



FREE

# Cedar Mill News

Volume 11, Issue 1

January 2013



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## Cedar Mill Downtown Business Map & Directory

Our centerfold this month is a directory of the “bricks and mortar” businesses in downtown Cedar Mill. Pull it out and stash it in a handy place so you can easily find the local businesses and services you need.

## Ten years and counting

This issue marks ten years of Cedar Mill News! We published the first issue in January 2003. It was an experiment to raise awareness about the Cedar Mill Business Association. A small group of CMBA members sat around a table at a local restaurant, discussing why we attended meetings. It all boiled down to gossip! We wanted to know what was going on in the community. So we decided to try a newsletter.

The first issue was one single page, and was intended for distribution among the local businesses. It soon became clear that we had a broader audience and the paper expanded. Pacific Office Automa-

tion agreed to let us print it for free on their high-speed copiers. The CMBA sponsored the publication for the first years.

The Cornell Road project was just getting underway. And then along came Beaverton’s annexation push,

and then the Walmart proposal, and the Timberland development. Plenty to write about!

Content and advertising expanded to the current 12 pages. In January

of 2007,

Copytronix agreed to let us use their equipment to print. Our online subscriber base was growing. We were printing 600 copies for distribution around the community, but another 800-900 people were getting it via an email link to web pages or a PDF file.

In February 2011, The Cedar Mill News became independent from the Cedar Mill Business Association. This allowed us to cover non-member businesses and we discontinued the member discount on advertising. Today, we’re up to nearly 1800 online subscribers, so with the 600 paper copies that are distributed each month, we reach a good portion of the 5412 households listed in the 2010 census. We’re gratified that in this age of media consolidation and shrinkage, the community and businesses choose to support this “hyper-local” outlet for community news. We still find folks who haven’t heard about us yet, so if you like The News, tell your friends!



Lillian Findley Bales 1916-2012 see obituary page 11

## Pedestrian projects proposed

The Urban Road Maintenance District provides enhanced maintenance to the roads and streets of the large urban unincorporated areas of Washington County. A few years ago, a citizen advisory committee was formed to provide input on how our tax money should best be used to provide for our transportation needs. URMDAC recommended, and the Washington County Board of Commissioners approved, a proposal to slightly reduce the standards for road surface maintenance, and use the savings to provide much-needed pedestrian and bike facilities to urban-area streets.

The committee has been working on a list of recommended safety improvement projects for the coming years, and several of them are in our area. This list will go to the Commissioners for approval, and may be trimmed or amended, but it’s likely that most of it will pass.

**McDaniel Road:** a pedestrian path from Harding Court to near Arnott Lane. The path will serve residents and Bonny Slope School students. Because of some segments that will be required to be built by new developments, this project will only cost about \$159,000.

**Leahy Road:** from 8310 NW Leahy to near West TV Elementary,

a pedestrian path to serve students and residents. Combining with the Safe Routes to School-funded work brings this project in at around \$114,000.

**Butner Road:** a pedestrian path from Cedar Hills Boulevard to Murray. Residents will enjoy a safer way to get around, and improved access to the popular Commonwealth Lake Park. Because of right-of-way acquisition, and the longer span, the price for this project will be around \$563,000.

**Laidlaw Road:** a pedestrian path from one mile east of Lakeview Drive to 140<sup>th</sup> Avenue. Students of Stoller Middle School and Jacob Wismer Elementary will enjoy safer access. Again, ROW costs and terrain will bring the cost to around \$453,000.

Projects that were approved last year and scheduled for construction this spring include a pedestrian path on the north side of NW Rainmont between NW 111<sup>th</sup> and NW 113<sup>th</sup>, and along the west side of NW 111<sup>th</sup> between NW Rainmont and McDaniel Road.

More information about URMDAC is available on the county website at [co.washington.or.us/LUT/Divisions/Operations/urmdac.cfm](http://co.washington.or.us/LUT/Divisions/Operations/urmdac.cfm)



This is the proposed design for a new commercial building on Cornell Road at Joy. The existing wood-frame building will be replaced by a masonry structure with space for dental offices and retail. Local dentist Samuel Chen and his wife (Integrity Dental) are the owners. Emmett Phair Construction is the developer. The development application has been submitted to the county, and the public notice will be distributed shortly. A public comment period will follow.

# Cedar Mill Business News

Do you have news or events or know of something that you would like to see covered in the Cedar Mill News? Please write to Virginia Bruce at [info@cedarmillnews.com](mailto:info@cedarmillnews.com)

## Welcome Bales' new manager

Troy Wolfe is moving from the Farmington store to take the helm at the Cedar Mill Bales' Thriftway. Al Best (father of our Doug & Dave) has taken over at Farmington.

"We are the community's independent grocery store," he notes, "and my mission is to focus on community service, and to make this the best store in the area. I'm a hands-on manager, and I welcome everyone to come and say hi and let me know how we can help you."

Wolfe is a big fan of local food. He's been visiting farmer's markets to establish relationships with small, local specialty producers and bring their items to the store.

## Greener holiday cleanup

With all those holiday gifts comes a lot of waste. Between Thanksgiving and New Year's Day alone, the U.S. Environmental Protection Agency estimates that an extra million tons of waste are generated nationwide each week.

"After the holidays, houses are littered with piles of crumpled wrapping paper, holiday cards, pine needles and boxes of packaging peanuts," said Tim Kimble, The UPS Store® franchise owner. "An easy way for individuals to do their

part in keeping their community clean is by recycling."

Tim offers the following tips to make your holidays a little greener:

Recycle packaging peanuts and bubble wrap. Our The UPS Store location accepts clean foam packaging peanuts of all sizes, shapes and colors and bubble wrap for reuse. For additional information on peanut recycling, consumers can visit [loosefillpackaging.com](http://loosefillpackaging.com).

Recycle greeting cards. Save cards and cut them up to use as gift tags next year. They also make a great resource for children's art projects, or you can research organizations in your area that could use your collection of used greeting cards.

The UPS Store located at 10940 SW Barnes Rd. is open Monday to Friday 9 am to 7 pm and Saturday 9 am to 5 pm. For more information, please visit [www.theupsstorelocal.com/3379](http://www.theupsstorelocal.com/3379).

