



# Cedar Mill News

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July 2012

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## Featured Business

### Refinish First

by Virginia Bruce

One of the principles of more-sustainable living is "Reduce, Reuse, Recycle." Our featured business this month brings that philosophy to home remodeling with their cabinet and woodwork refinishing service.

For kitchen and bathroom cabinets and any other wooden surface of your house, Dave and Claire Luton offer a fast, affordable and sustainable way to update your style, change color or finish, or revive damaged or tired surfaces.



After masking all non-treated surfaces, cleaning and sanding the boxes, several coats of paint were sprayed onto the cabinets. Doors and drawer fronts are being refinished at the workshop.

There are four methods they can use to renew your home. The first three treatments can also be used to renew wood surfaces such as window seals, banisters, stairs, shelving and interior doors.

**Refinishing** is best when you want to change the color of your cabinets and woodwork. In most cases they will take your doors and drawer fronts in. The wood surface will be treated with a professional grade water-based stripper to remove the old finish, then sanded and prepped to get them in the best condition for the final steps. Refinish First then applies your chosen stain color and seals it with three coats of satin, semi-gloss, or

gloss finish for easy cleaning and long wear. The time out of your kitchen is typically between three-to-five days depending on damage and size.

**Restoration** brings back the original beauty of your cabinets without removing any parts of the cabinets from your home. An average-sized kitchen can be usually be completed in no more than two days. The area is carefully prepped to ensure no damage to non-treated areas. Then they use a strong but non-toxic cleaning solution to remove dirt and grease.

All surfaces are sanded and filled if necessary, and then a carefully blended custom stain is applied so it matches your existing finish. Finally, three coats of your choice of finish is applied.

**Painting** can be combined with any of the above techniques, or used all alone, to achieve a custom look. Paint the "boxes" and refinish the doors and drawer fronts, as I did in my kitchen for a Mid Century Style. Or paint everything! Again, they mask and seal the room, and then proceed to sand and fill, prime, sand, paint, sand, and paint again to leave your surfaces looking like new. No brush strokes here! Every piece is sprayed with a professional quality spray system and at the hands of a professional with over 30 years experience.

**Refacing** is the right choice if you want a totally new look for your cabinetry. They carefully measure everything and then work with their Salem-based provider to custom-order doors and drawer fronts and made-to-match veneer to cover cabinet boxes. Specialty accessories such as wine racks, crown molding and glass-front doors can be added to update your space at a significant savings in time and cost over new cabinets. The typical job for a kitchen reface is three to four days depending on size.

Yes, depending on the job you may have to move items out of the room they're working on. But that can be a great excuse to get

*Continued on page 8*

### Bonny Slope building gets a new future

After standing empty for about seven years, the old Bonny Slope store building will come back to life this fall. A group of friends and neighbors purchased the lot a couple of years ago. One of the partners, Nick Olson, who lives nearby, is the son of our late local historian Nancy Olson.

The group, called Ginger Properties, are renovating the old cinder-block building at the corner of Thompson and South Road to provide offices for a couple of local companies. There will also be space for a future retail business.

Final permits were obtained in June. The county required a lot of improvements, which explains why the property stood unused for so long. They had to dedicate

right-of-way along Thompson and along South. Access to Thompson is limited to one driveway, with parking spaces on the east side of



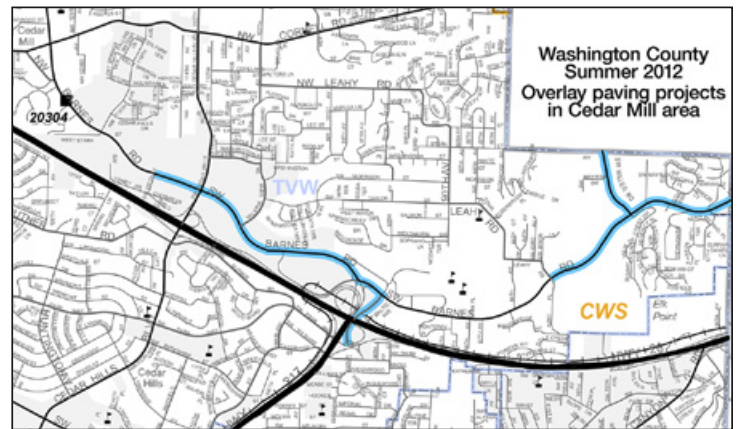
the building. They have built the required sidewalk along the north and west sides of the lot, and will be building half-street improvements to both streets later this summer.

Once that work is completed, renovations on the inside and outside of the building will commence and should be completed this fall or winter. Given the creative nature of this partnership, we can't wait to see what they're planning!

### Summer paving in Cedar Mill

Paving crews under contract with Washington County's Department of Land Use and Transportation will soon go to work on several major roads in our area. The plan

Advisory signs will be posted prior to work starting. The roads will remain open but may be limited to one-way traffic controlled by flaggers. Road users should expect up to



is to cause as little disruption to traffic as possible by doing most of the work at night. The county and its contractor, Eagle-Elsner, Inc., are working together to ensure that traffic moves as smoothly as possible through this necessary but inconvenient road work.

15-minute delays and are advised to use alternate routes during the work.

For current road work schedules, check the [Washington County Roads](http://Washington County Roads) web site at [www.wc-roads.com](http://www.wc-roads.com). Schedules may change due to weather, contractors' schedules, or availability of materials.

