



# Cedar Mill News

Volume 8, Issue 8

August 2010

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## Featured Business

### Tesla Electric Company

by Virginia Bruce

Igor Zelen took a long route to get to this area. He was born in the former Yugoslavia, in a Serbian Eastern Orthodox family living in Bosnia. During the “ethnic cleansing” that took place in the early ‘90s, he and his brothers were captured and taken to a Muslim prison camp. “I was one of the youngest guys in the camp, and also the camp was pretty far away from our home town, so I wasn’t



Igor Zelen checks the wiring in a recent panel installation

treated too badly. The regional animosities that affected a lot of people weren’t so much of a problem for us,” he recalls. But the family lost their home and had to leave their town.

Eventually he and some others were traded in a prisoner exchange and he went to Belgrade through the UN program for immigration. He was interviewed four times by the Red Cross about his experiences in the camp. When he was finally approved to immigrate to the US, he was asked if he had family anywhere. “I told them no, that I just wanted to go as far away as possible. So they sent me to Portland!”

A Lutheran church found him a sponsor family. One of their sons was a student in the Russian program at Portland State. Through him, he met his future

wife, Jennifer. “She was the first girl I met when I arrived in Portland in 1994. We knew each other several years before getting married in 1998. We have four kids now, ages three through 11,” he says. Eventually his brothers and other family members followed him to Portland. “We are very close, and everyone lives nearby now.”

He studied to be an electrician in Bosnia, and continued classes once he got to Portland. “I always enjoyed fixing things. My first job in Portland was building machinery for manufacturing companies, including Boeing.” His intelligence and skill let him

move up quickly, and he became Production Manager for that company. He then worked for Fedex Ground at their Swan Island facility, maintaining the conveyers and doing other electrical installations.

In 2006 he began working as a general contractor. Last year he opened Tesla Electric Company to provide primarily electrical contracting work. He is licensed as both a general and electrical contractor.

Tesla Electric offers services from appliance installation to electrical repair, to design-and-build for any type of electrical work. His

Next Meeting

Cedar Mill Business Association

Tuesday, August 10, 11:45

Place: Leedy Grange Hall, 835 NW Saltzman

Summer Networking, no program

FREE pizza, bring your own beverage

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

## History in the News

### The Union Cemetery of Cedar Mill

by Nancy Olson, co-author, Cedar Mill History

Traveling NW 143rd you may notice a peaceful plot of land between Cornell and Burton on the west side of the busy road. It is one of a few remaining historic sites of the Cedar Mill community, the Union Cemetery of Cedar Mill. You might wonder what that is all about.

Many of the first residents of Cedar Mill found their final resting place in Union Cemetery. The origin and early history of the cemetery located on NW 143rd is surrounded by doubt, although burials probably began between 1856 and 1858. It is uncertain who was the first pioneer laid to rest

state. West Union Road was probably similarly named

While association records indicate the first burial was of 13-year-old Ruth Barton in 1857, her brother Joshua was also buried in the Barton family plot. Joshua, age 16 had died the previous year of a gunshot wound, however his remains may have been transferred from an earlier grave.

Or it may be that Archibald Walker, age 23, was actually the first to be interred at Union Cemetery in 1858. In that year, donation land claim owners Francis and Arvilla McGuire donated 2.67 acres



The tiny trees in this 1972 photo now tower over 143<sup>rd</sup>. Ellsworth Young, a descendant of JQA Young, designed the brick entrance to the cemetery and a cyclone fence was erected to protect the historic property. Photo courtesy of Hazel Young

there, and several graves may have existed before the land was formally designated as a cemetery.

People gave the name “Union” to many things in that era, referring to the US federal government. During the Civil War, Oregon was a Union

to a five-man committee for “... use of common schools, orthodox churches and burying ground for the consideration of one dollar...” In 1860, John and Elizabeth Campbell donated another 1.2 acres

Continued on page 8

# 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](mailto:vrb@teamweb.com)

## Dress your girls in the colors of Provence

Les Couleurs de Provence is having a sale on all their lovely summer dresses. \$25 for sizes 6, 12, 18 months, 2, 4, 6, 8-years. They are 100% cotton, machine-washable and in the vibrant and cheerful colors of Provence! Find them at the Cedar Mill Farmers' Market every Saturday, or contact Mireille Nett at 503-679-1681.



## Westside Music School adds new instructors

Director Claudia Reinsch is happy to announce that two new instructors have been added to the Westside Music School Staff.

Woodwind instructor Eric Jordan graduated with honors from Beaverton High School and Indiana University. Eric played saxophones and participated in concert band, marching band, and jazz bands and orchestras in high school and college. Since graduating, Eric has played woodwinds (sax, flute, and clarinet) in several bands and orchestras, including 3 years on the Royal Caribbean Cruise Lines. He has been teaching since 2005. Recently relocated to Oregon, vocal instructor Charlotte Conley has taught for many years in the Sacramento, California area.

The music school is now enrolling students for the fall term in piano, vocal, saxophone, clarinet,

and flute lessons, as well as early childhood music and movement classes. For more information, call the school office (503) 626-7181 or check the website [www.westside-musicschool.org](http://www.westside-musicschool.org)

## Sunset Animal Clinic introduces VetStreet Pet Portals

VetStreet Pet Portals is an online service that allows families to manage their pet's health care online. Ask us questions or communicate your concerns via Pet Mail – an easy-to-use messaging system available only from your Pet Portal. Our staff monitors Pet Mail each day that we're open for business and will make sure your questions are answered quickly.

