



FREE

# Cedar Mill News

Volume 13, Issue 2

February 2015



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## The changing grocery scene

For many years, Cedar Mill shoppers have had three choices for nearby grocery stores: Bales Marketplace (Thriftway), Safeway, and Albertsons. Just last month, Market of Choice (MOC) opened in the Timberland Center. This high-end store, sometimes described as a cross between Zupan's and New Seasons, offers a range of products from "regular old grocery" items, to organic products, to a vast array of

ferent shopper. We haven't seen an effect. We'll stick to our current product mix and pricing."

Bales Marketplace manager Troy Wolfe says, "We will continue to focus on the fact that we are the neighborhood community grocery store, serving the community since 1961." The store saw an initial slow-down in business right after MOC opened, but most of those customers are back after finding higher

prices for the same items at the new store. Many, though, will undoubtedly add MOC to their regular stops. Some customers have urged Bales to return to it's core strength of providing good value on a range of basic groceries, and carrying a variety of local meat, fish and produce, along with locally produced specialty items.

Adding to our list of choices is Dinihanian's Farm Market, open most of the year with a few local

*Continued on page 6*



ready-to-eat dishes prepared onsite. The beautiful environment makes grocery shopping more of an adventure than a chore.

Safeway General Manager Rick Edmunds doesn't expect to lose much business to MOC. "We have a different product mix and a dif-

## Help might be Nextdoor!

Lost dog or cat? Something to sell? Need a recommendation for a carpenter or dog-walker? Want your neighbors to know about a meeting or event? These are just a few of the topics that are being shared on [NextDoor](http://NextDoor), a free and private social network for neighborhoods. Many Cedar Mill area residents have already discovered it, and there's room for everyone with a computer or smartphone, and an email address.

You join a group based on your neighborhood, and when you're ready to post something, you can choose whether to share the information with just your neighborhood, or with a number of adjacent neighborhoods. You can also choose whether to get a "daily digest" of posts, or to receive them as they come in.

From their website: "Nextdoor's mission is to use the power of technology to build stronger and safer neighborhoods. The inspiration

behind Nextdoor was to give people a social network to connect them to one of the most important communities in their lives—the neighborhood. Nextdoor believes that when neighbors start talking, good things happen." They are supported by a large number of investors, listed on their website.



All members must verify that they live within the neighborhood before they can join. Information shared on Nextdoor is password-protected and cannot be accessed by those outside the neighborhood, or found on Google or other search engines. And Nextdoor never shares personal information with any third parties.

Among our nearby "neighborhoods" are Forest Park, The Bluffs, Bonny Slope, Cedar Mill, Findley School, and Terra Linda. People who don't live in an existing neighborhood can set one up, and any

*Continued on page 8*

## New Timberland Middle School planning moves forward

In May, 2014, voters passed a \$680 million bond measure for the Beaverton School District. Among the capacity improvements included in the measure is a [new middle school](#) that will be built on the property acquired in 2003 from the Teufel family.

During the 2013-14 school year, total District middle school capac-

ity was expected to occupy 91% of available middle school capacity. By 2020, projected occupancy rises to 98%. Additional middle school capacity is going to be needed between 2020 and 2025. Stoller Middle School is already over capacity, with 1341 students enrolled during the 2013-14 school year.

The new middle school is currently in the design review process. District project managers held a neighborhood meeting on December 1, 2014 and an open house on January 13, 2015. The neighborhood meeting in December

was required by the City of Beaverton as part of the District's design review and land use application. The Community Open House presented updated

site plans.

The new middle school will be located on 16.3 acres in the Timberland development, and will house 1,100 students in grades 6-8 in 2020, after the district is finished using it as a temporary location for other schools whose campuses are being completely rebuilt. The estimated cost is \$51.6 million.

Mahlum Architects developed several options for the school that were presented at the open house in January. The selection committee chose Skanska as the builder, a very large, highly qualified contractor that has performed well for the BSD on prior projects, including Bonny Slope Elementary School.

The school is scheduled to open in September 2016 as a "swing school" for four schools that are slated to be demolished and rebuilt on their current sites. The furniture, fixtures and equipment will



be purchased for each elementary school occupying the swing school, and then go with them to the rebuilt elementary school.

It will become a middle school in September 2020. The sequence is as follows:

Vose Elementary School will move into the Timberland middle school during the 2016-2017 school year and into the new building on the Vose school property in 2017-2018. William Walker Elementary School will move into the Timberland middle school during the 2017-2018 school year and into the new building on the William Walker

*Continued on page 11*



Images of the retaining wall and a covered play area from the conceptual plans for the new school.

# Cedar Mill Business Roundup

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)

## February Freeze Fundraiser & Silent Auction

Tuesday, February 17, 5-8 pm, Pips Frozen Yogurt and Gelato

This fundraising mixer is sponsored by the Cedar Mill Business Association and is for everyone who lives, works or plays in Cedar Mill! Stop in any time, and bid on the amazing items displayed. You need not be present to win!

Proceeds from Pip's sales and the silent auction will go toward the Sunset High School homeless student-gift program. For more information contact: Joanne at 503-701-4005 or [MtmanLady@gmail.com](mailto:MtmanLady@gmail.com). Pass the word and bring your friends!

## Pharmaca, Mud Bay opening in Timberland

**Pharmaca** Integrative Pharmacy has announced the Grand Opening of their newest store in the Timberland Center. Special events include free chair massage, mini-facials and makeovers, and a free shopping bag with purchase. 5% of Saturday's retail sales will be donated to [Sunshine Pantry](#).

**Mud Bay**, a store providing healthy foods, supplements and supplies for dogs and cats, is scheduled to open on February 14.

As we get more information on all the new businesses in the center, we'll share them on our [Cedar Mill News Facebook page](#).

## Bales Marketplace Wine & Food Show

Saturday, February 7, 3-6 pm

Don't miss this chance to sample a wide assortment of tasty treats and outstanding wine from local vineyards and around the world. Chat with the food purveyors and wine reps, and you'll also probably

run into a few of your friends and neighbors.

You'll also be able to check out Bales' array of floral Valentine offerings, including live plants and beautiful cut flowers. Chocolates? No problem, as they carry Moonstruck and several other local brands, in addition to the yummy bakery goods.

