



FREE

# Cedar Mill News

Volume 11, Issue 3

March 2013



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## Featured Business

### Joseph LaParne Agency

By Virginia Bruce

Two events in Joey LaParne's life guided him toward a career as an insurance agent. First, when he was 15 years old, he was in a car being driven by a friend when it went off the road and hit a tree. Joey sustained serious internal injuries and spent several weeks in the hospital. Although he fully regained his health, the friend's insurance coverage, while adequate, just wasn't enough to cover the huge medical

to work for myself. I don't like to be micromanaged!"

That's when he investigated insurance. He checked out the four big companies that operate in the Portland area, and was most impressed by Farmers. "They excel in many areas. I appreciate that they let their agents stay involved in the claims process. I can establish a relationship with my clients. I want to be sure that they're taken care of and not just handed over to the claims department."

He started with on-the-job training as a reserve agent.

"Once you get your license, and prove that you can do the work, you can convert to 'career agent.' You spend seven days at Farmers' University in Thousand Oaks, California." He was impressed with the thorough training and with the way the company invested in him.

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# FARMERS

bills from his multiple surgeries and long hospital stay. Joey's family had to struggle to cover everything.

Two years later, his 21-year-old sister died suddenly of an undiagnosed heart condition. She left behind two young children and a husband who struggled to continue the daycare business she had started. "With the loss of her income, medical bills and the stress of dealing with a new business, her husband ended up having to sell their house. Without the aid of family and friends, he could have ended up homeless," Joey recalls. "I didn't know back then that I wanted to become an insurance agent, I just knew that things would have been much better if my beloved sister had just invested in a life insurance policy."

LaParne started working early in his life, delivering the Oregonian for his father, who had a distributorship in the Aloha area. "I got up at 4 am every day to deliver papers. Sometimes I skipped out of school just to head back home and sleep—I wasn't much of a student," he laughs. He became a contract distributor full time when he finished school, but when the Oregonian went online and circulation plunged, he spent a few years working for his brother-in-law in the construction business, and then began working in a Nike warehouse. "I was moving up in that job, but I finally realized I really wanted

### Jordan Woods trail opening this month

If you'd like to get an idea of what Cedar Mill looked like before the pioneers arrived, a new trail

of 113<sup>th</sup>, another trailhead is at the north end of 107<sup>th</sup> north of Cornell, and a set of stairs leads into the



A wood and composite bridge spans Cedar Mill Creek.

through our beautiful natural area will open this month. There are three ways to get to the trail: an accessible entrance is located in Jackie Husen Park on Reeves St. just east

park from Lost Park Drive.

Now called Jordan Woods, Jordan Park was formed by Tualatin Hills Park & Recreation District

*Continued on page 6*

### Sunset swim team #1 again!

By Elsie Garner, Sunset student

Led by coach Adam Farber, the Sunset High School men's swim

team dove into the pool with finesse this February, capturing first place at state. The swim team held long practices every day after school throughout the season, preparing to conquer with confidence. "We knew going into it that we could come away with the win," says junior Josh Noll, "and our families and friends were there with us the whole way."

This is the third consecutive year the men's team has swept the competition at the state level, and the girls'

team pulled in close behind. Surrounded by the same overwhelming support, they came in second at

state, only seven points behind the winning team.

Winning state wasn't purely a physical achievement, but a bonding experience as well, Josh says. "As a group, this experience has definitely helped us become better friends, and that's what made it so much more fun to achieve." The Sunset teams continue each year to leave a fantastic legacy for future generations of high school swimmers.



Swimmers and their grade level: Jordan Hurwitz (12), Jonathan Zoucha (11), Cameron Stitt (12), Cole Hurwitz (12), Tristan Furnary (9), Coach Adam Farber, Kasey Kwong (12), Josh Noll (11), Calder Dorn (12), Braden Esping (11), Jack Callahan (12)

# Cedar Mill Business News

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

## Senior discount Tuesdays at Bales Thriftway

Bales Thriftway manager Troy Wolfe wants to let our senior citizens, age 65 and better, know how much they appreciate your patronage, by offering a 10% discount on most purchases every Tuesday. See store for details, some restrictions apply.

And look for the completion of their new Wellness Center in a few weeks, we'll cover it in more detail next month.

## Virtue of the month: Commitment

Commitment is caring deeply about a person, a goal or a belief. Once we discern a direction, we go for it wholeheartedly. We do not hold back, second guess our decision, or hesitate to act on it fully. We set goals and achieve them. We make promises and keep them. We go the extra mile. We are faithful to our relationship.

The Practice of Commitment: I am discerning about my decisions. I give 100% to whatever I do. I am confident in my choices. I keep my agreements. I am loyal to those I care about. I have the strength to go the distance. Virtues Reflection Cards, Brought to you by Virtues Connection Portland, Oregon. More information at [virtuesconnectionportland.com](http://virtuesconnectionportland.com), [virtuesproject.com](http://virtuesproject.com).

Virtues Project invites you to a free workshop on Spiritual 'Companionship', Tuesday March 5, 9:30-11 am. The event will be held at the Hillsboro Chamber of Commerce Building, 5193 NE Elam Young

Parkway, Hillsboro, OR 97124. Registration required: 503-267-0202 or [mehdel@pacifier.com](mailto:mehdel@pacifier.com). Presented by Delaram Hakiman-Adyani, [M.Ed.](mailto:M.Ed)

## Swap the studs

Bud Holden, owner of Sunset Tire Factory, wants to remind you that the deadline for removing your studded winter tires is April 1. They also encourage you to stop in and get a safety check of your tires and brakes before you head off for a Spring Break trip.