## The Beloved and Belated Holiday Card

How late is too late to send a holiday greeting card? Greeting card entrepreneur Lori Bitter says it is never too late: "Traditionally, I keep a bowl on the kitchen table to store our cards that arrive throughout the holiday. I enjoy watching my out-of-town adult children spending time to read every card from that bowl. People value relationships and love the connection to old family friends."

There are some great solutions for late holiday greeting card senders, including New Year's or Calendar greeting cards. SendOutCards is an online greeting card company that sends a real card in the mail for you. Send a belated Christmas card, a New Year's card, a Calendar Card, or really mix things up this year and send out Valentine's Day cards. Whatever your plan, SendOutCards can make it simple. For a free sample of the SendOutCards service, go to [CardsbyLoriBitter.com](http://CardsbyLoriBitter.com) or call Lori at 503-524-1111.

## Free Yoga Classes for Beginners

If you gave your fitness routine the slip during the holidays, January is the perfect time to start anew. Sunset Yoga Center's winter session runs January 7 through March 3,



Bales Thriftway's new Candy Shoppe, in the space next to the Post Office, is almost complete. Selections include some nostalgic candy brands, along with your favorite bars, bags, and boxes of sweet stuff.

with a variety of classes for all ability levels. New to yoga? Try a free beginner class January 7-13. See their website for a list of available classes.

In addition to offering Iyengar yoga, Sunset Yoga Center recently added Core Stability classes to the schedule. Taught by licensed physical therapist and yoga instructor Julie Burtis, this unique approach to core stability integrates efficient breathing with a progressive program to strengthen the hips, back and abdominal muscles.

Sunset Yoga Center, located at 12923 NW Cornell Road, is home to the most certified Iyengar yoga instructors in Oregon. Visit

Memory Lane, by Kat McCullough

[setyoga.com](http://setyoga.com) for more details and to register for classes.

## Virtue of the Month: Caring

"Caring is giving tender attention to the people and things that matter to us. It is being a compassionate witness, listening to another wholeheartedly and without judgment. We show that we care with thoughtful acts and kind words. When we do a careful

job, we give it our best effort. We are not indifferent to things that matter. We care deeply about the principles we believe in. Caring is a song of love. Caring is a gift from the heart." From Virtues Reflection Cards, written by Linda Kavelin Popov. "One who cares, listens," Paul Tillich.

The practice of Caring: I take an interest in others and listen deeply. I look for ways to be considerate and helpful. I am gentle and loving with anyone and anything placed in my care. I give excellence to whatever I do. I am passionate about my beliefs. I take good care of myself.

Affirmation: I am thankful for the gift of Caring. It helps me to express my love.

Are you looking for a way to show you care? The greatest heroes come from the greatest crises. Help the kids in Newtown become role models of compassion and resilience after this terrible tragedy. Visit [indiegogo.com/theunityproject](http://indiegogo.com/theunityproject). Brought to you by [VirtuesConnectionPortland.com](http://VirtuesConnectionPortland.com).

## Village Gallery of Arts

Don't miss featured artist Kat McCullough's fiber art, which will be on display this month. Although her interests include oils, acrylics, and paper collage, McCullough has been working in fiber the last several years, enjoying its "endless variations of color, shape and line."

As she also states, "Artistic expression arrived early in my life and has been a constant presence. I can't think of a time when I wasn't drawing, painting, modeling, or playing with a needle and thread. To me, art is joy and aliveness, and it is totally necessary to my wellbeing. I love to go to art shows to

feel the excitement of what other artists have discovered or tried, and to browse through art books to see once again what some of my favorite artists have given as gifts of expression to the world." McCullough cites Paul Klee, Georgia O'Keeffe, Hannah Hoch, Romare Bearden and Wolf Kahn as a few of the many artists she admires.

Continued on page 9

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## Sunset News

By Elsie Garner, *Sunset High student*

January at Sunset High School will be a busy month for most students. Right after winter break comes a spirit week for the upcoming Bali Hai dance, and then the dance itself on January 19. Junior Nikki Rogovoy says, "I love being a part of a school like Sunset because the students are so spirited," and she is right -- the student body gets amped up on school pride and excitement for the dance.

The following week there is a Cram the Stands girls' basketball game, which is a cancer awareness event to raise money for the Doernbecher Children's Hospital Foundation. The event draws tons of support from the student body and the community; for most games the stands are, literally, "crammed." Snacks are sold to help fund other Sunset programs as well-- a SAM-BA pop for the band is always a delicious choice. Make sure to come out on January 23 to show your support for the basketball team and the children's hospital!

On Saturday the 26th, students will be taking the SAT to prepare for their college applications. After the whirlwind of winter SATs and finals week through the 31st, students get a relaxing three-day weekend to prepare for the new semester.

## Meet your State legislators

The 2013 Session of the Oregon Legislature starts in February. Come join your State Senator Elizabeth Steiner Hayward and Representative Mitch Greenlick for a lively discussion about Oregon's future. Learn about the key issues likely to be before the legislature. Share your thoughts about Oregon's most pressing issues. Find out how to keep up-to-date with the latest news out of Salem. Saturday, February 2, 2-4 pm at the Cedar Mill Library.

## Merkley Town Hall

Join US Senator Jeff Merkley (D-OR) at his annual Washington County Town Hall on Friday, January 18, 3-4 pm at Beaverton City Library, 12375 SW 5<sup>th</sup> St., Beaverton.

Senator Merkley will discuss the Fiscal Cliff, Filibuster Reform, Veteran's Job Corps, Investing in America with new jobs, infrastructure improvement and homeowner refinancing, and other issues important to the community and the nation.

## Library News

By Dawn Anderson

Library2Go: Do you have a brand-new eReader, tablet, or smartphone? Library2Go is a service provided by libraries across Oregon, which gives you access to downloadable media (eBooks and audiobooks) on your computer or mobile device. Visit [wccls.org/library2gohelp](http://wccls.org/library2gohelp) to download books now! Questions? Stop by the library, we'd be happy to help!

