



FREE

Cedar Mill News

Volume 10, Issue 12

December 2012



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“Shop Local” for the holidays

In addition to saving wear and tear on your car and your nerves, buying from small local businesses keeps the money circulating locally. Their taxes go to support our local infrastructure—schools, roads, safety. Their profits are also spent locally, and many of them keep their money in our credit unions. So consider that the perfect gift for your loved ones may be waiting just around the corner or down the street.

Book lovers rejoice

Both the Cedar Mill and Bethany libraries have an ongoing book sale during library hours. They feature a constantly-rotating book collection for adults and children. The quality is high. The prices are low. Items include some library discards, but mostly donated books. All proceeds support your library. For the price of one new book, you can give a stack!

12- 4, and closed on Mondays.

Second time around for terrific gifts and holiday wear

If you have people on your gift list who care about the planet and our community, what better gift for them than something recycled, where the money spent goes to support our wonderful library!

Second Edition is well-stocked with holiday items and fancy holiday clothing for all ages. The shop is located next to the Cedar Mill Community Library. All profits fund the library.

Deck the halls with boughs of local

Dinihanian’s has been providing holiday greenery for years from their warehouse and assembly facility at 10500 NW Cornell. For the last few years, they’ve been selling trees, wreaths, and other fresh greens at wholesale prices to the

public. Find bulk greenery and ribbons too, if you want to do it yourself.

Beautiful trees and local greenery are also for sale

at Bales Thriftway, along with centerpieces and other holiday-themed floral decorations inside.

For lighting and other decorating supplies and equipment, find a great selection at our local Ace Hardware in the Milltown Center at Cornell and Saltzman. And of course they also carry tools, kitchen and gardening equipment and gadgets, and practical stocking-stuffers galore.

Mailboxes Etc. in the “triangle” center next to the Wine Cellar, has a good selection of cards, wrapping paper and shipping needs. The UPS Store in the Peterkort Center can help with holiday shipping too.

Cards by Lori Bitter can help mow through your holiday card list to leave you with more time for

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Local heroes

John Leeper

by Bruce Bartlett, CPO 1 Chair

In Oregon, the opportunity for citizens to participate in government is an integral part of our land-use laws. Few people embody that principle better than John Leeper. He was honored for his years of service to Washington County at a recent celebration in the county services building. Past and present County Commissioners, staff and citizens showed up to acknowledge his inspiration and example.

Leeper chaired Citizen Participation Organization (CPO) 1, representing Cedar Mill and Cedar Hills, from 1998-2000, and went on to serve on the Board of County



Bruce Bartlett interviews John Leeper

Commissioners from 2000-2006. During his time in public service, he participated in several efforts that helped shape Cedar Mill as we now know it.

Leeper was born in Leon, the county seat of Decatur County, Iowa. When he graduated from high school, WWII was under way and “all the boys in my senior class were looking forward to it” he recalls, “but they didn’t have the

Continued on page 10



Wreaths are stacked high at Dinihanians. Bows and other supplies to make your own are also available

If you prefer to shop online, they also sell books in their Amazon store, which has more than 2,000 items—visit today! <http://www.amazon.com/shops/cedarmill3>

Treasures from local artists

The Annual Village Gallery Holiday Show continues, with new items added weekly. All items are hand-crafted and made by Portland area artists. Shop for cards, jewelry, paintings, silk scarves, mixed media pieces, fused and stained glass, sculpture, mosaic, pottery, fiber arts, tree ornaments and other creations that would make great gifts. The show runs through December 23. Village Gallery is located next to the Cedar Mill Library at 12505 NW Cornell Rd. and is open Tuesday-Saturday from 10-4; Sunday

What’s happening at...

An occasional roundup of land-use and business changes around the community...

Timberland

The construction that is now taking place along Barnes Road is for multi-family housing. They are still working to confirm an anchor tenant for the commercial area—presumably a grocery. Tentative plans are to hold a neighborhood meeting in January to announce a tenant and discuss development plans.

The boardwalk and Cedar Mill Falls overlook are nearly complete, along with improvements to the surrounding natural areas. Tualatin Hills Park & Recreation District expects to receive the properties sometime early next year.

Peterkort

Orchard Hardware Supply, a California home improvement and garden store, will move into the empty space that was formerly occupied by Bally Fitness. They’ve been described as the “New Sea-

sons” of hardware.

Beaverton brushed off the LUBA remand of the zoning changes applied to the large parcels of vacant land, so presumably Peterkort will be talking to developers who will go forward with fleshing out the various segments of the properties along Barnes from the Sunset Transit Center to 118th.

Cedar Mill Place

Most of the tenants of the eastern half of the building have now relocated or closed. This was bought by Walgreens last year, presumably to relocate their store that is currently at Saltzman and Cornell. No word on their schedule for moving forward.

Donuts Plus has a space in Oak Hills Shopping Center. It’s much larger than the previous shop and manager Paul Kim is excited about the potential to offer even more goodies to his devoted customers. Extensive renovations to the space are nearly complete and he hopes to open sometime in December.

