



FREE

Cedar Mill News

Volume 10, Issue 10

October 2012

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Featured Business

Impressions Dance Club

by Virginia Bruce

Michael and Cynthia Parent noticed the Leedy Grange Hall one day on a visit to the library. They were wondering what went on there, and when they had a chance to visit during a first-Saturday Flea Market, they saw the wood floor and decided that it would be a perfect spot for them to teach ballroom dance.

The Grange Hall is often empty on weekdays, so it seemed like a good fit. They began in December 2010 with after-school sessions for some of their students from Sunset High School. Eventually, they joined the Grange as a family, with their teenagers Jon and Savannah (you can be a full voting Grange Member at 14!).



In September 2011, they began to hold their Friday evening Community Ballroom Dances on the second and fourth Friday of every month. The dances grew in popularity as people realized what a friendly and fun activity it was. There's a lesson for beginners from 7-8 pm, followed by dancing from 8-11 pm. The cost is \$7 for adults or \$5 for students, and includes the lesson and light refreshments. Singles and couples are welcome. It's a great place to meet new people, and many couples make it part of their date night.

As Grange members, they pay a percentage of the money they earn from the dances and from lessons,

which they now offer most Monday and Wednesday evenings as well. They also offer private lessons at other times by arrangement. (Depending on the activity and the agreement with the membership, members who make money from an activity at the hall can either pay the full rental rate, a reduced rate, or a percentage.)

Michael and Cynthia are well-qualified to teach ballroom dancing. In fact, they met each other when Michael was looking for an instructor for the dance studio where he worked in Bellevue, Washington. "No experience required," caught Cynthia's eye—she was bored with office work and loved to dance. And she was tall enough to make a good partner for Michael! Cynthia recalls, "Less than a year later we opened our first Impressions Dance Club in the back room of a ballet studio in Kirkland."

After teaching together for a couple of years, they married. Shortly after that, Cynthia says, "We decided we wanted more ballroom training, so we closed our studio in Kirkland and went to work for Fred Astaire Dance World in Phoenix, Arizona, one of the most successful Fred Astaire dance studios in the country. Michael quickly became one of the top teachers and I, now expecting our first child, became a trainer for their new instructors. We stayed there for about a year and a half."

When Savannah was about a year old, they moved back to the Northwest to be closer to family. "We opened a small studio in Tigard where we taught mostly competitive ballroom dancing. We had the opportunity to travel to a lot of competitions around the country and were thankful we had family close by to help us take care of our kids," says Cynthia.

Continued on page 8

Cedar Mill Cider Festival October 14

Fun for the whole family on a fall afternoon! Visit the grounds of our historic pioneer house, the John Quincy Adams Young House at 12050 NW Cornell, on Sunday, October 14 from 1-4 pm.

Although the area where we usually focus the festival is closed off for the construction of the new Sue Conger Memorial Boardwalk, Cedar Mill Bible Church has agreed to let us use a corner of their parking lot for the barbecue and apple crunch booths. The cider pressing will be right in front of the house, along with the History Tent.

See how the pioneers made cider with antique, hand-cranked presses, and sample some FREE fresh cider. Apples courtesy of Dinihanian Farm Market, who will also be selling cider to take home along with locally-grown pumpkins and other produce.

Local award-winning barbecue team Burnt Ends BBQ will serve BBQ sandwiches of pulled pork or chopped beef brisket. Hot dogs, cole slaw and chips will also be on the menu. Cedar Mill's Leedy Grange will serve freshly made apple crunch and vanilla ice cream.

Plenty of tables are set up for you to enjoy your meal with your friends and neighbors, while you listen to the traditional music of The Lauren Sheehan String Band, a local trio that combines bluegrass, old-timey, blues, country and folk songs, waltzes and polkas. This ensemble has played together for over 25 years, with 'Spud' Peter Siegel on mandolin and Bill Uhlig on bass.

A Country Store under the big canopy—loaned to us by Bales Thriftway through one of their suppliers—will include local vendors with everything from aprons to Mountain Man snacks, pickles,



Boy Scouts from Troop 208 look forward every year to running the presses to turn 1000 pounds of apples into delicious sweet fresh cider.

home-made bread, jams & jellies, French textiles for your table & home, and more. Community groups and businesses will be on hand to share information about their programs.

Tualatin Hills Park & Recreation District (THPRD) will bring the RecMobile to provide games and activities for kids under the spreading hickory tree. And members of the Friends of the JQA Young House will be on hand with information about the house and plans to restore it in the History Tent.

Plenty of free parking at the Cedar Mill Bible Church lot 12208 NW Cornell Rd., Portland, OR 97229. Presented by THPRD, our co-sponsors include the Cedar



Mill News, Dinihanian Farms, The Beaverton Valley Times, Bales Thriftway, Polygon Homes, and the Cedar Mill Bible Church. A portion of the proceeds from the event will go to the restoration fund for the John Quincy Adams Young House. Donations are welcome.

Cedar Mill Business News

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

CMBA speaker

For many, the dividing line between Beaverton and Cedar Mill can be difficult to visualize. If you would like to learn more about where these lines are and how they may change in the future, October's Cedar Mill Business Association meeting is for you!

