



FREE

Cedar Mill News

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Featured Business

Pest Solutions LLC

By Virginia Bruce

Eric Ufer says his company, Pest Solutions LLC., “exists to protect people and property, while being as green as can be.” They achieve that goal by going beyond the typical arsenal of poisons and “out of the box” remedies, and studying the science behind each pest problem. “We strive to resolve the issues that are causing pests to become a problem,” says Ufer. One of the company’s latest ventures is to distribute owl nesting boxes to customers who have large, wide open areas and rodent problems. Encouraging a growing owl population is a completely “green” solution.

Ufer was a fixture around Cedar Mill when he was involved with Milltown Soccer. In 2001, he began coaching a team that his



He says that his experience with Milltown has helped him a lot in his new venture. “As a stockbroker, I was more on my own. Working with 30 volunteers and hundreds of coaches in the club taught me how to delegate, and how to get people to accept accountability for their work,” he says. And one of his associates at Milltown, Lisa Draper, is now his

Office Manager. “Lisa took on the job of Registrar, which was critical to getting the club organized. Her daughter was on my team. The way she handled all the paperwork let me do my job in promoting the team, recruiting families, and finding opportunities.”

How does someone go from trading stocks to eradicating pest problems? “My wife Stacey and I have some rental apartments in Bethlehem, PA. We acquired them when I found out that a new



A stuffed skunk sits on a shelf in the office to keep an eye on things.

casino was going to be built on the site of the old Bethlehem Steel plant. Once the casino went in, housing was very much in demand. Bethlehem went from being a very depressed economy in the Rust Belt, to being prosperous. But around 2006, we began to have a horrible bedbug infestation. We had to do something, and I really didn’t like the idea of just using poisons.” “I looked at the traditional pest control services we were using—lack of efficacy, safety, inconvenience to our tenants, and exorbitant costs (both in lost revenues and sky-high pest control charges)—and decided we could do better,” he said.

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Continued on page 8

Another close call on Saltzman

by Virginia Bruce

Neighbor and eyewitness Eliot Sluyter reported, “During the morning of April 1, a semi truck hauling large equipment on a trailer came around the corner at the top of the Saltzman hill, heading north (down the hill). A car was heading south (up the hill) either cutting the corner or simply staying in its lane. Either way, there was not enough room for the truck, and he had to cut into the ditch. He hit a service pole and caused lines to fall to the ground at my house (midway down the hill) affecting my phone/internet/tv. The same low-voltage lines heading south above the hill fell, crossing the road at the residence at 4605 NW Saltzman. Police and

fire were dispatched and the road was closed, with one line crossing Saltzman, one pole leaning into the road, and one long line hanging into the road at eye-level.”

Sluyter continued, “Earlier that week, either the evening of March



April 1 accident scene. Photo from Wa. Cty. Sheriff

30th or early morning on the 31st, a car went off the road at the top of the hill. They were heading north on

Continued on page 4

April 10 Area 93 open house

Area 93 transferred from Multnomah County to Washington County on January 1, 2014. In 2009, Multnomah County drafted a Concept Plan for Area 93’s future urban development based on public input from open houses and workshops, but the plan was never finalized. Washington County has begun background work on the planning for the urban development of Area 93, building upon the planning work started by Multnomah County. We want to hear from you before going further.

At the open house, you can: Learn more about the planning process for Area 93 in Washington County; Review information about Area 93, including its natural resources and transportation needs; Comment on the Concept Plan developed through the Multnomah County process; Provide input about principles, goals, and

working assumptions that will guide development of the community.

The public is invited to drop by anytime between 4-7 pm in the Sunset High School Commons Area (next to cafeteria), 13840 NW Cornell Road. There are no formal presentations planned. If you can’t attend the open house, you can also review the same information and complete an online comment form on the project’s website, www.co.washington.or.us/area93 between April 10 and April 24.



Multnomah County's 2009 Concept Plan

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

CMBA News

The Cedar Mill Business Association, along with Pip's Frozen Yogurt and Gelato, held a very successful fundraiser to benefit the homeless students at Sunset High School on March 13. The community came out in great numbers on the mild March evening and showed their support by purchasing desserts and participating in a silent auction.

Pip's graciously donated a large portion of the proceeds to the homeless-student gift program that CMBA sponsors each year. Over \$400 was raised that evening and the CMBA thanks all who attended and donated items for this fun event.

Join your neighbors and the CMBA on May 3 for their bi-annual



clean-up in the heart of Cedar Mill. This is a great way to start your day and make a difference in the way the community looks. The flower baskets will be going up soon after. Participants meet at the center of town on Cornell Road between Murray and Saltzman from 7-9 am. Tools and gloves will be provided, but bring your own if you have a favorite. Morning treats and Poppa's Haven coffee and water will be provided!

Cornell Farm for the Birds

Which birds are you likely to see in your backyard, and what do they need to thrive? Join Nikkie West,

Portland Audubon's Backyard Habitat Program Coordinator, as she discusses ways that you can provide food, water, and shelter for birds and other wildlife. From simple to elaborate, learn how to attract more species diversity, which berry-producing shrubs are bird favorites, and how to naturally provide three seasons of nectar for hummingbirds. Get inspired to attract more birds to your backyard. Cornell Farm is located at 8212 SW Barnes Rd. The event takes place on April 12 at 2 pm. Please RSVP by April 11 at 6 pm! Call 503-292-9895 or email them at info@cornellfarms.com.

Bales boosts British bounty

Bales Thriftway in Cedar Mill has added a large selection of British foods to their store. They're attracting shoppers from around the region, who have been discovering the best source for their favorite treats directly from the UK. Dave Best, grocery manager, says, "We had a small section of British food, and it wasn't doing very well. We discussed discontinuing it, but I suggested that we increase the selection instead. We have two suppliers—one for normal grocery items like Coleman's mustard and other packaged foods, and another for imports straight from UK. Those items have to go through customs before they're delivered to the store."