Teen Art Contest: Teens, do you have art skills? Here's your chance to prove it -- and win a prize! It's time again for our annual Teen Summer Reading

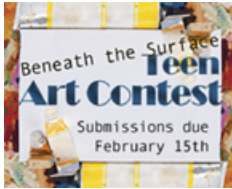
Art Contest. The artwork must represent the 2013 Teen Summer Reading theme "Beneath the Surface". What do you get if you win? A \$150 Powell's Books gift card or \$50 or \$25 Blick store gift certificates. This is your chance to see your original artwork featured on Washington County's Teen Summer Reading promotional materials. (posters, buttons, bookmarks and more!) Enter between Jan. 2 and Feb. 15, 2013. For more info and an entry form, ask at the library.

## Timberland Neighborhood Meeting

Find out about the latest plans for the commercial area of Timberland on Barnes Road. Gramor Development principals will have some updated drawings to share on how the site will look and also preview the proposed buildings. Still no news on the anchor tenant, but stay tuned. Thursday, January 17, 6:30-7:30 pm at Leedy Grange Hall, 835 NW Saltzman.

## Milltown Soccer Signup

Milltown United Soccer Club registration for spring soccer will open up on January 7. Milltown offers soccer for boys and girls ages 5-18 in the Barnes Elementary, Bonny Slope, Catlin Gabel, Cedar Hills Recreation, Cedar Mill, Cedar Park, Ridgewood, St. Pius, Sunset High School, Terra Linda, West TV, and William Walker school areas. For more information, visit our website [milltownsoccer.org](http://milltownsoccer.org).





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## Eating like a Bird

By *Lauretta Young*

This common phrase generally means to pick at one's food—rather like some typical backyard birds that appear to be picking around a lot but not eating much. I personally have never seen an obese Song Sparrow or Robin. However birds eat a LOT. Even a short time watching outdoors will allow you to see how much time almost all species of birds spend eating. They tend to eat things that most humans would not enjoy, such as worms, snails, snakes, rotten fruit, berries that look past their prime, and seeds.

I had the good fortune to spend a recent dark and gloomy rainy day recovering from too much work, so I sat and knitted, drank tea, watched the day unfold out my window, and rested. I also noticed several things about how my Cedar Mill backyard birds were eating that I have not thought about before.

used to seeing Coopers and Sharp Shinned Hawks eat other birds but had never seen the Red Tailed eat a bird. I think that, since the wetlands were so flooded with large amounts of recent rainfall, the typical prey wasn't available so this bird switched to what was around to eat.

The most vigorous eater of the day was by far the Varied Thrush. This is a winter bird for us since they breed in Alaska and northern Canada. This bird loves to throw leaves around looking for insects hiding underneath. I often guessed that this bird was about to appear by the quantity of leaves being thrown from behind a bush.

The vote for "most adorable" went to the huge flock of Bushtits. These tiny birds with long tails flock up in the winter to feed and perch together. In the spring they pair up to build nests. The flock at our feeder had at least fifty tiny birds eating our suet. Such small beaks

but such large bites of suet! They must need a lot of food to keep warm. They visited the feeder so many times that by the end of the day the entire suet block was gone. Now other birds did help eat the suet including Yellow Rumped Warblers, Black Capped Chickadees, and Downy Woodpeckers. Northern Flickers, one Ruby



*Bushtit, March 2012 in Cedar Mill ©2013 Jeff Young*

Outside my window we have a collection of bird feeders. We also deliberately plant foods in the garden known to be attractive to birds, such as crab apple trees and bushes loaded with berries. We leave some leaves on the ground as cover for insects. We do not use pesticides, allowing the aphids to flourish on the roses so that the Chickadees can "act like a vacuum" going up and down the stems scooping up protein. I noticed a particular pair of Red Breasted Nuthatches going to the seed feeder and then taking their sunflower seed treat up to a specific branch. They lodged the seed into a crack where they then could hit it repetitively with their beaks to break it open to enjoy. Over and over to the same branch they went.

I also noted the Red Tailed Hawks, which I generally see feeding on rodents and snakes, swoop down and snatch up an unobservant Junco from the ground. I am

Crowned Kinglet, and unfortunately some bully Starlings. But most of the eating was done by the Bushtits.

Birds eat in amazingly diverse ways—some eat fruit, others eat snakes. Some eat by themselves and others in social flocks. However the phrase "eating like a bird" does not seem to hold up to scrutiny of real bird behavior—most eat a lot and often, and very few are inflexible about what to eat. The major difference appears to be that birds don't eat for "non food" reasons like humans do. We eat to be comforted, to signal our status, or to have contact in addition to our need for nutrition. So maybe we should "eat like birds" –in some ways at least.

*Lauretta Young has a small private bird tour business and takes clients birding in Cedar Mill and beyond—see her web site at [www.portlandbirdwatching.com](http://www.portlandbirdwatching.com). Also see her husband's photos of Cedar Mill and beyond at [www.flickr.com/photos/youngbirders](http://www.flickr.com/photos/youngbirders).*

# 2013 Cedar Mill Downtown Business Directory and Map

● Colored dots indicate map area. Visit the online Cedar Mill Business Directory for more information on many businesses: [cedarmill.org/biz](http://cedarmill.org/biz)

## Health & Fitness

### Hospitals/Clinics

- Providence Sunset Medical Group  
417 SW 117th Ave.  
503-216-1234
- Cornell Urgent Care  
13305 NW Cornell  
503-646-8500
- Pediatric Urgent Care  
11790 SW Barnes  
503-643-2100

### Physicians

- Integrative Pediatrics  
11790 SW Barnes  
503-643-2100
- Sunset Family Practice  
12400 NW Cornell  
503-626-7436
- Cornell Family Medicine  
2400 NW Cornell Road,  
(503) 352-0211
- Laurel Robinson, MD  
11786 SW Barnes,  
503.469.1552
- Providence Sunset Med Group  
417 SW 117th Ave  
503-215-9400
- Cleary Medical Associates  
11786 SW Barnes #270  
503-520-0777
- Northwest Women's Clinic  
11750 SW Barnes Suite 300  
503-416-9922
- Orthopedic & Fracture Clinic  
11782 SW Barnes Road #300  
503-214-5200
- Pacific Sleep Program  
11790 SW Barnes Rd. Suite 330  
503-228-4414

