



Cedar Mill News

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May 2012

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Featured Business

Chrysos Designs

by Virginia Bruce

As more people use the internet to search for the goods and services they need, it becomes ever more important for small businesses to work with a professional to produce their web and print outreach materials. An off-the-shelf website, with spelling and grammar errors, poor-quality graphics, and hard-to-find or missing information, gives an impression that the business doesn't pay attention to details or care enough about their customers to make the effort.

It's easy now to find "do-it-yourself" printing and website production services. And it's tempting to think that sincerity is enough to express your business message. But a pretty template doesn't make up for an experienced professional with an eye for those important details. And with the proliferation of websites, sites need to be optimized so that customers can find you.

That's where our featured business, Chrysos Designs, comes in. Jennifer Cook-Chrysos has been working with clients for over ten years to create logos, graphics, print and web designs for events, businesses and organizations. She works from her home office in the Cedar Mill area and is looking for new clients.

Every business has a "brand." In the marketing context, this concept includes every impression that a potential customer has about your business. From the way you answer the phone, to more formal outreach

efforts, word-of-mouth references, and customer service follow-through—it's all part of your brand.

"I offer a free consultation that includes a brief analysis of a client's current website or brand. In the case of a website, I often start with keyword research to see if the site is targeting the most strategic keywords," she explains.

She can provide design services including logos, brochures, direct-mail pieces, business cards and more, and works with a local printer to create the finished products. She's also happy to step in and tune up existing designs.

She's been creating websites since the 90s, "when the web was

pretty new. Things change so fast that I had to keep educating myself to stay current," she says. "What clients needed in a website has changed pretty drastically since then, too. Back then, a website was like a brochure that you could send people to. It could remain relatively static for years as long as you didn't move or change your phone number."

"Now consumers have changed so much in their behavior, going to the web every time they wonder about anything. They can access it wherever they are, even at the beach or on an airplane, so my clients need to worry about how their site is going to be found among so many other sites. Sites are now constructed in such a way as to make them visible to a specific consumer. And they need constant updating. The client needs to be able to edit their own site.

Continued on page 8

Blooms for Books

by Dawn Anderson

Celebrate Spring! Plan to attend the Cedar Mill Library's 7th annual Plant Sale, held in the library's parking lot on Saturday, May 12, from 9 am to 3 pm.

"What started as a small event in 2006, earning \$1,888 for the library, is now a year-around community-building operation. Library volunteers Cori Bacher and Lisa Sleasman have done a great job organizing the plant sale for the last four years. Sales in 2011 increased to \$4,562," says Peter Leonard, Library Director.

It's all about recycling at the plant sale. Cori holds six pot recycling collection days at the library each year, on the first Sunday of the month, March to June and October-November, from 2-4 pm. She accepts plastic nursery pots and good condition terra cotta and ceramic pots, garden and nursery plants and garden tools, books and magazines. Cori also has a selection of perennial plants, from her big plant sale inventory, available for purchase at these events.

The donated pots are used to pot-up donated plants for the plant sale. Cori says, "We hold several plant work parties at my tree farm during the fall and spring. Volunteers pot up the plants and groom them so that they are vigorous



and healthy in time for the sale." Cori and her team have over 2,500 organically grown perennials, natives, shrubs and trees ready for this year's sale. Gallon plants are \$4, with a huge bargain area of plants at \$2 each. And since the supplies are donated and the labor is all-volunteer, 100% of the sale price of these plants goes to support library programs!

While Cori is taking care of these donated plants, Lisa works with New Leaf Greenhouse in Cornelius, who provides pre-order plants, and Pumpkin Ridge Gardens in North Plains, who

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Shell expansion hearing May 22

When Pacwest Energy, LLC (dba Jackson Food Stores, Inc.) proposed an "expansion" of their convenience store at the Cornell Road gas station, those concerned about effective Town Center planning were alarmed that it would likely prevent the northern extension of Barnes Road for a very long time.

Bales Findley Property Management, owner of the adjacent property, has appealed the Washington County Land Use approval of the development application. A hearing on the appeal has been set for 9 am on May 22 in the Auditorium on the first floor of the Washington County Public Services Building,

155 N. 1st Avenue, Hillsboro.

Defending our vision of a workable Town Center plan is vital to the economic health and livability of the community. The public is invited to comment in writing by sending a letter to:

Wayne Hayson
Casefile # 11-299-D(C) Appeal
155 N. 1st Ave, #350-13
Hillsboro, OR 97124

Interested citizens are also invited to attend the hearing. More information about the proposed project and Town Center plans are in the [March 2012](#), [December 2011](#), and [October 2005](#) issues of the News.

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

Poppa's Haven Serving Toddy Coffee

Spring is the season of cold-press coffee, sometimes referred to as cold-brewed or "toddy" coffee. Cold-brewed coffee came to the U.S. after Todd "Toddy" Simpson's trip to Peru in 1964, when he tasted coffee prepared by the "ancient Peruvian process." When he returned home, he developed a similar method which combines coarsely-ground coffee beans and cold water, which are mixed together and allowed to stand at room temperature for twelve hours. The mixture is then strained using coffee filters, several layers of cheesecloth, a French press or an "official" Toddy maker. Because the coffee beans have never been exposed to the high temperatures used in hot brewing methods, the coffee concentrate is highly stable—it keeps for up to ten days. The concentrate may then be combined with boiling water for a fresh cup of hot coffee or with cold water for a very smooth cup of iced coffee.

The resulting brew is 67 percent less acidic than hot-brewed coffee. That means it's easier on your stomach and your teeth. And, since you're dealing with a stable, low-acid solution, it's perfect for adding coffee flavor to your favorite recipes.

