



FREE

# Cedar Mill News

Volume 11, Issue 10

October 2013



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## Featured Business

### Bandito Taco

By Virginia Bruce

"Fast" food that's fresh and healthy? If that sounds too good to be true, then you haven't discovered one of Cedar Mill's hidden treasures! Bandito Taco, on Cornell just west of Murray, has been serving up their flavorful and healthy Mexican food for 23 years.

Founder and owner Ahmad Kouklani arrived in the US from Iran when he was 15 years old. His



parents sent him to live with his sister and uncle in the Aloha area, so he could go to school here. After the Iranian revolution in 1979, the money to support him dried up, and he had to go to work. His uncle, Mohsen Koukiani, owned several restaurants, and Ahmad began at the bottom, washing dishes and cleaning up at Love's and later at Denny's near the Portland Coliseum. He graduated from Aloha High, and attended PCC and PSU while working in the restaurants.

He tried his hand at management, working at First Interstate Bank (now Wells Fargo) for about five years. But he really enjoyed cooking, and the excitement and action of the restaurant business, so he went back to work for his uncle. He harbored a dream of owning his own place. In 1990, his uncle spotted a commercial space available in the Sunset Mall (where Safeway is located) where he had a tanning shop.

"I had \$100 in the bank, but my uncle helped, and I was willing to work hard to make it happen. At that time, there wasn't much Mexican food available in the area. Macheezmo Mouse was popular, serving a healthier variety of the cuisine without a lot of fat. That's

how I decided to create Bandito Taco," he says.

The space was previously the Pony Express mailbox store, so he had to build the kitchen from scratch. He was able to purchase used equipment. "I didn't know how it would work out, so we had to save as much money as we could. Even the "Order Here" sign was used—it used to belong to Sunshine Pizza!" he says.

The first two years were hard. "We didn't have very many customers, and I worked here 24/7. But from

the beginning I had three strong principles that I have always kept to: a clean restaurant, with quality food, and great service."

Eventually, a glowing review by "The Phantom Reviewer" from KGW-TV began to bring in the customers. Word-of-mouth spread the news that the place was worth visiting, and business began to grow. Ahmad says it's still "a hidden treasure" in Cedar Mill—he knows that there are a lot of folks who will love his food if they try it.



Ahmad developed all the recipes, and still does a lot of the cooking. Everything from the original menu is still there, and they've added a few new items over the years. Traditional fish tacos, several healthy and tasty soups, and my favorite—chile rellenos, have been popular additions.

*Continued on page 8*

### Cedar Mill Cider Festival October 13

Sunday, October 13, 1-4 pm

JQA Young House grounds, Cornell near 119<sup>th</sup>. Free parking in the Cedar Mill Bible Church lot

The Seventh Annual Cedar Mill Cider Festival will be held on Sunday, October 13 from 1-4 pm on the grounds of the John Quincy Adams Young House on Cornell Road just east of 119th.

See how the pioneers made cider with antique, hand-cranked presses, and sample the results. Listen to the folk, bluegrass and old-time music of Lauren Sheehan and friends, and enjoy a delicious local lunch. Find out more about Cedar Mill history and the plans for the historic JQA Young House. Browse craft booths and learn about local organizations.

#### Fabulous food

Don't eat before you come! Our own Burnt Ends BBQ team will be with us once again to provide their award-winning bbq sandwiches. And the great cooks at Leedy Grange will be serving apple crisp and vanilla ice cream for \$3. Plenty of tables are set up for you to enjoy your meal with your friends and neighbors.

Boy Scout Troop 208 looks



press any outside apples for public health reasons.)

#### Entertainment

The Lauren Sheehan String Band will provide roots, blues, folk and old-time music to accompany this fun family event. Visit her website to hear a preview at [laurensheehan-music.com](http://laurensheehan-music.com).

#### Shop in the Country Store

Local vendors will offer a variety of treats and treasures—from the wonderful homemade bread of SweetRock Farms, to jam & jelly from MeeMee's, aprons from Laura Roberts, table fashions and more from Fabric of Provence, snacks and candy (stock up for Halloween!!) from our local Mountain Man rep, and home-made candy & other goodies from RhoJo's Creations.

**Get your pumpkins here!**

Dinihanian's Farm Market will be on hand selling fresh apple cider to take home, along with apples and other

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# 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)

## Bales Wellness Fair

One of the recent additions to the Bales Thriftway Store in Cedar Mill is their "B-Well Wellness Center. They are celebrating by offering a Wellness Fair on October 5, from noon to 3 pm. Free samples, demonstrations, prizes, and raffles will give customers a chance to discover the new product area.



Lisa shows store manager Troy Wolfe a product for dry skin

All Wellness Center supplements and body care products will be available at a special savings of 20% off the regular price during the Fair.

Lisa Taylor has joined the staff as Wellness Manager. She brings a wealth of experience from many years working in both natural foods, and wellness products at local stores including Natures and New Seasons.

"I love to introduce natural products to new people," she says. "All our products are guaranteed, so if something doesn't work for you, please bring it back for a full refund. But we have carefully selected the products we stock for

being effective. And we offer everything at very competitive prices." She loves to help answer customers' questions, and is also happy to track down and provide special requests.

Flu shots will also be available that day. They will be administered by a licensed nurse. Most insurances are accepted with no co-payment. The service is offered by [GetAFluShot.com](http://GetAFluShot.com)

Bales Manager Troy Wolfe also wants to remind customers that every Tuesday is Senior Citizen Discount Day, when seniors get 10% off all their purchases. Some restrictions apply.