### Dentists

- Aesthetic Smiles  
13765 NW Cornell  
503-643-9855
- LifeSmile Dental Group  
13305 NW Cornell ,  
503-644-5433
- Lindsay Freed Brown, DMD  
12889 NW Cornell  
503-643-664394
- Randall Freed, DDS  
12887 NW Cornell  
503-646-9687
- Goodwin & Leroy DDS  
12885 NW Cornell  
503-646-3200
- World of Smiles  
Pediatric Dentistry  
11790 SW Barnes  
503-626-9700
- Barry O Evans, DDS  
12887 NW Cornell  
503-644-3105

- Summit Dental Health  
973 NW Saltzman  
503-644-7202
- Daniel E. Blickenstaff, DDS  
975 NW Saltzman Road  
503-646-1463
- Daniel Yaillen, DMD, MSD  
742 NW Murray Blvd  
503-641-9100
- Alan Rosenberg, DDS  
682 NW Murray Blvd  
503-574-4423
- Matthew A. Park, DMD  
680 NW Murray  
503-643-6300
- Robert S. Henshaw, DDS  
11786 SW Barnes Suite 210  
503-531-3550
- Fred J Kreutzer, DDS  
12889 NW Cornell  
503-643-6643
- Victor A. Schwartz, DDS  
662 NW Murray #6  
503-641-7165
- Laura L. Matin, DDS  
14740 NW Cornell  
503-690-0400
- Justus Orthodontics  
11790 SW Barnes Road St 390  
503-352-3800
- Sunset Oral & Maxillofacial Surgery  
11786 SW Barnes Road, St 110  
503-924-2323

### Chiropractic

- Cedar Mill Chiropractic  
12923 NW Cornell  
503-646-3393
- West Hills Chiropractic  
1070 NW Murray  
503-644-5100
- Sunset Chiropractic  
11500 SW Corby Dr  
503-643-2225
- Oak Hills Chiropractic  
14740 NW Cornell
- Health Source Chiropractic  
13305 NW Cornell  
503-746-5085
- Barnes Road Chiropractic  
475 NW Saltzman Rd  
503-203-6855

### Massage Therapy

- Angelic Healing Hands  
Massage Therapy  
1225 NW Murray  
503-644-6109
- Cedar Mill Chiropractic  
12923 NW Cornell  
503-646-3393

### Physical Therapy

- Laurelhurst Physical Therapy  
@ Sunset Athletic Club  
13939 NW Cornell  
503-726-8880

### In-Home Care

- Comfort Keepers  
1225 NW Murray  
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- Right at Home  
12847 NW Cornell  
503-574-3674

### Counseling Services

- McGovern & Associates  
1225 NW Murray  
503-644-6600
- Lifeworks NW  
14600 NW Cornell  
503-645-9010

### Pharmacies

- Walgreen's Pharmacy  
12505 NW Cornell  
|503-643-8522
- Safeway Pharmacy  
13485 NW Cornell  
503-350-2086

### Alternative Medicine

- Acupuncture & Oriental Med.  
1225 NW Murray  
503-841-2000
- Maansi Family Health Center  
13765 NW Cornell  
503-893-8905
- Points of Tranquility  
Acupuncture  
12923 NW Cornell  
503-520-1270

### Vision

- Cornell Eyecare Group  
12955 NW Cornell  
503-643-5556
- Cedar Mill Vision Center  
660 NW Murray  
503-646-6166
- Barnes Professional Eye Care  
11750 SW Barnes Rd. #120  
503-646-5194

### Athletic Clubs & Instruction

- Sunset Athletic Club  
13939 NW Cornell  
503-645-3535
- Sunset Yoga Center  
12923 NW Cornell  
503-539-4504

### Pet Health

- Cedar Mill Veterinary Hospital  
12790 NW Barnes  
503-644-3101
- Sunset Animal Clinic/  
Animal Cancer Clinic  
14740 NW Cornell  
503-690-8249

## Food & Dining

### Grocery Stores

- Bales Marketplace  
2675 NW Cornell  
503-646-9635

- Safeway  
13485 NW Cornell  
503-350-2080
- 7-eleven Store  
12595 NW Cornell
- Cedar Mill Farmers' Market  
Safeway Parking Lot  
8-1 Saturdays May–October
- Dinihanian's Farm Market  
/Your CSA  
15005 NW Cornell

### Specialty Food, Deli, Coffee

- Cedar Mill Liquor Store  
13528 NW Cornell  
503-626-2611
- Poppa's Haven Coffee House  
800 A NW Murray Blvd  
503-626-0700
- Pip's Frozen Yogurt  
13611 NW Cornell  
503-469-4500
- Bobalicious Café  
13543 NW Cornell
- Donuts Plus  
13500 NW Cornell  
503-644-2168
- Dotty's  
13593 NW Cornell  
503-229-5058
- Pars International Market  
12923 NW Cornell Road  
503-350-2300
- Subway Sandwich Shop  
14740 NW Cornell  
503-617-4834
- Subway Sandwich Shop  
455 NW Saltzman  
503-644-0690
- Pizzicato Gourmet Pizza  
14740 NW Cornell  
503-531-8989
- Bandito Taco  
13565 NW Cornell  
503-643-2304
- Papa Murphy's Pizza  
12595 NW Cornell  
503-672-7272
- Pizza Schmizza  
405 NW Saltzman  
503-924-3645
- Papa John's Pizza  
1050 NW Murray Blvd  
503-469-8282
- Mac's Markets & Deli  
14740 NW Cornell  
503-690-0309
- Taco Bell  
13480 NW Science Park Dr.  
503-350-0302
- Kauai Island Grill  
811 NW Murray  
503-643-4820
- Teriyaki Beef Bowl  
421 NW Saltzman  
503-641-6135

**Dining**

- Bleacher's Grill & Pub  
575 NW Saltzman  
503-643-1711
- Shari's  
13645 NW Cornell Road  
503-646-7862
- Ichiban Restaurant  
13599 NW Cornell  
503-641-0331
- China Rim  
455 NW Saltzman  
503-626-8883
- Chiam Restaurant  
12890 NW Cornell  
503-646-5126