Don Mazziotti, the Community & Economic Development Director for the City of Beaverton, will be discussing this, as well as future changes in the area, and how those changes may affect Cedar Mill. Mazziotti has been with the City of Beaverton for three years and has had more than 35 years of economic and community development, public administration, planning, real estate, and finance expertise.

The Cedar Mill Business Association meets on the second Tuesday of each month, 11:45-1 pm at the Cedar Mill Bible Church chapel, 12208 NW Cornell Rd. Non-members are welcome to attend a couple of meetings for free. Visit cedarmillbiz.com for more information. There's free pizza, coffee and tea.

Learn about Diet and Lifestyle

With holiday meals and cold weather fast approaching, staying healthy and making proper lifestyle choices can be a struggle. Luckily, Dr. Miles Hassell, MD, will be addressing this very issue as he discusses compelling evidence that supports using the Mediterranean diet to reduce your risk of heart disease, stroke, cancer, dementia, and type 2 diabetes. He will cover a variety of lifestyle issues as well, from the importance of daily exercise and portion control to preventing obesity in young children.

Currently in private practice at Providence St. Vincent Medical Center, Dr. Hassell is a clinical instructor in the training of internal medicine residents. Dr. Hassell is co-author of "Good Food, Great Medicine," a cookbook that uses the whole-food Mediterranean diet as a basis to guide you in eating well for your health.

Dr. Hassell will be speaking at 6:30 pm on Tuesday, October 16 at the Prince of Peace Christian Living Center Gymnasium, 14175 NW Cornell Road. He will have copies of his book for sale.

Second Edition Fashion Show October 19

Appreciation! Literally! Fashion Show and Luncheon coordinated by Second Edition volunteers is set for Friday, October 19, beginning at noon at Christ United Methodist Church in Cedar Mill. The event will feature gently-used and new designer fashions and accessories provided by Second Edition Resale, and a delicious lunch. There will be a raffle for a "Scrap Log Cabin" quilt created by Volunteer Janis Bowen, and for a gift basket by Agnes Onkka. There will be a raffle for a "Scrap Log Cabin" quilt created by Volunteer Janis Bowen, and for a gift basket by Agnes Onkka.

Reservations are required, tickets are \$20 and available at Second Edition, 12505 NW Cornell Road, on the east end of the library building. All profits from the event benefit the Cedar Mill Community Library Association.

Send Out Cards

In an age when sending physical cards in the mail is becoming a forgotten art, SendOutCards helps you stand apart. By combining online technology with the personal connection of sending and receiving cards in the mail, SendOutCards allows you to choose a greeting card, attach personal messages, digital images, even physical gifts, and they will print, stuff and send your card for you! And with a birthday card reminder feature, you'll never miss sending another important card or gift.

CMBA member Lori Bitter, now an independent distributor for SendOutCards, started using the company to strengthen relationships

with clients of her family-owned concrete business, and fell in love with the process. You can test out this service for free by calling Lori at 503-524-1111 or checking out her website, cardsbyloribitter.com. She will open an account that will let you send several free cards. And as of October 5, there is an iPhone app for SendOutCards so you can send cards and gifts from your phone!

Halloween Jam at Westside Music

Westside Music is hosting a Halloween music jam and Open House on Sunday, October 28 from 2-4 pm at its music school, 1880 NW 167th Place, Suite 110, Beaverton. The public is welcome to this event where everyone can share their favorite autumn and Halloween music. Refreshments will be provided. Please RSVP at 503-533-510.

Immediately following the jam, there will be a free demonstration lesson for the new adult recreational music program, Musical Moments, a fun, no-stress piano program for adults of all ages.

Village Gallery News

The Village Gallery's October featured artist is Barb Sulek, who presents "Here and There," a photographic and painted exploration of her favorite places at home and abroad. Her travels in the past year



Coillouire, by Barb Sulek

have taken her to southwest France and Tuscany, Italy. Sulek enjoys watercolor because of the brilliant color, the texture of the paper, and the spontaneity of the color mixing on the paper. Her exhibit runs from October 6 through November 3. An open artist reception will be held October 12 from 5-8 pm at the Village Gallery of Arts.

Chris Keylock Williams is teaching a watercolor class on October 2 and 23 with a final class on November 6 with two sessions 9-12

am or 1-4 pm. Chris will talk about getting to the heart of your idea, being innovative and techniques you might use to make that happen.

Children's Art Classes with Kristi Roberts are open for enrollment with sessions on Mondays, October 1, 8, 15, 22, 29 or Wednesdays October 3, 10, 17, 24, 31 from 3:45 to 4:45 pm. Children will explore a variety of subjects including landscapes, people, faces, animals, cartooning and perspective in many different media.

The Gallery is open Tuesday through Saturday from 10-4; Sunday 12-4 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.

Wine Cellar dinners & more

The Wine Cellar has successfully moved to its new location at 525 NW Saltzman Road. In addition to their existing retail wine business, owner Erin Palmer has added a professional kitchen, wines on tap and two conference rooms. Now community members can come for dinner on Friday and Saturday nights or enjoy the Wine Cellar's selection of charcuteries daily! Chef Melissa Stanton is offering two dinners each week, a gourmet sandwich for \$10 or a gourmet entree for \$15. Stanton's love of pastries and baking is evident with her rotating selection of divine desserts.

