able to pick out several common calls from the about 40 birds we did see in two hours. Mostly they were amazed

at how rich it was to listen as well as see.

Finally I encouraged them to WATCH the birds not just check them off as identified. What was that bird doing—in taking the time to watch and sit we discovered some fascinating things that would have been missed if we only marked that "yes we saw a northern flicker" and moved on.

The flicker in fact had a snail from the garden it was smashing on a rock to get to the meat. The red winged blackbirds were gathering old dry grass and flying off to weave it into a camouflaged nest we would never have seen if we hadn't visually followed her to her nest site. The scrub jays squawked loudly and if we hadn't been alert we would not have seen the very stealthy Cooper's hawk that landed in the dense foliage

of the cherry tree—but the jay sure told us if we looked. Cooper's hawks hunt other birds so the alarm call would have just been "noise"

if we hadn't been watching instead of marking off our list of identified species.

Sitting and noticing bring such depth and texture to the experience of being outdoors. We wonder—why is that bird doing that? Or what would be the reason those birds are over there? If we explore our world, we feed our sense of wonder and curiosity, which is good for our brains and good for the planet and very fun as a "side effect." Have fun

sitting and seeing what you can see in your own back yard!

Laurretta Young is a retired physician who now teaches community health at PSU and management for healthcare at OHSU and leads private customized bird tours in Cedar Mill and the metro area—check out her web site for more pictures and blogs at www.portlandbirdwatching.com



Milltown Soccer Club will be hosting a trip to a Timbers soccer game on July 11th. Parents and kids have a blast attending games as a group, and it's a wonderful learning experience as well as great fun. Mason Cerutti shows his support for the home team at a recent game. Email info@milltownsoccer.org or call 503-278-7227 for information about joining the Club.



A Marsh wren straddles some reeds in a Cedar Mill back yard. Photo by Jeff Young

Local election results

In Washington County, 37.51% of the 98,289 voters cast ballots in the May primary election. Let's hope more people turn out in November for these important county positions. For County Commission Chair, an at-large position, Andy Duyck won 54% of the vote to defeat Dick Schouten, who polled nearly 39%. Because Duyck gained more than 50% of the vote in the primary, there will be no runoff in the fall.

In the District 2 Commissioner race, with an all-new slate of candidates, Mike Niehuser got 43.98% and Greg Malinowski had 32.27%, so there will be a runoff for that position. The other two candidates got less than 15% each.

In the race for County Auditor, John Hutzler defeated Kim Johnsen,

with 55% of the vote. Kathryn Harrington will continue as our Metro Councilor, defeating John Verbeek with 69% of the vote. Full election results are posted on the County website: www.co.washington.or.us/AssessmentTaxation/Elections/CurrentElection/current-election-results.cfm

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One bike/pedestrian easement will close, another will be improved

When the alignment of Saltzman Road was changed back in 1990, the road that connected it into the Terra Linda neighborhood was closed (vacated). Back then, connectivity wasn't as important an issue, and Terra Linda resi-

as an important ped/bike connection to the shopping area and parts southwest for many area residents. Later, two small easements (Saltzman Court, and Abby Court) were created when new development south of Saltzman occurred. Recently, the homeowners adjacent to the older easement requested a "vacation" by the county, so that the property would become private.



The old easement has attracted graffiti for years. The newer pedestrian/bicycle easement is about 100' down the road, and will be widened as part of the Saltzman project.

CPO 1's Connecting Neighborhoods subcommittee was alerted to the action by County Planning Commissioner Mary Manseau, who just happened to be at a Board of County Commissioners (BCC) work session when it came up.

The subcommittee wrote to the BCC protesting the vacation, but at their May 25 meeting, the BCC approved the vacation. Out-of-direction travel is always a concern, but the BCC felt that the additional 200 feet or so of extra distance would not prove too much of an obstacle.