Sunset Tire Factory is your locally-owned and operated source for tires, brakes, and more. They're located at 301 NW Murray, just south of the Sunset Highway. Call them at 503-643-6767 to set up an appointment. And check out their star-studded reviews on Yelp!

## A sweet fundraiser

Are you ready for a new fundraising idea? The Mountain Man Nut and Fruit Co. has a new way to raise money for your group. You choose four of their best selling products from a pre-selected list to make up your own special gift box. The four products will be placed into small boxes to make a great gift pack with up to a 50% return.

The Mountain Man Nut & Fruit Co. has made quality products for over 35 years. Contact Joanne



Hollister at 503-701-4005 or at [mtmanlady@gmail.com](mailto:mtmanlady@gmail.com) for more information on how to get started.

## Unexpected Improvements

The Second Edition Resale Shop was planning a remodel and shop reconfiguration for the fall of 2013. Last month, thanks to an unexpected windfall, Second Edition has completed their renovation early.

The Executive Director of the Aim High Academy of Martial Arts, Bkjn Daniel Sikkens, arranged for Second Edition to acquire store fixtures that the academy was no

longer using. These beautiful fixtures, very large and very heavy, were moved into the shop on a Sunday morning by Sikkens and teacher, Sam Gregg, along with other dedicated shop volunteers. The Aim High Academy of Martial Arts, Inc., a non-profit serving the youth of the community, is located at the corner of Bethany Blvd. and Cornell Ave.

Second Edition Resale Shop is the Cedar Mill Library's on-going fund raiser and is located at the East end of the library building at the corner of Dogwood and Saltzman, just off Cornell. Stop by and check out their new look! For additional info on the Martial Arts, call 503-640-8628 or go to [www.aimhighma.org](http://www.aimhighma.org).

## Orchid Love

On Saturday, March 16, 10 am-noon, Cornell Farm Nursery will offer a free class.

You too can catch Orchid Fever and be forever with flowers in your own home! Join our own orchid aficionado Jon Ross for the lowdown on how to care for a variety of orchid types. Bring your own orchid if you want to divide it during class.

No charge, but class size is limited and pre-registration is required. Call 503 292 9895. Cornell Farm Inc. is open daily, 9 am-5 pm at 8212 SW Barnes Rd.

## American breakfasts at the Greek

Craving a local place to get a great weekend breakfast? The Greek Village, at 301 SW Murray (just south of Highway 26) has added Saturday and Sunday breakfast to their menu! Owner Irene Pavlatos says, "We have everything from scrambles & omelets to pancakes, french toast, & biscuits w/gravy. Breakfast is served from 9 am to 1 pm every Saturday and Sunday."



## OCAC Ceramic Guild's Spring Cup Sale

On March 12 and 13, from 11 to 3, visit the Oregon College of Art & Craft for their spring ceramic sale. Purchase handmade ceramic cups or mugs made by BFA and Post-Baccalaureate ceramics students for \$10 each. Raffle tickets will be sold to win faculty-made cups. All proceeds support the Ceramic Guild's effort to host a visiting artist workshop for OCAC students. The event will be held at the OCAC Campus, Centrum building. For more information, email [communications@ocac.edu](mailto:communications@ocac.edu).

## Village Gallery News

Call to Artists! The VGA's Fourth Annual Art Challenge is a non-juried annual show that draws in 2,000 visitors and last year sold over 100 pieces of wall art. Artists receive 75% commission on any art sold. The funds raised are used for gallery improvements. All entries will be on display during the month of May at the gallery.

Two challenges are available: A Canvas challenge and a Jewelry challenge. In the Canvas Challenge, artists are given four 6" square canvases to paint, collage or use as substrate for other works. Artists will receive their canvases starting March 30 and must complete their pieces during the month of April. Registration is limited to 110 artists; register by March 9. Fee: \$30 per artist.

New this year is a Jewelry Challenge. Artists will be given a 35 mm square black metal alloy jewelry

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## Food and sustainability

Leedy Grange and the Cedar Mill Library are partnering to offer a free, six-week discussion course, "Menu for the Future," at the Grange Hall on Wednesday evenings, starting March 20 and continuing through April 24, 6:30-8:30 pm.

This course, from the Northwest Earth Institute ([nwei.org](http://nwei.org)), covers the history, economics and culture of food in America and helps individuals become more conscious about their food choices—for the long-term health of the planet, and for our individual well-being.

The course is based on a workbook filled with short articles from a variety of sources, including Michael Pollan, Marian Nestle and many others. Each week, partici-

pants will discuss the readings and share their thoughts about the brief "homework" projects from the study guide.

The Library has purchased 12 books, and is offering them to participants for half-price (\$12.50) so you can keep your book when the course ends. Couples or friends can share a workbook. But there are only 12

books available, so if you're interested, sign up now at [leedygrange.org](http://leedygrange.org). Questions? Contact Shelly vanDresser, 503-816-9434 or [Shelly.NTP@gmail.com](mailto:Shelly.NTP@gmail.com)

Leedy Grange Hall is located at 835 NW Saltzman, across from the library at the entrance to the Thriftway parking lot. Plenty of free parking, accessible entrance near Saltzman.



