



FREE

Cedar Mill News

Volume 17, Issue 3

March 2019



Like us on Facebook for timely updates

Sign up to get The News online: cedarmillnews.com/signup

Featured Business

Oregon Duck football star LaMichael James opens Killer Burger

by James Bruce

Oregon sports fans who followed the stellar career of running back "LaMike" James might be surprised to find him serving up delicious burgers in one of the



newly opened businesses in the Cedar Hills Crossing.

The burgers are carefully built with locally-sourced Fulton Provisions beef, crispy pickles, and bacon on every burger (except the Minimalist, where bacon is served on the side). From there, you can go classic or outrageous, including

a burger with peanut-butter sauce. At first glance, you wonder how you'll wrap your mouth around the thick burgers, but they're wrapped in a way that makes it easy to munch away. Vegan patties, a lettuce wrap, and gluten-free buns are available, too. All burgers come with a side of French fries. Enjoy your burger with a choice of local beers and ciders, or fountain drinks.

La Mike was gracious in

spending time with us to answer our questions about football and franchising.

In addition to all your accomplishments on the football field you also ran track while at Oregon, with high finishes at events like the Pac-10 championships. What inspired you to compete at track in addition to football?

I mainly ran track to stay competitive for football. Track helped keep me in top shape and I loved the challenge of competing at that level. I didn't get much time to practice with the track team, so that was a bit of a challenge. But, it was something I look back on and I really enjoyed.

Can you pick a favorite touchdown play from your time at Oregon? The one against Auburn in the National Championship is up there for me.

All of them. Seriously I enjoyed each and every one. I can't pick one. Well, maybe the one against Tennessee. That was a good one. *The 72-yard run?*

Yes, that was a fun one. *Who would you consider the toughest rival while at Oregon, the team you got the most pumped up to play against and wanted to beat the most each year, and why was it Stanford?*

It was definitely Stanford. Because they were always so competitive at that top level, that was the team we always got up for. Teams like Washington and Oregon State, yes that is a rivalry, but for me it

Continued on page 8

Controlling priority weeds in the Tualatin watershed

by Tyler Pedersen, Invasive Species Program Coordinator, Tualatin Soil and Water Conservation District

During the first week of February, you may have received a Permit of Entry (POE) letter from the Tualatin Soil and Water Conservation District's Invasive Species Program. This year, Tualatin SWCD took over management of the invasive species program from Clean Water Services, which has worked for the past 5-10 years to control priority weed species throughout the Tualatin Watershed, including along Cedar Mill and North Johnson Creeks.

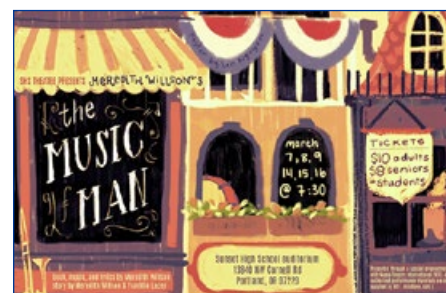
Invasive weeds pose a danger to the environment in several ways. Their aggressive growth crowds out native plants that provide food and shelter for wildlife. They can affect drainage and other natural functions in the watershed. Left to spread, they become harder and more expensive to remove.

Sunset News

Sunset Spring Musical "The Music Man"

by Auveen Hajar
Thursday/Friday/Saturday, March 7-9 and March 14-16, 7:30-9:30 pm, Sunset High School Auditorium

Students from Sunset's theatre program present "The Music Man," a romantic comedy about a con man, Harold Hill, who poses as a boys' band leader in a naive Iowa town, promising to deliver music lessons. However, Harold secretly plots to leave town without giving any lessons.



Management of several invasive weed species, including woody knotweed, garlic mustard, giant hogweed and purple loosestrife is



Garlic mustard appears as a cluster of round leaves during the first year.

provided at no cost to the landowner. Infestations of woody knotweed and garlic mustard have been found and treated on Cedar Mill and

Continued on page 9

of December 2018 and was used for the first time during the Winter Choir Concert performance of "Les Miserables." The theatre renovation fund is still looking for donations. Click the fundraiser link on the website to learn how you can help.

Continued on page 11

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

Cedar Mill Laundromat reopens in new location

Brian Bones is excited to reopen the popular business that was displaced because of the redevelopment of the Milltown Center at Cornell and Saltzman. He and his



crew have been working hard to bring an entirely new level of equipment and service to the community.

"A lot of our customers come in to do large items—quilts, blankets and so on," he says. "That's why we have focused on the high-capacity machines. The new equipment includes 10 giant 62-pound-capacity washers. These are also great for people who just want to get all their family's wash done at once. We also have six medium 30-pound-capacity washers."

He continues, "Reversing cylinder dryers include four 67-pound dryers, and ten 50-pound capacity units. Reversing gas dryers alternate the direction of the basket, thereby unrolling the large items from a ball and drying them in less time and with fewer wrinkles. This feature has been employed in the large industrial laundries for many years, but is all new to coin laundry dryers."

The new laundromat will feature

Wi Fi, USB charging, and 50" HDTV.

Business hours will be 6:30 am to 11 pm seven days a week. Watch for the opening later this month, in the space at the north end of the Bales Marketplace building.

Bethany Village Spring Fling

Saturday, March 16, 10 am-5 pm,

Swing into spring and support your local Bethany Village businesses with a fun day of deals, discounts and special incentives! Grab a passport from any participating business, get a stamp from each business, and return the completed passport

to Bethany's Table between 10 am-5 pm for a chance to win a special Bethany Village gift basket!



New dentist at World of Smiles

We are beyond thrilled to welcome Dr. E Chioma Onwuka to World Of Smiles Pediatric Dentistry! She will join Dr. Michelle Stafford and her team who have been proudly serving the Cedar Mill area and greater Portland since 2008.

As a pediatric dentist, Dr. Onwuka values preventive dentistry as the core of her practice philosophy. For this reason, she strives to build strong relationships with her patients and their families in order to provide adequate oral health education and, in turn, quality, comprehensive dental care.

Dr. Onwuka is a board certified pediatric dentist. She received her Bachelor of Science degree in Biological Sciences from Stanford University in 2006 and her Doctor of Dental Surgery degree from the University of California, Los Angeles in 2010. Her pediatric dental training was based full time at two community clinics in Yakima,

Washington. In Yakima, there is a great need for pediatric dental care and her program provided a unique training experience as she gained a very high level of clinical exposure treating children and adolescents of all ages. After residency, she spent several years working as an associate dentist in the greater Los Angeles area.

