



FREE

Cedar Mill News

Volume 12, Issue 3

March 2014



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Featured Business

Barnes Road Chiropractic

By Virginia Bruce

Who hasn't experienced back pain at some point in their adult life? Perhaps the human body hasn't fully evolved to handle our upright stance! Gravity works against our long spines, carrying the weight of our big heavy heads on a thin column of stacked vertebrae.

Dr. William Econe has treated 6-7000 patients during his career as a Doctor of Chiropractic (D.C.). These years of experience help him quickly diagnose and skillfully treat the roots of spine problems, from his practice in the "triangle" shopping center on Saltzman, just south of the Cornell intersection.

Chiropractic treatment was developed by D. D. Palmer in the 1890s, and his son B. J. Palmer helped to expand it in the early 20th century. It aims to correct the misalignments (subluxations) that can occur as a result of, "trauma, poor posture, poor diet, stress, incorrect work habits, lack of exercise, and general human frame use over time (the need to manage gravity)," says Econe. These subluxations can cause not only back pain, but other problems that arise when nerves are pinched by the vertebrae on either side of the nerve outlets.

Econe moved to Oregon with his family as a child in 1964. He says, "My first experience with a chiropractor was while I playing football as a student at Aloha High. Following a very aggressive tackle,

I began having mid-back pain, and found breathing painful as well as most, if not all, movement of my upper extremities. I attended a Beaverton Chiropractor who said that I had 2 rib fixations. He adjusted me and the relief in this case was immediate. Some few visits later I was entirely free of pain and continued to enjoy my high school football."

He studied economics, pre-med, and general science at OSU, and after receiving his degree, he attended Western States Chiropractic College (now University of the Western States) in Portland and received his D.C. Oregon was one of the earliest centers of chiropractic study and practice. (<http://history.uws.edu/>)

"After the years of studying and hard work to put myself through school, I decided to pause, and thought that a long-term dream of traveling to Australia would be in order. I contacted the Australian authorities and chiropractors there, and fulfilled all legal requirements. I then found employment working with another chiropractor in Victoria, Australia," he says. To become a licensed practitioner in Australia, he had to

become an Australian citizen. He still holds dual citizenship.

He married a woman from New Caledonia, and they eventually returned to Portland in 1987. He established City Chiropractic in the

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Dr. Econe uses the skeleton model to help his patients understand their spinal problems and his treatment

Sunset presents "Bye Bye Birdie"

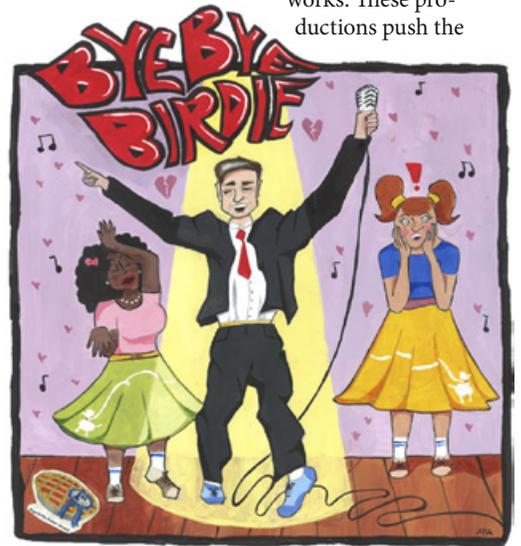
Sunset High School's theater department presents the "Bye Bye Birdie" from composer Charles Strouse that was inspired by the phenomenon of Elvis Presley and his draft notice into the Army. The production features a cast of over 70 Sunset High School students. The cost for adults is \$10, \$8 for students, and \$5 for seniors and can be purchased at the door or online at seatyourselves.biz/shstheatre. The play opened March 6, and continues March 7, 8, 13, 14, and 15. Doors open at 7 pm and the curtain rises at 7:30 pm. Sunset families, students and the community are invited to this all-age-appropriate musical.

Sunset's talented cast take the stage in a farewell to the rock and roll star, Conrad Birdie, who is scheduled to sing live on the Ed Sullivan Show. However, Conrad's hip-thrusting makes more than one man in town uncomfortable, many of whom attempt to stop the show from happening. Meanwhile, Rosie wonders if Alfred, for whom she does everything, will ever leave his mother's shadow.

The final performance, on Sat-

urday, March 15, will honor fallen soldier John Alexander Pelham, the 2010 Sunset graduate who died in Afghanistan last month. It's a coincidence that *Bye Bye Birdie* revolves around Elvis Presley and his draft notice into the Army.

Celebrating 55 years of live theater, Sunset High School produces a diverse selection of productions, from musical classics like "Damn Yankees" and "The Wizard of Oz," to some of Shakespeare's greatest works. These productions push the



boundaries of design, creativity and interpretation, enabling students to experiment with different styles, roles and historical eras.

Funds raised through this production will go toward refurbishing

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Restaurants finally open at Cedar Mill Place



After an extremely long wait, all the upgrades have been completed and Thai Lily and Mazatlan are open for business in the Cedar Mill Place Shopping Center, 13514 NW Cornell, next to the nearly-completed Walgreens store. Thai Lily is featuring \$6 lunches—anything on the lunch menu except seafood. Stop in and welcome them back! Work is progressing on WanQ Chinese Restaurant and it should open soon. We have heard that Walgreens will be moving in sometime this month, but that hasn't been confirmed.

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

Spring on the farm

At Dinihanian Farm, this time of year is very busy for us. It is the time when we prepare everything for the upcoming growing season, from choosing what to plant, to soil preparation, to early season plantings. Home gardeners are busy too. Seed catalogs, covered with bright and glorious pictures of all the things that could be growing soon



start to make hands itchy to get into the dirt again. Just thinking about those luscious tomatoes, crunchy carrots or succulent lettuces makes mouths water in anticipation.

Choosing what varieties to grow can be a daunting task, given all the choices there are. Nowadays, some of the most written about choices are heirloom vegetables and even flowers. What exactly does that mean and how does one know which ones might do well in our region? If you are looking to plant heirlooms this year, and would like to learn more about them, consider attending our Heirloom Vegetable workshop, one of three different classes coming up in March.