## WHAT'S EATING AMERICA

## JQA Young House meeting



The John Quincy Adams Young House, c. 1903  
Built in 1863 on Cornell Road in Cedar Mill by the second owner of the sawmill, it later became a general store and post office

If you're curious about the status of Cedar Mill's historic John Quincy Adams Young House and want to learn more about it, and how you can help with its restoration, join us for an informational meeting at 6:30 pm, Thursday, March 14 at the Leedy Grange Hall, 835 NW Saltzman.

Architect Brian Jackson has completed a detailed study of the house and the work needed to restore it. He will present his findings at the meeting.

The house, on Cornell near 119<sup>th</sup>, was built in 1869 by the second owner of the lumber mill that gives our community its name. It's owned by Tualatin Hills Park &

Recreation District. The Friends of the JQA Young House is a volunteer group dedicated to bringing the house back to the community as a historic resource and a place to have a hands-on experience of our pioneer past.

For more information about the house and the restoration project, visit [jqayounghouse.org](http://jqayounghouse.org), and [thprd.org/facilities/jqay/home.cfm](http://thprd.org/facilities/jqay/home.cfm).

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**Worship Services**  
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 Sunday March 31  
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## Area 93 update, April 2 meeting

Area 93, a relatively small parcel (160 acres) of land that was added to the Urban Growth Boundary by Metro in 2002, may become part of Washington County as a result of an effort now underway (see article in the February issue).

On April 2, Washington County Board Chair Andy Duyck and our County Commissioner Greg Malinowski will visit Citizens' Participation Organization #1 to provide an update on the process. CPO 1 meets every month on the second Tuesday, 7 pm at the Leedy Grange Hall, 835 NW Saltzman.

Duyck and Malinowski attended a meeting on February 12 with Area 93 landowners to provide a status update on the potential boundary change. State Senator Johnson, Representative Witt, Multnomah County Commissioner Loretta Smith, and staff from both counties and Metro also attended.

Washington County has an Area 93 page on the Land Use & Transportation website at [www.co.washington.or.us/area93](http://www.co.washington.or.us/area93). LUT staff will continue to add content to this page over time, beginning with additional information in response to questions raised by the property owners.

State Representative Mitch Greenlick introduced HB 2347, a simple bill calling for the county-line boundary change, early in the 2013 legislative session. The counties and Metro are backing a different bill, House Bill 3067, sponsored by Representative Tobias Read and Senator Betsey Johnson, which sets up conditions for the transfer. Greenlick's office says he has "no opinion on that bill. Our office is not involved in the issue anymore, as it is not our district and now not our bill."

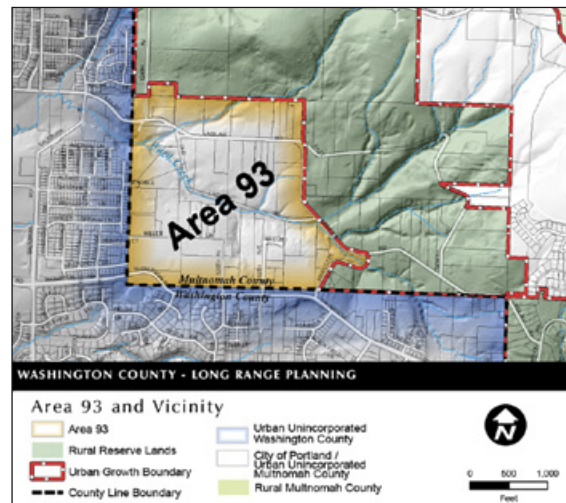
HB 3067 states, "... neither Multnomah County nor the City of Portland can effectively deliver urban services within "Area 93." This situation is without precedent and is unlikely to be repeated."

The bill would create a working group comprised of two members of the governing bodies of each

county "to meet for the purpose of establishing the terms of a plan for the transfer of "Area 93," including "the assumption of liabilities and the division of assets made necessary by the proposed transfer of territory" and a schedule for the transfer of records and assets.

Once the working group generates a plan, a majority vote of both bodies must approve the agreement on or before January 1, 2014. The governor would then issue a proclamation changing the county line.

The earliest that any development could occur would be 2016 or 2017. Following the transfer, if



Area 93 map from the Washington County web page

it is approved, citizen input will be sought over a one-to-three-year period, in a process similar to that used for the North Bethany and Bull Mountain expansion areas. Developers will then submit applications, and county planners will attach necessary conditions of approval that will include building roads and other infrastructure.

Chair Duyck and Commissioner Malinowski have repeated their pledge to make the transfer and subsequent development as close as possible to "revenue-neutral" for Washington County taxpayers. They want to see those who benefit most from the transfer—landowners, developers and eventual home buyers, to pay for the cost of planning, road and other infrastructure involved in development.

Duyck has pointed out that the area will undoubtedly be developed at some point, and that most of the burden would fall on Washington County, so at least this solution will allow the county to reap the property taxes. "Moving the county line will allow us to control our own destiny," he said.

## Support the Funds for Flowers campaign

The Cedar Mill Business Association is making plans to enhance our downtown area once more with beautiful flower baskets all along Cornell Road and vicinity. And we have plans for more!

Flower baskets will be up from May 16 - September 30. The baskets are a project of the CMBA's Downtown Enhancement Committee. The Committee was formed in order to create an identity for our downtown area. Cedar Mill is an unincorporated area and as such does not have a city government or taxes that go to fund these projects, so the Downtown Enhancement efforts rely on members of the community, as well as business owners in and around Cedar Mill, to donate the funds to make the display possible.