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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

Virtue of the month: Joy Olympic Provisions now at Bales

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

"Joyfulness is an inner well-spring of peace and happiness. It is beyond ordinary happiness because it is not an occasional emotional reaction to luck or circumstances. It is a deep sense of wellbeing that fills us with delight and hope." Linda Kavelin Popov

"I practice joyfulness when I have a deep sense that life is good. I enjoy the richness of life's experiences. I appreciate simple pleasures. I am optimistic and hopeful. I am in touch with my purpose. I feel inner peace even when life is difficult. I am Thankful for the gift of Joyfulness. It is the natural state of my soul."

Brought to you by Delaram H. Adyani, Master Facilitator, Virtues Project virtuesconnectionportland.com

Saturday Swing and Social Dance

Community Dances at the Leedy Grange are moving from Fridays to Saturdays starting in December. Every second and fourth Saturday, join in a beginner's lesson at 7 pm and open dancing from 7:30-10 pm.

All ages are welcome. Refreshments and games are available in the dining hall. Join us for swing, foxtrot, rumba, cha-cha, west coast swing, salsa, waltz and more. Cost is \$7/adult, \$5/student, \$20/family. For information go to Impression-DanceClub.net or contact Cynthia Parent at 971-226-1119.

Bales' Thriftway cheese manager Marc Cretarolo has scored a win by bringing a variety of Olympic Provisions' top-notch salamis, patés and other charcuterie specialties to the cheese counter. These delicacies are perfect for holiday party platters, or just indulgent snacking.



Village Gallery News

December's featured artist at the Gallery is Renee Habibi. Enjoy her bold, vivid nature and landscape oil paintings, as well as some of her work in graphite, ink and watercolor. Her show runs December 4-January 5. Habibi's work as an artist emerged as a need for creative release when her youngest daughter entered first grade. She credits Dan Carrel, an early instructor in



Kansas, as helping her "really see the world around us—to note the color, lighting, lines, patterns, and textures comprising it—and then to express it in artistic form." Clouds, rocks, trees and mountains are favorite subjects for Habibi, and in the last few years she has enjoyed painting predominantly with a palette knife instead of brushes. She has been influenced by the distinctive landscapes of the various regions of the United States in which she has lived.

December classes include Children's Art Classes with Kristi Roberts on Monday and Wednesday afternoons, and Emma Achleithner's

Traditional Watercolor Class on Thursday mornings. Please call the gallery at 503-644-8001 or visit their website at villagegalleryarts.org for additional information about these classes.

Village Gallery is located next to the Cedar Mill Library at 12505 NW Cornell Rd. and is open Tuesday through Saturday from 10 to 4; Sunday 12 to 4, and closed on Mondays.

Award of Excellence for Peninsula Insurance

Cedar Mill's Bob Rosson of Peninsula Insurance has been honored with the prestigious Award of Excellence by Safeco Insurance for the eighth time. "Our independent insurance agency works hard to serve our customers by getting the right coverage for the right price," said Rosson. "It's an honor to be recognized by Safeco Insurance as one of its top agency partners."

The Award of Excellence celebrates outstanding agents with superior underwriting skills who have developed a solid underwriting partnership with Safeco and whose agencies have qualified for membership in Safeco's H.K. Dent Society, the company's elite agency recognition program.

Peninsula Insurance is located at 12700 NW Cornell Rd, opposite Bales Thriftway. Call 503-644-5333 or come in to get a personalized comparison quote for all your insurance needs.

SoulCollage Workshop

SoulCollage® is a simple but deep process for using collage to tap into your heart and soul. The workshop begins with a Friday night intro from 6:30-9:30 pm, followed by a Saturday class from 11-4. Make cards, read, and write about them. It's a fun and revealing process!

No experience is necessary for this workshop. Anyone can do it, and it can be insightful and affirming. Email Linda Dalal Sawaya

(linda@lindasawaya.com) with questions or to register. Workshop fee is \$85, which includes all materials. Treat yourself to a creative gift for yourself this holiday season, and join the workshop! Teens and adults are welcome. Bring a friend, and receive a discount for two!

Explore Raja Yoga

The asana practice (physical postures of yoga) is what brings most of us to our mats for the first time. As our practice develops, so does the inkling that there is much more to Yoga than the warrior pose.

Join Dina each Sunday evening at [Santoshia Yoga](http://SantoshiaYoga) for free yoga practice as she shares what Sri Dharma Mittra calls "the point." Through pranayama (mindful breathing) and deep relaxation, quiet the mind and allow meditation to bring you closer to a state of samadhi (complete absorption in the practice). On a physical level, this inner silence increases the amount of active gray matter in the brain. On a mental level it helps us control our emotions and reduce the effects of stress in our lives. On a spiritual level it is how we become perceptually and experientially one with the environment.

Bring your meditation cushion and Mala beads if you have them. Chairs available. All Levels welcome! Classes run through February 24 (no class on Dec 16 and Feb 2).

Holiday Shipping Tips

The holidays are just around the corner, but you can still ship gifts to family and friends in time for the holidays. The UPS Store® is ready to assist holiday procrastinators with the logistics of their last-minute packing and shipping needs.

This year, Christmas falls on a Tuesday. The UPS Store accepts packages as late as Friday, December 21, for delivery on Monday, December 24. For time-critical shipments, UPS offers the convenience of Saturday Delivery. To save on shipping costs this year consider shipping your packages no later than December 16. Check with your local UPS Store to help you determine the best way to get your package to its destination in time.