At first, they doubled their order and sold out during the next week. Then they tripled it, and now they're ordering four times as much, including many more products.

One shopper, originally from Scotland, said, "My kids will be very excited!" She says that Bales has a much larger selection of food than in the British stores in downtown.

The shelves in the grocery area



are loaded with cooking and baking mixtures, pickles & condiments, soft drinks and juices, teas, cookies,

and many types of candy. In addition, a section of the frozen food bins carry back bacon, pork pies, and many other prepared British delicacies.

Local Mountain Man Nut & Fruit Co. franchise for sale

Our local Mt. Man Nut & Fruit Co. distributor, Joanne Hollister, is placing her successful franchise up for sale. After 6 1/2 years of growing the business she is looking to find someone who will take it from here and continue the success of her route.

Joanne says that the ideal owner would be a self-motivated, active person who likes to get up and get out each day. This franchise is one of the strongest among the 36 routes in the state, and Joanne has placed in the top eight each year.

Joanne says, "This is the most fun I have ever had making money, and I will miss the people I see each day very much. I must give up the route since realizing that my knee is at its end. Whoever takes over the route is going to agree that this is the best job ever!"

With the sale of the route, Joanne promises year-round coaching, materials, and all that is needed to be a success. If you are interested, please call Joanne at 503-701-4005 or email her at MtmanLady@gmail.com

Dinihanians offers the first of the spring greens

Dinihanian's Farm Market is now open from Thursday-Sunday, 9-3, with eggs and honey available. They're harvesting baby kale, purple rapa, Asian spring greens, and frilled mizuna from their hoop houses, and offering these as single items, plus mixed greens that will contain those along with baby chard, arugula and possibly some baby spinach.

Enter the farm at 15005 NW Cornell, across from the Oak Hills shopping center (just look for the red signs on either side of the entrance), and take the driveway to the Farm Market. They're also taking signups for weekly CSA baskets that will begin in June. Find out more on their website, youerca.com, and like them on Facebook for tasty updates and recipes.

Village Gallery News

Featured Artist: Sarah Soper, April 8 - May 4. Soper is a Fine Arts student majoring in photography at Oregon College of Art and Craft. She is this month's featured artist at Village Gallery and will be showing her photography and fiber arts.

For more information please call the Gallery at 503-644-8001 or visit their website www.villagegalleryarts.org for additional information about membership, classes and special events.

Cedar Mill Liquor discounts

Cedar Mill Liquor and Cigar now has some new beer and wine discounts! They offer 10 % off all beer and wine every Tuesday. They also always give 10 % off six or more bottles and 15% off twelve or more bottles. Special orders are welcome!

Virtue of the month—Discernment

"Reflection and action must never be undertaken independently," Paulo Friere. Discernment is accessing the wisdom of our intuition to discover what is essential and true...

The Practice of Discernment:

I seek full information. I trust my inner vision. I release the pressure to decide by determination alone. I take time for reflection and prayers. I hone my intuition. I am alert to the signs placed in my path. I am open to revelation.

Affirmation: I am thankful for the gift of Discernment. It leads me to the truth.

For more information about classes and workshops contact Delaram Adyani at Virtues Connection Portland 503-267-0202 or virtuesconnectionportland.com.

Wine Cellar's Melt Shop

The Wine Cellar is delighted to announce their new and expanded menu, "The Melt Shop." They offer more appetizers and a selection of melt-style sandwiches and salads, as well as locally sourced chocolates and desserts. Vegetarian and Gluten Free Options are available all the time. Happy hour and live music Saturday nights. The Wine Cellar is located at 525 NW Saltzman Road, and is open Tuesday from 11 am-6 pm and Wednesday through Saturday 11 am- 9 pm. For more information, call 503-643-5655.

Continued on page 10

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"Rock the Grange" for landslide relief

Donate to the Red Cross to provide relief to the victims of Washington's recent terrible landslide, and have a fun evening in the neighborhood. Toddlers to boomers, everyone is invited!

Come out and support the Red Cross at "Rock the Grange" on Saturday, April 19, 7:30-10 pm at Leedy Grange Hall in Cedar Mill. \$5 suggested donation. This is an all ages event. Dance to live rock from our local 1Wire Band and their guests, play board games in the dining area, and let your kids play and enjoy the kids area. A cheap date night without having to get a sitter, and a chance to provide relief to the unfortunate residents of the landslide area. Lemonade and light snacks provided. Leedy Grange Hall is located at 835 NW Saltzman. Plenty of free parking, or use TriMet bus line 48 or 62.

Cowboy music

In honor of Cowboy Poetry Week April 22-26, The Beaverton Historical Society is holding a special event on April 26 featuring Western Entertainer Tom Swearinger and Champion of Music Larry Wilder. The event takes place 10 am-2 pm at the Beaverton History Center on SW Broadway. Admission is a suggested \$2 donation, and free for members. For more information visit [Historic-Beaverton.org](#) or call 503-430-0106.

Cedar Mill Elementary Pancake Breakfast

Cedar Mill Elementary School's fourth grade class will be hosting an annual pancake breakfast Saturday April 12, 8-11 am at Cedar Mill Elementary on Cornell Road. This fundraiser provides the resources Cedar Mill Elementary Fourth Graders need so students can have an overnight hands-on experience of what life was like for pioneers! The suggested donation is \$5 per person or \$20 per family.

Composting Workshop at Leedy Grange Hall

Mark your calendar for 1 pm on May 17. Ron Spental, a Master Gardener and Master Composter, will present a one-hour composting workshop at the Leedy Grange Hall, on Saltzman Road, located near the corner of Saltzman and Cornell.

After attending this workshop, you will be able to set up your own backyard composting system or improve the composting system you now have. Participants are encouraged to bring a small sample of their own compost for evaluation, and the best compost brought to the workshop will win a prize!

The workshop is organized by Terra Linda Conservation, Us and the Environment (CUE), a neighborhood group dedicated to promoting a livable, healthy, and environmentally-friendly neighborhood. The workshop is also supported by Leedy Grange, a grassroots, non-partisan advocate for agriculture, rural issues, and American values.

