



Cedar Mill News

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April 2011

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Featured Business

Joanne Hollister, Mountain Man Distributor

by Virginia Bruce

Joanne Hollister is a friendly, outgoing and energetic person who seems to have found her perfect job as a distributor and franchise owner of the Mountain Man Nut & Fruit Company line of snacks and gift items. Every weekday (and occasionally on Saturdays) she visits offices and other locations where

her eager customers stream out of their workplaces to attack her cart laden with goodies.

“Mountain Man (MM) began in Colorado in 1977, and came to Oregon the following year,” Joanne explains “There are warehouses in those two states. Under licensing agreements, Oregon cannot have a retail store (al-

though there are several in Colorado). The only way you can purchase our products is through our 30-plus distributors. Each distributor buys a territory, and they cannot sell in another territory unless they do an event or fair. The territories are defined by major roads and can vary in size by population, the number of businesses and density.” Joanne’s territory is known as North Beaverton and is bounded by 185th Avenue, Springville, Sylvan, and Canyon Roads, and Tualatin Valley Highway.

She says her involvement with the company began about three and a half years ago, with a bag of veggie chips. “My sister and I drove down to California for a family event and she had several bags of Mountain Man snacks with her. I devoured the

Veggie Chips and kept the bag so I could find out how to get more. I had never heard of Mountain Man Nut and Fruit Co. before that. On the front of the bag was the phone number with the phrase ‘Distributorships Available.’ I was looking for a small business, but had no idea what this was all about. I called and got the number of the distributor in the

territory where I lived, and one question led to another, and three months later I was the happy owner of the North Beaverton Area Mountain Man Nut & Fruit Co. The territory was twice the size it is now and was operated by a husband and wife team. I bought half of their territory and another woman purchased the other half two years ago.”

The business model involves creating a route of locations where there are groups of customers. She describes a typical workday: “I load my car with inventory, and hit my first customer around 9 am. I love that I can say “around”—no time clock. I roll my three-basket cart out of the back of my Element and enter my first office usually by 9:15. Sometimes I set up my cart in the lobby of an office, and sometimes I go into their break room so they can come in on their scheduled break time. I can spend five minutes in an office or 30 minutes. It depends on their schedule and how many employees are in the company. I see most everyone twice a month. I do have “emergency” calls—I won’t mention who, but

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The three-tier cart is provided by the company. The custom insulated covers protect the products, and are made by the mother of a distributor in Colorado.

Powers that Be

Washington County Minor Betterments Program

by Bruce Bartlett

In February 2011, I wrote about the voter-approved Urban Road Maintenance District (URMD) through which the Washington County Transportation Operations and Maintenance Division (“the Division”) maintains local, neighborhood streets. Another small but increasingly significant function of the Division is the Minor Betterments Program (MBP). (Washington County provides a website, wc-roads.com/, which connects the viewer to all aspects of our county transportation system.)

Maintenance of larger roads (Collectors and Arterials) is funded primarily by the state gas tax which is distributed to the counties. Through the gas tax, the MBP was funded in the amount of \$140K in 2009, and grew to \$180K in

2010. However, in 2011 the MBP is estimated to almost double—to \$350K—thanks to a 6¢-a-gallon increase in the Oregon gas tax (which now totals a modest 30¢ a gallon). The gas tax increase was mandated in HB2001, which passed with bipartisan support in the 2009-10 legislative session and was supported by the Associated Oregon Industries. (A complete description of transportation funding can be found at co.washington.or.us/LUT/TransportationFunding/TransportationSystemFunding/needs-and-resources.cfm)

An upcoming Minor Betterments project of interest to Cedar Mill residents is the completion of sidewalks along NW 143rd Ave. This project will construct a mix

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Cornell Cobbler passes the awl

Clarence Buehrle has been our Cornell Cobbler for over 25 years in the little shop tucked into the corner of the shopping center on the northwest corner of Cornell and Saltzman. He has run into some severe health problems in the last couple of years, but he was reluctant to just close the shop. He knows that people need shoe repair services even more these days.

He’s finally found someone with the experience and means to take over. Mark Ivens heard about Cornell Cobblers on a visit to Oregon Leather, and it was just what he was looking for. After an injury from his work in the freight business, he was trained by Workmen’s Comp in shoe repair. He worked at a shop in Lloyd Center for ten years, but was recently laid off due to the poor economy. He called Clarence and has begun working at the shop already.

Clarence suffered three strokes last year, along with other health problems. He’s been trying to keep the shop open as much as he can, but



Clarence (L) and new owner Mark Ivens (R)

frequent visits to the doctor and to rehab appointments has made it difficult. He’ll still be coming in a couple of days a week to work in the shop, but he’s sold the business to Mark.

Mark plans to keep all the wonderful cobbler bric-a-brac that makes a visit to the shop so much fun, but he’s also planning to reorganize the space quite a bit. Rates and hours will stay the same.

Cedar Mill Business News

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

Village Gallery of Arts

The Village Gallery of Arts is proud to present our featured artist for April, Darla Boljat. Darla became a professional artist after selling her first painting in 2005. Her favorite medium is oil and she also enjoys working in acrylic.

The Gallery has a new children's instructor. Her name is Sarah Fagan and she will be teaching "After-School Bookmaking" on Fridays. Terry Gonzalez has an art class for ages 7-12 Mondays and Wednesdays after school, and Elizabeth Massa McLeod offers a Tuesday evening art history class.

The Village Gallery of Arts is next to the Cedar Mill Library at 12505 NW Cornell Rd. Their hours are: Tuesday through Saturday 10 to 4, Sunday from noon to 4, and they are closed Mondays. For more information, visit their website at villagegalleryarts.org.

Stafford Joins Quality Dental Plan

As many as one in five children here in the Portland Metro Area may now be going without very basic dental care, according to Dr. Michelle Stafford DDS. "As the economy suffers, many families can no longer afford the very basics, including dental care. This means that common childhood dental problems go undiagnosed, which then only makes that dental problem much worse down the road. Our problem here is not as bad as in some places around the country, but way too many local families just cannot afford dental insurance or dental checkups for their kids."