Additionally, their new conference rooms are available for meetings, parties and non-profit events. The Wine Cellar has always been proud of being good community partners, and now they are able to do even more with their new space.

Call 503-643-5655 or stop by for more information about booking conference rooms. To learn about the rotating dinner menu, please like "Erin's Wine Cellar" on Facebook, or join their newsletter at portlandwinecellar.com.

As always, Wine Tastings are Friday and Saturday 4-7 pm, and cost \$10/person or are free with the purchase of a to-go bottle of wine. October 12 & 13: Wines from Europe; October 19 & 20: Ken Wright Cellars; October 26 & 27: Owen Roe Cellars.

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The Cedar Mill News © 2012

Published monthly by

Pioneer Marketing & Design

PO Box 91061

Portland, OR 97291

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Printing courtesy of Copytronix

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

Car-Free in Cedar Mill

By Steve Halliday

If you suddenly woke up one morning to find several thousands of dollars more in your pocket—without robbing a bank, selling your house, or increasing your income—what would you do with that extra money?

John Andersen of Cedar Mill knows what he would do. He and his wife, Mandy, would start exploring. They'd look for new and exotic places to eat, search for great shopping locations, find exhilarating but little-known touring routes, and a host of other activities. John knows what they'd do, because they've already begun doing it. No, the Andersens didn't win the lotto or come into a huge inheritance. In fact, they found the money by losing something else.

They're now "car-free in Cedar Mill." In June 2011, John and Mandy closed their cleaning business and got rid of the van they had used to run it. Nine years before that, they had ditched their family car—so "we were car-lite before we were car-free," John explained. Today John and Mandy take advantage of the free public transit that comes with his job as an employee of Trimet, and have begun an extensive exploration of their community and surrounding regions using a combination of Trimet services, bicycles, and their own legs.

"Car freedom may be an idea whose time has come for the able-bodied," John declared. "This could be a great thing all around for peoples' health, new small businesses, easing traffic congestion, creating more quiet, human scaled shopping, and things like pedestrian dining zones." And John and Mandy aren't alone in this lifestyle choice; even in his own neighborhood, John said he's noticed "increasing numbers of people who are regularly using modes of transportation other than cars for their daily needs."

Others have noticed, too. About a year ago, The Oregonian ran a story titled "Hillsboro family chooses car-free lifestyle, uses bicycles to get around," which chronicled the seven-member Goldfield family (with five children ranging in age from nine to 15) that sold its year-old Honda Odyssey minivan and bought a fleet of bikes instead. In one year Phil, the dad of the family, dropped from 289 pounds to 177. The mom, Ann, called the move "the best family decision ever." This past July, the

Oregonian did a follow-up story to describe the family's creation of a non-profit service that delivers fresh food to Tanasbourne and Orenco residents, through a bicycle-powered group called "Wheel Solutions."

The morning The Cedar Mill News contacted John about his car-free choice, he was getting ready to go on what he called "an exploratory walk." Sometimes he uses Metro's "Walk There! 50 treks in and around Portland and Vancouver" (\$9.95, available online or in local bookstores). On these walks, John says he gets new ideas (about gardening, landscaping, etc.), finds great new restaurants, discovers shopping gems like the Hollywood district, and gets some good exercise at the same time. "I think it's something that's very available to everyone who's able-bodied," said John, a fifty-year-old father of two adult children.

Note: resources for car-free living in the web-page version of the News...

Garden Club October Meeting & Events

The monthly Cedar Mill Garden Club meeting will occur on October 17 at the Beaverton Community Center, 12350 S.W. 5th Beaverton, OR at 11:30 am. All interested gardeners are welcome to attend and there is no charge. "Fall and Winter Color to the Garden" will be the topic of the meeting, and Dahlias will be for sale at the meeting.

Other upcoming events include a trip to the Lakeview Farms pumpkin patch, corn maze, on October 6, the Cedar Mill Cider Fest on October 14 and a trip to the Lan Su Chinese Garden Chrysanthemum Festival on November 3.

The Cedar Mill Garden Club is active in the community of Cedar Mill, and has recently planted wildflowers at the JQA Young House and several trees around the area. They have also teamed up with other local groups such as Girl Scouts, the Leedy Grange, and the Cedar Mill Library. For further information about the Cedar Mill Garden Club, contact President Barb Cushman at 503-649-7741 barbwhimseys@yahoo.com, see our Facebook page or check out our website at thecedar-millgardenclub.org.

Get The News online:
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CEDAR MILL CIDER FESTIVAL

SUNDAY October 14TH 1-4PM

At The John Quincy Adams Young House
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CIDER PRESS

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KIDS ACTIVITIES



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Adopt-a-Road

by Kenneth Peters

Driving around the community, our attention is drawn to many things. Unless it is important, little notice is given to the side of the road or the occasional landscaped median. SLOW DOWN and you might note the two-piece signs that say Adopt-a-Road. While some will give a number to call for information, in six instances around the Cedar Mill-Bethany area you will see the name of a group that is being given credit for having adopted a section of road. You and your passengers will likely note that the section of road has less litter and the landscaping looks better.