## Tire Factory turns 30

Thirty years ago this month, five guys who owned their own tire stores got together over coffee at the Cedar Mill Shari's Restaurant to hatch an idea. They reasoned that if they combined their buying power, they could buy for less.

Each time the containers arrived, they'd meet for coffee and pie, and then go unload the tires into their own trucks and haul them to their stores. One of those owners was Bud Holden Sr., the father of the current owner of Cedar Mill's Sunset Tire Factory. Another was Al Taylor, who owned the shop at that time and later sold it to Bud Jr. (See August 2009 CMN for the full story.)

Now those original five owners are joined with 200 other independent owners in 14 western states, with distribution centers in Oregon, Utah and Colorado. The Tire Factory offers superior service, advice, and the benefit of local owners who care about their customers.

## Bleachers October Fun

Bleachers has a month of great events lined up:

Monday Night Football: With all-you-can-eat spaghetti for just \$7.95 per person

Taco Tuesdays and Pub Trivia: Starts at 7:30 pm

Wednesdays Karaoke: Starts at 9 pm

Thursday Night football: Every Thursday night

Fridays:

October 4 - DJ Dance party starts at 9 pm

October 11 - Vegas Sun 9 pm

October 25 - Comedy night starts 9 pm

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Saturdays: DJ Dance party  
October 19 - UFC 166 starts at 7 pm  
October 26 - Halloween HO-Down  
Ride the mechanical bull  
Thursday October 31 - Halloween  
Dance party

Bleachers is located at 575 NW Saltzman Rd. in the "triangle" center.

## Dinihanian Farms has a Pumpkin Patch!

Every weekend in October, Dinihanian's Farm Market will host family friendly activities for the fall harvest season.

Every Saturday and Sunday during October - Kid's Corner. There will be crafts to color or paint, and a kid's hay bale maze to find your way through.

October 5th and 6th - Tractor Ride Farm Tours. Join one of their field workers on a tour of the 50-acre property. Learn the history of Dinihanian's farm and see the garden, holly orchards, weave through the forest and discover the frog pond and then end up back at the farm store where you can get food and drinks, and play games.

October 26th and 27th - Pumpkin Carving Contest. Come buy a pumpkin, sign up for the contest, then send in your results. Winners will be announced within the next week and there will be prizes!

Dinihanian's Farm Market has been family owned and operated for over five generations. Located at 15005 NW Cornell Road, what started out as a 50-acre holly farm has now become a vegetable CSA and home to the finest, freshest, and most fun market in town. Both their seasonal produce store and Christmas barn are staples of the community.

## Village Gallery Events

Featured artist: Judith Martin, October 8 - November 1. Reception on Saturday, October 12, 1-4 pm

Photographer Judith Moore's framed work, matted prints and greeting cards will be on display and for sale during the month of

October at the gallery.

Award Show: Portland artist Margret Short ([margretshort.com](http://margretshort.com)) will be the juror for Village Gallery's October awards show, which will be on display at the gallery October 8 - November 1. Short is an award-winning painter whose work has been exhibited throughout the U.S. She is a signature member of American Women Artists as well as Oil Painters of America, and is known for her extensive research and work in pigments and techniques of the past. First, second and third place ribbons, as well as honorable mentions will be awarded to participants of this show.

Featured Workshops: There are a number of exciting workshops taking place during October – visit the Gallery's website for a complete list.

Village Gallery is a non-profit cooperative gallery in operation since 1963, located at 12505 NW



A photo of the Japanese Garden, by Judith Moore.

Cornell Road, next to the Cedar Mill Library. The Gallery is open Tuesday - Saturday, 10 am to 4 pm, and Sunday 12-4 pm. For more information about membership, classes and special events, call the Gallery at 503-644-8001 or visit [www.villagegalleryarts.org](http://www.villagegalleryarts.org)

## Cornell Farm classes

Cornell Farm Nursery, 8212 SW Barnes Rd, offers the following classes during October. To register, call 503-929-9895 or stop by the store between 9 am and 6 pm.

Wednesday, October 9: Natural Fall Garland Workshop, 1-3 pm. Your mantle or doorway will be Fall Festive when draped in one of the three garlands you'll learn to make in this fun workshop! Tracy will be using three fall classics; Indian

*Continued on page 6*

## Cornell Clean-up

Rake leaves, pull weeds, enjoy donuts and coffee, and help keep Cedar Mill beautiful.

Volunteers will be cleaning up sidewalks and medians along Cornell Road between Saltzman and Murray from 7-9 am on Saturday, October 5. Donuts, coffee and water will be provided.



Downtown committee member Joanne Hollister and CMBA president Sandi Proctor hold the signs announcing the Cornell cleanup

The work party will meet in the overlook area just west of A Cut Above, but if you get there late, just pull up and pitch in!

This cleanup event, sponsored by the Cedar Mill Business Association, is part of the group's effort to "take the place of a city" in keeping our downtown area attractive. CMBA members and others have also donated money to hang and maintain flower baskets during the summer.

The Downtown Beautification Committee of CMBA is seeking new members. You don't have to be a CMBA member to participate in the cleanup, though. For further details, call Joanne Hollister at 503-701-4005.

## Garage Sale at Skyline Grange: "Everything & The Kitchen Sink"

Friday-Saturday, October 4-5, 9-5 at the Skyline Grange, 11275 NW Skyline Blvd (0.1 miles west of Newberry Rd or 1.5 miles east of NW Cornelius Pass Rd)

The sale is a fundraiser for Skyline Grange. We are motivated to make this our biggest and best sale.

Lots of donations from our colorful, semi-rural Skyline neighborhood make for a truly unique sale. We strive to offer clean, functioning items. Great prices for a good cause.