# 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](mailto:info@cedarmillnews.com)

## Village Gallery News

The Gallery is honored to present their featured artist for July—Kalyani Pattani. She received a B.F.A. degree from the University of Texas at Austin and M.A. (Studio Art) degree from the Sam Houston State University with specialization in Ceramics. Kalyani taught ceramic sculp-



Blue Mountain, Kalyani Pattani

ture, painting and drawing in Texas. Forms and shapes in nature inspire her sculptures and paintings. Kalyani's reception will be held at the Village Gallery on July 14, 5-8 pm.

The summer months offer a great opportunity to enroll your child in the Gallery's Children's Art Classes with Kristi Roberts. She will assess your child's art ability and begin from there to build a meaningful art experience and opportunity to work in many different media.

The Gallery is open Tuesday-Saturday from 10 to 4; Sunday noon to 4 and closed on Mondays. The gallery is next to the Cedar Mill Library at 12505 NW Cornell Rd.. Call 503-644-8001 or stop by to register for classes.

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## A New Addition to World of Smiles

Dr. Michelle Stafford and her husband Nicholas welcomed their baby boy to the world on June 1. Ender Peterka Stafford is their first child. Dr. Stafford returns to the office in August, but Dr. Ski and the rest of the World Of Smiles team are there keeping up with all the summer check-ups.

## Homeruns for Homeless Youth

Did you know that Beaverton has the highest number of homeless students in Oregon? Beaverton's homeless student population has now risen to 1,580 individuals.

This year the class of Leadership Beaverton put on a kickball tournament in association with Homeplate Youth Services called 'Homeruns for Homeless Youth.'

Impact Sign Co. helped the cause by donating all the signage for the event, including welcome banners, table information graphics, and sponsor signs. In addition to the signage, Sean Bucknam played for the Beaverton Chamber Board of Directors Team and helped beat the seasoned Underdog Kickball Team for the First Place trophy. The event was a huge success, raising more than \$13,000 for Home Plate Youth Services.

## "Christmas in July" canned-food drive

HealthSource Chiropractic and Progressive Rehab® will host a "Christmas in July" canned-food drive to help replenish local food banks and shelters.

HealthSource doctors are offering FREE Community Service Health Screenings (a \$189 value) in exchange for canned food / non-perishable donations. The 19-point screening can help track down a wide range of problems such as low back pain, headaches, neck pain, shoulder or arm pain, numbness and more. Even X-Rays will be included if necessary.

"Many people don't realize that this can be one of the toughest times of the year for the local food

banks and shelters. We tend to forget about those in need outside of the holiday season. We thought an early celebration could help jumpstart the collections for local food donations," said HealthSource CEO Dr. Chris Tomshack. "Together, we can all help build a stronger, healthier community."

Donations will be collected at HealthSource of Cedar Mill all month long. They are located at 13305 NW Cornell Road Suite E Portland, Or 97229. To find out more about the food drive, contact HealthSource of Cedar Mill at 503-746-5085.

## National Day of Dance comes to the Grange

National Day of Dance is July 28. To celebrate, Impressions Dance Club is hosting a day of free dance classes at the Leedy Grange, 835 NW Saltzman. Classes are open to all ages and include ballroom favorites: swing, rumba, foxtrot, waltz, cha-cha, tango and salsa. Instruction is provided by award-winning instructors and Rising Star Rhythm champions Michael and Cynthia Parent.

Dancers (and would-be dancers) can also participate in an all-new dance workout program that incorporates dance moves taken from Broadway, Ballroom, and Latin dance styles. Release your inner dancer and join them for this fun, new aerobics class that is designed to give dancers of all ages a workout.

The day concludes with a Community Dance that starts with a lesson at 7 pm and Open Dancing from 7:30-10 pm. Check out the schedule below, or find all the information and more at [ImpressionsDance-Club.net](http://ImpressionsDance-Club.net) or call 971-226-1119 for details.

- Dance Aerobics 9:30-10:30 am
- Swing 11-11:50
- Rumba 12- 12:50
- Foxtrot 1-1:50

### Break

- Waltz 2:30-3:20
- Tango 3:30-4:20
- Salsa 4:30-5:20

### Break

- Cha-Cha 7-7:30
- Dance 7:30-10

## CMBA July meeting

Mary McCormick, of Protocol Consulting and Training in Hill-

sboro will be the CMBA speaker for the Tuesday, July 10 meeting. Mary was trained by the prestigious Protocol School of Washington and has had a lifelong passion for learning about and teaching etiquette. Visit [cedarmillbiz.com](http://cedarmillbiz.com) for more information. CMBA meets at the Cedar Mill Bible Church on Cornell. Networking and free pizza from 11:30, meeting and program noon-1 pm.

## "Making the Most of your Minutes" Workshop

We all get 24 hours a day, but how often do you stop and ask yourself where it all went? Sometimes it seems like we only did a few things, yet it took the whole day. We never even got to the important stuff we were supposed to do or really wanted to do.

Join us at the Cedar Mill Library on Wednesday, July 11th, 6:30-7:45 pm as local professional organizer, Beth Giles of NW Organizing Solutions, helps us consider if we are using our time effectively, think about what consumes our time, and explore tools and tips for better time management. Please RSVP to [beth@nworganizingsolutions.com](mailto:beth@nworganizingsolutions.com) or 503-709-0791.

## Mid-century goes pop

Bales Thriftway is featuring a new case of retro soda pop selections for the summer. To celebrate



Dad's Root Beer, Nesbitt's orange, BubbleUp and more, their distributors will be on hand for a tasting event on Saturday, July 14 from noon-5 pm. Ice cream floats, classic rock tunes, and poodle skirts will set the scene for some retro fun.

These classic sodas and more will be available at sale prices during the event.