The owners of the Timberland commercial area have expressed an interest in having flower baskets adjacent to their property along Barnes. And we're making plans for

a display of greenery and lighting to spark up the area during the dark winter months, too. We're also working to replace the very worn-out "Welcome to Cedar Mill" signs that were placed at the four "entries" to Cedar Mill many years ago.

To donate funds or learn how your business or organization can be involved, visit [www.cedarmill.biz.com](http://www.cedarmill.biz.com) or email Rosalea

Peters, Vice President of the CMBA, at [rosalea@weomedia.com](mailto:rosalea@weomedia.com). Information will also be available at the CMBA booth during the Cedar Mill Farmer's Market, Saturdays from May-October. (Please note that a contribution to Downtown Enhancement is not a charitable contribution.)

And keep an eye out for information regarding a BBQ fundraiser on the "opening" weekend of May 16th as an additional way to contribute to the flower fund.



## Library News and Events

By Dawn Anderson

**Great Stories from the Past with Sig Unander: Simon Benson - Lumber King, Civic Leader, Visionary.** Wednesday, March 13, 6:30-8 pm. Sig Unander is a local author, filmmaker and historian who promises to engage, educate, and inspire as he brings Simon's story to life.

**Innisfree Concert.** Friday, March 15, 7-8 pm. In the spirit of St. Patrick's Day, Brenda Scearcy and Jim Loewenherz will perform heartfelt Irish folk instrumentals and songs drawn from the rich storehouse of airs, songs, jigs and reels in traditional Irish music. Multi-instrumentalists, the duo performs on whistle, guitar, Irish drum, concertina, button accordion and mandolin.

### Do you have a story to tell?

The library is once again working with students at Sunset High School to record local immigrant stories. Call the library at 503-644-0043 x131 and ask for Mark. Check out past recordings on the library's website. [cmclibrary.libsyn.com](http://cmclibrary.libsyn.com)

### Preparing Together

The Preparing Together (KIT 363.34 PREPARING) discussion guide and toolkit will help you and your loved ones prepare for an emergency. More info at: [www.crinorthwest.org/preptalk.html](http://www.crinorthwest.org/preptalk.html)



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*Jordan Woods, continued from page 1*  
 in 1988 as a result of an initial conveyance of 6.57 acres. Several more parcels of this wooded area surrounding Cedar Mill Creek were added over the years. A Master Plan

was adopted by the THPRD board in 2002, and the final phase of that plan is nearing completion.

The 2008 Bond Measure provided much of the \$1.6 million cost of the trail. Engineering and design of the project, grading and reinforcement of the slopes, drainage, and trail amenities made up the bulk of the cost.



A stairway connects the trail to residents in the Lost Park Drive area.

**Jordan Woods Park Nature Day April 28**

The District is planning a Nature Day in the Park at Jordan Woods Natural Area on Sunday, April 28 from 11-3. Travel the boardwalks, bridges, and

overlook while learning about the resident flora and fauna in this forested habitat. Education staff and volunteers will be leading interactive, nature-based activities, and park rangers will be available to answer your questions.

For this activity, enter the natural area through Jackie Husen Park on NW Reeves Street. If coming from NW Cornell Rd, turn north onto NW 113th Ave. then right onto Reeves. The park will be on the left, less than a block down. A small parking lot is available but please car-pool so plenty of spaces will stay available for those who need them.



The Husen Park entrance is accessible and provides a wide path that leads to an overlook area.



Hundreds of native seedlings have been planted adjacent to the trail to restore the natural areas that had to be disturbed during construction. In addition, the landscaping contractors have removed ivy and blackberries that are constant invaders in all the natural areas of our region.

**Rules of the Road – Is it a crosswalk?**

by Kim Haughn, Engineering and Construction Services Program Educator, Washington County Department of Land Use & Transportation

Did you know that, under Oregon Law, there is a crosswalk at every public street intersection

Seventy-five percent of driver errors in motor vehicle-pedestrian crashes are a failure of drivers to yield to the pedestrian. And half of the pedestrians who are struck by vehicles are hit while they are in a crosswalk. A moment of impatience behind the wheel could end some-



(three- and four-way), even if it is not marked by painted lines? Pedestrians have the right-of-way at these marked and unmarked crosswalks. Motorists and bicyclists are required to stop, allowing the pedestrians to cross.

Pedestrians need to allow enough time for cars and bikes to stop and they need to make sure they are visible to motorists, especially on dark rainy nights that create poor visibility for motorists. Pedestrians and motorists both share in the responsibility of pedestrian safety.

one else's life and ruin yours.

**Safety tips for drivers**

Do not pass a vehicle stopped at a crosswalk. A stopped car may be a clue that a pedestrian is crossing. When stopping for a crosswalk on a multi-lane road, you should stop about 30 feet before the crosswalk so you don't block visibility to a driver in a second lane.

When stopping at an intersection, do not block the crosswalk. This forces pedestrians to go around your vehicle and puts them in a dangerous situation.

Pedestrians move at different speeds. Be alert for children who may suddenly dart into the street. Be patient with older adults who take extra time to cross the street.

Around taverns and bars, be alert for people with slowed reaction times or impaired judgment.

Be alert for people or animals during low-light conditions, especially in areas where they are likely to cross the road, or you might not see them until it is too late to stop.

Watch for pedestrians, especially children, when exiting driveways or when backing out of parking spaces in parking lots.