People lacking the time, expertise or proper packaging supplies to prepare their gifts for shipment can bring them to the certified

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Copy Editor: John Ramey

Business News Editor: Haley Tilt

Community News Editor: Kelly Miller

Publisher/Editor: Virginia Bruce

503-803-1813

info@cedarmillnews.com

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HOLIDAY HAPPENINGS

Crafty Days at Cedar Mill Community Library

Christmas Tree Craft: Drop-in crafts in the children's area. Monday, December 3. 10 am to noon at Cedar Mill Library, 1-3 pm at Bethany branch.

DIY Teen Holiday Crafts: Come create a personalized gift for family or friends. Teens can craft earrings, ornaments, or t-shirt art (bring a clean white t-shirt if you can for that activity). Teen library council members will be on hand to help. For ages 11-18 at the Cedar Mill Library, free. Saturday, December 8, 1:30-4:30 pm.

Second Edition Santa

Santa will be at Second Edition Resale Store on Saturday December 15 from 2-4 pm. Children will receive a small toy while supplies last. Bring a camera if you like, to capture the moment!

Wine Cellar Holidays

Join the Wine Cellar for any of their special holiday events:

December 14—holiday special wine tastings: Jon Jennison of Thistle Wines and Garrett Plotcher of Owen Roe from 4-7 pm, \$10 or free with to-go bottle.

December 15—Olympic Provisions & Imbue Vermouth will be here on Saturday for a charcuterie tasting and winter cocktail party. OP is one of the best cured-meat producers in America and is local to Portland. Imbue is a local vermouth producer. Their offerings will delight wine drinkers with interesting flavors and easy mix ideas. \$35 includes a salami of your choice and a bottle of imbue. Or, \$15 just to join in the fun and taste these super local treats. RSVP not required, but appreciated: 503-643-5655.

December 21—get ideas and shop for holiday wine and food pairings, 4-7 pm, \$10 or free with to-go bottle. The Wine Cellar is located at 525 NW Saltzman, in the "triangle" center behind Dairy Queen. Visit their website at portlandwinecellar.com or call 503-643-5655 for information.

Boy Scout Tree Recycling

Let local Boy Scout Troop 198 recycle and compost your tree on December 30 or January 5. Drop off your tree at Forest Heights Village

on NW Miller & Mill Ridge or West TV Elementary on SW Leahy Rd & SW 88th Ave from 9 am until 3 pm. Suggested donation is \$7 per tree and \$3 per wreath.

We will also pick up trees. Just place your tree at the curb or garage by 9 am on the days mentioned above and we will come pick it up. Suggested donations for pick-ups are \$10 per tree and \$3 per wreath. Please make checks out to "Boy Scout Troop 198" and place your donation under your front door mat. You must email requests before recycle days to TreeRecycle198@gmail.com or text your address or questions to 503-927-2618.

Annual Historical Society Christmas Gathering

The Beaverton Historical Society will hold its annual Christmas gathering on Tuesday December 11, 7-9 pm. Vintage toys will be on display, and music will be provided by regional husband and wife duo The Heartstrings. On dulcimer and bass, they will play a variety of historical and contemporary music and will have their CDs available for purchase. Complimentary punch and cider will be provided and many desserts and candies will be available for purchase, including a rendition of Mamie Eisenhower's million-dollar fudge.

Admission is free and the event is appropriate for all ages. Festivities will be held at 12412 SW Broadway St. in historical downtown Beaverton. For more information, email info@historicbeaverton.org or call 503 430 0106.

Soup Potluck and holiday decorating at Leedy Grange Hall

Some of us are too busy to turn around during the holidays! But some of us don't have family nearby, or would just like to spend time with nice folks and share some holiday cheer. If you find yourself with some time, come by the Grange Hall on Friday evening, December 7, 6-8:30, for a potluck supper with soup. We'll be decorating the tree and the hall, maybe singing a few carols.

Potluck supper from 6-7. Soup ticket is \$3, or free with your potluck contribution (it doesn't have to be fancy or homemade—chips, bread, salad, cookies, whatever)! Everyone welcome!

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Sunset High Key Club connects kids to community

With over 100 members this year, the Key Club is one of the largest activity groups at Sunset. The purpose of the club is to connect students to volunteer opportunities in the local area and beyond. Members meet every Friday afternoon while school's in session to share information about projects, sign up for activities, and celebrate their successes.

Each member is expected to complete at least four hours of volunteer work each semester. Activities range from helping with fundraisers and improvement projects on campus, to working with agencies and organizations to help others in the area.

For many students, the initial motivation for joining the group is to get something that looks good on their resumé for college admission. But personal growth and skill development turns out to be a greater benefit for most participants.

Sarah Rausch, Sunset senior and Key Club president, recalls that she was very nervous when she had to give a speech during her freshman



Sarah Rausch socializes with Rudy at the Oregon Humane Society to get him ready for adoption.

homeless have a good Christmas, or helping a family in need." One popular activity that recurs regularly throughout the year involves going to the Oregon Humane Society to interact with dogs at the shelter, to keep them socialized and ready for adoption.

