



Cedar Mill News

Volume 9, Issue 3

March 2011

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Featured Business

Cornell Family Medicine

by Virginia Bruce

If you like the idea of being able to email your doctor with minor medical questions, and want a traditional family practitioner, Cornell Family Medicine could be your new health care provider. Dr. Robert Barlow has almost 25 years of experience as a Family Practice physician, but he and his staff are up-to-date with their communications technology. The practice has a full-featured "patient portal"—a secure section of their website

family practice is where all the information is consolidated so that the patient gets the best possible care."

Cornell Family Medicine has been utilizing electronic medical records (EMR) for about five years. They can easily share medical records with other providers, such as specialists that a patient is seeing. It also means that they don't have to wrangle large paper files. Everything is searchable, and it's easy to keep the records updated to reflect current medications and patient queries.

The secure messaging online portal component was added about six months ago. They hope to receive some support for the effort from an economic stimulus program that encourages physicians to move toward electronic medical records as part of the overall health care reform process.

Gillian Graham, who supports the online capabilities in the practice, says, "It is an excellent resource for the patient to be able to get feedback from the physician and staff in a timely manner without playing phone tag. It

reduces medical errors and also enhances communication between specialists, patients and the family practice."

Graham adds, "I have signed up a lot of older people for the Portal. Jill, one of our Medical Assistants, has observed that the younger people tend to use it more often, probably because they are more accustomed to using the internet as a means of communication. Older people definitely use it, though. It's a great service because it adds value to patient care; patients don't have to schedule a visit every time they have a question." There is no charge for patients to use the portal or to get answers via email.

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Dr. Barlow examines a young patient

(cornellfamilymedicine.com) where patients can ask for and receive test results, ask for prescription refill orders, view their medical records, ask for referrals, and update their personal contact information, medical history and current medications. Patients can even request an "e-visit" in which patients have questions or a medical issue which normally would require an office visit but can be managed through exchange of information via secure e-mail. Some insurances will cover "e-visits."

This reflects Dr. Barlow's idea of how a Family Practice should be run. "Our practice is a patient-centered 'medical home.' Although a patient may see other specialists, the

Auto Zone takes shape at Murray/Cornell

by Virginia Bruce

Last October, we wrote about the difficulties that property owner Richard Meyers was having in getting approval for the development of the parcel at the southwest corner of Murray and Cornell. Beaverton had annexed the road and was asking him to annex the property into the city to gain access to the storm sewer.*

In an interesting twist, it turned out that the sewer hookup was not in the section of road that Beaverton had annexed, but was actually in the piece of land that Meyer had donated to the county for the widening of Murray, so the city couldn't demand the annexation

after all. That paved the way for approval of the project in January, and building permits were issued in early February.

Meyers had mentioned that the company was getting so fed up with



Auto Zone wasted no time in getting underway with the construction of their store. They'll be pouring the concrete foundation soon.

the various regulatory delays, they were close to pulling out of the deal. According to Auto Zone representative Ray Pohlman, "This store, which is slated to open mid-June, will be a typical AutoZone store. It will offer loan-a-tool, free testing,

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Sidewalks and more sidewalks!

Even though Washington County didn't get the state/federal pedestrian grant funds that we wrote about in November, the county is committed to complet-

ing the project will depend on how much right-of-way (ROW) will need to be acquired, along with several other factors including the drainage facilities required by Clean Water Services.

The estimated \$1.2-\$1.5 million to complete the project will come from the Road Fund, which is comprised of the money the county gets from state gas taxes and registration fees. Dave Schamp, Director of



Portions of the existing sidewalk on the north side of Cornell are overgrown with shrubbery.

ing the sidewalk on the west side of 119th from Cornell to McDaniel and is moving forward with the project.

Survey work is underway now. That is the first step in creating the engineering package that will determine the exact parameters of the project. The cost and scope of the

Operations and Maintenance for Washington County Land Use and Transportation, says that the project may be expanded to also include the missing segments to create a full sidewalk along the north side of Cornell Road. That work is

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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

Shop locally for battery needs

You don't have to leave Cedar Mill to get those specialty batteries for all your electrical devices. Mike's Auto Parts continues to increase their stock of standard and rechargeable batteries for everything from motorcycles to mobility chairs, computers to burglar alarms. Stop in and talk to them about your power needs, if they don't have it they can most likely get it. Located in the Milltown Center at Cornell and Saltzman, they're open daily.

NW Organizing Solutions makes up for lost time

Daylight Saving Time returns March 13, and extends daylight by an hour in the afternoons during spring and summer. But it also removes a precious hour from our already busy day. You'll hear people complain about losing that hour, but you seldom hear them complain about the average eight hours a week that we lose looking for things. We look for our keys, socks, papers, files, and even the recipe ingredient we knew we had somewhere.

Don't fuss about losing one hour, instead regain all the time you are losing due to disorganization. Beth Giles, a professional organizer with NW Organizing Solutions, knows how important your time is. She is sure that getting organized can save you not just minutes but hours. She has helped people organize their homes and offices to work effectively and efficiently.

NW Organizing Solutions wants to help you gain back time by offering their, "Get an Extra Hour" special. Buy ten hours of organizing services and get an extra hour for free. To schedule your organizing

session or find out more about their services, contact Beth at 503-709-0791, beth@nworganizingsolutions.com or nworganizingsolutions.com

Village Gallery News

Art Challenge deadline looms!

Application deadline for our Second Annual Art Challenge is March 13. To join in the challenge, download the application from our website villagegalleryarts.org or drop by the gallery at 12505 NW Cornell Rd., next to the Cedar Mill Library. The Art Challenge is open to all community members. You will create your entry on four stretched 6" x 6" canvases. The work must be created in the month of April. The Art Challenge show will run throughout May with an evening reception of all artists on May 6th. The application fee is \$25, which includes the four canvases.