**Safety buffers**

When turning at a traffic signal, drivers must stop and remain stopped for pedestrians until they have cleared the lane into which your vehicle is turning and at least 6 feet of the next lane.

At any other crosswalks - whether marked with paint or unmarked - drivers must stop and remain stopped for pedestrians until they have cleared the lane in which you are traveling (or into which you are turning) and the next lane.

Stop and remain stopped for students as you are directed by a crossing guard. Stop and remain

stopped for a blind pedestrian using a white cane or a guide dog until the pedestrian is completely across the roadway.

If a pedestrian is in a safety buffer when the vehicle enters the crosswalk, the driver will be cited for a fine over \$200.

Visit the Washington County Pedestrian Safety page to learn more: [www.co.washington.or.us/LUT/TrafficSafety/PedestrianSafety](http://www.co.washington.or.us/LUT/TrafficSafety/PedestrianSafety)

Some information adapted from the ODOT Crosswalk Brochure: [www.co.washington.or.us/LUT/TrafficSafety/upload/Crosswalk-brochure.pdf](http://www.co.washington.or.us/LUT/TrafficSafety/upload/Crosswalk-brochure.pdf)

**Get involved in the Market**

Are you looking for a way to be more involved in the Cedar Mill community? Want to help people get healthy, local produce? The Cedar Mill Farmer's Market has openings for volunteers of all commitment levels and (nearly) all ages. The first market of 2013 is on Saturday, May 11; Mother's Day Weekend. If you're interested in spending a few Saturdays or more getting to know your neighbors, please contact coordinators Dina and Megan at [cmfmarket@gmail.com](mailto:cmfmarket@gmail.com) or call Megan at 503-887-4217.

# Re-imagining the corner store

If you've been curious about the metamorphosis of the former Bonny Slope Store at the corner of Thompson and South Road, the se-

cret is out. The building, vacant for years after the old convenience store closed in the mid-90s, was purchased several years ago by a group

of friends and neighbors. One of the reasons they loved the property is that it's next to Bonny Slope Park.

The owners met with Washington County planners, who were surprised that they intended to

keep the old cinder block structure. They actually built a building inside a building. To create a seismically safe structure, the old exterior walls were bolted to an interior steel frame.



There were many conditions attached to the permits for remodeling the building, including "half-street improvements" to the intersection, sidewalks, and a water-treatment swale to catch runoff from the parking lot. But the new owners felt the requests were appropriate and added to the property's value.



The majority of the building comprises office space for the project management team of Tim Gallagher Designs ([gallagherdesigns.com](http://gallagherdesigns.com)). Gallagher worked together with the owners to design every detail of the remodel.



One of the partners in the venture is Nick Olson. His company, PVS In-Store Graphics ([pvsinstore.com](http://pvsinstore.com)), printed Gallagher's designs directly onto the doors in the building.



Behind a roll-up door at the front of the building is a space reserved for a future retail business, probably something like a small café or ice-cream shop.

## TriMet Hearing for Line 47

TriMet is proposing changes to Line 47-Baseline/Evergreen to improve ridership and reduce duplication of service. The new route would run on NW 174th Avenue and NW Laidlaw, Kaiser and Springville roads, ending at PCC Rock Creek. Those interested in attending the Line 47-Baseline/Evergreen Public Hearing should arrive at 5:30 pm on Wednesday March 13 at the Leedy Grange dining hall meeting room at 835 NW Saltzman Road, Portland. If you require a sign-language interpreter or other communication aids at the meeting, please call 503-802-8200 or TTY 7-1-1 (8:30 am to 4:30 pm weekdays) at least 48 hours in advance of the meeting. If you cannot attend the meeting please submit your comments to [line47feedback@trimet.org](mailto:line47feedback@trimet.org).

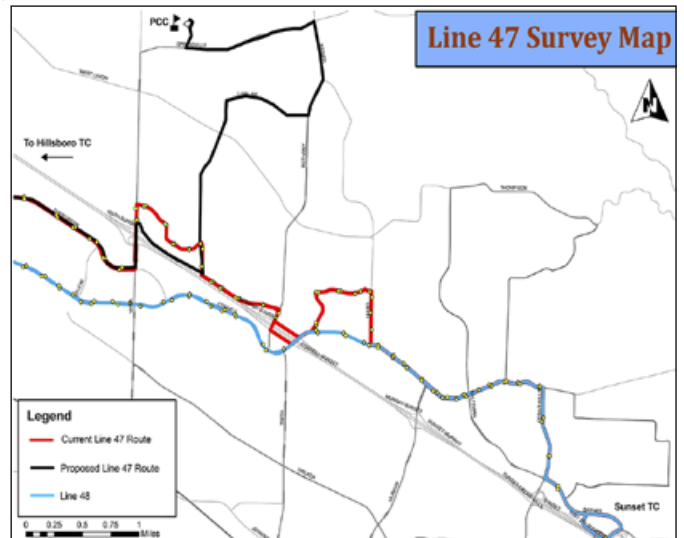
## Sunset High Theatre presents "Irene"

The Sunset High School Theatre presents "Irene" March 7 - 16, 2013. "Irene" is a musical based in 1919 Ninth Avenue New York. Irene and her mother are both immigrants from Ireland and work at a piano company. After a call for Irene to go to Long Island, her world is transformed by the one, the only Madame Lucy. Show times are March 7, 8, 9, 14, 15 and 16 at 7:30 pm. Tickets are \$7 for students and \$10 for adults. For more information, please call 503-259-5060.