Each of our workshops runs one to two hours, and will be held at the

farm, 15005 NW Cornell Rd. For info about these workshops, to sign up for weekly veggies through our CSA, or to see what winter goods we have available right now, check our website www.yourcsa.com. You can also email us at csainfo@yourcsa.com or contact us by phone at 503-432-6235. Workshop details and info can be found on the EVENTS page. We'd love to have you join us!

Sat. Mar. 15th:
"Eating History: Heirloom Vegetables Why & How to Choose Them?"

Wed. Mar. 26th:
"Purple Carrots, Yellow Beets!" Crazy-Colored Veggies: A Kids Guide to Learning About the Colors of Food

Sat. Mar. 29th:
"Down in the Dirt: Soils, Seeds and Secrets to Success in the Garden"

Second Edition celebrates spring

Second Edition's Asian theme starts on March 3 and will continue into the month. They will put out St. Paddy's the next week and later in the month the theme will be nautical.

Spring is in the air at Second Edition, and the shop is filled with spring fashions and household items. With the arrival of spring showers, our thoughts are turning to our gardens and the wonderful satisfaction of digging in the dirt. Second Edition is getting ready for their annual garden theme, and you can help them out by bringing in all of your garden related donations. It's a good time to clean out your garden shed, greenhouse or garage and bring in all your new or gently used tools, bird feeders and houses, wind chimes, garden art, and ceramic pots (please, no plastic pots or chemicals).

Bales Garden Center partners with Koida

Troy Wolfe, Store Director for Bales Cedar Mill, is excited to announce a big change with their Garden Center. Bales is partnering with Koida Greenhouses, Inc., a local grower with facilities in Milwaukie, to provide fresh plants chosen for our local climate, and provided "just in time" for planting

when the season is right. Steve Beilman, a Koida employee and also an independent Garden Coach, will be at the store twice a week to deliver and care for the plants and also to give advice.

"No more tomatoes in early March," he laughs. "You might be getting excited thinking about those summer harvests, but now is not the time to plant tomatoes. Instead, we have peas, artichokes, and other cold-weather-tolerant veggies, and a great selection of ornamental plants that will thrive in our cool and unpredictable March weather."

Steve has been busy setting up new displays that combine ornamentals to bring your early spring garden back to life. Make Bales Garden Center your first choice for healthy plants that will make the time you invest in your garden productive and satisfying. And look for classes and workshops to help you learn and have fun.

Sunset Credit Union now offering Shared Branching and Remote Deposit Capture

If you live, work or shop in Cedar Mill, you can join Sunset Credit Union and enjoy some of the lowest loan rates and highest savings rates in the Pacific Northwest. However, if you're already a credit union member somewhere else, you can probably still do simple transactions at Sunset Credit Union because they are now part of the CO-OP Shared Branching Network.

To use Shared Branching at Sunset Credit Union, simply bring your photo ID and your credit union account number to Sunset Credit Union (to see if your credit union is part of the Shared Branching Network, visit www.co-opsharedbranch.org). You'll be able to access your accounts, make loan payments, cash checks, deposit funds and much more. This is a nationwide network of credit unions (over 5,000 branches!), so no matter where you travel to, you'll still be able to conduct your credit union business as if you were in your credit union branch.

Sunset is also now offering Remote Deposit Capture. Instead of having to come into the branch, you simply take a photo of your check(s) and submit it to their secure site. Your money is automatically deposited into your account. Nothing is faster! Sunset Credit Union is located at 1100 NW Murray Blvd in Portland (across from McDonalds and the Safeway Shopping Center.) Visit their website at www.sspfcu.com or give them a call at 503-643-1335 to learn more.

Les Couleurs de Provence

Les Couleurs de Provence is locally owned by Mireille Nett who lived in Provence for 15 years. She received a new shipment last week with amazing new fabrics! This small business specializes in cotton acrylic-coated fabric for tablecloths (all shapes) to make your life easier! With these high quality and colorful cloths you can finally enjoy a beautiful setting at the kitchen and/or the dining room table without the worries of spilled wine or tomato sauce. If a spill happens, you just need to wipe it off with a mild soap and water and you are done! The acrylic coating makes the tablecloth stain and water resistant. They are also machine washable and dryer safe.

Please visit their store online at FabricOfProvence.com. You'll also find 100% cotton tablecloths without coating, exceptional Jacquard tablecloths, matching napkins, and so much more. They will deliver and reimburse the shipping if you live in Portland. Call 503 679-1681 for an appointment at home. Les Couleurs De Provence will be at the Cedar Mill Farmers Market for the fourteenth year, starting in May 2014.

Hoffman Design

Caryl K. Hoffman was awarded the "Best of Houzz," for 2013 and 2014 at the Las Vegas NAHB International Builders Show in February. Houzz is the leading online database for residential remodeling and design.

Hoffman Design Upcoming Events: Easy Kitchen Remodels—Thursday, March 20, 6 -7 pm at the Sherwin Williams Store Cedar Mill, 1355 NW Cornell Rd. Exterior Paint Color Ideas—Thursday, April 17, 6 -7 pm Sherwin Williams Store—Cedar Mill. The workshops

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“Rock the Grange” for Nathalie Traller

Nathalie Traller is a Sunset High student with a rare form of cancer. A potential cure—an experimental drug—is in the trial stage, but Nathalie’s family has been told she

to admit her to the study before it is too late.

Come out and support Nathalie at “Rock the Grange” on Saturday, March 15, 7:30-10 pm at [Leedy Grange Hall](#) in Cedar Mill.

\$5 suggested donation. This is an all ages event. Dance to live rock from our local 1Wire Band, play board games in the dining area, and let your kids play and enjoy the kids area. A cheap date night without having to get a sitter, and a chance to support Nathalie’s family as they fight for her cure! Lemonade and light snacks provided.

Leedy Grange Hall is located at 835 NW Saltzman. Plenty of free parking, or use TriMet bus line 48 or 62.