**Schools & Instruction**

- The Village Gallery of Arts  
12505 NW Cornell Road  
503-644-8001
- Sultanov Russian Ballet Academy  
12849 NW Cornell  
503-575-5659
- Hoffmann Academy of Music  
12660 NW Cornell Road  
503-336-3121

- Sherwin Williams Paint  
13555 NW Cornell Road  
503-646-7064

**Home Repair and Construction**

- A Cut Above Exteriors  
12985 NW Cornell  
503-643-1121
- Renewal by Andersen Windows  
12985 NW Cornell  
503-906-2884

**Garden Supplies**

- Cedar Mill Lumber  
12700 NW Barnes  
503-644-9101
- Apollo Pools Inc  
13306 NW Cornell  
503-644-0556

**Automotive**

**Gas Stations**

- Cedar Mill Shell  
12805 NW Cornell  
503-643-2567
- Chevron  
13675 NW Cornell  
503-643-2174
- Arco/AM-PM  
15320 NW Cornell

**Service & Repair**

- Espresso Lube  
12750 NW Cornell
- Fix Auto Sunset  
13645 NW Science Park Dr  
503-646-3368



- Si Señor  
625 NW Saltzman  
503-672-9124

**Catering**

- Bale's Thriftway  
12675 NW Cornell  
503-627-0162

**Bars & Alcoholic Beverages**

- Wan Q Restaurant/Bar  
13535 NW Cornell  
503-644-0003
- Bleacher's Grill & Pub  
575 NW Saltzman  
503-643-1711
- McMenamain's Oak Hills Brew Pub  
14740 NW Cornell , #80  
503-645-0286
- Cedar Mill Liquor  
13528 NW Cornell  
503-626-2611
- The Wine Cellar  
13486-A NW Cornell Road  
503-643-5655
- Barrel Wine & Tasting Bar  
14740 NW Cornell  
971-245-6000
- Greek Village Lounge  
301 NW Murray  
503-643-2119

- R & B Music  
13530 NW Cornell  
503-646-8600
- Mathnasium  
12965 NW Cornell Rd  
971-732-5155
- Kumon Math & Reading  
13619 NW Cornell Road  
503-446-9091

**Home & Garden**

**Building Supplies**

- Miller Paint  
1040 NW Murray  
503-574-4411
- Home Depot  
13700 NW Science Park Dr.  
503-646-1525
- Parr Cabinet Showroom  
13535 NW Science Park Dr  
503-941-7150
- Cedar Mill Ace Hardware  
12505 NW Cornell  
503-672-9489
- Paulson's Floor Covering  
13545 NW Science Park Dr.  
503-350-2367
- Cedar Mill Lumber  
12700 NW Barnes  
503-644-9101

- Cedar Mill  
Ace Hardware  
12505 NW Cornell  
503-672-9489
- Home Depot  
13700 NW Science Park Dr.  
503-646-1525

**Garden Services**

- Irrigation Management Systems  
12840 NW Cornell Road  
503-643-6605

**Landscape Design**

- Hal Beighley and Associates  
12840 NW Cornell  
503-643-4796

**Other**

- Chrisman Picture Frame  
12675 NW Cornell Rd  
503-646-4286

**Parts**

- Mike's Auto Parts  
12505 NW Cornell  
503-646-0623
- Auto Zone  
852 NW Murray  
503-350-1785
- Sunset Tire Factory  
301 NW Murray Rd.  
503-647-6767
- Jiffy Lube  
13425 NW Cornell
- Motor Sports International  
12930 NW Cornell  
503-643-2656

**Entertainment & Sports**

**Athletic Clubs & Instruction**

- Sunset Athletic Club  
13939 NW Cornell  
503-645-3535

**Car Wash**

- Espresso Lube  
12750 NW Cornell
- Kaady Carwash  
14740 NW Cornell  
503-645-8661

**Beauty & Barber**

**Beauty/Hair/Nails**

- Salon 503  
12505 NW Cornell  
503-644-5161
- David Allan's Too  
12675 NW Cornell  
503-644-5101
- Tint Hair Studio  
12923 NW Cornell  
503-627-0606
- Seven Stars Salon  
800 NW Murray Blvd  
503-574-4211
- Acme Tattoo  
765 NW Joy Ave.  
503-643-8917
- Silhouette Salon  
495 NW Saltzman  
503-319-1992
- Bel Amici Salon  
13305 NW Cornell

● Red Lotus Skincare Salon

- 13765 NW Cornell  
503 643 8100
- Al's Barber Shop  
12505 NW Cornell  
503-644-9329

**Cleaners, Shoe Repair**

**Dry Cleaners**

- Family Cleaners  
12675 NW Cornell
- Cedar Mill Cleaners  
419 NW Saltzman
- Daisy Cleaners & Laundry  
1105 NW Murray  
503-644-4070

**Shoe Repair**

- Cornell Cobblers  
12595 NW Cornell  
503-643-7173

**Laundromats**

- Cedar Mill Coin Wash  
12505 NW Cornell  
503 789 3435

**Alterations/Mending**

- Madhatter Alterations  
12505 NW Cornell  
503-643-3772

**Clothing**

- Baby & Me  
1259-B NW Saltzman  
503-646-2021
- Second Edition Resale Shop  
12505 NW Cornell Road  
503-644-6395
- Rock it Resell  
12640 NW Cornell  
503-641-3150

**General Merchandise**

- Walgreen's  
12505 NW Cornell  
503-643-8522
- Dollar Tree  
13575 NW Cornell  
503-520-1826