Compost not only improves soil health, it also helps with watering. Compost allows water to infiltrate into the soil and then be held like a sponge so the water is available to garden plants while still allowing oxygen to reach roots. Mulching plants with compost reduces evaporation and so reduces the need to water our gardens. To reserve your spot at the composting workshop, or if you have questions, please contact Terra Linda CUE: terralindaconservation@gmail.com

Cedar Mill Garden Club

Did you know that carnivorous plants not only grow on the coast in Oregon, but can thrive in your gardens?



Find out all you need to know about planting, caring for, and growing car-

nivorous plants at the April 16 meeting of the Cedar Mill Garden Club. The meeting begins at noon and the presentation by Phaedra Dunko of Courting Frogs Distributing will begin shortly after 1 pm. The meeting will be held at the Beaverton Community Center Community Room, 12350 SW 5th (and Hall Blvd.) across from the Beaverton City Library.

Club members are again prepar-

ing for the 11th Annual Cedar Mill Plant Sale and Garden Art Fair to be held May 10, 9 am- 5 pm, in the parking lot of the Cedar Mill Bible Church on Cornell Road, next to the JQA Young House and Falls, and just east of Saltzman Road. As usual, they will have a large variety of unusual and varied perennials for both sun and shade. Watch for more details about this year's addition of beautiful hanging baskets. Proceeds from the annual sale go toward a horticultural scholarship, Youth and Community Gardening Education and plant-related Community Projects.

If you would enjoy helping them pot up plants, or if you have divisions of plants that you can donate, they would greatly appreciate it. Just contact Barb Cushman, 503-649-7741 for information or see their website thecedarmillgardenclub.org.

Legislative Town Hall

Please join our Oregon State Legislators, Representative Mitch Greenlick and Senator Elizabeth Steiner-Hayward MD for their upcoming town halls. The first one takes place on Saturday, April 19 at 11 am at the Friendly House Library on 26th Avenue. The second follows the first at 2 pm the same day at the Cedar Mill Library on Cornell Road. For more information contact 503-986-1717 or for the district, 503-277-2467.

St. Pius Golf

On May 31, from 1-8 pm, Eleete Real Estate will sponsor the first annual St. Pius X Panther Scramble Golf Tournament at The Reserve Golf Club in Aloha. The cost is \$150 a player or \$600 per team with a shotgun at 1 pm that day. Come out and help support the local community! For more information contact David Dechant at dechant11@comcast.net or visit pantherscramble.org.

Terra Linda EcoTour

Terra Linda CUE is a volunteer committee dedicated to promoting a livable, healthy and environmentally friendly neighborhood. On Saturday April 19 they will be holding a Terra Linda Eco tour from 10 am-1 pm in the Terra Linda neighborhood just north of Cornell and Murray. They will offer a free tour of home solar electric systems and irrigation efficiency. For more information and a map of the event locations contact Dean Moberg at terralindaconservation@gmail.com.

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Saltzman, continued from page 1
 Saltzman, and instead of making the 90-degree turn, they headed about 20-degrees (nearly straight), off the road, through the fence, and down the hill. They also hit a tree. I don't believe anyone was seriously injured."

These accidents happen almost every week, according to neighbors. Very few of them are reported, either to the Sheriff or to ODOT (perhaps people don't want their insurance rates to go up?) It seems like only a matter of time before someone is killed. Heavy construction traffic has increased, and once Area 93 begins to be built out, it will get worse.

Washington County has long known about the problems. Ordinance 626, passed in 2004, noted safety hazards including the curves, the substandard bridge, and the narrow width, and called for a "study area." Subsequent developments, including Bauer Highlands, were required to dedicate right-of-way (ROW) that allowed room to widen and smooth the curves at the top of the hill.

In 2007, however, a five-lot development was proposed (see map) for a one-acre parcel between Bauer Highlands and Saltzman that extended past the curve. The development approval noted: "NW Saltzman Road will be realigned and, as currently constructed along the site's frontage, will be removed. No direct access to NW Saltzman Road from the project site is proposed. As a part of the NW Saltzman Road realignment, which will redirect this roadway north-northwest from the existing 90-degree horizontal curve, a "T" intersection will be constructed immediately north of the project site's frontage. The new "realigned" section of NW Saltzman Road will continue to be located along the project site's westerly frontage."

That development was never built. The existing Transportation System Plan (TSP) shows that westerly alignment. The revised plans for Arbor Homes' 81-lot parcel on the west side of Saltzman at the top of the hill dedicates a curved section at the northeast corner for Saltzman's future alignment. The planner working on what's now called Findley Heights, Al Boesel, says, "[the alignment of Saltzman] is a long-range planning question. We can only deal with

what's on the books. We're told we can't get anything from Arbor for the Saltzman issue, other than the dedication." The hearing for the Findley Heights development will be on April 17, 10 am in the Public Services Building in Hillsboro.

The county is in the process of updating the TSP. Land Use and Transportation spokesman Stephen Roberts says, "The 2035 TSP update includes an interim recommendation and an ultimate recommendation for Saltzman Road between NW Thompson Road and Laidlaw Road—the northern portion north of Bayonne Lane.

"The interim recommendation involves making improvements to the existing Saltzman Road alignment to address safety concerns. The existing road is currently two lanes, and is shown as a 2/3 lane Collector in the draft TSP Update maps. Having the interim alignment in the TSP should help set the stage for funding of relatively near-term safety improvements, though there's no funding currently identified.

"The ultimate solution shows a new alignment to the west, connecting to 130th Avenue at Laidlaw. This is also shown as a 2/3 lane Collector on the draft TSP maps. Having this ultimate alignment in the TSP will be important to preserving right of way so that project can be funded and constructed at some point in the more distant future. That's the approx. \$11.1 million op-



2007 proposed development clearly shows the previously-preserved wider curve

tion we presented at the CPO 1 and 7 meeting over the winter.