For more information, visit Nathalie’s Facebook page: [facebook.com/4Nathalie](#)



can’t participate because she’s too young. Her family needs help to work to convince drug companies

Meet Greg Malinowski, our County Commissioner

A “house party” to meet our Washington County Commissioner, Greg Malinowski, will be held on Monday, March 24, 7-8:30 pm at the campaign office, 12847 NW Cornell Road (just west of the Shell station in front of Bales Thriftway). Greg has been representing us for four years as one of the five people who make the big decisions for our county. Now it’s time for him to run for re-election.



the county operates and grows. The May 20 “primary” election for this non-partisan position could decide the race. If no additional candidates register for the race—deadline is March 12—a 50% +1-vote majority will decide the winner. Cedar Mill News publisher Virginia Bruce is hosting the event. Come on out on Monday the 24th, bring your concerns and questions, and find out if Greg Malinowski is your choice, too. Learn more at <http://gregmalinowski.com>

Highway improvement plan meeting

ODOT will hold a public meeting Monday, March 10, 6-8 p.m. at the Beaverton Library in Room B to discuss the [Draft 2015-2018 Statewide Transportation Improvement Program](#), which includes projects for federal, state, city and county transportation systems including highways, rail, public transit, and bicycle and pedestrian facilities.

The much-needed improvement to the eastbound offramp from Highway 26 to Cedar Hills Blvd. is not on the list. If that concerns you, show up at the meeting!

You may have met Greg and his wife Jonella at the Cedar Mill Farmers Market, where they sell beef, chicken, and eggs from their Springville Road farm. Now come and find out about his plans to keep our county livable in the face of inevitable growth and development. He’s running against a well-funded opponent with ties to the big developers.

Cedar Mill is not part of any city, so our County Commissioner is our most important local elected representative. He and the three other regional Commissioners, along with the County Chair, vote on the important issues that determine how

rock the grange!

Benefit Dance Party

Fundraiser for Nathalie Traller

suggested donation \$5

Saturday, March 15

7:30-10 pm

Leedy Grange Hall

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more info at leedygrange.org

Read The News online: cedarmillnews.com



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New! Workshops!
March 15: Heirloom veggies
March 26: Kids class
March 29: Soils & Seeds
find out more on the website

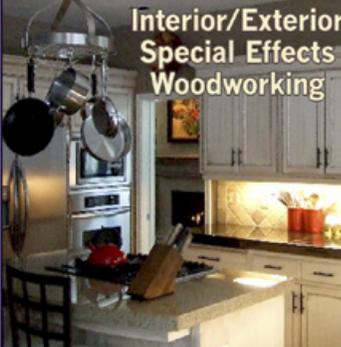
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Library News and Events

By Dawn Anderson

New! Saturday Tech Tutoring

The library now offers one-on-one Tech Tutoring sessions by appointment on most Saturday afternoons from 2-4 pm. These half-hour sessions with a volunteer instructor can be reserved for Library2Go and E-book questions, as well as basic computer help. This is a great time to get assistance loading e-books on your smartphone, formatting your resume, or setting up your first email account. Limited reservations are available each week—sign up at the Adult Reference desk or call 503-644-0043 X114.

Fly Gals! Women Air-force Service Pilots in WWII

will be presented by Sig Unander on March 19, 6:30 pm. Sig Unander is a local author, filmmaker and historian who promises to engage, educate, and inspire as he brings this story to life.



Library Spring Break Activities

Bethany—Family Sing-A-Long (all ages), Monday, March 24, 10:30 and 11:30 am

Singing is fun...and it helps develop your child's early literacy skills! Join us as we sing, dance, and make lots of noise at this special program for the whole family at the Bethany Branch. Space is limited, so be sure to arrive early for a good seat!

Lego Party (ages 5 years and up), Tuesday, March 25 2-3:30 pm—Cedar Mill; 10-11:30 am—Bethany (Terrace Plaza Community Room)

Love Legos? Join us for a Lego free play party and build to your heart's content.

Cedar Mill—Board Game Party (ages 5 years and up), Wednesday, March 26, 10 am-noon

Ready, set, PLAY! We'll have a variety of board games—come play your favorites or discover new ones.

Little Kids Dance Party (Ages 2-6 years), Thursday, March 27, 10:30-11:30 am, Cedar Mill

Does your little one like to wiggle, jump, and boogie to the beat? Join us for a special dance party with plenty of time to dance, along with movement-themed rhymes, stories and songs!

Spot Spot the Dog (All ages), both locations, Monday, March, 24-Sunday, March 30, all day

Spot will be hidden throughout the library at Bethany and throughout the children's area at Cedar Mill. Find Spot and tell the librarian where he's hiding to win a prize.

40th Anniversary Celebration

The fall of 2014 marks the 40th anniversary of the founding of our library. Note on your calendar to stop by the library on Saturday, September 20 to help us celebrate this milestone.

We're looking for volunteers for the following projects:

Library History Book: writer/editor

Quilters: sew squares for two quilts—one to hang in the library and one to raffle off

Those '70s duds...If you have clothing and/or

accessories from the 1970's that you would like to donate to use on a mannequin or live model, please bring them to Second Edition. Be sure to leave the items with the store manager and let her know they are for the anniversary celebration. Thanks!

Planning meetings, open to anyone interested in helping, will be held on the first Tuesday of each month, at 1 pm in the upstairs meeting room at the Cedar Mill Library. Next meeting: April 1. If you would like to help but are not able to attend the meeting, please contact Dawn at 503-644-0043 ext. 121 or email dawna@wccls.org

Recognizing Child Molesters

The Washington County Sheriff's Office Child Abuse Detectives present this **free** eye-opening training that debunks common myths associated with child molesters, and teaches you ways to keep kids safe. For adults 18+ (strictly enforced due to subject matter).

The training will be held on Thursday, March 13, 7-8:30 pm at Christ United Methodist Church, 12755 NW Dogwood. Contact the Crime Prevention Unit at 503-846-2579 or e-mail Jessica at jessica_chandler@co.washington.or.us to reserve your spot.

Standing Wall revisited

We were pleased to see that the issue of Standing Wall Remodels, which we examined in the November 2013 article, "A loophole big

ment applications, and summarize other non-conforming use regulations. This issue was raised in the Cedar Mill Town Center with the development of a Walgreen's store that was not required to meet new transit oriented regulations by building a new store with one wall standing from the old structure. An issue paper would also more broadly give examples of how non-conforming uses are addressed."