Other services include: Remind yourself with an email when to give that heartworm or flea preventive tablet. Medication Minders make it easy! Order refill of prescriptions and special diets— even when we're not open. Request an appointment or boarding reservation. Print your pet's vaccination record or other information from your Pet Portal. Use PetNotes to easily create and print pet health care instructions for pet sitters or kennel staff when you are out of town.

Coming soon to our community – VetStreet Pet Portals from Sunset Animal Clinic, 14740 N.W. Cornell Road in the Oak Hills shopping center. Call 503-690-8249 or visit their website, [sunsetanimal.com](http://sunsetanimal.com) for more information.

## Annual Summer Clearance Sale at Second Edition

Begins Friday, August 6 and Ends Saturday, August 14. Everything in the store (excluding soccer shoes and selected items such as furniture) will be:  
25% OFF August 6-8  
50% OFF August 9-12  
75% OFF August 13  
\$7 Bag Sale on August 14

The bag is \$7. Everything you can fit in the bag is yours!

Shop early for the best selection. The shop will be closed on Sunday, August

15 for cleaning and restocking. Re-opening at noon on August 16 with Fall Fashions & Back-to-School merchandise.

Second Edition is an ongoing fundraiser for the Cedar Mill Community Library Association. If you've never been in, we encourage you to support your local library while saving money on great buys on new and gently-used items, clothing, art, jewelry, and collectables.

## Village Gallery News

Melody Cleary is a local Beaverton artist who has been juried into many local art shows and exhibits. Her August show will feature acrylic landscape and nature themes. She finds inspiration in the beauty of Portland and surrounding area waterways, ponds and waterfalls.

Melody has a special gift for painting water, water patterns and the reflections created by the surrounding environs. The August group show with featured artist Melody Cleary opens on August 10th and



*Silvercreek Falls, by Melody Cleary*

runs through September 4th.

This fall, join one of our art classes to re-spark your creativity and explore something new! Drop into the gallery (just next door to the Cedar Mill Library) at 12505 NW Cornell Road or find our class schedules on our website at [www.villagegalleryarts.org](http://www.villagegalleryarts.org) The gallery is open Tues.-Sat. from 10am-4pm and Sunday from noon to 4pm.

## Ballet Summer Camp attracts young dancers

In July, Sultanov Russian Ballet Academy held their first summer camp at their new studio in Cedar Mill. Artur Sultanov, Artistic Director of the Academy and current lead dancer of the Oregon Ballet Theatre, was the instructor.

Children travelled from faraway places such as Tacoma, Astoria, Salem, and Gresham for this exclusive opportunity to train with Mr. Sultanov. One student even commuted daily from the Oregon coast to attend this week-long

summer intensive. Mr Sultanov's reputation—both as a dancer and teacher in the Portland Metro area—has attracted many aspiring dancers to his new studio on NW

Cornell Rd. These young students who ranged in age from 10-19 took a master workshop in ballet technique, pointe, jazz, Russian Character, and Contemporary ballet with live drum accompaniment.

Mr. Sultanov and his wife Cynthia (co-founder of SRBA) are excited to be a part of the Beaverton/Portland arts community. The school is currently accepting students for their Fall dance program. For more information, visit [www.russianballetacademy.com](http://www.russianballetacademy.com). The school is located near Bales Thriftway at 12849 NW Cornell Road.



**Burnt Ends' new team member**—John Roberts introduces their newest team member, a beautiful new grill on wheels, at the Cedar Mill Farmers' Market. John and Laura drove to Iowa to pick up this beauty, which was a gift from a benefactor who believes in their BBQ! Be sure to sample its output on Saturdays at the Market, and at the Cedar Mill Cider Festival in October.

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## Pars adds items to lunch menu

Pars Market is now serving freshly-made falafel and gyros sandwiches in addition to their delectable chicken and beef kabobs. Gyros—fresh slices of a lamb-beef mix combined with tomato and tahini sauce in a pita pocket, are served with taboulli



salad. Delicious home-made falafel (crunchy fried vegetarian chick-pea patties) are tucked into pita with tomato, onion and tahini sauce and served with taboulli. Sandwiches are only \$5.95 each, and are served Monday-Friday from 11-2. On these lovely summer days, you can enjoy your lunch at one of their sidewalk tables at 12923 NW Cornell.

## Frozen delights at Gelato Lounge

Newly opened Gelato & Yogurt Lounge offers self-serve frozen yogurt with dozens of toppings, and handmade Italian ice cream in their delightfully decorated shop in the west end of the Safeway shopping center. Welcome them to the community during their Grand Opening August 12-14 with live music and art. And



fight fans, join them for a free UFC fight night (Silva vs. Sonnen) on their bigscreen on August 7 with any purchase.

## Sunset Credit Union in industry news

Sunset Science Park Federal Credit Union, and their online applications, were the subject of a feature article in the national CU Times newspaper. The paper noted that the CU has its own

## New Member Spotlight

### Santosha Yoga opens in Bethany Village

Santosha Yoga had their grand opening August 1 in Bethany Village, 4876 NW Bethany Blvd, suite L4. They offer a broad range of classes including Vinyasa (heated room), yoga for athletes, special classes for seniors, teens or men, and even tai chi. Their slogan is “Yoga for Every Body” and that’s just what they offer.