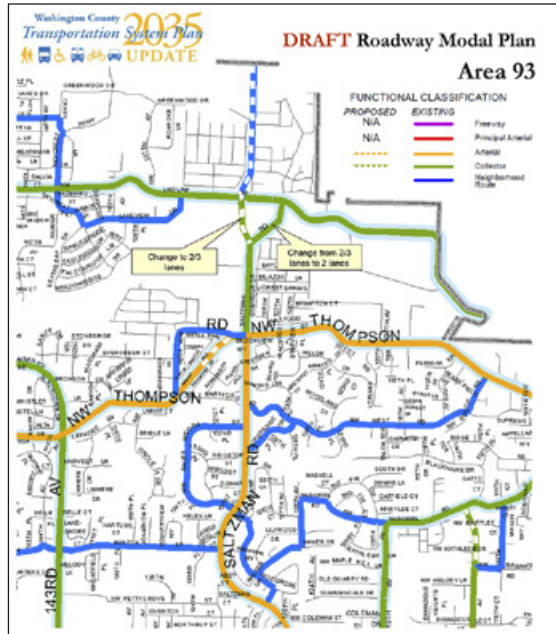
"The TSP update does not include any specific improvement projects for Saltzman Road, and no funding has currently been allocated for either the interim or ultimate improvements. However, having a clear strategy for interim and long-term improvements gives a higher level of certainty than ex-

ists today.

Roberts continues, "As we've noted before, the interim and ultimate projects will compete with many other road improvement needs around the county for future funding."

The 2035 TSP update draft currently designates the interim

Planning Commission, preserving ROW for the westerly connection is important because it provides, "future alignment to allow construction in the long term, allowing for a direct connection of Saltzman south of Laidlaw to 130th Avenue north of Laidlaw, [and possibly, eventually to Springville Road].



This connection may not be needed for many years, but by preserving a corridor, it will preserve the needed right-of-way and will not prevent the possibility of the western route."

An interesting side note is that the Saltzman Solutions group, which has been meeting to study the situation and pressure for improvements, applied to "Adopt-a-Road" to keep litter off the northern end of the road. The application for that segment was denied because it was deemed too dangerous for pedestrians!

Saltzman is a long way from county headquarters in Hillsboro, but we hope we can attract enough attention to this problem to get it fixed before lives are lost.

improvements as a first-priority project. However, that only means it may be looked at within ten years. The county usually tries to fund road improvements in part from development, but there's little open space adjacent to Saltzman that could justify that.

According to Mary Manseau, former chair of CPO 7 and current member of the Washington County

Native plant sales

Replacing non-native ornamental plants in your landscaping with natives has many benefits, including reduced need for summer watering, resistance to garden pests, and providing habitat and food for wildlife and birds. Spring is a great time to see these natives in bloom and choose some for your garden.

Clean Water Services has a Native Plant Finder on their website to help you choose the perfect plants for the various areas of your yard. cleanwaterservices.org/Residents/JoinTheCycle/InYourYard/default.aspx

Here are some of the local sales going on this month:

- Skyline Grange, April 11-12, 9-5. srnpdx.org/event/grange-spring-tree-native-plant-sale
- Audubon Society of Portland, April 12-13, 10-4. audubonportland.org/sanctuaries/plant-sale

- Jackson Bottom Wetlands, April 12, 9-3. jacksonbottom.org
- Tualatin Hills Parks & Recreation District, Nature Park Interpretive Center, April 26, 10-2. thprd.org/nature/programs/nativeplantsales.cfm

Beaverton Historical Society sponsors talk by Alter Weiner

Come hear Alter Weiner, a holocaust survivor, author and speaker, discuss his book "From A Name To A Number," on Tuesday, April 8, from 7-8:30 pm at the Elsie Stuhr Center on Hall Boulevard. They promise you will never forget Alter's story. Admission is free with a five dollar suggested donation. For questions or more information visit info@historicbeaverton.org or call 503-430-0106.

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Yellow nutsedge* and green lawn care tips

By Jennifer Nelson, Outreach Coordinator, Tualatin Soil and Water Conservation District

If you live in an urban area, Yellow nutsedge might be contributing to your lawn care woes. In the more rural parts of the county, it could affect the productivity of your crops. Either way, you'll want to be aware of the snake in the grass this spring. Here's how to ID and handle it, along with some seasonal green lawn care tips.

Nutsedge spreads by roots and shoots. It competes fiercely for light, water and nutrients, developing large, dense colonies. Both the tubers and the seeds can be dispersed by wind and water erosion as well as human disturbance from agriculture or development activities.

Plant ID—Look for the mature plant, with:

- Tall, hairless stems and looks like a thick, stiff grass growing up to 3 feet tall.
- Light green leaves arranged in a spiral of three ranks (unlike grasses which have alternate leaves in two ranks).
- Flowers featuring straw-colored or golden spikelets with many flowers.
- Tubers that are round and smooth, either brown or black, that can grow up to 1/2 inch in size with a pleasant, almond taste.

Control Tips

Be careful when digging up the plant—the root system is fragile and breaks apart easily. It can spread by rhizome or tuber, so a broken bit of root will mean a new plant. Avoid using a tiller to keep from spreading this weed.

Try removing small plants before they have a chance to develop tubers (before they have developed 6 leaves).

Try changing the site conditions to reduce the moisture that they thrive on or the sunlight they need to survive.

If you chose to pull the plant, keep after new sprouts to exhaust the tuber's store of energy.

A number of different herbicide recommendations can be found online.

Clean tools and equipment to prevent spreading this weed's seed.

Spring Green Lawn Care Tips

As lawn-mowing season returns, check the setting on your blade. Selecting the right height for your grass type will keep it healthy all season long.



Did you know you can compost your grass and lawn clippings too? Just be careful not to compost clippings that might contain weed seeds or herbicide residue. Be sure to layer this "green" material (high in nitrogen) with enough "brown" material like twigs, dryer lint,

or cardboard, which are all more carbon rich.