Nice to know our little rag can make a difference...



enough to drive a building through," will be studied by the Land Use and Transportation Department in 2014, if the county Board of Commissioners approves this item as part of the [2014 Work Program](#).

"Issue paper to examine the legality and justifications for "Standing Wall Remodel" develop-

There are several other items in the proposed Work Program that should be of interest to Cedar Mill, including beginning planning for Area 93/Bonny Slope West. The Work Program will go to the Board of Commissioners in April for approval. We'll follow up once the Plan is finalized and approved.

Washington County Forum

The Washington County Public Affairs Forum will soon bring candidates and experts on upcoming measures to their weekly meetings to help us make good decisions for the May 20 election. The Forum meets from 11:45 am to 1 pm at the Peppermill Restaurant, located at 17455 SW Farmington Rd, Aloha. Their programs are also available on [YouTube.com](#) and local cable access channel 21, Tualatin Valley Community Television, [TVCTV.org](#).

March 10: Tom Marsh, Author of "To the Promised Land: A History of Government and Politics in Oregon."

March 17: Washington County Commission Chair Andy Duyck and challenger Allen Amabisca; House District 34 Democrats Brian Tosky and Jason Yurgel

March 24: Washington County Commissioner District 2 Commissioner Greg Malinowski and challenger Bob Zahrowski; Washington County Commissioner District 4 Commissioner Bob Terry and challenger Hon. Elizabeth Furse.

Admission is free. Lunch is available off the regular menu. Volunteers are welcome to help with various aspects of the meeting. The

Forum is a non-profit organization supported by member dues, just \$45/year for individuals.

Cedar Mill Garden Club March program

"Successfully choosing, placing and growing Native Plants," will be presented by Jennifer Nelson, Tualatin Valley Soil and Water Conservation District, along with a slide show and a discussion of backyard rain gardens and curbside swales at the March 19 meeting of the Cedar Mill Garden Club.

The noon meeting is held at the Beaverton Activities Center, 12500 SW Allen Blvd. The program is open to all interested gardeners. For further information, please contact B. Cushman, 503-649-7741 or see their website, www.thecedarmill-gardenclub.org

In addition to gardening programs and field trips, the Cedar Mill Garden Club is sponsoring a youth garden club at Ridgewood Elementary School and is making plans for their plant sale in May. If anyone has plants to donate, (perennials, herbs, natives or small shrubs) please call the above number for additional information.

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March Musings

From The Green Thumb Garden Coach, Steve Beilman

Welcome to coy March, my fellow "can't wait to start" gardeners! March is quite the tease. She tempts us with a few days of almost balmy weather conditions, driving us to ask for tomato and basil plants at our neighborhood garden center, followed by another blast of winter conditions, making us feel foolish. Nevertheless, it is an important transition time from winter gardening fantasies to real plans and actions to be taken whenever a little window of opportunity opens.

The key question to ask ourselves during this time is, "Am I ready to take full advantage of any time Mother Nature offers me, to make my gardening goals for this year a successful reality?" This overall question then can be divided into more specific project areas. First, we may want to review our hardscaping and infrastructure, and determine if there is a need for any repairs or improvements we could make at this time. Garden beds, watering systems, container groupings, trellises, pathways, lighting, are just a few examples.

Another area to inventory involves all the things necessary to garden. Do we have all the tools we need and are they in working order? Have we ordered all the seeds we wanted to try this year? Do we have

all the pots, trays, starting soils we want to begin our projects? This could lead to a Pandora's box of potential considerations, so don't get hung up and overwhelmed, resulting in just flopping in front of the TV or laptop and giving up before we even start.

A third area is actually getting started in the garden with projects that are appropriate for this time of year. Pruning of roses, fruit trees, and other ornamentals should be done now. It is an excellent time for soil testing, preparation, and amending. The most important amendment is always organic material. Everything else enhances our most basic requirement for gardening, our soil.

Crops that are appropriate to plant whenever a day of opportunity opens include: potatoes,



Steve will be at Bales Garden Center twice a week to offer advice and ideas

peas, greens, radishes, carrots, beets, turnips, onions, and cabbage family plants. Bare root fruit trees, berries, roses, and other hardy ornamentals get a good start if planted at this time. There is a whole list of early herbaceous perennials available at local garden centers, including, bellis, euphorbia, heuchera, myosotis, and arabis spring charm, to name just a few. Ask an experienced

professional or fellow gardener for advice.

Come to think about it, stop reading this article about gardening now. Get up. Put on a jacket, and let's get busy! March can be a most delightful time to meet the neighbors again as we venture out into the garden. Happy gardening from your neighbor and green thumb garden coach.

Cedar Park subdivision appeal

In January, we reported on the appeal of the decision to approve Cedar Park, a 56-lot subdivision in Cedar Mill, north of Cornell between NW 119th Ave. and NW 113th Ave. The main issues in the appeal were the Hardship Relief Variance (HRV) allowing a very narrow extension of NW Melody Lane, and concerns about building on steep slopes and natural areas.

The Hearings Officer released his final decision on February 20. The full document can be found here: washims.co.washington.or.us/casedocs/13/00296/13-296.pdf

The hearings officer agreed with the appellants' argument that a Type II HRV cannot be used to narrow the required width of an access street, and denied the HRV for Phase II. He denied the remainder of the issues raised by the Friends of Maple Hill Lane, and upheld the county's decision approving the application. The Hearings Officer's decision includes a new condi-

tion—that the developers obtain an Exemption for Critical Services, through a type III hearing, before Phase II is started. As of press time, the public notification of a Type III hearing has not been announced.

Appellant Colin Carver says, "What I have learned through this process is that in unincorporated Washington County, it is largely up to the public to ensure that County Land Use and Transportation is applying all the standards in the Community Development Code. The HRV issue is written plainly in the code, and county staff didn't seem interested in enforcing it. My only worry is that they will continue to fail to enforce this issue even after it was reversed on appeal."

The release of the final decision from Washington County started a 21-day window in which the developer or the appellants can appeal any part of the decision to the state Land Use Board of Appeals (LUBA). It is likely this issue is not yet settled.