## Second Edition Clearance Sale is Underway!

February 5-8, 12505 NW Cornell Road (east of the library)

Second Edition Resale is having their semi-annual clearance sale now, clearing to the walls in preparation for a facelift. Now through February 5, everything in the store is 50% off. On Friday, February 6, everything will be 75% off. Saturday, February 7 is the Bag Sale, with everything that fits in a bag for \$8.

The shop plans to be closed for remodeling from February 8-15, re-opening on (or around) February 16 with a new look and fresh spring clothing and merchandise. Come see what's new! All sales benefit the Cedar Mill Community Library Association.

## CSA signups now open

Dinihanian's Farm Market and "[YourCSA.com](#)" just keep on getting better! They received full Organic Certification last year, and Farm Manager Suzanne Ballard is busy ordering seeds and preparing greenhouses and fields for the coming season. In addition to the Farm Market, which is open to the public, they provide Community Supported Agriculture (CSA) portions that include a variety of fruits, veggies and other locally-produced food.



A typical share during peak season



She says, "2015 CSA membership prices stay the same as last year. If you sign up before the end of March, you can make your payments in two installments. Information about all that (and more) can be found on the website."

The website allows you to use a debit or credit card to order your share. The CSA is tentatively set to open the first week of June, but the last several years, it has been a bit earlier, with our first pick up starting in late May. As in 2014, it will run weekly for 20 consecutive weeks.

The farm re-opened on January 21, with an abbreviated schedule—Wednesday-Friday, 10 am-3 pm. [Available goods will be listed on the website](#) and anyone who wants to pick up eggs, honey, coffee, seasoned firewood, etc. can call or text 503-432-6235 to place an order. That way, we can be sure to have your goods here to be picked up on Fridays.

The regular farm store is slated to re-open in late spring, with the full seven-day schedule, 10-6 daily. [Like them on Facebook](#) for updates, photos and more!

## Village Gallery News

Village Gallery of Arts has received a facelift for the New Year! A renovation of the gallery space and classroom was completed the first week of January, and visitors and members have been very pleased with the new look. Upon approach to the gallery, the first improvement—now very visible to

people on the sidewalk—are the red vinyl panels covering the tops of the gallery windows. These red panels draw attention to the gallery window space and set it apart from Second Edition, the neighboring resale shop.

Once inside the gallery doors, a new red wall commands attention and defines the organization's mission.

It includes a group art project completed by Village Gallery members, as well as an historical timeline of the gallery. Additionally, the desk has been moved from its previous location facing the front door, to the center of the gallery, positioned so the gallery attendants can easily look up from the desk and greet people as they enter and admire the new space.

The featured artist for February is Laurie Svec. Laurie has been in love with trees since childhood. Incorporating



rating trees into her artwork over the years has been a real joy for her. She is fascinated with the sight of trees bare-branched in the snow or fog, in full emerald foliage or autumn color, weighted down with fruit, or flowering and humming with bees. To Laurie, trees remind her of the network of blood vessels bringing nourishment to the body. She has written poems and prose about this favorite subject. Stop in during February to view Laurie's photography, watercolor paintings and mixed media works depicting trees.

## Sunset Yoga news and events

Various days and times, 12923 NW Cornell Road #203

Sunset Yoga Center is happy to announce that Owner and Director Nina Pileggi has upgraded her Iyengar Yoga Teacher certification level to Intermediate Junior III. Iyengar Yoga teachers certified at this level are able to offer teacher training and serve as senior teachers in the Iyengar Yoga community. Nina

*Continued on page 10*

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## Eat Smart food movie series: Plant This Movie!

Saturday, February 21, 6:30 pm,  
Leedy Grange Hall, 835 NW  
Saltzman

Every third Saturday of the Month, Leedy Grange is sponsoring a Sustainable Food Movie Night. The February film will be *Plant This Movie*, by Portland filmmaker Karney Hatch. There will be a Q & A with the director and a discussion following the film.

Here is the trailer for the film:  
<https://vimeo.com/96868393>

The event will start at 6:30 with light snacks and conversation, showtime at 7. After the film, we'll continue our Seed Swap. Bring your leftover seed packets from 2014. Most seeds are

good for several seasons, and most packets hold more seeds than the home garden requires. You'll be



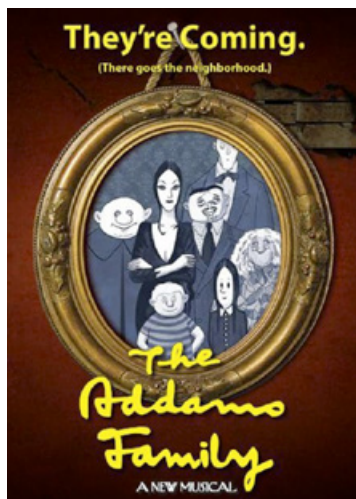
able to pick up "new-to-you" seeds for your spring garden, and get to know some fellow local gardeners, too. Seed envelopes and label materials will be provided.

The film is all-ages appropriate, but children younger than ten may not want to sit through it, so use your judgment and consider others

in the audience. The series is free and open to everyone. Donations to defray the costs of film rentals and refreshments will be gratefully accepted!

## Sunset HS presents "The Addams Family"

March 5-7, 12-14, 7:30 pm, Sunset High School Auditorium, 13840 NW Cornell Rd.



The Sunset High School Theatre presents *The Addams Family: A New Musical*. The weird and wonderful family comes to devilishly delightful life.

This magnificently macabre musical comedy features an original story, and it's every father's nightmare. Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family. A man

her parents have never met. And if that weren't upsetting enough, she confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before — keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents.

Tickets are \$15 for adults, \$10 for seniors and students, children 5 and under are free. For more information, or to purchase tickets, visit the [Sunset High School Theatre website](http://Sunset High School Theatre website).

## Open house for 119th Avenue, Cornell Road and Thompson Road Safety Improvement Projects

March 2, 5-7 pm, Cedar Mill Library, 12505 NW Cornell Road

The public is invited to stop by to learn more about all three of these [URMD safety improvement projects](http://URMD safety improvement projects) planned for construction beginning in summer 2015. No formal presentation is planned.