Poppa's Haven Coffeehouse, on the east side of Murray across from Science Park Drive, is now serving toddy coffee. Co-owner Jane Bennett says she never liked iced coffee until trying this method. Cold-brewing allows the coffee's other flavors to blossom, whether chocolaty, nutty or fruity. Stop in at Poppa's Haven and try a cup of iced coffee or try it in a blended coffee drink. The Peppermint Patty and the Mayan Mocha frappes are two favorites.

Westside Music School Open House

Westside Music School invites everyone to a ribbon-cutting on Tuesday May 8, following the CMBA monthly meeting. Their new location is 1800 NW 167th Place, Suite 110 (just across Cornell Road from Chang's Mongolian Grill). Light refreshments including coffee from Poppa's Haven Coffee Shop. Live music including the Branson Duo —half of the duo is Andrew Becker, our guitar instructor. An opportunity for all to "test drive" our musical instruments!

More information about classes, schedules and instructors is on the Westside Music School website at westsidemusicschool.org/

Dinihanian's will be back soon with more!

Dinihanian Farms began providing fresh produce to the community in 2009 when they converted several acres of their holly farm to growing vegetables. They also partner with farms located around Oregon, which allows them to minimize the risk of crop failure for their members. This diversity also allows them to offer a wide variety of seasonal fruit in addition to vegetables.

They offer farm shares through their CSA program, where members pay up-front and receive weekly baskets of fresh food. They also sell produce in their store at 15005 NW Cornell Rd.

They expect to be fully open during the first or second week of June depending on the weather. This year they're adding Tualatin Valley beef, chicken, honey, locally-roasted coffee, and bread to their variety. Fresh eggs are in the store now, along with some blueberry bushes.

There are still a few CSA memberships available. Visit their revamped website at yourcsa.com for more information and to sign up.

Caregiver Workshop

Caring for a loved one? Sunset Presbyterian Church is partnering with Comfort Keepers to offer a care-giving workshop, open to the public. This six-session class will teach you how to care for your loved ones who are in need of more assistance. Topics that will be covered include: The Aging Process

& Chronic Health Conditions; Safe Transfers, Positioning, and Body Mechanics; Bathing, Dressing & Grooming; Preventing Complications; Nutrition and Dining

The class will be held May 29 & 31 (6:30-8:30 pm), June 2 (10-2:30 pm), June 5 & 7 (6:30-8:30 pm), and June 9 (10-2:30 pm). Registration is \$35, which includes books and materials, but sign up soon, as space is limited. To register, or for more information, contact Leomarie Lind at Comfort Keepers, 503-643-2010.

Calling All Teens with a Passion for Fashion

Second Edition Resale Shop, which supports the Cedar Mill Community Library Association, provides an opportunity for high school or college teens to gain retail and customer service skills.

They will be accepting up to five teens in Retail Sales Associate Positions. Teens must be able to commit for the summer months of June, July, and August, with two training times in May. One to two weeks may be taken off for vacation. Set shifts will be 2.5-3 hours long, one-two days per week.

Volunteers will receive on-the-job retail training as a sales associate, including how to interact with customers on a one-on-one basis, providing customer service, and learning the proper way to stage merchandise. Teens will accumulate volunteer hours, obtain job experience and references, and have the opportunity to be promoted to a cashier position. In addition, they will have fun while helping to provide funding for the Cedar Mill Community Library and Bethany Branch.

Teens are invited to apply by picking up a Volunteer Application from either the library or Second Edition. Deadline for application is May 13, unless positions fill sooner. Questions should be directed to Kevin Kelley, Head of Volunteer Services, at 503-644-0043 x 111.

Visit Cedar Mill's Eden

In 1961, Alethea's Garden was one and a half acres of nothing. Now it is an expansive haven, filled with perennials, trees and shrubs, and flowers for almost any month of the year.

This time of the season, plants need to be divided and babies need

to be potted up, and Alethea's Garden is having an ongoing plant sale. Plants, flowers, and bouquets are reasonably priced. Visit Alethea's Garden on 107th Ave., just off Cornell Rd. The tall gate up their driveway is only to keep the deer out—just press the button on the post (on the left, just before you get to the gate). Please call ahead for flower arrangements at 503-644-0807.

Third Annual Art Challenge at VGA

From May 1-June 1, The Village Gallery of Arts hosts its Third Annual Art Challenge. Each of 113 artists from around the Willamette Valley are busy painting, collaging, waxing and drawing four six-inch-square canvases. Over 400 pieces of art will be for sale during the show which will cover all the gallery walls with affordable art ranging from \$25-50. This non-juried show has traditionally brought close to 1000 people into the gallery. This year's participants are as young as two and include seasoned artists like Harold Walkup, Liz Walker, Mary Grout, Nancy Higgins, Anji Grainger and more!

Artists were given four, six-inch square canvases and 30 days to complete them. This is a challenge to artists, because most only work on one piece at a time. Many artists try something new and work outside their comfort zone.

This May, the VGA class schedule includes children's art classes with Kristi Roberts and Beth Fox (for ages four-six) and adult painting workshops in watercolors, acrylics, and marbling.

For more information regarding the gallery, membership, classes, and special events, please call the Gallery at 503-644-8001 or visit their website.

Virtue of the Month: Honor

"Honor is deep respect for what we know is right and true. It is living up to the virtues of our character. We honor our abilities by using them for a meaningful purpose...We honor others when we treat them with the dignity they deserve. Others can trust us to keep our word of honor. When we do things we are ashamed of, we restore our honor by taking responsibility and

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Grange News

Old Time Fiddlers, Pie and Ice Cream!