Sunset High School Mock Interviews

Sunset High School invites you to help them with their annual Mock Interview Event in the Sunset High School Library inside the school located on 13840 NW Cornell Road. Spend a morning—8 am to 11 am, afternoon—11 am to 2 pm or an entire day—8 am to 2 pm, providing twenty minute Mock Interviews for students. Sunset juniors are currently learning to write resumes and fill out job applications. You provide the real world relevance as we strive to prepare students to understand and compete professionally. Adults with almost any type of business experience are welcome to participate. This is a two-day event taking place on May 1 and 2, but you need to RSVP by April 1 on the website at signupgenius.com/go/60B0848AFA82BA64. If you have any questions please contact Amy Little, CCC Specialist at amy.little@beaverton.k12.or.us.

Spring?

By Laurretta Young

The pond in the Bronson Creek wetlands is no longer frozen over, and yet the swallows have not returned. The Daphne is just starting



Tundra Swans, Ridgefield National Wildlife Refuge, February 2014. ©2014 by Jeff Young

to bloom, however the over-wintering Golden Crowned Sparrows, with their plaintive mournful call, continue to visit our yard. The soil temperature is struggling to reach 55, which will signal it is safe to plant my peas. The Mallards are engaged in their "head bobbing courting dance." This is transition time—winter is drawing to a close and spring has almost arrived.

I recently hosted a woman from St. Louis who was interested in seeing some new birds. Back home, the most common yard birds are the Cardinal and the Blue Jay. Her goal was to see birds she had never seen before—which included several of our most common yard birds—Spotted Towhees, Golden Crowned Sparrows and Scrub Jays. So I invited her to my house where we enjoyed cups of tea while we watched these visitors to our bird feeders. It was wonderful to experience her delight as she saw her first ever flock of Bushtits arrive to feast on suet. Soon the Bushtits will know it is time to pair up and build their characteristic sock-like nests woven out of moss and dried grasses. Then we will see them arrive at our bird feeders in pairs instead of flocks.

Tree and Violet Green Swallows commonly spend their winter in

Mexico. My bird diary indicates that they typically arrive in Cedar Mill, on their return migration back to our neighborhood, approximately during the first two weeks of March. Their predictable arrival is one of those indicators for me that spring

breeding grounds.

We are accustomed to our seasons unfolding in the span of months. The pattern is very familiar to us. As I ponder this time of transition from one season to another, and consider the cosmic and biological forces—those we understand and those we have not yet discovered—which govern the timing and sequence of it all, I wonder if there are "seasonal" changes in store for human beings that occur on such a long time-line that we are not fully aware of them? I was reading recently about the "mega droughts" which have occurred over the span of the prior thousands of years.

Do we have similar periodic renewal and regenerative processes, which take place in our lives, associated with the arrival of new possibilities? Do we "bloom?" Do we change in any way that we can discern? I wonder about the artificial lights and the blending together of the seasons that we have created in the last hundred or so years... I think most of us have "nature deficit disorder." We need to go outside and connect more cleanly with our "natures"—with the light, the seasons, with the things we can learn from other beings.

Those are my thoughts as I ponder the ways in which we can learn from the natural world.

Laurretta Young MD is the medical director of the Medical Student Integrative Student Resiliency course at Oregon Health and Sciences School of Medicine, and takes out clients for bird tours – see her website at www.portlandbirdwatching.com. See more of her husband's photos at www.flickr.com/photos/youngbirders

Sunset Theater, continued from page 1 the Sunset High School auditorium. The 800-seat Sunset High School auditorium is in desperate need of repair. Overall costs are estimated at \$60,000 to replace the auditorium's sound system, fix broken seats, and make many other necessary facility upgrades. The school district simply cannot fund these improvements. They are hoping to raise a minimum of \$10,000 in the 2013-2014 school years towards those repairs. More information on Sunset's theater programs, including sponsorship opportunities, is available at shstheatre.yolasite.com/. For more information or questions regarding the production, contact Debbie Caldwell at 503-780-9695 or debbiecaldwell@yahoo.com.

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This is Goofy, our three-year old, two-legged little man. We think he is the cutest pet... Stacy Goering

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is on its way. Soon Green Herons and warblers of various types, who have spent the winter with us, will depart for their breeding grounds in the north. For me, this will indicate that spring has arrived. Rufous Hummingbirds who wintered in warmer regions will soon arrive to join those that spent the winter with us. Soon they will be feeding on the native currant blossoms. The Tundra Swans, who spent the winter in our region, will soon leave to fly to the coast of western Alaska, northern Alaska and Canada, their summer

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Chiropractic, continued from page 1
 Princeton Building in downtown. His wife didn't like the Portland weather, however, and they returned to Australia in 1990. He established a private practice there. He says, "Chiropractic in Australia is essentially the same as chiropractic in the USA. However, in Australia the majority of chiropractors run a cash practice and very little insurance is used."

His marriage broke up, and in 2004, "after a total of 15.5 years in Australia I returned to the USA for the history and politics." He purchased Barnes Road Chiropractic from Dr. Joan O'Connor, who was moving to Vermont. The office was near St. Vincent's Hospital.

He moved the practice to its current location in 2009. "I had been located in a suite on the second floor of a medical building. I needed to provide my patients with easier access, and I hoped for



symptoms, new events may have occurred to alter the patient profile, and so on. Being able to provide an osseous adjustment (which is where you can hear a pop or a click) or low force technique (using an activator that gently pushes the bone into place) frequently assists in patient recovery. The techniques by name

and description are: Diversified, Gonstead, Thompson Drop Table Technique, Activator Methods Technique, Sacral Occipital Technique, and Orthobionomy. With some patients there is also a need for manual therapy, which includes muscle relaxation techniques at a deep level of muscle function."

Econe does some of the manual therapy as part of a treatment, but for some patients, the addition of a massage is beneficial. "Scott Smith, LMT, has been our licensed massage therapist since 2005. He offers more than one type of massage therapy: Swedish, therapeutic, prenatal and myofascial. Working with Scott is of great benefit when

dealing with motor vehicle collision cases in particular, due to the trauma and the need for muscular therapy," explains Dr. Econe.

