



FREE

Cedar Mill News

Volume 13, Issue 3

March 2015



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Bingo!

Sunset Bingo has moved from its former location in Beaverton to the space at Cornell and Saltzman that used to be Walgreens (and before that, Hi-School Pharmacy and Bales). Many have been surprised to



Chuck Richards points to the new sign for Sunset Bingo at Milltowner

see the sign go up, but it makes a lot of sense once you know the story!

Chuck Richards, founder and owner of Sunset Athletic Club, started Sunset Bingo way back in 1985. It's not that he's a bingo fan, he doesn't even play. He is a big supporter of amateur athletics of all kinds. As a young athlete, he had a chance to travel to compete in a national swimming competition in Los Angeles. The community raised the funds he needed, and it made a big difference in his life and future.

Years later, he started thinking about ways to help other athletes by raising money. That's when he hit on the idea of bingo. He formed the Oregon Sports Academy (OSA) and, after a few years of research, the original Sunset Bingo opened in the building next to "The Greek" on Murray. Freeway construction eliminated most of the parking lot, so the operation moved to Tanasbourne from 1991-93, and then into a former Fred Meyer building on Western Avenue in Beaverton.

Eventually, that space became too large and expensive to make it sustainable. Chuck knew that the former Walgreen's space was available while Bales/Findley Property

Management continues to work on their redevelopment plans. He and property manager Ryan Egge came up with an agreement, and the work to convert the space into a high-tech bingo parlor is now complete.

Who plays bingo? It appeals to a broad spectrum of people of all ages* and backgrounds. It is a highly social game, and is very popular among seniors. Some of the "regulars" are brought in by their caregivers, because it's very easy for people with disabilities to play. People of all ages can get excited about the possibility of winning big with a small initial investment—you can play for three hours for just \$5-6. Some of the games have a guaranteed payout of up to \$1800.

The space will hold about 200 players. There is a snack bar that sells ice cream, candy and chips, soft drinks, and beer and wine. "Our players love it that they can also bring in their own food and non-alcoholic beverages," says Richards. A separate lottery room

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Featured Business

Great Bones

by Jennifer Hemmeyer

One in two women and one in four men older than 50 years will sustain bone fractures caused by osteoporosis, but the Rasmussens at Great Bones have developed a system to shake up these statistics. A year ago, Martin, Art, and Phyllis Rasmussen opened Great Bones. They offer a 30-minute, customized, strength training experience through the use of two machines.

The Biodensity machine provides four exercises that strengthen the major muscle groups in the body. This machine also measures both muscle strength and bone performance for each client on a weekly basis. Graphed results are then emailed to the client.

The Power Plate machine is a vibrating plate on which clients perform stretching, balancing and core strengthening exercises. It also facilitates massage, which greatly diminishes the usual muscle

Community trail on private property

by Virginia Bruce

In November last year, we wrote about a group of West Haven residents who were celebrating the county's decision to remove from the Transportation System Plan (TSP) a proposed road that would have led from Barnes Road through the Peterkork and St. Vincent properties north to Springcrest Drive and into the neighborhood. Currently, neighbors use an informal trail there that leads past a Peterkork medical building, winding down the hill to Springcrest.

A property owner is now warning that although the trail was designated as a future route for a regional trail, the county hasn't acquired any property and trail users are trespassing. Washington County Board of Commissioners Chair Andy Duyck says that as a result of the article, the County has been receiving complaints about trespass. "The wanton disregard for private property is hurting our efforts and credibility in designating other trail routes, most



The lower end of the trail at Spring Crest has an informal "boardwalk" placed by users, but no warning signs.

recently with the Council Creek Trail. It builds a lack of trust among private property owners that the County will protect their property from encroachment until such time as the public actually negotiates for the right of way."

Most trail users are unaware that they are "wantonly disregarding"

Continued on page 7

soreness associated with strength training. The Power Plate is where each session becomes tailored to a particular client's goals and needs. Martin, Phyllis and Art work with each person to determine what he/she is trying to accomplish, and then demonstrate the stretching, balancing and strengthening poses that will be the most effective.

These machines, along with an assortment of plants, make up the Great Bones shop. A board displaying client progress on the Biodensity machine hangs on one wall. Clients quickly see 100% gains in strength and sign their names on this board. "You have to feel it to believe it," states Martin, inviting me to place a foot on the Power Plate. It vibrates at 30

Hertz a second, requiring muscle engagement.

Martin says that convincing people that they don't have to spend countless hours in a gym is the



most challenging aspect of this job. "Technology has caught up with strength training," he says, "which now delivers maximum benefit in a short amount of time. While the benefits of whole body vibration

Continued on page 4

Cedar Mill Business Roundup

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

New Seasons Market Wellness Classes

Learn more about food where you shop! Need more information on a gluten-free diet? Looking for tips on healthy eating habits for your children? News Season's nutritionists are here to help. They offer a gluten-free products store tour at all of our stores, in addition to classes on anti-inflammatory diets, whole body cleansing, and healthy eating—just to name a few. This month at the Cedar Hills store there are classes on Holistic Medical Care, Probiotics, and Creating Nourishing Traditions. For more information, visit <http://www.newseasonsmarket.com/our-departments/nutrition>.

Easter Egg Dying

Saturday, March 28, 11am-1pm, New Seasons Market Cedar Hills Crossing

Kids, bring your family and friends to learn about ways to color eggs using dyes made from plants, foods and spices! Natural dyes are a great alternative to traditional artificial egg coloring. Fruits and vegetables are full of brilliant pigments that impart distinctive, bright, or earth-toned hues to eggs. Everyone can decorate an egg to take home and get New Seasons' guide to dying for you to try making more colors on your own.

