



Cedar Mill News

Volume 9, Issue 2

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Featured Business

Sunset Yoga Center

by Virginia Bruce

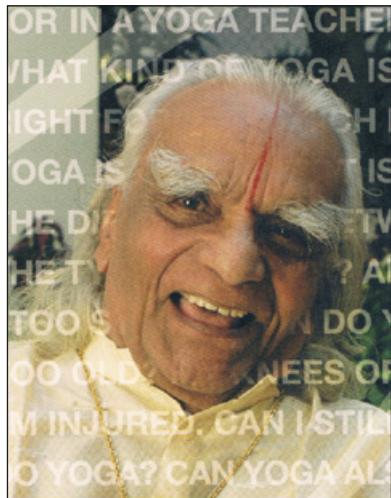
For many people, our work day mostly involves time spent in our head, with a little activity in our fingers. We may find ourselves in contorted and uncomfortable

Several of their teachers have visited Iyengar's institute in Pune, India to advance their training. Mr. Iyengar, now in his mid-90s, still teaches at the school as well as continuing



positions without really knowing how we got that way, because we are not paying attention to the rest of our body. Tension builds up in our back, shoulders and neck, and we don't get enough exercise, or the wrong kind of exercise, to work it out.

Yoga offers a great way to address these issues and many others. In addition to stretching and strengthening, it fosters body-awareness that has a beneficial effect on health and well-being.



B.K.S. Iyengar

Iyengar Yoga is an influential version of the practice that was developed by B.K.S. Iyengar in India, and first introduced to the US in the 60s and 70s. It is the style taught at Sunset Yoga Center (SYC).

to write. His first book, "Light on Yoga," is an authoritative resource for people worldwide.

"Yoga is not a religion," says Nina Pileggi, the founder and head teacher of Sunset Yoga. "We have students here from all backgrounds. It is a philosophy as well as a practice, and it can fit into anyone's life. It helps you develop your connection to self with a holistic approach. It is more than exercise, it helps you to de-stress and to be more focused in your everyday life."

"One benefit that shows up right away is stress release and a sense of improvement in general well-being. If you leave a yoga class feeling more stressed, or pressured, find another teacher! Over the long term, your balance improves, strength increases and the mind becomes clearer. Depression and anxiety can be lessened. You may also find yourself changing the way you eat as you become more aware of food's effect on your body."

Pileggi started Sunset Yoga in Cedar Mill in April 2000. Originally the studio was located on the back side of the center at the southwest corner of Murray & Cornell. "It was a good place to get started," said Pileggi. "The rent was low and the lease was simple." By 2004 she had outgrown the space, though, and found a spot in Cedar Hills near Park Way.

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February 2012

Timberland moving forward with Barnes Road development

Polygon Northwest, the developer that owns the former Teufel property on Barnes at 118th, is partnering with Gramor Development to build, lease and manage the com-

mercial property. Gramor has developed many local centers, including Progress Ridge, Murray Schools Town Center, and several centers in southwest Washington. (see gramor.com)

Plans are for a commercial area that is 25% smaller than what was originally planned. Polygon President Fred Gast says, "Economic and geographic realities just didn't support an intensive retail area. We are confident that Gramor will provide the community with an attractive and useful addition to shopping and services."

Green streets will foster walkability and provide a pleasant surrounding for several of the two-story apartment buildings to the north and west of the commercial area.

The shopping center will be anchored with a grocery store at the northwest corner of Barnes and 118th. The tenant has not yet been announced, but it is likely to be more of a specialty or upscale grocery rather than a large chain. That building will be approximately 35-41 thousand square feet, which is a moderate size for a grocery.

Although not finalized, the remaining shop space will likely be in the "northwest lodge" style of the adjacent residential areas of Timberland. It will still feature a "main street" theme along the main road. Parking will be centralized behind



Polygon will build multifamily residences on some of the land that was originally slated for commercial development. "It's a better fit with the adjacent property," says Gast. The residential buildup will likely include a rec center for residents, parks, and restored natural areas.

the buildings so that the Barnes streetscape will be shops.

Development applications will be submitted to the Beaverton planners for a design review in the near future. They should be available

Continued on page 6

Cedar Mill Business News

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

Business News compiled by Haley Tilt

Winning work at OCAC

From February 2-23, Oregon College of Art and Craft will showcase the 2012 Oregon Scholastic Art Awards Gold Key Art and Photography Portfolio Winners. The Scholastic Art Awards are the largest source of scholarship funds for creative teens in the US, offering recognition, exhibition, publication and scholarship opportunities to outstanding students in art and writing.

The Awards have a distinguished roster of alumni including Andy Warhol, Robert Redford, Sue Miller, Richard Avedon, Philip Pearlstein, Kay WalkingStick, Zac Posen, Joyce Carol Oates, Tom Otterness, Robert Indiana, Sylvia Plath, John Lithgow, and Joyce Maynard. The works will be exhibited in the Hoffman Gallery, 8245 SW Barnes. The opening reception is Thursday, February 2, 4-7pm. Questions? Contact Leigh Radford at 971-255-4212 or lradford@ocac.edu.

OCAC also offers lectures in many art-related subjects that are open to the public. Visit their website at ocac.edu for schedules and more information.

Books for local kids

Thanks to the generosity of the Cedar Mill community, The UPS Store® located at 10940 SW Barnes, raised \$1088.00 for the third anniversary of the Toys for Tots Literacy Program. The proceeds donated locally benefit children in Portland and the surrounding communities.