Due in part to the interest in this route from the community,

however, the BCC pledged to do further improvements to the Abby Court opening as part of the Saltzman project. The opening will be widened and additional signage will be provided, and hopefully a bit of grading will eliminate the humps between the new road grade and the sidewalk on Abby Court.

Manseau said of the Connecting Neighborhoods letter, "Without a doubt, these improvements would not be occurring if it had not been for the efforts you put out in identifying the existing deficiencies of the 'like accesses.'"

TriMet adds stop to Line 50

To better serve Forest Heights residents and others in the area, TriMet has added a bus stop at Harding Court and McDaniel Rd.

TriMet Community Affairs Specialist Michelle Wyffels said, "When we originally sited stops along this line we evaluated this location. Operations was concerned that a bus might be rear-ended by the fast moving traffic at this location. However, with the recent construction it appears that conditions have changed."

The new bus stop sign should be in place by now. Cedar Mill residents are encouraged to explore the option of using Line 50 to get to the Sunset Transit Center. Schedule and route information is on the TriMet website at trimet.org

Take It Or Leave It Day

By Becky Lovejoy, Terra Linda Neighborhood

A clump of iris, an old wheelbarrow, and a dusty bookshelf sit at the end of the driveway. Across the street is a bird house, half a box of floor tile, and a stack of paperbacks. Neighbors wander the streets and pick up treasures, meet their neighbors, and share their own excess items. *Take It Or Leave It Day* strikes again!

Modeled after a Japanese custom of leaving old appliances and furniture out for the taking, *Take It Or Leave It Day* is a great way to promote walking and socializing in the neighborhood, gives you incentive to clean out that crowded garage or disorganized basement, and keeps useful items out of the landfill. The Terra Linda neighborhood holds its third annual *Take It Or Leave It Day* this year and hopes to top the 43 households that participated last summer.

How about you? Start an annual tradition in your own apartment building, cul-de-sac, or entire neighborhood. Just pick a date, advertise with flyers or e-mails sent to your neighbors, and watch the fun. It's spring cleaning and Christmas rolled into one, a day where everybody wins. Who knows who might want your old computer, that extra zucchini or some scrap lumber? Commit to sustainability, create friendlier neighborhoods, and clean out a junk pile or two. Schedule your *Take It Or Leave It Day* for an event that takes little effort but reaps big rewards!

Congrats Grads!

by Erin Koval, Sunset High

Seniors at Sunset High School look forward to graduation on June 10th, at 7:30 pm at the University of Portland's Chiles Center. Graduation tickets can be purchased at Sunset High School's front office, but are limited and going fast.

Also, don't freak out if the music is still bumping at Sunset until two in the morning because after graduation Sunset will be throwing their famous graduation party at the school.

On June 17th all Sunset students will be released from school at 11:15 to enjoy a nice long and hopefully relaxing summer until school starts up again in the fall.

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New Member Spotlight

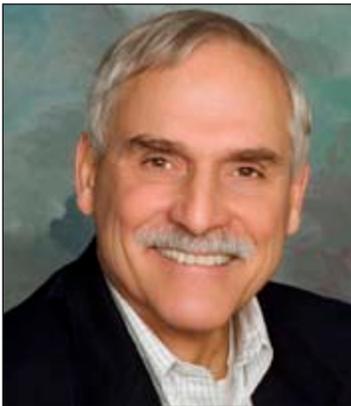
by Megan Bruce

Gary Whiting, John L. Scott Real Estate.

Gary Whiting has been working in real estate in Cedar Mill for 37 years, ever since receiving his license in 1973. He moved to the Ironwood area of Cedar Mill 20 years ago, so he certainly knows the area.

Gary served in the Navy for two tours on riverboats in Vietnam, and spent two years on a five-man dive team. After returning to the states he began work at Stan Wiley Company in the 1970's, then moved on to Professionals 100. John L. Scott, a family-owned company, bought them out and Gary feels that he has only really worked for two companies throughout his real estate career.