CSA signups and more

Dinihanian Farm / Your CSA offers a 20-week Community Supported Agriculture farm share program. Dinihanian's is a certified organic farm, and the majority of what members receive in their share is grown at the farm on NW Cornell. To bring members the most varied supply, they also occasionally include



Hoop houses at Dinihanian's Farm are already filled with succulent greens! items from several partnering growers. These partnerships allow them to expand what they offer by providing access to things they don't grow on the farm (members can choose to have items from other farms excluded from their share if they want 100% organic from the farm).

CSA membership is available as a full (family of four or more) share; half share; four-week introductory share; with options to add meat, eggs, and cheese to your order. Find out more on the website: yourcsa.com, where you can sign up online and pay with PayPal, or download a form to fill out and mail. You can also sign up right at the farm, but call or email first to make sure someone's in the office: 503-432-6235 or csainfo@yourcsa.com.

Farm/CSA Coordinator Suzanne Ballard is itching to share the produce that's already growing in their fields and hoop houses, so she's working on setting up a "mini-Farmers-Market" on several Saturday mornings in March and April. Details will be available at the website (www.yourcsa.com) or on their Facebook page, so Like them to get the latest. Also, check out Suzanne's Food Blog, with news about the farm and tips for enjoying seasonal produce. <http://oregon-farmtotable.blogspot.com>

Second Edition Reopens with a New Look

After the huge clearance sale, Second Edition stayed closed for a week and "took it down to the walls." That's when the magic began. Walls were painted, dressing room benches were re-carpeted and new curtains were chosen. The carpeting was replaced with new flooring, display

accessories were added, and new signs were created and hung.

The shop reopened on Presidents' Day, full of spring fashions and fresh merchandise. Customers were lined up at the door and were definitely "wowed" by the changes. Second Edition thanks the Cedar Mill Library Association for painting the walls and replacing the flooring; Home Depot for their generous support of building materials; Cornell Farm and Cori Bacher for the beautiful dwarf golden cedar pots flanking our doors; and to all the wonderfully talented volunteers who donated their time and expertise to everything from choosing a color palette to creating signage, painting and hanging accessories. A huge thank you also goes out to all of their loyal customers for their patience.

Village Gallery News

Artists Reception and Open House

Sunday, March 8, 2-4 pm, Village Gallery of Arts, next to the Cedar Mill Library

Drop in and meet our members and this month's featured artists: Sue Girard and Mary Burgess.

Sue Girard began her journey into art with oil on canvas in a studio built by her father in the garage. She studied art in college and visited art galleries as a child in the San Francisco Bay Area. She was fascinated and drawn to the famous impressionist artists. As an artist, she is drawn to bright colors. She is motivated to try new methods or techniques, whether it is in the form of collage, encaustic, photography, painting or greeting cards. Her latest technique is Oil and Cold Wax. She starts with a cradled wood panel, paint, plaster and then layers of oil paint with cold wax. The final coat of cold wax



is applied as a finishing layer. In 2006, Sue joined the Village Gallery, joining the board as Membership Chair and

eventually President. She continues to work at the gallery as a Desk Worker. In 2010, Sue was invited to join Portland Art Collective and continues to enjoy participation in that group.

Mary Burgess will be showing her work during the month of March as "Crafter of the Month." Mary has many years experience working in the classroom as a high school art instructor. One of her assignments was to teach a Crafts class. This gave her the opportunity to share some of her own creative passions with her students. Although watercolor is what she considers her medium of first choice, she also loves to create Ukrainian Eggs (Pysanky), small fused glass pieces, and handmade books and boxes. Mary's handmade blank books feature one-of-a-kind decorative paper covers and make wonder-



An oil and wax work by Sue Girard

ful journals for traveling artists.

The gallery hosts a variety of classes for adults and children. Complete class details available at www.villagegalleryarts.org

Market of Choice supports Food Bank

New to Cedar Mill, Market of Choice is continuing its long tradition of supporting food banks with its year-round Scan Program, which makes it easy for customers to contribute to the fight against hunger when they shop for groceries. At Market of Choice at Timberland Town Center, customers can give to the food program by electing to scan a \$1, \$5 or \$10 coupon, which is added to the customer's total at checkout; 100 percent is donated to the Oregon Food Bank. For tax purposes, the store receipt serves as documentation of the donation. A \$10 donation provides 30 meals for

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The Cedar Mill News © 2015

Published monthly by
Pioneer Marketing & Design
PO Box 91061
Portland, OR 97291

Online at cedarmill.org/news

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Business & Community News
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503-803-1813

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Printed by Pacific Office Automation

Opinions expressed in this publication are not necessarily those of its advertisers.

WanQ nears opening

Ning Tse and Chi Luu, owners of WanQ Chinese Restaurant, are nearly ready to open their new location in the Cedar Mill Place shopping center at the southwest corner of Cornell and Murray. They



left their original location across the street nearly five years ago.

Tandem Properties owns the west half of the shopping center. The east half was sold to Walgreens, which opened their new store last year. Tandem was very slow to accept the county's requirement that a fire-suppression system was needed for the three restaurants—Mazatlan, Thai Lily, and WanQ—that had

leased space in the west end. Once that work began, other problems with the space were found, including sewer line repairs that required extensive excavations. After much delay, Mazatlan and Thai Lily opened last fall.

Now, finally, nearly all the work has been finished on the WanQ space, between Cedar Mill Liquor and Thai Lily. It features

an open view into the kitchen, comfortable booths and simple but elegant décor. Their menu will include many old favorites, along with some new items that will appeal to more health conscious diners.