Throughout November and December 2011, The UPS Store offered customers the opportunity to purchase Toys for Tots Literacy Program donation cards, which helps the Marine Toys for Tots Foundation

buy a book for a deserving child.

"The community's participation was a key component to the success of this promotion," said The UPS Store franchisee Tim Kimble, "This program provides us the unique opportunity to work with a nationally-recognized organization yet make an impact in our community, which is only possible because of thoughtful contributions from the people in Cedar Hills area."

In addition, the UPS Store won a contest sponsored by US Bank, winning \$1000 to provide marketing money for our charity of choice. I chose to donate it to the Toys for Tots Literacy Program for radio ads to help raise additional funding to help local children."

The UPS Store will continue additional fund-raising activities throughout the year, including a coin box program for customers to donate their spare change. For more information, please visit toysfortots.org/literacy.

The UPS Store is open Monday to Friday, 9 am-7 pm and 9 am-5 pm on Saturdays. For more information, call 503-646-9999.

Westside Music goes west

After 25+ years of training musicians of all ages and skill levels at Cedar Mill Place, Westside Music School has moved to 1800 NW 167th Place, Suite 110, Beaverton, just south of Cornell, west of Bethany. They continue to offer the best in private and group music instruction in piano, keyboard, guitar, voice, flute, and early childhood music and movement classes.

Two new teachers, Danielle Rosa and Andrew Becker have joined our existing staff (Aron Bernstein, Suzanne Chittick, Gay Otey, Claudia Reinsch, and Krista Tjossem).

New classes are available now. For information, call 503-533-5100 or check the website: WestsideMusicSchool.org

Try a terrarium!

Saturday, February 18, from 3-5 pm will see the first in a series of events celebrating Cornell Farm's 25th Anniversary and the opening of a new venue for small to medium sized events—the renovated 1926 Dutch Colonial farmstead.

This fun workshop and happy hour will guide participants in creating miniature living gardens in hang-

ing glass terrariums. Learn about different types of terrariums, miniature plants, air plants, mosses, lichens, decorative rocks, sands, and a myriad of other possibilities with which to create your personal naturescape. Simple care tips will be covered along with design concepts. It's more fun with two so invite a friend! One lucky participant will win the demonstration hanging terrarium as a door prize.

Marinda Parks, Cornell Farm horticulturist, designer and terrarium enthusiast, who has been creating beautiful containers for years and recently expanded into the world of terrariums, will teach the workshop. After scouring the world for inspirations, she is excited to share this amazing miniature world with this class.

The \$35 registration fee includes a cocktail, a hanging glass terrarium, plants and materials. Class size is limited, so register early! Register by phone at 503-292-9895 during winter hours 9-5 pm daily, or in person at the store, 8212 SW Barnes Road.

Cedar Mill Style

Caryl K. Hoffman, of Hoffman Design, has five rules for collecting art and creating a beautiful home:

It does not have to be expensive. You do not have to break the bank to put some nice art on your walls. Make sure you love it! Just because a piece art is expensive, does not mean that it is good, and the opposite can also be true. Buy a piece if it makes you feel good.

Make it personal. Buy locally, from friends, or consider framing your own photos, mementoes, kid's art or other treasures.

Things that have meaning to you are sometimes the best art pieces and can make great family heirlooms.

Shop local galleries, student shows and street fairs. These are some of the best places to buy great pieces at affordable prices. The Village Gallery of Arts is a great place to start.

Invest in good frames and framing materials. Even with all of the above, whenever possible have your pieces professionally framed. Good frames will give your pieces a custom look. Consider archival, papers, glues and specialty glass. They will cost a bit more, but it may be worth it.



Caryl has been in the color consulting, design and home staging business for over 30 years. She specializes in the Cedar Mill area. Past clients include Bales Findley Corporation, Westside Music and Christ United Methodist Church. To contact her, please call 503-807-1348, e-mail caryl@ckhoffmandesign.com, or check out her website at ckhoffmandesign.com.

Bi-Yearly Bag Sale

Second Edition Resale, the primary fundraiser for the Cedar Mill Community Library, will be having their bi-yearly clearance sale this February. The bag sale is a wonderful way to get many great clothes for only \$7 and support the library at the same time.

The sale begins on February 10 with 25% off everything—clothes, household, toys, EVERYTHING! From the 13-16th, everything is 50% off. On Friday, Feb. 17, Second Edition will apply a 75% discount, and on Saturday, Feb. 18, the bag sale will be in progress from 10 am-2 pm. The shop will close on Sunday, Feb. 19 in order for Second Edition to restock with Spring Fashions. The store reopens Monday, February 20, at noon. The theme will be Spring in Asia and will feature beautiful art objects from Japan and China.

Learn and have fun at the Wine Cellar

Erin Palmer invites you to discover some great wines and polish up your skills at her fun and informative tastings and classes at The Wine Cellar, behind Mazatlan in the Cedar Mill Place center at 13486 A NW Cornell. More information, times, pricing and complete descriptions are on the shop's website at portlandwinecellar.com.

February 10: Featured Tasting
"Bubbles & Cabernet Franc"
(for Valentine's Day, of course!)
Continued on page 10

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Grange News**From the ground up**

by Theresa Thorud, Secretary, Leedy Grange #339

Leedy Grange was named after B. G. Leedy, Oregon State Grange Master 1900-1906. If you're interested in more history of the Grange, your local library has a copy of "Washington/Yamhill Pomona Grange" put together by yours truly. It is a living document of the known Granges in the Washington/Yamhill counties.