## AARP Driving Skills Class

The next session of the AARP Driver Safety Class will be held on March 15 and 22. The class is designed to sharpen the skills of drivers over age 50. Attending and completing the class may make drivers eligible for an insurance discount. Classes are three hours long each day, lasting from 9 am to noon. Cost for the entire class is \$12 (AARP members) or \$14: payment to be made to the instructor on the first day of class.

For more information or to register, contact Gary Standley by phone at 503-640-4404. Further details can also be found on-line at [aarp.org/drive](http://aarp.org/drive).



*Business News, continued from page 2*  
 blank, with rim. The kit will also include a chain and glass cover, which is optional to use. Artists will receive their jewelry blanks beginning March 30 and must create their pieces in the month of April. Registration is limited to 50 artists.

This month the VGA features Linda Rothchild Ollis' Student Show, running March 5-30, with a reception on Sunday, March 10, 1-3 pm at the gallery. Artists Bobbie Willard, Cyndie Christiansen, Liz Thoresen and Annette Van Dyke are among those featured in Village Gallery's March show, which spotlights the works of students who have been in

the gallery, membership, classes and special events. The Gallery is located at 12505 NW Cornell Road, next to the Cedar Mill Library.

### Prince of Peace Preschool, Pre-K and Kindergarten registration

Prince of Peace has openings in each age group of their Pre-K, Kindergarten program.

Prince of Peace offers 25 years of experience, Spanish classes, an individualized reading program, art classes, and Christ-centered education. Tour their facility to learn

about their programs and staff. Find them online at [www.princeofpeacecl.org](http://www.princeofpeacecl.org) or call 503-645-1211 for more information.

### Prenatal Yoga, Foam Rolling at Sunset Yoga

Beginning March 10, Sunset Yoga Center will offer a prenatal yoga class, taught by Sally Hoelsing, R.N., an experienced labor and delivery nurse. Moms-to-be at all stages of pregnancy are invited to join Sally on Sunday

mornings from 9-10 am. Hoelsing incorporates her experience as a Labor & Delivery RN into her prenatal classes, and her adventures as a mama to influence her love for supporting postpartum mothers. During labor, Sally found that her own yoga practice helped to truly stay in the moment with each contraction. She believes yoga can help women tune into their bodies and reach a meditative state, even in those intense birthing moments.

On Saturday March 23, from 1-2:30 pm, Julie Burtis will teach a foam rolling class. The foam roller

is a cylindrical piece of dense foam that is used to release tight muscles, prevent injuries, and improve circulation. In this workshop, participants will learn to use this tool to treat a variety of muscle groups, including the calves, IT band, and quadriceps. A printout of the techniques taught in class will be provided.

Foam rollers can be purchased online or in most sporting goods stores and generally cost about \$20. Black foam rollers provide a more intense massage, white foam rollers are more gentle. A 6x36 inch foam roller is recommended for this workshop. Foam rolling techniques are performed on the floor using the arms to support part of the body's weight. Participants must be comfortable getting up and down from the floor and bearing some weight in the arms. Cost \$25. Preregistration is required.

Sunset Yoga Center is located at 12923 NW Cornell. Visit their website at [sunsetyoga.com](http://sunsetyoga.com), or call 503-539-4504 to find out more and pre-register.

### Acrylic and Collage Workshop

Learn to how to combine collage with acrylic paint to create a unique painting in a popular Acrylic Painting with Collage Workshop in artist Linda Sawaya's studio in Bonny Slope, Saturday, March 30 from 10:30 to 4:30.

This one-day workshop is a fun exploration of collage combined with acrylic paint. Learn a variety of techniques, how to integrate collage images with paint, and how to transform images into ideas. All levels of experience are welcome. Email Linda at [linda@lindasawaya.com](mailto:linda@lindasawaya.com) for more information and to reserve your space by March 15, 2012. Workshop fee is \$85 plus \$10 materials which can be paid by paypal or check. See samples of Linda's artwork at [www.lindasawaya.com](http://www.lindasawaya.com). Samples of workshop participants'

work can be found on Linda's blog: [lindasawaya.blogspot.com](http://lindasawaya.blogspot.com).

### Organizing Seminars

Did you miss out on the two free Cedar Mill seminars given by Beth Giles of NW Organizing Solutions about how to organize different aspects of your home and life? Here's an opportunity to get that helpful information. Beth is offering several different seminars to local groups. It can be for your business team, church group, or community gathering—the presentation is designed to meet your group's particular need. She will share solutions and methods to help those who are struggling with paper piles, having a hard time managing time, or just feeling like their space could function better.

Give Beth a call at 503-709-0791 to schedule your seminar or email her at [Beth@NWOrganizingSolutions.com](mailto:Beth@NWOrganizingSolutions.com) for more information.

### Community Garden Plots Offered

Members of Prince of Peace Lutheran Church, at 141st and Cornell Road, have just completed work on raised-bed community garden plots on the church campus. The plots are available to community members, you don't need to belong to the church.. Plots cost \$30 for the 2013 season, and include water. 10% of produce goes to Care to Share. Contact Prince of Peace Lutheran Church at 503-645-1211 for more information. Enjoy fresh produce out of your own garden plot this summer!