Customers have been eagerly awaiting the restaurant's return. Keep an eye on the space, and stop in to welcome them back!

Eat Smart Food Movies

Saturday, March 21, 6:30 pm, Leedy Grange Hall, 835 NW Saltzman

Every third Saturday of the month, Leedy Grange is sponsoring a Sustainable Food Movie Night.

The March movie, "Queen of the Sun: What Are the Bees Telling Us?" is a profound, alternative look at the global bee crisis from award-winning, Portland-based filmmaker Taggart Siegel, director of "The Real Dirt on Farmer Brown."

Taking us on a journey through the catastrophic disappearance of bees and the mysterious world of the beehive, this engaging and ultimately uplifting film weaves an unusual and dramatic story of the heartfelt struggles of beekeepers, scientists and philosophers from around the world, including Michael Pollan, Gunther Hauk, and Vandana Shiva. Together they reveal both the problems and the solutions in renewing a culture into balance with nature.

The event will start at 6:30 with light snacks and conversation, showtime at 7. After the film, we'll continue our Seed Swap. Bring your leftover seed packets from 2014, and/or seeds you won't need this year. Home-collected heirloom seeds are welcome too! Most seeds are good for several seasons, and most packets hold more seeds than the home garden requires. You'll be

able to pick up "new-to-you" seeds for your spring garden, and get to know some fellow local gardeners, too. Seed envelopes and label materials will be provided.

The film is all-ages appropriate, but children younger than ten may not want to sit through it, so use your judgment and consider others in the audience. The series is free and open to everyone. Donations to defray the costs of film rentals and refreshments will be gratefully accepted!

NOTE: our benches and chairs are hard! We're collecting chair pads, so bring your own, and consider donating it for future showings!

Everything But the Kitchen Sink Garage Sale

Friday, March 13, 9 am-7 pm;
Saturday, March 14 9 am-5 pm,
Skyline Grange, 11275 NW Skyline
(0.1 miles west of Newberry Rd or
1.6 miles east of Cornelius Pass Rd.)

This benefit for Skyline Grange has a uniquely colorful Skyline flavor, with contributions from about 35 households. Items range from the practical to pure zany, plus equipment useful for semi-rural living. There is something for every part of the house, items for home repairs, gardening & landscaping, books, DVDs, CDs, children's section, and a pet-equine section.

Eat Smart Food Movie Series

From the director of The Real Dirt on Farmer John



"Entertaining, gorgeous and relevant."
—Sharon Levy, The Oregonian

Queen of the Sun

What Are the Bees Telling Us?

Saturday, March 21

6:30 social, 7 pm screening

Leedy Grange Hall, 835 NW Saltzman

followed by discussion and a SEED SWAP!

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Bones, continued from page 1
 have been around since the 1960s, used first by the cosmonauts, the technology hasn't always been available to the public." Martin and his parents are three of only four trainers in Oregon certified in Power Plate.

Client Katie Hogue says, "at first glance, the power plate exercises look like a gimmick, but once you try the work out you will be hooked! Each exercise only lasts 30 seconds, but it's a very tough half-minute. You are working every tiny muscle fiber in your body for each exercise and you come away from your work out feeling muscle fatigued but not tired."

After working in Los Angeles for five years as a Land Use Planner, Martin realized he needed a change. "I went from having my best body in college while being a Super Slow Strength trainer to being on blood pressure medicine at age 28," he explains. Art and Phyllis spent a winter training with their son and experienced first-hand the benefits of this work. They'd owned an RV park in Northern California and were, like Martin, ready for a career change. Once they discovered the Biodensity machine (which had been designed specifically by a man whose mother was struggling with osteoporosis), they knew that creating a business to help people reach their peak condition was possible.

The Rasmussens train all sorts of people, from dragon boat enthusiasts and runners to seniors who want to confidently walk up a flight of stairs. "The vast majority of our clients," says Martin, "are females. They know they want to keep doing what they love well past retirement."

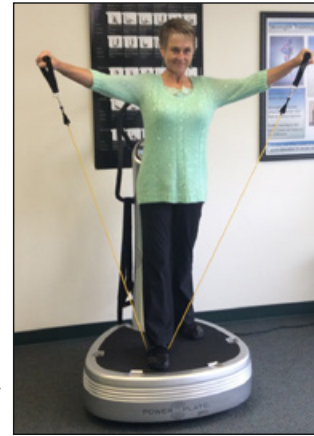
Although people can come in for individual sessions, most clients sign up for a long-term plan, committing to maintaining optimum health and strength. "Our osteoporosis clients are the most dedicated," explains Martin, "and they usually sign up to work with us on



The Density machine provides a quick but surprisingly thorough strength workout

a yearly basis." This population has received the best results from weekly sessions.

"When I first started with Phyllis, I couldn't get up off the ground; she had to help me onto the machines," explained Lanette Spencer, a long-term client. Lanette started working with Phyllis a year ago, as she recovered from stage three breast cancer. She had extreme neuropathy in her feet due to the chemotherapy. After a few weeks at Great Bones, the neuropathy decreased markedly, allowing Lanette to get off her pain medication. She also has osteoporosis and used to need to take the elevator at work. "Now I can take the stairs very quickly," shares Lanette, "and my strength has increased 152%." As someone who has never loved the gym experience, she really enjoys being able to gain great benefit from a half hour, and is excited before



Not just for the elderly, Martin coaches a client working to improve his core strength with the Power Plate.

each visit.

Being based in Cedar Mill allows the trainers at Great Bones to work with "great people who love being healthy," says Martin. They provide an alternative to going to a gym and have found that many people like trying new things. While they initially got one or two walk-ins a month, they've had five this past month, so they're hopeful the word is spreading. They have one client who drives in from Happy Valley, but the rest come from the local community.