"The Patrons of Husbandry," better known as the Grange, has withstood the test of time in large part by being built upon a solid foundation.



Native landscaping will enhance the mural

But unfortunately, our little Grange hall is not. We have discovered dry rot in some of the piers holding up the south side of the building, due to moisture from drainage issues. We will be working over the next several months to correct the situation and replace the piers.

When Saltzman Road was being widened a couple of years ago, one of the utility contractors dug up some pipes in front of the building. When they were done, they dumped the crushed rock that had surrounded the pipe, all mixed up with dirt, back into the space. This inhospitable mess prevented us from creating a pleasant landscape in front of the new mural. We were able to convince the county to right the situation, and in December, NW Earthmovers came back and dug out the mixture and replaced it with some nice topsoil.

Clean Water Services has created a landscape plan using sturdy and attractive natives. We'll be acquiring the necessary plants soon, and the Cedar Mill Garden Club has agreed to come out and help us put

them into the "new" ground.

Should your New Years' resolution include enjoying life more, allow me to introduce the Cynthia and Michael Parent, the newest members to grace our little group with talent and dance as they waltz their way into our lives, offering a public ballroom dancing session every other Friday at Leedy Grange. For a proper introduction simply Google "Impressions Dance Club," then come on down to Leedy the second and fourth Friday night of each month. Start with a lesson at 7 pm, or join the group for open dancing from 8-10 pm. The cost is \$7 general, which includes the lesson, or \$5 for students. Singles or couples are both welcome.

During the holidays, Leedy Grange made donations to the Beaverton Historical Society, (more on that in a later issue). Leedy also made a donation to the Domestic Violence Resource Center and to Lacy's House, which is a home for veterans.

One thing can be said about the Grange—it is a multi-faceted organization full of options for growth and friendship. We may have a deep history but we are also committed to making the future a little brighter. Join us at one of our potlucks on the second Saturday of each month, at noon. No membership required and you never know who will pop in. But you're sure to enjoy a good lunch.

Cedar Mill Elementary pancakes

Cedar Mill Elementary invites the public to attend the school's annual pancake breakfast fundraiser on February 11 from 8-11 am at the school on 10265 NW Cornell Rd.

Cedar Mill fourth graders, who will be serving pancakes, sausage, coffee and juice, will host the event. Donations will be gratefully welcomed.

Money raised at this event will be used to help pay for an overnight field trip to the Oregon Trail. The field trip will give students a hands-on-look at what life was like for pioneers.

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Multnomah County uses new technology in N.W. Thompson Road slide repair

Multnomah County Transportation used an innovative new product made by a local firm to repair a landslide that closed NW Thompson Road in early 2011.

The landslide on the downhill side of the road threatened to erode the shoulder and the eastbound traffic lane. The county has a small budget for emergency road repairs like the Thompson Road slide. Last winter's heavier rainfall led to more landslides than in a typical year. Because the county lacked funds to repair all the slides, staff researched several options looking for a repair that would be effective and affordable. Eventually, project leaders chose a product made by Maverick Solutions of Lake Oswego

to repair the Thompson Road slide. It's the first time the product has been used on a county road.

After excavating the slide, crews installed layers of plastic netting which were then covered with gravel and lined with bags of earth. The system is all tied together by strong plastic connectors. The end result provides the stability of a conventional slide repair and allows the hillside edge to be re-planted, adding strength and environmental benefits.

"We decided to try this product due to the number of small slope failures we routinely see over the winters," said County Engineer Brian Vincent. "The technique has really proven effective. It gives us another tool in our box. Other benefits include free drainage and the ability to either hydroseed the wall face or plant other native plants directly in the face, resulting in a more 'natural' looking finished product."

"I can't say enough about the hard work and commitment from the county crews – especially the District 1 team – who completed this repair. This project was bigger than we intended, but it has come together very well."

The damaged section of N.W. Thompson Road is in a rural area between NW Cornell Road and NW Skyline Blvd. County engineers are considering using the new technology to repair other landslides threatening county roads.

The heavy rains during the middle of January caused further

damage to Thompson Road before the road could be opened, however. Multnomah County spokesman Mike Pullen explains, "The county had hoped to reopen Thompson Road by the end of January. However, the severe storms in January created new urgent tasks for our road crews that will impact the reopening schedule for Thompson Road."

"Several culverts under Thomp-



son Road a half-mile east of the slide were damaged and are being dug out and replaced. And crews have needed to respond to storm damage elsewhere on our road system, including downed trees, landslides, and washouts."

A few tasks remain to be completed around the landslide repair, as well. These include replanting the slope on the downhill side of the road to add stability and return it to its natural state; rebuilding the drainage ditch on the uphill side of the road; placing protective concrete barriers on the outside shoulder; and putting down temporary lane striping.

Pullen continues, "Thompson Road is expected to reopen in the next one to two months. The main factor impacting the schedule will be weather conditions. Good weather will allow our crews to catch up on storm repairs and complete the Thompson work."

Senator, Representatives to hold town hall meetings

On March 10 at 2 pm, Senator Elizabeth Steiner-Hayward and Oregon House Representatives Mitch Greenlick and Chris Harker will hold a Town Hall meeting to report on the February legislative session. The event will occur at the Cedar Mill Community Library upstairs meeting room.