Continued on page 10



# Who defends our Town Centers?

by Virginia Bruce

Who does a town center belong to? Does it belong to the business owners, the owners of the buildings, the owners of the land where the buildings are located, the jurisdiction that controls development, or to the community that frequents the town center? When a community feels ownership of a town center, regardless of who actually controls the land, that sense of ownership helps to create a vibrant community core. A healthy, vibrant town center will foster a community where residents want make an investment—where people want to live, work, shop and play.

Community plans for the Bethany Town Center were drafted in 1983. The community worked

### Policy 40, Regional Planning Implementation

Town Centers will be “pedestrian-friendly” with wide sidewalks, and amenities such as street trees and benches. The scale of retail commercial, services and office uses in Town Centers will primarily be multiple story buildings placed close to public sidewalks. *\*From the Washington County Comprehensive Framework Plan For The Urban Area (last updated in December 2011).*

with Washington County Staff and property owners to create plans for a pedestrian-friendly urban village. Rather than creating an auto-centric strip mall, the vision was to create a walkable community center with services located within walking distance of the surrounding residential

areas. During early implementation of the community plan, promises were made that the county would ensure that it would develop as a pedestrian-friendly urban village.

In 2012 the community learned, late in the approval process, that the property owner had signed a lease with Taco Bell for a drive-thru fast-food restaurant as the final tenant of the shopping area. Although this doesn't fit the vision of the original community plan and doesn't comply with the promises made to the community, code allows for this type of facility.

Cedar Mill has even thornier problems. It developed with two fairly separate main areas along Cornell, at Murray and at Saltzman. It lacks several features normally considered critical to a successful Town Center—public spaces, a concentrated complex of businesses that people can walk to and from, and an alternate grid of streets that would provide for good circulation, along with the obvious lack of a city to guide the process.

When the county adopted our Town Center ordinance, the goal was to create a framework that would guide development and redevelopment to eventually create such an area. As each property was ready for redevelopment, these guidelines were to be applied, to ensure a good outcome. In the words of the county's own document\*, “The objective is to shape future growth in such a way that each town center becomes, over time, a more compact node of multiple activities.”

Early this year, county planners decided to allow Jackson Oil to expand their Shell station property to accommodate a large convenience store at Barnes and Cornell. This decision, upheld on June 27 by a hearing officer, represents a serious blow

to any notion of having a real Town Center. Not only does it endorse the reduced sidewalk in front of the station, it will likely preclude the Barnes Road northerly extension for the foreseeable future. The shop behind the gas pumps

hardly fits any definition of a walkable, street-centered community.

In the staff report and in the hearing officer statement, strict interpretations of code became tortuous excuses to approve the expansion. The county said they had to allow this use because to deny it would open them to charges of a “taking” of the value of the property. Instead, they're taking any hopes we might have had that we are working toward a Town Center.

This lack of support from the county makes us question the value of the Town Center ordinances, which place serious constraints on landowners and businesses that want to redevelop property in the Town Center area. Why should our businesses be subject to these requirements, when the county planning staff won't defend the most basic notions of good Town Center planning? Maybe it's time to re-evaluate whether a Cedar Mill Town Center is a realistic goal. If it is, then we need to find different mechanisms for achieving it.

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**A bounty of local food at the Market**

July brings great weather and tons of produce to THPRD's Cedar Mill Farmers Market. This month, CMFM welcomes Bonny Slope Market Garden in early July with their herbicide- and pesticide-free all-natural heirloom tomatoes, grown on one acre just a couple of miles from the market. The small farm is run by Brian Hill & Craig Bell, college students of both agriculture and horticulture, with an all-natural approach to food production and a keen interest in soil health, plant health, and people health. This summer, their hoop house is devoted to heirloom tomatoes. They also plan to sell beet and cucumber pickling kits, heirloom squash and squash blossoms, kale and kale chips, living lettuce, other leafy greens, both fresh and dried herbs, and—later in the season—plums, apples, and pears. Since Brian & Craig's farm is just up the road a piece, you can bet their vegetables and fruits will be fresh!



Rhojo is the Market's new breakfast & lunch food vendor, starting in July and featuring delicious grilled burgers, sausages, and more, including vegetarian options, served up on homemade buns, along with a menu of both sweet and savory baked goodies such as cinnamon rolls, pepperoni breadsticks, scones, and more.

A favorite vendor at the Market this season has been Decadent Creations, with their quality all-natural artisan pastries, cakes, and breads, made in their nearby bakery. If you haven't yet tried Mindy's goodies, made without compromise, stop in at Decadent Creations to see what Mindy has been up all night baking.

Great Feeling Foods is another hit at the Market, with several varieties of ice cream cookie sandwiches and more—all gluten-free, which is a feature more people find important these days. For more information, including how to have your gluten-free event catered, see [greatfeelingfoods.com](http://greatfeelingfoods.com) or call Great Feeling Food's dedicated gluten-free bakery right here in Cedar Mill at 503-329-2750.

Galin-Flory Farms returns with their natural-practices produce. Teresa Galin puts it this way: "We grow the kind of produce your grandparents used to eat...all natural." Years ago, their farmland

was home to the world-famous Steele's Pansy Gardens, but Teresa & Matt's generation has breathed new life into the farm, including a chemical-free program of sustainable farming, and a new dedication to growing food that they would be comfortable eating. In recent

years, they added a wide array of vegetables to the no-spray blueberry farm, as well as raspberries and a selection of plums and pears. The people at Galin-Flory Farms believe that organic, sustainable farming practices promote a healthy environment and lifestyle. They do their part for us by growing healthful, high-quality food for families—without chemicals, without herbicides, without pesticides, and without genetically-modified seed. Galin-Flory Farms offers a CSA program, too; find them online at [galinflory.com](http://galinflory.com).