The March featured artist is local Cedar Mill resident Cate Jones. Her show will include works in acrylic, watercolor and colored pencil. Cate will have her artist's reception on Saturday, March 12 from 7-9 pm. The community is welcome.

New! After-School Bookmaking Classes for children (pre-school through grade 5)! Beginning in March we welcome Sarah Fagan as one of our gallery instructors to fill the need for more art classes for children. Please stop in to register as classes begin soon. Find out more on the Village Gallery website at villagegalleryarts.org.

New Smiles website, new staff

World of Smiles, Pediatric Dentistry launched their new website this month at visitworldofsmiles.com. With our practice's goal to be paperless by the end of 2011, this updated website integrates online patient forms for new and returning patients, and even provides opportunities for patients to request an appointment online! And kids will have fun looking at the colorful graphics and videos.

Dr. Michelle Stafford and the team are also excited to announce the addition of Kylie Brasmer as the new Patient Care Coordinator. World of Smiles, Pediatric Dentistry has enjoyed amazing growth over the past two-and-a-half years, and we know that with Kylie's experience in the dental industry,

patient families will continue to be able to enjoy individualized attention for their questions and concerns.

Kylie comes to World of Smiles with four years in the dental field, beginning as a dental assistant and transitioning to the dental front office. She grew up in Warren, Oregon and after a brief time out of state, she has returned to her home state. She says, "Being involved in the dental field brings with it the rewards of knowing that I'm able to help people on a daily basis." We hope you'll join with us in welcoming Kylie to our community!

World of Smiles, Pediatric Dentistry is located at 11790 SW Barnes Rd. You can connect with them at facebook.com/visitworldofsmiles, call them at 503-626-9700, or view their updated website at visitworldofsmiles.com! Don't forget to Fill the World with Smiles!

Yoga Center moves to Cedar Mill

Sunset Yoga Center will be relocating from Cedar Hills to our new location at 12923 NW Cornell Road #203, effective March 27. Our new space is light-filled and inviting!

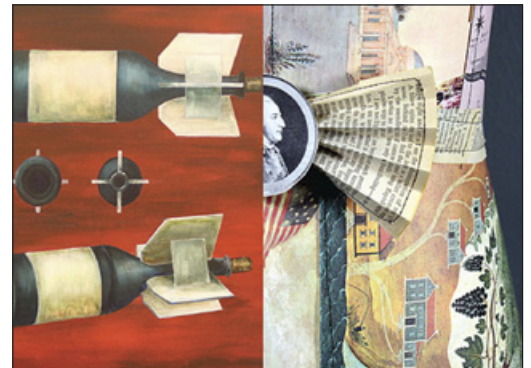
Weekly classes include gentle, level 1 (beginning), level 2 and level 3 as well as back care and family yoga classes. We also offer special workshops and yoga retreats.

To celebrate our move we will have an Open House on Sunday, April 17 and a number of free classes throughout the month of April. The free schedule is as follows:

April 10 Using yoga for relaxation 4-6 pm
 April 16 Vinyasa Class (Flows) 2-3:30 pm
 April 17 Backbends 8-10 am
 April 21 Free Introduction to Yoga 7:30-8:30 pm
 April 22 Kid's class, 5:00-5:45 pm
 April 22 Pranayama, 7:15-8:30 pm
 April 23 Extensions with Ropes: forward and back, 2-3:30 pm
 Call Nina Pileggi at 503-539-4504 or visit sunsetyoga.com for more information.

OCAC Juried High School Exhibition March 3-24

The Oregon College of Art and Craft Juried High School Exhibition highlights the best work from 26 public and private high schools. As an institution dedicated to local and regional art and craft outreach,



Images: Cameron Huber and Claire McKinney

OCAC is proud to support our community's young artists, their high school visual art programs, and their instructors.

The show is in the Hoffman Gallery at the College, 8245 SW Barnes Road, Portland OR 97225. Opening reception is Thursday, March 3 from 4-7 pm.

Celtic harp at CUMC

Internationally acclaimed Celtic harpist and vocalist Elizabeth Nicholson helps us celebrate St. Patrick's Day with a beautiful evening of traditional and more contemporary Irish and Celtic music on March 19.

Rave In The Nave, a performance arts series sponsored by Christ United Methodist Church, continues through June. All shows start at 7:30 pm. Get your tickets today by calling 503-646-1598; some tickets will also be available at the door. Individual tickets are \$15.

CUMC is located at 12765 NW Dogwood in Cedar Mill. Visit their website, cumcpdx.org for more information, or connect with them on Facebook by searching for cumcpdx.

Local store raises money for literacy

Thanks to the generosity of our community, The UPS Store® located at 10940 SW Barnes Rd., raised \$188 for the third anniversary of the Toys for Tots Literacy Program.

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All proceeds donated locally benefit children in Portland and the surrounding communities.

Throughout November and December 2010, The UPS Store offered customers the opportunity to purchase donation cards. Every donation helps the Marine Toys for Tots Foundation buy a book for a deserving child.

"The community's participation in the Program was a key component to the success of this promotion," said The UPS Store franchisee Tim Kimble. The center will continue additional fund-raising activities throughout the year, including a coin box program for customers to donate their spare change.

The UPS Store and Mail Boxes Etc. network is the exclusive sponsor of the Toys for Tots Literacy Program. Since launching the program in March 2008, nearly \$1.6 million has been raised, helping to deliver hundreds of thousands of books to less-fortunate children across the country. For more information, please visit www.ToysForTotsLiteracy.org.