They’re even going to be offering private sessions for children with special needs like Asperger’s, autism, MS and more. These will be with Jenny Ehleringer who has

### Points of Tranquility Acupuncture and Oriental Medicine

Julie DeChristopher has been practicing acupuncture in the Portland area for a decade, and recently opened her office to Cedar Mill.

Prior to earning her Master’s in Acupuncture and Oriental Medicine from the Oregon College of Oriental Medicine in 2000, Julie was an RN for over 15 years, with a background in rehabilitation and pediatrics. She interned in China at the Nanjing International Acupuncture Training Center, and keeps informed in the latest in techniques and information by attending classes and seminars.

Acupuncture is terrific at treating migraines, chronic pain, stomach problems, allergies and much more. It is also very helpful

as an immune system strengthener, and can even help you to kick nicotine or other bad habits. DeChristopher also practices oriental medicine and can complement your treatment with energy techniques like Reiki.

Julie is carrying over her practice from Beaverton and many of her clients have followed her, but she is considering offering an introductory package to Cedar Mill residents so keep your eyes on the “Member News” section for details in the upcoming months.

Points of Tranquility is located at 12923 SW Cornell Rd, Suite 103. Check out her website at [pointsoftranquility.com](http://pointsoftranquility.com) or call (503) 520-1270 to schedule an appointment.

special training in this practice as well as seven years’ experience as a special education teacher. These sessions can be coordinated to allow parents to enjoy one of the scheduled classes while their child also learns to enjoy the physical, spiritual, and emotional benefits of yoga.

Classes have a reasonable drop-in rate of \$13, and the first class is free. Whether you’re a yoga novice or you’ve been practicing for years find a class suited for you at [santoshayogaforeverybody.com](http://santoshayogaforeverybody.com) or call (503) 372-9825 for schedule info.

iPhone app, along with a full-featured web interface that allows customers to do most banking tasks online. The small (2000 member) credit union has been able to offer these features by partnering with other small companies who provide the technical savvy. Read the article at [cutimes.com](http://cutimes.com) (search for Sunset) or get a reprint at the CU.

### Mikes’ can power you up

Mike’s Auto Parts now carries a wide variety of batteries for many applications. From motor homes to mobility carts, computer backup batteries to, of course, car and truck batteries of all sizes, their affordable line of batteries will keep your juice flowing. Come into Mike’s in the Milltown Center at Saltzman and Cornell to feel the power.

### Register now for Fall OCAC Community Programs

Oregon College of Art & Craft’s Studio School adult program, Art Adventures classes, and Teen Workshops offer an exciting array of classes and workshops for all ages in an inspiring setting. Scholarship assistance is available. Find out more on their website: <http://www.ocac.edu/>. Click on the Community Programs link.

### Cornell Family Medicine online

Cornell Family Medicine is excited to announce the launch of its secure web portal. Now patients of Dr. Robert Barlow will be able to use the website to access their medical records, view their test results, and send secure messages regarding prescription refills, follow-up questions, and referral requests.

*Continued on page 9*

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Yoga Classes in Cedar Mill

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Mondays 7:30 pm • Thursdays 9:30 am

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

## SNAP up good food at the Farmers' Market

by Dina Gross, CMFM Manager

One of our country's most pressing health challenges is the combination of poor diet and inactivity. Nutrition assistance programs administered by the United States Department of Agriculture (USDA) are tools to address these problems; the USDA programs reach one in four Americans in the course of a year. The program reaching the most people is called the Supplemental Nutrition Assistance Program, or SNAP for short.

Tualatin Hills Park & Recreation District's Cedar Mill Farmers' Market is the newest source in the area for people to gain access to fresh fruits and vegetables through use of their SNAP benefits. By welcoming SNAP cards, THPRD's Cedar Mill Farmers' Market (CMFM), located in the heart of Cedar Mill on NW Cornell Road just west of Murray, is making available a wide range of healthful foods to a large number of locals within an easy walk, drive, bike or bus ride of the market, people who otherwise may not have easy access to such fresh, local goodness.

CMFM applied for the program in the spring, gained USDA authorization for the program and then purchased an Electronic Benefits Transfer (EBT) machine and wireless service through a USDA authorized vendor. Now, during the market's regular hours (8 a.m. to 1 p.m. every Saturday through October) market volunteer Megan Bruce will help anyone with SNAP benefits to access them for use at the

market. By simply stopping in at the market's information booth, a cardholder can run the SNAP card (also known in Oregon as the "Oregon Trail card") through the wireless EBT machine, debiting the desired amount from his/her account and receiving wooden tokens imprinted with the market's logo on one side as well as "\$1" and "Eligible Foods Only" on the other. The tokens can be spent at the market on fruits, vegetables, grains, baked goods, meats, dairy products, and even on plants that produce food.



With the addition of SNAP benefits at the market this year, vendors, staff, and volunteers of THPRD's Cedar Mill Farmers' Market are looking forward to helping lots of new guests at the mar-

ket. Anyone with questions is welcome to call Dina Gross, the market's manager, at 503-913-7733. And if you have friends who don't know about this new service, be sure to pass the information.