Some 20 years ago the Adopt-A-Road program was established by the Washington County Department of Land Use and Transportation. It is actually two programs. There is the actual Adopt-a-Road program. This deals with litter only, and currently has 90 volunteer groups county-wide. In the Cedar Mill-Bethany area, the Vennes Family, Scout Troop 207, St. Pius X and the Cedar Mill Bible Church take care of some of our roadsides.

The other program is Adopt-a-Landscape. This adds landscape maintenance to the volunteer group's responsibilities. The county has seven groups in this program and Cedar Mill has two of them; The Cedar Mill Business Association takes care of the landscaping on Cornell between Saltzman and Murray. The women's service group Beta Sigma Phi maintains the Barnes Road medians south of Cornell. All these groups pledge to have twice-yearly work parties on a given section of road for a minimum of two years.

The contributions of the 97 groups do not diminish county road maintenance cost. What they do is enhance the section of road they help maintain. When one takes on something as their own they take more pride in it than if it was everyone's or someone else's. You care, therefore you put more effort into your toils. That's human nature. It is likely that those who came up with the Adopt-a-Road program some 20 years ago realized this. It seems to be working. While drivers along our roads may get some appreciation from the efforts of the volunteer groups, those benefiting the most are those who have made the effort and feel greater pride for their community and for themselves.

For those individuals and groups not inclined to try their hand at roadside litter control and landscape maintenance, there is no shortage of work needed in our parks—be they Forest Park which has Forest Park Conservancy (forestparkconservancy.org) among others, or those maintained by Tualatin Hills Parks and Recreation. SOLVE (solve.org) is likely the largest and broadest group in our area looking for volunteers. Other organizations and programs certainly exist.

There are always more opportunities for roadside maintenance. For groups wishing to learn more about the Adopt-a-Road program, call 503-846-7623.

Last chance for the Market

The Cedar Mill Farmer's Market is winding down, but you still have three opportunities to get some local fruit and veggies to can, preserve, freeze, or dry to see you through until its return next spring. The market will be open from 9-1:30 every Saturday until October 27, on NW Cornell Rd. just west of Murray.

Most of the vegetables you've enjoyed throughout the summer will be available, as well as tasty apples and various winter squash. There will be a homemade salsa contest at the Oct 13 market, so bring in your entry (made from scratch) by 10 am for the community tasting/judging/voting. Winners will be announced at 1 pm.

Finally, if you have any surplus school supplies please drop them off at the info booth. All new or gently used items donated will be delivered to Five Oaks Middle School. For details on what to bring, please visit us at cmfmarket.org.

St. Pius X Holiday Bazaar

St. Pius X Women's Club is having its 52nd Annual Christmas and Holiday Bazaar on November 1 from 6-9 pm, November 2 and 3 from 9 am-7 pm, and November 4 from 8 am-2 pm. Santa will be visiting from noon-1 pm on Saturday and Sunday. The bazaar will include over 50 vendors displaying handcrafted items, a bake sale, a vintage corner and a raffle. St. Pius X Catholic Church Community Center, 1280 NW Saltzman Rd. A \$2 donation per person is suggested.

Leedy Grange has discontinued its Holiday Bazaar so this is your best chance to gift locally!

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Community Dance at Grape Vine Restaurant

The "Fall Fling" Community Dance with DJ Susie Q will rock The Grape Vine from 8-midnight on October 20. The dance will be hosted in the Grape Vine Restaurant's Vineyard Room at 11525 SW Barnes Rd. Music selections will include 70s and 80s disco, contemporary pop, R & B, and country. For those who

are interested in learning to dance, swing and hustle dance lessons will be offered with Sylvia of Dance with Us! from 7-8 pm before the festivities begin. The cost will be \$3 for single dancers and \$5 for couples.

For more information, contact Irene Pavlatos of the Grape Vine Restaurant & Lounge at 503-597-0300.

Halloween Dance at Grange Hall

On Saturday, October 27, an all-ages Halloween Big Band Dance will be held at Leedy Grange Hall, 835 NW Saltzman, from 6-8:30 pm. The event is timed so you can bring the kids in their costumes and then still make it to an adult party later!

The NoPo Big Band will play and Impressions Dance Club will offer a lesson. Light refreshments and kids crafts are included: \$10 adults, \$5 kids under 12, \$25 family. A fundraiser for Unitarian Universalist Church of Washington County.



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Library News and Events

Library Honored

Last week your library was selected by the Oregonian as one of the Top Workplaces in Oregon. We ranked number four out of 40 small businesses

recognized. The library was also given a separate award for being the top-ranked organization for "Appreciation" meaning employees feel genuinely appreciated. oregonlive.com/business/index.ssf/2012/09/best_in_category.html

Symphony Storytime

In October, Oregon Symphony musicians and librarians are teaming up to present an hour-long program of music, stories, learning and hands-on fun. Ages 3 & up.

Wednesdays, October 3-24, 1:30pm, Cedar Mill Library.

