



Cedar Mill News

Volume 8, Issue 4

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April 2010

New Member Spotlight

Many local businesses have been discovering the Cedar Mill Business Association lately, and we wanted to introduce them to the community. Starting next month, we'll include the New Member Spotlight in each issue, in addition to our regular Featured Business article. But this month, we wanted to round up all our new members since January.

The Quilted Castle

This online-only fabric store offers quilt and fashion weight cotton fabric by the yard or in pre-cut quantities. The Quilted Castle is owned by Allyson Lane, who started the business from her home near Findley Elementary in 2008. To see the wonderful selection of beautiful fabrics available (over 2,000 items



in stock, including quilt, handbag and clothing patterns), visit the web site at www.thequiltedcastle.com.

HELP WANTED!! Due to an increase in business this year, The Quilted Castle is currently looking for someone who is a quilter or is familiar with fabric who can process fabric orders and assist with other general and administrative tasks during the day between the hours of 11 and 5, Monday through Friday (some occasional weekend work available as well). The weekly schedule would be between 20-30 hours with the current volume of orders. If you are interested in this opportunity, email your resume to allyson@thequiltedcastle.com.

Beaverton Valley Times

No stranger to the area, the Times joined the CMBA to take advantage of the networking opportunities and to support the community. The paper was founded in 1921, and passed through various owners through the years. It's now part of the Pamplin Media Group, and is the largest weekly newspaper in Oregon. It is delivered to over 8500 homes every Thursday, and is

Join the CMBA
see page 10

available in retail outlets throughout the area.

Kevin J Hohnbaum, Circulation Director & Associate Publisher for Community Newspapers & The Portland Tribune, says, "It's our business to help businesses grow." Visit them on the web at BeavertonValleyTimes.com. Contact ad sales rep Claudia Stewart 503-684-0360.

Wallnutz Wall Murals

Kristina Seale started this innovative company that offers all types of wall décor, including wall stickers, wall decals, wall mural painting kits and modern wallpaper. Their selection includes designs



for all ages from nursery to baseball stadium murals to modern adult décor. It's a quick and affordable way to spice up a room or keep up with your kids' changing interests.

Seale says, "Although we ship throughout the nation and internationally we are based right here in Cedar Mill. We often meet local people who know about all about Wallnutz or have used our wall décor but did not realize we are located right here!"

All their products are available through their website, www.wallnutz.com. To contact Kristina, call 503-867-6375 or email info@wallnutz.com.

ACN

Amanda Paschall has been an independent sales representative for ACN for about a year. The company provides highly discounted pricing on ADT home security, cell phones (Verizon, AT&T, Sprint, Nextel, T-mobile), Dish Network, DirecTV, Internet service, and local, long distance, and digital phone service with video phones. ACN, the largest direct seller of telecommunications and home services in the world, fosters home-based businesses like Paschall's.

She says, "I think CMBA can help my business by allowing us to

Continued on page 10

Next Meeting

Cedar Mill Business Association

Tuesday, April 13, 11:45-1 pm

Place: Leedy Grange Hall, 835 NW Saltzman

Topic: Saltzman Road Project Update
Speaker: Matt Costigan, Washington County Project Manager

FREE pizza, bring your own beverage

The Cedar Mill Business Association's meetings are free and open to anyone interested in business in Cedar Mill

Powers that be

Board of County Commissioners

by Bruce Bartlett

With campaigns underway for two Washington County Commissioner district seats (our District 2 and District 4 to the west) and the County Chair, it's a good time to examine the areas of responsibility of this important body. In our unincorporated urban area (UUA), our County Commissioner is our main elected representative. In District 2 this amounts to over 130,000 people in about 51,000 households with only a single elected representative to listen to our needs and make decisions on our behalf.

The Board of Commissioners (BCC) is responsible for carrying out all functions and duties required of the County or its officials by the Oregon Constitution and federal, state and county laws. The Washington County Charter provides for a Council-Manager form of government, giving legislative responsibility to the five-member Board and designating administrative authority to a Board-appointed professional County Administrator.