The UPS Store is open Monday-Friday 9 am-7 pm and 9 am to 5 pm on Saturday. For more information, call 503-646-9999 or visit theupstorelocal.com/3379

CMBA Meeting Notes

The February meeting of the Cedar Mill Business Association began with reports from Program Committee Chair Becky Jarvis on upcoming meeting topics. The Downtown Beautification Committee is planning to add more flower baskets on Cornell. Events Committee chair Sandy Sahagian noted the upcoming ribbon cutting for Libertine Deli.

CMBA Secretary Tim Kober has created a new website for the organization at cedarmillbiz.com. He demonstrated some of the features that Google provides for the promotion of local businesses.



The Cedar Mill Business Association held a ribbon-cutting for a great new business addition to Cedar Mill. The Libertine Deli, with co-owners Mellisa Benjamin and Amit Kobrowski, provides gourmet specialty and deli foods, pastries and beverages. Mellisa is shown cutting the ribbon, next to CMBA President Terry Taylor. Photo courtesy of Sandy Sahagian portraiture

Virtue of the month: Patience

Patience is quiet hope and faith that things will turn out right. We trust the process of life... Patience helps us to endure things we cannot control with a peaceful heart.

The Practice of Patience: I am hopeful and expectant. I do not rush. I am gentle with myself and others when we make mistakes. I am confident that my life is unfolding as it should. I live fully in the present moment.

Affirmation: "I am thankful for the gift of Patience. It helps me keep my peace."

Excerpted from the Virtues Reflection Cards, with permission from Linda Kavelin Popov, Now available at New Renaissance Book Store and from our local CMBA member: Delaram Hakiman-Adyani 503-267-0202 virtuesconnectportland.com

Awakening the Virtues CD set, Narration of the Family Virtues Cards, includes an inspirational quote, description of 52 virtues, songs of success and affirmation. Call today for free and quick delivery. Look for the Virtues Posters and Virtues Decorative Tree in a Cedar Mill Business near you! Do a Free Virtues Pick and remember to be patient!

Sandy Sahagian Portraiture gave the "10 Minutes of Fame" presentation on her business. On March 8, we'll hear from Rosemary's Solutions, and the program will feature Terry Taylor, CMBA President, will share marketing strategies for small business.

Library News & Events

by Dawn Anderson

Cedar Mill is an Outstanding "Ready to Read" Library!

Our library was recently recognized by the Oregon State Library as a "Best Practices Library." A recipient of the state's "Ready to Read" grant, the library used the grant money to develop several programs that encourage children to read.

One program that received praise is a successful new book and art outreach program that brings books to childcare homes. The library also partnered with early intervention home visitation specialists for the first time to encourage parents of babies and toddlers with special needs to share books with their children. Other outstanding programs include our early literacy trainings for parents and childcare providers, and our annual summer reading program reaching over 5,000 young readers. Visit the Oregon State Library website to [learn more about the projects](#) that were recognized.

Recycling & Plants for Sale

Recycle your plastic nursery pots, good condition terra cotta and ceramic pots, garden/nursery plants and garden tools at the Cedar Mill Library on Sunday, March 6, 2-4 pm. There will also be a selection of perennial plants for sale - bargain priced at \$4 per gallon. Proceeds benefit the library.

E-reader Lab

Cedar Mill Library is hosting an E-book Open Lab session on Thursday, March 10. Drop in anytime between 3-5 pm. Library staff will have several e-reading devices for hands-on time and will be available to answer questions about downloading e-books through Library2Go. Bring your own device and laptop for specific instruction. No registration required. Space is limited.

Are you hiring?

Post your position with Sunset High School! It is that time of year when many students start looking for jobs. Let us help you connect with our students.

We'll post your job on our job board, and work with our students to make sure you get qualified applicants.

Please contact Ericka Pate, College & Career Specialist at (503) 259-5050, prompt #7 or Ericka.pate@beaverton.k12.or.us (Please note: we cannot post babysitting positions)

Cedar Mill's Leedy Grange presents a monthly

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for more information,
visit leedygrange.org

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Highway updates

Two major highway projects are underway in the vicinity of Cedar Mill. Many of us have to navigate around these projects daily. The Oregon Department of Transportation (ODOT) website has weekly updates on all their roadwork in Region 1 if you want to keep up with it. oregon.gov/ODOT/HWY/REGION1/ProjectPage.shtml

Highway 26

ODOT recently issued a newsletter on the Highway 26 (Sunset Highway) project containing this information. [Download the PDF newsletter here.](#)

Winter 2011: Work will be primarily building the new retaining wall on the north side of U.S. 26 at Bronson Creek. Due to the wet weather, work on the widening portion of the project will be halted until the spring. The excavation and embankment that needs to be built to support the new travel lanes cannot be built in the rain.

Spring 2011 through summer 2012: The contractor will excavate and build the embankment for the new travel lanes, construct the storm water system, and perform final paving, striping, cable barrier installation and landscaping. There will be concrete barrier along the right edge of the highway in both directions until the new lanes open. The new third lane in each direction will be open in fall 2011. Final paving, striping and cleanup work will be complete in summer 2012.