April is the optimum time to fertilize your lawn. To keep cost and waste down, consider getting a soil test to calibrate the right amount of just the right nutrients for your lawn. Keep the nutrients, which cause water-quality problems, out of our rivers by avoiding application when it is about to rain, and by not over-watering your lawn.

April is also a good time to dethatch your lawn. Tackle moss by scratching it off the surface before reseeding.

*Nutsedge, AKA: Chufa sedge, Nut grass, Tigernut sedge, or Earth almond

AARP Driving Class

As we get older, we all need a brush-up on our driving skills and safety practices. AARP will be holding a six-hour Smart Driver class on May 2 from 9 am- 4:30 pm at the Cedar Mill Community Library Meeting Room. For only \$20, or \$15 with your AARP number, you can register by calling 503-286-9688 to attend this informative class. By attending, one can also qualify for an insurance discount. For questions, contact Tom Wilson at PDXCats@comcast.net or visit www.aarp.org/drive.

Sunset High School offers "Find Your Future" Event

Over 25% of students at Sunset High School choose something other than attending college when they graduate from high school. On April 16, from 6-8 pm, Sunset's College & Career Center will host an event designed to provide information and resources about post high school options for students who are considering options other than a four year college.

College & Career Center Specialist Amy Little is organizing the event, in partnership with the Counseling Department at Sunset. According to enrollment numbers at Sunset, 25% translates to over 500 students school-wide (well over one hundred students in the graduating class alone) choosing to pursue something other than college when they graduate.

"We want to help all students find the right fit for their future. Our goal for this event is to bring a lot of information to one place for students to consider," says Little. Sunset's Find Your Future event aligns closely with the Oregon Education Investment Board's 40-40-20 vision: by 2025 the OEIB will ensure a 100% high school graduation rate and that 40% of graduates will complete a 2-year degree, 40% of graduates will complete a 4-year degree, and 20% of graduates are career ready. The Find Your Future event will focus on this third group.

"A close examination of labor market statistics will tell you that there are good jobs for students without a college degree," Little explains. College isn't a fit for everyone, and Little believes that students who don't plan to attend college shouldn't feel like they are missing out. Little also says that the intent of this event is not to discourage anyone from attending college, but rather to provide a range of options so students and parents can make informed decisions.

The event will include an expo, a keynote speaker, and breakout sessions on topics such as how to use LinkedIn, write resumes and improve interview skills. The event is open to all students in the Beaverton School District and their parents. Event registration is required. For more information, please call 503-259-5145 or visit the event website at <http://findyourfutureatsunset.weebly.com>.

Washington County Forum schedule

The Washington County Public Affairs Forum meets weekly from 11:45 am to 1 pm at the Peppermill Restaurant, located at 17455 SW Farmington Rd, Aloha. Their programs are also available on YouTube.com and local cable access channel 21, Tualatin Valley Community Television, TVCTV.org.
 April 7: Cover Oregon: Health Care Reform 101 with Courtney Helstein, Health-Care Outreach Coordinator, One Main Street Alliance of Oregon; and Beaverton's plan for a New Affordable Primary Health Care Center located in the West Gate Plaza, with City of Beaverton Staff Member, Dave Waffle.
 April 14: Republican Candidates for HD 32—Louis DeMartino & Rick Rose; and Republican candidates for the 1st Congressional District—Delinda Delgado Morgan, Jason Yates, and Bob Niemeyer.

April 21: Bond Measures & Levies on the Ballot: Beaverton School District, with Board Member, Linda Degman; and TVF&R with Chief Mike Duyck
 April 28: Republican Candidates for U.S. Senate: Dr. Monica Wehby, and Jo Rae Perkins; Candidates for State Representative Jason Conger and Mark Callahan.

Admission is free. Lunch is available off the regular menu. The Forum is a non-profit organization supported by member dues, just \$45/year for individuals.

Skyline Easter event

On Sunday April 20, there will be an Old Rugged Cross Easter Sunrise Service from 6-9 am at the Skyline Memorial Gardens on Skyline Boulevard. This very special service will be held high above the metro area atop the majestic West Hills, overlooking Portland and the coast range. The sun rises directly over the "Old Rugged Cross" adding to the splendor of this significant service. Celebrant services and refreshments round out the communal Easter celebration. Should inclement weather be present services will be held in a chapel with a view. For more information contact Rachel Fox at 503-292-6611 or rachel.fox@dignitymemorial.com.

Read The News online:
cedarmill.org/news

Metro RTP

Metro has released the draft 2014 Regional Transportation Plan (RTP) Update for public review and comment through May 5. The Metro Council is scheduled to hold a public hearing on the RTP on Thursday May 15. Metro has posted a short survey at makeagreatplace.org that will inform the RTP Update, the Regional Active Transportation Plan, the 2015-18 Metropolitan Transportation Improvement Program (MTIP) and the Climate Smart Communities Scenarios Project.

Metro will also host a Community Forum on these topics on Thursday April 17, 5:30 pm at the Beaverton Library.

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Pest, continued from page 1

He did some research, and came up with a solution that uses cedar oil, among other things. He realized that he could help other property and home owners in his situation. He started Pest Solutions in January, 2011. "I was on my own for the first several months. That summer I hired Lisa to handle the office work. We now have 11 employees and we're growing fast."

One of his first big jobs was handling pest control at the Timbers' home field, Providence Park. (It was Jeld-Wen Field when they began.) "The management already knew and trusted me from my work with Milltown. At the time, it was just me and Mark, one of our techs who was an experienced pest control worker. We just said 'yes' and rolled up our sleeves and got busy!" The client is very happy with their work.

Ufer's not afraid of hard work, and he doesn't mind getting his hands dirty. He grew up in the small town of Centralia, Washington, where he began working for neighbors when he was in the fourth grade—splitting wood, mowing lawns, and cleaning gutters.