It's a beautiful drive to Skyline Grange in dry autumn weather! Shop indoors, and enjoy fresh brewed coffee and baked goods fresh from the oven!

## Fall native-plant sale October 5 at Tualatin Hills Nature Park

A native-plant sale from 10-2 October 5 will benefit Friends of the Tualatin Hills Nature Park. More than 100 varieties of plants will be available. Staff from Tualatin Hills Park & Recreation District and volunteers will be available to answer questions.

"Planting now gives your trees, shrubs and plants a head start for next spring and summer," said Karen Munday, program coordinator at the Interpretive Center of the Nature Park. "Winter rains do the watering for you. While growth isn't noticeable on top (during winter), roots are getting established in the soil below."

Native-plant landscapes require much less care, water, fertilizer and pesticides than non-native ones. And they are good for wildlife.

Proceeds from the sale will help fund park improvements and educational programs. The Nature Park is at 15655 SW Millikan Way in Beaverton. Admission is free. For more information, call the park's Interpretive Center at 503-629-6350.

## Washington County Public Affairs Forum

Are you interested in local politics and public affairs? It can be much more rewarding than the agony that is our national political scene these days. The WCPAF has been bringing local "movers and shakers," along with a variety of experts in various topics, to county residents for many years. Meetings are open to anyone.

The group meets at the Peppermill Restaurant in Aloha, 17455 SW Farmington Rd. NOTE: this is a new location! Meetings start with an "order your own" lunch (optional) and time to mingle from 11:30-noon. Programs run from noon-1 pm.

October meetings include:  
October 7: Oregon Secretary of State Kate Brown.  
October 14: Brian Wegener, Tualatin Riverkeepers.  
October 21: Richard Hobernicht, Washington County Assessment & Taxation.  
October 28, Oregon State Treasurer Ted Wheeler.

# CEDAR MILL CIDER FESTIVAL SUNDAY

October 13<sup>th</sup>  
1-4PM

At The John Quincy Adams Young House  
12050 NW Cornell near NW 119th

## CIDER PRESS

See how the pioneers made cider with apples courtesy of Dinihanian's Farm Market. Enjoy some FREE fresh cider.

## FREE PARKING

in the Cedar Mill Bible Church Parking Lot (12208 NW Cornell Rd. Portland, OR 97229)

For More Info Call Tualatin Hills Park and Rec. at 503-645-6433



## BBQ LUNCH

Pulled Pork, Chicken or Beef Sandwiches plus Chips & Slaw or Hot Dogs from Burnt Ends BBQ Team, & Apple Crisp & Ice Cream from Cedar Mill's Leedy Grange.

## KIDS ACTIVITIES



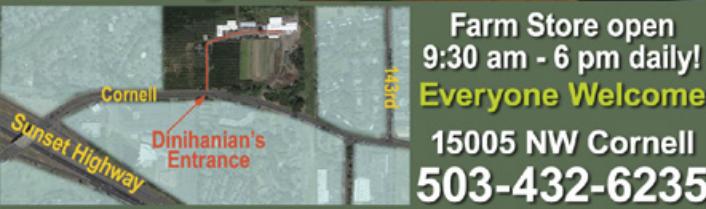
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## Washington County updating Transportation Plan

By Dyami Valentine, Senior Planner,  
Washington County LUT

The goal of the Transportation System Plan (TSP) update is to build upon existing plans to define the long-term needs of residents, businesses, and visitors. Project staff is working together with community members, local governments and service providers, along with local businesses and nonprofits, to examine solutions that provide for safe and reliable transportation choices in the places we live, work and play. The plan encompasses all forms of travel including freight, pedestrians, bicyclists, transit, and motor vehicles.

The update has been occurring over two phases, phase one is complete, phase 2 is expected to be completed by spring of 2014 and presented to the Board of County Commissioners for consideration by the end of 2014:

During the first phase, the project team compiled an inventory and assessment of the existing infrastructure, services and current demographics. An Existing Conditions Report and Summary was updated in January 2013 that summarizes where the community is today, and what growth is anticipated in the future. Phase one also updated and restructured the existing transportation policies into goals, objectives, and strategies. The revisions and reorganization does three things: 1) incorporates community aspirations, 2) provide

consistency with regional transportation planning requirements, and 3) reflects current and accepted practices.

During phase two, the project team is updating the transportation system maps. The update will incorporate other recent planning efforts and is intended to reflect current community aspirations and priorities in areas that have not been through recent planning efforts. During the fall of 2013, the project team will be meeting with a number of community groups, Citizen Participation Organizations, local City governments, service providers and other stakeholders. These efforts are intended to examine community aspirations and identify a set of solutions. This will result in an updated set of priority roadway and bicycle/pedestrian projects, system enhancements, and will include other recommendations.

### Get involved

CPO 1 and CPO 7 will hold a joint meeting at Stoller Middle School cafeteria on November 5 from 7-9 pm. Washington County will host the event and provide light snacks. County staff will offer an update and provide maps for review and discussion of issues and solutions in your area.

For more information, visit the county's Transportation System Plan update project website at [www.tsp2035.com](http://www.tsp2035.com) or contact Dyami Valentine, Senior Planner, at 503-846-3821.

## Cedar Mill Garden Club October 16

Garnet Ascher and floral designers and judges from Cedar Mill Garden Club will lead a public, hands-on design project with pumpkins at 11:30 am Wednesday, October 16, at Beaverton Community Center, Room 100, 12350 SW 5th St., across from Beaverton City Library.