Some people shy away from chiropractic because they are wary of the need for repeated visits. However, a lifetime, or at least several years, of bad posture and tense muscles that

result from misalignments cannot be cured in one or two visits. Econe explains, "Our bodies become acclimated to incorrect motion or correct motion. If incorrect motion has been established over a period of time then it will take more than one chiropractic visit to reestablish the underlying correct function of the attendant muscles." If an injury occurs that knocks our bones out of alignment, our muscles respond by tensing up around the site of the injury.

Many types of insurance, including Medicare, cover chiropractic care when indicated as a result of injury. Patients usually need to be referred by their physician: check with your doctor to see what type of coverage you can obtain.

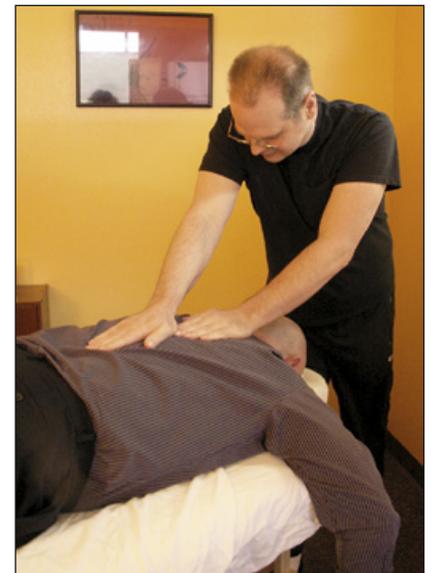
The goal of Dr. Econe's practice is not simply pain relief. "The normal patient is on a continuum of health—from severe symptoms to moderate symptoms to minor symptoms to no symptoms to good function to wellness to fitness to optimal health/optimal fitness. This clinic attempts to clearly communicate to the patient their place in the stated

continuum of health, and explain to them their responsibilities in improving the presenting health status they own," he says.

Does everyone need chiropractic care? Econe says, "I have yet to meet a person who cannot benefit from chiropractic care. We all have spines and they all react well to appropriate treatment. There are, however, conditions which are not to be considered as chiropractic in nature. The list includes but is not limited to cancer, fractures, etc. Many people who have had such conditions, however, use chiropractic therapy to assist in their recovery. Frequently neuromuscular conditions develop in response to the disease or trauma."



A high school swim team competitor gets a relaxing heat treatment before her adjustment. Chiropractic helps athletes stay at the top of their game.



Dr. Econe gets a weekly massage to stay flexible and relaxed. Both chiropractic and massage are physically demanding professions, so Massage therapist Scott Smith also gets regular adjustments.

a more commercial setting to reach out to the general public."

His long years of experience let him tailor the treatment to the patient. "I use more than one chiropractic technique to provide choice at each patient visit, for both the patient and myself. Every visit is somewhat different than the last. The patient may have altered



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Dr. Econe checks the patient's heel alignment. Using the Activator, a spring-loaded device that delivers a gentle nudge to the bone, he can make subtle adjustments to vertebrae.

lives nearby. His mother, sister and brother live in Seattle. One son was recently married and lives in France with his wife, and his other son lives with his mother in Australia.

Barnes Road Chiropractic Clinic is open from 9-1 and 2-6 weekdays except Tuesdays. Their address is 475 NW Saltzman, between China Rim restaurant and the new Great Bones studio. Visit the website, barnesroadchiropractic.com for more information, or call 503-203-6855 to schedule an evaluation. The website includes a wealth of information about many wellness topics, and you can sign up for a free newsletter even if you're not a patient.

Get the dirt at Soil School

On April 5, come learn from nationally known experts and local soil heroes about improving soil health at home or on the farm. Special tracks offered for those just getting started, and for farmers. Afterwards, stick around for the Soil Social!

The health of your soil determines the health of everything you

grow in it—from food to flowers. Find out what's in soil, how you can improve your soil, and how to test and analyze it! Entertaining speakers include Dr. Doug Tallamy, entomologist and author of "Bringing Nature Home," and James "Dr. Soil" Cassidy, OSU Soil Scientist.

Details and registration are at <http://www.wmswcd.org/content.cfm/Events/2014>. West Multnomah Soil and Water Conservation District is sponsoring the event. Cost is \$30 per person or \$50 for two. The event takes place at Lewis & Clark College, 0615 SW Palatine Hill Road. Soil School starts at 8 am and goes until 3:30 pm. Register and pay by clicking on Events at www.wmswcd.org. For more information please contact Carolyn Lindberg at 503-238-4775 or at carolyn@wmswcd.org.

Civil War program at Beaverton Historical Society

This month's Beaverton Historical Society presentation is "The Civil War: This Country's Most Devastating War," by Major Mike Tamerius, a NW Civil War Re-enactor. It will take place as usual at the Beaverton History Center on 12412 SW Broadway Street at 7 pm on Tuesday March 11.

Please note: Starting with this March event BHS will be charging \$2 per person for non-members. Members will continue to attend for free. Learn about membership on the website: historicBeaverton.org or call 503-430-0106.

Mike Tamerius is a founding member of the 4th US Cavalry

Company A, and board member of the Northwest Civil War Council. He currently holds the rank of Major as the Federal (Union) Cavalry Commander. In this position he commands the mounted and dismounted cavalry troops at four annual re-enacting events, as well as participating in a number of parades including the Starlight and Albany Veteran's Day.

The Northwest Civil War Council re-enacting events are a time travel glimpse into both civilian and military life in the mid-19th century. Mike is actively involved in school demonstrations and history education throughout the metro area and the Willamette Valley. He currently participates in 22 school demonstration days giving middle school students a tactile and physical experience of this country's most devastating war, and mid-19th century life.

Mike is also a founding member of the first Oregon Volunteer Cavalry. This unit has a very narrow but



important historical imprint in our area. It served from 1861-1865 to protect Oregon and the surrounding territories while Federal troops were ordered east for engagement in the Civil War.

The first Oregon Volunteer Cavalry engages bi-monthly in drilling demonstrations and history education at Fort Vancouver. If you enjoy learning about the Civil War, or are curious about historic re-enactment, join us for this program.