Traffic Impacts

There will be a mix of daytime work behind barriers and nighttime work with lane closures. During nighttime work, motorists will experience single and double lane closures on the highway and ramps starting as early as 9:30 pm. The majority of the work will take place during daytime hours. Motorists should be aware of trucks entering and exiting the work zone. oregon.gov/ODOT/HWY/REGION1/US26_Mod/index.shtml

Highway 217

From the weekly update: Currently, only one lane connects Highway 217 northbound to U.S. 26 eastbound. Motorists must use the right

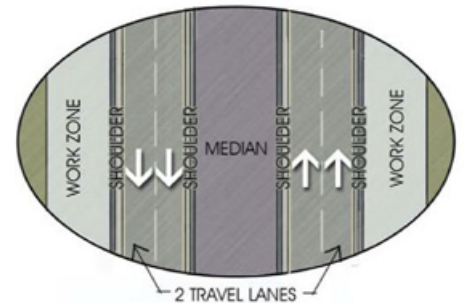
lane to travel to U.S. 26 eastbound. Motorists traveling in the center lane of Highway 217 northbound will not be able to access U.S. 26 eastbound. The center lane will now only continue north to Barnes. These new lane configurations will be in place for the duration of the project.

The contractor will work on concrete barriers and sign bridges during the week. This work requires nightly single lane closures on Highway 217 in both directions from 7 pm to 5 am.

The contractor narrowed the SW Park Way on-ramp to U.S. 26 eastbound. Although the ramp is narrow, it will remain open. The

U.S. 26 MODERNIZATION PROJECT 185th Avenue to Cornell Road

DURING 2010 - 2012



contractor is working to lengthen the Wilshire Street overpass.

Please be aware that work zone speed limits are enforced by enhanced police traffic patrols in the area. Fines will double in this construction zone.

For more information: oregon.gov/ODOT/HWY/REGION1/hwy217/

Garden Club news

Francis White of Francis's Fuschias will be the featured speaker at the March 16 meeting of the Cedar Mill Garden Club, 11:30 am in Meeting Room B on the ground floor of the Beaverton City Library at Fifth and Hall. For information about our projects and activities visit our website thecedarmillgardclub.org or call 503-649-7741. All gardeners and wildlife lovers are invited to attend.

Potting parties for the 8th Annual Cedar Mill Garden Club Plant Sale, May 6-7, will begin in May. Anyone with plants to contribute please contact the club at 503-649-7741 or 503-296-6195, buschpea@msn.com

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Bethany Boulevard, four, not five or three

On February 22, the Washington County Board of Commissioners (BCC) voted 3-2 to accept a four-lane, \$9.3 million design for Bethany Boulevard between Highway 26 and West Union. The design will incorporate several left-turn lanes, so it's really more of a hybrid four/five lane road.

That price tag doesn't include right-of-way acquisition to purchase land from adjacent homeowners to

accommodate the wider roadway, which may run as high as \$5 million additional. Residents in the adjacent neighborhoods are now awaiting the final design to see how much land the county will need to acquire.

The county is also working with ODOT on a future project to widen the US 26 overpass.

For more information, see the contractors website at <http://projects.whpacific.com/bethanyblvd/>

City by Choice meets March 14

A City By Choice will be holding a General Meeting on Monday, March 14. The topic of discussion will be, "What is a Feasibility Study, why do we need one and what should it study?" This meeting will provide citizens with insight as to the need, benefit, process and the anticipated results. This is the information that will allow you to make an educated decision on what type of future governance you want for the area you live, work and play in. We will then have a work session to walk through the first draft of the proposal to identify and discuss what should be studied.

Some of the topics we will discuss are: What civic services would you like to have that you do not have today; Are there constraints on what you'd be willing to spend to obtain these services; What type of

representation would you like to see for your neighborhood; If you had a Mayor, what type of power would you like him/her to have; What impact would additional representation and services have and how would it enhance the livability of our communities and quality of life?

Mark your calendars for Monday, March 14th from 7-9 pm. The meeting will be at 15220 NW Laidlaw Road in Suite 200. This is directly behind the Bethany Village Shopping Center above Huntington Learning Center.

All members of A City By Choice will receive an e-mail preview of the draft study approach by March 7. To become a member, sign up on our website at www.acitybychoice.org. If you have questions, you can contact us at citybychoice@gmail.com.

Support Sunset High School Class of 2011 Grad Party

After the graduation ceremony on June 14, there is a BIG all-night celebration party. It is held as a safe drug- and alcohol-free event. The party is a gift from the parents to the graduates—the school does not fund the party. This is a highlight of the graduate's four years of hard work and personal growth. For many it is the last opportunity to be with friends and classmates before they all disperse to college and careers.

We have several fundraisers underway and would love your support. We're offering coupon books that are a great deal for families, with over \$700 in 100% free services for only \$20.00.

One pound bags of Longbottom coffee can be purchased at Sunset

High School in the main office. We have a wonderful Sunset Blend in ground, whole beans, or decaf for \$11 a bag.

If you are interested in helping support Grad Party 2011 please contact Karigoetsch@comcast.net or call 503-466-9655. If a coupon book or coffee doesn't appeal to you, donations are always accepted and appreciated!

Mail checks to: Class of 2011 Grad Party Committee, c/o Sunset High School, 13840 NW Cornell Rd., Portland, Oregon 97229 or drop them off at the main office.

Thanks for your support and contributions in helping us make this a memorable night of celebration for our children's accomplishments.



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Hillsboro Airport expansion meets citizen action

by Micki Barnes

While living in Cedar Mill in the 1990s, I became alarmed about the amount of noisy, polluting air traffic flying over my home, day and night. I contacted various authorities and learned that Cedar Mill is under a major flight path from Portland International Airport (PDX).

In an effort to remedy the situation, in 1998, I agreed to serve as the Washington County representative on the PDX Citizen Noise Advisory Committee, a position I held until 2003, when I moved from Cedar Mill to Banks. Unfortunately Banks is under a training pattern for student pilots from Hillsboro Airport (HIO), so I still have planes circling overhead every day. Thus I have continued my involvement in airport issues.