Attendees should bring materials including a small, hollowed-out pumpkin for their own creations. Other materials to consider bringing: long-lasting vegetables or fruits; curly willow; succulents; mosses and greenery; fall flowers; corn shucks, or a candle. Those who have enough greenery and fall flowers to share are invited to do so. It is helpful to bring gloves and clippers. The club will provide Oasis floral-design foam.

Attendees should hollow their pumpkins 2-3 days in advance and

not put any water inside the shells afterward. For further information about the club, call Barb Cushman, president, at 503-649-7741, or visit the web page: [www.thecedarmill-gardenclub.org](http://www.thecedarmill-gardenclub.org)

## Leahy "Little Store" remodel, expansion

There will be a neighborhood meeting at 7 pm on October 8 to consider a proposal to remodel and enlarge the "Little Store," located at 8998 SW Leahy Road, and its second-floor apartment. The 0.21-acre property is in a transit-oriented land-use district. The meeting will occur at West Tualatin View Elementary School, 8800 SW Leahy Road. The meeting is open to anyone interested in hearing about the project.

## Never Again! "Echoes from Auschwitz"

Book event October 8, Beaverton History Center

Alter Wiener is a Holocaust survivor, author, speaker, and Portland-area resident who has lived in Oregon since 2000. He has shared his story of survival and hope with more than 800 audiences. At 7 pm on Tuesday, October 8, he will appear at Beaverton History Center, 12412 SW Broadway St. The event is free. Donations are welcomed.

Weiner survived 35 months in Nazi concentration camps. He later wrote, "64735: From a Name to



a Number—A Holocaust Survivor's Autobiography." Signed copies of his book will be on sale after his presentation.

He was born to a very religious family on October 8, 1926, in Chrzanów, Poland, a small town near the German border. When he was young, "we had a relatively good life," he said, "not lacking anything that was available in those times.

Normal life came to an end in September 1939. "Since my hometown was close to the German border, we were urged to flee to the interior of Poland," he said. "By horse and wagon, we managed to trek about 50 miles until the German invading army caught up with us." Wiener's father hired the horse and wagon to transport his family, but he did not join in the attempted escape because the Polish retreating army ordered him to stay behind and supply it with provisions stored at his business.

"My father was shot, left to bleed and eventually to expire, and thrown into a pit together with 36 other victims, by German soldiers," he said. "When public transportation was partially restored, my stepmother, two brothers and I trekked back to our home in Chrzanów. The apartment was looted, and the worst of all, we could not find out the whereabouts of our father." His father's body was identified after the pit was opened.

As anti-Semitism increased, Wiener was forbidden to attend

school or practice his faith. At age 15, he was taken from home and sent to a concentration camp, where he was given very little food, and he regularly witnessed beatings and deaths. For three years, he moved from labor camp to labor camp, until the Russians freed him from Gross Masselwitz in May 1945.

## Walk + Bike to School Day October 9

Eighteen Beaverton schools will join more than 1,780 schools registered to take part in International Walk + Bike to School Day on Wednesday, October 9. Schools from 50 US states and 42 nations will participate.

The annual event promotes walking and biking for: increased physical activity, reduced traffic and air pollution near schools, improved safety of school-area traffic, increased awareness of neighborhoods' walkability, and the chance to teach children how to walk and bike safely.

Participating schools in the area near Cedar Mill include Bonny Slope, Oak Hills, Rock Creek and West Tualatin View elementary schools, and Cedar Park Middle School. For information on how to plan a Walk + Bike event, call the Beaverton School District office of public safety at 503-591-1911. Or email Lynne Mutrie at [lynne@oregonaferoutes.org](mailto:lynne@oregonaferoutes.org).

## Sunset Band Classic

Please save the date for the 25th Annual Sunset Classic Marching Band Competition! This event will be held Saturday, October 26 at Hillsboro Stadium. Thirteen top local bands will be participating along with a performance by Cedar Park and Meadow Park Middle Schools. The 25th Sunset Classic will also mark Band Director Greg Hall's 30th year of excellent High School music direction. Sunset Alumni are encouraged to attend and to cheer on their Apollo Band.

The 25th Annual Sunset Classic Title Sponsor is Carl Stall and Country Financial. We greatly appreciate Country Financial's generous support of music education for our students!

For more information and ticket prices, please go to [Sambanotes.org](http://Sambanotes.org).

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corn, small gourds, and colorful leaves as she teaches the art of making natural garlands. \$29 class fee includes all the supplies you need to create a beautiful 6-foot garland and includes refreshments.

Saturday, October 12: Gourd Creatures Workshop, 10-11:30 am. Come explore your silly side while making some fun little gourd creatures in this workshop that is open to all ages (kids 10 and under must be accompanied by an adult). Using warty gourds, paints and a little imagination, you will be creating a new addition to your traditional fall decorations. \$20 class fee for adults and \$5 for kids (12 and under with adult) includes everything you need to create three gourd creatures, as well as food and drink! Bring your kids or your friends for some Halloween fun together!

Saturday, October 12: Landscaping for Backyard Habitat, 2 pm. The Audubon Society of Portland presents Landscaping for Backyard Habitat. Program Coordinator Nikkie West will discuss the four elements of building great backyard habitat: Removing invasive plant species, choosing plant species native to the Willamette Valley, wildlife stewardship, and storm water management. This is a free class!

Saturday, October 19: Unexpected Pumpkin Centerpiece Workshop, 10-11:30 am. Nothing says Fall like pumpkins....which is exactly what we'll use for this easy to make, yet beautiful centerpiece. We'll start with a traditional pumpkin, then layer with a harvest of living botanical textures. You'll be the envy of friends and family with this piece in the center of your Thanksgiving table! \$29 class fee includes everything you'll need to make your harvest masterpiece and some yummy refreshments!