Bonny Slope Auction

Everyone's invited to the Bobcat Soiree & Auction, Bonny Slope Elementary School's first ever off-site auction and party benefiting students, organized by the Bonny Slope Community Organization. BSCO is a not-for-profit, tax-exempt organization whose purpose is to enrich student learning at Bonny Slope Elementary by coordinating volunteer efforts and community events, educational enhancement and fundraising.

In honor of the theme, "Derby Days," get out those fancy hats, pearls, bowties and seersucker and get ready to have fun for a good cause. The evening will include silent and live auctions, student art auction, wine pulls, hearty bites, drinks, music and an after party. The auction will take place on Saturday, May 3 from 6-9 pm with an after party following from 9-11 pm. It will be at the Refuge, 116 SE Yamhill, in Portland.

There are still openings for donors or sponsors, with access to a local group of highly involved parents and community members. Opportunities are also available to donate items, services, lodging and travel goods. Your involvement in any capacity is welcome and appreciated! Visit their interactive website for more information or to purchase tickets at <https://bonnyslopebsco.ejoinme.org/?tabid=518817>.

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Business News, continued from page 2
are casual, informative, and typically a lot of fun. They need a minimum of four participants to hold the workshops, so please consider bringing along two or three friends! There will be sign-up sheets at the stores, or email Caryl.

As part of her effort to “make the world a better place,” Caryl has decided to make a concerted and organized effort to give back to the community on a regular basis. Each month she will be sponsoring a “Giving Back” project, where she will select a particular charitable organization to support. Caryl will be helping to gather such items as canned food, personal hygiene supplies, dog and cat food, toys and perhaps even some cash. Her hope is that by gathering donations in bulk, she can help streamline the process for herself and others, maximize our efforts by delivering larger donations at once, and hopefully making a larger impact. March’s organization will be Outside In, a social service agency working to address the needs of homeless youth in Portland. Please bring personal care products, and/or clean socks, to one of the workshops. To coordinate pick up or delivery, please arrange with Caryl personally at carylkhoff@gmail.com.

CMBA March Mixer

The Cedar Mill Business Association, in conjunction with Pip’s Frozen Yogurt & Gelato, will host a ‘March Mixer’ fundraiser to benefit the Homeless Youth attending Sunset High School, on March 13 from 5-8 pm. The event is open to the public and will offer multiple avenues for donations to be made to the cause. Pip’s will donate 30% of the sales during the event to benefit the kids.

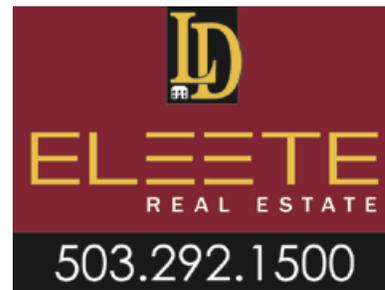
The CMBA is hosting a silent auction of five items including a Nut & Snack Basket, Coffee Basket, Kettle Corn Basket and a Handmade Denim Quilt. The silent auction items will be on display during normal business hours for bids, winner need not be present to win.

Pip’s is proud to feature Gelato and yogurt in traditional and non-dairy varieties which you can customize to your taste at the ‘toppings bar.’ Also available: coffee drinks, espresso, smoothies and Italian soda. Pip’s is located behind Shari’s Restaurant at 13611 NW Cornell Road. Cedar Mill community members are invited to come by for a visit and a snack or take-home dessert for the family. The CMBA’s

primary purpose is to help develop, both economically and socially, the community of Cedar Mill. The Business Association meets on the second Tuesday of the month, giving businesses the opportunity to network, learn what is happening in the area, and receive information important to growing their business. These luncheon meetings are held at the Cedar Mill Bible Church at 12208 NW Cornell Rd. from 11:45-1:30 pm. Prospective members are encouraged to attend.

Lee Davies now ELEETE Real Estate

In 2007, after selling real estate for over 20 years, Lee Davies’ past clients and advisors strongly



recommended that they name their new real estate company with his own name. The logic was simple—he had a good reputation, was strong in the immediate community, and it was a very traditional approach to building a foundation of excellence when one knows there is a true owner-operator sitting in the building. Fast-forward to today, and the company name has served well. Lee Davies Real Estate is one that is synonymous with local real estate, and represents quality, exceptional service, and boasts a positive reputation. The company has grown each year during what have been extremely challenging economic times and that is due to ingenuity, aggressive marketing, strong ethics, and sheer determination.

That being said, as the owner, Lee Davies has worked hard to build their company’s platform of excellence and would like to see it utilized by more realtors and ultimately serve more clients. To accomplish this mission, they have chosen to create a brand that represents their standards of expertise and excellence that will allow realtors to harmoniously build their own business identity with their individual names. ELEETE Real Estate accomplishes just that. It represents their core values, as well as allowing their brokers to clearly brand themselves as an ELEETE

Realtor. This paradigm shift is more in keeping with today’s top agents as they consistently are looking for ways to clearly distinguish their name. Their existing brokers have been successful building their independent portfolios, and now with their new name, they will also be able to better establish their ELEETE brand. On March 3rd, Lee Davies began the transition to the new name. This big move will now allow everyone to win, especially the public, as they look to raise the standards of the industry by ensuring that their brokers always deliver their consistent brand of EXPERTISE and EXCELLENCE, the ELEETE way.

Lee Davies Sponsors Milltown Soccer

ELEETE Real Estate is proud to be the primary sponsor for Milltown United Soccer Club! They are excited to announce that they have entered into a long-term sponsorship agreement with Milltown (serving over 1100 children in the Cedar Mill, Cedar Hills, and Beaverton communities) that will make ELEETE Real Estate the primary sponsor through the 2016 season. The resources provided by this partnership will partially offset the rising cost of providing youth soccer, and will help Milltown continue to offer a quality recreational soccer program without significant increases in registration fees. Specifically, this will fund additional coaching and player development programs, provide scholarship assistance to players who otherwise may be unable to participate in the sport, and allow Milltown to invest in much-needed improvements to their infrastructure.