That can be challenging though, since there are no school funds for buses to get students to North Portland for the work. But parents get involved too, driving groups to that and other activities. Another monthly volunteer job is to help out at the Oregon Food Bank. "We work in a walk-in freezer," explains



Key Club helped out with the big volunteer project last year to renovate the Sunset Quad. Students now enjoy eating their lunch on picnic tables made from dismantled bleachers.

year, when she ran for Club Secretary. "Now I can conduct a meeting in front of this big group and feel comfortable with it. It's really helped me a lot."

The students enjoy volunteering for hands-on activities and, as club Vice President Ailin Jiang puts it, "They like to know what exactly their help influences, and what their work leads to, such as helping the

Rausch, "breaking down large packages of frozen vegetables into portions to go out to the various food distribution facilities. It's fun because it's something different, and we know it's helping people."

All Sunset students are expected to put in some time volunteering in the community, and Key Club

makes that easier by connecting the students with community groups who need help. Co-secretary Zuri Johnson admits, "I honestly joined for honors history during freshman year, but I stayed in the club for multiple years after that because I love the easy access to volunteer opportunities around the community. It is an easy way to volunteer with friends."

Johnson says that her favorite volunteer job was, "where we helped needy families pick out presents for their loved ones. It was in a small room with lots of toys, stuffed animals and clothing, sorted by age group, on the tables. They also had giftwrap and stocking stuffers. I liked this project a lot because you got to see the people you are helping, and they were all so happy. I like being able to see the difference I am making in someone's life. It was also eye opening that all of their Christmas "shopping" happened in that small 15-foot square room."



Jason Dong sells YUDA bands to raise funds for the education of children in Guatemala

find opportunities (sites.google.com/site/sunset-keyclub/).

Community groups who can provide good volunteer opportunities for the Key Club can contact Sarah by phone (503-608-2684) or email (slkrausch@gmail.com).

She notes that a good activity is well-organized, with clear expectations, plenty of work (so students don't have to sit around waiting for something to do), and involves something where volunteers know how their time is making a difference.

Award-winning lecture series returns to Oak Hills Church

The January Series of Calvin College is returning to our area. From January 3 through January 23, 2013, Oak Hills Community Church will be one of 38 remote webcast locations worldwide to broadcast one of the nation's leading lecture and cultural arts series.

The 26th-annual January Series will feature a lineup of nationally-acclaimed speakers including a Pulitzer Prize winning journalist, a three-time, Emmy award-winning broadcaster, the Army's first active-duty, blind officer and one of Newsweek's "150 Women Who Shake the World."

These captivating speakers will cover a wide range of today's most relevant topics—some dealing with religious issues and some not. Richard Mouw and Robert Millet will present Evangelicals and Mormons: A Conversation and Dialogue. Cokie Roberts will provide an insider's view of the political climate in Washington D.C.; local author Rebecca Skloot will share the fascinating story of the cell line HeLa derived unknowingly from Henrietta Lacks. W. Dwight Armstrong will predict the future of farming as the world population is expected to reach nine billion in 2050. For a full list of speakers and topics, visit www.calvin.edu/january.

The January Series lectures will be video-streamed live at Oak Hills Community Church (2800 NW 153rd Avenue) from 9:30 to 10:30 am Monday through Friday. The lectures are free and open to the public.

The other co-Secretary, Rachel Conover, says, "My favorite project was Race For the Cure. We cleaned up the convention center, and then set up on the Waterfront. It was meaningful to me because instead of seeing it as a participant I got to see what a big production it was and its impact."

Key Club International was founded in 1925 by members of a California Kiwanis Club who wanted to provide an opportunity for boys similar to what the adult club offered in helping them serve their communities. Under the sponsorship of Kiwanis, the club grew across the country. It wasn't until 1987 that girls were included in the membership. The Sunset group has been active for about 14 years. It is led by English teacher Michelle Marsh and the student board. Members of a local Kiwanis Club also help guide the group.

Students can apply to join the club during the first part of each school year. To stay in the group, they must put in their required four hours per term. The \$20 yearly membership fee goes to pay district and international fees, with a portion of the money retained for club expenses, donations, and parties.

Rausch says her goal for her term as President is to "get 100% participation from the membership. Last year, about 30% of the members didn't do anything. Our goal for participation is even higher this year, so the board is working hard to encourage the members to sign up for activities." The group has its own Google website, where students can look at a calendar to



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Tis' the Season—for Mushrooms, That Is!

By Liz Fastenow, THPRD Natural Resources staff

During the winter, a stroll through the natural areas of our region can provide an excellent opportunity to notice things we may not see when the woods are alive with activity in other seasons. And remember, there's no such thing as bad weather, just inappropriate clothing! But do be careful, many trails are quite slippery.

Both of these fungi grow on wood. The visible fruiting body is only a small portion of the organism.

Red-Belted Conk



The perennial red-belted conk (*Fomitopsis pinicola*) most often grows on dead wood but can occasionally be found on living trees. This fungus favors conifers (par-

ticularly Douglas fir) and is rare on deciduous trees. It is named for the red band found along the outer edge, and can sometimes get as large as three feet wide! You might see it in somewhat rounded or convex shape on the side of a tree (these are the young ones), or the well-known shelf-like shape of older specimens. The fungus rots out sapwood and heartwood, breaking down woody material and returning the nutrients to the soil. This makes it a

major decomposer in Pacific Northwest forests.