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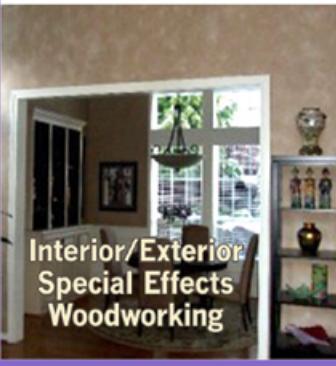
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Funds for flowers

In May 2010, the Cedar Mill Business Association sponsored the first installation of flower baskets along Cornell Road in downtown Cedar Mill. The popular program continued last year, and this spring we will see these beautiful displays again.

The financial burden, however, has fallen to only a few local businesses that donated

money, along with some funds from CMBA dues. This year, the group will reach out to all Cedar Mill businesses and commercial property owners, with a special focus on those with storefronts along Cornell, Saltzman and Murray.



Photo ©2010 by Sandy Sahagian

us to come up with the ideas, the energy to carry them out, and the funds to make it possible. Future plans include seasonally replacing the flowers with winter greenery, but this will depend on broader financial support.

We have set up a state non-profit organization, The Cedar Mill Community Fund, to manage the funds. Donations can be dropped off at the Sunset Credit Union on Murray, across from McDonalds.

Letters will go out later this month inviting business and property owners to participate. Thanks for your support!

For more information about the Cedar Mill Business Association, visit cedarmillbiz.com

Library News and Events

by Dawn Anderson

Computer & Photography Classes for Beginners

Days/times vary. These classes are designed specifically for beginners and include basic skill building and clear explanations. Ask a librarian or visit our website for class descriptions and schedule. Registration required. library.cedarmill.org

Finding Tax Forms, Tax Help & Filing Online.

It's tax season again, and our librarians are ready to help you find the forms, instructions and publications you need. Visit our website or stop by today!

Clearing the Clutter Thursday, February 16, 6:45-7:45 pm

Come hear how to overcome the clutter that so often invades our lives and living spaces. Presented by Beth Giles, local Professional Organizer. To reserve your space, e-mail beth@nworganizingsolutions.com.

Tell us!

We are conducting our annual survey and we'd love to get your input. Please take a few minutes and respond online by February 15. www.surveymonkey.com/s/CMLIBRARY2012

Garden Club meeting

"Attracting Birds to Your Backyard," will be presented by Scott Lukens of the Backyard Bird Shop for the February 15th meeting of the Cedar Mill Garden Club. The meeting begins at 11:30 a.m. at the Beaverton Community Center, 12350 S.W. 5th across from the Beaverton City Library. The event is open to the public at no charge.

For additional information contact president Barbara Cushman, 503-649-7741 or view the website at thecedarmillgardenclub.org

Find local events on the Cedar Mill Community Calendar
cedarmill.org/calendar.html

Anyone who enjoys the flowers, however, will be welcome to donate to the fund.

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Sunset Events**Music, music, music!**

by Nicole Nagel

Have you found yourself humming along to songs or having random musical outbursts lately? If so, then you can indulge in this musical bug through Sunset's upcoming performances. On Thursday, February 9, Sunset is hosting the Beaverton School District Choir Festival, where the Chamber Choir and Madrigals come together to deliver some strong vocals. It begins at 3 pm and runs until 8 pm. Admission is free, and the festival is open to the general public.

If you're more of an instrumental person, then take note that the marching band's SAMBA Winter Concert is being held on Wednesday, February 8 from 7-8:30 pm. This event will take place in the Sunset Auditorium, and will feature special guests from the Cedar Park Middle School 8th Grade Band. As a bonus, dessert will be available following the concert.

The Portland Jazz Festival is approaching, taking place from February 17-26th, and the Sunset High School Band will get their moment in the spotlight. They will perform on the PDX Jazz Student Stage at 3:15 pm on the final day of the festival, Sunday, February 26, to wrap up a great week of music. This stage is located in the PSU Lincoln

Hall # 75, 1620 Southwest Park Avenue, near the intersection of SW Market and Broadway. Admission to Sunset's show is free.

These won't be the only opportunities to catch Sunset's marching band, as they perform at our home basketball games as well. This is perfect for combining two great forms of entertainment. The men's basketball game versus Aloha on Wednesday, February 15th will feature a Funk Band performance. The Funk Band can also be heard at the women's game versus Westview on Friday, February 17th, and at the men's game versus Beaverton on Monday, February 20th. All varsity matchups begin at 7:15 pm, and the band will play until 9 pm.

Speaking of Sunset athletics, our Apollos would love any additional support! Men's basketball is currently tied for Third Place in league play, while our women's team stands in Fifth. Men's swimming is living up to their reputation, as they are currently tied for first in the league with Westview. Next up for them are Districts, which begin on Friday, February 10 at the Tualatin Hills Park and Recreation District pools. Hopefully State will follow! Women's swimming is currently third in the league, as is our wrestling team. You can look up all schedules at metroleague.org, and go cheer on Sunset as we play some matches that are crucial for our standings.

Citizen Action Network Summit

On Saturday, February 11th, from 10 am to 4 pm, people from around Washington County and the region who are actively trying to improve our quality of life will come together to plan and learn from each other. Linda Peters, chair of Washington County Citizen Action Network (WC-CAN) says, "We're all at work on different projects, but share many of the same goals and challenges. So far we seem to be helping each other by sharing information and showing up when it counts—but it's time to take stock and plan ahead!"

Speakers from groups within the Network who have won and lost on issues in 2011, and people forming new groups in response to recent events, will discuss their experiences.

The lunchtime keynote speaker is Ethan Seltzer, PhD., Professor of Urban Studies and Planning at Portland State University. Recognized internationally for his expertise in smart urban design and development through collaborative planning with diverse stakeholders, he will help WC-CAN members and supporters focus on collaborative challenges and prospects in Washington County.