Jim Gill Family Room Tour

Celebrated author, musician and child specialist Jim Gill will have everyone clapping, wiggling and giggling together at a live concert on Wednesday, November 7, beginning at 10:30. All ages welcome. "Music Play—Growing Readers One Song at a Time," will be held at the Christ United Methodist Church, 12755 NW Dogwood Street. To discover more about this dynamic performer, visit jimgill.com

Create Your Own Photo Book!

You may have seen a friend's photo book or even received one yourself as a gift. If you are interested in creating a new, attractive and unique format for showing off your photos, this is the class for you. A photo book uses simple software to capture your digital photos and arrange them in new ways. Once

you've created a photo book, you can print copies on demand and send them to friends and family. A perfect holiday gift.

On Wednesday, October 10, 6:30-7:45 pm, professional photo organizer Rita Norton will conduct a free workshop on the basics of building your own photo book. Registration required. Stop by or call the reference desk, 503-644-0043 ext. 114. To learn more about Rita, visit photovation.com/about

Cornell sidewalk coming soon

Work on the sidewalk on the west side of 119th is nearly complete. The contractors will be starting in on the Cornell sidewalk around October 12 and are still on track to complete that by the end of October.



A friend of the Ringwald family donated this plaque in remembrance of the [young man who was killed](#) on this stretch of road in August 2010. It has been placed in the sidewalk.



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Measures on the November 6 Ballot

Excerpted from ballotpedia.org/wiki/index.php/Oregon_2012_ballot_measures

(Read an expanded version online at cedarmillnews.com)

Measure 79: Oregon Real Estate Transfer Tax Amendment

Current law prohibits a city, county or district from imposing taxes or fees on the transfer of real estate. However, the state legislature has the authority, subject to Governor approval, to impose such taxes and fees or to change current statutory law. This measure prohibits the imposition of taxes, fees, or other assessments based upon the transfer of any interest in real estate.

Measure 80: Oregon Cannabis Tax Act Initiative

Would create a Cannabis Commission to regulate the cultivation and sale of all forms of cannabis—industrial and recreational—effective January 1, 2013. This measure replaces Oregon’s prohibitory marijuana laws, except those laws addressing medical marijuana and driving under the influence of intoxicants. The measure distinguishes industrial “hemp” from recreational “marijuana” and prohibits the regulation of hemp as an agricultural product. It creates the Cannabis Commission to license marijuana cultivation by qualified persons and to purchase entire crop. Commission sells marijuana at cost to pharmacies, medical research facilities and to qualified adults for profit through state-licensed stores. Importantly, this measure directs the Oregon Attorney General to defend it against the inevitable federal challenges and predatory prosecutions.

Measure 81: Oregon Gillnet Fishing Initiative

This measure prohibits commercial gillnet salmon fishing by Oregon non-tribal fishers except in specifically designated areas outside main-stream of lower Columbia River but allows use of seine nets instead.

Measure 82: Oregon Privately-Owned Casinos Amendment

Under this measure, State Lottery shall permit the operation of privately-owned casinos within the state, provided that the operation is approved through initiative law and local approval. Currently, the Oregon Constitution prohibits the operation of any gambling casino within state.

Measure 83: Oregon Multnomah County Casino Initiative

Currently, the Oregon Constitution prohibits establishing gambling casinos within the state. Under this measure, the State Lottery shall issue a renewable 15-year lease permitting the owner of the former Multnomah Kennel Club in Multnomah County to operate gaming devices, table games, keno, and other games of chance at that site. Measure would become operative only if Measure 82 passes.

Measure 84: Oregon Estate Tax Phase-Out Initiative

Current state law imposes a one-time tax on an estate after a death if the estate is valued at least \$1,000,000. Current law taxes income-producing property sales, regardless of parties’ relationship. This measure incrementally phases out estate/inheritance tax, tax on property transfers between “family members” (defined), and tax on property transferred in connection with person’s death and prohibits imposition of such taxes on property of a dead person.

Measure 85: Oregon Corporate Tax “Kicker” Funds for Education Initiative

The General Fund is the primary funding source for schools, prisons, social services other state-funded programs/services. Current law requires an automatic “kicker” refund of corporate income and excise tax revenue when that revenue exceeds estimated collections by two percent or more. Measure allocates the corporate “kicker” refund to the General Fund to provide additional funding for K-12 public education. Measure does not change the personal income tax “kicker” provision.

Beaverton City Council hearing on Peterkort zoning

At its October 30 meeting, the Beaverton City Council will consider changes to the zoning that was applied to the Peterkort properties, in response to the LUBA remand that we [covered in the September issue](http://cedarmillnews.com). The hearing will start at 6:30 pm in the Council Chambers, First Floor, Beaverton City Hall, 4755 SW Griffith Dr.

Find many more Community Announcements in our web page version at cedarmillnews.com

Amazing Feats of Feet

by Laretta Young

When we look at most birds to identify them or just watch them for pleasure, most of us focus on the body shape or the feathers. Rarely do we even notice the feet, unless it's really something rare like a Blue-footed Booby.