Cedar Mill is about halfway between PDX and HIO; as a result it is impacted by both of these airports.

Plans are currently under way to expand HIO, an airport that already has nearly the same number of operations (takeoffs and landings) as PDX. Approximately two-thirds of HIO operations are training flights. Constructing a third runway has the potential to nearly double operations at this facility. Communities are laying off schoolteachers and shutting down

clinics and mental health facilities, meanwhile the public is expected to pay more than \$13.5 million to subsidize a third runway to accommodate student pilots and general aviation hobbyists.

One of the primary tenants at Hillsboro airport is Hillsboro Aviation, a company that recruits students from around the globe

of Portland operates both PDX and HIO, but the cities and counties are also involved, and so are the FAA and the state Department of Aviation. I have devoted countless hours to learning how to navigate this maze.

In 2006 I started a website – OregonAviationRevealed.org – to share this knowledge with others in the community who have issues with airports. The website is a volunteer effort that involves researching and writing articles on aviation issues.

Legal appeals Beginning last year, the focus expanded to include two legal appeals related to the Hillsboro Airport. One was a challenge to a pro-expansion

City of Hillsboro airport zoning ordinance that was brought to Oregon's Land Use Board of Appeals (LUBA). Hillsboro had attempted to rezone nearly 7000 parcels of land to allow airport expansion.

The zone changes would have required all property owners in the Airport Safety and Compatibility Zone to provide an "Aviation Easement" upon seeking a land use permit to develop their land. [Ed. note: All of the land is inside the current Urban Growth Boundary although much of it is currently un-

developed. Some is farmed, much is simply vacant.]

It would have given the Port of Portland the right to:

- subject your property under specified circumstances to "Noise, vibrations, fumes, dust and fuel particle emissions;"
- prohibit the growth of trees and erection of buildings over a certain height;
- enter your property to mark or put lights on structures; and
- prohibit you from installing certain lighting and electrical equipment

In June of 2010, in a decision that was later upheld by the Oregon Court of Appeals, LUBA ruled that the ordinance was unconstitutional based on the first two items. It is possible the other three will be challenged at a later date on a case-by-case basis depending on how the city and Port choose to rewrite the ordinance.

In a second legal action, three citizens – Patrick Conry, Blaine Ackley, and myself – challenged the FAA's January 2010 approval of the Hillsboro Airport third runway proposal on the grounds that a thorough and comprehensive Environmental Impact Statement should be performed before moving forward. A hearing was held in the U.S. Ninth Circuit Court of Appeals on February 9, 2011. Their decision has not yet been rendered.

Latest developments, public meetings

Following reversal by LUBA and the Oregon Court of Appeals of its pro-aviation zoning plan, the City of Hillsboro is moving forward with a revised Hillsboro Airport zoning ordinance. Towards this end, two Hillsboro Planning Commission meetings have been scheduled in March. There is a limited window for public input in this process. If the city decides to move forward, public hearings are likely to be scheduled in April or May.

Legal costs associated with these challenges exceed \$34,000. Thankfully, we have successfully raised more than \$12,000 from community members. My husband and I have contributed over \$7,000 out of our personal funds to date but we continue to seek donations from community members who share our concerns.

Visit our website OregonAviationRevealed.org for more details on these cases. To receive my updates via email, send a message to info@oregonaviationrevealed.org



This image from the Hillsboro Airport website illustrates the network of agencies that control airport operations in the region.

and then gives them free reign to accumulate helicopter and fixed wing flight hours by practicing over our communities. As a result, urban and rural properties within a 20-mile radius of the airport are routinely subjected to noise, safety risks, and toxic emissions. Note, student pilots are not required to undergo TSA screenings.

So many different entities are involved in aviation policy in Oregon that dealing with all of them is like a shell game, where every agency says they can't help you and points the finger at someone else. The Port

Business Recycling Workshops

Gain a marketing advantage over your competitors—reduce the amount of waste your business sends to the landfill and save money on your bottom line. Going green is not a fad; it is a business trend with a significant economic incentive. Join the movement by attending these free, focused business recycling workshops put on in collaboration with the Hillsboro Chamber of Commerce, City of Hillsboro, and Washington County Recycle at Work.



- Meet other Washington County business leaders.
- Share best management practices in sustainability.
 - Learn more about the Recycle at Work Program and its free on-site technical assistance and resources.
 - Get the latest information on recycling requirements for all businesses.
 - Leave knowing how to improve your business' recycling performance and save natural resources and money.

Workshops will be held at the following locations from 11:30 am- 1 pm: March 24 at Solar World; June 23 at Pacific University Health Professions Campus; September 22 at AmberGlen Business Center.

The workshops are free; light refreshments will be served. For workshop details and to reserve your spot today visit www.tinyurl.com/bizrecycle.

For more information on the Washington County Recycle at Work Program or to request free on-site technical assistance, contact us at (503) 846-8609 or recycle@co.washington.or.us, or visit us online at www.co.washington.or.us/HHS/SWR/Recycling/AtWork/recycle-at-work.cfm

Identifying and combating plant diseases

by Donna Prock

Last month I talked generally about how to prevent insect and disease problems in the garden. Now I am going to discuss the most common diseases in our area and some basics in how to control them.

Identifying Diseases

When identifying problems with your plants, the first step is to rule out environmental factor—nutrient deficiencies, temperature extremes, soil pH, over- and under-watering. If you have ruled these out, you can begin to consult with experts and search in books and websites about plant diseases.