## **HealthSource supports Parkinson's Resource**

HealthSource Chiropractic and Progressive Rehab doctors are offering Complimentary Community Service Health Screenings (a \$189 value) in exchange for a minimum \$10 donation to the Parkinson's Resource Center of Oregon. The 19-point screenings can help track down even the smallest amounts of pain, including those suffering from a wide range of problems such as low back pain, headaches, neck pain, shoulder or arm pain, bulging or herniated discs, leg pain,

numbness and more. Even X-Rays will be included if necessary. (This offer does not apply to federal beneficiaries and ACN participants.)

Parkinson's Disease affects more than one million people in the United States alone and about seven to ten million people are living with it worldwide. Together, we can raise awareness of the disease and assist in the research and resources families and patients need each and every day.

Appointments can be scheduled by calling 503-746-5085 or online at [www.hscedarmill.com](http://www.hscedarmill.com). Additional donations can be dropped off at HealthSource of Cedar Mill, 13305 NW Cornell Rd Suite E from 9 am-12 pm and from 2-5 pm Monday thru Thursday. For more information on HealthSource go to [www.HealthSourceChiro.com](http://www.HealthSourceChiro.com) or [www.hscedarmill.com](http://www.hscedarmill.com)

## **When paper attacks!**

Whether you have kids returning to school, a busy upcoming fall schedule, or just cope with the daily collection of incoming mail, the papers that come into your home can get overwhelming. They seem to get ahead of us before we even have a chance to deal with them.

Professional Organizer Beth Giles with NW Organizing Solutions shares tips on setting up a simple processing system that can help you deal with paper overload and ease the chaos and stress that often accompanies it. These simple steps are listed in the recent issue of her monthly e-newsletter. This local business issues two monthly e-newsletters, one containing helpful information about organizing areas of your life and home, and the other discusses helps for downsizing your home and easing the moving process. You can sign up for one or both of these newsletters at [www.NWOrganizingSolutions.com](http://www.NWOrganizingSolutions.com).

While you're on her website, check out her other helpful resources, such as information about what papers you should keep and for how long, as well as great ideas for places to donate or recycle things you plan to let go of. Can't find the information you are looking for? Feel free to call Beth at 503-709-0791 to arrange for an organizing consult or a hands-on organizing session.

## **Red Lotus Skin Care Salon Extravaganza**

The Red Lotus Skin Care Salon will host "The Inner Awareness

and Wellness Event" on Saturday, October 12 beginning at 10 am. Speakers include Lousia Alten, National Educator for cosmeceutical innovator Rhonda Allison; Patricia Barnett, Red Lotus owner/operator, who will discuss the three best balancing products for skin care; Dr. Khivan Oberoi N.D., Owner/Operator of Maansi Family Health Center, who will help you understand "Hormone Havoc: Balancing Professional Stress & Personal Wellness; and Martha Soria Sears, Life Coach/Hypnotherapist and President/Founder of Next Step Transformation Consulting, talking about mastering one's own mental and emotional state.

Live music throughout the event will be provided by nationally acclaimed singer/songwriter Scott Thomas. More information on the event is available at [reddlotusskin-caresalon.com](http://reddlotusskin-caresalon.com).

## **Santosha Yoga News**

Katy Nadal, owner of Santosha Yoga in Bethany, says, "Dina Lang, my business partner and yoga teacher, is now the only certified Dharma Yoga teacher in Oregon, as a result of a ton of hard work--and trips back and forth to the NYC Dharma center. I admire her so much for going the extra mile to basically apprentice herself to Sri Dharma Mittra. As a result we have added two Dharma classes to our offerings."

Over the Labor Day weekend, Santosha Yoga revamped their studio and have re-opened with a fresh look and a line of American Made yoga/athletic wear by NUX. Also a new class, FIT FLOW on Monday-Wednesday-Friday at 9:30 am for those who want to turn up the heat and challenge their core.

Santosha Yoga also offers an all-level donation-based community class, now on Sunday mornings at 9 am. Anyone is welcome at no cost, though they encourage \$5 donations, all which are given to Street Yoga, a non-profit that serves people who live on the street through yoga.

Santosha Yoga is located at 4876 NW Bethany Blvd., Suite L-4. Contact them at 503-372-9825, or [katy@santoshaforeverybody.com](mailto:katy@santoshaforeverybody.com), or [www.santoshaforeverybody.com](http://www.santoshaforeverybody.com)

## **Summit Dental Candy Buy-Back**

Summit Dental's second annual Halloween Candy Buy Back event will be Saturday, November 2 from 9-11 am. Bring up to five pounds of

unopened Halloween candy to their office and receive \$1 per pound. Kids must be accompanied by an adult. All candy collected from this event will be sent to troops overseas through Operation Gratitude. Summit Dental is located at 973 NW Saltzman Road. For more information, visit [www.summitdental-health.com](http://www.summitdental-health.com) or call 503-644-7202.

## **CK Hoffman Design partners with Mira Homes Inc.**

CK Hoffman is proud to announce that they have partnered with Mira Homes Inc. to offer General Contracting Services along with Design Consulting Services. As an added service to their clients, they are now able to arrange and coordinate all aspects of construction and remodeling, including kitchens, baths, interior and exterior painting, and new construction. "This is a unique service that will help streamline your project and allow me to have greater control over aesthetics while still keeping costs economically feasible," says Caryl Hoffman. She points out that clients are always free to work with other contractors or may be "Do-It-Yourselfers".