Many Grange Halls hold Open House events during "Grange Month" in April. But Leedy just has to be different! Besides, we were occupied with our very successful Spring Fair.

Grange Secretary Theresa Thorud has partnered with The Beaverton Historical Society to organize our Open House for Saturday, May 19, 11 am to 1 pm at the Leedy Grange Hall located east of Bales Thriftway in Cedar Mill. Admission is free.

At 11:30, Champ Vaughan will tell us about the early pioneer settlement and the history of local place names of the Beaverton area. Champ is a historical geographer, board member of Oregon Geo-

graphic Names, and past president of the Sons and Daughters of Oregon Pioneers.

Then enjoy pie and ice cream to the music of the Old Time Fiddlers who will play from 1-3 pm. There will be frequent drawings for door prizes, but you must be present to win.

You'll also be able to learn more about the Grange, hear our plans for the building and our programs, and find out if joining the Grange is right for you. Annual membership is only \$35 and supports all our programs.

For more information visit Leedy's web site at leedygrange.org, or the Beaverton Historical Society site at historicbeaverton.org or call (503) 430-0106.

Downtown flowers... and weeds!

For the third year, the Cedar Mill Business Association is organizing a display of hanging flower baskets in our downtown area. New this year is that local businesses have stepped up in a big way to support the program.

The CMBA budget derives only from membership dues. In addition to the flower display, it pays for a program to help homeless students

2012 Flower Basket Donors

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- Cedar Mill Library
- Dean Shade Law
- Impact Sign
- Irrigation Management
- Services/Beighley
- Landscape Design
- Kumon of Cedar Mill
- Pet Barn
- Randall Freed Dentist
- Robert Gill Appraisals
- Santoshia Yoga
- Sunset Athletic Club
- The UPS Store

\$7200 total cost of the program. Additional letters will be sent to downtown property owners, and will also be distributed hand-to-hand to downtown business owners who are not CMBA members.

The Garden Corner of Tualatin installs the baskets, and does nightly watering and feeding. This keeps them blooming magnificently through the spring and summer.

Cornell Cleanup May 19

Although people are looking up to admire the flower baskets, they still notice the streetscape. As we do twice a year, CMBA will pull weeds and collect trash from 9-11 am on Saturday, May 19. This is a great opportunity for everyone who would like to do their part to keep our community pleasant for walking, working, and shopping. No need to

pre-register, just show up dressed for the weather. We'll supply tools, gloves, and refreshments. Meet at the overlook area between A Cut Above and Dale St. Ages 12 and over please. The county will provide traffic control for work in the medians.



Young volunteers helped with the cleanup at the overlook area in 2009



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Cedar Mill News interns

by Nicole Nagel

Our year at Sunset is wrapping up, and many of us will soon be moving on. Over the past year, Virginia Bruce took on five Sunset interns to help with different aspects of the Cedar Mill News. As four of these five, including myself, are quickly approaching their graduation date, the paper is on the lookout for some new young minds to fill their places.

Marita Sailor, a current junior, will be remaining an asset of the paper. Over the past year, she has refined her time management and Adobe Illustrator skills, while also gaining more insight into the workings of the Cedar Mill community. This internship has been perfect for Marita in terms of taking steps into the real world, and she has had a lot of fun with it. In addition to working on designing the downtown business map, she created a logo for a local dentist ad.

As for the seniors, Ashaen Patel was the tech man for the News. He was looking for a job to build upon his web design skills when he stumbled upon this perfect opportunity. When asked how he has grown, Ashaen replied: "I have learned a lot about the business side of web design, such as how to charge for

my work, as well as how to make a page create an image in the viewer's mind." Next fall, Ashaen will be attending Oregon State University, with the ultimate goal of becoming a physician.

Our next senior, Jasmine Kim, already had a lot of journalism experience when she joined the team. She works as Co-Editor in Chief for Sunset's paper, The Scroll. Editing the Community Announcements for The Cedar Mill News allowed her to expand her talents into a new realm. This internship has taught her a lot about our community and how to cater to clients, while also meeting a wide variety of interesting community members. Next fall, Jasmine will be enrolled in the Honors College at the University of Washington, double majoring in biochemistry and English. When asked about her future aspirations, Jasmine said: "In terms of careers, I haven't really decided yet. I am leaning towards anesthesiology, but veterinary medicine has always been of interest to me, as has journalism."

Haley Tilt has been the editor for the paper's Business News this year. Haley runs the Sunset literary journal and has a passion for both creative and analytical writing. She was attracted to the idea of ventur-

ing into the field of journalism. Through her work with the Business News, Haley has "learned so much about the workings of Cedar Mill, its leaders, and what sustainable and community-oriented business practices look like." She will be attending Reed College next fall majoring in English, with hopes to achieve professorial tenure one day in the far future.

As for me, I responded to the job posting because I wanted to set foot in the real world before moving on to college. I had no idea what the internship would hold for me, and Virginia was great at keeping all five of us occupied. I finally got to put my graphic design skills to work for a published project—the downtown business map. I formed professional relationships with local business owners, and I was given this special monthly column to update all you readers about what's going on at our school. This column has significantly increased my confidence in my writing, and has led me to become the "knower of all things Sunset." Next year, I'll be attending the University of Texas at Austin, where I plan on studying international business and finance. From there, I plan on either receiving my MBA or going into corporate law.