**Spring Soccer!**  
registration opens January 5  
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[www.milltownsoccer.org](http://www.milltownsoccer.org)



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[dshadelaw@earthlink.net](mailto:dshadelaw@earthlink.net)



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## David Douglas programs at Museum

Scottish naturalist David Douglas made a series of wide-ranging forays as a collector for the London Horticultural Society. Headquartered at Fort Vancouver, the scope of his work stretched far beyond garden plants. Douglas was one of the world's most successful plant collectors and is credited with introducing more than 200 species of Northwest plants and trees to England and Continental Europe in the early 1800s. His most important contribution, however, may have been his observations of the ways



native peoples in this region used plants for food, medicine and essential tools for daily life.

The current Special Exhibit at the Museum is "In the Footsteps of David Douglas." It was created by the Salem Art Association and the David Douglas Society. The exhibit opened locally in mid November, and will be on loan to the Washington County Museum until the end of August 2015. The exhibit features

### Soil School 2015!

Saturday, April 4, 8 am-2 pm (Registration 8-8:30 am), PCC Rock Creek Event Center, 17705 NW Springville Road, 97229

Soil School 2015 will be a day packed full of information for small farmers, landscapers, gardeners, grounds managers and anyone else who wants to improve their soil. The health of your soil determines the health of everything growing in it—the food you eat and the crops you produce.

Attendees will learn about soil structure, texture and composition. You'll also learn about using beneficial insects, and how to improve your soil through cover crops. One session will focus on organic weed control—the myths and methods.

Expert speakers will talk about irrigation and how to make sure

present day botanical drawings by many Northwest artists, plant pressings, and photographs by Portland fine art photographer, Russell J. Young. The exhibit also features artifacts of the approximate era Douglas explored the Northwest, the early 1800's.

**David Douglas at Fort Vancouver, 1825-33**

Wednesday, February 11, 7 pm, Washington County Museum, 120 East Main Street, Hillsboro

This slide presentation will trace Douglas's adventures in the Portland and Willamette areas while connecting stories about the flora, fauna, people, and landscapes he described to the places that we see today. Jack Nisbet is a writer, educator and naturalist based in Spokane, Washington. He has authored numerous books on the human and natural history of the Inland and Pacific Northwest, including *David Douglas: A Naturalist at Work* and *The Collector: David Douglas and the Natural History of the Northwest*, which was named a 2010 Book of the Year by the Pacific Northwest Booksellers Association. Nisbet's next project, a collection of essays titled *Ancient Places*, will appear in spring 2015. The lecture is a special event in conjunction with the Museum's special exhibit, and is sponsored by Farmington Gardens and the David Douglas Society.

This event is free and open to the public, doors will open at 6:30 pm. For additional information, visit: [washingtoncountymuseum.org](http://washingtoncountymuseum.org)

you're watering your plants in the most efficient way, as well as the recent movement to replace lawns with low-maintenance native groundcovers and grasses. Finally, we'll have a session on slugs and snails—which ones you want to get rid of, and the most effective way to control them.

This class always fills up, so if you're interested, register now! Cost: \$30 per person or \$50 for two people (Breakfast snacks and lunch are included.) To register, click "Events" at [www.wmswcd.org](http://www.wmswcd.org)

Soil School 2015 is sponsored by East and West Multnomah Soil & Water Conservation Districts, Tualatin Soil and Water Conservation District, Natural Resource Conservation Service, Oregon

## Pancake Breakfast for Cedar Mill Elementary 4th grade trip

Saturday, March 7, 8-11 am, Cedar Mill Elementary School, at the NW corner of NW Cornell Road & NW 102nd Ave.

The fourth graders at Cedar Mill Elementary School will host their annual Pancake Breakfast Fundraiser. The community is invited to enjoy pancakes, sausage, coffee and juice. There is no charge for the breakfast, but donations are most gratefully accepted! Suggested donation is \$5 per person, or \$20 per family

The fourth grade classes love serving at the breakfast! It is one of the few fundraisers we do in which the kids are active participants. In addition to having fun playing waiters/waitresses, they get a great deal of pride in really working to raise the money.

The students are raising money for the culmination of their Oregon Trail study: an overnight Oregon Trail field trip. This field trip, through the Multnomah Education District Outdoor School, gives the students a hands-on experience of what life was like for pioneers. From packing a wagon bed with supplies, to staking out part of a one-acre homestead, the children will be submersed in life on the Oregon Trail. They make candles, wash clothes with an old washboard, cook dinner on a hobo stove, play pioneer games and more. It is a

Tilth, OSU Small Farms Program and OSU Master Gardeners.

For more information, please



call WMSWCD Rural Conservationist Scott Gall at 503/238-4775, ext. 105 or email at [scott@wmswcd.org](mailto:scott@wmswcd.org). In Washington County, you may contact Jen Nelson, [tualatinswcd@gmail.com](mailto:tualatinswcd@gmail.com) or 504-648-3174 x121.



Cedar Mill fourth graders enjoy the Oregon Trail camp every year.

lot of fun and the students really do learn a lot about the pioneers.

[Visit this website](#) for more information about the trip:

### Support the Sunset student newspaper

Friday, February 13, 5-7 pm at the Java Lounge, 760 NW Dale Ave.

The day before Valentine's Day, The Sunset Scroll Newspaper Class is holding an auction at the Java Lounge to raise funds so they can print the student newspaper. The Valentine's Day themed event will include food, music, and the Java Bistro. Auction items usually range from trips to the beach to family photography sessions. This year, the auction will include an advertisement in the Cedar Mill News!

The newspaper is created in the journalism class, taught by teacher Eloika Rozendaal. After budget cuts a few years ago, it became an online-only publication. Stories, pictures, and newspaper announcements of the entire first semester can be found at [thesunsetscroll.com](http://thesunsetscroll.com).

Every year, the students participate in an event auctioning items to the community, family members, and friends, because the publication is not funded by the school. They raise money to produce printed editions for the last half of their year, so students and teachers can enjoy the newspaper.

The Cedar Mill community is invited, so don't miss out on this annual event! For questions, please contact student Editor Maggie Vanoni at [bluekid13@gmail.com](mailto:bluekid13@gmail.com) or teacher Eloika Rozendaal at [eloika.rozendaal@beaverton.k12.or.us](mailto:eloika.rozendaal@beaverton.k12.or.us).

## Beaverton Historical Society events

### Valentine's Social

Tuesday, February 10, 7-8:30 pm,  
The Beaverton History Center,  
12412 SW Broadway, Beaverton

The public is invited to a Valentine's Social at Beaverton History Center. Enjoy traditional and contemporary music by Heartstrings, a Tualatin-based husband and wife duo who play dulcimer, violin, banjo, and string bass. Their CDs will be available for purchase. Bring your favorite dessert to share. Coffee will be provided.