However, if you take a look, bird feet are quite fascinating, due to the many types. Most perching birds sleep upright in trees—have you ever wondered why it is that they don't fall off when sleeping? I did, so I read up on the topic in an ornithology text. Bird feet have a special tendon that clamps down like a vise onto the branch when the bird is relaxed or sleeping on the branch. When the bird "stands up" the tendon relaxes so the bird can fly off—otherwise it secures the



In all my years of birding I have never been this close to a wild Great Horned nor been able to look so long at the various aspects of this magnificent hunter. Photo © 2012 by Jeff Young.

feet to the branch—truly amazing adaptation to life in trees!

The feet of coots have lobes to transfer heat. These birds tend to swim in warmer waters, and instead of sweating they use the increased surface area of the feet to transfer heat out of their bodies. Most of us have seen the webbed feet of ducks and geese that give them increased mobility in the water.

Other "water" birds, which wade around soft edges of ponds, have feet with very widely spread toes to distribute their weight so they don't sink. If you have ever seen Great Blue Heron tracks on the sides of muddy

ponds, you'll notice how large the feet are for the size of the bird.

Woodpeckers have an arrangement of toes that allows them to climb up and down scaly tree trunks. Birds who get food by scratching in the dirt have longer "nails" than those who pluck nectar from flowers. Think about the long nails of chickens or some of our sparrows that scratch for insects under our bushes.

There are "fancy" scientific names for all these toe designs—for example anisodactyl is the name of typical perching bird foot design. If you take a college ornithology course you too can learn these long names. For the more casual birder, simply noticing the variety of feet can increase your enjoyment of the many habitats that birds occupy.

To me the feet of birds of prey (technically called raptors if they hunt in the day or owls if they hunt at night)—are the most interesting. Hawks and owls use their feet to catch and kill their prey. Their feet are large and strong, and they have sharp claws.

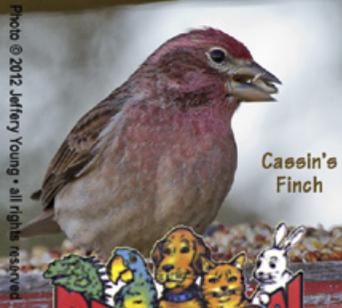
Owls have feet with feathers covering the toes. This is unusual in the bird world with most feet being covered with leathery scales but no feathers. Some researchers hypothesize that their feather-covered toes keeps them warm all year as they hunt, and others believe that the feathers allow for more sensory information about their prey to be conveyed to the brain. In any event, one rarely sees owls during the day and almost always the feet are under the body. That was why it was so awesome to see this particular Horned Owl in the middle of the day with the feet exposed. I usually hear them calling in the spring at night. This image will become part of my gallery of special moments outside.

Go outside and see what is special to you. See what questions come up for you and what things amaze or inspire you. You might even wonder about where your feet take you—literally and metaphorically. So do you move toward or away from new things, from inspiring things, from certain types of things??

Laretta Young MD has a private bird tour company where she takes birders on customized tours in Cedar Mill and beyond. See her web site at portlandbirdwatching.com. See more of her husband's amazing photos at flickr.com/photos/youngbirders

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Dance, continued from page 1

She explains, “We won the Rising Star Rhythm Championship at the Hawaii Star Ball in 2001 and then decided we preferred staying home and raising our two young children. Professional Ballroom Competition has a huge price tag and very little payoff—competitors don’t get anywhere close to the purses that other professional athletes receive. Besides, we have WAY more fun performing for events, especially school programs, and dancing at the Friday dances at the Grange.”

And they do look great on the dance floor! Even though they

have been dancing together for so many years, there’s a sparkle and energy that passes between them that is very entertaining to watch. But they also know how to make their moves accessible to students, including the elementary-school kids they love to teach.

Although funding cuts have impacted that part of their business, they offer school programs around the area, usually paid for through fundraising efforts on



Cynthia and Michael lead a large group lesson in Tigard

the part of parents. “We’ve taught programs for several of the elementary schools in the Tigard-Tualatin district, Cynthia mentions. “We also teach a short PE program every other year at Hazelbrook Middle School, and for the past six years have taught the Leadership Class

at Tigard High School for a dance they put on yearly for the senior citizens in the area.”

“I started teaching school programs when we realized that competition dancing was going to be a challenge during the recession.

I teach most of the elementary programs in Tigard alone, but Michael always makes a point to come as often as possible to help demonstrate. Especially with young boys, seeing a man dancing and leading makes a huge difference in their attitude toward dancing.”

Included in the dance lessons is some “social education,” Cynthia says. “Our goal is to teach positive and appropriate interaction between students. Dancing is just a fun way to achieve that goal. We teach kids to look each other in the eye, give each other a firm handshake and introduce themselves. We encourage them to have a conversation!”

She continues, “We encourage all of the schools we work with to have their programs culminate in either a performance or a competition. It gives students a goal and a reason to learn to dance well. Each team is scored both

for their technical ability to do the steps, and for their showmanship. So the competition is not just based on talent; the winning team is usually the one working together and having the most fun. We also make a point to make sure that EVERYONE is a winner. We

do spirit awards for things like Best Boogie Woogie, Spiciest Salsa, Wiggliest Cuban Motion, Most Debonair... every team gets an award. At the end of the evening, everyone is invited out to the floor for one last dance and most of the kids are running to the floor to show off.”