Dr. Stafford's answer to the problem was to join a new national network of reduced fee dental services called Quality Dental

Plan (QDP). The plan includes free basic dental checkups for children when they first join. "We saw that we could significantly reduce our treatment rates if we saw patients early in the process and encouraged the whole family to take part in ongoing care. When a kid is in pain, they miss school. Even worse, the cost to treat a painful situation can be a three or four times more expensive than it would have been if the problem had been diagnosed a few months earlier."

For more information about World of Smiles, Pediatric Dentistry, and their partnership with Quality Dental Plan go to www.visitworldofsmiles.com.

Pre-natal yoga

"Santosh finally can offer a pre-natal class at a time moms-to-be can come!" says owner Katy Nadal. "It begins in April and will be every Tuesday night at 7 pm. This is a great way for a mom to connect with her body and her baby. At the same time it promotes better sleep, reduced anxiety and stress, increased strength and flexibility and endurance for childbirth. It's also been associated with a decreased risk of pre-term labor and pregnancy-induced hypertension."

Santosh Yoga is in the Bethany Center at 4876 NW Bethany Blvd. Find out about all their classes and programs at santoshforeverybody.com or call 503-372-9825.

Every day is Earth Day

Earth Day, April 22, is a day to inspire awareness and appreciation for the earth's natural environment. At NW Organizing Solutions we do our best every day to protect the earth as we de-clutter and organize homes and offices. Professional Organizer Beth Giles explains, "Often while working in homes we find people will hold onto items that are no longer desired or useable because they want to protect the earth by not throwing it out and adding to our landfills. This is great; however holding on to these items takes up their valuable space and often creates a feeling of chaos and stress."

NW Organizing Solutions not only helps the client get organized by sorting through their space and possessions but will also help by providing resources where many items can be reused or recycled. Whether you

have a professional organizer to help you get your space in order or you do it yourself, here are some great places to know about.

Donate reusable household items to Community Warehouse or list them on freecycle.org; Recycle paints with Metro by dropping them off at Miller Paint (Murray/Cornell); Take wood and building supplies to Habitat for Humanity ReStore; Recycle old sneakers with Nike Reuse-A-Shoe

Contact NW Organizing Solutions to schedule your organizing session at 503-709-0791, beth@nworganizingsolutions.com or visit nworganizingsolutions.com for more information about recycling and donation places.

Tint Hair Studio

Owner April Herzog has just opened Tint Salon upstairs in the commercial space at 12923 NW Cornell. She says, "We chose Cedar Mill because we wanted a smaller, more welcoming community. We loved what all of the surrounding businesses offered for ourselves as well as our clientele. (The center now includes businesses that offer acupuncture, massage and skin care, and yoga instruction.)

"We have all worked together for at least five years and as much as ten-plus years for some. We have a wide range of clientele including about one-third men. I can honestly say that everyone I work with is amazing at what they do, and brings their own unique feel to the salon."

The salon provides all types of hair care Tuesday-Saturday. Visit their website at tintahirstudio.com or call 503-627-0606 for more information. April is now taking online bookings.

Sunset Yoga Center opens in Cedar Mill

After seven years in Cedar Hills, Sunset Yoga Center is hopping over the Sunset Highway to a brand-new space in Cedar Mill. The 11-year-old business is returning to its roots on Cornell Road, where the studio got its start—and the inspiration for its name—from its original location near Sunset High School. The new location shares space with a variety of complementary service businesses in the bustling, vibrant Cedar Mill community. The move follows a recent website redesign (sunsetyoga.com) and logo update for the studio. Classes at the new location at 12923 N.W. Cornell Road #203 begin Monday, March 28, 2011.

To celebrate the move and the center's 11th year in business, Sunset Yoga Center is hosting an open house on Sunday, April 17. Come and tour the new space. We'll have birthday cake, prizes and more! Also, throughout the month of April, we'll be hosting a variety of free classes as a thank you to our current students and a way for new folks to discover what Iyengar yoga is all about. Visit the website for a complete schedule.

Balance Massage & Skin Care

Molly Brown brings her skills to the community at her new location in Cedar Mill. She has been a Licensed Massage Therapist for nine years, and three years ago added Esthetician to her skill-set. She uses the product line Derm-alogica. She says, "My massage is therapeutic and relaxing. I do treatment massage if you have been in a car accident and we can bill your insurance." Stop in to find out more at 12923 NW Cornell, Suite 104, or call 503-502-2694.

Sunset Credit Union Donates Trees

This year, Arbor Day—when individuals and groups are encouraged to plant and care for trees—will be held on April 29th. Founded in 1872 by J. Sterling Morton, in Nebraska City, Nebraska, it's estimated that on the first Arbor Day, one million trees were planted.

In keeping with the spirit of Arbor Day, Sunset Credit Union donated 125 Douglas fir trees to the Springville Elementary Fourth Grade, who will plant them as part of the Fourth Grade Forester Project.

"We've been in the community for more than 50 years," said Rhonda Baggarley, Vice President of Sunset Credit Union, "and we're always looking for unique ways to give back to the people who live and work here. We implement a lot of green practices at our office and offer many 'green services' for our members. We felt that giving students these trees to plant supports our goal of helping the environment while educating them on the importance of caring for the planet."

In addition to providing the trees, the credit union will also be collecting photos of the students who plant the trees to display in their lobby. Sunset Credit Union is located at 1100 NW Murray Blvd. You can learn

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Mr. James is retiring

After 46 years as proprietor of Mr. James Hairstyling, James Newcomer is retiring. Such a slacker! A party was held on March 31 to celebrate the event.

This salon at the southwest corner of the Milltown Shopping Center has seen a lot of changes in the community but has kept its character and many of its original customers and their children and grandchildren.

Newcomer graduated from barber college in 1955 and went to work for a chain of shops called MarDon. One of his customers mentioned that she and her husband were planning to build a new shopping center, and thought that he should open his own salon there. Several years later, that is what happened, and Mr. James became one of the first businesses in Odus and Lillian Bales' center, which also housed the original grocery store.