If you would like to learn more about the group, visit the WC-CAN website at wc-can.org. The \$20 registration fee includes all activities and lunch. The conference will be held in the Taylor Auditorium, Marsh Hall, Pacific University in Forest Grove.

Cedar Mill News February 2012

Timberland, continued from page 1
for public review at the Cedar Mill Library once they're received by CPO 1.

Good news for pedestrians is that the long-awaited overlook, boardwalk, and trail connecting Cornell with the center will be constructed this summer. This project will provide a view of Cedar Mill Falls, and easy pedestrian access to the center for neighbors along Cornell and to the north. The boardwalk and overlook will reach from the Timberland housing development near 118th and Cornell, and then continue along Cedar Mill Creek all the way to Barnes Road. Completion of this segment will finish the loop trail connecting Fooge Park to the east. Plans call for construction in June to minimize impacts to the stream.

No word yet on any plans from the Beaverton School District for the parcel that they condemned in 2003. Hopefully we'll have an update on that in an upcoming issue.

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Oh the words one learns...

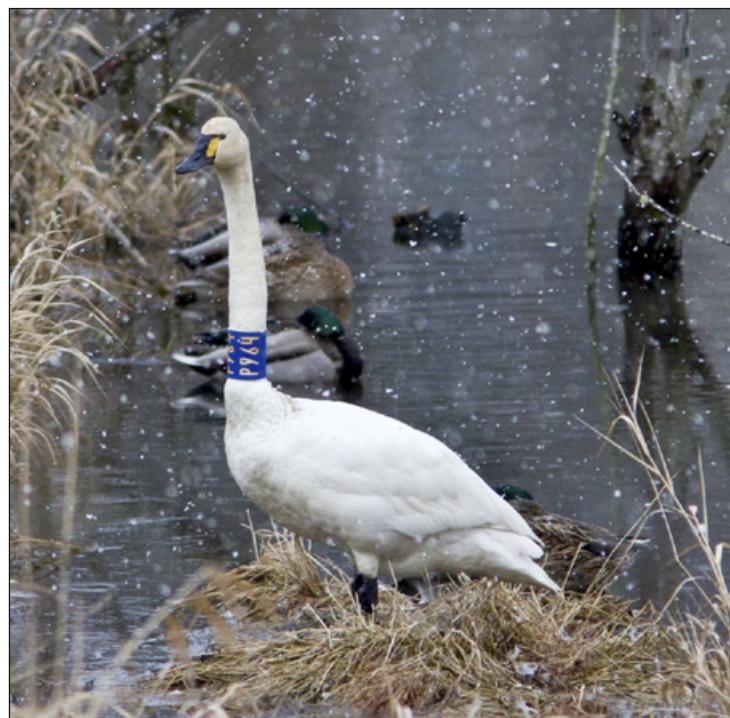
by Lauretta Young

I have recently learned about irruptive birds. The definition of irruptive is, "an influx of birds either of a species not normally observed in an area, or in greater numbers than normally observed, or in a different season than generally observed."

It amuses me when American Robins show up on the Audubon Society rare bird alert in winter months because most of them do in fact leave for the winter. While they

female, was banded in White Salmon, Alaska, when she was about two years old. Several of her banding cohorts are currently in the Ridgefield National Wildlife refuge in Washington. Why she became separated from the flock is a mystery. However, this bird appeared to part of a flock of Canada and Cackling geese, which is great for socializing and protection from predators.

Other irruptive species are being found more often in Oregon. This winter we have had unusual ducks, including Ring Necked ducks, Common Mergansers, as well as



Tundra swan with ID band, at a Cedar Mill pond. Photo © 2012 by Jeff Young

are incredibly common in the spring and summer months here they are relatively rare in the winter. I experienced an afternoon last month when our cherry tree was full of robins. They must have been migrating in a flock since I have not seen any since. I am reminded that Robins are the first birds to sing around 4 am in the spring with their "cherrio cherri up" songs. It's very quiet at that time in the winter...

Our rarest back yard bird was a single Tundra Swan who appeared in our wetlands in January. The folks who have lived next door for about 25 years had never seen a swan in the wetlands, so this definitely qualifies as an irruptive species, at least for our little area.

The swan was lovely. It was banded and its neckband had a number indicating it was part of an avian flu study originating in Alaska. I was able to find out that this bird,

many Green Winged Teals and Hooded Mergansers. Who knows why we have so many of these "unusual" birds in our ponds. Of particular note are the sightings of Snowy Owls in the Northwest. I have not seen any in my back yard but am always hopeful...

So birding can be a treasure hunt for rare creatures but now I know the scientific term is "irruptive." Keeps my brain active but mostly makes me look out the windows.

Lauretta Young MD is a retired chief of psychiatry at Kaiser (2009) who now teaches resiliency skills at PSU Community Health, and leadership at OHSU Division of Management and Mind Body medicine. She also has a private bird tour service—check out her web site at Portland-birdwatching.com. More photos at Jeff Young's web site at flickr.com/photos/youngbirders

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Sultanov Russian Ballet student in "Swan Lake," May 2011

Yoga, continued from page 1

"Again, it was good for that stage of my business, but there were some problems." But she couldn't help dreaming about her vision of a spot with windows that opened in a walkable neighborhood.