Martin, Phyllis and Art live in the Beaverton area and thoroughly enjoy the outdoors. "Staying active

has always been an important part of our lives," Martin says. He recalls cycling with his parents since he was ten. Over the years, they've covered thousands of miles on their bikes. "Our first real experience with Oregon was when Martin was thirteen," recalls Art. "We rode our bicycles from

Astoria to Crescent City." Martin has a passion for dragon boat racing and has developed a Great Bones program specifically to prepare his team for the upcoming season.

When asked what they envision for the future of this family business, Phyllis shared that, "it would be fun to have a shop in each neighborhood." Currently however, the Rasmussens are Great Bones, from the operations of the business, to the marketing, to the one-on-one personal training.

The Rasmussens belong to both the Beaverton and Tigard Chambers of Commerce. Great Bones is located at 485 NW Saltzman Rd. Give them a call at 503-575-9261 to schedule your two free introductory sessions. Read articles about the Great Bones equipment and osteoporosis, peruse client testimonials and schedule your visit at www.great-bones.com.

Sidewalks and state law

By Virginia Bruce

Early during the summer of 2013, a [heat wave caused a segment of the sidewalk on Saltzman Road](#) to buckle (see photo). It was a safety hazard to pedestrians, causing them to walk in the dirt or in the road to pass it.

And there it sat, for months on end, because, as we found out eventually, Oregon state law requires that the "owner of the abutting real property" is responsible for repairing sidewalks in unincorporated county areas. Washington County Maintenance had been trying to get the adjacent homeowner to pay for the repairs, even though they had no more access to that particular chunk of sidewalk than any of their neighbors.

Eventually Dave Schamp, head of Washington County road maintenance, determined that faulty installation was the problem, and required the original contractor to repair the sidewalk. But the same problem will undoubtedly affect pedestrians and homeowners in similar situations around the state.

I approached our State Representative, Mitch Greenlick, and



The buckled sidewalk on Saltzman may lead to a change in Oregon law.

he agreed to prepare legislation to address the problem. HB 3195 will be taken up sometime during the current session. It has been sent to the Business

and Labor House Committee. You can follow it here: <https://olis.leg.state.or.us/liz/2015R1/Measures/Overview/HB3195>

Opposition may come from the Association of Oregon Counties, since they will have to find alternate ways to pay for that particular set of sidewalk repairs. But how is it fair for a homeowner, one out of many in a neighborhood, to pay for something they didn't request and can't use? I don't know who that homeowner was, and I don't live near a sidewalk. And I do think it's important that pleasant pedestrian improvements are available everywhere. Hopefully this bill will pass and make them easier to live with.



The broken sidewalk was in an area where no houses front on Saltzman.

Beaverton History Event: Simple Living and Pioneer Style Potluck

March 21, 10 am-2 pm, Beaverton History Center 12412 Broadway

Come join the Beaverton Historical Society for a fun time of history themed activities, music by the folk/bluegrass band Rose in the Heather, and potluck pioneer style food! The band will play from 10:30-11:15, and again at 12:15 to 1:15. CDs will be available for pur-

chase. Old fashioned chicory will be served. Please feel free to bring your own "Simple Living" dish such as biscuits, beans, muffins, or apple pie. There is a suggested donation of \$2.

For more information visitwww.historicbeaverton.org. You can also call 503-430-0106 or emailinfo@historicbeaverton.org.

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Bingo! Continued from page 1 has the usual Oregon Lottery machines, but all profits go to the OSA, as do all profits from everything within the operation.

It's not easy to get and maintain a state license to operate any type of charitable gaming. It's tightly regulated by the Oregon Department of Justice. Richards notes that in the past, he has had fundraising partners who share the space, but each one needs to have their own

These are full color touch screen handsets that track all of your bingo cards in play each game, and allow a serious player to participate in many games at once.

Two managers, Joel Roth and Kit Freeman, run the operation, along with a staff of up to eight people who operate the game itself, sell tickets and snacks, and work the floor to assist customers and keep the place clean.

Sunset Bingo will be open for



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Large electronic "flashboards" display the numbers in the current game, with a video screen displaying each ball as it's pulled up.

license. The space, however, may be available for non-gaming rentals on the days when there's no bingo.

Players buy a set of "cards" and mark them with "daubers." Sunset Bingo also has electronic machines called PhDs (for Planet Handheld Device - named after Planet Bingo).

two sessions on Fridays, Saturdays, and Mondays. They plan to add more days and hours soon. Hours and other information is on the website at <http://sunsetbingo.com>, or call 503-234-5678 for more information.
* Players age 12-17 must be accompanied by a parent.



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Library News and Events

By Dawn Anderson

Parent Workshops

Help your Child Get Ready to Read: birth through two, Saturday, March 7, 1:30-3 pm; 3s, 4s, and 5s. Saturday, March 14, 10:30-noon

Bethany; Thursday, March 12 & 19, 10:30-11am @ Cedar Mill

Mandarin Chinese (Ages 3+) Friday, March 13, 10:30-11am @ Cedar Mill; Thursday, March 19, 10:30-11am @ Bethany

Spring Break Activities

Where's Waldo? March 9-15; Little Lost Leprechaun, March 16-22; Spot Spot the Dog, March 23-29

Find Waldo, the Little Lost Leprechaun, and Spot, and tell the librarian where he's hiding to win a prize. All Ages. Both Libraries.



These free workshops are for Adults only please. No registration required. Held in the upstairs meeting rooms at the Cedar Mill Library.

International Storytimes

Join us for stories from around the world during our special March International Storytimes.