Cynthia, with Michael’s help, also teaches the ballroom class for the PE department for Lewis and Clark. “Again, it’s nice for the young men to see a man dancing and get his perspective on how to lead. I often have students who repeat the class, just for fun. Many of them tell me



Winning the Rising Star Rhythm Championship at the Hawaii Star Ball in 2001

that it’s their one class, during their very heavy schedules, that is actually fun and relaxing to attend. I have a number of students who have taken the beginning and intermediate classes who still come to the beginning class just to help out, have fun and keep their skills in tune.”

In addition to school and group classes, Michael and Cynthia regularly teach couples to dance for weddings. She explains, “We’ve worked with a couple of wedding coordinators and also danced for a couple of the wedding shows at the convention center. We get brides



A Neighborhood Meeting was held on September 13 to discuss changes to the layout and design of the Touchmark Heights project. This proposed development will provide about 766 dwelling units, including a group-care community, a 75-unit mid-rise building, four-level lodges over garages, seven 9-story condo buildings, garden homes, three-story residential buildings and resident facilities including a recreation center, dining and shopping facilities, and guest units. Touchmark is seeking land use approvals to replace a portion of the site that was approved as single family with a group care facility that includes independent and garden homes as well as assisted living. The original approval of the approximately 700 empty-nester condos remains in place with no changes requested. The project is located on property bordered by NW Leahy, Barnes, and Miller Roads, behind the existing shopping center.



Swing dancing during the pre-dance lesson at the Grange Hall on a recent Friday

and grooms, dads and daughters, moms and sons, we've even had entire wedding parties come in to learn to dance. Some of them have specific songs they want choreographed to the note and others just want to be able to get up in front of the crowd and dance their spotlight dance without having to stand there and sway for five minutes (a dance

we call the buckle shiner). Always we recommend to everyone, start early so you have time to really learn and can feel relaxed and confident when you are dancing. You can't learn to dance well in a week!"

They are also available to come and teach dancing as part of your private event—birthdays, showers, retirement parties, wedding receptions, holiday parties. "Usually at parties or corporate functions, the whole idea is to mingle, so we make games for

people to switch partners and get to know each other or dance with the person being honored."

And they believe that anyone can learn to dance. "We specialize in people with three left feet!" she laughs. "Coordination just takes practice; practice builds confidence. Everyone has rhythm; some people

just find theirs easier than others. We work hard to help students who don't have a natural inclination to rhythm to 'find the beat.' We also work really hard to teach people how to lead and how to follow, and how to make it work with a partner. Communication and connection are the keys to partnership dancing, just like they are in any relationship. We help students learn how to connect."

Ballroom dancing includes most styles of partnership dance: swing, tango, cha cha, samba, waltz, rumba, foxtrot and more. Cynthia notes, "For those who do not have a partner and still want to dance all the wonderful rhythms that ballroom dancing

has to offer, I teach my Ballroom Aerobics class at the Grange Hall on Tuesday and Thursday mornings at 9 am. We utilize music and steps from ballroom and meld it together

with a little bit of Broadway for wonderful dance aerobics program that works for all ages. A similar class I teach in Lake Oswego has women ranging in ages from their 20's to their 80's. We've just started the class at the Grange and are hoping to develop it into the same type of wonderful group."

They also teach a group class at the Oak Hills Rec Center for Oak Hills residents. Information about all of their classes and programs is on their website, ImpressionsDanceClub.net, or by calling 971-226-1119.





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Business News, continued from page 2

Collage workshops by Linda Sawaya

Give yourself the gift of making art in an Acrylic Painting with Collage Workshop in my studio in Bonny Slope, Saturday, November 3 from 10:30 to 4:30. This one-day workshop is a fun exploration of collage together with acrylic paint. Learn a variety of techniques with acrylic paint, how to integrate collage images with paint, and how to transform images from one idea into another. Finish at least one piece by the end of the day! All levels of experience welcome! Please [email me](#) for more information and to reserve your space by October 18. Workshop fee is \$95 plus \$10 materials.

SoulCollage® is a simple but

deep process of using collage to tap into your heart and soul. The workshop on October 26 and 27 begins with a Friday night intro from 6:30-9:30 pm, followed by a Saturday session from 11 am-4 pm. We will make cards, and then read and write about them. It's a fun and revealing process! My SoulCollage® card, *The Clutterer*, was made recently as I rejoiced in having cleared and cleaned my studio this summer!



The Clutterer is my tribute to my love of things and the dark side of having too much stuff!

survive confrontations involving close-quarters physical attacks and attacks with common weapons.

Peter Kramer, an 11th degree black belt under Grandmaster Masaaki Hatsumi, will be teaching this workshop. He has been teaching self-defense and martial arts since 1991. No martial arts experience is necessary, and people of all ages and fitness levels are encouraged to attend. Participants should wear loose-fitting clothing or fitness attire. While training weapons will be provided, no real weapons are allowed.

charge to take your electronics and will wipe all computer hard drives of personal information. Items that the donation center cannot accept include mattresses and box springs or baby items (other than clothes) due to health concerns. They also do not accept large appliances, and construction materials like bricks and foam padding, though Habitat for Humanity can accept these items.