Dr. Onwuka was born and raised in Southern California, but she is excited to be back in the Pacific Northwest serving the dental needs of the children in the area. In her free time, she enjoys hiking, watching movies, and spending time with her loved ones, including her fiancé, Chidi.

Village Gallery news

Village Gallery is a non-profit educational art gallery in operation since 1963, located next to the Cedar Mill Library. Hours: Monday-Saturday 10-4; Sunday 12-4. For more information, visit villagegalleryarts.org or call 503-644-8001.

March Show—Baby Animals

Show Opens Monday, March 4; Reception: Sunday, March 10, 2-4, free

Join us for refreshments and enjoy meeting our talented artists. Featured artist Jo Reimer is a creative being who loves to surround herself with beauty. Making art with paint, ink, and graphite on paper and canvas gives her a daily infusion of joy. She is passionate about collage and color, and her art is how she makes sense of the world and connects with others.

Featured Crafter Natasha Ramras has been interested in art since she was a child, and throughout her lifetime has explored a wide variety of media. She paints in both oil and watercolor, inspired by the beauty of the Pacific Northwest, and has also gotten hooked on the beauty of silk painting, which has similar qualities to those of watercolor. Lately she has been exploring jewelry making, using sterling silver and semiprecious stones.

Please [see our website](#) for information on our complete class lineup. To register, visit or call the gallery at 503-644-8001.

Senior housing help

Your heart aches to see your aging parent struggle through their day. Maybe you've tried to convince yourself it's just a phase. Cherie Henry and Catherine Camp enter this scenario daily. As Senior Living Advisors and owners of Autumn of Life Senior Housing and Advisory Services, LLC, they provide assistance to seniors and their families looking for higher levels of care.

Many adult children are balancing family, packed schedules, and full-time jobs. Often unexpectedly, they find themselves caring for their parent(s). Autumn of Life can help save countless hours of time. Cherie and Catherine are familiar with the providers' abilities and reputations. They check county and state substantiated complaint records, visit every place they recommend, and understand licensing differences between the over 300 communities and 900 adult care homes in the Portland Metro Area. It's overwhelming for most to research thoroughly.

It's crucial for them to meet face-to-face with their senior client and/or their family. Whether it is a discussion in a living room or a visit in the hospital/rehab, meeting

in person helps them determine where to begin their search. Their services are often referred by hospital social workers, rehab case managers, hospice caregivers, and by previous clients.

With a detailed profile of each client's needs, wants, and finances, they narrow down a huge list to a select few. It's not unusual for them to talk to over 40 adult care homes to find the perfect match. After gathering all pertinent information, they present their findings and accompany the client on tours, providing support and education along the way.

For their clients, Autumn of

Continued on page 10



Silk painting by Natasha Ramras

The Cedar Mill News © 2018

Published monthly by
Cedar Mill News LLC
PO Box 91061
Portland, OR 97291

Online: cedarmillnews.com

Copy Editor: John Ramey

Business & Community News Editors:
Cami Villanueva, Genevieve Coblentz,
Emily McClaghry

Website Production: Georgia Stanley

Publisher/Editor: Virginia Bruce

503-803-1813

info@cedarmillnews.com

Printed by Pacific Office Automation

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

CPO 1 news

NO March meeting

We're taking a break in March. The April 9 meeting will feature candidates for board elections for Tualatin Hills Park & Recreation District, Beaverton School District, and others.

Cedar Mill Town Center Plan

During our February 12 CPO 1 meeting, we discussed the need to revisit the Cedar Mill Town Center Plan. This plan was written in the 1980s, and has never been updated, aside from a few "housekeeping" changes. Erin Wardell, Principal Planner, Transportation Planning, LUT Planning and Development Services, discussed transportation aspects of the Plan. There was general agreement among CPO members that [the plan isn't serving us well](#).

However, Washington County is not likely to address the situation, as we learned from the newly-elected Chair of the County Board of Commissioners at the February meeting of [CCI](#), the leadership group of all county [CPOs](#).

One suggestion that's been discussed for years is to form a new Urban Service District to

provide additional planning and community services to our urban unincorporated area. Funding, even for a study of this possibility, won't come from the county, we're told. A group may be forming to explore other ways of proceeding—perhaps by partnering with the Portland State University's Urban Planning department. Anyone interested in following up is encouraged to contact Virginia Bruce, vrb@teamweb.com

Neighborhood meetings

Eight-lot subdivision

Thursday, March 11, 6:30 pm, TVF&R Station 50, 8585 NW Johnson St.

Pioneer Development Group is proposing an eight-lot subdivision at 1700 NW 119th Avenue. Neighborhood meetings provide a forum for the applicant and surrounding property owners/residents to review the proposal and identify issues so that they may be considered before the formal application is turned in to the county. Plans presented are preliminary and may be altered before submission.

For more information, contact Wayne Hayson, whayson@pd-grp.com

[com](#) or 503-643-8286.

Sunset Surface Parking

Tuesday, March 13, 6:30 pm, Beaverton City Council chambers, 12725 SW Millikan Way

The Beaverton Planning Commission will review the J. Peterkork & Co. application to build a 460-stall paid parking lot adjacent to the Sunset Transit Center. [Read more in last month's News.](#)

Read The News online:
cedarmillnews.com

Cedar Mill Christ Preschool
Growing Together (503) 646-2265
www.CedarMillChristPreschool.org
NOW ENROLLING
classes for age 20 months through age 5

Sunset Athletic Club
Cedar Mill's Outstanding, Family-Oriented, Sports, Fitness and Racquet Club
Across From Sunset HS
503-645-3535
Locally Owned/Operated
www.SunsetAC.com

Pilates Reformer Studio
Meet our instructors at sunsetac.com/pilates

New Business: College Nannies and Tutors

by Auveen Hajar, CMN student writer

Are you in need of a nanny or a tutor? Are you having trouble finding just the right person to watch your kids? Or are you trying to

Sitters! In addition, all of the College Nannies and Tutors offer you direct employees, not referrals.

Brian Reich, the franchise owner, has spent over 25 years in the high tech industry. About a year ago, Brian began managing one of the franchises, which had recently moved into the Cedar Mill area.