He says that one of the things he's grateful for is the way that his customers have shared their lives with him "through success and bad times, and kids growing up and moving away. I gave kids their first haircut, and eventually they brought in their kids," he recalls.

He and June, who have been married for 56 years, live in the Aloha area. Once he retires, he's planning to, "dust off my easel" to do more painting, work in the garden, and probably find a few more outlets for his creativity.

Daughter Zo-Ann, who started working in the shop at age 16, has been a stylist since 1977. She will be working nearby in the Silhouette Salon in the triangle center Thursday through Saturday. Customers can contact her at 503-310-5668. She wants people to know how much the Newcomers appreciate the kindness of the Bales family over the years, and all the families that have been part of their success.

Sara Hogan, who's been working

in the shop for several years, and her husband Mike, will be taking over at Mr. James.

NOTE: Mr. James was the subject of our first "Featured Business" article in March 2003."

Fire Station relocation hearing April 21

Tualatin Valley Fire & Rescue has proposed building a new fire station on the northwest corner of NW Evergreen St. and Thompson Rd., just southwest of Findley Elementary. A Special Use and Development Review hearing will occur on April 21, 10 am at the Washington County Public Services Building main floor auditorium, 155 NW First Avenue in Hillsboro. Many neighbors have expressed concern about fire trucks negotiating the narrow road next to the school, especially during student arrival and pickup times. TVFR has assured the public that it can be a good neighbor.

CMBA Meeting Notes

The March 8 meeting of the Cedar Mill Business Association began with introductions and announcements from some of CMBA's committees about their activities.

The Membership Committee has produced customized name stickers to identify meeting attendees, and they were very well received. Delaram Adyani of the Virtues Project was the greeter, helping visitors get oriented and making sure everyone signs in and gets a nametag. She will rotate this duty with other Membership Committee members.

Secretary Tim Kober encouraged all members to get "LinkedIn" with the CMBA group at linkedin.com.

The Downtown Beautification Committee will once again provide flower baskets for Cornell. They have some cash donations to cover the expense, but they're working on a better system to equalize costs

among the membership and the businesses along Cornell.

Liz Baer is a Transition teacher at Sunset High. Her job involves getting students ready to move from school to work and college. She discussed some of the programs that need business involvement, including job-shadowing, mock interviews, internships, and the student job board. Any business interested in working with Sunset students is invited to contact her at Liz_Baer@beavton.k12.or.us

Terry Taylor, CMBA President and Principle at Dancing With Cows Marketing, presented the main program on Marketing Strategies for Small Business. He recommended that businesses envision their ideal client and target their efforts to reaching more of them. He explained that, "If you try to be something to everybody, you'll be nothing to nobody." He offered several low-cost and free methods

to stay in touch with customers.

The next meeting will be April 12, 11:45-1pm at Leedy Grange Hall, 835 NW Saltzman. The guest speaker will be Steve Blanton, a local resident who is the chairman of SCORE's Portland chapter, which offers more than 80 volunteers to advise small-business owners, and those who would like to be, on the intricacies of starting and running a small business. He'll discuss the resources that organization can offer us.

Our Ten Minutes of Fame segment will feature Miller Paint. Be sure to bring a business card so you can be entered in the drawing for the May meeting.



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Library News and Events

by Dawn Anderson

Local Storyteller

Kelly Hoffman will perform "A Cacophony of Classics." Monday, April 11, 7 pm. Classic Tales taken from legends and great literature meet in this performance sure to take you on the adventure ride of your life. Note: Recommended for school-aged children 5+. This performance is part of WCCLS's 7th annual Hearing Voices Storytelling Festival, April 10-16, during National Library Week. Visit the WCCLS website for the full schedule of events.

Recycling & Plants for Sale

Recycle your plastic nursery pots, good condition terra cotta and ceramic pots, and garden/nursery plants & garden tools at the Cedar Mill Library on Sunday May 1, 2-4 pm. There will also be a selection of perennial plants for sale—bargain priced at \$4 per gallon. Proceeds benefit the library

E-book Open Lab

Thursday, April 14. Drop in anytime between 3-5 pm. Library staff will have several e-reading devices for hands-on time and will be available to answer questions about downloading e-books through Library2Go. Bring your own device and laptop for specific instruction. No registration required. Space is limited.

Indian Classical Music

Saturday, April 23, 3-4 pm. Under the direction of Dr. Nisha Joshi, students of the Swarnajali Academy of Indian Music will perform bhajans (Hindu devotional songs), khayal ("imagination"), and tarana ("syllables") compositions in different ragas (a type of melodic mode), and will be accompanied by students on tabla (Indian drum). No registration required.

Help Your Child Get Ready to Read!

Three parent workshops will focus on activities parents can do during their child's early years to help them be ready to learn how to read. No registration required. ADULTS ONLY, please.

Parents of children birth up to age two: Wednesday, April 13, 6:30-8:30 pm; parents of children 2 and 3 years old: Wednesday, April 20, 6:30-8:30 pm; parents of 4 & 5 year olds: Monday, April 25, 6:30-8:30 pm

Coffee with Director

Join Peter Leonard, the director

of the library, for coffee and something sweet on Friday morning April 22 at 8 am in the upstairs library meeting room. Exciting things are happening in our libraries and our communities. Come and hear the library's vision for the future and bring your own thoughts and ideas to the table. Please RSVP by April 21 to 503-644-0043 ext. 121.

Blooms for Books!

The Cedar Mill Library is hosting its sixth annual "Blooms for Books" Plant Sale on the first Saturday in May in the library's parking lot. For the best selection, place your order now for your favorite plants. Pre-orders due Sunday, April 17. Forms are available at the library and on the library's website. Pick up your plants during the Plant Sale, May 7. Library volunteers are donating a large variety of perennials. Returning suppliers include New Leaf Greenhouse in Cornelius and Pumpkin Ridge Gardens in North Plains.

Over 2,000 plants for sale, many grown organically. Large variety of high-quality, value-priced, locally-grown landscape annuals, perennials, shrubs and trees to beautify your yard or deck. Huge selection of kitchen herbs & vegetable starts for your home garden or choose something special for Mother's Day! (Sunday, May 8). Garden supplies, pots, containers, terra cotta, tools, and gardening books.