He specializes in residential real estate, and publishes an informative newsletter for his clients and



business associates. He earned the "CRB" (Certified Residential Broker) designation in 1993 and is a life member of the Million Dollar Club. In addition to helping buyers and sellers, he's experienced in issues like easements and other real-estate related concerns.

Gary thinks the Cedar Mill Business Association has brought a great community benefit to all of us, bringing together not a town or city but a community. It is a community he hopes to be a part of for a long time. Contact him at garywhi@johnlscott.com, or visit his website: www.johnlscott.com/garywhi

Dean H. Shade
Attorney at Law
 503-644-5539
 13765 NW Cornell
dshadelaw@earthlink.net

Right at Home

Right at Home, a national franchise with a local office on Cornell in Cedar Mill, can help you care for your loved one by offering comfort and security while providing you with respite care. "We work with you to develop a personalized care plan tailored to fit your family's needs. Our caregivers assist with the daily activities such as light



housework, laundry, meal preparation, local transportation, medication reminders, shopping and errands, socializing and more. We will develop a personalized plan of care for each client, delivered wherever our client calls home," says Jacob Munoz, one of the owners of the local franchise.

Right at Home is a leading provider of non-medical, private pay, supportive in-home care services. Right at Home has over 175 offices throughout the United States and has been providing quality home care since 1995. Every caregiver is carefully screened, trained, bonded and insured, and must pass a competency exam and extensive background checks prior to employment.

Our caregivers are located throughout the Greater Portland Tri-counties area. The Cedar Mill office is located at 12847 NW Cornell Rd. They can be reached at 503-574-3674 or email rightathome@rahcares.com.

Heather Roberts recently joined the company to help with outreach. When she discovered CMBA she prompted them to join. She looks forward to meeting more of the business community at monthly meetings.

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

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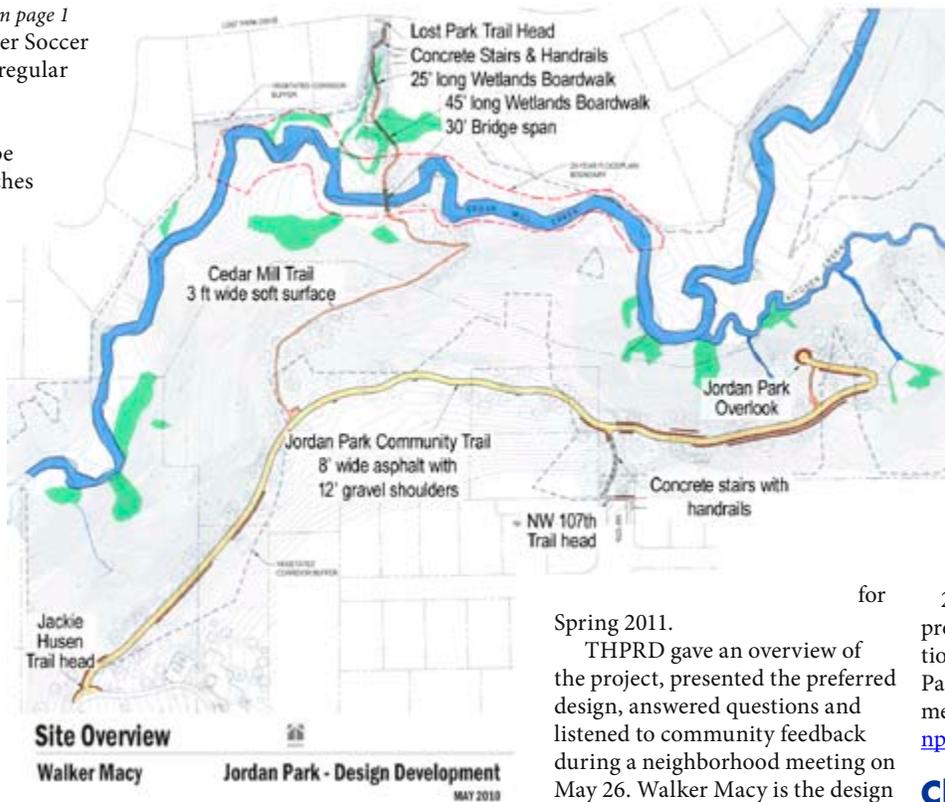
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Parks, continued from page 1 the local Milltown Soccer Club during their regular seasons.