Red-belted conks are one of the many shelf fungus species collectively known as "tinder-wood fungus." They provided early fire-makers with a source of tinder for starting fires. During rain and snow, when most fuel is wet or buried under snow, the insides of red-belted conks remain dry and are above the snow. The genus name *Fomitopsis* stems from this trait, with the root *Fomes*

meaning "tinder" and *opsis* meaning "resembling" or "similar to."

Orange Jelly Fungus



Have you ever wondered what those bright orange flecks peeking through the woods are? In the Portland area they are likely orange jelly fungus (*Dacrymyces palmatus*), which is found mostly on downed conifer wood. The orange jelly fungus is one of the Pacific Northwest's most common jelly fungi, visible especially in the winter months when it's wet outside. Jelly fungi lack any stem or gills typically associated with most fungi. This species in particular can be differentiated

from similar yellowish jelly fungi called Witch's Butter (*Tremella aurantia*) by a whitish attachment point to its substrate.

Images copyright Walter Sigmund (orange jelly fungus) and Jean-Pol Grandmont (red-belted conk) both Wikimedia Commons.

Prioritize Bike and Pedestrian Improvement

There are numerous "system gaps" in our pedestrian and bike facilities. In an effort to make it safer and more convenient to get around without a car, Washington County's Bicycle and Pedestrian Improvement Prioritization project has mapped most of them, and is asking for public input to prioritize projects to fill in these missing pieces.

Their website has been updated with the 45 top-scoring gaps for sidewalks and for bike lanes, as determined by the project's criteria. Gaps in the bicycle and sidewalk networks can be viewed by visiting the [Gap Prioritization](#) page. You can vote on your top ten priority system gaps (five for bike lanes, and five for sidewalks) by clicking on the "Vote" button by Friday, December 21.



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What's happening, continued from page 1

Thai Lily and Mazatlan restaurants are still open in their old location. They, along with Wan Q restaurant, are planning to move into spaces in the western half of the building, which is owned by Tandem Properties. Extensive renovations are needed to accommodate kitchen facilities for them. WanQ is currently operating the bar behind the former Rococo spot. We will let you know when we find out more!

Apollo Pools

Have you noticed the For Sale sign in front of Apollo Pools? General Manager Terry Johnson explains that his wife and her three brothers, who own the building and the double lot behind it, feel that the time is right to sell the property. They've been leasing the building next door for their swimming pool installation and repair business. There's enough room there to accommodate the retail swimming pool sales and supply operation, so we're not losing Apollo Pools, just



Apollo is liquidating the games, darts, billiard and pool stock that occupies the second floor of the shop. This means great bargains on gifts this season!

gaining a new commercial building in a great location. Contact the realtor listed on the sign if you're interested!

Apollo will be open through the holiday season during regular hours Monday through Saturday and beyond until a buyer is found.

Clean Water Service's Annual Leaf Disposal and Food Drive.

Bring your fall leaves, pine needles, grass clippings and canned and nonperishable food to a free drop-off event. Please limit bags to less than 50 lbs. No litter, rocks, sticks, etc. Residential customers only. For more information about this program, please call the Clean Water Services Leaf Line at 503-547-8116, or [check out their website](#).

The closest location for Cedar Mill residents will be in the parking lot of the Home Depot on Science Park Drive on Saturday, Dec. 8, 8 am - 4 pm.

Coins for Cole

Cole is the eight year old brother of one of our students at Prince of Peace school. He went to the doctor in September with a sore throat and was diagnosed with stage-four cancer. He will be hospitalized for the next three to four months, while receiving IV chemo through his spine. He is an avid sports fan and especially enjoys soccer. He is also a Ducks fan!

We are asking our church and school families and the community to donate their "pocket change" to help pay for medical bills not covered by insurance. We will have three large

bottles or vases available around the church and school campus, 14175 NW Cornell, for you to drop off your coins. We also ask that you would continue to pray for this family and especially for Cole. To learn more about Cole check out the web site: www.goteamcole.com



Roma Leuthold celebrated her 100th birthday last month at Leedy Grange Hall with a happy crowd of family and friends. The long-time Cedar Mill resident is an accomplished artist, and was active for many years in the Cedar Mill Garden Club. Her granddaughter, also named Roma, is pictured here helping with cards and gifts. Sons Dan, Norm, and Marc helped to plan the event, which featured several displays of her art and mementos and photos of her life.

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What to Wear???

By Lauretta Young

On a recent birding outing in Ridgefield National Wildlife Preserve to see Sandhill Cranes, our guide, the local manager of the refuge, was very clear that camouflage clothing was helpful in not spooking the birds. I decided to do some research about this often-repeated bit of advice to see what evidence there was for this recommendation. Before I get to the data, I want to share the observation that the birds knew we were there long before we saw them in their camo coat! They probably heard us or smelled us, and in any event, right after we parked (out of their sight), we heard them moving away from the edge of the lake to the other side. We didn't even get a chance to check out the various colors of coats!

A Scientific American article from 2006 on "What Birds See" was illuminating. It contained great detail on the color-sensing cells in the retinas of eyes. Birds have many more types of these cells than humans, and most probably can appreciate more depth of color than we can. They can see better in dim light than humans and may be able to "see" other wavelengths, such as ultraviolet, in ways we humans cannot imagine. I then found an article by an ornithologist, Bryon K. Butler, who had opinions based on similar research about how birds see differently than humans. He invited us to consider the world from their point of view if we can imagine it.