In other market news, the Blueberry Bash was so much fun in July and the blueberry season promises to be a good, long one, so the market will celebrate again on August 7th with a morning visit from Ima Blueberry and more prize-drawings, with prizes such as half-flats of blueberries and other goods donated by the vendors, as well as market gift tokens. Later in August, look for news of the Cedar Mill Talent Show. Stop in at the market for an entry form and more information.

## Support Bonny Slope students

The Community Pancake Breakfast is a fundraiser put on by the Bonny Slope 5th graders to raise money to spend three days at Outdoor School (an Oregon tradition) and for their activities during the year. Kristina Seale, Bonny Slope Fifth Grade Activities Coordinator, says, "Not only does it support the great activities for them, but it is always fun to see them work hard and involve the community to earn the opportunity."

The breakfast will be at Bonny Slope Elementary on Saturday, September 11th from 8-10 am. The fifth-grade students will also be giving tours of the school since many in the community have not had a

chance to see Cedar Mill's beautiful new school!

The kids would love support from the Cedar Mill area businesses! If you would like to help with food donations for the breakfast, monetary donations or by advertising the breakfast to your clients in the community, please let us know. Your help would be very greatly appreciated and noted at the event. To offer your help, contact Kristina at [kristina@wallnutz.com](mailto:kristina@wallnutz.com) or 503-867-6375.

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## Water main break closes Cornell

At about 3:45 pm on Friday, July 30, a 12" high-pressure water pipe broke under Cornell Road at 119<sup>th</sup>. The break caused a large hole to open up in Cornell Road. County highway workers closed Cornell from Saltzman to Cedar Hills Boulevard, and 119<sup>th</sup> from McDaniel to Cornell, to through traffic. The pipe was quickly repaired by Tualatin Valley Water District (TVWD), and the road was repaired and reopened by Sunday.

Frank Reed, TVWD spokesman, says that their engineers are still studying the cause of the break and at this point "everything is just speculation, we may not ever know exactly what caused this." At least 1.1 million gallons of water flowed from the break, mostly into nearby

Cedar Mill Creek.

At least one customer lost all water service during the incident, and the district received many calls from customers with low pressure. The pipe serves the higher elevations in the Cedar Mill and Bonny Slope areas.

TVWD hired Northwest Earth-movers to repair the road since they already had equipment nearby for their work on the Saltzman



Local photographer Bob Porter happened on the scene and got some great shots. (more online)

Road project. Estimated cost of the repairs is \$75,000-\$85,000.

## Tualatin Valley Water District Rate Increase

by Marilyn McWilliams, TVWD Commissioner

At the July 14 TVWD board meeting, commissioners voted unanimously to raise the water rates for next year by 1.7%. For about 95% of customers that amounts to less than \$6 per year, but why this rate increase? In the middle of a downturn, how can a utility raise rates?

The recession has also brought the water district a drop in revenue. The reduced rate of increase of new customers moving into the area, amazing conservation among residential users, reduced irrigation due to the cooler weather, reduced interest income on investments, and a drop in system development charges impact revenue. At the same time, this area is facing a national infrastructure challenge as reservoirs, pumping stations and pipelines built in the 1960's and '70's need to be replaced. Even though the Hagg Lake Dam project is on hold awaiting federal approval, many capital improvement projects in our neighborhoods need funding.

Last year, the board anticipated

a rate hike this year of over 9% because of these trends, but our staff worked hard last year and found \$1.33 million of savings from many new approaches. There will also be a slight adjustment to other charges to recoup the cost of these extra services from the few who require them.

Since water is a necessity for drinking, sanitation, cooking, fire control, irrigation, and industrial uses, it is vital that dependable funding remains in place. To attract business to the area, and to protect public health, an ample dependable water supply is necessary.

How does TVWD compare with the surrounding cities? The new rate will result in lower charges than Portland, Sherwood, Wilsonville, Tigard and parts of Hillsboro. Fortunately, the water conservation improvements many residents have adopted will keep the rates low and the service outstanding.

The rate change is scheduled to go into effect November 1, after the summer watering season.

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## Library News and Events

by Dawn Anderson

### Fellowship Awarded

Adult outreach librarian Karen Travillion was recently selected as one of 93 Fellows by the National Institute for Museum and Library Services. The Fellowship will re-examine traditional views on aging and explore innovative ways public libraries can become centers of productive aging, lifelong learning, and civic engagement. The Fellowship runs for 1 year and includes a three-day training institute.

### Library Levy

Washington County voters will decide on the renewal of a five-year library levy this November. The levy provides 29% of the Cedar Mill Community Library Associations' annual operating budget. The levy also provides funding for central support services

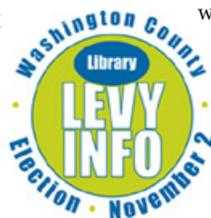
from WCCLS such as courier service and library automation.

The tax rate of 17 cents per \$1,000 of assessed valuation is the same as the current rate which works out to about \$37 per year for the average homeowner in the county.

If the levy is not approved, Cedar Mill's collection budget will be cut and the libraries open hours will be reduced.

To learn more about the levy or to arrange a speaker for your group, contact Peter Leonard at the library.