A number of mature trees will be retained, and benches and picnic tables will encourage social gatherings throughout the park. A modern play area will be provided that will include ample seating for easy viewing of the children playing.

Adjacent to the play area will be a 20' x 28' picnic shelter that will hold six picnic tables. It will offer a shade in summer and rain cover during wetter times of the year, which will make the park perfect for families and groups who want to reserve an outdoor space with THPRD for gatherings in our unpredictable weather. A water fountain, barbecue and electrical outlet will be located within the picnic shelter area.

Jackie Husen Park is a Metro Local Share Project that stems from the passage of the 2006 Natural Areas Bond Measure 26-80. The project budget is \$339,000. Rene Brucker is the THPRD Project Manager. You can reach her with



questions at 503-629-6305 or by emailing the Planning Department office at cellis@thprd.org.

Jordan/Husen Trail in final planning stage

A community trail through our beautiful Jordan Park was first approved by the THPRD Board of Directors in January, 2003 (one of the first stories in the brand new Cedar Mill News). Funding and design difficulties stalled the project for several years, but the first phase is now fully funded, and on track for a construction start date projected

<http://www.thprd.org/bondprojects/project.cfm?id=30&projectname=Jordan%20Husen%29%20Park%20-%20community%20trail%20project>

When it's completed the trail will be a critical link in the Cedar Mill Trail. Combined with sidewalk connections, the completed trail will provide several miles of safe and enjoyable walking, stretching from Barnes Road through the Timberland development and then up into Jordan/Husen parks.

THPRD's successful November 2008 bond measure will fund the first phase of construction. The total budget for the project is \$1,600,000. Construction is slated to begin in Spring

Spring 2011.

THPRD gave an overview of the project, presented the preferred design, answered questions and listened to community feedback during a neighborhood meeting on May 26. Walker Macy is the design firm that has produced the concept plans, working closely with THPRD Park Planner David Lewis.

The original Master Plan, approved in late 2003, called for an eight-foot-wide ADA-compliant trail throughout the park. The revised plan calls for a portion of the trail to be ADA accessible, but will save more of the park's natural areas.

The original plan was to connect the northern end of the trail into the Forest Heights neighborhood. After reviewing the site constraints and budget, THPRD has decided to do a phased construction approach for the linear trail project. Steep topography, soil concerns, the project budget and difficulties with a necessary land acquisition will push that connection to the future.

The trail will begin at the Jackie-Husen Park portion of the site and continue to the first overlook, as outlined in the map. THPRD will also reconstruct the Lost Park neighborhood access in the northern area of the park. New stairs, a soft surface trail and a pedestrian bridge/boardwalk will be the focus of that updated access point.

The approved (2003) master plan, along with the updated trail alignment and material examples of bridges, boardwalks, stairs, walls and benches are on the THPRD website, and can be viewed in the "Document Center" on the right side of that page. <http://www.thprd.org>

for

2011 with Phase 1 completion projected for Spring 2012. Questions can be directed to Nicole Paulsen, THPRD Planning Department Office Tech at 503-629-6305, npaulsen@thprd.org.

Class & Support Group for friends & family of domestic violence victims

It could be your daughter or son, your friend, or your co-worker. They say everything is okay, but they seem withdrawn and on edge. You wonder if they are being abused and you aren't sure how to help.

Domestic violence can happen to anyone—no matter their background—one in four people will be in a violent relationship at some point in their life. If you believe your loved one is experiencing domestic violence, there are resources available to help you help them.

Domestic Violence Resource Center is offering free informational classes the first and second Thursdays of every month so that friends and family members can learn how to help their loved ones be safe.