Very recently, College Nannies and Tutors began offering a tutoring service for college-bound middle and high school students. The tutors, who are also trained and highly qualified, offer homework and test help.

Interested in getting in contact with College Nannies and Tutors? You can learn more about them online at collegenanniesandtutors.com/beavertonor. You can also email them at nwportlandor@collegenannies.com and contact them by phone at 503-985-9414. They are located at 12670 NW Cornell Road, in the "triangle center" near Baby & Me.



study for the SAT or ACT, or have a child that could use help in one or two subjects? College Nannies and Tutors is a new local business that offers trained tutors and sitters who can offer you assistance at any time!

College Nannies and Tutors offers babysitters who have been screened, passed background checks, and have been trained extensively. You can even get a sitter on the spot with their new app, "My

Bring in this ad for
10% off
through March 31, 2019

Hours
Mon-Sat 10 am-9 pm
Sun 10 am-8 pm
760 NW Dale

WESTERN OREGON DISPENSARY™

SCHOCH DAIRY
HELVESIA, OR
AND CREAMERY

From the farm to your fridge. In hours, not days.
Fresh milk daily, 7 am - 9 pm
24335 NW West Union Rd • 503-647-2638
schochdairy.com

Get your share of fresh organic veggies delivered weekly to a convenient Bonny Slope location!

Sign up online at:
lovefarmorganics.com

love farm organics
a family-owned, organic, community-supported agriculture farm

Autumn of Life
Senior Housing & Advisory Services

Seasoned advisors assisting you and your family in finding the best senior living options in the Portland Metro Area.
Our service is free for clients!

AutumnOfLife.net **503-701-5054**
DHS Reg. #1025

COMPUTER HELP?
CALL THE EXPERTS!

ELECTRONICS UNLIMITED

serving Cedar Mill

\$22 Off First Appointment

- ▶ Spyware/Adware/Virus Removal
- ▶ Hardware & Software Troubleshooting
- ▶ Affordable Backup & Recovery Solutions
- ▶ Specializing in Server & Laptop Repair
- ▶ We Service Business & Home
- ▶ On-Site - Day, Evening and Weekends

503-848-9191

Locally Owned and Operated Since 1995 • Best Service at Best Price!

www.eucomputers.net

Peninsula INSURANCE
A DIVISION OF TIMMCO INSURANCE, INC.

Bob Rosson
12700 NW Cornell Road
503-644-5333

Safeco Insurance

Refinish First LLC

Restore, Refinish, Paint and Reface

2017 Angie's list SUPER SERVICE AWARD

Previous awards 2013-16

Visit our Showroom! Monday-Friday 9-5 and by appointment

Call for a free estimate 503-620-5541 www.refinishfirst.com

Thank you Cedar Mill for supporting our business for 6 years!

Lic #: 208312

Dean H. Shade Attorney at Law

503-644-5539
13765 NW Cornell
dshadelaw@earthlink.net

How will the Beaverton School District budget shortfall affect our schools?

By now, you have likely heard that BSD discovered a \$12 million deficit for the 2018-2019 school year. There were several reasons given for the situation, including increased maintenance costs, incorrect projections for various programs, and the impact of the Oregon Pay Equity legislation that was passed last year.

BSD Public Communications Officer Maureen Wheeler says, "We are in the process of trying to recover \$8 million out of a \$12 million deficit this school year. The District has identified several actions to reduce spending this year, that include the following:

- Restrict substitute usage for non-classroom positions for an anticipated savings of \$2M.
- Reduce non-salary budgets by 20% for all schools and departments

History in the News

New Washington County history book

A new book from Arcadia Publishing will be released later this month. Compiled by Art Sommers and Karen Kearns from the Washington County Museum image collection, "Washington County" features people and places in our county from the late 19th century through the mid-20th century.

Sommers moved to Hillsboro in 2016 and began to volunteer at the Museum. He had published five previous Arcadia books about California. He asked fellow Museum volunteer Kearns to assist him in selecting images from the collection and writing captions.

"We started with 400 images, we scanned 300, and from there we

for an anticipated savings of \$2.6M. Reduce Teaching & Learning non-salary budget for Quality Curriculum Cycle and textbooks for an anticipated savings of \$2.6M.

Freeze hiring for non-classroom positions for an anticipated savings of \$800K.

"These actions will be implemented immediately but will not cover the entire projected shortfall. The balance of the shortfall for 2018-2019 will be carried forward to 2019-2020. To minimize disruption to schools, students and staff mid-year, the current year's reductions do not include layoffs or a reduction in school days.

"These reductions will be difficult, but they are necessary to help balance the budget for the current year and not increase the cuts for the next fiscal year. There are no

staff layoffs. Students will not see any change in the classroom."

It's unclear whether there may be layoffs next year.

We attempted to contact principals at several Cedar Mill schools to find out how these cuts were affecting their schools, but were referred back to Wheeler. Some schools may need to rely more on parent and community volunteers to fill the gaps. If you have kids in school, you might want to reach out to their teachers or get involved in your school's parent group.

The BSD budget is reviewed and approved by the Budget Committee, which consists of the BSD Board and seven community members. Note that several BSD Board seats expire in June. The [Washington County elections page](#) shows that nobody has yet filed to challenge any of the incumbents.

narrowed it down to the 200 images required for an Arcadia publication," said Sommers.

Topics include early pioneers, transportation, business, schools, and service organizations and churches.

Unlike most Arcadia books, this one has a short index. Sommers said that his experience with Arcadia allowed him to work out this and a few other changes to the standard format. Note that there are no images of Cedar Mill in the book.

The book will be released on Monday, March 25, with a book signing at 7 pm at Powell's Books at Cedar Hills Crossing. Another book signing will be held on April 20 at the Washington County Museum.

Cedar Mill History Club enjoys recalling Murray businesses

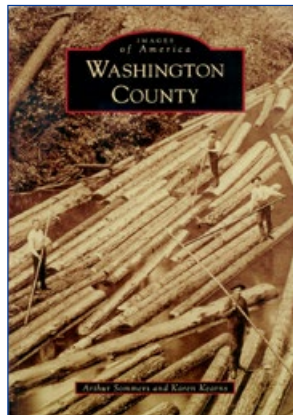
Around a dozen people enjoyed cookies and beverages at The

Ackerly Timberland on February 21, during the latest meeting of the informal Cedar Mill History Club. With the help of a large aerial photo loaned by Bales Findley Property Management, we remembered Joe's Grocery, originally located in the two-story building that used to be at the southeast corner of Murray and Cornell, later moving to the building that is now Miller Paint. Some recalled that the grocery included a cold-storage room where the butcher let locals store their own meat and game. The butcher later worked at Bales, but nobody could remember his name.