Birds have a very high capacity to detect minute movements. Therefore, slow movements, and being still at times, are critical skills to keep birds from flying off. He hypothesizes that birds appreciate reflection more than we humans can. Therefore he says that shininess and UV reflection may be as important as color. (Think about your reflective sunglasses! Or your bling....) He then described how birds are very wary about being looked at directly. He believes this is a survival instinct to avoid predators locating them, so he "breaks up his face" with a hat with a brim and scans around indirectly so as not to scare the birds.

These are evidence-based ideas from scientists. As an avid outdoor person, I would add some more practical ideas, like don't wear

things that make noise. There's always that person on Audubon birding outings wearing "noisy" nylon rain gear—which can make incredible amounts of noise as the arms swing back and forth and back and forth and back and forth. It's certain you will not hear any bird sounds with that noise interference, and most likely the birds will hear you before you see them



Sandhill Cranes at Ridgefield, November 2012 © Jeffrey Young

too. Then there is the shoe issue. Hard-soled shoes on gravel make a lot of noise. Opt for something less stylish and more safe and quiet. You won't be likely to slip and you'll hear more natural sounds. You need to be comfortable—have plenty of pockets for your insect repellent, your snacks, your camera back-up batteries and other necessities such as bird book etc. You need to be warm and dry so layers are most helpful.

Otherwise I don't really think that color is the key ingredient unless you WANT to attract hummingbirds—in which case red is the best color. I have personally been "investigated" by my local yard Anna's Hummingbirds when I was sitting in my back yard in my red shirt.

There is a funny book called Real Birders Don't Wear White. Well, I can tell you I have worn white shirts and sweaters and seen plenty of birds—the birds see you way before you see them whether you are in camo or white. It's your behavior that allows you to see birds.

Birdwatching can be a peaceful and calming activity. If instead you choose to rush out and try to "get a glimpse" so you can identify that bird, you may just have scared it off. Instead sit for a bit, don't judge what others are wearing, and just breathe and enjoy the sounds and the sights. That bird will probably stick around longer so you can enjoy seeing it...

And PS: you don't have to go to Washington (Ridgefield) to see

Cranes. I suggest going there to see Tundra and Trumpeter Swans! You can see many Sandhill Cranes flying overhead in Cedar Mill if you look up. Your clue will be their distinctive "garook" call as they fly along with a flock that sure doesn't look like geese! During the late fall and early winter they fly further south. Some do stay at Ridgefield and other places like Sauvie Island

and an occasional one or two other local areas all winter, but most go to southern California or Mexico for the winter. And then of course in the spring they fly back overhead.

Lauretta Young MD is a retired psychiatrist who now takes people out on birding jaunts to Cedar Mill and beyond. See her on her website at www.portlandbirdwatching.com in her non-camo rain coat! She is the current medical director at OHSU for the Integrative Self Care initiative for students focusing on healthy practices for new physicians to become more resilient. Go outside—there's evidence it is good for you!

See more of her husband's photos at flickr.com/photos/young-birders

Recyclers wanted

Local Girl Scout troop 49876 has been collecting "hard-to-recycle" plastics—items marked with a number inside a triangle, but not eligible for curbside collection—at the monthly, first-Saturday Leedy Flea Market for over a year. Materials are taken to Far West Fibers in Tigard for processing. Proceeds from that and from donated redeemable cans and bottles been used for troop activities.

With many of the troop ready to graduate from high school, they're ready to pass the job on to another group of volunteers. They'll be glad to hand off the barrel and teach the next group how it's done. Contact Grange Master Virginia Bruce if you're interested (vr@teamweb.com).

Local, continued from page 1
the fun stuff. This SendOutCards distributor can help you select cards and then make sure everyone on your list gets theirs. Call her at 503-524-1111 for more information or visit CardsbyLoriBitter.com

For the foodies on your list

Pars Market, at 12923 NW Cornell, has an exotic assortment of condiments, spices, teas and other interesting Middle-eastern and Persian foods, along with practical cooking equipment.



Bales Thriftway has an excellent wine shop where wine steward Steve will guide your choice of a premium vintage for gifting or holiday entertaining. They also have kitchenware and towels, and many gourmet condiment selections so you can create a nifty gift basket for your favorite cook. And there's always the rack of gift cards...

The Wine Cellar, at 525 NW Saltzman, also offers wine and wine-buying advice, along with glassware, tools and gadgets to round out anyone's collection. They can also provide a gift certificate for their excellent classes. Newly-opened Barrel, in the Oak Hills Center, is another source for wine and wine supplies.

Our local Mountain Man supplier, Joanne Hollister, has really cute holiday items and holiday baskets for gifting, along with a vast assortment of tasty snacks for parties. Contact her at 503-701-4005 or order online from joannesgiftsandgoodies.com

Cedar Mill Liquor, in Cedar Mill Place on Cornell west of Murray, has an extensive stock of cigars along with hard-to-find liquors and barware. They have some very nice gift boxes that include a bottle of liquor and glasses.

Gifts of health and relaxation

Angelic Healing Hands, at 1225 NW Murray, has a selection of gift certificates for massage, so you can help your loved ones relax and feel better. They also carry a variety of candles, incense, and other items to bring peace and delight.