Several things that all of us interns agree on is that Virginia has

been a true joy to work for, we have all learned so much from her, and the flexible hours she provided were ideal for our hectic schedules. If you're going to be a junior or senior at Sunset next year and are interested in making contributions to our local newspaper, then I urge you to get in contact with Virginia at info@cedarmillnews.com. Even if you have no newspaper or journalism experience (I had none), it is still a great internship to grow your skills.

Sunset Band

Sunset High School's annual Spring Awards Band Concert and Silent Auction will be held Thursday, May 17, in the Sunset High School Auditorium. Doors open at 6 pm and performances begin at 7 pm. Admission is free; \$5 donation per attendee is suggested. The Concert will be led by Sunset's Band Director, Gregory Hall. Senior students and outstanding volunteers will also be recognized.

The Concert will include performances by the Concert and Wind Ensemble bands and a silent auction that features over \$10,000 in donated prizes and services from local and regional supporters. Money raised will support all of the band programs, with a special focus on replacing aging musical equipment and increasing the scholarship programs.

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Cedar Mill moves into Metro District 5

By Anne Madden

Were you surprised to find candidates for Metro's Fifth District on the back of your May 15th primary ballot? That was not a mistake. Like it or not, as of January 2013, a portion of Cedar Mill, which has historically been part of Metro's Washington County-centric District Four, will become part of Metro's Portland-centric District 5.

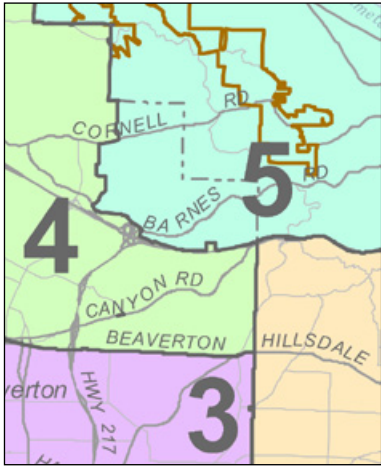
District Five will include all of North and Northwest Portland, all of Southwest Portland north of U.S. Hwy. 26 (including downtown), and all of Northeast Portland north of Interstate 84 and west of 122nd Ave.

Why the change? After every ten-year U.S. Census, the Metro Council must evaluate whether each of its six districts have rela-

tively equal populations, and adjust boundaries as necessary. With Washington County's population booming, District Four had to shrink; it loses part of Cedar Mill and portions of Aloha. The new map was adopted last May. It will take effect with these elections and be in effect for at least ten years.

District Four Councilor Kathryn Harrington hates to see us go, but says, "Part of the CPO-1 area does remain in my district—a majority of it. And now you will have two Metro Councilors working for ... a better and healthier community for all."

For more information, check Metro's website at oregonmetro.gov/index.cfm/go/by/web/id=37013



New boundaries for Metro Council districts in the Cedar Mill area

Blooms, continued from page 1
supplies vegetable and herb starts at the plant sale. Lisa prepares the pre-order form and coordinates the volunteers who help at the plant sale. Lisa says, "To guarantee your plant selection, you can pre-order until Tuesday, May 8." Order forms are available at the library and on the library's website at library.cedarmill.org

This year, Pumpkin Ridge Gardens is bringing an even larger selection of their beautiful, organically-grown annual, perennial and vegetable starts, including many grown especially for the library plant sale. "Look for edible flowers as a special category, and vegetables especially suited to our cooler summers," says Lisa. In addition, Pumpkin Ridge will be featuring vegetables and herbs central to the diverse cuisines of the Cedar Mill community. And, the library's crack team of amateur horticulturists will be available to answer any gardening-related questions you may have—and help you put together a Mother's Day gift Mom will love.

Second Edition Resale Shop, the ongoing fundraiser for the library, will have fun garden accessories, clothing, garden supplies, ceramic pots, containers, bargain-priced

terra cotta and tools. There will also be a gardening bookshelf full of classic titles and magazines available for sale.

The Village Gallery of Arts is presenting their 3rd "Art Challenge" show. A portion of their art and craft sales on May 12 will be donated to the library.

So take part in the event that has dozens of volunteers, thousands of plants, and hundreds of pots and books. Attend the Library Plant Sale. Every plant you buy beautifies your yard, feeds your family AND helps support programs at the Cedar Mill and Bethany libraries. Proceeds go to services for children, book purchases and other programs. See you at the library on May 12th! For more information, contact Dawn at 503-644-0043 or visit the library's website at library.cedarmill.org

Garden Club meeting

All gardeners are welcome to attend the presentation "Exciting Perennials for the Adventurous Gardener" presented by Pat Thompson of the Secret Garden Growers at the May 16 meeting of the Cedar Mill Garden Club. The meeting and social time begins at 11:30 am and the program starts at 1 pm The group meets monthly at the Beaverton Community Center, 12350 S.W. Fifth. For more information about the Cedar Mill Garden Club phone 503-649-7741 or visit thecedarmillgardenclub.org

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Watch out for these weeds!

by April Olbrich, TRWC
Tualatin Basin partner agencies hope for everyone's help in fighting invasive weeds. The Early Detection, Rapid Response (EDRR) approach employs a two-part strategy: surveying newly identified aggressive plants that displace and crowd out native plants in our natural areas; and moving rapidly to begin control of these species. By training lots of folks to watch out for and report invasives, partners hope to get the jump on them before they become endemic.



Fallopia-sachalinensis, or giant knotweed, grows near streams and has been spotted in Bonny Slope.

- Do not move soil that has had weeds growing in it.
- Plant natives and non-invasive plants wherever possible.