CK Hoffman Design can be contacted at 503-807-1348, at [carylkhoff@gmail.com](mailto:carylkhoff@gmail.com) or at [www.ckhoffmandesign.com](http://www.ckhoffmandesign.com)

## **Virtue of the month: Accountability**

Accountability is the willingness to stand in responsibility for every choice. It is acting with integrity, doing what we say we will do. When we make a mistake, we do not seek to hide it or avoid it. We have the courage to face it willingly. We are open to the lessons it can bring, and ready to make amends. With accountability, people can rely on us, because we are answerable for our actions. We appreciate both the good we have done and the good to be gleaned from the choices that do not turn out right. We are guided by our higher standards.

Affirmation: "I am thankful for the gift of Accountability. It is my moral high ground."

Virtues Reflection Cards, by Linda Kavelin Popov. Visit [www.virtuesconnectionportland.com](http://www.virtuesconnectionportland.com) for more Virtues in Action, at home, school or in the office. Master Facilitator Delaram Adyani, 503-267-0202 [www.virtuesproject.com](http://www.virtuesproject.com)

## Student leads the way in volunteer work, academics

Matthias Guenther, a 17-year-old senior at Beaverton's School of Science and Technology (SST), was named a National Merit Semi-Finalist in September. National merit semi-finalists score in about the top one percentile nationally on the PSAT, a standardized test taken in 11th grade.

A week later, he received the AP Scholar Award for having taken advanced-placement courses in high school and demonstrated college-level mastery on national tests.

In late August, he completed an Eagle service project at his high school. He is a member of Beaverton's Boy Scout Troop 618. He lives in the Bonny Slope neighborhood north of Cedar Mill.

Matthias plans to study engineering in college. He favors a major in computer/electrical or chemical engineering but also wants to learn about biotech and nanotech/materials science. He will apply to Oregon State, among other universities. Several schools have sent him priority applications requiring no application fee or long essay. He's carefully weighing the various offers. "I'm weighing each school's reputation and program as an engineering school, costs, and, to some extent, proximity to home."

Starting in October, he plans to re-join the Science Bowl team.

For his science-research project, he is refining and testing an ocean thermal energy conversion (OTEC) plant that he built during sophomore year, for which he and his partner won an Air Force engineering award at the Beaverton Hillsboro Science Exposition and competed statewide at the Intel Northwest Science Expo.

An OTEC plant generates electricity by taking advantage of temperature differences between deep, cold water and warm surface water to expand and contract a "working fluid" and spin a turbine.

He is heading for an engineering career because, he says, "I like pure sciences as well, but the hands-on aspect of engineering lets me feel like I'm accomplishing something."

### Serious Scouting

Matthias is assistant senior patrol leader of Boy Scout Troop 618 in Beaverton. In August, Matthias completed his Eagle service project: building an 8-by-10-foot shed on his school campus at the request of his Merlo Station High School principal Mary Jean Katz. The School of Science and Technology is one of three option high schools located on the

Merlo Station campus. The shed will contain emergency earthquake supplies for the campus, Katz said.

Eagle projects are exercises in project management. Matthias budgeted, earned money, sought donations, ordered supplies, created a schedule, recruited workers and led construction.

### Volunteer Spirit

Earlier this summer, Matthias served as a staff-in-training at BSA Camp Meriwether on the Oregon coast. He taught cooking, nature, and pioneering. He assisted the blacksmith at the on-site, log replica of Lewis and Clark's historic Fort Clatsop. He plans to return to work as a paid staff member at Meriwether

next summer.

Matthias also volunteers at Oregon Food Bank and is available



Tar-papering the shed roof are Troop 618 members Bobby Hagerup of Cedar Mill and Ed Herinckx, standing on scaffold. Logan Keith (in window) accepts wood clamps from Matthias Guenther. His father, Mark Guenther, is at right. On the ladder is Glenn Miller. Atop the roof, facing away, is Assistant Scoutmaster Eric Delaney of Cedar Mill.

to SST students who seek help with school work. "Volunteering gives me an opportunity to feel helpful as I go about doing things I enjoy," he says.

Scouting has been a great experience that has made him a better person, Matthias said. He approves of Boy Scouts of America's vote last spring to offer membership to gay youth.



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*Bandito, continued from page 1*

"We make our food healthy for our customers by skimming off the fat, and by steaming rather than frying as much as possible," he explains. Don't expect dishes

olives and guacamole with your choice of ground beef or chicken, all stuffed in a double wrap of flour tortillas, and served with their delicious crispy chips and their signature, fresh-daily salsa. The

salsa is so popular that they sell it in containers for takeout. Nachos are another popular choice, and come "Bandito style" with beef and all

the toppings, and veggie or chicken fajita style. A side of chips with nacho cheese is a favorite kids' choice.

The restaurant is very family-friendly. "A lot of people bring their family in for our "Sunday Crunch" special after church," Ahmad notes. Regular crunchy ground beef tacos for only 59¢ each make it easy to feed the family and still have time and money to spend the afternoon

having fun.

The other regular special is the Monday bean burrito for 75¢. They also offer a daily special on their Facebook page. Check it out, and then come in and ask for it, because it's not advertised in the store.

The menu reads like a more traditional restaurant, with specialty items that include a chicken fajita salad and a taco pizza, soups, tacos (hard-shell and soft), tamales, chile rellenos, burritos, enchiladas, nachos, and quesadillas. All the food is served on disposable ware—there's no room in the tiny kitchen for dish-washing. And the portions are so generous, many folks take part of their meal with them anyway!

Takeout makes up about 70% of the 120 or so meals they serve daily. Lunch is their busiest time, but a lot of people have discovered that it's a

Cedar Mill News October 2013

great easy dinner solution for busy families. You can call in your order and pick it up on your way home.