Our numerous nail salons will be happy to provide gift certificates for relaxing pedicures. This indulgent yet practical gift is sure to please someone on your list. Wrap one around a bottle of polish for a nifty stocking-stuffer.

Sunset Yoga, on the second floor

of the 12923 Cornell building, has gift certificates for their classes too. And you get one free class with each gift certificate over \$50.

And etcetera...

Gifts for your furry family members can be found at the Pet Barn next to Bales. Could you inspire a nature-loving child to be more observant with a feeder and food for hungry wild birds?

The folks at Mike's Auto Parts can help you select something to please a vehicle enthusiast on your list, whether it's something to snazz up a car (fuzzy dice?) or something practical like a set of new wipers (including installation) or a battery.

We hope this collection of suggestions inspires you to think locally for checking off the names on your gift list. Next month, we're bringing out a new edition of our Cedar Mill Business Map to help you keep shopping "local" all year long.

Holiday Concert for Oregon Food Bank

On Friday, December 21, from 7-8 pm, Hoffman Academy of Music will be holding its Second Annual Holiday Concert to benefit the Oregon Food Bank. Mr. Hoffman, director of Hoffman Academy of Music, and several Academy teachers, will entertain the audience with songs of the season. Last year more than 100 people attended the concert, and the Academy collected 222 pounds of food and \$270 for the Oregon Food Bank. This year we hope to make an even larger donation.

This family-friendly event is open to everyone in the community, and is free with the donation of two cans/boxes of food per person. The concert will be held at the St. Gabriel's Episcopal Church, 17435 NW West Union Road. Refreshments will follow the performance. For more information contact Hoffman Academy at 503-336-3121 or go to hoffmanacademy.com.

In addition to collecting food at the concert, you can bring donations to their studio in the weeks leading up to the concert, so drop off your donation at the Academy during their regular daytime office hours, Monday through Friday 11-6, by December 21. For more information about the Oregon Food Bank and its programs go to oregonfoodbank.org.

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Leeper, continued from page 1
 foggisti idea of what they were going into.” He entered basic training in 1943 and served in France. After the war, Leeper attended Stanford University under the GI Bill, graduated with a degree in Economics and met his future wife, Ermalou. When the Korean War broke out, he was in the Army Reserve and served as a Platoon Leader and then Company Commander from 1950-51.

When that war ended, Leeper contemplated his future. He and his wife had a long conversation about the consequences and finally agreed that he would make military leadership his career. He spent two years in Vietnam in 1961-62 when there were fewer than 1000 US military personnel in the country. Then it was back to Washington DC, and on to Germany. He was reassigned to Vietnam 1969-70, and then back to DC where his family had stayed. Leeper retired as a Colonel in August 1975, with numerous awards and decorations.

Early in his military career, he was advised to “take good care of your men and they will take care of you.” He carried that philosophy forward into his later endeavors.

Dean H. Shade
Attorney at Law
 503-644-5539
 13765 NW Cornell
 dshadelaw@earthlink.net

Initially living in Fairfax, VA in retirement, Leeper helped form the Rutherford Homes Association and Neighborhood Watch program which provided a patrol car manned by volunteers. After following her husband around the planet during his military career, his wife wanted to return to her home town of Portland. In 1991 John and Ermalou found a home in Cedar Hills. They liked Oregon’s open spaces and high quality of life. They especially enjoyed the home’s easy access to downtown Portland, the coast and mountains.

While his wife took a job teaching high school, Leeper got involved in the Homes Association of Cedar Hills (www.cedarhillshoa.org), and served as a board member from 1993-95. Eventually he realized that their perspective was not broad enough to be satisfying for him. He discovered the Washington County Citizen Participation Organization (CPO). He started going to CPO 1 meetings when Walt Gorman was chair, and immediately got involved in land use and transportation issues.

He was elected CPO 1 Chair in 1998. Metro’s 2040 Growth Concept plan was taking shape, including the designation of Town Centers. Leeper was one of a group of CPO members who pushed to include Cedar Mill in the list of centers. Their input influenced the Cedar

Mill Town Center ordinances which guide town center development.

His tenure as CPO 1 Chair was an eventful one for the community. It also included the planning and completion of the Westside Light Rail project. Leeper and CPO 1 pushed for the addition of the pe-

example, to a certain street in their neighborhood, but if it was necessary for the overall circulation, then it had to be built.”

He initiated the formation of a citizens advisory committee for the county’s Urban Road Maintenance District (URMD), which maintains



John Leeper, right, sits with his wife Ermalou at the gathering celebrating his long years of service to Washington County. Current Chair Andy Duyck is at left.

destrian overpass across Highway 26 that connects the Sunset Transit Center to residents on the south side. Budget constraints meant that less money could be spent on the parking structure, limiting its size and potential for expansion. Leeper and CPO 1 were also very active in plans to extend Cedar Hill Blvd from NW Barnes Road to NW Cornell Road—a very contentious project which was ultimately approved, substantially enhanced by citizen input.

Leeper served on the Metro Technical Advisory Committee (MTAC) from 1996-2000, was very active on the Beaverton School District Long Range Facilities Planning Committee from 1999-2000, and still volunteers at Ridgewood Elementary School.