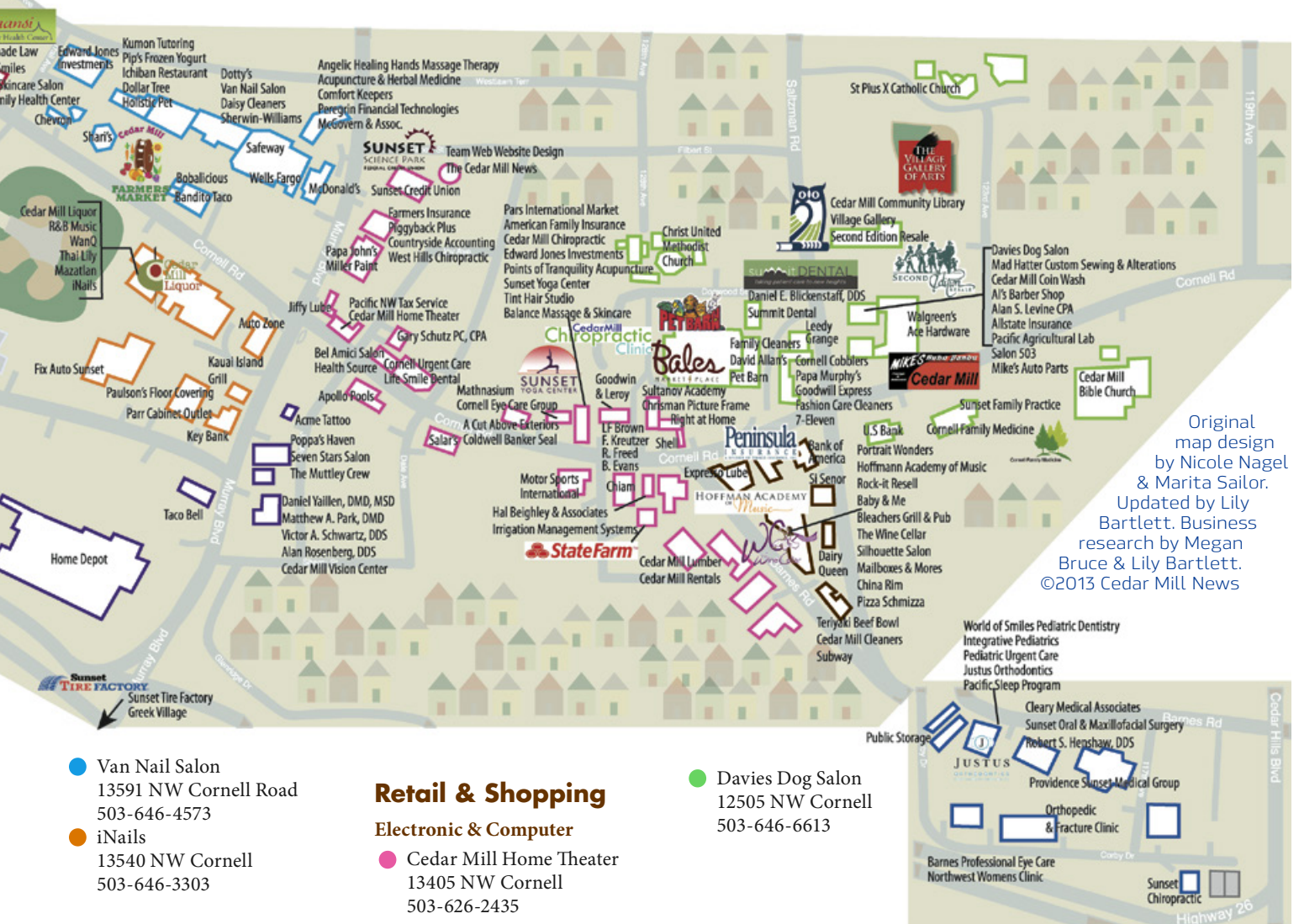
**Pet Retail**

- Pet Barn  
12675-A NW Cornell  
503-641-9443
- Holistic Pet  
13567 NW Cornell Rd  
503-626-7387
- The Muttley Crew  
806 NW Murray  
503-626-8212

**Education**

**Libraries, Schools, Instruction**

- Cedar Mill Community Library  
12505 NW Cornell  
503-644-0043
- Leedy Grange  
835 NW Saltzman  
503-803-1813
- Mathnasium  
12965 NW Cornell  
971-732-5155
- Kumon Math & Reading  
13619 NW Cornell  
503-446-9091
- Prince of Peace Preschool & Kindergarten  
14175 NW Cornell  
503-645-1211
- St Pius X School  
1280 NW Saltzman  
503-644-3244



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- Van Nail Salon  
13591 NW Cornell Road  
503-646-4573
- iNails  
13540 NW Cornell  
503-646-3303

**Retail & Shopping**

**Electronic & Computer**

- Cedar Mill Home Theater  
13405 NW Cornell  
503-626-2435

- Davies Dog Salon  
12505 NW Cornell  
503-646-6613

## Churches

- Sunset Presbyterian Church  
14986 NW Cornell  
503-292-9293
- Christ United Methodist Church  
12755 NW Dogwood  
503-646-1598
- St Pius X Catholic Church  
1280 NW Saltzman  
503-644-5264
- Prince of Peace Lutheran Church & School  
14175 NW Cornell  
503-645-1211
- Cedar Mill Bible Church  
12208 NW Cornell  
503-644-3156

## Industrial/Business Services

### Printing & Copying

- Mailboxes and More  
515 N.W. Saltzman  
503-644-8504

### Delivery & Freight

- Piggyback Plus (freight)  
1070 NW Murray  
503-643-2300

### Shipping/Mailing

- Mailboxes and More  
515 N.W. Saltzman  
503-644-8504

## Marketing Services/ Graphic Design/Advertising

- Team Web Website Design  
The Cedar Mill News  
1100 NW Murray  
503-803-1813

### Other

- Peregrin Financial Technologies  
1225 NW Murray  
503-690-1111
- Pacific Agricultural Lab  
12505 NW Cornell  
503-626-7943
- Public Storage  
11995 SW Corby Dr 97225
- Portrait Wonders  
603 NW Saltzman  
503-641-3939
- Goodwill Donation Express  
12595 NW Cornell

### Lodging

- DoubleTree by Hilton  
15402 NW Cornell  
503-614-8100

## Money & Legal

### Banks

- U. S. Bank  
12550 NW Cornell Road  
503-643-8365
- Bank of America  
12600 NW Cornell  
503-275-2222

- Key Bank  
805 NW Murray  
503-790-7693
- Wells Fargo Bank  
13485 NW Cornell  
503 672 9235
- Sunset Science Park Credit Union  
1100 NW Murray  
643-1335

### Financial Planners

- Edward Jones Investments  
12923 NW Cornell  
503-644-5104
- Edward Jones Investments  
13635 NW Cornell  
503-644-1408