Celebrate Art! The Village Gallery of Arts is celebrating the opening of their 2nd "Art Challenge" show. Check out their sidewalk sale and artist demos. A portion of the art & craft sales will be donated to the library.

Eat! The Libertine Deli will set up near the plants and a portion of their coffee and pastry sales will be donated to the library.

Garden Items! Second Edition Resale Shop, the ongoing fundraiser for the library, will have fun garden-themed items, including garden accessories, pots and clothing.

Blooms for Books runs from 9 am to 3 pm on Saturday, May 7 at the library, located at 12505 NW Cornell Road, Portland, OR 97229. All purchases support library programs. For more information, contact Dawn at 503-644-0043 or visit the library's website at library.cedarmill.org/

Cedar Mill Farmers' Market opens May 7!

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"Alena's Angels" present fundraising concert

Michael Allen Harrison & Julianne Johnson will perform in concert on Saturday, April 16, at 7 pm, at the Cedar Mill Bible Church to benefit the Alena J. Marek Cancer Fund. Tickets are available through ticketsoregon.com for \$25, \$35, and \$45. The concert is generously sponsored by Michael Allen Harrison, Julianne Johnson, and Cedar Mill Bible Church.

On March 15, 2010 Alena, who lives in Aloha, was diagnosed with Group 4, Stage IV Alveolar Rhabdomyosarcoma which places her in the high-risk category. This is an aggressive, rare, soft-tissue cancer that affects children under 15 years old. There are approximately 250 cases per year diagnosed in the United States. In 2010 there were two cases diagnosed in Oregon.



Alena Marek and her sister, Kristine

Cedar Mill Garden Club's 8th Annual Plant Sale

Friday May 6 and Saturday May 7, 9-5 at the John Quincy Adams Young House, 119th & Cornell Rd. Parking: Cedar Mill Bible Church Perennials, Native Plants, Herbs. Funds raised benefit botanical gardens, youth reforestation projects, the JQA Young House Fund, and a horticultural scholarship. For more information contact 503.649-7741 or visit thecedarmillgardenclub.org

Next meeting

Heirloom Vegetables will be the topic of the Wednesday, April 20 meeting of the Cedar Mill Garden Club at the Beaverton Community Center, 12350 S.W. 5th from 11:30 a.m. to 2:30p.m. Michael Stuckey of Millenium Farms Heirloom Vegetables in Ridgefield, Washington will be the presenter. All interested gardeners are invited to attend the free program which begins shortly before 1 pm.

Anyone wishing to donate plant divisions to be re-potted and sold at the May plant sale may bring them to the meeting or contact us at 503-649-7741 or buschpea@msn.com.

The Cedar Mill Garden Club is celebrating Arbor Day and Earth Day by planting two trees at local schools, one in conjunction with the girl scouts. The girl scouts will

Alena deserves every chance for life, healing, and recovery. Her parents pray, plan, and expect that she will overcome this disease and grow into a lovely young woman. Alena qualified for a clinical trial, which is an aggressive and dose-compressed treatment plan to fight this cancer. This has been and continues to be

extremely difficult on her and the Marek family.

If you would like more information about Alena's story you can check in at caringbridge.org/visit/

alenamarek. Her father Jim has been writing a journal to share the family's experiences with her many supporters.

If you cannot attend this event donations can be made at any branch of US Bank, ask for Alena J. Marek Donation Account c/o Acct #153-662-744-777.

be working toward a badge, which includes planting and care of trees; the garden club will help with the purchase price and present a short informational program about tree care at 3 pm, April 20, at West Tualatin View School.

Catlin Gabel summer programs

Summer programs return to the beautiful Catlin Gabel campus, 8825 SW Barnes Rd. from July 5 to August 5. Offerings are open to all students, even those who are not enrolled at Catlin Gabel. Most offerings are one-week courses, allowing families flexibility in their summer schedules. For more information, visit www.catlin.edu/summer or email summerprograms@catlin.edu.

Families may choose from programs including sports camps, creative writing, outdoor education, filmmaking, wildlife biology, SAT prep, cooking, music, and theater, to name just a few. For younger children Summer Beehive, open to all in grades preschool through 2nd, includes woodshop, open-art studio, literacy, creative play, and outdoor adventures. The complete catalog can be found at catlin.edu/summer

Milltown kids at Timbers' opener

Milltown Soccer Club is excited to once again be a big part of the Portland Timbers Opening Night, Thursday, April 14. This sold-out game will be the Timbers first ever, regular season, MLS game and will be nationally televised on ESPN 2.

100 Milltown soccer players aged 5-18 years of age will be holding the 18 MLS flags before and during the national anthem. Milltown has worked hard with our community to create unique experiences and relationships that benefit our members and our community. This allows our rec soccer players opportunities and experiences that they will remember for life, and hopefully help fuel the pursuit of their dreams.

Milltown Soccer Club is a recreational coed soccer club serving 5-18-year-olds. Please direct any questions to info@milltownsoccer.org, and visit them on their website, milltownsoccer.org



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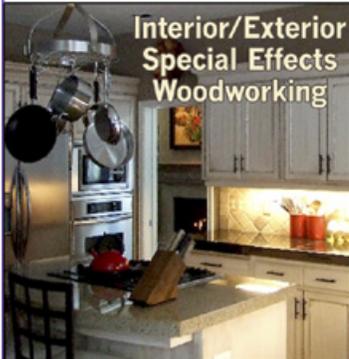
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The Nature of Cedar Mill

Anticipation

by Lauretta Young

The willows are showing us their buds with the emerging color that tempts us to think that spring really is coming even though the downpours seem to say otherwise. The daffodils blooming brightly in the muddy flowerbeds make us remember our other dormant plants' blooms—soon we'll see our roses and fruit trees and rhododendrons in their spring "plumage".

In my backyard pond I see the Mallard male heads have molted into their brilliant green breeding plumage. And breeding they appear to be—heads nod up and down before the "act." Soon the hens will disappear into the reeds to sit on nests of eggs and in about 21 days or so we'll be lucky to see the tiny yellow fluff balls skitter across the water. They are so tiny it's hard to see them except for the brilliant color.