He volunteered as a member of the Washington County Planning Commission from 1997-2000. In 2000, Washington County Commissioner Delna Jones had to resign from her position representing District 2, and after some encouragement from then-Chair Tom Brian, Leeper applied to fill the vacancy and was awarded the position. In 2002 he was elected to a full four-year term.

Leeper became known for his analytic abilities, and was quick to see the big picture and ask the hard questions. He says, “Even though the five Commissioners may have had very different views on some issues, after the vote was taken, we could move on without holding on to any animosity.” His yardstick for decision-making was the overall good of the county first, and the individual citizens second. “Some people were strongly opposed, for

the neighborhood streets in the urban unincorporated area of the county.

He serves on the Washington County Public Affairs Forum Board of Directors. He is an active member of American Legion Post #124 (as a Vice Commander) and an active member of the Living History Program within which veterans share their experiences with Beaverton and Hillsboro high school students.

John and Ermalou have three sons, the oldest working in construction management, the middle son working in the legal profession, and the youngest working for the central office of the US Postal Service. He became interested in genealogy during his military career and, after completing narratives for his side of the family, has also written about his wife’s family line.

Looking back on his years of public involvement, Leeper continues to feel frustrated over the lack of constructive involvement on the part of the citizenry. “People come to the CPO or to the Commission only seeing what affects them personally, and they’re generally resistant to change. They need to take a broader view of what’s good for the county, and how those broad needs necessarily trump the narrow needs of individuals.” He’d like to see a greater effort to define the benefits of citizen participation.

Those of us who have volunteered with Leeper deeply appreciate the mentoring he provided, and his exemplary leadership.

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Business News, continued from page 2
 packing experts at The UPS Store to do the work. They will also receive the Pack & Ship Guarantee, which reimburses customers in the event a center-packed item shipped via UPS is lost or damaged.

The UPS Store can help to check other items off holiday to-do lists: "This time of year, not only are we busy packing and shipping our customers' gifts, but we're also busy helping customers design and print holiday newsletters, invitations and programs," said The UPS Store franchise owner Tim Kimble. Customers who do a lot of online and catalogue shopping can open a mailbox if they don't want their items sitting on their doorstep while they are not at home.

Add traveling to the mix and you can have a real headache. Fortunately, The UPS Store helps ease travelers' burdens by shipping their luggage ahead of time. Consider a luggage box to replace a suitcase for holiday traveling.

For added convenience, The UPS Store has extended holiday hours. Check the website at www.theupss-torelocal.com/3379. Visit them at 10940 SW Barnes or call 503-646-9999 for information.

Winter Solstice Restoration

The root of the word "solstice" comes from a Latin word that means to stand or to stay still. At this time of year, what better than to be reminded to be still, to take time to be quiet? While the days become shorter and darker, and plants and animals hibernate, we extend our working days.

Consider taking two hours to quiet your mind, relax your body and refresh your spirit with a restorative yoga class. While all the poses in yoga are considered restorative, there is a series of poses that require little or no exertion on the student's part. These poses will bring a balance to the overworked and stressed systems of the human body. This class will include poses to lengthen and stretch the body before longer quieting poses, as well as breathing and meditation.

Amy Duncan continues her

popular tradition of welcoming the winter solstice with a restorative yoga class at Sunset Yoga. For a special treat, this year's class falls on the actual solstice, Friday, December 21 from 6-8 pm and costs \$25. All levels are welcome. Poses will be adapted as needed. Wear comfortable clothing. Please come with an empty stomach. [Preregister online](#) or by calling 503-539-4504.

LinkedIn for Business

Back by popular demand, Rosalea Peters of WEO Media will be teaching her class "LinkedIn for Business Owners" again on December 11 at 6 pm, in the 'igloo' building behind Sunset Credit Union at Murray and Dogwood (1100 NW Murray Blvd). This hour-long seminar will cover information about how to set up a company page, ways to enhance your personal business profile, and new features that you should be taking advantage of! Please RSVP your attendance to rosalea@weomedia.com by December 8.

Peters currently serves on the Board of the Cedar Mill Business Association, is an officer of CPO 1, and recently became a new business owner. She brings her marketing and social media experiences and expertise to assist business owners in navigating the often overwhelming world of social media marketing. For more information on the services WEO Media provides, visit weomedia.com.

Washington County Forum

Washington County Public Affairs programs for the balance of 2012:

December 10: Prisons: Can Oregon Afford Its Present Corrections System?—John Foote, District Attorney of Clackamas County and Larry Matasar, J.D. Criminal Defense Attorney.

December 17: Christmas music program with a chorale from Hillsboro's Orenco Elementary School plus other musical treats.

The Washington County Public Affairs Forum meets Mondays, 11:45 am to 1 pm at the Old Spaghetti Factory, 18925 NW Tanasbourne Drive, Hillsboro. The doors open at 10:30, with a

first lunch serving at 11:30 and a second at noon. The program begins at noon. The lunches are open to the public and free if no food or drink is ordered; pasta lunch is \$15, \$10 for soup and salad, and \$6 for iced tea or coffee only. Members pay \$2 less for each option. The Forum is a neutral arena for the education of members and the public.

Programs are replayed on TVCTV Channel 21 Thursday at 6 am; Channel 28 Thursday at 10 pm, Friday at 6 pm and Sunday at 3 pm; and Channel 11 Monday at 10 am.

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