He attended Portland State and earned a degree in Finance, and worked for several companies as a stockbroker—part analyst and part advisor. Eventually he realized that he just didn't like the corporate investment world. He was traveling too much, and wanted to spend more time with his family. He's always been creative and enjoys solving problems. Growing Pest Solutions into a successful business offered the kind of challenge he was looking for, and it also satisfied his desire to contribute to sustainability and health.

One of the things he likes best about his company is that they can guarantee their results for most types of pests. "You couldn't do that as a stockbroker," he laughs. Because they treat the sources of the problem, in most cases the pests don't come back.

They work on both commercial and residential properties, and count some of the area's biggest institutions as customers. Restaurants and bars, several local prison properties, entertainment complexes,



condominium and apartment communities, and of course residences appreciate their professionalism, speed, and discretion.

Pest Solutions knows that the character of their technicians is critical to their success. It isn't enough to have a pesticide license. People who come into your home or place of business need to be trustworthy as well as effective. The owner of Toro Bravo, Tasty & Sons, and Interurban restaurants gave a testimonial about Mark, one of their technicians. "He is by far the most reasonable, reliable and thorough person we have worked with, and we have worked with a



They primarily use traps to eliminate wildlife. State law says that, in most instances, the animals must be euthanized. Relocation of nuisance animals is well-recognized as a poor solution for various reasons that can include the animals' territorial instincts, introduction of diseases, and disruption of the ecosystem.

lot! He does our three restaurants and our rental house. I trust that he uses safe products, plus he's just genuinely a really nice, honest guy. Mark rocks!"

Ufer enjoys the research and experimentation that is needed to find green solutions to pest problems. "I hire great techs, and encourage them to expand their knowledge and practices. I love it when they come up with new solutions."

They recently brought Melissa Wright of Affordable Wildlife

Response onto their team. Their newsletter says, "Melissa does a terrific job resolving nuisance wildlife issues for commercial and residential clients. This includes resolving unwanted skunk, squirrel, raccoon, possum, beaver, nutria, bird, rodent, mole, and other issues. Her decade of experience and great attitude are greatly welcomed at Pest Solutions, as we are now a One-Stop Shop that resolves ANY pest issue—all while being "Green As Can Be."

Pest Solutions were first on the scene when a pair of male eagles was entangled in a tree in southeast Portland recently. "We were happy to help coordinate with other local experts, the Audubon Society, and the Department of Fish and Wildlife. We helped organize their arrival to assist the two bald eagles stuck together in the tree for seven hours, to help ensure the best outcome for all."

Ufer started the business from the basement of his home. The company now occupies a suite in the Best HQ building on Beaverdam Road in Beaverton. Best HQ (besthq.net) is a "collaborative business community and executive development center" that provides office space, coaching, training and networking to entrepreneurs. Ufer says, "Being part of BestHQ has been huge, as you are around other like-minded people who are working hard to build good, successful businesses."

For Pest Solutions, "Being green as can be" means not only using the safest, most natural products possible to get the job done, but also adopting more sustainable practices in other areas of the business. Ufer hopes to include all-electric cars to their fleet of Priuses as the company grows.

Underscoring the success of their business, they were recently notified that they had been nominated for the Small Business Administration's "Rising Star" award for 2014, as one of the best new, rapidly growing businesses in Oregon and SW Washington.

Visit their website, www.pestsolutionsllc.com, or call them at 503-895-2510 to find out how they can help you solve your pest problem.

Vernal Equinox

By Lauretta Young

March 20 marked the official “first day of spring.” We had one or two days of lovely sunny skies after that, quickly followed by the typical spring break weather of rain and clouds—one of our neighbor boys the other day called it “Portland snow.”

Here are some common questions I get from bird tour clients regarding bird watching, seasons and weather.

When is a good time to go birding?

Anytime other than the middle of the night! (Even then one might hear some owls out hunting and calling, or one might be very fortunate to hear flocks of birds calling to each other as they migrate.) Spring is actually a wonderful time to go out, but of course birding in the pouring rain is not that much fun, so watch for a sun break and get outside!! If you want to see the perching birds, going out in the earlier morning is good—they rest during “siesta” time. Pond birds are active most of the day.

Summer is actually a relatively quiet time for birds. They have little reason to be singing, and in fact, keeping quiet is a good survival strategy. The juveniles are eating a lot to prepare for winter migration, so while the weather might be better, it’s harder to find the birds in the summer due to the trees being leafed out and the birds being secretive.

In Cedar Mill, spring finds us in a “mid zone,” where some of our overwintering birds are still hanging out before they leave for their breeding grounds. So, for example, there are still a few Tundra Swans at the local ponds, but most of them have left to go north to breed. You might find some straggler ducks still, such as Northern Shovelers or Northern Pintails, but soon most of those will have flown to their breeding grounds.

In the spring, we also experience the return of various species that spend the summer with us for breeding. These birds spent the past winter in warmer locations to the south. These include the many

Swallow species that can be found flying over our yards and ponds plucking insects out of the air.

Another example is the tiny Kinglet family. In some areas in Oregon these may be present year-round. In our local area we tend to see them arrive in the spring and leave in the fall. We have two varieties that come to feast on, for example, the blooming catkins of our willow trees. The Golden-crowned Kinglets are tiny birds with a beautifully striped face and gold on the crown of the head. The Ruby-crowned Kinglets are slightly



Golden-crowned Kinglet with willow catkins. Photo © Jeff Young, 2014

larger and the red crown is usually not visible unless they are agitated. Both are very active birds that move around a lot in the trees—now is a great time to see them when the trees don’t have leaves.

Anything special I might see in the spring that I won’t see at other times?

The increasing daylight signals to birds that it’s time to produce offspring, so we experience the most active singing of any time of the year. One can often hear the American Robins start up their songs way before the sun rises—even around 3 am or so. Certainly other birds sing to attract mates, to signal their territories, or to ward off invaders. The Red-winged Blackbirds have started to sing in earnest now and most wetland areas are awash with their song, along with the rat-a-tat-tat of the Marsh Wrens and the quacking of the ducks that stay in our area to breed.