Self-Defense Workshop

Bujinkan Family Dojo is offering a free self-defense workshop on Thursday, October 11. This workshop will focus on the role that individuals play in nurturing a safer and more peaceful society through developing multiple plans of action when encountering violence, and practicing constant awareness. At this workshop, participants will learn how to

survive confrontations involving close-quarters physical attacks and attacks with common weapons.

Peter Kramer, an 11th degree black belt under Grandmaster Masaaki Hatsumi, will be teaching this workshop. He has been teaching self-defense and martial arts since 1991. No martial arts experience is necessary, and people of all ages and fitness levels are encouraged to attend. Participants should wear loose-fitting clothing or fitness attire. While training weapons will be provided, no real weapons are allowed.

The workshop will take place from 7-9 pm at the Leedy Grange Hall, 835 NW Saltzman. For more information go to: bujinkanfamilydojo.com.

Free financial seminars at Sunset Credit Union

On Tuesday, October 23, from 6-7:30 pm, Sunset Member Mike Irinaga will be presenting a seminar on Understanding Medicare Benefits, which will cover prescription drug plans, Medicare Advantage plans and more.

On Wednesday, November 14, from 6-7:30 pm, Sunset Member Dean Shade will be presenting a seminar on What You Need to Know about Wills & Trust Planning.

Goodwill Collection Center in Cedar Mill

Goodwill has opened a new donation center at the corner of Cornell and Saltzman. This location will assist the Cornell store and other westside locations. In this high traffic area, Goodwill is expecting an estimated 1 million pounds of donations in its first year of business and 1.5 million pounds in its second year.

Open seven days a week from 9 am-8 pm, the donation center can take just about anything, especially electrical items in any condition. As a part of E-Cycle, Goodwill does not

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Both seminars are free and open to everyone. If you'd like to attend either seminar, please RSVP by sending an email to cuteam@sppfcu.com or giving us a call at 503-643-1335.

Suminski Wealth Training

Looking for a serious financial education without the sales pitch? Get the facts straight at Steve Suminski's Money Machine Training. Sponsored by Wealth Foundations NW, Suminski will teach you how to trade stocks and options to create business and personal cash flow.

This training will take place on October 27 from 9 am-3 pm at the Rock Creek Country Club, 5100 NW Neakahnie Ave. Tickets are \$59 and can be purchased at regonline.com/moneymachine. Cedar Mill Business Association members who attend will get 50% off their ticket price. Contact help@wealthfoundationsNW.com for this discount code and for all other questions.

Summit Dental

In an effort to provide the best technology possible for their clients, Summit Dental has recently purchased a Ceramic Reconstruction System (CEREC). This dental restoration product allows the doctor to restore teeth in a single sitting with the patient rather than multiple appointments required with standard technology. Dr. Hagedorn designs the tooth himself using 3D photography and sends the information to an adjacent milling unit where the tooth is then cut from a solid block of ceramic material.

Patients requiring certain types of crowns, veneers, inlays, or onlays can be in and out of the office with the treatment completed after only one appointment. This is convenient for those who have difficulty scheduling multiple appointments or who are anxious about visiting the dentist. Visit summitdental-health.com for before-and-after photos and more information about this technology.

And on Saturday, November



3, the office will participate with Operation Gratitude to host our first Halloween Candy Buy Back.

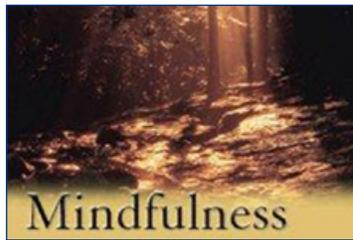
We will be "buying back" unopened Halloween candy from children in the neighborhood for \$1 per pound (up to 5 lbs). We will then be shipping the candy to troops overseas. Must be accompanied by an adult.

Summit Dental is located just north of the Bales Thriftway center in the same parking lot. For more information, visit summitdental-health.com or call 503-644-7202.

Virtue of the Month: Mindfulness

"Can you cleanse your inner vision until you see nothing but the light?... Can you step back from your own mind and thus understand all things?"—Tao Te Cheng

Mindfulness is living reflectively, with conscious awareness of our actions, words and thoughts.



Awake to the world around us, we fully experience our senses. We are attentive to other's needs. We refuse to rush... We seek joy instead of mere desire. We cultivate our inner vision, aware of life's lessons as they unfold. - Virtues Reflection Cards

The Practice of Mindfulness: I seek always to be awake and aware. I am considerate of the needs of others. I keep a pace of grace. I do not allow emotions and impulses to rule me. I cultivate my spiritual awareness with daily reflection. I am a lifelong learner.

Affirmation: I am thankful for the gift of Mindfulness. It keeps me present.

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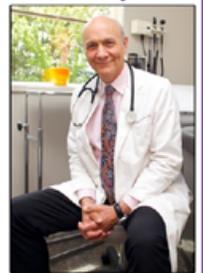
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