### Accountants & Bookkeepers

- Alan S. Levine CPA, PC  
12505 NW Cornell  
503-626-6638
- Pacific Northwest Tax Service  
13405 NW Cornell  
503-646-5600
- Countryside Accounting  
1070 NW Murray  
503-626-8100
- Gary L. Schutz, PC, CPA  
900 NW Joy Ave  
503-520-1120

### Attorneys & Legal Services

- Dean H. Shade Law  
13765 NW Cornell  
503-644-5539

## Insurance

- American Family Insurance  
12923 NW Cornell  
503-312-4752
- Peninsula Insurance Co  
12700 NW Cornell  
503-644-5333
- Allstate Insurance  
12505 NW Cornell  
503-641-5464
- State Farm Insurance  
12860 NW Cornell  
503-646-5920
- Farmers Insurance,  
Joseph LaParne Agency  
1070 NW Murray Rd, Suite 6  
971-228-8966

## Public Safety

- Washington Cty Sheriff's Office  
503-629-0111 \*non-emergency
- Tualatin Valley Fire & Rescue  
649-8577 \*non-emergency

## Misc. Services

- Clean Water Services  
503-547-8000
- Walker Garbage Service  
503-531-6330
- Tualatin Valley Water District  
503-642-1511
- Tualatin Hills Park & Recreation  
503-645-6433

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*Business News, continued from page 2*

Lydia Cooper will teach a one-day Friday workshop using the popular and successful drawing method inspired by Betty Edwards' book, "Drawing on the Right Side of the Brain." Cooper has over 30 years of experience producing art for private clients as well as commercial accounts. Since moving to Oregon 20 years ago, she has concentrated on fine art portraiture and floral paintings. Her work has won awards in graphic design and fine art competitions. January 18, 9-noon; \$30 registration fee. Open to ages 16 to adult.

Please call the Gallery at (503) 644-8001 or visit our website [vil.lagegalleryarts.org](http://vil.lagegalleryarts.org) for additional information regarding the gallery, membership, classes, and special events. The gallery is located at 12505 NW Cornell Road, next to the library.

### Prince of Peace School Annual Open House

Meet our teachers, review the curriculum, and see samples of students' work at our annual Open House on Tuesday, January 22, 5-6:30 pm at the school, 14175 NW Cornell Road.

We will be accepting pre-enrollment forms; open enrollment begins February 4. For more information, call Lenetta Colbert, School Director at 503-645-1211 or visit [princeofpeacecl.org](http://princeofpeacecl.org).

### You deserve it!

Get GOing—jumpstart your January feeling powerful, productive and organized! NW Organizing Solutions is kicking off 2013 by celebrating the ninth annual Get Organized Month. Here are some great tips for organizing yourself, your routine and your family calendar.

Decide that you deserve it! Understand that you deserve to have more control over your time and your surroundings, and less stress due to feeling overwhelmed. Commit to adding structure and stability to your life.

Create a single calendar for scheduling the activities of everyone in your household and daily/weekly/monthly checklists for each member of your family. Display the lists and calendar in a central location of your home, like the refrigerator or mudroom.

Prioritize your organizational wants and needs. What room or space needs immediate attention? Contact Beth at NW Organizing Solutions (503-709-0791) about

your organization or productivity needs. She can help you get organized, as well as teach you skills to keep you that way.

Set realistic goals for organizing. With the help of a professional organizer like Beth of NW Organizing Solutions, you can reach your organizing goals in a systematic way that will keep you motivated and empowered to success.

NW Organizing offers organizing tips every month in a free monthly e-newsletter. Sign up to receive them at [www.nworganizingolutions.com](http://www.nworganizingolutions.com) or email [beth@nworganizingolutions.com](mailto:beth@nworganizingolutions.com)

Also don't forget to mark your calendar to come and find out how to deal with the onslaught of paper that enters our homes on a regular basis. The workshop will be held at the Cedar Mill Library on Wednesday evening, February 13th. Watch for more information in next month's issue.

### Dance into School

Impressions Dance Club is providing Free Arts Program Demonstrations to local elementary and middle schools during January. For information on how to bring a program to your school contact Cynthia Parent at [danceteachers@aol.com](mailto:danceteachers@aol.com) or call 971-226-1119.

New classes for adults, teens and youth start January 23. Community Dances are now held on the second and fourth Saturday of every month. For information go to [ImpressionsDanceClub.net](http://ImpressionsDanceClub.net).

### Cornell Farm's clearance sale

We're completely reorganizing our checkout greenhouse and as a result, we're discounting a huge selection of our home and garden decor, including Christmas!

Hurry in, because once it's gone, it's gone. Now through Sunday, January 13. Cornell Farm is open daily, 9 am-5 pm at 8212 SW Barnes Rd. Call 503 292 9895 or visit [cornellfarms.com](http://cornellfarms.com) for more information.

### Credit Union News

Happy Birthday to us! 53 years ago, Sunset Science Park Federal Credit Union was formed by eight people from ESI. You can learn a bit more about our history at [spsfcu.com/au\\_history.html](http://spsfcu.com/au_history.html)

To celebrate, we're starting the year off with some useful—and no-cost—seminars at our office, 1100 NW Murray. See if either one

*Continued next page*



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How to Buy a Home in 2013—whether you're looking for your first home, want to move into a larger home, or are looking for an investment property, spend an hour with Sunset member and Keller Williams Real Estate Agent, Marilyn Mays, as she teaches all the tips and strategies to your best deal on a home. Tuesday, February 12, 6-7:00 pm.

All About Your Credit Score—How to read your credit report and what creditors are looking for. Do you know your credit score and what's on your credit report? Want to know how creditors evaluate you? Come learn from Sunset staff member Jenny, as she teaches you everything you need to know. Register now so you can receive your FREE credit report and bring it to the seminar! Tuesday, March 12, 6-7 pm.

Membership in SSPFCU is available to anyone who lives or works in Cedar Mill, or is an employee of any of our select employer groups (please contact us to see if your business participates). And once you join, all family members (regardless of where they live or work) are also eligible to enjoy all the benefits of Sunset Credit Union.