The two-week-long class repeats monthly at Christ United Methodist Church, 12755 Northwest Dogwood Street from 6-8 pm, starting on June 3 and 10 and continuing through December. You may drop in, or for more information, please call the Domestic Violence Resource Center at 503-640-5352 or email us at dvrc@dvrc-or.org.



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 (835 NW Saltzman, next to Bales)
 Contact Gretchen Eyth for more
 information or to sign up:
503-641-3492
LongRoadYoga@gmail.com

Gardens, continued from page 1
 and she came out to learn more
 and join the work party. They all
 brainstormed ideas about getting a
 community garden going, and then
 Ellen, Donna, and Amanda set out
 to meet people in the neighborhood
 to see what could materialize.

For seven years, "Slopers" Kym &
 Tim Miller have hosted an informal
 neighborhood potluck every Tues-
 day evening. When Ellen & Amanda
 attended, they connected with some
 neighbors who could not wait to help
 with the garden. Among them was
 CPO 1 Chair Bruce Bartlett, who
 had already been considering com-
 munity gardens as a more natural
 way for neighbors to work together
 on common interests. Donna Prock,
 a trained Permaculture expert, was
 enthusiastic about helping. Chuck
 Gatchell, who works for Nike in sus-
 tainability, also joined the effort.

They scheduled a get-together
 and started canvassing the neigh-
 borhood, inviting everybody within
 walking distance to join them for
 dinner, discussions and tours of the
 new garden. On April 23 around
 70 adults plus gangs of children
 attended the Bonny Slope Commu-
 nity Garden Network Eat & Greet
 at the Saunders' place. A photo
 documentary of the entire demon-
 stration garden project can be seen
 at: [flickr.com/photos/eco-munity/
 sets/72157623933101811/show/](http://flickr.com/photos/eco-munity/sets/72157623933101811/show/)

Permaculture and sustainable
 gardening practices are being used
 to transform the half-acre of weeds

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and blackberries
 into a productive
 and beautiful
 garden space.
 Local families are
 growing fruits
 and vegetables
 organically in
 straw bale plant-
 ing beds—for
 themselves and
 for the Sunshine
 Pantry food
 bank. A com-
 munity pump-
 kin, squash and
 melon patch has
 been planted. Educational fieldtrips
 for local elementary school students
 are being planned.

During City Repair's 2010 Village
 Building Convergence (VBC), the
 demonstration garden was improved
 by troops of volunteers from around
 the country, who finished the cob
 bench and planted companion
 plantings around the fruit trees. The
 VBC event is described at [vbc.city-
 repair.org/sites/bonny-slope-neighborhood-community-gardens](http://vbc.city-repair.org/sites/bonny-slope-neighborhood-community-gardens)

In addition to the Saunders' plot,
 two additional Bonny Slope fami-
 lies have offered empty space
 in their yards for neighbors to
 grow food. Some cite lack of
 space or sun exposure in their
 yards, and everyone is excited
 about getting to know each other
 and engaging in healthy and
 satisfying labor. A "food-shed"
 map is being prepared to make
 neighbors aware of additional
 sources of local food, including
 Bonny Slope Blueberries and
 the Wickham's goat, chicken
 and blueberry patch at Blueberry
 Hollow. Prock ([permadonna.
 com](http://permadonna.com)) is helping to supervise the
 efforts while teaching everyone
 about permaculture and other
 sustainable gardening methods.

At the beginning of this
 adventure, there was a lot of
 skepticism as to whether anyone
 would want to participate. We



Neighbors put the finishing touches on the raised beds at the main permaculture demonstration garden during a May work party. Food grown here will be shared among participants and with the Sunshine Pantry food bank.

hear about how insulated we are,
 with our busy lives, commuting
 hours, and mistrust of strangers.
 Would anyone show up for the Eat
 and Greet? Would many of the
 neighbors be interested in food gar-
 dening? The answer is a resounding
 YES. Even those who aren't partici-
 pating are watching with interest,
 and many families are glad for the
 chance to show their kids where
 food really comes from. The rest
 of us are digging in and hoping for
 more sunshine to reward our efforts
 with produce!