Raffle tickets will be offered for \$1 each for a variety of great prizes. There is a suggested \$2 donation, and all these proceeds will benefit Beaverton Historical Society. The event is free and appropriate for all ages. Reservations are not required. For more information call 503-430-0106 or email [info@historicbeaverton.org](mailto:info@historicbeaverton.org).

### Black History Month with Rosa Colquitt

Saturday, February 21, 11 am- 2 pm,  
Beaverton History Center

Rosa Colquitt grew up in a military family, living on various army bases on the East Coast. She attended college in North Carolina, completing her Ph.D. degree at North Carolina State University in Research Studies. Prior to her doctorate studies, the focus of Rosa's undergraduate education was English and Ethnic Studies. It was during this time that she devoted her Master's thesis to the topic of the "Women characters in the prose and short stories of Harlem Renaissance writer, Langston Hughes." To the present date, Hughes remains as Rosa's favorite American writer.

Since moving to Oregon to join her family in 1989, Rosa has spent many years speaking to literary circles, high schools, colleges and at other cultural events on a range of topics relevant to African American literature and history. As a highly sought-after speaker for national Black History Month events, Rosa says February is obviously her busiest time of the year! There will be a suggested \$2 donation admission. For questions, call 503-430-0106.



Pacific treefrog

## Frogs Ahoy! Volunteer Amphibian Surveys

Frog populations have been in decline across the globe for decades, due to habitat loss and their sensitivity to environmental toxins. The THPRD Natural Resources Department has been conducting amphibian surveys since 2001 to monitor trends in populations of sensitive species like the Northern red-legged frog, and to inform habitat management. To expand the program, the department invited volunteers to participate in the surveys, beginning in 2014.

Egg mass surveys are an effective means of estimating adult populations. The egg masses are stationary, and easier to spot than adults, which are mobile and hide. Some species have a predictable male to female ratio (3 to 5:1 for red legged-frogs). Each female lays one egg mass, making it possible to estimate the total population based on the number of egg masses.

Targeted species for the surveys include: Northern red-legged frog (*Rana aurora*); Rough-skinned newt (*Taricha granulosa*); Northwestern salamander (*Ambystoma gracile*); Long-toed salamander (*Ambystoma macrodactylum*); Pacific treefrog (*Pseudacris regilla*)

Between February and April, volunteers will don waders and carefully scan shores and shallow waters for egg masses. Each species lays eggs in a distinct formation, aiding identification. Volunteers receive on-site training prior to the survey period and gain valuable field experience and knowledge of amphibians and management issues. If you are interested in volunteering with this program, please contact Melissa Marcum: [mmarcum@thprd.org](mailto:mmarcum@thprd.org)



Treefrog egg mass

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*Grocery, continued from page 1*

food items like eggs and honey, but brimming with fresh local produce during Oregon's growing season. They received their full organic certification last summer. They team up with other farms in the area so they can offer fruit and other produce they don't grow on their Cornell Road farm.

Jackson's and Plaid Pantry provide a limited selection of packaged and processed food, as does Walgreens Pharmacy. And Pars Market, a specialty grocery with a great selection of middle-eastern, and particularly Iranian foods, has been open since 2009 in the 12923 Cornell building.

Albertsons, which is owned by Cerberus Capital Management, received final permission from the Federal Trade Commission (FTC) on January 31 to finalize its purchase of the Safeway chain. The FTC said the sale would hurt consumers in 130 markets by reducing competition, and in December the companies said they would sell 168 stores in eight states. Most of the

stores were bought by Haggen, a chain based in the Northwest.

Neither of our local stores was involved in the sale to Haggen, and will continue to exist under their current branding for the time being. (Cerberus also owns Kimco Realty, the owner of the Sunset Mall (Safeway) shopping center.)

Edmunds shared a talking-points document from the parent company that states that the new combined company will offer better values by bringing "the best of both companies to all our stores." As to future rebranding, "Right now, we are going to run our stores as is—we don't see any reason to make changes in the near term."

Interestingly, Cerberus is led by Robert G. Miller. His son Mark Miller is the owner of Signature Northwest, the company that bought Bales Thriftway from Ken Findley back in 2004. Endeavour Capital is a private equity fund that has holdings in the New Seasons, BiMart and Winco chains. And you thought all these stores were local!

**Viva Villages for senior independence**

February 28, 11 am-12:30 pm, Christ United Methodist Church, 12755 NW Dogwood

According to US Census information, there are more people age 65 and older currently living than at any other time in US history. In 2006 there were 37 million US residents over that age; by 2030 there will be 71.5 million. There is no way that enough senior communities and retirement facilities to accommodate this rising population can be developed. At the same time, according to recent surveys, 90% of Americans, including Oregonians, age 65 and older, prefer to age in their own homes and neighborhoods, rather than move to such facilities—even if they could afford to do so.

The non-profit Village Movement is a welcome and viable response to the growing need for community and supportive services for those who choose to stay put. Services to members of Viva Village, which will serve Beaverton and beyond, will include background-checked volunteers, vetted vendors offering reduced fee costs, and "one call does it all" access to these and other services.

Viva Village! volunteers will present a public information session (Village 101) to prospective village members, their adult children, and/or prospective vol-

unteers. No RSVP necessary. For more information about this event, email [info@vivavillage.org](mailto:info@vivavillage.org) or call 503-644-7417.

**Apollo prints**

Do you have clubs, fundraising events, parent organizations, etc. that are interested in getting really inexpensive custom-made t-shirts or sweatshirts? Michelle Wingo, Liz Baer, Aran Redding work at Sunset



High School in the Transition Services department. They prepare modified-diploma students with post-graduation work experience. They supervise a student-led screen-printing business at Sunset. All the money that is raised goes back into the business.

Please check out their Facebook page: Transition Services Beaverton School District. Email Michelle if you have any questions at [michelle\\_wingo@beaverton.k12.or.us](mailto:michelle_wingo@beaverton.k12.or.us).