The two-story building also housed Mack's Auto Parts. Further down Murray, C&H Hardware occupied the building that now contains Haven Coffee and Muttley Crew doggie daycare. Many also recalled HumDinger, a hamburger restaurant that served generations of families and students from Sun-set High.

The buildings at the corner, and the HumDinger, were removed to make way for the [widening of the Murray Cornell intersection](#). Later this year [Community Partners for Affordable Housing](#) are expected to begin construction of low-income housing on the remaining lot.

The next meeting of the History Club will be sometime in April. [Sign up for the mailing list](#) or join the [Historical Society Facebook group](#) to get more information.



2nd edition resale

Now featuring Spring fashions & a shop full of fresh merchandise... come see what's new!

12505 nw cornell road
(at the east end of Cedar Mill Library)
All sales benefit Cedar Mill Library Assn.

\$\$\$ CASH \$\$\$
FOR JUNK CARS

FRED'S AUTO REMOVAL
Call or text 503-810-3061
Fred'sAutoRemoval@gmail.com

Park News

Somerset West Park Phase 1 improvements

Tualatin Hills Park and Recreation District (THPRD) held an open house in February to present the plans for upgrades to the park. Neighbors who attended seemed to be pleased with the proposed improvements. Drainage has been a problem at this park, making much of it unpleasant to use during the rainy season.

Phase One of the project will include “daylighting” the stream that runs more or less east-west through the park. The pipe that currently carries the stream to a culvert that runs beneath 185th will be removed, and the streambed will be recreated and planted.

A loop path around the northern half of the park will be dry, accessible, and usable year-round. A new playground area will be constructed south of the existing outdoor swimming pool, with both traditional play equipment and some nature-play features. A patio and covered



ment & Partnerships Specialist, at 503-614-4007 or lharden@thprd.org. They hope to put together their application by mid-March to make sure they meet their deadline.

Dog Park recommendations in Parks Functional Plan

THPRD has been hearing from many area residents that they need to provide more off-leash spaces for owners to let their dogs get exercise and socialize with other dogs. In an effort to respond to the demand, the administration asked the Parks and Facilities Advisory Committee to study a variety of issues and make recommendations to include in an updated Parks Functional Plan.

Keith Watson, THPRD’s Community Programs Manager, says, “We worked directly with the Parks & Facilities Advisory Committee over an eight-month period in 2018. The dog park topic was on their agenda starting in April and interested members of the public were invited to attend. We also offered a public survey specific to dog parks that garnered almost 700 responses.”

Committee members visited dog parks in the district and throughout the region, and considered the feedback from the public to make

their recommendations.

The new section of the Plan begins: “Dog parks are an important component of the district’s park system and ensuring their distribution throughout the district is critical... THPRD’s current policy on dogs was developed to keep parks clean, safe, and sanitary; it requires that dogs be kept on leash unless in a designated, fenced dog park.”

The new section notes that the existing three parks with off-leash areas (Winkelman, Hazeldale, and PCC) contain all the traditional amenities. It goes on to say that, “public input has suggested that THPRD dog owners would like to see more options at their local parks. These would be smaller areas within neighborhood parks that may not have all the usual amenities and would serve a more local crowd.”

“A dog park is a larger (at least one acre) fenced area designated for dogs to exercise and socialize off leash. Design elements shall include: a minimum four foot perimeter fence, double gates for entry, separate areas for small and large dogs, appropriate surfacing for the chosen location, seating (benches), shade, fountain or other appropriate water source, covered trash receptacles, dog waste bag dispensers, and regulatory signage. The dog park is typically included as part of an overall park development process.

“A dog run is a smaller (10,000

square feet) fenced area designated for dogs to exercise and socialize off leash. Design elements shall include: a minimum four foot perimeter fence, double gates for entry, appropriate surfacing for the chosen location, covered trash receptacles, dog waste bag dispensers, and regulatory signage. The dog run is typically an added amenity to an existing park following a specific request and community outreach process.”

Watson says, “The next big challenge is finding sites. As you know, this has been the biggest hurdle with past efforts to add new dog parks. This step in the process will require a very thorough public outreach process and planning effort. No definitive timeline for this effort as of yet.”

If you want to read the full text of the new section of the Functional Plan, it’s available as part of the Board Packet for the February 12 meeting on the [THPRD website here \(beginning at page 29 of the PDF\)](#).

It’s good to know that THPRD is responding to the demand, but it may still be some time before dog owners get more options. Be sure to pay attention to the upcoming election in May, when four of the THPRD Board positions will be on the ballot. CPO 1 will invite all the candidates to their April 9 meeting so we can hear their positions on this and other topics.



Conceptual drawing of the new play area

picnic area will be built between the playground and the pool.

THPRD is applying for a Local Government Grant from Oregon Parks & Recreation Department to help fund redevelopment of the park, supplementing current bond funds. They are looking for letters of support from anyone who would like to see these improvements. If you can provide your input, please contact Liana Harden, Engage-

NO STRESS WITH POINT S

503-643-6767
301 NW Murray Blvd

Sunset TIRE FACTORY

CBD MEDICINE FOR LIFE

Helpful for:

- sleep
- pain
- anxiety
- pets and more

Safe, effective, 3rd-party tested
Hemp-based CBD

760 NW Dale (enter from parking lot)
Hours: M-Sat 9:30-7 • Sunday 10-6

BETHANY FAMILY PET CLINIC

503.828.9178

BethanyFamilyPetClinic.com

15066 NW Central Drive Portland, OR 97229

OPEN 7 DAYS A WEEK

FREE Senior Home Placement
Call us first
 We will compare, tour, and make recommendations based on health needs, lifestyle, location preference, and budget.
Our services are FREE!




Living Well
 Bess Lindahl • 971-330-4743
 LivingWellSenior.com

Proudly serving Cedar Mill & Beyond since 2008!




WORLD OF SMILES
 Pediatric Dentistry
VISITWORLDOFSMILES.COM

CCB #92522



NOYES
 DEVELOPMENT CO.