Donna Prock is a permaculturist who is advising neighbors on good gardening practices. Floyd guards the ducks at her farm in Helvetia when he's not helping out in Bonny Slope.

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Plants that work together

by Donna Prock, aka [Permadonna](#)

One of the key permaculture practices is to observe and mimic natural systems. When we look at a native forest, for example, we are witnessing a diversity of plants working together in an ecosystem. Each plant is an essential element of the whole system.

Companion planting is a mix-and-match procedure, where you select several plants you want to grow, check a companion-planting chart, and plant the optimal mix of species to achieve your goals.

Guilding is a slightly more complex approach that seeks to create a longer-term alliance of mutually beneficial plants. Instead of growing plants in individual monocultures, (the cultivation of a single crop), we create polycultures, planting two or more crops in the same space.

Guilds are a close association of species clustered around a central element and may be used on all levels of planting—in orchards, floral, herb or kitchen gardens. The combination of plants acts in harmony to improve yield and/or reduce the work needed to manage it. A guild may change over time,

as the central plant (e.g. a fruit tree) grows large enough to shade out the other members.

Planting with diversity reduces niches for pests and weeds, and allows us to gather several crops from one area over time. 80% of plants can co-mingle, 10-15% of species benefit from each other, and 5% of plants are antagonistic, which can actually be beneficial. For example, grasses do not like to grow over or around comfrey, so plant comfrey where you don't want grass.

Plant association guilds can:

- Reduce root competition
- Assist pest control
- Kill root parasites, predators
- Cover soil, provide mulch
- Provide nutrients (Legumes release nitrogen, cane releases sugar, and heavy mulchers build humus quickly).
- Shelter/shade/windbreak
- Assist in ease of gathering

Animals in a guild serve as:
Foragers—picking up dropped veggies and fruit that can attract pests. Rabbits and goats are good, but must be used strategically so that they don't eat up the gardens and trees.

Insectivores—chickens and ducks are great bug control.
Mollusk control—ducks LOVE slugs and snails. I have almost no slug or snail problems on my farm thanks to their voracious appetite for them.

Guards—dogs chase off larger predators such as coyotes and racoons who will come for your ducks and chickens.

Companion planting

One of the earliest examples of companion planting that we know of is the Native Americans practice of planting corn and pole beans together. The cornstalk would become a trellis for the beans. With the addition of squash, this became the "Three Sisters" technique.

The three crops benefit from each other: the maize provides a structure for the beans to climb, eliminating the need for poles. The beans provide the nitrogen to the soil that the other plants remove. The squash spreads

along the ground, monopolizing the sunlight to prevent weeds. The squash also acts as a "living mulch" creating a microclimate that retains moisture in the soil. In some parts of New England, a fish was planted with the maize seeds, to act as additional fertilizer where the soil was poor.

Plants are chosen as companion plants for the functions that they can provide, which can be grouped into the following categories: dynamic accumulators, edible nitrogen-fixing species, green manures, weed inhibiting plants, and weed barrier plants.

Companion planting was widely touted in the 1970s as part of the organic gardening movement. It was encouraged not for pragmatic reasons like trellising, but rather with the idea that different species of plant may thrive better when planted close together. The combinations of plants also make for a more varied, attractive vegetable garden. Many of the modern principles of companion planting were present centuries ago in the cottage garden.

Some examples: Nasturtiums are well-known to attract aphids so

planting them alongside or around vegetables such as broccoli or cabbage will protect them, as the egg-laying insects will tend to prefer the nasturtium. The aphids colonize the stems and leaves, leaving the flower alone so that it is still harvestable as an edible to add to your salads etc. Crops which suffer from greenfly and other aphids may benefit from the proximity of marigolds. These attract hoverflies, a predator of aphids, and are also said to deter other pests.