Spanish (All ages) Monday, March 9 & 16, 10:30-11am @ Bethany Library; Wednesday, March 11 & 18, 10:30-11am @ Cedar Mill Library

Marathi (All ages) Tuesday, March 10 & 17, 10:30-11am @

Lego Party (ages 5+) Tuesday, March 24, 10:30am-noon @ Cedar Mill; 2-3:30pm @ Bethany (Bethany Community Room)

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

Pokemon Party (ages 6+) Thursday, March 26, 10:30 am-noon, Cedar Mill Library

Do you love Pokémon? Grab your deck and DS, come to the library, and get your game on!

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Trail, continued from page 1 anything, since the trail has no "private property" or "No Trespassing" signs at either end. Local resident and community activist Jake Mintz says, "The 95th Ave trail has been highly used by the public for several

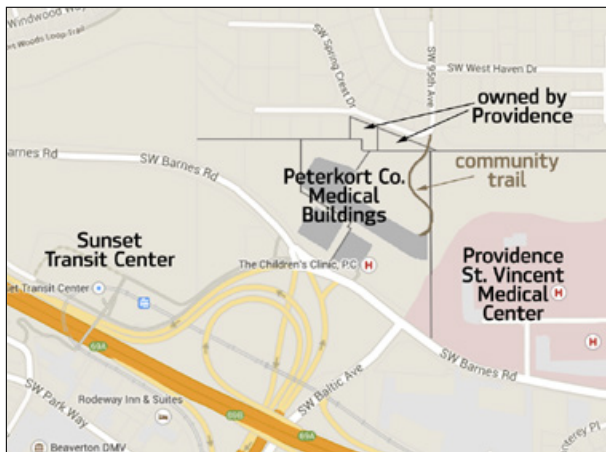
generations. It is at the core of a Washington County designated Active Transportation District serving an extended neighborhood, and provides pedestrian access to the



The entrance to the trail at the upper end is along a fence separating Peterkort property from St. Vincent's.

generations. It is at the core of a Washington County designated Active Transportation District serving an extended neighborhood, and provides pedestrian access to the

in some manner, whether through county action or community support. Duyck notes, "there is still much work to be done, and we should all respect the private



Sunset Transit Station, St Vincent Medical Center, and Cedar Hills, for a significant number of people of all ages. For many, it's a convenient alternative to driving. Furthermore, it is often the only safe, reasonable, and direct means of accessing Sunset Light Rail Station and beyond for young people and others that do not or cannot drive."

property of each other until such time as we can claim a legal right to use this route."

It's not clear at this point which landowner is complaining. Calls to both landowners have not yet been returned. Certainly liability must be part of the concern, since the trail is unimproved and can be slippery when wet. We will follow up with more information as it becomes available.

Start Making a Reader Today

Would you like to read one hour one day a week with a child? Volunteer opportunities available at William Walker Elementary on Tuesdays and/or Thursdays from 3:20-4:20pm, starting April 7th and 9th.

Register to be a volunteer at getsmartoregon.org Contact Leilani Larsen for more information at: leilani_espig@beaverton.k12.or.us

Szigethy notes that the park district (THPRD) has no plans for a trail in that area, according to their 2006 Trails Master Plan document.

We do hope that this valuable community path is legitimized

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Naturescaping—not just for birds, bees and rivers

By Gretchen Vadnais, Landscape Architect

Naturescaping provides many benefits to humans and animals. Birds and bees need food and shelter. You might walk past a yard in your neighborhood that is alive with bird song and activity and



Fringecup, a relative of Coral bells, grows "wild" in wooded areas all around Cedar Mill. It is used in this naturescaped garden along with a moss-covered stump.

another yard that is mostly silent. The lively yard has trees, shrubs, and groundcovers that the birds recognize and use. It has tasty bugs for Chickadees and leaf litter for Towhees to scratch in.

Naturescaping offers us a chance to replace some of the habitat that is lost when we build and pave. It also means using less water in the summer, since our Northwestern natives are adapted to the summer drought, once they are established. And since native plants have evolved within the ecosystem, they're not usually bothered by insects, diseases, and other problems, so they don't require a lot of chemicals.

It is not necessary to use native plants exclusively to achieve good results. There are ornamental plants that are disease resistant and adapted to low water use. But once you start to investigate natives, you'll be amazed at the number of flowers and the long bloom time among the natives. Oregon grape, Douglas Iris, Camas, Flowering Currant, native roses, Fringecup, Mock Orange, Ocean Spray, and Serviceberry all grow naturally in the Cedar Mill area, and provide blooms from February until almost July.

East Multnomah Soil and Water Conservation District offers free [Naturescaping workshops](#) in east Portland—you don't have to be a Portland resident to take

the day-long session. I am part of a team that is planning to offer shorter introductory sessions in the Tualatin Valley, beginning later this year. Please contact me if you are interested and we'll be sure to let you know when we begin to schedule the sessions. Email me at gretchen@gvla.net

Free Weed Watcher Workshop

April 28, 6 pm, Leedy Grange Hall, 835 NW Saltzman Rd.

Worried about weeds? So is Tualatin Watershed. Every year, the Tualatin Watershed Weed Watchers help you learn about the newest weeds of concern, how to become a '50 mph botanist,' and what to do when you spot them, in our Weed Watcher workshop. This hands-on workshop gives you the chance to see and even touch these weeds up close and personal—a great way to learn how to identify them!

Experienced instructors will be able to answer your questions about these weeds and efforts to control them, and you will learn how to help. Participants also receive a copy of our handy weed ID guide, which includes information on how and where to report infestations.