Campaign-related information is available from Harry Bodine at (503)292-5626 or go to [www.peopleforlibraries.org](http://www.peopleforlibraries.org) to learn about advocacy efforts.



### Teen Summer Reading @ Your Library!

#### Book Review and Playlist contest

Read a great book this summer that you think others would enjoy? Think you know the perfect playlist when they turn your favorite book into a movie? Enter the library's Book Review and Playlist contest. Winners chosen at random on August 15.

#### After Hours Demigod Movie Night @ Bethany

Come watch the Demigod movie featuring the hero from Rick Riordan's popular books. Trivia contest, snacks and prizes! Saturday, August 21, 6-8:30 PM, Bethany Library. **For Teens Only!**

#### Musical Garden Party to support candidate

Enjoy a House Concert featuring local favorite Greg Clarke and award-winning songwriter and recording artist Rebecca Troon—in town for this one show! Listen to her music [myspace.com/rebecca-troon](http://myspace.com/rebecca-troon)

Saturday, August 14<sup>th</sup>, Potluck Dinner at 6 pm (please bring a dish

to share). Music starts at 6:30 pm. Location: a Cedar Mill home, call for info.

There is a \$10 suggested donation and kids are free. All proceeds go to the Malinowski for County Commissioner campaign. Contact Jake Mintz for info—503-297-7949 or [jakem@pdsidesign.com](mailto:jakem@pdsidesign.com)

### Greenlick and Bonamici Town Hall

On Tuesday, August 24th at 7 pm, our state legislators, Representative Mitch Greenlick and Senator Suzanne Bonamici, will hold a Town Hall meeting for constituents in the East Pavilion Classrooms near the fountain entrance at Providence St. Vincent's Hospital, located at 9205 SW Barnes Road. They invite anyone with questions or concerns about state government issues to join them for this discussion.

### Seeking Holiday Bazaar vendors

Leedy Grange held their first Gift Locally Holiday Bazaar last year on Thanksgiving weekend. It was such a success that it's now an annual event. Billed as "Not your Granny's bazaar," the two-day sale features hand-made food, craft and art items for holiday giving and decorating.

If you or someone you know would like to participate as a vendor, please contact Virginia Bruce at [vrb@teamweb.com](mailto:vrb@teamweb.com). Visit [leedygrange.org](http://leedygrange.org) and click on "past events" for more information.

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*The nature of Cedar Mill*

# Transitions

by *Lauretta Young, Portland Birdwatching*

As my youngest child is about to fledge to college, I am noting transitions in the lives of my backyard bird friends as well.

The most obvious recent backyard bird transition has been from noisy territorial and mating behavior to the intense but quieter work

of feeding the newly hatched babies and teaching them to survive. Catching or finding food for babies requires focus and leaves little time to sing!

This past week I observed a pair of female Kingfishers sitting in the same tree. It is unusual to see more than one of these birds perched together, so this was definitely worth investigating.

With the help of my binoculars it was obvious that this was a mother teaching her "chick" how to fish. Soon, the young Kingfisher in a fit of independence flew away from the pond and into my yard to inspect my bird bath. After looking confused upon not finding fish in this body of water, she responded to her mother's call, and flew back to join her.

Molting of feathers represents another transition. Bird feathers, much like our hair, are not living tissue. When feather color changes it means the bird grew new feathers. Most species molt once or twice a year. Most water birds molt twice. This accounts for why the male Mallards in their

"eclipse" (non breeding or fall) plumage look rather dull compared to their truly glorious jewel-tone green head of the spring. Soon the intense yellow of the male goldfinches will be replaced with their winter-phase dull olive feathers. Already several birds in my yard look "scruffy" due to the change-over in their molting cycle.

Yet a third transition is the change from juvenile size, behavior, and coloration to adult forms.

We have had a pair of Canada Geese return to our pond every spring for the past 10 years. Each spring they hatch a number of goslings, but unfortunately they have always been taken by predators over the next several days. This year they successfully raised four babies which now are nearly the same size as the parents and can barely be

distinguished by size or coloring. Seeing this pair of geese successfully rear four offspring has been truly sweet after many sad failures. Soon the youngsters will be graduating from life on their first pond to their first southward migration. Watching my son's recent high school graduation, it seemed as though his young life had flashed by almost as fast as the childhood of our backyard young geese.

*Lauretta Young is a retired physician who now teaches at PSU and OHSU and also has a bird tour business in Cedar Mill and surrounding areas—check out her web site at [www.portlandbirdwatching.com](http://www.portlandbirdwatching.com) for more pictures and a blog.*



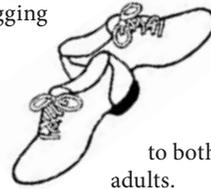
*Female Belted Kingfisher. Photo by Jeff Young*

## Kids Clogging Class

Beginning cloggers in grades 3-8 are invited to join a six-week class to be held Friday afternoons from 4-5 pm at Leedy Grange hall, beginning September 17.

Students have the opportunity to perform the routines at class recitals and various other performances, including the Washington County Fair each July. Instructor Angie Fisher has been clogging for 10 years, and enjoys teaching

clogging to both kids and adults. She aims to make classes a fun and positive experience. For more information, visit her website at [www.JuniorCloggers.com](http://www.JuniorCloggers.com), or contact her at [JuniorCloggers@gmail.com](mailto:JuniorCloggers@gmail.com) or (503) 523-0171.