During the season, Ahmad gets some of his produce from the Farmers Market that takes place right outside the door. He's very supportive of

the Market, although he says that some of his regular customers don't visit on Market days. "We get new people stopping in, so it makes up



Sahar takes an order. Friendly service is an important value.

smothered under a thick layer of cheese or swimming in red grease. It's not what some people think of as Mexican food, but it's tasty and satisfying with plenty of flavor and texture.

One of the most popular menu items is the Ultimate Burrito. For \$6.50, you get over a pound of food—vegetarian house-made refried beans, rice, sour cream, cheese, lettuce, tomatoes, onions,



Nachos!



for any loss. And I love the music!" The outdoor seating in front of the restaurant, with ample shade from the overhanging roof and from a shelter they built, is popular with families.

In March of this year, they were able to add beer and wine to the menu. "It took about six months to get the license," he explains. "We had to fill out a lot of forms, and go through a background check. Inspectors came in and checked everything, including whether we could see the drinking customers at all times. Afterwards, they sent undercover agents to check that we were following the rules. We passed easily!"

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### Catering

But wait, there's more! Bandito



Catering serves up food at your location. They provide everything you need to feed a crowd with choices including a taco bar, enchiladas, tamales, and other dishes that can be served over rice or rolled into burritos, with chips and salsa and all the sides.

Prices run from \$5.50-\$12 per person. For groups of 25 or more, they offer free delivery, setup and cleanup. A \$30 charge is added for smaller groups, or you can pick the food up yourself.

Ahmad and his wife, Sahar Fardanesh, are the only full-time employees. They employ six part-time helpers during the busy times.

He and Sahar married about five years ago. Her parents are Irani. She was born in California, and moved to Oregon in 2005 to attend PSU and East West Massage School.



Ahmad prepares a chile relleno plate

They met through a mutual friend. Ahmad has a grown daughter from a previous marriage, and three grandchildren.

Ahmad has made many improvements to the space over the years. He put in easy to clean and attractive tile floors, walls and countertops. And the eclectic and fun decor includes some items he got in Mexico, and also an abacus that he used to watch his father use in Iran. It all seems to fit together to create a welcoming, clean and efficient environment.

He and Sahar arrive at the restaurant every day at 8 am. They cook food and clean during the morning hours, getting ready to open at 11 am. During the fall and winter, they close at 8 pm, and stay open until 9 pm on weekdays during the spring and summer.



Ahmad is very supportive of Sunset and Westview High School teams and clubs, and he's always willing to display schedules and special event posters. He also helps out with fundraising at the local elementary schools.

What makes it enjoyable for him after all these years? "I love my customers," he says. "People come in with their grown children and reminisce about how they raised them eating our food. I have a lot of friends that started out as customers."

He doesn't do a lot of advertising—he has coupons in an entertainment book and in a coupon-clipper. Bandito Taco is located in the Sunset Mall at the northwest corner of Cornell & Murray. They're close to Cornell, about halfway between Murray and Shari's, at 13565 NW Cornell. Call for takeout at 503-643-2304 anytime between 11 am and 8 pm daily.

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	12:30p-1:30p Gentle					
	5:45p-7:15p Level 2					
		10:00a-11:30a Level 2				
		Noon-1:30p Level 1				
		5:45p-7:15p Level 1				
		7:30p-9:00p Level 2				
		9:30a-11:00a Level 1				
		11:30a-12:30p Gentle				
		5:45p-7:15p Level 2				
		7:30p-8:30p Back Care				
		9:30a-9:00a Level 2				
		9:15a-10:45a Level 1				
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## The Nature of Cedar Mill

### Dark and rainy days of fall

By Lauretta Young

It is the start of October and my tomato plants and I can discern the shortening of the days. Many of my squash plants have mildew and are turning yellow; my geraniums have quit blooming with the colder nights, and our backyard bird population has definitely become typical of fall.

Two days ago I heard the first of the plaintive minor notes of the Golden Crowned Sparrows. Many people who see these "brown birds" in their yard just take a quick glance without really "seeing" what is there. Take a minute to study what is in your yard—you may be delighted to notice what is there.

In winter, sparrows often are in mixed flocks, where a combination of several species fly around and forage together. Complicating the identification of individuals is that generally the groups can include adults and younger birds. The younger birds generally have less distinct coloration and may be slightly smaller.

The gold on the Golden Crowned Sparrow may be difficult to see in dim light. Often these birds are rummaging about under bushes. You may get a glimpse before they duck back under cover. Patience is generally rewarded as they pop



Male Golden-Crowned Sparrow in Cedar Mill. © 2013 by Lauretta Young.

in and out of underbrush. Golden Crowns tend to be quite vocal in the winter, compared to the other sparrow species which may co-occur. Golden Crowns have a mournful long call—listen to it on Cornell Ornithology web site recordings. [www.allaboutbirds.org/guide/Golden-crowned\\_Sparrow/id](http://www.allaboutbirds.org/guide/Golden-crowned_Sparrow/id)

To help you get started with sorting out the brown yard birds, look at the chest area. If there are no streaks, you most likely have Golden Crowned Sparrows or White Crowned Sparrows. If the chest is streaked, you are probably seeing our most common brown yard bird in this area—the Song Sparrow, which is a resident bird and typically doesn't migrate. This means you see this bird all year long. You see the other two sparrows only in the spring as they migrate to their breeding grounds in the northern parts of Alaska and Canada or as they return to winter here.

The migration of birds is still a scientific mystery in many ways.