### Cedar Mill Garden Club Monthly Meeting

The monthly meeting of the Cedar Mill Garden Club will be March 20. "Gardening is for the Birds...and the Bats" is a program on birds of prey and bats and will be presented by Molly Evans of the Backyard Birds Shop. Evans will also cover how to make our yards



*Collaboration, by Linda Rothchild Ollis*

Linda Rothchild Ollis' recent class, Acrylics for Brilliant Transparent Paintings. Taught on Mondays from 9:30 to 12 pm, Ollis' classes provide a creative environment for artists of all levels with an exciting mix of realism and abstract options.

On March 15 and 16, join the Gallery for a Ukrainian egg-decorating workshop. Learn how to create beautiful intricate patterns on eggs using a wax resist method in the traditional Ukrainian method of Pysanky. \$10 supply fee. Ages 15 to adult, no experience necessary.

See [www.villagegalleryarts.org](http://www.villagegalleryarts.org) for additional information about

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more bird friendly. The group meets at 11:30 am at the Beaverton Community Center at 12350 SW 5th & Hall across from the Beaverton City Library. All interested gardeners are welcome.

### Pioneer District Garden Club Scholarship

Pioneer District Garden Clubs, Inc. is offering a \$1,000 scholarship to legal residents of Columbia, Washington or Yamhill Counties in Oregon for the coming academic year. The deadline for application is March 15, 2013. Student applicants must be enrolled full-time at an Oregon community college or four year college or university in their sophomore, junior or senior year with at least a 3.0 GPA. Freshman students may make an application for their sophomore year. Majors include horticulture, floriculture, landscape design, conservation, forestry, botany, environmental control, city planning, land management, or related subjects.

Pioneer District Garden Clubs, whose mission includes education, is a member of the Oregon State Federation of Garden Clubs, Inc. and National Garden Clubs, Inc. Contact Marcia Kay Whitelock, Scholarship Chairman, at 503-524-5309 or [marciawhitelock@comcast.net](mailto:marciawhitelock@comcast.net) for an application and additional information.

### Surviving Acts of Violence in the Business Community

The Washington County Sheriff's Office Presents "Surviving Acts of Violence in the Business Community." Members of the Washington County Sheriff's Office Tactical Negotiations Team (TNT) will present this free informative workshop. Topics that will be covered include preparing for the unthinkable in the workplace, situational awareness, dealing with open hostility, signs of imminent violence and active threats.

For your convenience, workshops will be hosted in various locations served by the Washington County Sheriff's Office. Dates and times are: March 7 from 7:30-8:45 am, at the Tualatin Valley Fire and Rescue, 20665 SW Blanton St, Aloha; April 11 from 7:30-8:45 am at the Bethany Village Community Room, 15220 NW Laidlaw; May 9 from 7:30-8:45 am at Valley Community Presbyterian, 8060 SW Brentwood St in Portland.

Contact the Crime Prevention Unit at 503-846-2579 or email [Christine.Rouches@co.washington.or.us](mailto:Christine.Rouches@co.washington.or.us) to reserve your spot today! Space is limited!

### Beaverton Historical Society Presents "Oregon's Hooverilles"

The Beaverton Historical Society will hold its monthly meeting on Tuesday, March 12 at 7 pm. This month's presentation is entitled "Oregon's Hooverilles: The Effects of Two Oregon Towns on Herbert Hoover" and will include guest speakers Sarah Munro and Kyle Jansson from the Hoover-Minthorn House.



The Hoover-Minthorn House in Newberg, Oregon, was home to Herbert Hoover, 31st President of the United States, from 1885-1889.

It is now preserved as a memorial to him and to the lifestyle of the Quaker community that shaped his boyhood experience. It has been fully restored to its original condition and contains many of its original furnishings, as well as memorabilia of the period and items belonging to President Hoover.

Guest speaker Munro is the new director at the Hoover-Minthorn House Museum. Guest speaker Jansson has published articles on President Hoover's years in Salem.

Admission is free. For more information visit the Beaverton Historical Society online at [www.HistoricBeaverton.org](http://www.HistoricBeaverton.org).

### Washington County Forum

On Monday, March 11, the Washington County Public Affairs Forum will hear from Don Mazziotti, Director of Community and Economic Development for the city of Beaverton. He will speak about the prospects for economic development and sustainability in that evolving city, the second largest in Washington County.

The Washington County Public Affairs Forum meets from 11:45 am to 1 pm at the Old Spaghetti Factory, 18925 NW Tanasbourne Drive, across from the Evergreen movie theaters in Hillsboro. The doors open at 10:30, with a first lunch serving at 11:30 and a second at noon. The program begins at noon. The schedule of events and topics for the Washington County Forum will be announced at the forum's website [www.washington-countyforum.org](http://www.washington-countyforum.org).

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### Sounds Like Spring

By Lauretta Young

In the last few weeks there have been intervals of bright sun, which beckon me outside to see what is happening in the yard. It has been quite the year for moss growth. It is everywhere—on the trees, in the grass and on my paved areas. I also see some budding trees—the plum trees are showing a haze of pink and purple. The Daphne plants are just starting to open up releasing their amazing scent. Such a lovely smell from a small flower!

As I am looking at signs of spring in the garden I hear more bird song. The Robins are starting to sing their “Cherrio cheeriup” song—they typically are our first spring songsters starting before sunrise at 4:30 am. Our House Finches are starting to claim their high trees and sing their very complex song. The small Red-breasted Nuthatch male has claimed one particularly tall tree and is doing his “ree-ree-ree” call over and over to warn off other males. Very soon our wintering visitors, including the Golden-crowned Sparrows who sing a minor note “oh-dear-me” song, will fly north to establish breeding areas.