Later in July, the Farmers Market plans the annual Blueberry Bash, with a visit from fun-loving Ima Blueberry on the morning of July 21. Guests will have several opportunities to win prizes, such as half-flats of plump delicious blueberries and \$5 Market tokens. Kids always enjoy the blue balloon creations, face-painting with a blue palette, and games such as the blueberry toss. Lauren Sheehan & Spud Siegel provide the bluegrass music from 10-1:30, adding to the lively Blueberry Bash atmosphere.

Eat fresh & buy locally by shopping at THPRD's Cedar Mill Farmers Market this summer, open Saturdays from 8-1:30 in the Sunset Mall across from Sunset Park on NW Cornell just west of Murray.



## Eight Free Concerts, Two Plays

The Grammy Award-winning band Los Lobos headlines the Tualatin Hills Park & Recreation District's 2012 Concert & Theater in the Park series, which runs July 5 through August 23.

The free series features eight concerts and two plays. All of them will be performed in neighborhood parks except the special August 11 "Groovin' on the Grass" concert with Los Lobos, which will be held at THPRD's Howard M. Terpenning Recreation Complex, 158th and Walker Road, Beaverton.

As usual, the concert season will showcase a wide variety of styles performed by professional musicians in a casual park setting.

"This will be our ninth summer concert series and it may be our best lineup ever," said Deb Fife, THPRD's special events coordinator. "We invite our patrons to bring a blanket or lawn chair and enjoy high-quality music on a summer evening with family, friends and neighbors in

### How we'll travel

Washington County is studying the current transportation system and how it could change to better meet the long-term needs of our residents, businesses, and visitors. The result of this study will be the 2035 Transportation System Plan (TSP) that will create a comprehensive blueprint for all types of transportation, including freight, pedestrians and bicyclists, transit, rail networks, airport, and motor vehicles.

The County established an 18-member Citizen Advisory Committee (CAC) to review proposed TSP revisions and give input to the County's staff and consultants. Members of the committee represent a range of interests including freight traffic, bicyclists, and

their local park. It's free, so get there early for the best seats."

All concerts and plays will begin at 6 pm. THPRD's Rec Mobile and Nature Mobile will provide face painting, games, and other fun for children at most events.

The 12-piece, horn-driven party band 5 Guys Named Moe will perform at Cedar Mill Park on August 16.

Also on THPRD's summer schedule are two theatrical performances: The Beaverton Civic Center will perform "You're a Good Man, Charlie Brown," a Tony Award-winning musical comedy based on the classic Peanuts comic strip, at Center Street Park on July 14. The Original Practice Shakespeare Festival will perform Shakespeare's "As You Like It" at Carolwood Park on July 21. It's a classic comedy about love, injustice and forgiveness.

For park addresses, directions and other information, go to [thprd.org](http://thprd.org) or call 503/645-6433.

pedestrians, as well as geographic communities within the County. The public is welcome at CAC meetings, and comments are allowed at the end of each meeting. Contact your CPO 1 CAC representatives, Jake Mintz ([mintzpdx@gmail.com](mailto:mintzpdx@gmail.com)) or Ron Jamtgaard ([rjamtgaard@aol.com](mailto:rjamtgaard@aol.com)), for details.

Community open houses were held in June to give citizens the opportunity to talk with staff and to comment on priorities. A second set of open houses is planned. The Washington County Board of Commissioners is expected to ratify the updated TSP in 2013. See the project website at [www.tsp2035.com](http://www.tsp2035.com) for additional information. An interactive map linked from that page asks for your suggestions.

### Minor Betterments suggestions due July 15

The Washington County Operations & Maintenance Division Minor Betterment Program (MBP) was established to fund small-scale interim improvements that are beyond routine maintenance but not large enough to be programmed as capital improvements. Recent examples in our area include the paved path along 143<sup>rd</sup>, between Cornell and Thompson, and the path along the south side of Cornell just east of Saltzman.

The division is currently soliciting project nominations through July 15 for potential funding in Fiscal Year 2013-14. For more infor-

mation on the program or to submit a project nomination, visit the [Minor Betterment Program page](#) on the County website. The [Minor Betterment Program Review and Selection Committee](#) (comprised of both citizens and LUT staff) had its first meeting late last month. Later this year, the committee will draft a recommendation to the Board of Commissioners for projects to fund in Fiscal Year 2013-14.

MBP is funded by an allocation from the [Road Fund](#) (gas taxes). About \$500,000 is allocated to this program in fiscal year 2012-2013.



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## Cedar Mill Park plan taking shape

When voters passed the Tualatin Hills Park & Recreation (THPRD) Bond Measure in 2008, upgrades to Cedar Mill Park were on the list, with a budget of slightly more than \$1 million. Goals for the project include adding sports fields, improving the trail from 107<sup>th</sup> to Cedar Mill Elementary, adding a preschool-age play area, and

to the neighborhood and to district advisory committees. The first neighborhood meeting was held on June 21 at the school.

Responses from that meeting and from the advisory committees made it clear that the most radical proposal, Option 1, was not popular. That option would have placed a soccer field in the northern area,



improving accessibility. Objectives include keeping some space for the park concert, suggesting a location for a community garden, and retaining as many of the old trees in the park as possible.

which would have required extensive grading and 12-foot retaining walls on either end of the field.