If you can, please RSVP to tualatinswcd@gmail.com by April 9. See website for more dates! www.swcd.net

Gardening in your Golden Years, A Viva Village Event

March 28, 10 am-noon at Leedy Grange Hall, 835 NW Saltzman Rd.

Bring in Spring! Come join Viva Village and author Barbara Blossom for our Spring Gardening Event, "Gardening in your Golden Years." Barbara and a panel of experienced gardeners will discuss how to make gardening easier at any age. They'll also provide tips on container gardening and how to beautify any space, big or small.

Come prepared for a lively discussion followed by Q & A and an interactive yoga demonstration to help keep you flexible for gardening. As a bonus, Barbara is giving all participants a copy of her latest book, "Married to your Garden" (donations accepted to benefit Viva Village).

This is a no-fee event. For more information see www.vivavillage.org or contact 503-644-7417. Viva Village is a nonprofit network of adults with a common goal to care for and support each other so we can live in our own homes and stay engaged in the community for as long as desired. For more information see vivavillage.org or contact Nancy Miller 503-713-3562, ross-nancymiller@frontier.com.

Garden Club: Fuchsia Propagation

March 18th, 10:30 am, 12350 SW 5th Ave. Beaverton; across from the Beaverton Library

The Cedar Mill Garden Club invites everyone to their program on Fuchsia Propagation with the SW Portland Fuchsia Club, presented by Clarence and Verna Berger at the Beaverton Community Center. For more information please check out their website: thecedarmillgardenclub.org. Or LIKE their Facebook Page: [facebook.com/cedarmillgardenclub](https://www.facebook.com/cedarmillgardenclub)

Forest Grove:

schollsvally.com

Champoeg Nursery, Aurora Oregon (retail by appointment only): champoegnursery.com

Bosky Dell Natives, West Linn: boskydellnatives.com

For more information about local retail sources of native plants, visit the Tualatin Soil & Water Conservation District website at swcd.net/help-for-homes/native-plants/

It's Plant Sale season!

Not all of these sales are exclusively native plants, but they all include them. They all benefit organizations that promote conservation, gardening, and wildlife habitat.

Washington County

Small Woodlands

Saturday, March 14, 9-3 pm, Bales Farmington, 17675 S.W. Farmington, Aloha

wcswa.com

Audubon Society of Portland

Friday & Saturday, April 10 and 11, Audubon Society of Portland, 5151 NW Cornell Road

audubonportland.org/sanctuaries/plant-sale

Jackson Bottom Wetlands

Saturday, April 18, 9-3, Jackson Bottom Wetlands Preserve

jacksonbottom.org

THPRD

Saturday April 25th, Tualatin Hills Nature Park, 15655 SW Millikan

Way, Beaverton

thprd.org/nature/programs/native-plantsales.cfm
[facebook.com/events/160236669998228](https://www.facebook.com/events/160236669998228)

OSU Washington County

Master Gardeners

Saturday, April 25, 9-2:30, The Hillsboro Armory, 848 N.E. 28th Ave.

washingtoncountymastergardeners.org

Tualatin River National

Wildlife Refuge

Saturday April 25, 9-3, 19255 SW Pacific Hwy, Sherwood

friendsoftualatinrefuge.org/event-872281

Tualatin Valley Garden Club

Saturday April 25, 8:30-5, Sunday April 26, 10-4, Washington County Fairgrounds, east entrance at 34th and Cornell Road in Hillsboro

tualatinvalleygardenclub.org/announcements/tvgcplantsale

Cedar Mill Garden Club

Plant Sale

Sunday, May 10, 9-5, JQA Young House grounds, includes natives & perennials

thecedarmillgardenclub.org/Plant-sale.html



Here is a short list of retail nurseries that have native plants:

Blooming Nursery, Cornelius: bloomingnursery.com

Scholls Valley Native Nursery,

THPRD celebrates 60 years of service to community in 2015

Sixty years ago on March 4, voters in the Beaverton area approved a taxing structure for the district, and THPRD was officially born. The vote capped a two-year campaign led by local physical education instructor Elsie Stuhr and other citizens who foresaw growth in the area and the need for park and recreation services.

Two years later, in 1957, the

within those boundaries is 230,000.

“Our success has been built on a supportive community and a commitment to provide a wide variety of high-quality park and recreational services that meet the needs of our residents,” said Doug Menke, THPRD general manager. “By design, the district started very small, proved itself to voters, and grew gradually into what it is today:



Far left is Bill Pond, the district's first superintendent. (It was before the general manager position was established in 1959 with Howard Terpenning.) Third from left is Elsie Stuhr. On the far right is Joe Pearson. Third from right is Leonard Uppinghouse. Those two along with Elsie formed the original three-member board. Unfortunately, THPRD has not been able to ID others in the photo. They would love it if a reader can identify any of the remaining four people in the photo.

district opened its first facility, the [Beaverton Swim Center](#), which is still in use today next to Beaverton High School. The first park in the district was Cedar Hills Park in 1959, complete with tennis courts, baseball diamond, soccer field, barbecue pit, restrooms and a shelter.

From those humble beginnings, THPRD has grown to encompass 50 square miles of eastern Washington County. The population

the envy of many communities.”

Throughout the remainder of 2015, the 60th anniversary celebration will be woven into an assortment of district communications, activities and events. “It’s going to be a fun year,” Menke said. “We invite our patrons to join us in the celebration.” For more information about the park district, visit www.thprd.org or call 503-645-6433.

Washington County Forum Programs

Founded in 1956, The Washington County Public Affairs Forum provides a common meeting place for the interchange of ideas and to stimulate thinking on civic matters. Each week the forum brings together community leaders, members, and guests who care about what happens in Washington County, the Metro region, and our state.