Finally, when her lease there was nearly up, she discovered the "new" building at 12923 NW Cornell. "My errands often take me through Cedar Mill, and over the past couple of years I witnessed a new building going up," Pileggi recalls. "It had windows that

and Sunset Yoga moved into the new space last April. It is located on the second floor of the building, just down the hall from Tint Hair Salon. Their website includes ample information about all facets of the business, including pricing, schedules, teachers, and special events.

Including Nina, there are nine teachers at the studio. Nina explains that, "having lots of teachers allows SYC to offer a great variety of class timings and levels. Also, different people "click" with different teach-

ers, so it is nice to have teachers of all ages, backgrounds and training. While we all teach Iyengar Yoga, we have to teach from our own experience and this comes through in the classes. Most of the teacher also teach elsewhere or have another job."

Classes are offered for most levels of students, from people with health or flexibility issues that demand a slow pace (Gentle Yoga, Back Care Yoga) through Level 3 for students with at least three years

of Iyengar experience. Nina says, "I teach the gentle classes without pressure or expectation of moving on to Level 1. Of course if I see someone who is ready for Level 1, I let them know that, but I also let them know it is fine to stay with the gentle class. Level 1 classes are our general beginner classes."

She continues, "We try to adapt to most people. However, we do not offer a chair yoga class, so people must be able to get up and down from the floor unassisted to go to the gentle class." She points out that being able to get up off the floor is a critical skill especially for older folks.

There is even a Family Yoga class that includes children. "Yoga is great for kids—they need a fast-paced fun class to keep them interested, not an alignment-based class like adults. Kids can benefit



as they learn how to keep their body healthy and start attuning to their body at a young age. So many people have no connection with the messages their body sends them," says Nina.

One facet of Iyengar Yoga is that it employs "props" such as blocks, ropes, and folded blankets. Instructors modify yoga postures to the needs of specific students using these props to allow for a deeper penetration into the postures, as well as a longer stay and a more profound experience.

Iyengar also focuses on correct alignment in all of the postures. That is the point of taking classes instead of just attempting to use



opened and an international market in the street-facing space. I noticed the architect had created a building that didn't look cookie-cutter. It seemed perfect for a yoga studio, but I tried not to get my hopes up, thinking the building would be full by the time my lease was up."

Everything worked out though,



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books and videos to do yoga at home. Nina points out that, "We are good at convincing ourselves that we understand things, that we are making progress towards changing bad physical habits, doing things right. But usually we are wrong (me included) and having someone watch you practice helps you to move forward."

It can be difficult to keep up any physical regimen, and to establish healthy habits. "To help people in their practice I give suggestions (homework) on what to practice at home. I tell them about my practice and how it has helped me, as well as my struggles, so they know it is normal to struggle. If I see changes in their poses I let them know that I can see that they have been practicing – I acknowledge their effort."

Each of the classes, at all levels, employs sequencing. Nina explains, "Sequencing in Iyengar Yoga is the art of structuring a class in a systematic and thoughtful way to achieve a desired effect on the yoga practitioner. For beginners, this generally means a progression of poses that starts with vigorous standing poses, proceeds to seated poses, and end with relaxation poses. With more experienced students, classes can be sequenced around the type of poses (for example twisting poses, or back-bending poses), an effect (energizing or relaxing), or a theme (for example observing the breath in each poses).

There are many ways to do each pose, and many reasons to include poses in sequences for different effects, leading to a large variety of sequences!"

Classes are offered in eight-week sessions. Students can sign up for one or two per week, prices vary depending on frequency and class length. There's also an unlimited option for those who want more practice. Starting times vary from 7:30 am to 7:30 pm, and there are some offered every day of the week. Students may also drop in to any of the classes, \$16 for any 90-minute class or \$11 for 60-minute sessions. Full information on schedules and pricing is on the SYC website at sunsetyoga.com. New students can take one free class to find out if this is the right place for them.

Nina Pileggi had an early interest in health, and after attending Sunset High School (she grew up in the area) she got a degree in biology. But after having her two sons very young, she realized that she wouldn't be able to continue on to medical school. Her mother worked in the insurance industry and Nina got a job as an actuary. She worked in that field for ten years, and had her third child. "Life started shifting for me. I wasn't exercising, and it just felt like I was 'not me.' My sister suggested that we take a yoga class together, and something just clicked. I felt so different after that first class—lighter, happier—at that

time in my life I was desperately in need of happiness."

"I found my life evolving to doing more yoga and less actuarial work." She continued as an independent contractor until last year, the first time that she did no actuarial work.

She has visited the Iyengar institute in Pune, India twice, this last time during summer 2010, when a couple of the other SYC teachers went with her. She and the other teachers also continue to study and practice. The center sponsors visiting Iyengar teachers who offer workshops for advanced students, including one scheduled for May and another in October. Through training offered in these visits and workshops, teachers can achieve higher levels of certification in the Iyengar system. More information about the certification process is on the SYC website.

Nina lives in the Bethany area with her husband and her youngest son, a student at the Beaverton School District's International Magnet school. Her older sons are both married and she has one grand-

child and one on the way. Looking forward, she hopes to travel more and offer more workshops. After a successful yoga retreat last year with some teachers and students to a spot near the coast, she'd like to plan another to Hawaii.

Nina says, "I love our new space—more light, great windows and being able to walk to the bank and lunch is great. Cedar Mill is a



great place to be." The center carries most of the props that are used in class. Yoga mats, blankets, blocks and straps are all available, plus a few books and other practice aids.

Visit their website at sunsetyoga.com, or stop in at 12923 NW Cornell, #203. If you call 503-539-4504, be sure to leave a message, since they don't answer during classes.