HIGHLANDS
 at North Bethany

NOW SELLING 93 NEW LUXURY HOMES

COME SEE THE DIFFERENCE

Carefully Crafted.
 Meticulously Finished.
 Designed & Constructed for Life.
 noyesdevelopment.com



Badger Tree Service
 Certified Arborist

Two generations of LOCAL Expert Tree Care

Tree • Hedge • Shrub Care
 Ornamental/Bonsai Pruning
 Lot & View Clearing
 Removals
 Stump Grinding
 Brush Chipping

Badger Tree Service Inc.
503-648-7445
 Licensed, bonded, insured
 CCB #82766

SPRINGTIME IS MULCH TIME

CEDAR MILL Landscape Supply

MULCH
 BARKDUST
 SOIL MIX
 SAND
 ROCK & GRAVEL

12700 NW BARNES
 LOCALLY-OWNED SINCE 1947



503-644-9101
 WE DELIVER OR YOU HAUL
 www.CedarMillLandscapeSupply.com

Protect your identity with Cyber Scout - **FREE** when you Join Sunset Credit Union



Identity theft is on the rise. Get the protection you deserve with CyberScout. A FREE service when you join Sunset Credit Union!! Stop by to learn more.

1100 NW Murray Blvd. #100
 Portland, OR 97229
 503.643.1335
 sspfcu.com





Plant Sales and more...

Drip Irrigation-How What When Where Why and You

Saturday, March 16, 10 am-noon, Building 4 Workroom, at PCC Rock Creek campus, 17705 NW Springville Rd (see directions below)

Thinking about drip irrigation but not sure where to start? In this session we'll cover the following: drip vs. overhead watering; how to convert an existing system from overhead to drip; determining water needs for your site's size, light conditions, soil and plants; installation options; resources for information and supplies; tour of irrigation system at WCMGA Education Garden at PCC Rock Creek: hands-on activity with take-home sample plus ample time for questions.

Enter from Springville Rd, follow past Building 9 and continue straight on the gravel road to Building 4. Parking is free campus-wide on Saturdays. Free event, free parking, no registration needed. Event is held, rain or shine. Hosted by Washington County Master Gardener Association

Restore the Natural Areas of The Bluffs Park

Saturday, March 16, 9 am-noon, The Bluffs Park

Join us as we continue to remove English ivy and Himalayan blackberry from the natural areas of The Bluffs Park, nestled in the hills of Cedar Mill. Staff and volunteers have made great progress in restoring the park over the past few years. Join us as we continue the fight! Please bring a reusable water bottle to drink from throughout the event. Tools, gloves, snacks and a water cooler will be provided.

Meeting Place: The Bluffs Park is located between 119th Avenue and Saltzman in The Bluffs neighborhood. Volunteers will meet at the trailhead located at the end of Haskell Court, which is just off of NW Big Fir Circle.

[Register here.](#)

Working with Mason Bees - Hands-on Workshop

Sunday, March 31, 12-2 pm, Tualatin Soil and Water Conservation District, 7175 NE Evergreen Parkway, Suite #400, Hillsboro, free

Join Tualatin Soil and Water Conservation District and local bee experts from Bee & Bloom to learn about creating bee-friendly habitat

in your backyard to support important pollinators! This workshop will have a focus on the lifecycles and nesting strategies of mason bees, and you'll construct a mason bee house to take home with you!

This [workshop](#) will include: A presentation on bee diversity and conservation; Tips for creating the perfect pollinator habitat; An in-depth discussion of working with mason bees; Construction of a custom tunnel-nesting bee house and native flower seed mix to take home!

Skyline plant sale
 Friday and Saturday, April 5 and 6, 9 am-5 pm, 11275 NW Skyline Blvd., Portland

All plants are acquired from licensed nurseries.

Native Plant Section: Over 110 species of native wildflowers, shrubs and trees! We have native plants that thrive in sunny, shady, wet or dry locations; plants good for erosion control, are drought-tolerant, are beneficial to birds, bees, and other wildlife.

All available as Native Pre-Order or during the sale. Place a Native Pre-Order soon to better assure getting what you want since some species may be in limited quantities. We fill the Pre-Orders on a first come, first served basis. You can print out the "Native Pre-Order Form" and "Descriptions of Native Plants" for your convenience at srn-pdx.org/events.html. The deadline for Native Pre-Orders is March 27.

Bareroot Section: We will have a good selection of bareroot fruit-bearing, shade, flowering, ornamental trees, and ornamental shrubs. Most of these bareroot trees and shrubs are not true PNW "natives," but they have been selected for their compatibility to thrive in our area without out-competing plants in our native habitat. Bareroot stock is NOT available to order on the Native Pre-Order Form. They are available only during Sale days.

Bring the Forest Home and support Washington County Students

Saturday, March 16, 9 am-3 pm, The Hillsboro Armory, 848 NE 28th

It would be a rare person who didn't appreciate the beauty of our woodlands and native plants. Much of the forest land in Washington County belongs to people owning

small tracts of woodlands. Many of these people are members of Oregon Small Woodlands Association, Washington County Chapter. Our goal is to support the health and sustainability of woodlands and share what we learn with others.

For the past 19 years, we have shared the beauty of native plants and trees with the public through our annual Native Plant and Tree Sale. Native plants adapt well, require less water and fertilizer,



attract wildlife, bees and butterflies, and they love to be planted in early spring. All profits from the sale goes to support scholarships at the OSU College of Forestry with preference given to a Washington County student. You can find a complete plant list at wscwa.com. If you have any questions, please call 503-747-3095 or 503-324-7825.

Growing Organically

A good choice for winter color

by Margie Lachman

There are a number of shrubs that give winter color in our gardens. One of my favorites is Mahonia x media 'Arthur Menzies.' The plant was named for Arthur Menzies, who was Assistant Director of Strybing Arboretum in Golden Gate Park, San Francisco. Mr. Menzies was given seeds of Mahonia, which he grew, but only one proved to be hardy. All the 'Arthur Menzies' Mahonia plants available now came from this plant.

This is a beautiful evergreen native to (or naturalized in) Oregon that blooms with panicles (shaped much like lilacs) of upright fragrant yellow flowers in winter. The blooms last for weeks and provide nectar for the hummingbirds that pollinate them, resulting in dark blue berries.