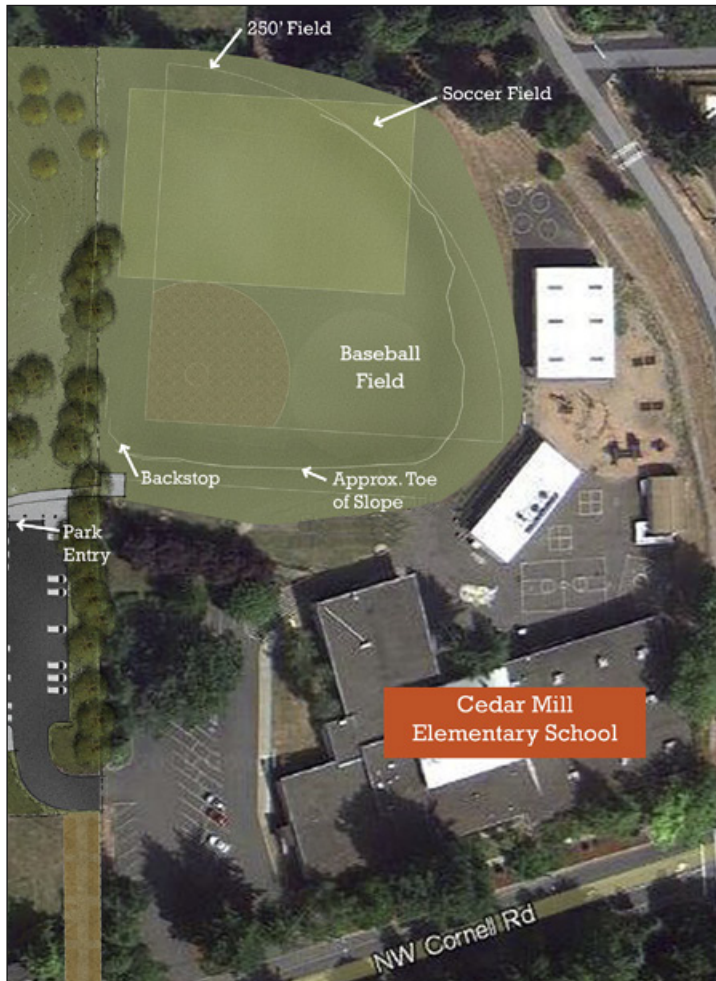
The district contracted with Nevue Ngan Associates, a landscape design firm that specializes in park design. They studied existing conditions in the park and developed several options for district staff to analyze. The resulting refined plans were then presented

Elements of the other options were combined to arrive at Option 3, the preferred option at this point. Another neighborhood meeting to discuss the option is tentatively scheduled for August 7 at Cedar Mill Elementary School starting at 6:30 pm. (Please consult the project web page to confirm the meeting date, time and location).



Option 3 would relocate the tennis courts to the eastern part of the north section of the park, which would require some grading and a retaining wall, but nothing as extensive as Option 1. A new U-11 soccer field would be built on the relatively flat area where the tennis courts are

agreement can be reached, THPRD would improve the field to accommodate a baseball field and possibly also a soccer field. The school could use the field during school hours and then it would be available for THPRD to program sports team usage outside school time.



now. Some grading will be needed for the west end of that area.

Most of the wooded natural trail at the west end of the park will likely remain. An asphalt-paved trail will extend from 107<sup>th</sup>, past the former Brady property and through the natural area that was acquired in 2007, winding through the park to the school, enabling a safe and pleasant way for kids to get to school and for neighbors to enjoy accessible walking, biking and stroller-pushing.

A small playground for pre-school children would be placed in the grove of old trees, and there may also be a natural play area in the western area. A community garden could be located along a strip just north of Cornell Road.

Talks are underway with the Beaverton School District to share the field north of the school. If an

Images of all the options, and more information about this Bond project, are available on the [THPRD website](#) under the "2008 Bond Measure" tab. To comment on the project, contact Steve Regner at 503-629-6305 or electronically via [THPRD's web contact form](#).

### Oregon's Connections to the Civil War

The Beaverton Historical Society will learn of Oregon's ties to the Civil War from guest speaker Frank Krone, co-founder of the Oregon Civil War Sesquicentennial Commission. Krone has spent the last decade conducting research into the history of America's wars, with a special emphasis on the post-statehood role Oregonians have played in domestic and international conflicts. The meeting will be held July 10, 7-8:30 pm. For more information visit [historicbeaverton.org](#) or call 503-430-0106.

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*Refinish First, continued from page 1*  
 rid of that junk at the back of your cupboards and drawers that clutter your life. You could probably hire an organizing expert to help if you don't feel like tackling it on your own! And this may be a good time to update your handles, knobs, and hinges.

If they're refinishing or painting Refinish First may take the doors

with plastic sheeting held in place with poles and yards of blue tape to ensure dust and paint does not travel to other rooms. They cover any surfaces that won't be worked on with sturdy paper and more tape.

Dave and Claire work quickly, and before you're even tired of eating out, your job is done. It only took five days to transform my

kitchen. Their professional demeanor and good communication style makes them easy to have around. As they wound up a recent job, the customer said, "I'm going to miss you guys!"

They are committed to sustainable practices and using local sources. They recycle all the

plastics and paper. If you have chosen refacing, your old cabinet and drawer fronts end up at the Rebuild Center to be repurposed by

someone else. "We only use water-based products that are non-toxic," says Dave.

Refinish First is happy to work with your designer. If you don't have a one in mind, they have several they can recommend, and if that is not in your budget they suggest that you browse through interior design magazines and websites, and collect pictures of what you like. That way, Claire and Dave have a good starting point to discuss the various options you have to get your desired result.