Anticipation has been written about as a way that people cope with stress. It appears that focusing on a better future may neutralize the current distress. Certainly thinking about my blooming roses, or the appearance of brightly colored spring migrants and baby ducks makes me

smile on a day with gray skies and a persistent downpour.

Our overwintering birds will molt again into their lovely breeding plumage. Our American Goldfinches show us the most dramatic color change of any of our Cedar Mill birds, but almost all birds do go through a spring molt. You may notice many other birds looking "more brilliant". Many people think the existing feathers change colors but they don't—birds have to grow an entire new set whose



Long-billed Dowitchers. Photo by Jeff Young.

color is different due to hormonal and dietary factors.

We also will see some of our winter friends leave and fly to their own breeding grounds to the north. After visiting Alaska last June I now understand why that is—abundance of mosquitoes and other insects from the muskeg! They can gorge on protein for their babies in amounts that amaze the tourists (so take your bug repellent if you go there). Birds who leave soon are the Golden-crowned Sparrows, some juncos and even some of our robins.

But they will be replaced with our summer birds such as Western Bluebirds, Rufous Hummingbirds, Evening Grosbeaks and Cedar Waxwings to name a few. Some of these eat bugs and others eat my cherries!!! (And blueberries and other yummy fruits). We will also see some species

briefly as they fly through on their way up north. Some may stay for a few days or others several weeks to feed and rest. This type of spring migrant is fascinating to the avid birders and is one reason this area is written about in birding magazines. So we may see many varieties of warblers in our trees in our backyards in Cedar Mill or at local bird locations, or we may notice migratory shorebirds along the edges of ponds. Be sure to look for these—examples are Long-billed Dowitchers with their impossibly long beaks to poke in the mud for food as the waters recede around our ponds.

Anticipating warmer weather—to go outdoors to hear the bird songs and enjoy the bright plumage—makes me smile. Remember to go to the [Audubon website](#) to discover their every-weekday free bird walks at various sites around town during April, May and June from 7-9 am. And of course going out with one of the local park rangers (Tualatin Nature Park or Jackson Bottom) is a great way to meet other birders and learn some identification skills. This year seems to be a great year for people to want to go birding—I have tourists coming here from Canada and Virginia as well as local folks wanting to learn. We are a well-known destination so get outside when the sun shines! Have fun anticipating!

Lauretta Young MD is a retired physician who now teaches stress management and human sexuality at PSU and leadership at OHSU, in addition to leading birding tours for locals and tourists in the area. [portlandbirdwatching.com](#). Her husband Jeff's photos are at [flickr.com/photos/youngbirders](#)

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Identifying and Controlling Garden Pests: Insects

by Donna Prock

Garden insects are divided into two categories: Beneficials and Pests. Beneficial insects prey on many common garden insect pests and offer the gardener a safer, natural alternative to pesticides. Some examples include Orchard Mason Bees, bumblebees, ladybugs, Predacious Ground Beetles, spiders, Green and Brown Lacewings, and parasitic wasps. OSU Extension's handy "Pocket Guide to Common Natural Enemies of Crop and Garden Pests in the Pacific Northwest" can be found here: extension.oregonstate.edu/catalog/pdf/ec/ec1613-e.pdf

You can attract beneficial insects to your garden by adding "insectary plants"—flowering plants that attract and host beneficial insects. These plants provide habitat, shelter, and food (nectar and pollen) for predatory insects. Their flowers offer a flat landing place for insects and sometimes they exude scent as an attractant. Adding this diversity to your garden is a form of "companion planting," where the plants can work together for the purposes of deterring pests, acquiring nutrients or attracting natural predators.

This useful website contains lists of insectary plants and the beneficial predators they attract as well as their prey. eartheasy.com/grow_garden_insectary.htm

Some of the most common garden pests that we see in the NW are:

Aphids: Aphids actually do very little damage to plants, although they do suck the juices out and can damage the appearance, and need to be removed after harvesting.

In my experience the two best methods of control are spraying with water and trap crops. Spraying the infested plants with a forceful stream of water can dislodge, injure and drown these soft-bodied pests. Trap crops are plants that lure the aphids away from other plants you're trying to grow. Two of the plants that work best for this are nasturtiums and marigolds: they are lovely flowers and aphids go crazy for them. Mix these blossoms in with your vegetables or plant them very nearby, and then when the aphids infest the flowers, pull them up and dispose of them, aphids and all. By disposal, I mean you bag up the infested plants and throw them in the garbage. If you try and compost these bugs, they'll just leave the pile and go back to

your garden.

Make successive plantings of the flowers so that you have grown ones to immediately replace the infested ones that get taken out of the garden.

Cabbage Looper (*Trichoplusia ni*): This insect produces several generations each year. Winter is spent as a pupa attached to a leaf. The adult emerges from the pupa in spring as a brown moth. In northern regions adults may head south for the winter.

This 1 ½"-long caterpillar is green with pale stripes down the back and is identified by the characteristic way he humps along like a measuring worm. The adult is a brownish moth with a silvery spot in the middle of each forewing and flies at night with a wingspan of 1 ½". The isolated round eggs are a greenish-white and are laid on the upper surface of the host plant leaves.

This pest will attack bean, broccoli, cabbage, cauliflower, celery, kale, lettuce, parsley, pea, potato, radish, spinach, and tomato plants, by chewing the leaves. This weakens the plant and may impair edibility as the plant responds with bitter chemicals.

The Trichogramma Wasp is a natural predator that can help control this caterpillar. For serious infestations, use *Bacillus thuringiensis*. gardening.wsu.edu/library/inse016/inse016.htm

Beet Leafhopper (*Circulifer tenellus*): This insect produces many generations each year and hibernates as an adult among weeds. The leafhopper lays its eggs in March and the adults swarm from early May to June. This 1/8" to 1/5" insect is pale green or yellow, wedge-shaped, and becomes darker toward the winter. The nymph is also pale green. The eggs are yellow and are laid in the stems of plants.