Many birds enjoy eating the berries in summer. The rich blue-green foliage reminds me of Japanese holly fern but is stiffer, with prickly holly-like edges. The frond-like leaves are two feet long, assuming a pleasing horizontal shape that

is tropical in feel. The shrub will grow to about eight feet tall by five feet wide. When established it will be drought tolerant and undemanding.

A placement in well-drained soil, in sun or partial shade, will ensure a healthy plant. It will tolerate clay soil but adding compost and some pumice or turkey grit is recommended at planting. This is a great time of year for planting, because roots have time to develop before the weather turns warm and dry. In full sun, occasional water will keep its green color. Pruning is not necessary except to remove dead or broken foliage.

I love this elegant shrub for its stately presence in the garden, lend-

ing textural variety. Its easy culture recommends it to gardeners. Because of its holly-like prickly edges



it would make a great barrier plant to prevent or limit foot traffic.

A handsome architectural plant that brightens our gray winter days, feeds birds, is easy care and good-looking every month of the year... what more could we ask of a shrub?

Questions? Email me at mar-gierose2@gmail.com or call 503-645-2994.



Memory care that's celebrating every individual.

The Ackerly Retirement Community is proud to offer Opal, our signature memory care program, based on our whole-person approach. By tailoring our services to meet the unique physical, social, and emotional needs of your loved one we ensure that each day is filled with purpose and meaning.

The experience is unique, and our program uses a combination of our residents' life story and our seven pillars of wellness to ensure that your loved one is comfortable, cared for, and celebrated in their own individualized way.

Call to learn about the Pot of Gold incentive waiting for you in March.

THE SEVEN PILLARS OF WELLNESS



PHYSICAL



SOCIAL



EXPERIENTIAL



THERAPEUTIC



EMOTIONAL & SPIRITUAL



CREATIVE & ARTISTIC



SENSORY

It's More Than Retirement. It's Five-Star Fun.

Portland • (971) 217-9146 • theackerlyattimberland.com

A LEISURE CARE PREMIER COMMUNITY

THE ACKERLY

AT TIMBERLAND





Experience an exceptional beginning.
Nurturing individuals 3 to 12 years old with Montessori education.

msb.org

Providing Quality Pet Care since 1972

General Medicine / Preventive Care
Dental • Nutrition • Surgery
Referral Cancer Therapy
Cold Laser Therapy

Boarding Grooming



M-F 7:30 am-7 pm • Sat. 8 am-2 pm

503-690-8249
www.sunsetanimal.com
Frederick W. Labavitch, DVM

Sunset Animal Clinic
14740 NW Cornell
in the Oak Hills Center



Join us for our grand opening celebration!

FIELDSTONE[®]
CORNELL LANDING
An Assisted Living & Memory Care Community

Thursday, March 7 | 5-7 pm | Ribbon Cutting 6 pm

Enjoy gourmet hors d'oeuvres prepared by our Executive Chef, as well as local wine, beer & live entertainment.

RSVP to 503-292-9222
or register at fieldstonecommunities.com/go

9860 NW Cornell Rd, Portland | fieldstonecornell.com

Killer Burger, Continued from page 1
was always Stanford because of the challenge of playing against a team that competes and drives at such a high level.

When you ran for 288 versus Arizona, what do you think allowed you to have a performance like that?

That was a special day. I know our offense lined up really well against their defense that day. They couldn't keep up and we definitely had the stamina.

Playing for Coach Kelly in that era must have been pretty special. How different was he from other coaches you'd played for?

Just the level of dedication with him. It was all football all the time. His dedication was like no one else. *Was he pretty much all business with players or did you ever see a lighter side of Coach Kelly?*

95% business, 5% lighter side. He was not hip but he was an excellent motivator and did a great job connecting with the players. We had a special bond in the locker room, everyone was working together with a common goal for that national championship, so we all supported each other, and a lot of that came from Coach Kelly.

Coming in to the NFL you played with guys like Frank Gore and Brandon Jacobs – what was it like playing with those guys?

Those guys taught me a lot off the field, as much as on. What it is like to be a professional. The locker room in the NFL is a lot different than in college. You have guys at all different stages, some guys are out to party and have fun, other guys have a family and are strictly business. So it is a different environment in the locker room.

Did you get to interact much with Kaepernick?

Oh definitely while I was in San Francisco. I really admire his dedication both on and off the field. He was very professional and I enjoyed working with him.

Are you involved in football these days?

No, not at all. These days my business is here at Killer Burger. I am 100% focused on this now. Not looking back.

How did you choose the Killer Burger franchise?

I started eating their burgers at the Sherwood location, and I liked that they were locally run. They are very supportive for their franchise owners.

What is the best thing on the menu at Killer Burger?

All of it! I like the Jose Mendoza with the roasted green chiles.

What has been the biggest challenge in getting the business to the point its at today?

Hard to say one thing in particular. The amount of work it takes on a daily basis to be

successful. There is a lot that goes into it. Creating structure is very important. I am here early in the morning and usually last at night. It is a lot of work but I love it.

What is your favorite part about owning a Killer Burger?

Getting to interact with customers and seeing how excited they get to come in and try the food. And I've been able to apply the lessons I learned about team play to building our crew. They know how to work efficiently and still have a good time.

LaMike doesn't mind at all when customers recognize him and want to chat and take selfies. Killer Burger is located at 2905 SW Cedar Hills Blvd #105, in the new section of the Cedar Hills Crossing Center south of Jenkins. Call 503-747-3069 for takeout service, or use one of the delivery services. Learn more and view the menu at killerburger.com.

Annual Parent Information Series Features Talks by Experts

Cedar Mill Community Library's annual Parent Information Series offers up-to-date insight into child development, child/parent communication, and modern parenting challenges. The evening workshops are led by psychologists, counselors and educators. All talks are open to adult members of public.

[Learn more at the library web-site.](#)



The Teemah burger comes with Bacon, Bleu Cheese Fondue & Crumbles, House Sauce, Grilled Onion & Pickle

Weeds, Continued from page 1

North Johnson Creeks, in addition to other parts of the watershed. Knotweed grows in the late spring/early summer and blooms around August, so you are not as likely to see it now.

However, springtime brings the emergence of garlic mustard, a nasty biennial herbaceous invasive that rapidly spreads by seed and emits chemicals in the soil that



Second-year growth of garlic mustard looks quite different.

limits the growth of surrounding plants. In the first year of growth, garlic mustard appears as rosettes that have kidney-shaped leaves. In the second year of growth, the leaves are more pointed and have toothed edges. Second year plants produce four-petaled white flowers and seedpods in late spring.