The use of plants that produce copious nectar and protein-rich pollen in a vegetable garden is a good way to enhance the population of beneficial insects that control pests. Some insects in the adult form are nectar or pollen feeders, while in the larval form they are voracious predators of pest insects.

For more information on companion planting, see these websites:

- ghorganics.com/page2.html
- idepfoundation.org/download_files/garden_compost/Fsheet_GDN_Com_Plant.pdf

Next month I will be talking about soil building and ecology. Happy gardening!

[the web-page version has more info]

Bales welcomes new Deli Manager

After working as a pastry chef for ten years, and managing a bakery and espresso department for 15 years, Cindy Braden took the opportunity to switch to managing a deli when her old associate, Bales Store Director Vince Lucibello, called her to offer

the job. She realized it would be a good chance to use the culinary skills she'd learned at the Western Culinary Institute, where she was a member of one of the first graduating classes from that now-nationally-recognized institution.

Cindy, who grew up in this area, headed for a job as a pastry chef at a restaurant in Key West, Florida after graduation, and then returned to this area and managed a bakery and Peet's coffee shop. Now she has some interesting plans for Bales' deli, including more "grab-n-go" items—main courses and sides that are freshly prepared daily for you to take home.

Since beginning the job in February, she has changed the look of the salad case, and added new items including cedar-plank-grilled



salmon, pulled pork (braised in apple cider), and Strata, a savory main course made with bread from the scratch bakery mixed with egg, cheese and an assortment of deli meats.

Bales deli is happy to do catering and they regularly supply

food for all kinds of events. With a few days notice they can feed up to 150 people with salads, sandwiches or other items, from the regular deli menu and/or by special request.

Cindy and her husband Ron live in the Scholls area, where they have a small farm and raise produce. She has become much more health conscious in recent years, and last year lost 65 pounds and feels better than ever. She's happy to incorporate her understanding of healthy eating into the grab-n-go line and the other prepared foods in the deli, including a shrimp salad with olive oil, lemon, dill and garlic in place of the usual mayo. Say hi the next time you're at the deli counter, and see what new items they have for quick summer meals and parties.



Under this young persimmon tree grows a bed of oregano (lavender colored flowers). Interspersed with the oregano, four eggplants are growing. All members of this guild experienced healthy growth, and much fruit was produced by the eggplants. Not only do these plants perform well together, but the combination is attractive.

Member News, continued from page 2 held at the Grange Hall, and despite the outbreak of sunshine, a good-sized crowd of shoppers pleased the vendors, who offered everything from household goods and other garage sale items to collectibles, tools and crafts.

Some tables are still available for the next two Markets on Saturdays July 3 and August 7. Tables are only \$10, with no percentage of sales taken. Table fees go into Leedy's fund to renovate the main hall.

Admission to the sale is free, and the Grange provides coffee and donuts in the dining hall. The Flea Market is planned to continue year-round on the first Saturday of every month from 9 am to 2 pm at the hall, 835 NW Saltzman.

Health Care Reform brings Small Business Tax Credits

If you are a small employer that provides health insurance coverage to your employees, you may qualify in 2010 for the Small Business Health Care Tax Credit. The maximum credit is 35% of the premiums paid by eligible small business employers. To qualify:

- You must pay at least half the cost of single coverage for employees in 2010.

- You must have 10 or fewer full-time equivalent employees. There is a phase-out if you have more than 10, but fewer than 25 employees.
- You must pay an average wage of \$25,000 or less for these employees (the \$25,000 average does not include owner wage). The credit is reduced if the average annual wage per full-time equivalent is over \$25,000 with no credit at \$50,000 or more.

Because the eligibility rule is based on the number of full-time equivalent employees, not the number of employees, businesses that use part-time help may qualify even if they employ more than 25 individuals. Note: business owners and family members are not considered employees in determining the 25-employee limit.