Additional information on invasive species can be found on each of these sites:
4countycwma.org;
cleanwaterservices.org/Residents/JoinTheCycle/InYourYard/Invasives;
Westerninvasivesnetwork.org/pages/plants.php

A number of new invaders have entered the eastern Washington County area. These species include garlic mustard, Japanese knotweed, spurge laurel, Italian lords and ladies, lesser celandine, policeman's helmet, yellow archangel, old man's beard, butterfly bush, and slender false brome. Information on each species is outlined in a Tualatin Basin EDRR ID guide that participants received. You can report these species online through the Invasive Species Hotline website, Oregoninvasiveshotline.org. Or you can report weed outbreaks by calling the Tualatin Soil and Water Conservation District at 503-648-3174.

Two additional Tualatin Basin EDRR evening workshops will be held on May 10 in Forest Grove and June 5 in Sherwood. Register for future workshops online at SOLVE, www.solve.org through its Calendar of Events or contact Lacey Townsend, 503-648-3174, x 102.

Tualatin Basin partners working to implement this EDRR approach include Clean Water Services,



Participants at the April 24 Leedy Grange presentation learned about their role as weed watchers in a larger Tualatin Basin program to identify and report newly-identified aggressive invasive non-native plant species.

Humans transport most invasive plants. These plants often get a start in disturbed areas, such as road-sides and stream areas and are then spread through various means. You can help stop the spread of invasive plant seeds, roots and vegetation that can start new infestations by doing the following:

SOLVE, Tualatin Hills Park and Recreation District, Tualatin River National Wildlife Refuge, Tualatin River Watershed Council and Tualatin Soil and Water Conservation District.

- Walk around infestations.
- If pulling weeds, work from the outside in.
- Clean boots, clothes and pet's fur after walking through weeds.

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Welcome back to our Farmers Market

The Cedar Mill Farmers Market, sponsored by Tualatin Hills Park & Recreation District, opens for its 14th season on Saturday, May 12, just in time for Mother's Day. In 2012, shoppers will find an extra half-hour to find their favorite market treats, with the season's 8 am opening and the new closing time of 1:30 pm.

April showers bring more than May flowers, though Vanessa & Thao's bouquets are perhaps the loveliest result of all of spring's alternating rain and sun. Martinez Family Farm's crew brings beautiful early vegetables to start off the season, and luscious strawberries won't be far behind. Throughout the



25-week season, local farmers and growers proudly purvey nutritious fruits and vegetables, local organic meat, cut flowers, hanging baskets and other nursery plants. In addition, the market serves as a food court for local food entrepreneurs as well as an "outdoor gallery" for local artisans.

No-spray (organic-practices) produce offerings expand this season, and new also are beautiful ice-cream sandwich cookies (gluten-free!), more coffee selections, more beautiful baked goods, including gourmet scones and cupcakes (some vegan, gluten-free, and other specialties), new breakfast and lunch offerings, honey, beeswax items, unique craft/art items such as hand-cut papers and even henna body art. Want to receive updates on market vendors and events? Simply email cmfmarket@gmail.com (with e-news in the subject line) to register for the market's weekly newsletter featuring recipes for making delicious use of what's freshest in the market.

Our easy shopping starts with free close-by parking for cars, bus service from Tri-Met lines 62 & 89, with Route 50 not far away (use Tri-Met's Trip Planner tool ride.trimet.org), and supervised bike parking (just ask at the Information booth). Neighbors looking for an outing for their dogs find they are welcome at here, with student & other volunteers providing pet-sitting at times when owners want to get right into the produce booths where dogs shouldn't go. Live music by local talent contributes to the wonderful atmosphere, while student volunteers add to the fun with their colorful facepainting ideas and rainbows of balloon creations.

Regular debit cards will be accepted in 2012 in exchange for CMFM tokens at the market's Info Booth. Many market vendors accept food coupons from the State of Oregon's Farm Direct Nutrition Program (WIC and Senior) and the Info Booth exchanges market tokens for a swipe of customers' Oregon Trail EBT cards from the USDA's Supplemental Nutrition Assistance Program (SNAP). Several farmers accept WIC Fruit & Veggie Vouchers as well.

The Portland area's "friendliest little market" will continue every Saturday from 8 am to 1:30 pm through the end of October in the Sunset Mall parking lot. Sunset Mall is just west of Murray, across NW Cornell Road from Sunset Park and Sunset High School. For more information about the Cedar Mill Farmers Market, visit cmfmarket.org. Volunteers are welcome, and those who are interested in being a part of the fun should email market manager Dina Gross at cmfmarket@gmail.com or call 503.913.7733.

AARP Safe Driving Class
On June 15 and 22 from 9-12, an AARP Driver Safety Program will be offered at the Cedar Mill Community Library. This six-hour classroom safe driving class, given in two 3-hour parts, typically qualifies drivers for an insurance discount if 55 and older. \$12 for AARP members, \$14 for non-AARP members. For more information and to sign up, contact Tom Wilson, PDX-Cats@comcast.net, 503-286-9688. More about the program is at www.aarp.org/drive



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Chrysos Design, continued from page 1
The pretty picture that web sites used to be has become the skin of a complex organism.”

She uses WordPress for many of her sites. This technology allows for a consistent design that the client doesn't have to touch. The client uses a web interface to make content changes and to add new material. She has learned how to “tweak” WordPress templates to achieve the look and organization that suits each client.

Search Engine Optimization (SEO) has become a whole industry now, and it can be a full-time job to keep a site at the top of the search engine results. But very few clients need that kind of effort. Jen knows how to build a site with correct coding and careful attention to keyword selection and content that will ensure that the right customers find a site. She can also help her clients use social media, such as Facebook and Twitter, to find and retain customers.