Cedar Mill's Leedy Grange presents a monthly

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*Cemetery, continued from page 1*  
 "...for the use and benefit of the public for a School House, Burying Ground and Meeting House to be free for all Orthodox religious societies to worship in..."

In 1878, the acreage was legally transferred to the directors of School District # 6. Union School was one of the first public schools in Washington County and was located next to the cemetery. Again, it's unclear exactly when it was built, but it was prior to 1863.

The directors managed the cemetery until 1903 when the burial ground was incorporated under State law and named Union Schoolhouse Cemetery. Gravesites were sold for \$1.00.

Over the years, the cemetery grew to include five acres. In 1949, Union Schoolhouse Cemetery officially adopted its present name, Union Cemetery of Cedar Mill. Maintenance of the grounds has been provided by association members and the Cedar Mill Garden



George Kieni's stone is still the largest in the cemetery

Club on a volunteer basis. In 1972, Ellsworth Young designed a brick entrance to the cemetery and a cyclone fence has been erected to protect the historic property. Burials may still be arranged at the cemetery. Call 503-499-1144 for information.

Many of the folks who figure in Cedar Mill's history found their final resting place here, including JQA Young and his family. Take a few minutes some day from your busy schedule and take a stroll through the past of your community.

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Leedy Grange's exhibit in the Washington County Fair took first place and also won the People's Choice Award. The theme for the Grange exhibits this year was Eat Locally. Grange member Yvonne Clarke designed and assembled the exhibit.

**Evening Garden Club forming**

Do you love to garden? Would you enjoy meeting with other local gardeners at a convenient location on a weeknight?

Informational meeting September 8 at 7 pm, Christ United Methodist Church (Old Kitchen), 12755 NW Dogwood Street. For more information, contact Garnet Ascher, 503-292-4460 or [garasch39@msn.com](mailto:garasch39@msn.com)

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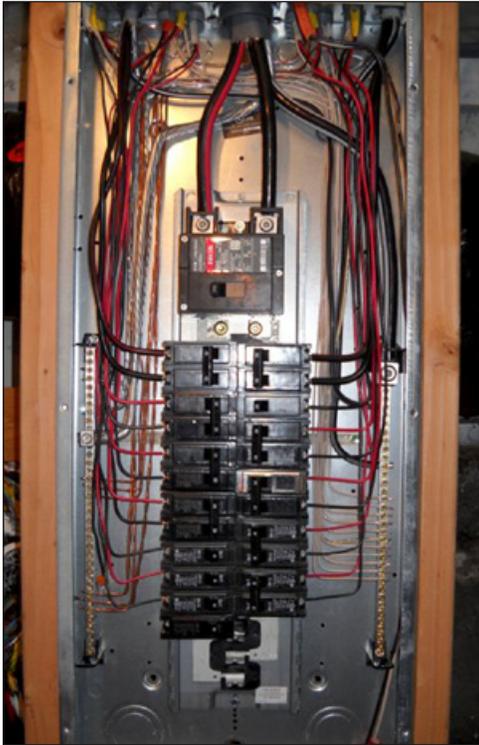
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*Continued on page 9 Tesla, continued from page 1*  
work is meticulous and his general contracting skills allow him to do everything needed to finish a job. For example, he can not only install a ceiling fan, but also do any needed drywall or carpentry work to complete the installation.

He can take a job from concept to finish. Whether it's updating the wiring in an older home or adding amenities to a newer one, he's happy to accept any challenge.



*Zelen's wiring is so careful and orderly, it almost looks like sculpture!*

"I can help you select lighting and other electrical fixtures and appliances from online catalogs, and paint and other finishes, and pass along my contractors discount to save you money," he says.

"Customer service and fast response is our highest priority," he says "Often I can schedule an estimate the same day you call, because my schedule is flexible." He does a lot of the work himself, but also has a couple of helpers he can call on for larger jobs.

He and his family live on a quiet street in Cedar Hills across from a park. They love that the kids can play in the neighborhood, and the neighbors all watch out for each other and celebrate holidays and have potlucks together. He has started re-doing the electrical panels for several of his neighbors. "Once I saw the job that the original builders had done on

our house, I knew that all of them needed better panels." That's the kind of person he is!

His wife Jennifer also runs her own business, Jen's Small Business Solutions. She worked in finance for many years for her father's large company, and also did bookkeeping and office management for smaller companies. She works from her home office doing payroll and other financial and office management tasks for several local companies,

and will be looking for new clients in the fall.

If you've been thinking about upgrading your appliances, or if the thought of what's going on behind your electrical panel gives you the shakes, or if you need more outlets or new lighting, Igor Zelen is happy to come and take a look. "Every time I am called to give an estimate, it's a chance to meet a new person and see their project, and it never gets boring. And I enjoy the feeling of being able to fix something and help the customer at the same time."

He is also an expert in energy-saving upgrades, including solar lighting, programmable thermostats, and installation of the newer energy-efficient

appliances.