Refinishing and restoration involves working with your existing wood, so they want customers to know that the wood grain will determine the finished look. They can't make oak look like cherry, although Dave's stain-blending skills did manage to get my old yellowed maple looking a lot like walnut.

Although they work fast, it takes a lot of steps to achieve a great finish.

Claire says, "For example, when we were refinishing your cabinets, I counted that we touched every door and drawer ten times—cleaning, stripping, cleaning again, multiple sandings, stain and multiple coats of finish. It's not just a wipe and walk away process as some companies do if you want a long-lasting beautiful end result."

They just started working as a company earlier this year, but they each bring years of experience to the job. Dave started painting cars before he was out of high school. "That's why he's so good with the spray gun," Claire laughs. Some years later he worked for a cabinet refinishing company for eight years before starting Refinish First LLP. "Making old things look new again is in his blood," says Claire.

Claire enjoys helping Dave on the job, but her previous experience has been with the office side of things, so she's great at customer service. She knows how to listen and make sure that they



Dave and Claire Luton pause during a refinishing job



Doors and drawer-fronts refinished, cabinets painted, Mid-Century style!

and drawer fronts beforehand to make the time out of your kitchen or bathroom less. Once they are on the job they will mask off the room

understand their customers' needs and desires. She's learning how to bid jobs, to leave Dave with more time to use his skills beautifying peoples' homes.

They began thinking about starting their own company several years ago. They saved up and began acquiring the tools and equipment they would need. In addition to the workshop that's currently located in their extra-large garage, they have a utility trailer outfitted with everything they need to work onsite.

They're getting busier all the time and expansion is close on the horizon. They will soon be looking



Plastic sheeting protects the rest of the house

to locate commercial space and adding additional help. Their son is learning the business and works for them part-time. It's a good time to be in the remodeling business!

Refinish First LLP is a licensed and bonded contractor with the State of Oregon (CCB). So you can be assured that they have completed a contractors' course, and will comply with state regulations, including OSHA and code requirements, and follow the proper procedures with contracts. In addition both Claire and David have completed and passed the lead-based renovation certification training. An active LBPR license means the CCB has received proof that the contractor has completed the required training to safely renovate structures that may contain lead-

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## Babies

by Lauretta Young MD

If we are talking bird “babies” we should use the biologically correct



Eared grebe on nests in the Lower Klamath National Wildlife Refuge, June 2012. Photo ©2012 by Jeff Young

words of gosling, chick, duckling, nestling, fledgling, hatchling... But of course I just call them babies...

After all the frenzy of the mating calls, the dances, and the nest building, we now have the product of all that effort—many chicks in our yards in Cedar Mill. This year I was lucky enough to have a pair of nesting Black Capped Chickadees in a birdhouse on my deck. These birds are very comfortable in urban areas so they paid no attention to our rowdy deck parties or the lawn mower or the lights. They just persisted in feeding large bugs to their group of young, and eventually all of them left the nest. We still see them flying around our yard in a group of four. The chicks are obviously “fluffier” than the parents and on occasion do the “begging” routine of fluttering the feathers and opening their large mouths to have suet and bugs just dropped in.

based paint. This is very important to your family if you own a home built before 1978 as lead-based paint may have been used.

They recently set up a display at the Remodelers Home Show in Tualatin that was sponsored by the Tualatin Chamber of Commerce. They are also members of the Home Builders Association of the Metro Portland and the Professional Remodelers Organization that holds all members to high ethical standards. They are planning to join the CMBA soon and will be attending the Portland Fall Home and Garden Show.

Their goal to support the local community also includes community charities. They donate

This reminds me of our youngest son who has metaphorically a large mouth with his college tuition bills!

I have been amazed at the diversity of parental behaviors

among the species in my yard. Some groups of young and parents stay together for several months in large flocks (geese, for example) and others seem to disperse relatively quickly— I regularly see Spotted towhee young foraging all alone.

This reminds me of the Margaret Small “Our Babies, Ourselves” book, about ethnopediatrics. She studied various groups of people around the world to understand differences in child rearing techniques. She found huge variety in variables such as how much mothers smiled at babies—highest in the US which values “happiness in childhood” more than in traditional African or Asian cultures she studied—and sleep patterns, and language patterns. I have found similar incredible disparities just in my own yard.

One of the things I like most about looking outside is the way

three percent of their annual income to their three favorite charities—Outside In, Habitat for Humanity, and the Rebuild Center, and this month they're donating an additional percentage for new jobs.

When they're not busy with jobs, they enjoy camping in their travel trailer, having dinner with friends and family and gardening. Dave loves to ride his dirt bike, and they visit spots all over the northwest.

They look forward to discussing your project, and will be glad to give you free advice and an estimate. Visit their website at [www.refinishfirst.com](http://www.refinishfirst.com), or give them a call at 503-522-6188.

it helps us understand our natural world in more detail, rather than assuming that things fit our preconceived notions. For example, I saw some Anna's hummingbirds visit

the holes that Sapsuckers had drilled into willow trees—the hummingbirds were eating the rich sap while the sapsuckers had eaten the trapped insects. If you look around you can see amazing diversity in your own back yard and elsewhere. Columbia Edgewater Country Club has a nesting camera showing chicks of Swallows with huge mouths anticipating the parent's return, and you can observe the shuffling of the larger chicks that get most of the food. All of these natural events are infinitely interesting if one takes a closer look.

Lauretta Young MD is the Director of Initiative for Self Care Integrative Medicine project for

Students at OHSU and also teaches at PSU. She leads birding tours in Cedar Mill and beyond. Check out the web site at [www.portlandbird-watching.com](http://www.portlandbird-watching.com)

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## Take the "Lug" Out of Luggage

The UPS Store located at 10940 SW Barnes Rd. can ease air travelers' burdens with luggage shipping alternatives that help reduce the hassle of long lines, security searches and increasing baggage fees.