We meet at the Peppermill Restaurant in Aloha from 11:45 am to 1 pm on Mondays except on major holidays. Lunch can be ordered off the menu if desired.

March 9: Speaker Randy Ealy will talk about “The State of the City.” He is the Chief Administrative Officer for the city of Beaverton.

March 16: Cliff Goldman, Health Care for All Oregon (HCAO) “History of the Movement, Goals and Strategies.”

March 23: Doug Menke, THPRD General Manager, “What’s going on with Parks and Recreation in Washington County?”

March 30: Chris Hagerbaumer, Deputy Director, Oregon Environmental Council “Woodsmoke Issues in Washington County.”

April 6: Stephen Nagy, General Aviation Airports Manager for the Port of Portland, will speak about the Hillsboro Airport and its “Impact on the County, Future Plans.”

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individuals struggling with hunger.

“Supporting the Oregon Food Bank in its mission reinforces our own values. We care about the community, sustainability and minimizing waste,” said Store Manager Casey Capell. Market of Choice currently donates more than \$120,000 a year to regional food banks and partner agencies. The company has well exceeded \$1 million in total donations to date.

In addition to money generated through its Scan Program, Market of Choice is donating food daily to the Oregon Food Bank through its Fresh Alliance program. Donated food includes products that are nearing the date they can no longer be sold but can still be consumed, such as dairy, produce, baked goods and groceries, as well as gourmet prepared foods that would otherwise go to waste.

Market of Choice has implemented a similar food rescue and Scan Program in Eugene and Corvallis, and it’s made a marked difference in the food program in those communities. “We’d like to have that same kind of impact here,” Capell said. To learn more, go to marketofchoice.com.

Pawsitively Fresh!

Did you know your pet can benefit from eating a fresh, raw diet? Not to be confused with feeding Fido scraps of meat from the butcher—we’re talking safe, formulated raw meat and veggie meals from the pet store! The Pet Barn, located in the Bale’s Marketplace shopping center, offers a variety of raw options for both dogs and cats.

Raw pet food is one of the safest food and treat options out there for pets, having drastically less recalls each year than the dry food industry! The companies that make raw pet food are held to a higher food safety standard because their products will be fed raw—unlike grocery store meat that is sold with the intention of being cooked!

Though your pet will benefit from eating an all-raw diet, Fido and Fluffy can still thrive from small daily additions! Freeze-dried is an easy option for many people, because it doesn’t require thawing, and can be fed as a quick, nutritious treat. Freeze-dried food will also stick to the teeth and gums a little bit, and the natural enzymes in the raw ingredients will eat away tartar! Many raw food companies also of-

fer small morsel options. These little pieces thaw within minutes on the counter, and can be fed right away!

Raw food has a stick-to-your-ribs fulfillment that is good for super hungry pets, and include many beneficial enzymes and nutrients that are destroyed by cooking. Many pets have better teeth, shinier coats, and overall better digestive health from eating a raw diet. So make sure to stop in at The Pet Barn and ask for a free sample of raw or freeze-dried food! They’ll also be offering \$5 off any Nature’s Variety Raw or Freeze-Dried product the entire month of March!

Osborne joins Stride Strong

Stride Strong Physical Therapy in Cedar Mill is proud to announce a new addition to their family of Physical Therapists. Her name is Dr Sydney Osborne, DPT, and she is a women’s health physical therapist. She treats very specific women’s health issues that come up in a woman’s lifespan: pelvic pain, urinary incontinence, pre- and postpartum pelvic and low back pain.

These issues tend not to be brought up in the doctor’s exam room because it triggers embarrassment and discomfort in discussion, so women end up living with their problems—not knowing that a few sessions with a Women’s Health Physical Therapist can help eliminate the pain and leakage. Patients are treated in a very comfortable and private examination room to ensure privacy and security.

Sunset Stride Strong’s Physical Therapy group is in-network with almost all insurances except Kaiser. They are located in the building west of Bales Supermarket on Cornell. Call (503) 208-6278 to make an appointment.

Sunset Credit Union news

College Scholarships: Sunset Credit Union, which serves people who live, work or attend school in Cedar Mill, is now offering two \$2,000 scholarships to high school students going on to college. To learn more and apply to receive one of the scholarships, visit their website at www.sspfcu.com and click on the i\$ave Teen Account page under the Checking/Savings tab.

1,150 pounds of personal data shredded: Some Cedar Mill residents recently had their old receipts,

financial records and other private information destroyed—and they’re happy about it. That’s because they took part in Sunset Science Park Federal Credit Union’s Community Shred-it Day on January 20. The credit union, which serves people who live, work or attend school in Cedar Mill, offered Cedar Mill residents the opportunity to bring in two boxes of old receipts, financial records and other ‘no-longer-needed’ private documents to be shredded using their commercial shredding company.

“Many people keep documents they no longer need stored in their attics and garages,” said Rhonda Baggarley, CEO/President of Sunset Credit Union. “This leaves them at risk of having their private information—and possibly their identity—stolen. We wanted to educate our community about the importance of keeping their identity safe which is why we offer our Shred-it Day.”

Community members brought in old documents, receipts and other personal materials that filled up five 64-gallon bins—over 1/2 a ton of materials—which were shredded. “We’ve been in this community for over 55 years now,” said Baggarley, “We’re always looking for ways to give back to the people who live and work here. Our Shred-It Day is becoming more and more popular which is fantastic because we’re helping a lot of people protect their identity and personal data.” To learn more about Sunset Credit Union, visit their website at www.sspfcu.com or stop by their office at 1100 NW Murray Blvd.