## Beaverton School District seeks community members to serve on School Board, committees

Three Beaverton School Board positions (four-year terms) will stand for election on Tuesday, May 19, 2015. One of these open seats is Zone 3, currently held by Mary VanderWeele, and representing Bonny Slope, Cedar Mill, Raleigh Park, Ridgewood, Terra Linda, and West Tualatin View elementary schools, Cedar Park Middle School, and Sunset High School.

To qualify, candidates must be a registered voter; live within the School Board Zone they wish to represent; live in the District for one year immediately preceding the election; and cannot be an employee of the District.

Though candidates are nominated from the Board Zone they live in, voters in the District elect them at-large. Please visit the Beaverton School District (BSD) [School Board web page](#) for more information and to view Zone Maps.

Candidates must complete an application and file with the Washington County Elections Office between February 7 and March 19, 2015. The deadline to file a candidate statement for the Voter's Pamphlet is March 23, 2015.

Filing forms and instructions can be found at the [Washington County web site](#) or candidates may pick up the forms at the Washington County Elections Office, 3700 SW Murray Blvd., Beaverton, OR 97005. For elections related questions, please call 503-846-5823.

### Wellness Policy Advisory Committee

Parents, community members, students, BSD health teachers, BSD health professionals and BSD school administrators are encouraged to apply to serve on the Beaverton School District's Wellness Policy Committee.

The Advisory Committee work will begin in February 2015, and will conclude by June 2015. The purpose of the committee is to review and update the current district Wellness Policy (EFA) and the Administrative Regulations (EFA-AR), and then make recommendations to the Board and Superintendent so that the policy and regulations meet the new requirements outlined in the Healthy Hunger-Free Kids Act of 2010, including: Updating the nutrition standards for foods sold at school to include the "Oregon Smart Snacks;" Adding a goal for

nutrition promotion; Developing a system to inform and update the public about the content and implementation of the Wellness Policy; Developing a system to measure compliance. The committee will also coordinate with the work being done by the BSD Active Student Task Force re: the Physical Education/Activity Goals.

Membership on the Wellness Policy Committee will include: Nutrition Services Dept. Administrator (Co-Facilitator) (1); School Administrator (Co-Facilitator) (1); Parent/Community Members (4); Students—8-12 grade (2); Health Education Teacher (1); School Health Professional (1); Board Representative (1); Active Student Task Force Physical Education Teacher Liaison (1).

Those who wish to apply should submit a letter or email of interest by 4:00 p.m. on Tuesday, February 10, 2015. Letters should include the following information:

Name & Contact information (mailing address, e-mail address (if applicable), phone number); Response to this question: Why do you want to serve on the Wellness Policy Advisory Committee and what contributions will you make towards its core goals? (Please limit your response to no more than one page). If you are a member of one of the following groups, please also include that information: Parents/Community: ages of children and schools where enrolled (if applicable), and any special training or experience in nutrition. (Please include any specific information regarding any medical professional background.); BSD Health Teachers: teaching experience and current assignment; BSD Students (8-12 grade): School and signed parental approval to participate; BSD Health Professional: Profession, experience and current assignment; BSD School Administrator: administrative experience and current assignment

Please submit letters or emails of interest to: BSD Communications & Community Involvement Department, 16550 SW Merlo Rd., Beaverton, OR 97003. Or email to: [community\\_involvement@beaverton.k12.or.us](mailto:community_involvement@beaverton.k12.or.us); or fax to: 503-591-4219. For more information, please contact the Communications & Community Involvement Department

at 503-591-4360.

### Audit Committee

The BSD has a vacancy on the Audit Committee and seeks a diverse candidate pool. This position will serve a three-year term on the Committee. The Audit Committee reviews the District's annual financial report and recommends needed changes. The Committee conducts business in evening public meetings held monthly between September and December, with a preliminary meeting in May. The Committee also approves the Comprehensive Annual Financial Report document and forwards it to the School Board for acceptance by the end of December.

Candidates must meet the following qualifications: be a qualified voter of the District, have lived in the District for one year, and cannot be a BSD employee. CPA preferred. Audit Committee members will be presented to the School Board.

Those who wish to apply should send a letter of interest and resume by Friday, February 20, 2015 to: BSD Communications & Community Involvement Department, 16550 S.W. Merlo Road, Beaverton, OR 97006. Or email to: [community\\_involvement@beaverton.k12.or.us](mailto:community_involvement@beaverton.k12.or.us), or fax to: 503-591-4219. For more information, please contact the Communications & Community Involvement Department at 503-591-4360.

## Drop-off recycling centers

Take Styrofoam, electronics, rigid plastics and other items not collected in residential or commercial recycling programs, to a drop-off recycling center for little or no charge. Visit the recycling center's website for more information about what is accepted.


Far West Recycling – Beaverton, 10750 SW Denney Rd, Beaverton 97008, 503-643-9944; [FarWestRecycling.com](#)

Far West Recycling – Hillsboro, 6440 SE Alexander St., Hillsboro 97123; [FarWestRecycling.com](#)

Pride Disposal Company - Recycling Depot, 13910 SW Tualatin-Sherwood Rd., Sherwood 97140, 503-625-0725; [PrideDisposal.com](#)

For questions, ask Metro at 503-234-3000 or visit [OregonMetro.gov/FindARecycler](#)

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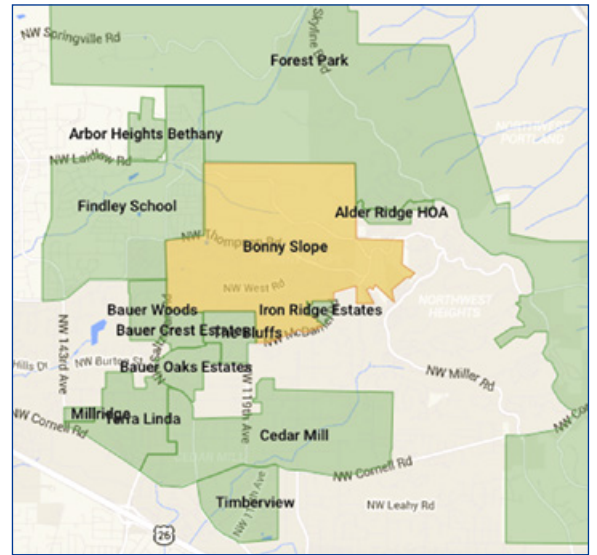


Nextdoor, continued from page 1  
member can invite their neighbors to join.