There are many ways to learn about plants and the specific diseases that afflict them. The Oregon State Extension Service provides two excellent resources for identification. Their Master Gardener program (washing-toncountymastergardeners.org/) has volunteers who answer questions over the phone and takes walk-in queries. Call 503-821-1150, option 2; or bring in a sample of the damage when you visit their office at 18640 NW Walker Road, Suite 1400, in the south end of the Capital Center complex.

Their 600-page Pacific Northwest (PNW) Plant Disease Control Handbook can be ordered for \$45 at: extension.oregonstate.edu/catalog/pdf/plant/plant.pdf.

Building on the information I provided last month, the five basic principles of plant disease control are: exclusion, avoidance, eradication, protection and resistance.

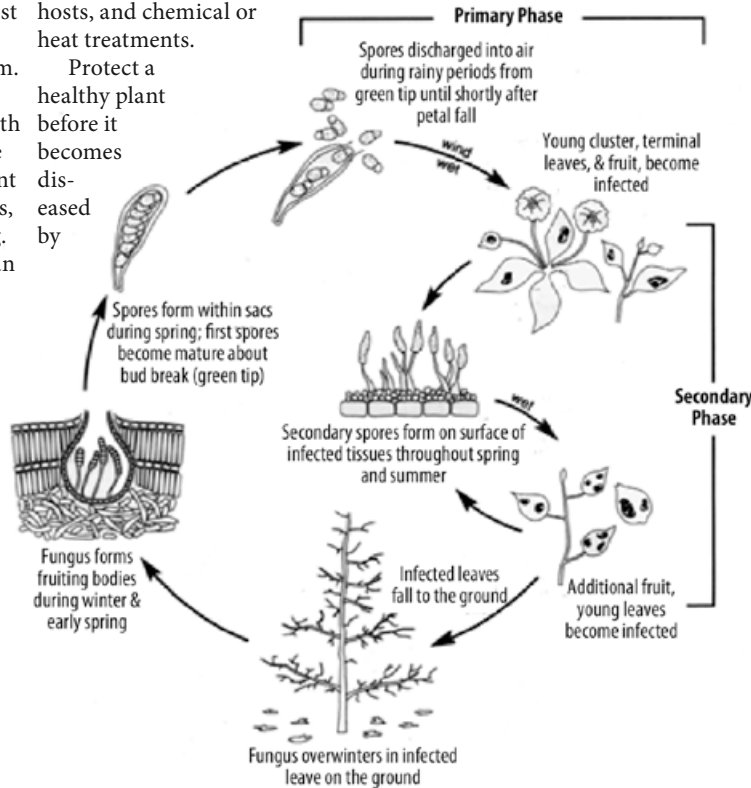
Exclude disease by purchasing only healthy plants, thus eliminating the movement of diseased plants into a new area.

Avoid problems by choosing the right plant for the right site. Handle them carefully to avoid creating wounds that create entry points for disease. Look for cultivars that have

resistance to known diseases.

Eradicate any diseased plant material through crop rotation, sanitation, elimination of alternate hosts, and chemical or heat treatments.

Protect a healthy plant before it becomes diseased by



In controlling a plant disease, it is helpful to understand the life cycle of the disease and to apply the proper treatment at the proper stage of the disease. Pictured is the life cycle of the fungus that causes apple scab, which scars apples with brown indented splotches.

Since the fungus over-winters in infected leaves on the ground, this diagram shows why good sanitation is essential in eradicating, or at least reducing, apple scab. While apple scab can be treated to some degree with fungicides, very few fungicides are available to home gardeners and are difficult to obtain in small quantities. If you do decide to try a fungicide, the instructions on the label are the legal requirements to use the chemical.

methods such as dipping the roots of a young plant in a protective medium before planting.

Plant pathogens are microscopic living organisms that cause infectious plant disease. The four main kinds of microorganisms that cause plant diseases are fungi, bacteria, viruses, and parasitic nematodes.

Parasitic fungi get their nutrients by feeding on host plants. Fungi are usually visible as dots on discolored parts

of a plant. Microbial fungicides, mixtures of beneficial fungi that destroy parasitic fungi, can be purchased for treating fungal infections. These are very sensitive to soil temperature and only operate when warm enough. Black spot is a common fungal disease that attacks roses and other garden plants.

A garlic fungicide can be made by blending 5 garlic cloves with one pint of water and then straining. Sulfur is an option for soils severely infested with fungal diseases. All fungicides should be considered only as a last resort. The best way to prevent fungi and all plant diseases is to nurture soil by adding organic matter and by purchasing disease-resistant plant varieties when available.

Disease-causing bacteria cannot be seen with the naked eye, but their effects on a plant are usually clearly visible. These bacteria are very hard to control, but the best way to prevent them from spreading is by properly disposing of plant debris (burning, depositing in trash can, and hot composting) and always washing garden tools so as not to spread bacteria. **Viruses** can rarely be seen, even with a microscope. Viruses reproduce while inside plant cells. They can be spread through garden tools and on hands, as well as on aphids, insects, and nematodes.

Parasitic nematodes attach to plant roots and lay eggs on them. These parasites puncture plant cells and suck out their contents. Nematodes spread slowly on their own but can be easily spread by water and on garden tools. Nematode infestations can be prevented by adding nitrogen to soil. (NOTE: some nematodes are beneficial and attack insect parasites. This is a good reason not to use chemical poisons in your soil)

A rich assortment of organic/non-chemical disease and pest control methods can be found at: howtogoorganic.com/index.php?page=pest-disease-management. The Resource Guide for Organic Insect and Disease Management is also an excellent reference: web.pppmb.cals.cornell.edu/resourceguide

The web page version of this article has more examples and illustrations. Next month we'll talk about insects and other pests.