To recap: the full 35% benefit goes to businesses that have fewer than 10 workers with average salaries of \$25,000 or less. There is a phase-down of the credit for business with 10 or more employees, or average wages of \$25,000 and above.

Bryan E. Justrom, CPA/ABV, CVA's practice focuses on tax preparation and planning for individuals, businesses, estates and trusts. Bryan also prepares business valuations for buying or selling

a business, business planning, gifting, estates, divorce, and other litigation support. Contact him at 503-445-9904, bryan@justromcpa.com or visit his website: www.justromcpa.com

Village Gallery News

"Here Comes the Sun" is the theme of our June Show at The Village Gallery of Arts. Our featured artist member is Christine Helton. Her work is represented at Amato Gallery in Beaverton and Sunrose Gallery in Seaside, OR. This showing will feature her work in acrylics. Please come by to see and purchase this exceptional artist's work as well as arts and crafts from all of our member artists.

Have you always wanted to learn to draw? We have a class for you! Portrait Drawing with Sofia Chimaras is Tuesdays from 10:30 am until 1:30 pm. How about drawing with pastels? Pastel Landscape Elements with Eve Kenyon is offered on Thursdays from 1 pm to 3:30 pm.

The gallery is open Tuesday through Saturday from 10:00am until 4:00 pm and Sunday from noon until 4:00pm. We are closed on Mondays. We are located next to the Cedar Mill Library at 12505 NW Cornell Rd. You may call (503) 644-8001 or stop by to register for

classes. Visit us online for more info and a full class schedule at villagegalleryarts.org.

Martinez wins "Do the Right Thing" Award

Amanda Martinez, Branch Manager for the Beaverton Cedar Hills Branch of Banner Bank, was presented with the 2010 1st Quarter award for "Doing the Right Thing" as a result of her involvement with Meals on Wheels, and the West Columbia Gorge Humane Society.

Amanda became involved with Meals on Wheels after transferring from the East Vancouver branch to the Cedar Hills branch. In looking for a local organization with which to become involved, she spoke with the program director, and a short time later, had an assigned monthly route and was a member of their steering committee.

In the past year, she has become more involved in fundraising and with the Beaverton Meals on Wheels organization. The program is important, Martinez says, not just because it provides hot, nutritious meals to homebound seniors, but because "often times the person delivering the meal is the only human contact the senior may have in a given day. I truly enjoy getting to know the seniors and hearing about

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their families and life experiences.”

In recognition of her community involvement, Banner Bank has presented Amanda with a plaque, a day off with pay, and a \$1,000 donation to the charity of her choice.

The UPS Store celebrates Small Businesses

May was National Small Business Month, and as a fellow small-business owner, I want to extend my thanks – for your business, and for helping to perpetuate the entrepreneurial spirit in our community.

It seems that many people dream of having their own business, but few take that leap of faith to make those dreams realities. As someone who has taken that leap, I understand firsthand the thrills, fears, challenges and victories that accompany such a venture.

Congratulations for daring to take your career into your own hands and setting an example for future entrepreneurs. Whether

you’ve had your business for 10 years or 10 months, use this opportunity to reflect on your accomplishments and take pride in your small-business ownership.

I, too, pride myself on being a small-business owner and delivering personal, professional customer service. If there is anything I can do to make your job a little easier or your life a little less hectic, please let me know. You can think of The UPS Store as your business assistant— Tim Kimble, The UPS Store, 10940 SW Barnes Road (in Peterkort Town Square), 503-646-9999, theupsstorelocal.com/3379

Virtue of the Month: Tact

“Tact is telling the truth kindly. We think before we speak, aware of how deeply our words affect others.” Linda Kavelin Popov (Virtues Reflection Cards).

Join our growing ‘Virtuous’ Community at www.virtuesconnectionportland.com Face Book Page~ and enter to win a deck of 52 Virtues Cards! Also available at the Cedar Mill Farmer’s Market! Come and meet us at the CMBA booth on June 12 & 26. I’ll be there from 10:30-1 pm.

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