The interface is very friendly. It's obvious that the company has put a lot of work into making it easy for people to use, no matter what their level of technical expertise.

Some people will never trust anything online to be safe and private. But Nextdoor seems to have covered all the regular bases, they state: Every neighbor has to verify their address; Every neighbor signs in with their real name; Your website is protected by password and encrypted by HTTPS; We never share your info with advertisers.

If you find that your address isn't included in a Nextdoor neighborhood, you can start one! Neighborhoods are established by the first member of the website, the Founding Member. The Founding



## Library News and Events

By Dawn Anderson

### Finding Tax Forms, Tax Help & Filing Online

It's tax season again, and our librarians are ready to help you find the forms, instructions and publications you need. The IRS has announced that due to budget cuts, libraries will not receive printed tax publications for distribution. At the library, you can access and print IRS publications from any library workstation. For links for ordering printed forms and publications from the IRS, visit our website at <http://library.cedarmill.org/readers/taxtime.html>

### Open Computer Labs

NEW: Cedar Mill now has an additional Open Computer Lab every Tuesday, 10 am-noon, in the upstairs meeting room. Drop by the library for help with computer skills, Internet research, email, word processing, e-books and e-readers. Adults only. No registration required.

Cedar Mill's Open Computer Labs are: Tuesdays 10 am-noon & Thursdays 3-5 pm in the upstairs meeting room. Bethany's Open Computer Lab is Thursday mornings 9-10 am.

Member has the ability to define the neighborhood boundary and choose the neighborhood name.

Visit [Nextdoor.com](http://Nextdoor.com) and find out what you've been missing!

### Library Renovations

The remodeling project at the Cedar Mill Library continues. Next up: Carpeting will be replaced in February. Most work will be done after hours to minimize disruption to users. No closures are expected, but small sections of the library may be temporarily screened off for safety. Thank you for your patience while your library gets a makeover!

### Fundraiser Brunch at Skyline Grange

Sunday, February 22, 9:30-11:30 am, Skyline Grange Hall, 11275 NW Skyline Blvd, Portland

Pancakes, quiches, French toast, frittatas, homemade breads, fresh fruit, fresh brewed coffee, real hot chocolate, juice, and more. Suggested donation is \$7/person or \$15/family.

Funds are being raised for ever-important building upgrades.

**Sign up to get The News online:**  
[cedarmillnews.com/signup](http://cedarmillnews.com/signup)



## Winter safety tips from Tualatin Valley Fire & Rescue

Tualatin Valley Fire & Rescue firefighters always see an increase in outdoor-related injuries around the first of the year. Keep these things in mind to minimize your risk of personal injury:

Increased slip and fall injuries, especially involving the young (12-17) and elderly (+75), are of particular concern this time of year

Be extra careful on icy surfaces around your home; use kitty litter or sand to increase traction.



Be aware of the wind chill factor (which can often lower the temperature by several degrees).

Avoid traveling when the weather service has issued advisories. If you must travel, make sure someone knows where you are going, what time you expect to arrive, and the route you plan to take there. Pack extra water, food, blankets, and clothing in case of an unexpected emergency.

## Washington County Forum programs

**Mondays, 11:45 am-1 pm at the Peppermill Restaurant, 17455 SW Farmington Rd, Aloha**

Founded in 1956, the Public Affairs Forum provides a common meeting place for the interchange of ideas and to stimulate thinking on civic matters. Each week the forum brings together community leaders, members, and guests who care about what happens in Washington County, the Metro region, and our state. Free and open to the public, but only members may ask questions. Lunch can be ordered off the regular Peppermill menu.

**February 9: The Oregon Innocence Project**, whose mission is to exonerate the wrongfully convicted, educate and train law students, and promote legal reforms aimed at preventing wrongful convictions.

Steven Wax is a former Federal Public Defender, who wrote a book about defending Brandon Mayfield. Aliza Kaplan is a law professor at Lewis & Clark, and teaches Legal Skills, Wrongful Convictions and Public Interest Lawyering. She is also a documentary film producer — the 2007 film she co-produced, “My Country, My Country,” was

There are also some steps you can take to make your home safer this winter, if you haven't already done so.

Have your home heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.

If you heat with wood, inspect and clean fireplaces and chimneys.

Check your smoke alarms to ensure they are working properly.

Prevent carbon monoxide (CO) emergencies by installing a CO detector in your home.

For the past several winters, TVF&R firefighters have responded to hundreds of calls for frozen water pipes that burst and began spewing water. Business and homeowners suffered thousands of dollars in damage because they didn't know how to stop the water from flowing. During region-wide weather events, fire departments must prioritize their response to life safety incidents. Knowing how to immediately shut off your water, and calling a professional, can prevent significant damage to your home. Also, insulate exposed water pipes in the garage and cover outdoor water spigots.

Visit [tvfr.com](http://tvfr.com) for more winter safety tips

nominated for an Academy Award, and her 2010 film, “The Oath,” was nominated for two news Emmy Awards. February 16: Draining the Wet Lands in Washington County, with Brian Wegener, Advocacy Manager of Tualatin River Keepers.

**February 23: Beaverton Performing Arts Center**, with Jayne Scott, Beaverton senior program manager for arts, culture and events.

## Israeli Folk Dancing at the Grange Hall

**Monday, February 16, Beginner's Class 7:30-8:30 pm; Review and Open Dancing 8:30-9:30 pm, at Leedy Grange Hall, 835 NW Saltzman Rd.**

Learn and enjoy beginning dances from experienced folk dancers Sue Wendel and friends. \$6 at the door. For details please visit [Portland Israeli Folk Dance News at: sites.google.com/site/pifdnews](http://sites.google.com/site/pifdnews).

Israeli Folk Dancing at Leedy Grange is made possible by support from the Jewish Federation of Greater Portland.

## Dinihanian's Farm Market



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*Business Update, continued from page 2* has taught Iyengar Yoga for over 15 years.

Nina's teaching style is enthusiastic and supportive. She believes yoga can increase energy and bring us a wonderful sense of well-being that helps us heal from life's stresses. Nina has made three trips to Pune, India to study with the Iyengar family and has attended numerous Iyengar Yoga conventions and workshops. Nina's class schedule can be found at [sunsetyoga.com](http://sunsetyoga.com).

### Upper Body Strengthening Series with Julie Burtis, Physical Therapist

Tuesdays 7:30-8:30 pm, February 3 through March 10.