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Oh those funny bird names!

by *Lauretta Young*

Our winter Yellow-rumped warblers have been amusing us with their antics at the suet feeder. Many of them act like hummingbirds as they hover in the air to get their bit of suet and then drop to the ground to eat it.

While I am amused by the yard visitors, my children are amused by the bird names. They make up innumerable hilarious spin offs such as, “Say Mom, have you seen any Green bifork-tailed-orange-beaked-large-breasted-boobies?”

But my children really have nothing on the list of bird names that are odd but legitimate. We don’t have any of these in Cedar Mill but they are amusing nonetheless—how about Hoary Redpoll, Tufted Titmouse, White-breasted nuthatch, Rainbow bee eater, Squatter pigeon, Black-bellied whistling duck or Fluffy bearded tit babbler?

Birds certainly can be a source of amusement as well as awe and wonder. One of the emerging areas of neuroscience is positivity studies, which show that cultivating certain psychological traits makes us more effective in our lives and may help us live longer. The works of leading researchers such as Dr. Barbara Frederickson and our own local PSU professor Dr. Edward Diener leads us to think of such practices not just as fun things to do but possibly health practices.

The primary positivity theory is the “broaden and build” concept, which says that positivity experiences and practices make us see more creative and functional ways to solve problems. There is a great deal of solid research to back this up. Positivity practices such as gratitude, the experience of awe, amusement, and joy are certainly applicable to the wonderful hobby of bird watching, even without the added boost that comes from our amusement with our children or coworkers who like to make jokes about our hobby!

Warblers tend to have mixed flocks just like sparrows. So watch our warblers for fun and look at each bird in the group to check whether any other warblers of a different species are hanging out with the main group. We will soon be having many flocks of warblers

migrating through from the south to their northern nesting grounds in Alaska and Canada and further north. The hatching insects of the bogs and tundra feed many young birds in the summer months. We will have Orange-crowned warblers, Black-throated gray warblers, Yellow warblers and others in our back yards in Cedar Mill soon.

One suggestion for where to look for Warblers other than your yard or neighborhood is related to their tendency to prefer higher elevation areas as they migrate. Two favorite



Yellow-rumped warbler. Photo by Jeff Young

spots of ours, which attract literally thousands of warblers, are the Pittock Mansion area and Mt Tabor. If you are interested in group birding walks, check out the Portland Audubon web site to see the schedule. www.audubonportland.org These walks are held every weekday in the spring from 7-9 am and are led by an experienced birder. The walks are free; you meet interesting people and you may hear a good bird joke while getting outdoors for awe and exercise. All good health practices if you need an excuse to go! (Or join me on a guided bird walk in one of our local areas) *Lauretta Young is a retired physician who now teaches stress management and human sexuality at Portland State University in the community health program as well as various courses in the Division of Management at OHSU. She also guides local bird tours—see her web site at www.portlandbirdwatching.com and her husband’s photos at www.flickr.com/photos/youngbirders/*

THPRD completes Jackie Husen Park improvements

The park, at 10955 NW Reeves (just east of 113th) now has a 20' by 28' picnic shelter, complete with six picnic tables, a drinking fountain and barbecue. An assortment of colorful play structures nearby inspire not only fun but imaginative play for all ages and abilities.

In the center is a large, grassy open space available to the public for games and gatherings; it can also be used, on a limited basis, for local youth soccer practices during the season. A pervious (water-draining) asphalt pathway, benches and picnic tables surround the open space.

To improve access to the park, the frontage on Reeves Street has been upgraded with curbs, sidewalks and 11 new parking spaces. The parking lot provides 18 more spaces, and its pervious asphalt design will filter and reduce storm-

water runoff.

The landscaping in the park features native trees, shrubs and ground covers, as is the case in the park's forested area, where invasive species have been removed and replaced with more natives.

Before long, the park will be connected to nearby Jordan Park with a new Cedar Mill Trail segment funded by THPRD's November 2008 bond measure. Construction of the trail segment is scheduled to begin this summer and finish in spring 2012.

We're pleased to make Jackie Husen Park a better place for kids to play, neighbors to meet, and families to gather. A dedication is planned for this summer, and everyone in the neighborhood will be invited. Questions? Call 503-629-6305.

Damn Yankees at Sunset High

You're invited to attend Sunset's spring drama presentation of the '50s musical *Damn Yankees*. The musical tells the story of a man who sells his soul to the devil in exchange for a winning season for his favorite baseball team.

The show runs about 2 1/2 hours, and will be presented at 7:30 pm on Thursdays, Fridays and Saturdays beginning March 3 and continuing through through March 12. Tickets

are \$10 for adults and \$7 for seniors and students. A family ticket for up to five people is available for Thursday performances for \$30. Reserved tickets are available on the Web at www.brownpapertickets.com, at the school's box office during lunch times, and at the door. Sunset High School is located at 13840 N.W. Cornell Road. For more information call 503-259-5050.

Auto Zone, continued from page 1



Entrance to the store will be at the northwest corner, with doors on Cornell and into the parking lot on the east side.

and a customer can order on-line and pick up in-store."

Parking will be behind the store on the east and south sides of the building. The exterior will be two stories tall, as required by our Town Center ordinance, but there will be no second floor.

Pohlman says, "This store will hire about ten AutoZoners, seven full-time and three part-time. A manager has not been named."

The nearest Auto Zone is in Aloha, about four miles away. Pohlman notes, "We have a rather rigorous process whereby we locate and develop store locations. The trade area for this new store is chock-

full of out-of-warranty vehicles, five years old and older, which is our sweet spot. 85% of AutoZone's business is retail, catering to the do-it-yourselfer."

We look forward to welcoming this new business into the community, and we hope that they'll join the Business Association and participate in the community in other ways.