In April 2018, 559 patches of garlic mustard covering 0.4 acre were treated along Cedar Mill and North Johnson Creeks. Treatments

consist of either hand removal or herbicide spray. Licensed herbicide contractors or Tualatin SWCD staff use backpack sprayers to apply herbicides safely.

Due to annual surveying and control efforts by Clean Water Services and Tualatin SWCD, the extent of known garlic mustard infestations in the Tualatin Watershed was reduced by 94% between

2009 (75 net acres) and 2018 (4.6 net acres). While we are making headway controlling this invasive plant, more people are encouraged to participate in our program to stop new infestations from spreading and to help fill gaps in surveying and treatment.

Even if you think you do not have this invasive plant in your yard or near your creek, we still encourage you to sign and return the POE letter, since the presence of garlic

mustard (and knotweed) can change year-to-year and we need to confirm its presence or absence. Please provide your phone number or email if you'd like to be notified before surveying or control work occurs.

If you are interested in learning how to identify these and other invasive plants, consider attending our upcoming Weed Watcher Workshop on May 21 at St. Andrew Lutheran Church, 6-8 pm. Please RSVP on our website at www.tualatinswcd.org. Attendance is limited to 30 people per workshop, so we recommend you register early. If you can't attend this workshop, we also offer four more workshops in Hillsboro, Tigard, Forest Grove and North Bethany in late April and throughout May.

For more information about garlic mustard, your can download an information sheet at the 4-County Cooperative Weed Management Area website. Information on woody knotweed is located on the Tualatin SWCD website. Feel free to contact either Olivia Hurd or Tyler



Knotweed spreads quickly and can grow quite tall.

Pedersen at 503-334-2288 Extension 111 or email info@tualatinswcd.org if you have any questions or concerns. Thank you!

Legislative Town Hall

March 23, 10 am, Souther Auditorium of St. Vincent Hospital.

State Representatives Mitch Greenlick and Ken Helm and State Senator Elizabeth Steiner Hayward are holding a town hall. They will discuss the current legislative session and take questions from constituents.



Spring Registration



Saturday, March 2 at 8 am

Monday, March 4 for those outside of THPRD boundaries

To Register:


Visit thprd.org/portal or call 503.439.9400

Para obtener información en español, visite thprd.org



@THPRD:





MINDFUL TMS

A medication-free option for treatment resistant depression.

THE CENTER FOR HUMAN HOLISTICS
 Keith G. Lowenstein, M.D., P.C. Physician
 15160 NW Laidlaw Road, #240 | Portland, OR 97229
 Phone: 503.601.7004 | Fax: 503.601.6876
www.humanholistics.com

Transcranial Magnetic Stimulation (TMS) is an FDA approved treatment for major depressive disorder.



PACIFIC OFFICE AUTOMATION
 — PROBLEM SOLVED —

FOR OVER 35 YEARS

LOCALLY OWNED,
NATIONALLY RECOGNIZED

OUR PEOPLE MAKE TECHNOLOGY WORK.
 Document management, IT services, printers & multifunction products, and more for your digital success

Pacific Office Automation
 14747 NW Greenbrier Parkway
 Beaverton, OR 97006
 (888) 896-9029
pacificoffice.com

SHARP
LEXMARK **Canon**
RICOH **hp** **KONICA MINOLTA**

Business News, continued from page 10
 Life Senior Housing and Advisory Services is free. The adult care home or community the client chooses compensates their time, expenses, and services. Unlike many national online agencies, Autumn of Life does not share or sell a client's personal contact information.

After their client is settled, they follow up, confirming everything is going well. Cherie says, "Our goal is for a successful outcome, no matter what course it takes. Our relationships are built from sharing knowledge, compassion and a handshake (though more often it's a hug)."

For more information on Autumn of Life Senior Housing and Advisory Services, visit AutumnofLife.net or call (503) 701-5054.

Touchmark events open to the public

The public is invited to the following events at Touchmark in the West Hills. There is no charge for any of these events, but seating may be limited. To RSVP, call 503-954-1640. Touchmark is located at 840 SW Touchmark Way, adjacent to Southwest Barnes and Leahy roads.



Mardi Gras

March 5, 3 pm

Celebrate Fat Tuesday with a Mardi Gras parade fit for Bourbon Street, plus live music and New Orleans-inspired food and drink. Costumes are encouraged.

Culinary Passport: Ireland

Friday, March 15, 11:30 am

Are you or someone you care about interested in exploring assisted living? Take in the beautiful views from the Vintage Dining Room while enjoying traditional Irish fare and lively music during our travels to Ireland. Once a month, people can sample a different country's cuisine through Touchmark's Culinary Passport program.

Lunch & Learn: Don't Just Retire, Reformat

Thursday, March 21, 11 am

Author Dr. Lynda Falkenstein will provide a fresh perspective on retirement and living with purpose and fulfillment during this time of life. She will address key topics, such as getting focused and identifying your most important skills and

knowledge. Participants will receive a copy of Falkenstein's book, "Don't Just Retire: Reformat! Turning Your Life Experiences into Prosperity and Personal Happiness."

Ackerly public events

These events are open to the public, but do require an RSVP. Call 503-350-3400. The Ackerly at Timberland is located at 11795 NW Cedar Falls Drive.

Mardi Gras Cocktail and Masquerade Party

Tuesday, March 5, 3-4 pm

Bring your mask and beads or snag some of ours during the cocktail party on Fat Tuesday. Enjoy traditional treats and beverages.

Senior Fitness Class

Wednesdays, March 6, 20, and April 3, 2-2:45 pm

Fitness class geared toward 55+ age group. Focus is stretch, strength and maintaining or increasing mobility and balance. RSVP is required. Please call 503-350-3400.

St. Patrick's Day Dance at Elsie Stuhr Center

Thursday, March 14, 1:30-3:30, \$5 goes to Elsie Stuhr

The Ackerly is hosting a dessert table for this regularly scheduled event. Put on your dancing shoes and join our residents and other community members while we dance to a live, local band. Open to public.

Themed Dinner Route 66: Springfield

Thursday, March 21, 4-6

Making our third stop on Route 66! Dinner and drinks are provided.

Veteran's Social Hour

Tuesday, March 26, 10-11 am

Listen to a guest speaker and talk to fellow vets while you enjoy coffee and Danish pastries. A chance to meet new service men and be honored by The Ackerly.