This pest will attack bean, beet, potato, and tomato plants and carries "curly top" and "tomato yellows" that causes the plants to be stunted and deformed. The symptoms are warty, pronounced leaf veins, kinked petioles, rolled leaves that look cupped or ball-like, with brittle masses of hair-like growths on the taproots.

Control can be obtained by using resistant varieties of plants. Lacewing larvae will attack and eat the leafhopper nymphs. Pull affected plants as soon as the symptoms are noticed and clear the area

of weeds. Replace the weeds with perennial native bunch grasses (more than one species is better), since this insect tends to avoid grasses. If problem persists, dust your plants lightly with Diatomaceous earth.

Leafminers (*Liriomyza* sp.) This insect produces several generations each year and hibernates in cocoons within the soil. This 1/10" black fly has yellow stripes and lays its eggs on the surface of leaves. The larva is yellowish and is very stout and worm-like.

This pest attacks azalea, bean, birch, blackberry, blueberry, boxwood, cabbage, chard, chrysanthemum, columbine, holly, lettuce, lilac, morning-glory, nasturtium, oak, parsnip, peppers, potato, spinach, and turnip plants. The maggots mine under the surface of leaves, resulting in the formation of white tunnels. In some related species of these pests, they will chew the leaves giving them a blotchy look.

When an infestation is noticed, remove any damaged leaves and destroy them. If this is not adequate control, you can dust with *Bacillus thuringiensis*.

Spider Mites (*Arachnida*): Numerous generations are produced each year, often requiring only a couple of days! The adults hibernate in garden debris and under the bark of orchard trees.

The body is reddish-brown to off-white, very spider-like with eight legs and no antennae, thorax, or wings. They are about 1/150" to 1/50" long. A 5X lens will help you spot this pest on plants or look for bugs the size of salt grains. The eggs are laid at the base of plants and on the leaves and buds.

This pest feeds on leaves, fruits, and roots of most indoor plants, apple, peach, evergreens and strawberries, causing yellowing, first along the veins and then over the entire leaf surface. Fruit trees with severe Mite damage will have small, poorly colored fruit and premature drop. Leaves curl slightly; and a copper color develops on the bottom of the leaf, which is covered with a fine web.

These pests are not common on unsprayed fruit trees, as many



A spinach leaf damaged by a leafminer. Note the active larva visible inside the tunnel.

naturally-occurring predators feed on all mite species. They only become a problem when insecticides are repeatedly used, because the insecticides also wipe out the beneficial insects. Ladybugs or the Spider-Mite Destroyer will eat the Spider Mite.

The Predatory Mite is the best mite predator and can be used indoor and out. Insecticidal soap sprays (gardening.wsu.edu/library/lpro002/lpro002.htm) can be used until the Predatory Mite becomes established. In orchards, there have been successful scientific trials that show that intercropping with Alder (*Alnus* sp.) or mulching with Rye, Wheat, or Sorghum significantly reduces Mite damage.

Slugs: Garter snakes, birds, and frogs are some of the common predators of slugs. Among domesticated animals, ducks and geese are effective predators.

Many objects, such as rocks, boards, and compost piles, provide shelter for slugs. Gardens next to areas of tall grasses and weeds are particularly susceptible to slug invasion. Eliminate these sites since they provide excellent protection for slugs.

Stale beer attracts slugs and many insects as well. Cans of beer sunk into the soil in and around the garden area have proved useful in slug control. The slugs crawl into the liquid and drown. Over the years, homeowners and popular garden articles have stated that cinders, wood chips, or sand used as borders along gardens provide effective barriers against slug invasion. This probably works because it eliminates favorable slug habitats. Picking, stabbing, cutting, and other laborious methods can be used to control slugs. However, this will be an endless task unless hiding places, such as tall grasses and debris, are eliminated.

Another helpful web resource is biocontrol. entomology.cornell.edu/index.php

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Betterments, continued from page 1 of asphalt pathway and concrete sidewalk along the east side of NW 143rd Avenue from NW Hunters Drive to NW West Union. In addition, a concrete sidewalk on NW Kaiser Road near NW Whistler Lane will be constructed. The project will be built for \$118K, work is scheduled to be completed by June 2011.

Dave Schamp, manager of the Operations and Maintenance Divi-

identifies maintenance activities that preserve the public's investment in the county's transportation infrastructure, providing the highest level of service possible within the resources available. Roads in the major roadway system are the highest general maintenance priority.

The county would like to hear from the public by April 22 about the Draft 2011 Road Maintenance Work Program. Comments may be



sion, informed us at the April 4, 2011 Washington County Public Affairs Forum that the MBP is "request-driven," that is, residents are invited to identify a road safety issue or to nominate a connectivity improvement. To report a road-related problem or request an improvement project, call 503-846-ROAD (7623), [email the Division](mailto:email@theDivision), or submit an [online service request](#).

Each year, the Department of Land Use and Transportation (DLUT) prepares a road maintenance work plan for approval by our Board of Commissioners. The plan

submitted using the [online form](#), by [email](#), or by calling the Division at 503-846-ROAD (846-7623). This is a real opportunity to advance active transportation in the area.

Andrew Singelakis, Director of the DLUT since March 2010, has elevated the importance of active transportation projects (pedestrian and bicycle) in the county as reflected in the county's Draft 2011 Work Program. The public review and comment on the Work Program is at co.washington.or.us/LUT/News/work-program-comment-opportunity.cfm.

May 2011 Election

Cedar Mill residents will have a chance to elect representatives to various jurisdictions in the upcoming Special Election on May 17, 2011. Our incumbent Beaverton School District, Zone 3, School Board member Mary VanderWeele is running against Cynthia L. Bethea for a four-year term.

Two of the Tualatin Valley Water District Commissioner positions are up for election, only one of which is being contested. In Position 4, incumbent Richard P. Burke is opposed by Eric D. Squires. In Position 5, Jim Doane is running unopposed.

Tualatin Valley Fire and Rescue District also has two open positions and each has one candidate running unopposed: Randy Lauer for Position 4 and Brian J. Clopton for Position 5.