Learn how to integrate core stability exercises with upper body strengthening for \$120. Participants will use theraband resistance bands to perform exercises targeting the chest, upper back, and arms. Written instructions will be provided for home practice. All levels are welcome. Previous experience in core stability classes is beneficial but not required.

### Postpartum Yoga Workshop

March 8, 2-4 pm. Cost is \$30

New moms often feel conflict when trying to find a moment for themselves; but need time to restore mentally, emotionally and physically. Yoga is here to help! This postpartum workshop will offer poses to relieve the "mama posture" (one of a collapsed chest); rediscover your pelvic floor; understand diastasis recti; and discuss postpartum depression. Come together with your fellow moms to share yoga and the experience of motherhood!

Contact information for Sunset Yoga Center: 503.539.4504, [sunsetyogapdx@gmail.com](mailto:sunsetyogapdx@gmail.com), [sunsetyoga.com](http://sunsetyoga.com)

### Got Doggie Breath?

Contrary to popular belief, your pet's kibble (dry food) actually leaves starchy residue on the teeth that builds into tartar and inflames the gum-line. Pet Barn has many options to help reduce tartar, freshen the breath, and make those teeth pearly white! Several of their dental products work by eating away tartar and reducing stinky bacterial buildup, and can be added to your pet's food or water daily.

Mad About Organics offers two products, a dental powder and a water additive that can be used for both dogs and cats. The dental powder

can be sprinkled on to your pet's meal each day and uses ingredients like strawberries and garlic for their antiplaque properties. The water additive can also be mixed in to your pet's water bowl daily. Wysong DentaTreat is a cheese enzyme-based product that you can sprinkle directly on to your pet's meals each day. The enzymes activate when they come in contact with your pet's saliva, and will gently eat away the tartar buildup. TropiClean has the widest variety of products—ranging from dental powders, to water additives, to mouth gels. The mouth gel is the most effective at reducing gum inflammation, and can be applied directly to the gum-line.

In addition to the food and water products, Pet Barn always offers the basics like canine and feline toothpaste and toothbrushes. And don't forget that natural dental chews are also important to keep tartar at bay because they gently scrape away tartar and strengthen the teeth!

Since February is National Pet Dental Health Month, Pet Barn is offering 15% off ALL dental products until February 28th! So make sure to stop by at Pet Barn, located at 12675A NW Cornell Rd. (next to Bales Marketplace) and find the dental solution that fits your pet's needs best!

### Wine for animals?

Drinking wine and saving animals; that's an unlikely combination. However, the locally owned business The Wine Cellar thinks those two things go together well. For the past five years owner Erin Palmer has supported a different local

non-profit each year, and this year her clients voted to support OFOSA (Oregon Friends of Shelter Animals), a no-kill pet shelter in Beaverton. For each new "like" or each unique "check-in" on Facebook, Erin donates \$1 to OFOSA, up to \$500 per month. So you can help support a local business and a local non-profit by liking "Erin's Wine Cellar" on Facebook, and checking in each time you're in the shop.

### Virtue of the month: Wonder

"Wonder is being open to the beauty and mysteries of life. It is

our soul's appreciation for what is precious and inspiring. When we look at the grandeur of nature, fully present to the moment, it can move us deeply. When we live reflectively, we delight in the signs and wonders that appear in our lives. We are alert to synchronicities that point us toward a decision or give us deeper insight into the truth. Wonder makes our lives simply wonderful." [www.virtuesproject.com](http://www.virtuesproject.com)

The practice of Wonder: I take time to contemplate beauty. I am inspired by life's mysteries. I am present in the moment. I am mindful of signs and wonders....

For more information on personal, professional development classes, please contact Delaram Adyani 503-267-0202 [mehdel@pacifier.com](mailto:mehdel@pacifier.com) [www.virtuesconnectionportland.com](http://www.virtuesconnectionportland.com) or join their [Facebook community page](#)

### Santosha Valentine and Recovery Yoga

Friday, February 13, 7 pm, Santosha Yoga, 4876 NW Bethany Blvd, Suite L4

Valentine's Day Restorative Yoga with partners poses! Come with a friend or someone special to relax, restore, and enjoy 90 minutes of quiet soothing yoga for only \$15! Dina Lang will guide you through subtle moves to lengthen muscles supported by props like blankets, straps, and bolster pillows to enable gravity to relax the body and mind. Dina will incorporate some partner poses, too. After the yoga class, there will be chocolate and possibly wine to toast the Valentine weekend.

### Y12SR (Yoga 12 Step Recovery)

Sunday nights, 7 pm in Santosha Yoga's large studio

Those in recovery or friends of those in recovery are welcome to come. You do not need to be an experienced yogi to come, this is an all-level class. There is no cost, but \$5 to \$10+ donations are welcome and will go to Living Yoga. Questions? Contact the studio at 503-372-9825 or through their website.

**Karma Yoga** is a way of giving back to the community. Santosha Yoga is a big proponent of being involved in the local community through donation-based classes, classes to raise funds, and also

a giving tree during the holiday season.

Because yoga isn't always financially accessible to everyone, Santosha Yoga offers three yoga classes that are donation based. We ask for a minimum of five dollars per person to help cover the cost of the studio space and teacher. On Saturdays, the karma class is Family Yoga, a 45 minute practice that allows parents, grandparents, aunts, uncles, big sisters and brothers, to bring kids (3 years old and up) to yoga. It's a fun way to have yoga for the family.

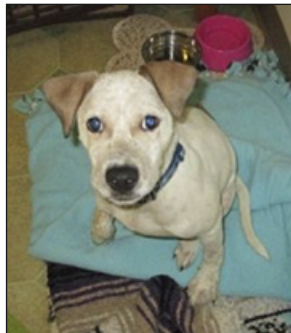
On Sunday mornings, the karma yoga is Align & Flow, an all-levels class that focuses on alignment, slow moving transitions, and a practice that leaves the body feeling good. On Sunday evenings, the karma yoga is Yoga for 12 Step Recovery, a class that is designed to support people with addiction or those who are supporting someone living with addiction. The Y12SR is our newest addition to the schedule. We firmly believe that there is a yoga for every body. See the schedule at [www.SantoshaForEverybody.com](http://www.SantoshaForEverybody.com)

### Valentines for the troops

To show support for our military, and to help those serving our country receive messages from their friends and loved ones, The UPS Store, located on Barnes Road in the Peterkort Towne Square, is participating in Operation: S.W.A.K. (Sealed With A Kiss.) Through February 14, The UPS Store will provide complimentary delivery of Valentine's Day greetings to these U.S. troops and veterans.