From a mystical point of view, it is amazing to me that some initial bird ever got the knowledge that small bugs are found in huge numbers if they fly north thousands of miles. How did that ever get started??? The return of our winter friends always brings this mystery back to my mind. These tiny creatures fly hundreds or thousands of miles in inclement weather every year. What a journey.

Take a look in your own backyard and be intrigued, amazed and delighted in all your senses. Listen, look and learn.

Lauretta Young MD is the current Medical Director of the OHSU Resiliency program. She also has a private bird tour business where she teaches deep observation skills as well as bird behavior to tourists and locals—visit her web site at [www.portlandbird-watching.com](http://www.portlandbird-watching.com) and see more of her husband's photos at [www.flickr.com/photos/youngbirders](http://www.flickr.com/photos/youngbirders)

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## Cedar Mill Project improves water quality

The Cedar Mill Falls Swale project improves water quality by filtering stormwater runoff from approximately 66 acres upstream of NW 119th Avenue. The project



*This corner was the site of the original sawmill that gave the community its name. It's unclear whether some archeological study needs to be done before work proceeds.*

covers 1.6 acres near the historic Cedar Mill site and Cedar Mill Creek Waterfall at the corner of NW 119th Avenue and NW Cornell Road.

The project includes a water quality manhole, 40 feet of storm pipe, a 5,000 square foot bio-retention



*Cedar Mill Creek flows out of what used to be the millpond and runs through a culvert beneath Cornell before it cascades over the falls.*

## At the break of dawn...

The Board of County Commissioners is currently considering Ordinance No. 777, that would regulate the keeping of roosters, male peacocks, and other male fowl known for their loud call, in urban unincorporated areas of Washington County. Below is a link to a webpage with more information on this issue. The webpage will continue to be updated as the ordinance moves through the review process, which will include at least one public hearing.



If adopted by the Board of County Commissioners, the proposed ordinance would take effect 30 days after it is approved.

At least one public hearing must be held prior to Board action on this proposed ordinance. Check back to this page periodically for hearing dates. Hearings may occur in mid-to-late October.

[www.co.washington.or.us/LUT/Divisions/CurrentPlanning/Code-Compliance/roosters.cfm](http://www.co.washington.or.us/LUT/Divisions/CurrentPlanning/Code-Compliance/roosters.cfm)

tion swale and landscape restoration. The swale design mimics the natural setting by incorporating rock outcroppings and a meandering stream channel. At the project site, on both sides of Cedar Mill Creek, invasive species will be removed and replaced with native plants.

The project is a partnership between the City of Beaverton, Washington County and Clean Water Services and is scheduled to be complete in November 2013. For more information, contact project manager Jaden Stensland at (503) 681-3662 or [stenslandj@cleanwaterservices.org](mailto:stenslandj@cleanwaterservices.org).

*CiderFest, continued from page 1*  
great produce from local farms.  
And you can pick out a pumpkin  
for Halloween!

### Our real pioneer history

The History Tent will provide information about the historic 1869 house and grounds and the fundraising effort to restore it. Every year we meet more descendants of Cedar Mill pioneer families. Be sure to tell your older neighbors about the event, or better yet, bring them along!

The Tualatin Hills Park and Recreation District (THPRD) owns the house and grounds, and is the main sponsor of the event. The fundraising effort is managed by the Tualatin Hills Foundation with the help of the Friends of the JQA Young House. A portion of the proceeds from the food and crafts sales will go to the restoration fund. Donations are also welcome.

### For the kids

THPRD will bring along the Rec Mobile to provide games and activities under the spreading hickory tree, including pioneer coloring pages. Other community groups will be providing information about their activities.

## Library News and Events

By Dawn Anderson

### Library Honored

Recently your library was selected as one of The Oregonian's Top Workplaces. The Library was ranked third among Employers with fewer than 150 employees. Read more here: <http://library.cedarmill.org/news-events/lib-news/library-named-top-workplace>

### Marquetry Artistry of Aimee Gorham.

Saturday October 5, 10:45 am, the Columbia River Marquetry Club will discuss the works of professional artist Aimee Spencer Gorham (1883-1973), who was a dominant Pacific Northwest figure in marquetry and stained glass for a period over sixty years.

### The Steve Hale Trio concert.

Thursday, October 17, 7-8 pm. Upbeat music that will be enjoyable for the whole family.

### Self-Hypnosis for Stress Relief.

Saturday, October 19, 2 pm. Instructor and Certified Hypnotherapist Reyveka Pieroni will discuss what hypnosis is (and is not) and how it can be an important tool for



*Cedar Mill favorite Lauren Sheehan and her String Band will entertain*

Thanks to event co-sponsors Dinihanians Farm Market and CSA, Bales Thriftway, the Cedar Mill News, and the Cedar Mill Bible Church.

The grounds are wheelchair accessible, although the area is not paved and can be rough in spots. Free parking will be available after 1 pm in the Cedar Mill Bible Church parking lot. Look for the signs on Cornell. For more information about this event call THPRD at 503-645-6433.

TriMet: Lines 62 Murray & 48 Cornell depart from the Sunset Transit Center.

Join us on Facebook [at \[www.facebook.com/events/329349823877210/\]\(http://www.facebook.com/events/329349823877210/\)](http://www.facebook.com/events/329349823877210/)



stress relief. Reservations required - call (503) 644-0043 ext. 114.

### Estate sale will benefit charities

An estate sale to benefit animal and children's charities will be held from 9-1 October 4-5 in Cedar Mill at 3010 NW Bauer Woods Dr. Items for sale include watercolor paintings, tall ship models, die cast car models, a collection of knives and daggers, tools, costume jewelry, household items, a men's bike and more.

**Read The News online:**  
[cedarmill.org/news](http://cedarmill.org/news)



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