Our earliest breeders tend to

be Great Horned Owls and Anna’s Hummingbirds. Look for ducklings and goslings around mid April, and newly fledged perching birds such as Robins a bit later. Some birds, such as ducks, are born with downy feathers and others, such as Robins, are born with no feathers and have to stay in the nest for up to two weeks to grow and develop feathers.

You might have noted some different behavior from well-known yard birds such as Bushtits. In the winter they fly around in flocks of up to 40-50 birds and swarm around suet feeders en masse. However in the spring they pair up to build nests and raise young so you may only see one pair at a time at your feeder instead of the large flocks you might be accustomed to seeing.

What can I do to support our bird friends in this time of year?

Keep your outdoor cat inside if at all possible. Cats are the number one threat to newly hatched birds. For example—Chickadee chicks fall out of the their cavity nest and stay on the ground for several hours before they can fly. A wandering cat finds

easy prey in such helpless creatures. Also keep some brush around—too tidy a yard leaves nowhere for juveniles to hide from other threats, such as Cooper’s Hawks who feast on other birds, especially juveniles.

Keep feeding the birds—often people think that there are plenty of insects and fruit, but, for example, during a wind storm last year, several thousand swallows died because they couldn’t catch bugs during the spring storm. Keep your feeders clean—hygiene prevents disease spread. Clean up around the base of the feeders often. Put up some bird houses to attract our local cavity nesters such as Chickadees, Nuthatches and Swallows.

Lauretta Young takes all level of birders on customized birding tours in Cedar Mill and beyond. See her website at www.portlandbirdwatching.com. See more of her husband’s photos at www.flickr.com/photos/youngbirders

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Health Source

With spring in full swing, HealthSource Chiropractic and Progressive Rehab wants to help everyone get off to a healthy start, and has teamed-up to provide Complimentary Community Health Screenings in exchange for a \$20 donation to NOE International, a non-profit organization. The NOE Center in Morelia, Mexico, is a safe place where children are given educational opportunities through a number of life-changing before and after school programs.

Donations will be accepted at the office located on Cornell Road up until April 30, but contributors are encouraged to call and set up an appointment.

NOE's mission is to stand in the gap for young people and their families in the surrounding poor and low or middle class neighborhoods in Morelia by providing education and growth. For many students in this neighborhood, to find success they are forced to separate from their family for work, or try risking their lives to sneak into the US for menial jobs. NOE stands to help build up educated leaders to give back and invest in the community, to make a difference. For more information or to schedule an appointment at HealthSource, call 503-746-5085.

NW Organizing is Golden

Beth Giles, local professional organizer with NW Organizing Solutions, recently received the "GOLDEN CIRCLE" designation. The National Association of Professional Organizers' prestigious GOLDEN CIRCLE title was formed in 1990 to recognize members who have demonstrated commitment

to the organizing profession and have attained an elevated level of experience.

Beth has been helping to organize homes and small businesses in the Cedar Mill and Portland metro area. She assists clients to regain effective use of their space and time, bringing peace of mind back into their lives. For more information about the services offered by NW Organizing Solutions or organizing tips, see their website at www.nworganizingolutions.com, sign up for the e-newsletter, or call Beth at 503-709-0791.

"Lions and Tigers and Bears! Oh My!" Beth will be presenting a free workshop on organizing your child's space on May 6 at 6:45 pm at the Cedar Mill Library. RSVP to beth@nworganizingolutions.com

Pest Solutions for wildlife invasions

Pest Solutions is very pleased that Melissa Wright of Affordable Wildlife Response has joined our team. Melissa does a terrific job resolving nuisance wildlife issues for commercial and residential clients. This includes resolving unwanted skunk, squirrel, raccoon, possum, beaver, nutria, bird, rodent, mole, and other issues. Her decade of experience and great attitude are welcomed at Pest Solutions, as we are now a One-Stop Shop that resolves any pest issue... all while being "Green As Can Be".

Rodent Issues? We are excited

to sell Owl Nesting Boxes! Owl boxes attract owls that can help keep rodent populations down in the most natural way. If you have a property, or know somebody who does, that has a large, open area, and have mice, rats, moles, voles, or gopher issues, please contact us. We are having these nesting boxes manufactured locally by utilizing local talent. This includes the great folks at Genesis along with other programs that work hard on helping improve our community.

For existing clients, book any new pest or wildlife service during the month of March and receive 20 percent off any of their services! The offer must be booked and serviced by March 31 and does not include existing appointments or services already performed. For more information email schedule@pestsolutionsllc.com or call

855-40-PESTS.

Sunset Yoga

Sunset Yoga has switched over to an online registration and payment system called MindBodyOnline. This system is used by the majority of yoga studios across the country, and will greatly improve your ability to get up-to-date information on classes and workshops as well as easily renew your yoga classes at Sunset Yoga Center.

As a result, they are going to be moving to a class pass system (versus 8 week sessions). They hope that you will agree that this will give you more flexibility to go to more

classes, or make changes to your schedule when needed. Class passes are available for 1, 5, 10 or 20 classes. They also offer Monthly Passes (great for dedicated practitioners who want to come two to three times per week). See sunsetyoga.com for more information.

Sunset Yoga also has an upcoming workshop on April 12: Foam Rolling For Myofascial Release. The foam roller is a cylindrical piece of dense foam that is used to release tight muscles, prevent injuries, and improve circulation. In this workshop, participants will learn to use this tool to treat a variety of muscle groups, including the calves, IT band, and quadriceps. A printout of the techniques taught in class will be provided. Foam rolling techniques are performed on the floor, using the arms to support part of the body's weight. Participants must be comfortable getting up and down from the floor and bearing some weight in the arms. Please preregister on the website. The class will be taught by Julie Burtis, Physical Therapist.

Art adventures summer camp—enroll today!