You can see examples of Tesla Electric's work, and also learn something about the company's namesake, inventor Nikola Tesla, who was born about 100 miles from where Igor grew up. Visit them online at [teslaelectric.info](http://teslaelectric.info), or call 503-724-1175, or email him at

*Info@teslaelectric.com* continued from page 3

The goal of the website is to improve patients' access to care and information while decreasing the need for follow-up visits. New patients are welcome to register for the website once they have scheduled their first appointment. For more information, visit [www.cornellfamilymedicine.com](http://www.cornellfamilymedicine.com) or contact the Cornell Family Medicine office at 503-352-0211.

## Right at Home offers Lifeline with AutoAlert

Lifeline with AutoAlert features the only pendant-style help button that can automatically call for help if a fall is detected and a senior is unable to push the help button. According to an internal laboratory study of simulated falls, Lifeline with AutoAlert detected 95 percent of many types of falls and had a low rate of false alarms.

Among seniors, falls are the leading cause of nonfatal injuries and hospital admissions for trauma, as well as injury-related deaths. Close to 50 percent of seniors can't get up from a fall without help, and lying on the floor for an extended period of time can lead to serious complications, including: pressure ulcers, muscle necrosis, dehydration, hypothermia and pneumonia.

Lifeline with AutoAlert is designed to help reduce the risk of long lie times. If a fall victim receives help more quickly, that may reduce emotional distress and potential costs of extended treatment, rehabilitation and supported living.

With AutoAlert, if a fall is detected, subscribers receive quick access to assistance even in situations where they can't push their button, for example, if they lose consciousness, become immobilized, forget to push their button or won't push their button because they feel they can manage the situation independently. Just as important, the ser-

vice can provide added confidence and peace of mind to the 22 million seniors who fear falling.

"One of the greatest threats to seniors' health is falls and associated injuries," said Grant Hamilton. "For about the cost of a cup of coffee a day, we are proud to give seniors in our community a meaningful and needed service, allowing them to have the confidence to continue to live in the homes they love, knowing that they can get help when they need it." For more information about Lifeline with AutoAlert, please call 1-800-372-4127.

## Virtue of the month: Grace

Grace is our connection to the Divine, a sense that we are loved and provided for in all circumstances. It is opening ourselves to bounty. Grace inspires us to give unconditional love to others. When we are gracious and elegant, others are drawn to our company. With grace, we can turn every communication and relationship into a thing of beauty. We grow in grace when we treat others with dignity, kindness and exquisite courtesy, and whenever we forgive. As we connect deeply with grace, we become the presence of grace to others.

For more information about the Virtues Project see [www.virtuesconnectionportland.com](http://www.virtuesconnectionportland.com).

## Summer Camps are offered at Sunset Presbyterian Church.

Sunset Kids Camp will be held at the church Tuesday, August 17 through Friday, August 20.

Aye Pirates, Mr. J is sailing back this summer with his Pirate crew! Games, grog, crafts, REC time, awesome worship, live dramas, and new friends!! 1st-5th Graders meet 9-Noon and 4-5 year olds meet from 9:15-11:45am. All are welcome to register at [www.sunsetpres.org/go/kids\\_camp](http://www.sunsetpres.org/go/kids_camp)



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## Toward a more sustainable Cedar Mill

### Your living soil

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

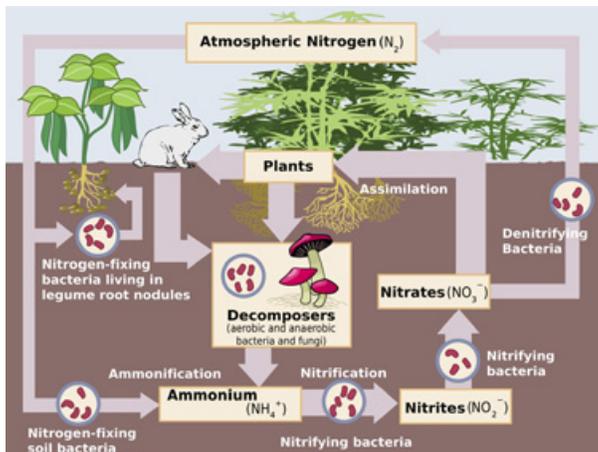
Last month we covered the basics of good soil structure. This month we are focusing on several methods to achieve this—polyculture, cover-cropping, and crop rotation.

Permaculture is about whole systems thinking, so we view the Soil Food Web as a living whole, composed of innumerable parts, which is also part of a much larger whole—the Web of Life—an amazing variety of habitats, people, plants, and animals all interconnected in the fragile entity we call “biodiversity.” Every member is essential to keeping this web in balance.

When we begin to see soil as a living entity that can die or be killed, we realize that the true purpose of soil conservation is to keep soil alive, healthy and vigorous. To conserve is to enable to function. Healthy living soil function means

caused by over-grazing on pasture land, and by over-cultivation without proper conserving rotations and the return of sufficient organic matter to arable land. If this process of mismanagement continues, the humus in the soil is rapidly used up. Since humus is both the food and habitat of soil life, it follows that, as it becomes depleted, the soil life begins to die. The sponge-like character of fertile soil is created and maintained by soil organisms in the process of living, so when they die, the soil begins to lose its cohesion and stability, and then it loses its structure. It then runs together after a rain, which immediately interferes with the air supply and seals its surface. When the hot sun hits that wet surface, it bakes. Then the next rain, instead of penetrating, runs off, carrying top soil with it; or in dry times, it cracks and the surface turns to dust and blows away.