"A handwritten card or letter is a simple way to pay tribute to the dedication and sacrifices of the brave men and women who serve our country," said Tim Kimble, The UPS Store franchisee. "Each and every card is a valuable reminder of home for the soldier who receives it." Many people are using email as a quick means of communicating with loved ones deployed in other countries, but there's no substitute for a personalized, sentimental card or letter.

Eligible mail must be addressed to a specific U.S. serviceman or woman at an assigned APO/FPO address or a specific veteran residing in a VA hospital, and must include a valid return address. Tim recommends people send their greetings ASAP for overseas delivery by Valentine's Day.



For more information on The UPS Store products or services, please visit [www.theupsstorelocal.com/3379](http://www.theupsstorelocal.com/3379) or call 503-646-9999.

### 2014 CMBA Annual Meeting

The Cedar Mill Business Association held their annual meeting/holiday party on December 9 in the beautiful banquet room at the Sunset Athletic Club. The gathering opened with the Sunset High School madrigals choir singing a variety of seasonal songs in front of a glowing fireplace. Music teacher, Mr. Rust, brought joy and good will with him as this high-level choir impressed those in attendance. The CMBA gifted the choir with cookies and \$200 to be used toward much-needed supplies.

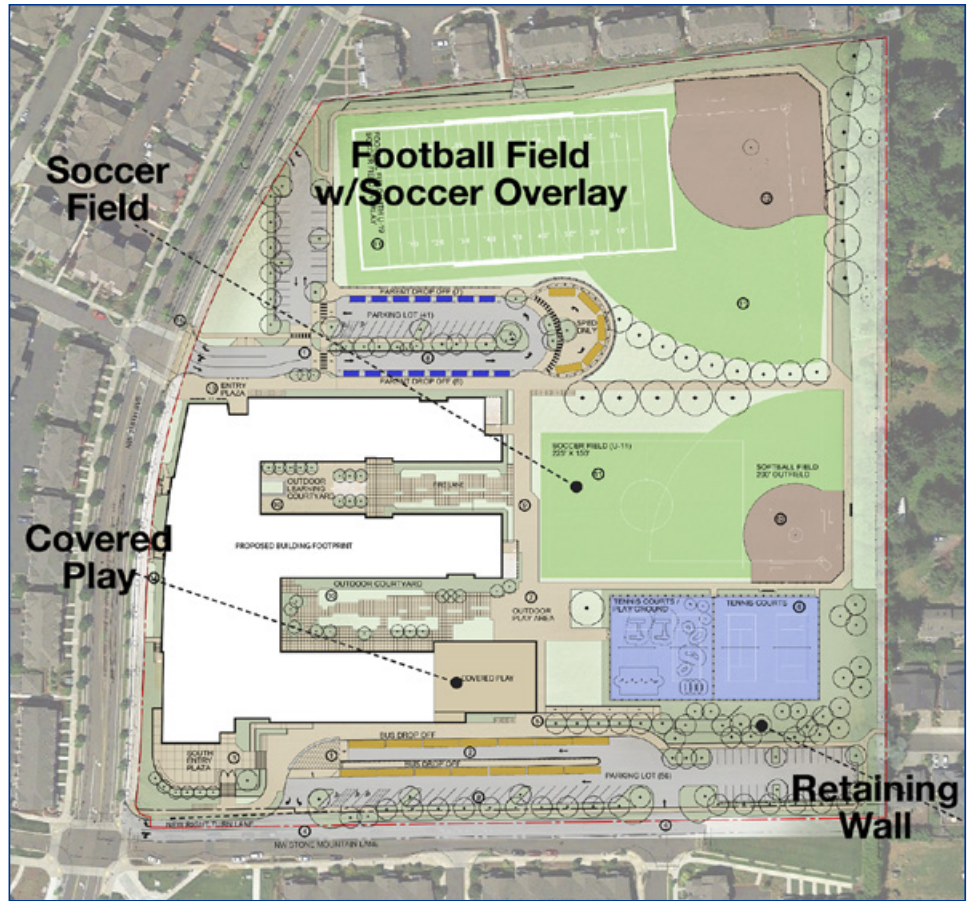
The members enjoyed a wide variety of food and beverages from local member restaurant and food vendors: Schmizza's Pub & Grub, Safeway, Mt. Man Nut & Fruit Co., Pars Market, Dutch Oven By Chris, Pips, and Poppa's Haven. Delicious!

It has become CMBA's tradition to sell Safeway Food Bank grocery bags in a two-minute donation blitz during the annual meeting. This year, the members generously gave enough money to support 29 Food Bank bags! Board member Dean Shade presented \$1,000 to Sunset High School for their gift program for students who are homeless and are attending school locally.

Each year, the CMBA recognizes

*Middle School, continued from page 1* school property in 2018-2019. Hazeldale Elementary School will move into the Timberland middle school during the 2018-2019 school year and into the new building on the Hazeldale school property in the 2019-2020 school year. The Arts & Communication Magnet Academy will move into the Timberland middle school during the 2019-2020 school year and into the new building on the ACMA school property in the 2020-2021 school year.

Area residents have been concerned about parking and bus circulation, among other issues. The District's approach to these and



other topics can be found in a Frequently-Asked-Questions list for the project [here](#).



The newly-elected CMBA Board

Send Out Cards, Chris Baidemann from Ashton Tinely and Brian Houston with Coldwell Bankers Seal. Treasurer will be Sandy Proctor of Impact Sign Co.

those business owners who show outstanding service to the community. This year, four business owners were honored. Rick Edmunds, Manager of Safeway, Ken Anderson of Cedar Mill Landscaping, Sandi Proctor of Impact Sign Co., and Joanne Hollister of Mt. Man Nut & Fruit Co. These people all show a commitment to support those who work, play and live in Cedar Mill.

The members in attendance voted to confirm the nominations for the 2015 board of directors. The CMBA board for next year will be: Robert Caldwell of Edward Jones (president), Dean Shade, Attorney at Law (secretary), Lori Bitter with



Rick Edmunds, Safeway

  
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