It can be scary for a small business to commit to the investment of time and money to create the brand they need to succeed. Marketing is often an afterthought, and it's very tempting to use a relative or a kid to take on these esoteric and technical tasks. And you don't always get what you pay for. But working with a professional, local designer who is committed to your business success is one way to ensure good results that pay off.

“I love a project that I can take from beginning to end,” she says, “listening to my client describe their vision for their business and designing a brand for them that expresses that on all levels. I enjoy working with an individual or small business owner and being there to see the business become more successful.”

Jen has always loved to draw and paint. So when it came time to go to college, she entered art school

at the University of Michigan. She says, “After a while I felt that I was missing something and changed my major to Biology. After graduation I worked at Boston University School of Medicine, but after doing lab research for a while, I really started to miss creative work. I started taking classes at night and eventually enrolled full time at the Massachusetts College of Art to complete my art degree. Since then I have worked with scientists in a variety of ways to communicate their work visually.”

One ongoing project she enjoys is creating a poster each year for the MIT BioBricks Foundation's International Meeting on Synthetic Biology. She was working at MIT and was asked to create the poster for the first event in 2004. Although she moved to Cedar Mill in 2008, she continues to produce these by working long-distance with her client.



She lives in Cedar Mill with her husband, George, a computer architect at Intel. Her son, Jalen, is nine and her daughter, Isabel is six. They both go to Terra Linda Elementary. Now that they're both in school, she'd devoting more of her time to building her business. She takes courses at Portland State's Multimedia Professional Program to keep her web and software skills current and to keep up with new developments in SEO and site programming.

Visit her website at chrysos-designs.com to see some of her projects, and find out more. Or give her a call at 503-922-0167 and set up an appointment to find out how she can help your business.

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Altricial and Precocial

by Lauretta Young

Most birdwatchers learn a bit of ornithology when they start to become competent at identification. After understanding the differences among birds of the same color (like the brown sparrows compared to the brown songbirds) or birds that act the same (like ducks compared to grebes in the water) we often then start to become more interested in the more esoteric science. Why are some bird chicks—very soon upon hatching—out and about with the parents, yet other birds hatch with no feathers, closed eyelids and require some time to emerge out of their nests?

I recently just learned these two words—altricial and precocial. Even though I was a science major and took comparative vertebrate anatomy, I must have missed these two interesting concepts, or else they weren't discussed in those courses. Seeing the tiny goslings swimming immediately after hatching and apparently eating grass with the parents got me curious. I know that other birds species like chickadees or robins spend quite a bit of time being fed by parents before even growing downy feathers or searching for food on their own.

Altricial species of birds (and mammals) have young who are born relatively helpless. Many hatch with tightly-shut eyes, and need a lot of care to maintain body temperature, and need to be fed to grow and be able to defend themselves. Examples of such birds are the robins we might have seen naked in their nests while the parents fly back and forth feeding large quanti-

ties of insects. These birds tend to have smaller eggs and tend to have both parents involved in the post-hatching feeding extravaganza.

Precocial species tend to have larger protein-rich eggs (think ducks and chickens and turkeys and pheasants), tend to be ground nesters, although one can find exceptions, and tend to have chicks who don't need much from the parents other than some protection and in-



Canada geese and their gosling. Photo © 2012 by Jeff Young.

struction about food sources. When they hatch, they have most of their downy outer layer and can move about, although most baby birds do seem slightly awkward.

Various ornithologists have tried to make some ecological niche sense out of this. There are a variety of theories about numbers of young and types of hatch, but there are many exceptions to most theories. So since I am not a dedicated ornithologist, I quit reading the science at that point...

However it seems to me that we are all "hatching." I have been impressed with how much our cells are ever-changing. We are truly new beings as time goes by. The new science of epigenetics—the factors in our surroundings, which influence such biological events—is

truly an exciting field.

As we all hatch, we have some biology that makes us more "altricial" at some things and more "precocial" at others. I am sure this is an artistic take on these biological words yet it does resonate to me that all of us are hatching. Not just in spring, but all year and as we age.

If I add a new skill to an existing skill, I am more likely to be somewhat competent—somewhat precocial and need "less parenting" from my mentors/bosses/teachers/elders. If however, I add something totally new, I am more like the newly-hatched helpless chick—I will need a lot of "feeding" from the elders. I have personally done both—picked up knitting after some years—precocial—still awkward but can do it. And then I started teaching—brand new—needed lots of help—altricial or the cautiously incompetent phase of new learning. Thankfully, in my symbolic world, if I mess up my

knitting I just rip it out. In the wild world outside where the birds live, if they mess up, a coyote will have the gosling for dinner—a totally different outcome...

I hope you enjoy learning new things like I do, and that you go outside whether you are an "altricial" birder or an experienced "precocial" birder who wants to ask new questions!

Lauretta Young MD is a retired Kaiser chief of psychiatry who now teaches at OHSU in the integrative medicine program and the healthcare MBA program. She mentors people in learning to bird watch. Check out her website at www.portlandbirdwatching.com and see her husband's photos from Cedar Mill and beyond at www.flickr.com/photos/youngbirders

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Business News, continued from page 2
 making amends. We do our duty, whatever sacrifice it requires. We act with integrity, not to be admired, but because it is the right thing to do." Excerpts from Virtues Reflection Cards with permission by Linda Kavelin Popov.

Interested in the Virtues Project? Find more information or purchase Virtues products at virtuesproject.com.