HealthSource Kicks in for kids

HealthSource Chiropractic and Progressive Rehab is stepping it up for local non-profit Playing 4 Kicks, by providing a Free Community Health Screening in exchange for a pair of new or used athletic shoes, or a minimum donation of \$10 to Playing 4 Kicks. Playing for Kicks collects new and used athletic shoes to provide athletic shoes for children in need. Their mission is to provide children of all ages the opportunity to become the best they can be. “By involving children and young adults in athletics, they learn valuable lessons like hard work, dedication, perseverance, and teamwork. Living active lives will result

in better test scores, lower drop-out rates, more confidence, better social skills, and combat the plethora of health issues related to sedentary lifestyles,” says founder and CEO Jared Mace.

The 19-point health screenings (\$189 value) will help track down even the smallest amounts of pain, including those suffering from a wide range of problems such as low back pain, headaches, neck pain, shoulder or arm pain, bulging or herniated discs, leg pain, numbness and more. Even X-Rays will be included if necessary. Donations will be accepted at the office located at 13305 NW Cornell Rd Suite E up until March 31, but contributors are encouraged to call and set up an appointment.

To schedule an appointment, and make a difference, call (503) 746-5085 today. For more information on HealthSource go to www.HealthSourceChiro.com

Santasha Yoga Music and Senior Classes

Santasha Yoga is sponsoring a transformational music concert on Saturday March 10 from 7-9 pm. It will take place at Santasha Yoga in Bethany Village and the suggested donation is \$10-20 dollars. Anton Mizerak & Laura Berryhill will share their transforming music, along with Celtic songs and interactive singing. All are welcome to this community event. Refreshments provided.

Santasha’s Senior Class is one of our most popular classes! So much so that we are planning another session so that more can take advantage of this special class, where even those in chairs discover that they can ‘do’ yoga and get a workout at the same time. Great for the digestion, too!

Our Karma projects are so rewarding. In the past we have raised money for the Water Project, Monica’s House (for those dealing with domestic violence), and through the Charlie Brown giving tree in December. The proceeds from our new Family class, the first and third Saturdays of the month, and their Align and Flow class on Sundays at 10:30 am, go to support Street Yoga, an organization that takes yoga to people living on the street.

Santasha will be offering our first yoga retreat in Tulum, Mexico in June. This is open to anyone who would like to go to a beautiful location and practice yoga, as well as tour and have some R & R.

There is more information about

all of these events on their website, www.santoshaforeverybody.com For more information contact Katy Nadal or Dina Lang at katy@santoshaforeverybody.com or call 503-372-9825. Santosha Yoga studio is located at 4876 NW Bethany Blvd L-4.

Village Gallery News

Featured artist: Chris Kondrat, March 4-April 6. Artist reception on Sunday, March 9, 12-4 pm. Kondrat is an emerging watercolor artist who has been actively painting since 2005. She enjoys exploring her creative side and employing various techniques in her whimsical, colorful paintings.

Face behind the artwork demo: A new quarterly event for 2014, free and open to the public. On Saturday, March 15, 1-3 pm, artist Chris Kondrat will be demonstrating how she creates transparent decals to accent her art pieces. Using layers of gloss medium and varnish, she creates finished decals that can be used in many different ways. Drop in to the gallery to mingle with other artists and watch this process come to life.

Linda Rothchild Ollis—Acrylic Potential—Transparent and Opaque: Mondays, March 10 & April 21, 9:30-12:30 pm. \$60 per session includes supplies. Ages 16-adult. Are you ready for a new approach to awaken your painting potential? This class starts with a step-by-step process and completed painting by the instructor; students

then create their own with supplies and tools provided. www.lrothchildollis.blogspot.com

Danny Rodriguez—Turkish Marbling on Fabric: Saturday, April 12, 11-3 pm, \$60 includes all supplies. Come and explore the joys of marbling fabric. Complete instructions will be given for using all the various marbling ingredients. Learn about the patterns, and how to make the tools to produce them. Following the demonstration, you'll create your very own custom marbled blended fabric scarf for you to take home. This course is for beginners as well



"Psychedelic Ocean" by Chris Kondrat

as those who already have experience with marbling.

Regular Classes: Emma Achleithner—Traditional Watercolor: Thursdays, 9:30-12:30 pm March 6, 13, 20, 27. On-going morning drop-in class. Pay for four classes at a time to be used within three months. \$120. More info: Please call the Gallery at 503-644-8001 or visit their website www.villagegal.com.

leryarts.org for additional information about membership, classes and special events.

The UPS Store helps with identity protection

With identity theft among the fastest-growing crimes in the country, The UPS Store, located at 10940 SW Barnes Rd., Peterkort Towne Square, is urging consumers to set aside time to conduct a personal document inventory and to take appropriate measures to safeguard their identity. The Federal Trade Commission (FTC) estimates that nearly eleven million Americans have their identities stolen each year, and rummaging through trash is one of the common ways identity thieves victimize consumers.

The UPS Store recommends annually making copies of critical documents such as birth certificates, financial records, wills, bank records, insurance information, social security cards, and mortgage records, among others. These copies can prove especially useful for recovery in the event of a natural disaster or in establishing your identity in case it is compromised.

The UPS Store also encourages customers to shred documents containing personal information to protect themselves against identity theft and fraud. To

help customers do this, The UPS Store offers its customers the ability to dispose of documents containing personal information using its convenient shredding services. Customers can drop their sensitive documents into the container and our secured shredding service provider Iron Mountain will shred them in our parking lot using one of its patented mobile shredding trucks.

The UPS Store offers secure mailbox services, which include a real street address, package and mail receiving from all carriers, 24-hour mailbox access, and text and email notification when they have mail or packages to save unnecessary trips. Your mail provides so much information about your life. With one of our mailboxes, your mail is under lock and key and not somewhere it could end up in the wrong hands. In addition to domestic and international shipping, The UPS Store offers full-service packaging; digital and online printing; black-and-white and color copies; document finishing (binding, laminating, etc.); printing services (business cards, letterhead, rubber stamps, etc.); notary; custom crating and shipping for large items (furniture, artwork, motorcycles, etc.); mailbox and postal services; office and packaging supplies; and more. The UPS Store has convenient hours: Monday through Friday 9 am to 7 pm, Saturday 9 am to 5 pm and closed on Sundays. For additional information, visit www.theupsstore-local.com/3379 or call 503-646-9999.

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