Two positions are being contested in the Tualatin Hills Park and Recreation District. John Griffiths and Jeffrey S. Smith are competing for Position 4. In Position 5, three candidates are competing: Joe Blow-ers, Tim Tank and Lisa Michaels.

There are no measures on this ballot in our area. The [Washington County website](#) lists all the races for the current election and has PDF files of each candidates' filing forms.

April 26, 2011 is the voter registration deadline. If you're not sure if you're registered, you can [look it up online](#) at the Secretary of State website. You can register [here](#), or pick up a form at the library.

April 29, 2011 is the target date for mailing out the ballots. If you don't receive a ballot, you can contact the county elections office. The post office will not forward your ballot! If you move or change your mailing address you need to update your voter registration information to get a ballot.

May 17, 2011 is Election Day. Ballots must be mailed in or delivered to the Elections Office or to an official election drop box by 8:00 PM. Election Day office hours are 7:00 AM - 8:00 PM. The election office is located at 3700 SW Murray Blvd., Suite: 101. Locally, ballots can be turned in at the Cedar Mill Library.

Business News, continued from page 2 more about them at sspfcu.com, or by calling 503-643-1335.

Spring gift-giving season tips

Mother's Day, Father's Day, graduations and weddings can quickly fill up the spring calendar, also making this a busy time of year for gift giving and shipping. The UPS Store® can help make sure gifts are properly packed and shipped with care so your loved ones receive their gifts intact and on time.

"For do-it-yourselfers, we have the expertise and materials to help them get the job done right," said Tim Kimble, The UPS Store owner. Begin with the proper materials, including a new cardboard box designed for shipping (no gift or moving boxes), professional-grade packaging tape (no cellophane, masking or duct tape), and packaging material like foam peanuts or bubble cushioning (no newspapers or real popcorn).

"Of course, if you're in doubt, it's always good to turn to the professionals," said Tim. "Our assistance is particularly important if you're shipping fragile or unusually shaped items." The UPS Store offers the Pack & Ship Promise, which reimburses customers the cost of packaging materials and service as

well as shipping costs in the event a center-packed item shipped via UPS is lost or damaged (subject to the lesser of actual value, replacement or repair cost).

The UPS Store has convenient hours: Monday-Friday 9 am to 7 pm and Saturday 9 am to 5 pm. For additional information, visit theupsstore.com/3379.htm or call 503-646-9999.

Rave in the Nave

Eric Hull & Vox: A Spoken Word Chorus: Saturday, April 9, 2011

Christ United Methodist Church continues their series of affordable and local entertainment. A coterie of some of Portland's finest actors joins founder Eric Hull for one of the most unusual presentations Rave in the Nave has offered over three seasons, an evening of spoken poetry in a dramatically staged performance.

Tickets are available in the church office, after worship or at the door.

Virtue of the Month: Creativity

"Creativity is the power of imagination. We are open to inspiration, which ignites our originality. With creativity, we are resourceful and intuitive. We solve problems in new and surprising ways."

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treasure my imagination. I am innovative in solving problems. I entertain my dreams. I take time for inspiration. I remember to play. I am thankful for the gift of Creativity. It allows my talents to flower."

Virtues Reflection Cards, Written by Linda Kavelin Popov. For more information on the Virtues Project, please see www.virtuesconnectionportland.com. Or call Delaram 503-267-0202 to reserve your Virtues Card. Book your Special Virtues DVD presentation in April and receive 20% off all products.

Native Plants Save the Day at Cornell Farm

April 11, noon. We often don't realize that some of the most troubled areas in our garden could be our most prized. In this lecture, with Cornell Farm native plant guru Angela Jones, you'll learn what native plants can be used in which difficult types of situations. We'll introduce our top favorite native plants and all the benefits they can provide to your landscape. Bring a friend and both take 10% off any purchases day of seminar, just notify us at pre-registration.

Pre-registration required, class size limited. \$10 class fee applied to purchases made day of class. Win a native plant! Cornell Farm Inc. is open daily, 9 am - 6 pm at 8212 SW Barnes Rd. For more information,

visit them at cornellfarms.com/ or call 503-292-9895 to register.

New elementary school seeks gifted students

Paladan Elementary School is accepting applications for the Fall of 2011. The school, which will be located in the Hillsdale area, is based on "a shared hope and dream for a school where our children can feel belonging, experience school fully as an educational environment, play with intellectual peers, discover themselves, and express their dreams through an award-winning curriculum specifically designed for gifted students."

Students are assigned a home-room with their chronological peers as follows: Level 1 (K/1st grade), Level 2 (2nd/3rd), Level 3 (4th/5th). With the aid of initial placement testing and ongoing observations/assessments, students are assigned a level for math, language arts, science, Chinese, music and technology. This flexibility will be extended to our teachers, allowing those who are stronger in a subject to teach the higher levels for that subject. For our founding year, 30 students will be selected. Our teacher to student ratio will be no larger than 1:12.

Find out more at paladanelementary.com or call 503-617-6469.

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Joanne, continued from page 1
I have several offices that have “chocolate emergencies” and I need to get to them that day! I fit them in, I understand.”

Her training consisted of spending two weeks on the route with the previous owner. The route, at that time, consisted of half a day’s worth of stops. “I bought my territory right after the mortgage crisis and the beginning of the employment downturn. Many of the clients on my list were no longer in business. It has taken time, but now I have a full-time route and work at least 8 hours a day, including office time.”

She says, “It took a good year to understand what I was doing. I had to learn quickly the art of time management, organization, and all of the details of running a business. It was difficult for the first year. The second year I began to understand what I was doing and by the third year I was flying through my day with ease. Now as I go into my fourth year I find time to be creative and think about ways to promote MM not only in my territory, but also statewide.”

Joanne gets her products from the warehouse in Salem. To save on gas, she and the owner of the South Beaverton territory take turns picking up products every two weeks.