In other words, it entirely alters its character from living soil of good structure, which can receive and use the elements—wind, water, and sunlight—



Schematic representation of the nitrogen cycle.

the well-being, in full creative activity, of each of its parts in harmony with every other part and also with the whole system.

#### Keeping your soil alive

Soil conservation is the remedy for, and the prevention of, soil erosion—which is the end result of a sick and dying soil. The first symptom of this is the loss of soil structure. As we learned last month, soil structure relates to the size of soil particles. This means that there is enough air space between them so that the soil organisms and plant roots can breathe and water can move. When this conductivity is disrupted, a hard insulating layer, or pan, develops.

The destructive process that ends in soil erosion begins with the loss of surface vegetation. This is

benefit, to a conglomerate, inert, unstable mass for which the once life-giving sun and rain have become its worst enemies, bringing about the next stage in the downward progression to total erosion, which is the physical removal of all of the topsoil, with the minerals that plants need being leached out.

With our whole-systems understanding of soil we can begin to talk about how we can use permaculture methods to facilitate and build a healthy soil ecosystem. The practice of sheet mulching, which I wrote about in the April issue, enhances and builds soil without disturbing the existing natural system. By adding organic matter and mulch in layers, we are ensuring that our natural allies—mycelia, worms, microorganisms, and bacteria—

have something to break down and turn into rich topsoil, full of humus. With this practice, there is rarely a need to add any additional fertilizers.

This is a good example of the permaculture principal of working with, rather than against natural systems. When you work with a system, by nourishing and enhancing its processes, the system is balanced and therefore thrives and is productive. When you work against a natural system, by over-tilling and monocropping, for example, the system is thrown out of balance, requiring outside energy inputs in the form of fertilizers and pesticides, in order for it to remain productive.

#### Perennial polyculture

By adding perennial polyculture methods (the inter-planting of two or more species) we are creating a full natural systems habitat.

Perennials, unlike annuals, produce flowers and seeds more than once in their lifetime, and therefore do not have to be planted every year. This is how nature works, and in permaculture we not only desire to work with natural systems, we work to mimic them.

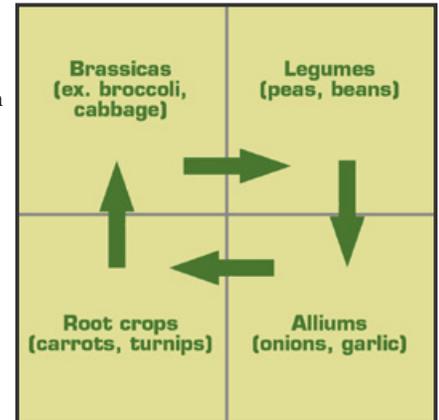
In the annual vegetable garden we can use these methods, altering them to the needs of this type of production. We do this by seasonally adding layers to the sheet mulch, inter-planting plant allies (companion planting), practicing crop rotation, and cover cropping.

#### Cover crops and crop rotation

Cover cropping prevents disease and pest insects and increases soil fertility. Crop plants that are in the same plant families tend to share the same insect and disease problems. When we grow plants from the same families in the same place year after year, disease organism and pest insect populations build up and accumulate in the soil, leading to ecosystem imbalance. It is recommended that you wait three to seven years between growing crops from the same family in the same place in order to maintain a healthy balance.

Crop rotation for the purpose of soil fertility minimizes the need to add fertilizers. This is because different plants extract soil nutrients at different rates. Nitrogen tends to be used up or leached out relatively quickly, while phosphorus, potas-

sium, calcium and trace minerals will remain in healthy soil in adequate amounts for a few seasons. Because of this, the main reason we need to apply additional fertilizers is to replace nitrogen. By rotating nitrogen-fixing plants throughout the garden, such as alfalfa, clover, fava beans, peas, and lupines, we can harness the nitrogen cycle to replace nitrogen in the soil. Nitrogen-fixing plants have nodules on their roots



that are actually large colonies of bacteria. These bacteria use nitrogen gas from the air and transform it into forms that are useful to plants. For more information about plant families and crop rotation techniques [download this PDF file](#).

Cover cropping increases nutrients, adds organic matter to the soil, helps to suppress weeds and provides catch crops and forage crops. A catch crop is a cover crop established after harvesting the main crop and is used primarily to reduce nutrient leaching from the soil. For example, planting cereal rye following corn harvest helps to scavenge residual nitrogen. Short-rotation forage crops function both as cover crops, and as green manures when they are eventually incorporated or killed for a no-till mulch. Examples include legumes such as alfalfa, and clover, as well as grasses like fescue. In general practice, cover crops are tilled into the soil, but in the case of adding to the sheet mulching process they are cut down and laid on top of the mulch, adding a layer of green manure. Some other useful plants for cover cropping include; fava beans, bush beans, buckwheat, rye grass, and vetch.

Using these techniques in a home garden may sound daunting, but with a little planning and attention to the long-term health of your soil, you'll be rewarded with healthy crops and remarkably pest and disease-free plots.

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- Music in Me—ages 3-5
- Harmony Road—ages 5-6
- Young Musician—ages 6-8
- Keyboard Prep—ages 8-12
- Piano Street—Teens & Adults

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