Hoffman joins with Hunt

Design expert Caryl Hoffmann is now officially partnered with Hunt Painting Co. Hoffmann says, "This collaboration has grown naturally over the past ten years, as Hunt has painted many projects for me and many of my clients. By allowing me to offer both Color Consulting and Paint Estimate services, this joint venture will streamline my design projects and allow my clients to work directly with me without added phone calls or coordination. Hunt does both interiors and exteriors for both residential and commercial projects, and has been in business for 40 years, with a great staff of experienced painters.

"To see pictures of both of our work, visit my website at: ckhoffmandesign.com. They also have their own website: huntpainting.com. "I am still offering my full line of design services, including Home Staging, Interior Design, Remodeling, and Construction Management, so please feel free to give me a call if you have need of other services as well at 503-807-1348."

Tip: It's best to get your exterior bids for painting now, as soon as the sun hits all the painters will be busy for the summer.

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business that offers services in re-facing, refinishing and painting for interior woodwork. They are offering Cedar Mill Business Association members a 10% discount on their services. They support the local community by purchasing from Oregon businesses and have pledged to donate 3% of their net sales to Oregon Charities. Contact Claire at 503-522-6188 or refinish-first@gmail.com.

Firefighters' history book published

Ray Pitz, a local journalist, has just authored an "Images of America" Arcadia Publishing vol-



A Washington County Fire District No. 1 engine pokes out of the old Cedar Mill station at 129th and Cornell Road in 1973. The old station closed in June 1984 and is currently home to an auto-repair business, with the hose tower still visible. (Photo by Harvey Thomas, courtesy of TVF&R.)

ume on the history of firefighting in Washington County. The book includes photos from all the various agencies that eventually merged into Tualatin Valley Fire & Rescue.

Rich with anecdotes and including an instructive flowchart on the evolution of our fire agencies, the book is sure to interest local history buffs. Tualatin Valley Fire and Rescue, \$21.99, Arcadia Publishing, is available at local retailers, including Ace Hardware, online bookstores, or through Arcadia Publishing at arcadiapublishing.com.

Care packages for Mom

Care packages are a great way to send your love to mothers and grandmothers this Mother's Day. Tim Kimble at The UPS Store offers tips on properly packing your care package items to help them arrive intact:

Send items that will travel well, such as oatmeal, sugar or peanut butter cookies, brownies, molasses bars, biscotti, shortbread, dried fruit or snack mixes and hard candy. Use a coffee can or a potato chip canister as a cookie cutter and then use the same container to ship the cookies. They stack perfectly and won't crumble.

Avoid items that can't withstand heat or other extreme temperatures, such as chocolate or foods that require refrigeration. Consider sending your treats via UPS Next Day Air or another expedited shipping method. Pack soft cookies with a slice of bread to help them retain moisture. Fill air gaps with squares of bubble cushioning to soften the vibration and prevent cookies or brownies from breaking.

Use a new box specifically designed for shipping, which you can purchase at The UPS Store, and wrap each item in bubble cushioning surrounded by at least two inches of packaging peanuts. The UPS

Store is located at 10940 SW Barnes Rd and has convenient hours: M-F 9 am-7 pm and 9 am-7 pm Saturday For additional information, visit theupsstorelocal.com/3379 or call 503-646-9999.

The Wine Cellar May tasting schedule

May 11: Basel Cellars of Walla Walla; May 18: Tyrus Evans (Ken Wright Cellars); May 25: Lachini Vineyards. Tastings are \$10 per person or free with bottle purchase.

Join us Friday 4-7 or Saturday 12-5. The store is located behind Mazatlan Restaurant at 13486A NW Cornell Road. Visit their website at portlandwinecellar.com or phone 503-643-5655 for details.

Libertine Kids

Do you know a child who loves to help in the kitchen? The Libertine is offering a series of kids' cooking classes just for them. In this series of classes, students will learn how to prepare cuisine in the Libertine style—healthy comfort food! The class will teach the basics of cooking, making good food choices and exhibiting contemporary table manners.

The course cost is \$100/student, with discounts for siblings in same class. Call Mellisa at 503-317-3229 to register. Limit six students per class. Ages 10 to 13: June 18-21, 9-11 am or July 16-19, 9-11 am. Ages 7 to 9: June 25-28, 9-11 am and July 23-26, 9-11 am.

A Thread of Provence

Little and local, Les Couleurs de Provence specializes in kitchen linens from Provence France. This season they are excited to be offering a new 50" diameter round table-

cloth (in addition to the regular 70" diameter cloth). Also available is a large selection of Teflon jacquard, rectangular cloths in 96", 84", and 76" sizes. Call Mireille Nett for more information at 503-679-1681, or find her soon at the Cedar Mill Farmers Market. The best choice is at the beginning of the season!

Just Breathe

Santosha Yoga in Bethany Village is offering a new class in response to a request by the physical therapists next door to them. Owner Katy Nadal explains, "One of the issues they encounter with their patients is that they don't use their breath properly as they move. To get the best results in any healing process, breathing is paramount."

Santosha's new class, "Just Breathe," teaches people to breathe more effectively. The class is held Thursdays at 5:30 pm in their studio. Though it is a great class for anyone going through physical therapy or athletic training, all are welcome.

Additionally, Santosha will continue to offer their free Beginning Class at 12:30 on Saturdays through June, when the class schedule will shift to Sunday afternoons. It is open to anyone and can be taken on a continuing basis.

Meet Bales' new Deli Manager

Erin Glenn took over the deli department at the Cedar Mill Bales Thriftway store in April. Her previous experience includes management of local restaurants and delis.

She's not planning any major changes in the deli, which includes both the cold cuts, salads and prepared foods in the cold case, the fresh sandwiches, the salad and olive bar, and the hot counter. She wants to continue focusing on customer service, and is always glad to have customer suggestions for dishes and even special requests.