"Not having to carry a suitcase while traveling is a great convenience. Even better is luggage awaiting your arrival at a destination or hotel," said Tim Kimble, The UPS Store owner. "You can ship your luggage as is; place it in a box for shipment, or purchase a luggage box, eliminating the need for a suitcase altogether."

The UPS Store specializes in packing odd, oversized items, such as skis, golf clubs, and fishing poles—items travelers would prefer to have waiting at their destination.

The UPS Store Luggage Box comes in two sizes and includes a sturdy handle. Pack it, ship it, check it, or carry it on. Because it weighs less than an empty suitcase, packing directly into the box can help lower shipping costs. Both luggage boxes meet airline baggage restrictions for travelers opting to fly with their belongings. The

small box can be carried on and the large box can be checked in, minimizing the chance of paying airline oversize or overweight charges. The luggage boxes have been professionally tested. For additional information, visit [www.theupsstorelocal.com/3379](http://www.theupsstorelocal.com/3379) or call 503-646-9999.

## Dinihanians in bloom!

Dinihanian's Farm Market, tucked away behind the holly trees on Cornell, just east of the Highway 26 overpass, has locally-sourced fruits and veggies all throughout the growing season. Look for the long driveway entrance opposite



Sunset Presbyterian. They also run a CSA where you can buy seasonal "shares" and get a week's worth of what's in season; visit [www.yourcsa.com](http://www.yourcsa.com) for info.

New this year are bedding plants, perennials and annuals, and hanging baskets. They are on sale now, while supplies last. Local cherries, blueberries and raspberries are in season now, along with seasonal veggies.

Co-owner Lillian Logan reminds us, "Also new this year are our meat CSA's. The local natural beef and chickens are available for purchase in our farm market as well." And they also have local eggs. Any questions—call Butch at 503-432-6235 or visit [www.yourcsa.com](http://www.yourcsa.com)

## Virtue of the month: Joyfulness

"Joy gives us wings! In times of joy our strength is more vital, our intellect keener, and our understanding less clouded. We seem better able to cope with the world and to find our sphere of influence." —Abdu'l-Baha, Paris Talks.

Joyfulness is an inner well-spring of peace and happiness. It is beyond ordinary happiness because it is not an occasional emotional reaction to luck or circumstances. It is a deep sense of wellbeing that fills us with delight and hope. We appreciate the gift of life, and savor its richness.

The Practice of Joyfulness: I have a deep sense that life is good. I enjoy

the richness of life's experiences. I appreciate simple pleasures. I am optimistic and hopeful. I am in touch with my purpose. I feel inner peace even when life is difficult.

Affirmation: I am thankful for the gift of Joyfulness. It is the natural state of my soul." Linda Kavelin Popov, Virtues Reflection

The New Thought Center for Spiritual Living and the Baha'i Community are joyful sponsors of Virtues Day Camp for children (ages 4-12) and Parenting Class with Virtues July 30 to Aug 2 at Beaverton Baha'i Center. A \$75 registration includes a T-shirt and Camp supplies. To register, contact Delaram Hakiman-Adyani, [mehdel@pacifier.com](mailto:mehdel@pacifier.com), or call 503-267-0202. Go to [www.virtuesconnectionportland.com](http://www.virtuesconnectionportland.com) to learn more about the Virtues Project.

## Kombucha Anyone?

Poppa's Haven Coffeehouse is now serving Brew Dr. Kombucha by Townshend's Tea Company of Portland, both by the bottle and on tap. Brew Dr. Kombucha is made with high-quality teas, organic medicinal herbs and organic sugar. It's often consumed for medicinal purposes and contains beneficial acids that can aid in digestion and detoxification. And it's a refreshing drink, arriving just in time for summer.

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Although they plan to rotate the flavors, at the present time Poppa's Haven is carrying "Clear Mind," "Spiced Apple Kava," and "White Rose" by the bottle and "Spiced Apple Kava" and "Nutritonic" on tap. If you haven't tried Kombucha, the staff at Poppa's Haven recommends you start with either "White Rose" or "Spiced Apple Kava." The latter is the most popular flavor, containing organic Bai Lin Gongfu black tea, kava root, cinnamon, nutmeg, clove, ginger, organic apple cider and organic sugar.

Poppa's Haven is a full-service coffee house at 800 NW Murray. They're open from 6:30 am to 6 pm weekdays, and Saturdays from 7:30 am to 6 pm.

## Donations for independence

As a July 4 special, Refinish First will be donating an additional 4% (in addition to their regular 3% donation) to local charities in the name of the customers who schedule work with them in July. See Featured Business article for more information on them and the charities they support.

## Cedar Mill at the Olympic Trials

Dr. Lauren McCabe of Cedar Mill Chiropractic Clinic is part of a select group of medical providers from all over the US who have been invited to treat the athletes at the US Track and Field Olympic Trials in Eugene. Dr. McCabe will join other chiropractors, massage therapists, acupuncturists, orthopedists, and other specialists to ensure that athletes competing for a spot on the US Olympic team are performing at their best. This is the second time Dr. McCabe has been selected as part of the Olympic Trials medical staff.

## Vacation Bible School

Join Christ United Methodist Church for their Vacation Bible School, July 19-July 20, 9 am-4 pm and July 21, 9 am-12 pm (followed by a Family Community Service and BBQ). Children aged three through high school are invited to join in the fun. Your little 'divers' will dive in to discover God's underwater universe. Families are welcome to join their children Saturday at noon for a potluck and community service project that we will do together.