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Business News, continued from page 2
February 14: Class "Shenanigans!"

Valentines Class (past students only)
February 16: Class "Date Night!" a tasting and learning class for couples of any design
February 17: Featured Tasting "Oregon wines by Laurent Montalieu"

February 24: Featured Tasting "Syncline of Washington"
February 24: Class "Seven Things Everyone Should Know About Wine"
March 1: Class "Understanding Pinot Noir"
March 2: Featured Tasting "Gorman Brothers" (Amazing!!)

Guitar fans rejoice!

Want to learn to play your favorite tunes on the guitar? Guitarist and composer Joseph Berman is now accepting new guitar students of all skill levels and ages. Joseph holds a Master of Music degree from the University of Miami, and is versatile in a variety of styles, including rock, folk, and jazz using both acoustic and electric guitar. For more information, call 503-336-3121, visit HoffmanAcademy.com, or email office@HoffmanAcademy.com. The Hoffmann Academy is located in Bonny Slope.

Valentine dinner at The Grape Vine

Owner Irene Pavlatos and Chef Chris LaMora are planning a romantic evening for you and your sweetheart featuring a five-course meal for two for \$60. Start with an apple, bleu cheese and hazelnut salad, nibble on a stuffed mushroom appetizer and then enjoy a hazelnut crusted brie with crostini. Polish off your steak and lobster entrée, and then top it off with a red velvet cake and 2 long-stemmed chocolate-covered strawberries. Accompanying your feast will be romantic acoustic live guitar music. Visit grapevineportland.com for more information, or reserve your table at 503-597-0300.

Bugging out

Locally-based Pest Solutions LLC is proud to begin the year on a good note. Having started the business with a focus on bedbug extermination, they have expanded to address the pest control issues faced by restaurants, commercial and residential customers. Some of their commercial clients include Papa Haydn, Cheerful Tortoise,

Toro Bravo, and Portland Timbers' Jeld-Wen Field.

They aim to be "Green As Can Be" as they solve their clients' pest issues for both residential and commercial properties. For more information on Pest Solutions, call 503-895-2510 or visit pestsolutionsllc.com.

Join the Art Challenge

The Village Gallery of Arts in NW Portland, Oregon is hosting its third Annual Art Challenge. This is a non-juried opportunity for artists to create and show four



small, coordinated pieces of art. Paint, draw, photograph, collage, rip, stencil, sew, cut, wax, sculpt, fuse, glue and create! Last year 96 artists participated and 109 pieces of art were sold. Registration forms must be in the gallery by March 17, 2012. For more information, please contact project coordinator shelleylebel@hotmail.com or phone 503-333-1215. Applications are available online at villagegallery-arts.org/blog/.

Featured artists for February are the students of VGA instructor Liz Walker's classes. Liz has been teaching watercolor classes almost 10 years at Multnomah Art Center and has been teaching Acrylic & Mixed Media at the Village Gallery for about three years. The student paintings in this show were created in several workshops over the past two years. There will be an Artist Reception on Saturday, February 11, from 1-4 pm.

The Gallery is open Tuesday through Saturday 10-4 pm; Sunday noon-4 pm and is closed on Mondays. The gallery is next to the Cedar Mill Library at 12505 NW Cornell Rd., Portland, OR. 97229. Call 503-644-8001 or stop by to register for classes or inquire about the art competition.

A Valentine to your body

Breathe, invert, nurture your knees and open your heart with Sunset Yoga Center's February Workshops. This month, Sunset Yoga Center is offering three single-day workshops, plus a four-week

series dedicated to keeping your knees healthy. The studio is located above Pars International Market at 12923 N.W. Cornell Road.

Have you experienced knee pain in your yoga practice? Are you struggling with a chronic knee problem? Join Nuvana to learn how the correct alignment of your feet with upper and lower legs can help keep your knees safe. The session runs 12:45-1:45 pm Saturdays, February 4, 11, 18, 25. The cost is \$50, or students may drop in and attend single classes. No yoga experience necessary.

Open your heart. Amy will show you how to keep your heart healthy with poses that will gently massage and strengthen the heart, prevent arterial blockage and energize the heart and lungs. The session runs

1:30-3:30pm Sunday, February 12. The cost is \$20; no yoga experience necessary.

Explore Inversions. Spend an afternoon with Jen, as she explores how inversions restore mental balance and emotional stability. The session runs 2-4 pm Saturday, February 25. The cost is \$20, and the workshop is open to students who have learned shoulder stand and have at least six months of regular yoga instruction.

Or, explore Pranayama, the extension of breath and its control. Jen will guide you through breath work that strengthens the respiratory system, calms the nervous system and prepares you for meditation. The session runs 1:30-3 pm Sunday, February 26. The cost is \$20, and the workshop is open to participants who have completed six months of Iyengar yoga classes.

Visit sunsetyoga.com for complete details on each workshop and to see a full schedule of classes.

Local Batteries

Mike's Auto Parts owner Pat Mahoney recently visited the Canby, Oregon factory of Johnson Controls, where they manufacture about 14,000 batteries a week for the Interstate line. Now that's local! Mechanics prefer Interstate batteries for the vehicles they service five-to-one, and now Mike's has a great selection and will meet or beat chain-store pricing. The selection also includes batteries for other uses, including RV power, mobility vehicles, computer backup and much more. Buy local, and remember, Mike's will always

install your battery or your wipers free with purchase. Mike's is located in the Milltowner Center at Cornell & Saltzman.