She is very proud of and enthu-

siastic about the products she has to offer, and says that’s part of what keeps her motivated to do the hard work. “Everything is very fresh. Products that come into our Salem warehouse are quickly distributed. There are no open bins that would allow for product to go stale. All of our food is 100% guaranteed. We roast and salt the nuts and mix most of the snack mixes we carry. We flavor some of them and either Salem or Colorado will cover them in chocolate. The chocolate we use is one of the finest available—no fillers or heavy waxes. The chocolate industry has changed, people expect better quality from us, and we can still say that our chocolate is chocolate.”

Joanne’s favorite goodies? “I love our Cranberry Bonanza (cranberries, peanuts, almonds, cashews, diced pineapple, and yogurt chips), the Chocolate Covered Peanut Butter

Filled Pretzels, and our Strawberry Filled Licorice—very tart! And I always have a bag or two of our nuts open at my house.”

What are the best sellers? “Our double-dipped Chocolate Malt Balls are our top seller. All of our beef jerky products sell at the top as well. The jerky we sell is probably the best I’ve ever had (bar a good homemade jerky). We roast and flavor our nuts in Salem and cover them in many



Joanne’s Honda Element is the perfect size and shape to be a travelling storehouse for her products—the cart rolls right in.

ways. My dark chocolate almonds are a big seller and we’ve recently added a dark-chocolate-covered cranberry to dark chocolate almonds and call it Dr. Dark. This mix is proving to be a favorite as well. We get high marks from everyone on the quality of our clusters, truffles and chocolate covered nuts.

“People will look and ask for healthy foods. Some will take the healthy snack and some will take what they crave. My customers tend to have a good handle on eating what they want in moderation. They may disappear while dieting, and then purchase items that fit into their diet once they have established their goal. I have a list of products that fit into the new Weight Watchers point system as well as a list of low carbohydrate, low fat and gluten-free items. We really do have a large selection of good healthy and unique snacks.”

She says the best part of her job is making friends. “I get so much enjoyment from seeing the people

on my route—the relationships we have mean so much to me. We share personal stories, laugh and give each other bits of helpful information on a variety of subjects. My customers keep me going some days with their joy and giving.”

She is planning to have a table at the Leedy Grange Flea Market starting May 7, and her small ad in the Cedar Mill News should also help people find her. The products are so good that once people have tried them, they’re eager to purchase them again and will seek them out.

She and her husband Jeff live in the Terra Linda neighborhood and have been there since they moved from California in 1994. They have a daughter Rachel, now 21 and a junior at the University of Oregon studying human physiology, and a son, Dylan, now 16 and a sophomore at Sunset High. She has been active in both kids’ schools

and still remains involved by supporting Sunset Baseball, which is one of the reasons she enjoys the flexibility of her MM business.

She is always looking for ways to grow her business and build her routes. “I get most of my new customers by being stopped inside or outside of the office buildings I visit. I do some cold calling and will almost always pick up a customer or two for my efforts.”

Joanne has been a member of the Cedar Mill Business Association for several years and finds that the association has been helpful in making new contacts and improving skills for her business. She is in the process of updating her website, Joanne’s Gifts and Goodies, (joannesgiftsandgoodies.com) but is forbidden to list prices or sell anything online under the MM name per contract agreement with MM. But she’s happy to get inquiries and orders by phone (503-701-4005) or email (jjhollister@frontier.com).

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Paul Joseph Ancil, July 9, 1935 – March 23, 2011

Paul Ancil was familiar to many of us in Cedar Mill as the proprietor of Tilly's Gelato and More. With his wife Barbara, they provided a friendly place to meet friends and enjoy good food and hot drinks. For many others, he was a fellow parishioner at St. Pius X Catholic Church and a leader in many of the service efforts con-



nected with the parish and in the wider community.

Paul and his first wife Mary moved to Oregon in 1967. He was a skilled metal worker trained by his father, and worked for several companies in this trade. In 1976 he purchased a sheet metal business and moved the company to North Portland in 1978, where it operates today as Ancil Heating and Cooling. He retired in 1993, passing the company, which specializes in high-end customized residential and commercial HVAC systems, to his son Tom.

Paul and Mary had eight children. During the Memorial Service, son Michael told several stories illustrating Paul's practical and resourceful side. "In the kitchen there was a long rectangular table with a bench down either side. It was the perfect size because Dad built the benches and the table. The table was actually a piece of plywood affixed to top of a sturdy dinette table. The corners were rounded and, with a tablecloth, it looked great. There were a handful of years when there were eight of us kids at the dinner table; four down either side, with Mom and Dad were at either end. After a number of us left home, Mom said she thought a round table with chairs would be nice for the

smaller number that remained. Dad said, "Sounds great." He told her to get a round table cloth and he would grab his saw."

Paul and Mary worked as tireless volunteers for many organizations, including the St. Andrew Legal Clinic, Birth Right, and as a supporter for Catholic education. This increased after his retirement and continued after Mary died in 1999. While working as a volunteer at St. Pius X, he met Barbara Ann Garrova and they married in 2005.

Barbara retired from her job at St. Pius, but the couple felt they were ready for a new challenge so they decided to renovate the little restaurant space in the Milltownner Shopping Center that had previously been Foster's Dinette and then the Hobbitt. They had discovered gelato during their travels, and wanted to bring it to the community.

Paul did most of the necessary remodeling himself, despite having only one arm. The shop opened in December 2006, and one or both of them were there almost daily. They sold the business to Leon White in January 2010, shortly before it was discovered that Paul was ill. Leon operated the shop until last fall. It is now Libertine Deli.

During the last year of his life, he was devoted to serving St. Mary's Home for Boys, a Beaverton

facility for at-risk boys. After learning that some of them had never had a birthday party, Paul and his brethren in the St. Pius X Knights of Columbus hosted a party for the boys once a month. He spent much of his adult life serving with the Knights of Columbus and, in March 2011, was named Knight of Knights for Assembly 3239, its first such honoree.

He will be missed in this community and by all those whose lives he touched. His confidence, practicality and generosity are a model not only to his family but to all of us.

Paul is survived by wife Barbara, his four sons and four daughters, and two of his seven siblings, and by 28 grandchildren and two great-grandchildren. Paul requested that donations in his memory be made to the St. Vincent de Paul Society c/o St. Pius.

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