Registration fee for children age three through grade five is \$30 per

child or \$50 per family (immediate siblings only). There is no charge for youth (grade six and above) as they will be assistants or leaders.

Drop by, call, email, or visit their website ([www.cumcpdx.org](http://www.cumcpdx.org)) for a registration form. CUMC is located at 12755 NW Dogwood Street. Call 503-646-1598; or email [kingor-man2006@msn.com](mailto:kingor-man2006@msn.com).

## Expert in Euro Wine

In preparation for their upcoming move and expansion, The Wine Cellar has hired a new European wine expert, Reed Goldsmith. Reed recently moved from Hilton Head, S.C., where he was a wine buyer for the Hilton Head Resort, following an early retirement from a distinguished career as a French Language and French Literature teacher. His passion certainly is French wine, but with affections for Italian and Spanish wines as well.

With the recent closure of Cornell Wine Co, which specialized in European wines, The Wine Cellar thought it was the right time to expand. Goldsmith's knowledge excellently complements owner Erin Palmer's expertise in Pacific NW wines. Their new location will have plenty of space for an expanded wine selection.

The new Wine Cellar is scheduled to open in early August at 525 NW Saltzman Road, in the old Scrapbook Attack space, near DQ. For more information visit [www.portlandwinecellar.com](http://www.portlandwinecellar.com). They will continue their weekly wine tastings on Friday afternoons through the end of July at their old location.

## BBQ in the Vineyard

Cedar Mill's own Burnt Ends BBQ Team has been named food vendor of choice for Meier Farms Vineyard annual Lavender and Blues Festival, July 28 & 29. For more information on this event please see their website: [meier-farmsvineyard.com](http://meier-farmsvineyard.com). The Vineyard is in the Helvetia area.

## Prince of Peace Summer Camps

Prince of Peace Lutheran Church and School is offering a summer camp series. July 9-12, "Monkey Around with Curious George," and July 16-19, "Happily Ever-After-Fairytale Adventures." All sessions of summer camp are 9 am to 1 pm, Monday through Thursday, and cost \$85 per week.

Call 503-645-1211 or visit [www.princeofpeacecl.org](http://www.princeofpeacecl.org) for more

information. Camp registration is on a first come basis, so register promptly to ensure that your child can attend at least one camp.

## All-Natural Pet Care

Holistic Pet, located in the Safeway shopping center, is a new pet retail store and self-service dog wash with grooming services.

"We are strongly committed to helping your pets live as long and healthy a life as possible through access to excellent nutrition and other forms of holistic support. We strive to offer you products without toxic chemicals, by-products, dyes, additives, preservatives, fillers or unnecessary ingredients."

Holistic Pet carries a wide range of natural dog and cat foods, raw diets, raw bones, long-lasting chew treats, supplements, homeopathic remedies, beds, bowls, sweaters, raincoats, collars and leashes, specialty toys, and shampoos and other grooming supplies.

Their self-service dog wash boasts state-of-the-art, waist-high tubs and all the self-washing tools you need to make your dog look and smell great. They provide all-natural shampoos and conditioners, combs, brushes, nail trimmers, cologne, and fluffy towels. For pet owners with busy schedules, Holistic Pet's in-house professional bather will do the work for you.

Holistic Pet is also proud to donate pet food to local rescue groups and shelters. They have fund raising events planned to support several local, not-for-profit organizations. For information on these events or their services, contact Holistic Pet at 503-626-PETS or go to [www.HolisticPetClub.com](http://www.HolisticPetClub.com).

## Peregrin offers new uses for your ATM

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Another application of SeguraCash is teller-cash dispensing. Es-

tablishments that are cash intensive, like check cashers or casinos, can use a SeguraCash ATM to quickly and accurately dispense cash.

Peregrin Financial Technologies is a cash logistics company that has been providing ATMs and debit POS terminal for over two decades from its Cedar Mill headquarters. For more information about SeguraCash please contact Sam Bosch at [sam@peregrin.net](mailto:sam@peregrin.net).

## Nurturing Young Artists

Under a brightly painted tent tucked into a wooded hillside, a small group of children sew together different bits of colored fabric to form a personalized quilt block. Just down the hill, four other tents host elementary-age students creating metal jewelry, ceramic vessels, printmaking plates and narrative paintings.

For over a decade, the Oregon College of Art and Craft (OCAC) has turned over its ten-acre campus on SW Barnes Road every summer to the Jordan Schnitzer Family Art Adventures Youth day camp, which gives children in grades 1-5 an opportunity to spend the warm vacation days learning four art media each week under the guidance of professional local artists.

This year, OCAC has added Young Adult camp for middle school students. It is modeled on Art Adventures, but offers two in-depth areas of study for participants which take place in two of the college's seven media-specific art studios.

The OCAC campus is at 8245 SW Barnes Road. Youth camp is \$300 per week, Young Adult \$325 per week. Camps run 9 am-5 pm, Monday-Friday, with before and after care options available at an additional charge.

For more information about these camps, visit [www.ocac.edu/register](http://www.ocac.edu/register) or call OCAC at 971.255.4205. While all but one of the Young Adult Sessions is filled, OCAC does maintain a waiting list should spots become available. Additionally, there are some Youth camp spaces still available in all of the July and August sessions.

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Purchase a set (4) of selected tires between 7/9 and 8/26/2012 and get a prepaid VISA. Visit store for details.

## Sunset TIRE FACTORY

301 NW Murray Blvd.  
(south of Sunset Highway) **503-643-6767**



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