The most bizarre bird in my opinion is the very brightly colored Varied Thrush. (I call him the Oregon State—as in OSU Beavers—not the “official” state bird—with his orange and black “stripes.”) I still marvel at the number of screech and long note whistles that come from that bird. It isn’t really a song but a number of odd notes, which seem so un-birdlike. If you ever want to listen to actual bird song recordings, the Cornell Ornithology lab has resources on their web site.

We humans have a significant portion of our brains wired to support vision. Compared to other mammals, our brain territory for smell and sound are relatively small

compared to our preference for sight. It is often therefore a soothing thing to listen to music or the sounds of nature. It gives the other parts of our brain an opportunity to experience what is right in front of us in new ways. The research about using nature sounds or calming music to help with relaxation is vast. Sometimes we just need to have a different perspective to calm ourselves or to be creative. Think about how different it is to listen more and use our sight less.

I had a very interesting experience last week with shutting off the noise, which surrounds us. I shut off the TV, shut off the electronics



Red-breasted nuthatch—and yes, the photo is right-side up—these little birds are quite happy hanging upside-down from branches or feeders! Photo ©2013 by Jeff Young.

and just sat in the dark listening. And I heard a “Who who who who” —a five part very soft call outside. I looked out the window and a Great Horned Owl was on my neighbor’s roof calling to another owl. This was such a treat and also a thing I would not have heard if I had continued with the typical noise and patterns of busy-ness.

Take a break. It’s good for the brain, good for the body and good for the soul. You can take a break by being quiet and listening to what surrounds you right now. See what you hear when you are quiet.

Lauretta Young MD is a retired chief of mental health at Kaiser and currently Medical Director of Integrative Self Care Initiative for Students at OHSU. She also has a custom bird tour business where she helps people notice birds and bird song and behavior in Cedar Mill and beyond. Check out her web site at [www.portlandbird-watching.com](http://www.portlandbird-watching.com) and see more of her husband’s photos at [www.flickr.com/photos/youngbirders](http://www.flickr.com/photos/youngbirders)

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LaParne, continued from page 1

"It really ramped up my loyalty and morale," he says.

His approach with clients is very hands-on. "My favorite approach is the 'Insurance 180,'" he says. "When a prospective client sits down to review their current coverage with me, we often find they have 'bottom of the barrel' insurance and have been overly exposed to risk."

He says that a lot of agents just sell the state minimum coverages to win the business. "It's a price game," he says. "Once we establish their needs, and the appropriate coverage is put in place with their new policies, I love the look of relief my clients get knowing they can rest easy now that they're properly protected."

People can save money by having all their coverage with one company. For homeowners, he says, "Avoid smaller, less catastrophic claims. Pay attention to the security and safety of your home." The best way to save money on car insurance is, of course, to drive safely and avoid getting tickets!

Many people have very little idea what kind of insurance coverage they actually have, he notes. He enjoys educating them. "Sometimes I go into a business, and gather the employees at lunchtime over some

business," he says. "I can get my clients' paperwork handed over in about four minutes. Sometimes it takes days for her customers to get theirs from their agents. That's the difference that having your own live agent can make."

Getting policies online can be very tempting, he understands. The difference, he says, is that, "Bottom line, an agent gets to know you personally. They sit across the desk from you, and they learn your needs. They can then be proactive and see problems before they become problems. You have questions? Call your agent. You need to pay your bill? Call your agent. You need documents? You have a problem? Call your agent. You talk to the same person every time. Or you can get online insurance, talk to a different person in a cubicle every time you need something, and sit on hold every time you call the "toll-free service hotline."

As an example, he tells of an elderly couple who live on the coast. "A neighbor's tree fell on my clients' house in a storm. After battling with the neighbor and his insurance company for weeks, with water coming into their home, they finally decided to call me. I had a claims rep there the next day, and had a check in their hands a couple

organize the group's booths at the Park Concert and the Cider Festival. This year, he joined the board, and counts a couple of other board members among his clients.

His biggest challenge is marketing. "I don't like telephone marketing," he says. "I don't enjoy getting interrupted by some stranger on the phone, so I don't want to do that to other people." He's been working with Terry Taylor, who he met through CMBA, to define his approach. He considers himself an adviser and an interpreter, helping people to understand their needs and the types of coverage that will keep them from suffering the kind of harm that he and his family experienced.

He understands that change can be painful for people. "It can be a lot of trouble for people to switch their insurance. And sometimes they feel like they don't want to face their lack of protection. I try

to make it as easy as possible. I am happy to make house calls if that's easier."

His office is on the second floor of the Cook Building, on Murray across from the Safeway center, at 1070 NW Murray Rd Ste 6. If you



want to share the confident feeling of knowing your insurance is adequate to your needs, give Joey a call at 971-228-8966.



pizza, and explain in plain language what they probably have, and what they need."

He offers all kinds of insurance except health. This includes business policies for liability and equipment, along with home, auto, boats and RVs.

He and his wife Tiffany have a three-year-old son and are expecting another son in May. She has been working as a mortgage processor, helping customers with all the paperwork they need to gather to complete their applications. "She sees the other side of the insurance

days later. I helped them with arrangements for getting the home repaired, and checked in with them daily. I felt horrible about not being aware of the situation sooner. I have left them back where they were before that tree fell and they could not be more grateful. That's why I love my job."

He enjoys the small-town feel of Cedar Mill, where he and his family now live. He joined the Cedar Mill Business Association a couple of years ago and got involved with the Events Committee, helping to

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