How to Be a First-time Home Buyer in 2019

by *Sunset Science Park Federal Credit Union*

Buying your first home involves much more than simply making the decision to become a homeowner. Here's how to get on the right track to becoming a first-time homeowner in 2019.

Keep (or Get) Your Credit Score in Good Standing: Your credit score is one of the most important factors in your mortgage approval, because it's used to determine your risk as a borrower. Check

for errors on your credit report. The Federal Trade Commission estimates that one in four credit reports contains a serious error. You can receive your free credit report by going to annualcreditreport.com.

Pay all of your bills on time: Even one reported late payment can drop your score anywhere from 60 to 110 points, depending on your credit history.

Don't apply for new lines of credit or any other types of loans. New credit inquiries can drop your score, and taking on more debt can lower your mortgage affordability. Keep balances low on revolving credit (i.e. credit cards). Aim to keep balances less than 30% of your credit line. Most lenders recommend that your mortgage payment, including principal, interest, taxes and insurance, be less than 28% of your gross monthly income.

Start Saving: Even if you are eligible to purchase with a loan that finances 100% of the home cost, you're still going to need some reserves. You may need some cash for new furniture, new appliances, paint, hiring a moving company, etc.

Meet with a Mortgage Specialist: In today's hot home buying environment, a pre-approval should

always be the first step in home buying. To get a pre-approval, your mortgage specialist will run your credit score and compile a loan application with the information you provide regarding income, assets, employment, etc. The lender will analyze this information and determine how much you can afford.

If you have mortgage questions or need additional information about purchasing a home, visit Stephanie at Sunset Science Park Federal Credit Union or contact her at 503-643-1335 or stephanie@sspfcu.com.

Bonny Slope Preschool

Bonny Slope Elementary is now enrolling for Preschool for 2019-2020! If your child is four years old or will turn four before September 1, 2019 and you live in the Bonny Slope attendance area, you are eligible to apply.

Morning and afternoon sessions are available on Monday, Tuesday, Thursday, and Friday with optional home visits on Wednesdays. Each session is taught by a certified Beaverton School District teacher and two instructional assistants.

Cost is dependent on income (maximum cost/month is \$300).

Call us at 503-356-2040 for more details. Stop by Bonny Slope Elementary for an application or [print one online](#) and bring it in!

Washington County Forum

Mondays, 11:30 am, Coyote's Bar & Grill, 5301 W Baseline Rd, Hillsboro, free to attend, lunch available from the menu. Program starts at noon sharp!

The forum meets September through June, (except holidays). Following the speaker, there will be an opportunity to ask questions. Asking questions of our speakers is a privilege of Forum membership.

Monday, March 4, Peter Truax, the mayor of Forest Grove, will discuss the state of the city.

Monday, March 11, Frank Bubenik, the mayor of Tualatin, will discuss the state of the city.

Monday, March 18, Linda Mokler & Julia Gies, members of Defensa de la Dignidad, will discuss "What We Do & How We Do It."

Monday, March 25, Jason Snider, the mayor of Tigard, will discuss the state of the city.

Monday, April 1, Steve Callaway, the mayor of Hillsboro, will discuss the state of the city.

Sunset News, continued from page 1

Building Your College Profile—NCAA

Tuesday, March 5, 6:30-8 am, Sunset High School, Main Gym

Are you (or do you know) a student who is interested in playing an NCAA sport in a Division I or II school? Are you interested in building your NCAA college profile? Meet in the main gym on Tuesday, March 5 to learn a little bit about building your college profile!

Spring Choir Concert

Tuesday, March 19, 7-9 pm, Sunset High School, Auditorium

Join us in the Sunset High School Auditorium for a performance from several of Sunset's choirs! It will be an entertaining night with plenty of great performances by students. It is not something you're going to want to miss, so we hope to see you there!

For more information on Washington County Forum, [visit the website](#).

Sign up to get the News online: cedarmillnews.com/signup



TOUCHMARK

RESOURCE {FULL}

LUNCH & LEARN: TOUCHMARK PARTNERS WITH GREENFIELD HEALTH

Tuesday, March 12 at 11 am

GreenField Health experts will talk on the latest medical research regarding sleep, sleep issues, and methods for improvement.

LUNCH & LEARN: DON'T JUST RETIRE, REFORMAT

Thursday, March 21 at 11 am

If you want your retirement to be focused, purposeful, and fulfilling, join us for a presentation by Dr. Lynda Falkenstein, author of *Don't Just Retire: Reformat!* Participants will receive a copy.

Seating is limited. Lunch is provided. Call to RSVP for one or both events.

TOUCHMARK IN THE WEST HILLS
FULL-SERVICE RETIREMENT COMMUNITY · PORTLAND, OR · 503-946-5427 · TOUCHMARKPORTLAND.COM



March Meal Deal
Spaghetti & Meat Balls

Large Salad
(choice of Caesar or house)
plus two cake slices—your choice

\$19.99
feeds 2+
pick up at the deli counter

Bales
MARKET PLACE
Proud to be part of the
community since 1961

Introducing...
Bales Monthly Meal Deal!



PUBLIC NOTICE



Japanese beetles destroy roses and many other plants. Photo: Melissa Schreiner

Japanese beetle, a destructive and invasive pest of lawns, ornamental plants and food crops, was detected in Washington County in 2016. The Oregon Department of Agriculture (ODA) is conducting a multi-year project to eradicate this pest.

The Oregon Department of Agriculture proposes to treat an area of Washington County with an EPA-designated "reduced risk" granular larvicide in April or May of 2019 to prevent Japanese beetle from establishing in Oregon.

The service is provided at no cost. For most residences, the single application will take 5-10 minutes to complete. For information about the larvicide, visit <http://oda.fyi/jbhealth>

Please return your consent form as soon as possible!

If you live within the treatment area, you should have received notice from ODA with details about the project, including a consent form.

Lost your consent form or PIN?

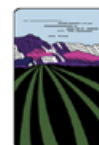
Call us! 503-986-4636

Want to check if you are in the area?

visit <http://ODA.direct/JBMap>

We've received over 4000 responses so far!
Thank you!

For more information, contact us:
japanesebeetle@oda.state.or.us
or call toll-free 1-800-525-0137
www.JapaneseBeetlePDX.info



Oregon
Department
of Agriculture