"We will change some of the offerings in the hot case. We're going to try some new soups and we'll also offer fresh barbecued pork. Things don't have to be the same every day—we'll be offering fresh seasonal fruit in the salad bar, for example."

Fresh home-made chicken pot pies have been very popular, and they may try beef pies since customers have been asking for them. And if you haven't tried one of their fresh sandwiches, they are wonderful. It's easy to order using their form, which gives you a choice of breads fresh from the bakery daily,

meats and cheeses, veggies and their own signature mustard and mayo blends, including my favorite, chipotle mayo.

Erin grew up in the area, graduating from Sunset. The youngest of her four children is graduating this year and heading to the University of Portland. Her oldest daughter is now in medical school. Say hi to Erin next time you're at the deli counter.

Salon 503 celebrates first anniversary

Mike and Sara Hogan took over the former Mr. James Hairstyling space a year ago, upon the retirement of James Newcomer. Sara had worked at the salon for several years, and with the assistance of husband Mike, they did a top-to-bottom renovation of the space. The walls now feature artwork from members of the nearby Village Gallery.

They have brought back popular stylist Stacy, and added nail and waxing services. Experienced stylist Janice Duckworth and her clients will be joining the salon this month. They still have space for a couple more contract stylists in their Tuesday-Saturday schedule. They offer products for sale from Paul Mitchell, Sebastian, Joico, Matrix and more.

Salon 503 is located in the southwest corner of the Milltown Center at 12505 NW Cornell at Saltzman. There's plenty of free parking, and you can make an appointment by phoning 644-5161.

Leadership transition at Sunset Credit Union

Judy Makela, who has been with the credit union for over 33 years, has announced her retirement as President. Until October 2012, Judy will be acting in an advisory capacity. Board Chair John Tate says, "Words cannot begin to describe Judy's dedication to the Credit Union movement, and her loyalty. Judy has given everything and has done so much for the Credit Union and its membership over the past 33 years. Her undying philosophy of, "People helping people," has helped establish what the Sunset Credit Union is today."

With careful consideration and discussion, the Board of Directors announced that Rhonda Baggaley accepted the role of President of Sunset Science Park Federal Credit Union as of December 1, 2011. Rhonda has been with Sunset Credit Union for 23 years. She has extensive knowledge of the

overall operations of the Credit Union, and has many successes in the growth of our Credit Union. She was paramount to the success of our Real Estate Loan program and her consistent mentoring of our other staff members has been vital over the years.

The Staff and Board will be planning a retirement ceremony for Judy in October of 2012. If you have any ideas, special stories or "Thank You's," please write them down or send them to Stephanie at: stephanie@sspfcu.com.

Sunset Athletic Club celebrates 35 years

The club began in April 1977 with a focus on racquetball, a small area for Universal Gym equipment, and an aerobics room. Four indoor and two outdoor tennis courts were opened the next year, along with the outdoor pool.

Owner Chuck Richards recalls that, "The Oregon recession of the 1980s (yes, we have been there before) and a fire in 1995 slowed/



Racquetball is still a popular sport at SAC. This dramatic move was captured during the 2010 Junior Tournament, © Brook Kirklin.

stopped any more facility growth for a while. Opportunity for expansion came again in 2002, and in '03 Phase One of our expansion opened with the new FitCenter upgrade.

"With the patience of our members, and a ton of hard work, we successfully worked through three more expansion phases over the next five years, tripling the size of the club (second only to Multnomah Athletic Club in Oregon). In addition to our size, there has been an evolution of equipment, staff training, certification, and skill sets, all of which have been instrumental in our growth."

Richards is proud to share the credit for the success of the club with his outstanding team, including General Manager Carleen Prentice. He says, "These exceptional people demonstrate the dedication, professionalism, and positive attitude that continue to make our success a reality." They are plan-

ning a memorable 35th Anniversary celebration this summer.

Deck care advice

Wet, mossy, and sometimes slippery. Northwest weather can be tough on decks, so it is important to keep them clean, covered, and stained when needed. Sherwin-Williams offers their help, whether keeping your deck beautiful or reviving worn and weathered decks.

Like any other surface that needs painting, it is important to make sure your deck is clean, dry and dull before you begin your project. Start by identifying if your deck has any stain or sealer currently on it. If you plan on applying a solid color stain, it won't be necessary for you to completely strip your deck. However, if you plan on applying a semi-transparent stain you will need to strip old finish off your deck.

When choosing a stain, remember that solid color stains provide the best protection against mildew, fading and UV rays. Semi-transparent stains provide the real look of

wood, with a hint of color and provide excellent protection against water and weathering.

Whatever stain you choose and whatever condition your deck is currently in, Sherwin-Williams can take you step-by-step as you prep and apply your deck stain.

Also, from May 1-July 8, Sherwin-Williams exterior deck stain will be on sale, so you can save money and complete your project in time to enjoy the summer.

Sherwin-Williams carries a wide selection of deck stains, including the 'Decksapces Semi-Transparent Stains' (water-based or oil-based) and 'Decksapces Solid Color Stain' (water-based). Sherwin-Williams is located west of Safeway at 13555 NW Cornell. Call for more information at 503-646-7064 or email Mona Qaddoumi, Assistant Manager, at sw8613@sherwin.com.

Westview Drama Camp

Westview High School Theatre will be hosting a drama camp June 18-22 from 9-3. Campers must be entering 3rd-8th grade in the fall. The camp culminates in a final performance. The cost is \$200. For applications, visit westviewtheatre.com. Deadline to register is May 15.



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