Classes and events at The Libertine

Melissa Benjamin continues to sponsor an eclectic mix of fun and informative sessions at the Libertine Deli in the Milltowner Shopping Mall at the NE corner of Saltzman and Cornell.

Thursday, February 23, 6-9 pm—join Penny of AKBD for a brief seminar on creating color flow from a Master Bedroom into the Master Bathroom. She will lead you from contemporary wallpaper through matching textiles to coordinating paint colors, drapery, tiles, cabinetry and floor coverings. To make your reservation, contact Penny Letson, AKBD, at 503-610-3522. Includes light dinner (cost free).

Tuesday February 28, the Libertine will host a heartfelt yoga session coupled with Laughter Yoga. 9:30-10:45 am (\$5).

Kid's Cooking Class: Do you know a child who loves to help in the kitchen? This is the course for them! In this series of four classes, the student will learn how to prepare an appetizer, dinner, and dessert in the Libertine style. The class will teach the basics of cooking and exhibiting contemporary table manners. The series will conclude with a dinner party, the student will show what they have learned by preparing a final meal to share with a friend or family member. The course is \$150 per student (discounts for siblings). Ages 7-9: Saturdays April 7th, 14th 21st & 28th 11am-1pm. Ages 10-12: Wednesdays February 8th, 15th, 22nd & 29th, 5-7pm.

Teddy Bear Picnic! In this class we will prepare lunch and a dessert then sit down at the table to enjoy the meal with our favorite doll or stuffed animal. This is a fun and interactive class that includes learning kitchen safety, hygiene, food preparation and table manners. The class is \$30 per student (discounts for siblings). Ages 4-6: Saturday February 19th 11am-1pm.

Cooking 101, "If You Can Read, You Can Cook." Learn the fundamentals of getting around in the kitchen. This class will cover the basic cooking methods needed in making healthy and tasty meals; planning, tools, and skills. Every class ends with a seated dinner. This

class is \$75 per student. Last Sunday Night of the month at 5 pm. Contact Melissa at 503-317-3229, or email mellisabenjamin@frontier.com. Visit the website libertinedeli.com for more information on classes and events, and to see the updated lunch menu, served 11 am-2 pm weekdays.

Learn to live healthy, happy

Beth Genly, RN, CNM will be presenting "Your Body & Your Brain: Prime Time Living" on Thursday February 9 at 12:30. The talk will be directed towards seniors, but all are welcome. Beth Genly earned her graduate degree at Yale University and recently retired after 13 years of teaching at Oregon Health Sciences University. She is passionate about exciting new research showing the power of nutrition throughout life. She shares simple, start-where-you-are solutions and will inspire and motivate you to take responsibility for your own health and help family members do the same. These presentations are sponsored by Juice Plus+ Health Education Seminars and are free. They will be held at Santosa Yoga in Bethany Village.

The second talk is entitled "De-Stressing Your Immune System." It will be presented Saturday February 25th at 2 pm.

Additionally, Santosa Yoga is offering a new class that is geared for the very plus size person who wants to move more and feel more comfortable in their own body. The class will be held Tuesdays at 4 pm. For more information about this class and the featured talks, contact Dina or Katy at 503-372-9825.

A new face at Cedar Mill Veterinary

The doctors and staff of Cedar Mill Veterinary Hospital are glad to welcome Dr. Brenda Brown to the practice beginning in February 2012! Dr. Brown will be performing acupuncture services here at CMVH. We will be having an open house on February 25, 3 pm, so come out and say hello!

Yoga and Meditation Workshop at SAC

Sunset Athletic Club is happy to be hosting a special yoga workshop with instructor Joan Gunness, "Breathing Basics & Meditation Practice Workshop." The practices of breath and meditation

create pathways to profound inner experiences and insights, and Joan will introduce basic breathing and meditation techniques in this workshop. The workshop will take place Saturday, February 4, 12-2pm (\$25) and Sundays, February 5, 12, 19, 26, 5:15 to 6:15 pm (\$10/class). Sign up for the whole series (5 weeks total) for \$55. No yoga experience is necessary, but early registration is urged, as class sizes are limited. Members, non-members, and drop-ins are welcome. Sign up at the SAC service desk or call 503-645-3535.

Virtue of the month: Kindness

Kindness is caring that springs from compassion. We have genuine concern for the welfare of others. We are warm, friendly and ready to help. We listen for the needs beneath the words. We give tender attention in simple ways that bring others happiness... We are good stewards of the earth and all living things. We remember to be kind of ourselves". Linda Kavelin Popov

Find Virtues Connection Portland, Oregon on FaceBook for inspiration and more information about local news of the Virtues Project.

New classes for 2012: A Gift for team building in business; Simple family strategies for life; Cultivating a Culture of Virtues for children and adults too—\$199 CMBA Special, includes a full deck of Virtues Cards. Schedule your work/playshop today. 503-267-0202. mehdel@pacifier.com virtuesconnection-portland.com

Give Kids a Smile

February is Dental Health Month! At World of Smiles, we celebrated with our community at Give Kids A Smile Day! Hosted annually by Pacific University's School of Dental Health Sciences, Give Kids A Smile (or GKAS) partners dental hygiene students, dentists, community volunteers, and children from local schools. GKAS is a national program that is powered by volunteer dentists and assistants throughout their individual communities, and World of Smiles, Pediatric Dentistry was proud to participate for its fourth year on Saturday, February 4. For more information about Pacific University's School of Dental Health Science and their sliding-scale clinic, visit pacificu.edu/dentalhealth or visit our website at visitworldofs-miles.com to learn how you can participate.

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