Financial Beginnings for 75 students: Just because there wasn’t any school on Martin Luther King Day, and a few other recent ‘no-school’ days, doesn’t mean some students didn’t learn something. That’s because they attended a ‘Financial Beginnings’ class taught and sponsored by Sunset Credit Union.

The two-hour classes were held in the community room of Fire Station #68 located at Evergreen and Thompson Roads.

“Understanding money and how it works is an incredibly important life-long skill,” said Rhonda Baggarley, CEO/President of Sunset Credit Union, “but unfortunately many schools do not have the resources or the classes to teach our youth these skills. That is why we’re offering these free classes. We’ve also designed an account just for teenagers, called our i\$ave Account, to give

teenagers more tips, strategies and skills on how to manage money.”

In addition to receiving course materials, the students were also treated to a free lunch from credit union. To learn more about Sunset Credit Union, visit their website at www.sspfcu.com, or stop by their office located at 1100 NW Murray.

Virtue of the month: Courage

“Courage is personal bravery in the face of fear. It is doing what needs to be done even when it is really hard or scary. Courage is going ahead even when you feel like giving up or quitting.

Courage is needed in new things, in facing the truth, and in picking yourself up after a mistake, ready to try again. It comes from knowing deep what is right for you and believing in yourself to do it. Courage can come from prayer, and the trust that God will help.”

Family Virtues Cards, and other The Virtues project materials are available at www.virtuesproject.com

For local events and more information please call Delaram Adyani 503-267-0202 <https://www.facebook.com/groups/Virtuesconnectionportland>

Hanson Joins Cedar Mill Chiropractic

Dr. Steve Hanson has joined Cedar Mill Chiropractic Clinic. Dr. Hanson respects the challenge of each condition as it presents and has a strong appreciation for the soft tissue component occurring with each injury. He will tailor a treatment plan to expedite your recovery and match your specific condition and goals.

He has extensive training in sports chiropractic and rehabilitation with diplomate designations with the American Chiropractic Board of Sports Physicians and American Chiropractic Board of Rehabilitation. Dr. Hanson has put in thousands of hours at various events, in training rooms, post-doctoral education, and clinical settings which has given him invaluable treatment insight.

He utilizes myofascial release with motion and functional assessments for the spine and extremities. Active rehab is a key component to many of his treatment protocols that include advanced taping skills, Graston Technique, and therapeutic modalities. “You don’t have to be an elite athlete to get treated like one!”

In his spare time Dr. Hanson

enjoys playing tennis, running, reading, and spending quality time with his wife and two young boys. He will be seeing patients on Tuesdays, Thursdays, and Fridays. He is in network with a number of the larger insurance panels. For more about Dr. Hanson, please visit his personal web site at DrSteveHanson.com

Santosha Yoga News

The Y12SR class (Yoga for those in Recovery & their support system) continues to meet. This is an all-level class held Sunday evenings from 7-8:15 pm in Santosha Yoga's large studio. There is no cost for this class, but 'karma' donations to Living Yoga are welcome. It is open to the community. No prior yoga experience is needed. Plan to arrive 10-15 minutes early for your first class. Santosha is located in Bethany Village. Call or drop by with questions, 503-372-9825. Santosha hopes that you will spread the word about this class to those you know who are in recovery from alcohol and other addictions.

Santosha graduated its first cohort of yoga teachers!! Their 200-hour training, under the guidance of Dina Lang, began in Fall 2014 and wrapped up with an intensive four-day retreat at the Ananda Center in Gaston in January 2015. You can find their graduates already teaching in the community—at their jobs, at local fitness centers, and also at Santosha. The next teacher training will begin in the Fall.

Listen To Your Heart

Now is the time to learn about your risks for heart disease and stay "heart healthy" for yourself and your loved ones. Tualatin Valley Fire & Rescue crews respond to about 1,650 heart-related calls every year. That amounts to 10 percent of the total patients they treat annually.

It is for this reason that their emergency responders and staff wore red shirts during American Heart Month in February. TVFR believes that the strength of an entire community fighting

side by side will ultimately prove to be more powerful than the nation's No. 1 killer — heart disease.

Know the signs

Unlike a sudden cardiac arrest that strikes suddenly and includes a loss of consciousness, a heart attack can develop slow enough that you are not aware you are having a medical emergency. Symptoms typically include:

- Chest discomfort in the center of the chest that lasts for more than a few minutes or goes away and returns. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Upper body discomfort, such as pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath before, during, or after other discomforts.
- Other signs, including breaking out in a cold sweat, nausea, or lightheadedness.

Call 9-1-1 immediately! Don't delay.

The heart is a muscle. It can deteriorate with each passing minute you delay medical treatment. Don't ignore your symptoms, and don't drive yourself to the hospital. Their crews often hear heart attack patients say, "I wasn't sure it was a heart attack," or "I didn't want to bother anyone."

Remember, Tualatin Valley Fire & Rescue is here for you. Their highly trained paramedics can diagnose a heart attack and start treatment right away. Crews can also relay your EKG information to the hospital, enabling its staff to activate special heart teams and prepare for your arrival. Visit www.tvfr.com to learn more.

Safe Routes to School wins grant

The Beaverton School District will receive \$158,000 through the Metro Regional Travel Options grants program to implement the Safe Routes to School Program. The Safe Routes to School program will benefit students by providing education on safe walking and biking practices to and from school.

Kevin Sutherland, Public Safety Director says, "Our Safe Routes to School Program focuses on six E's they are: Engineering, Education, Evaluation, Equity, Encouragement and Education. We will be working across the District to evaluate our current program and make enhancements focused on keeping students safer and healthier."



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