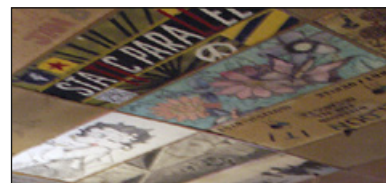
**Goodbye Grapevine, hello Greek Village**

Irene Pavlatos is sad to announce that the Grapevine Restaurant & Lounge closed on New Years Day. But the good news is that she is bringing the customer favorites from that enterprise to her long-time family venture at the Greek Village, on Murray just south of the Sunset Highway.

"All the Grapevine bartenders are coming over, along with our wonderful DJ/KJ Suzy Q," she says. "Our big-screen tvs will be here, so

everyone can enjoy Blazers' games and other sports events. And some of our customer favorite dishes will be available, including salmon sandwiches, mozzarella sticks, and chicken wings." They'll join favorite Greek Village items like broasted chicken and Wiener Wednesdays (\$1.75 hot dogs with a vast assortment of toppings). Breakfast will be served Sunday mornings, and Happy Hour food and drink specials are available daily from 3-7 pm.

This fun-filled tavern includes six pool tables, all lottery games, and even a couple of traditional pinball machines. And don't miss the historic hand-decorated ceiling



tiles. "Some of them are pretty tired," says Pavlatos, "so we're going to have a couple of "tile parties" to create new ones." New carpets and some general updating will be coming along soon. They updated the HVAC system last summer.

The building has been there since the 30s or 40s. It was originally a feed store, and later a restaurant. Her father started the Greek Village Lounge in 1971. Irene grew up in the business and one of her daughters is a bartender, so it's truly a family affair.

**Refinish First Grows**

Refinish First has hired five part time employees. They are excited to welcome onto the team Seth Roy, Kacie Parris, Alex Huff, Jeff Eitenbach, and Crystal Clement. Crystal has been a painter for over 30 years, Seth has been doing restoration work for four years, and Jeff has three years' experience. Alex and Kacie are new to the business. All employees will be doing the refinishing, restoring, painting and re-facing just as Refinish has been doing. You can meet the company's new faces at the Convention Center in January or at the Expo Center in February for the Home Shows. Find out more at [refinishfirst.com](http://refinishfirst.com).

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## Cedar Mill Garden Club Meeting

The Cedar Mill Garden Club's Wednesday January 16<sup>th</sup> meeting is entitled "Flock to See the Chicken Lady" and will be held at the Beaverton Community Center 12350 S.W. 5<sup>th</sup> at Hall at 11:30 am. Learn all about chickens, plain and fancy, from speaker and owner of show poultry, Michelle Koepe.

Cedar Mill Garden Club meetings are open to the public and all interested gardeners are invited. For more information about the Cedar Mill Garden Club's activities, contact president Barbara Cushman 503-649-7741 or e-mail her at [barbswhimseys@yahoo.com](mailto:barbswhimseys@yahoo.com). Also, see the CMGC website at [www.thecedar-millgardenclub.com](http://www.thecedar-millgardenclub.com) or our Facebook page: Cedar Mill Garden Club for more information.

## Abe Lincoln in Beaverton

This January, the Beaverton Historical Society presents "An Evening with Abraham Lincoln," on Tuesday January 8 at 7 pm. Longtime Lincoln portrayer Steve Holgate will appear in character as Lincoln and allow citizens to get to know Lincoln as he really was. The event will take place at the Beaverton Historical Society at 12412 SW Broadway Street, and is free of charge.

## Lillian Bales 1916-2012

Lillian Lehman Findley Bales passed away surrounded by her family the day after Christmas. She was 96 years old and survived five brothers and sisters. Time only slightly dimmed her sparkling eyes, wonderful laugh and sense of humor.

Lillian was a native Oregonian, born on September 26, 1916 to John Lehman and Carrie Croeni of Hillsboro, Oregon. Lillian lost her mother at a young age, but nothing ever stopped her from moving forward with her life. She attended the two-room Union School in Cedar Mill, and after graduation worked at the Jenkins Estate for several years. In 1936, she married Everett Findley, and the two worked side by side on the Findley family farm until Everett passed away in 1952.

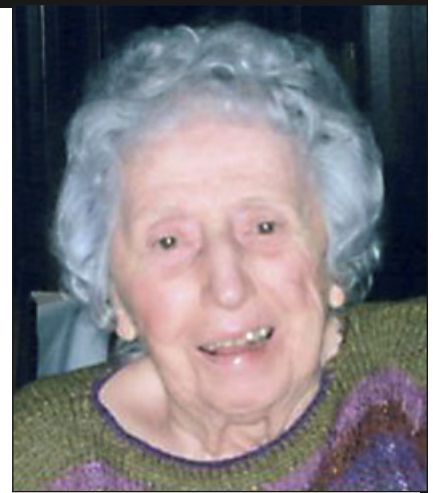
Lillian continued working the farm, selling strawberries, and took another job to support their two children. In 1956, the grocery man, Odus Bales, came to buy strawberries from her. Odus was smitten with Lillian, asking her, "What do you do when you're not farming?" The two married in 1956 and together worked the farm while raising two grandchildren.

They built their first grocery store in Cedar Mill in 1962. Through the years, they built and rebuilt the grocery stores and gave generously to their community. They were married for 42 years when Odus passed away in 1998. Lillian continued working tirelessly until finally being asked to retire. She protested and said, "I'm only 88 and not ready to retire." She missed going to work and loved her job.

Throughout her life, Lillian was a pillar of strength and irrepressible generosity, devoting her life to work and family. Despite some hardships, she always had a smile on her face and positive attitude. She was adored and loved by all!

Lillian is survived by son Ken Findley (and wife Dolores), daughter Elaine Paul, and adopted grandson James Crawford. Her grandchildren are Lisa Paul Heydet, Andrew Paul and Ian Findley. Lillian left nine great-grandchildren; John and Michelle Crawford, Robert, Wilson and Brenda Crawford, Parker and Lillian Heydet, and Alexandra and Andersen Paul. She was preceded in death by son in law, Roger Paul, and adopted grandson, Theodore Crawford.

Memorial services were held at Bethany Baptist Church. Remembrances may be sent to the Cedar Mill Library.



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