**NOTE: Oregon Communities for a Voice in Annexation (ocva.org) is now taking aim against this type of "hostage annexation." Several bills are currently being considered in the legislature (HB 2945, 3056, 3144).*

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Medical, continued from page 1

Dr. Barlow got his medical education in New Mexico, and served as a Resident and later as Chief Resident in Family Practice at the Conemaugh Valley Memorial Hospital in Pennsylvania from 1989-90. He has been board-certified and recertified through the American Board of Family Medicine since 1990. He moved to Cedar Mill in 1990 and established a solo practice in the Tanasbourne area.

He was in the same call group (doctors who share after-hours response duties) with the doctors of Sunset Medical Practice Group. Two years ago he split off his practice, opening his office on the second floor of the building.

Dr. Barlow sees patients of all ages, including the children and sometimes grandchildren of his patients. He has a lot of experience in the areas of internal medicine, diabetes care, sports medicine treating sprains and injuries, and pediatrics.

He notes, "I always discuss lifestyle changes with my patients and monitor their progress and compliance. It is absolutely essential to touch base with patients regarding their lifestyle and habits in order to enhance their health and well-being, so I make this a daily practice with each patient visit." Referring to treatments like chiropractic and massage, he says, "alternative and complimentary medicine is a part



The pleasant waiting room has plenty of reading material and is decorated with original art glass and sculpture

of family medicine."

Many procedures can be performed in the office, including carotid and abdominal ultrasound imaging, minor surgery and laceration treatment, and minimal

lab work. He gets lab results electronically from Providence labs. (Tuality and Legacy still send faxes.)

His practice accepts patients with most types of insurance. Call the office for details.

"This is a fun practice," he says. "Everyone here enjoys their work." His staff includes three Medical Assistants, Ashley, Brittany, and Jill, who also does the "back-office" work part time. Margaret is the front-office coordinator, handling scheduling, phones, insurance and reception duties, and Gillian coordinates the business, does bookkeeping, and supports the front office.

"We have room for another doctor," Barlow mentions, "and we are looking to expand in the next few months." The practice is accepting new patients.

He and his wife are raising four children in the Cedar Mill area. He enjoys hiking, photography, tennis, and classic cars, and enjoys driving his 1967 Jaguar.

The office is conveniently located in the Cornell Medical Commons



The children's waiting area features a large blackboard

building on Cornell just east of Saltzman, 12400 NW Cornell Road, Suite 200. Office hours are Monday-Thursday 7:30-4:30 and Friday 7:30-11:30. Phone for more information to 503-352-0211, or visit the website www.cornellfamilymedicine.com, or email info@cornellfamilymedicine.com.

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Sidewalks, continued from page 1 tentatively scheduled to go out to bid in early 2012 for construction during spring and summer of next year.

Relief will come earlier for pedestrians using the south side

sidewalk in front of the Cedar Mill Bible Church to the sidewalk in front of the Cornell Medical Commons building.

Schamp describes the program this way: "The basic intent of the Minor Betterment Program is to

basically no available area. So, if an interim project can get them back behind the curb and on a hard surface with reasonable slopes that work for ADA, we would consider that a success."

Schamp attended the March 1

start somewhere," he said, "and you folks have made a great case for the need for them."

He said that his department is planning to ask the Board of Commissioners for more money in future budgets to handle the needs of



Orange lines mark the missing sidewalk segments on Cornell.

of Cornell. This summer, Schamp plans to use the Minor Betterments program, which is in a separate budget item within his department, to build an asphalt path that will complete pedestrian access to downtown by connecting the

construct small-scale interim safety improvements that are outside normal maintenance, but are not capital improvements. Our goal is to make the existing situation better, as easily and cost effectively as possible. Given these constraints, these

meeting of CPO 1 to discuss the Minor Betterments program and these new sidewalk projects. When

the UUAs for pedestrian and bike facilities upgrades that are not part of major road projects. This is all



The county believes it has sufficient right-of-way to construct an asphalt path on the south side of Cornell this summer. The Minor Betterments program currently does not include ROW acquisition because it's usually too expensive to meet the \$150,000-per-project limit.

projects may not be constructed to full County standard. The investment is intended to make the situation better, not perfect. In the case of Cornell, we know people are currently walking along that section of road with



The sidewalk peters out about halfway between 119th and Saltzman. Residents of the apartment complexes are forced to walk in the street to get to nearby shopping and services.

he was asked about whether there are other urban unincorporated areas (UUAs) in Washington County that are demanding and getting new sidewalks, he indicated that Cedar Mill is the first. "It has to

part of the growing recognition on the part of staff and commissioners that even though it's very untraditional for county governments to serve urban areas, in our county it's a necessity.

Inside the JQA Young House

[NOTE: more photos on the CM News web-page version!]

Tualatin Hills Park and Recreation District (THPRD), which owns the historic John Quincy Adams Young House in Cedar Mill, has hired local architect Brian Jackson to produce detailed drawings of the house. These will be used as part of the documentation needed

to apply for grants to fund the restoration of the house.

Jackson will work with a structural engineer to determine the best plan to rebuild the foundation of the house, and possibly to move it back on its lot. It currently sits



The foundation of the house is a jumble of local stones, bricks and beams, and has to be rebuilt before the house is safe to occupy.

sits close to the edge of the county's right-of-way on Cornell, and if the road is ever widened, the roadway would come nearly to the door.



The house is built of vertical 2" x 12" planks of cedar, most likely milled on site. Interior surfaces were applied directly to the planks.



Some of the planks have warped, as around this window in the second floor bedroom. Graffiti adorns the walls from the time before the district obtained the property, when squatters were breaking in regularly.



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