Oregon College of Art and Craft has opened registration for their wildly popular childrens' summer art camps, for kids from 18 months to 18 years old. Enroll your child in the Jordan Schnitzer Family Art Adventures day camps today. They offer nine weeks of fantastic outdoor studios with professional teaching artists.

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"Today, consumers are more conscious of how they're spending their money, and they're placing a greater importance on saving," said The UPS Store owner Tim Kimble. "We understand, so The UPS Store is pleased to have this opportunity to provide affordable shipping and business services to AARP members."

To take advantage of this member offer, AARP members must present their AARP membership card at the The UPS Store. For more information, including a list of eligible products and services, visit www.aarpdiscounts.com/the-upsstore.

The UPS Store is open Monday thru Friday, 9 am-7 pm and 9 am-5 pm on Saturday, closed on Sundays. For more information, visit www.theupsstorelocal.com/3379 or call the Peterkort The UPS Store at 503-646-9999.

Dr. Cleary offers MDVIP service in Cedar Mill

Ongoing changes in our healthcare system are leading to overcrowded offices and a more reactive approach to patient care. Fortunately, this is not the case in Dr. Timothy Cleary's internal medi-

cine practice. A Board Certified physician in Internal Medicine, Dr. Cleary has been practicing in Cedar Mill for 10 years. His recent affiliation with MDVIP, the national leader in personalized, preventive healthcare, is enabling him to continue to provide the high quality, patient centered medical treatment patients have come to expect, no matter what happens in healthcare in Oregon or nationwide.

MDVIP is a whole new approach to healthcare that believes keeping you well is just as important as treating you when you're ill. Dr. Cleary's MDVIP-affiliated practice is much smaller than traditional primary care practices, giving him time to work closely with all his patients to help them achieve their personal goals while taking advantage of the latest advancements, technology, and treatments in prevention and wellness.

As a member of Dr. Cleary's practice, a patient receives the individualized service and attention they deserve along with conveniences only offered in a small, intimate setting.

To learn more about the many benefits of membership in Dr. Cleary's MDVIP-affiliated practice, schedule a complimentary meeting with him by calling 503-526-0994. The office is located at 11786 SW Barnes Road, Suite 270

Library News and Events

By Dawn Anderson
Art of the Story: A Family Storytelling Festival

There are many exciting performers for this year's WCCLS Tenth Annual Storytelling Festival, April 5-12. For a full schedule of countywide activities, pick up a brochure at the library or visit the WCCLS website at www.wccls.org/festival

"Bright Ideas Gone Bad" will be performed by Bil Lepp at the Cedar Mill Library at 7 pm on Friday, April 11. It seemed like a good idea at the time, and then...Bil Lepp is a professional storyteller who tells family friendly, humorous tall-tales that delight audiences young and old all across the country. Event is free and suitable for age six and up.

Teen Art Contest Winner

Congratulations to Cedar Mill resident Jacqueline Brown, a ninth-grader at Sunset High School, the grand prize winner this year with her unique and electrifying interpretation of the teen theme, "Spark a Reaction." Jacqueline's design will appear on all countywide Teen Summer Reading publicity materials..

Spring Cleaning?

Clear your clutter for a good cause! The library is seeking books & media, and Second Edition is seeking household items, furniture,

power & hand tools, gardening, and fishing items. Please read through the donation guidelines on the library's website prior to bringing in your gently-used items. Donation receipts are available. Thanks!

Seeking Science Kit Item Donations

The library is creating unique science-themed kits and we're seeking donations of new or gently used equipment to include in the kits. Wish List: binoculars, red light flashlight, magnifying glass, "scale of hardness" rock testing kit, digital camera. Please contact Lynne at



LynneE@wccls.org or (503) 644-0043 ext 132.

Star Wars Day - Save the Date!

May the 4th be with you! Help us celebrate our 40th Anniversary year with this special event for Star Wars fans of all ages. Crafts, activities and possibly some special guests! Sunday afternoon, May 4. We're preparing to raffle a Star Wars paraphernalia basket. If you have any items you would like to contribute, please contact Mark at 503-644-0043 ext. 131.

Easter & Prom

Visit [Second Edition](#) today for all your baskets, bunnies & Easter outfits! Also, starting April 7 you can shop for beautiful prom dresses at incredibly low prices!

Happy Hour: Meet the Director

Join Peter Leonard, the Director of the Library, for a beverage and some snacks on Tuesday, April 15 between 5-6 pm in the Cedar Mill Library's upstairs meeting room. Library trends and plans will be discussed, and questions or suggestions are encouraged. RSVP by April 14 to 503-644-0043 x 121 or email cedarmill@wccls.org

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In Memory of

June M. (Haff) Newcomer

November 18, 1932 - March 6, 2014

Many in Cedar Mill will remember June Newcomer, wife of "Mr. James" Robert Newcomer and mother of Zo-ann. She passed away peacefully at the Marysville Home on March 6, 2014

Zo-ann wrote in her obituary, "She was loved by her husband Robert; two children; four grandchildren; and her four great-grandchildren. She will be remembered for her hard work and her caring for friends and patients for 48 years as a registered nurse; also for her work as a bookkeeper for the Cedar Mill Business Association and as a manager for H&R Block."

Zo-ann Newcomer now works at Silhouette Salon just down the street from the shop her father started and worked in for 46 years. "Mr. James" still shops and visits friends in the area.



CMBA members presented a plaque to June Newcomer in 2007 for her many years of service to the organization.

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Spring 2014 • April 24-27

Friday 6-8pm: **poppy & bloom**
Fashion Show by Poppy & Bloom
Preview their Spring/Summer Collection



Pre-Sale (\$5 at door):
Thursday, 4/24, 11am-1pm
Regular Sale Hours:
Thursday 4/24, 1pm-8pm
Friday, 4/25, 10am-8pm
Saturday, 4/26, 10am-5pm
Sunday, 4/27, 10am-5pm

Old Hollywood Video
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