The Chairman of the BCC is elected by a county-wide vote; each of the other four Commissioners is elected by voters in their district. All have four-year terms and must be residents of the county. The salary of the chair is \$91,574 and the salary for Commissioners is \$36,630 (defined as 40% of the salary of the chair), plus a few stipends for travel and technology. While

the Commissioners have access to county staff to research and discuss issues, they have no specialized staff to support them for individually-initiated projects. Only official motions by the Board can direct staff to perform specific tasks.

The Washington County Strategic Plan organizes the government into five functional areas: general government; public safety; land use, housing and transportation; health and human services; and culture, education and recreation. The total Washington County budget for 2009-2010 is \$652.1 million (\$16.4 million (2% less than last year) and employs about 1700 people. The Board is responsible for creating a proposed annual operating budget and capital program that complies with State law, and specifies procedures to be used for its financial management. The Board also creates a five-year projection of the operating budget and capital program which compares the proposed budget to such projections made in the previous five years. The projections are informational and not binding upon the future actions of the Board.

By law, the County Commissioners are the Board of Directors for both Clean Water Services and the Washington County Housing Authority. Although Clean Water Services maintains a close working relationship with Washington

Continued on page 9

Flowers and banners for our Town Center

The Cedar Mill Business Association (CMBA) is realizing a long-held goal of providing flower baskets and banners for our downtown area along Cornell Road. Thanks to generous contributions of time, expertise and funds from several members, along with the work of our Downtown Beautification Committee and several years of membership dues, 13 light poles along Cornell between Murray and Saltzman will be sporting hanging flower baskets and banners identifying our community.

Cities normally undertake this kind of community pride activity but since we're unincorporated county, it's the CMBA that has taken this responsibility. We have taken over the water account from the county, and repairs are underway to the watering system that was installed when the roadwork was completed in 2006. Banner supports need additional hardware to secure them.

CMBA member Hal Beighley, Landscape Architect, has been instrumental in researching and repairing the irrigation system, with the help of landscape contractors, New Growth Landscape. Money to buy the first year's flower baskets was donated by the Sunset Athletic Club's owner, Chuck Richards, who has also contributed research into the necessary hardware to complete the irrigation and banner hardware.

Baskets have been planted by Cornell Farm, and should be ready for hanging in mid-to-late April or early May. Landscapers from Bales/Findley Property Management will monitor the baskets and do any needed pruning or fertilizing, although this should be minimal, according to Cornell Farm co-owner Debby Blatter, because the planting mix contains a slow-release fertilizer.

The Downtown Beautification Committee of the CMBA has been meeting for a couple of years to make this happen. Current committee



Repairs are necessary to ready the watering system and banner hangers for the Town Center. Photo by Neal Hefty.

Library News and Events

By Dawn Anderson

Willy Claflin: Rapunzel and the Seven Dwarfs

National storytelling talent, Willy Claflin, will be performing at the Cedar Mill Library on Friday, April 16 at 7 pm.

Mr. Claflin will be performing his original show entitled Rapunzel and the Seven Dwarfs with his special guests Maynard Moose and Gorf the Frog, his world renowned flyswatter percussionist. Expect tall tales, folk tales, story-songs and even rubber rats! Ages 6 and up. Free.

There are many exciting performers at this year's WCCLS sixth annual Hearing Voices Storytelling Festival. For a full schedule of countywide activities, pick up

members include Dean Shade, Ryan Egge, Hal Beighley, Mike Irinaga, Tim Kober, and Virginia Bruce. At the last meeting we reviewed the budget, recommending an expenditure of \$2033 for repairs to the irrigation system, \$1950 for banners, and \$1066 for additional banner hardware. This was approved at the March meeting of the Board of Directors. Along with the donated funds for the flowers, the total budget for the project will be around \$7000.

Thanks to everyone involved. This project would not have been possible without the tremendous growth in membership that the group has enjoyed over the last few years. We ended 2009 with 94 members, and with renewals and new members, we're at 86 already this year! We hope everyone enjoys the additions to our downtown, and we encourage all business folks with an interest in Cedar Mill to join and help us continue to make this a great place to live and do business!



Storyteller Willy Claflin

a brochure at the library or visit the WCCLS website at www.wccls.org/hearing_voices.

Recycling & Plants for sale

Recycle your plastic nursery pots, good condition terra cotta and ceramic pots, and garden/nursery plants & garden tools at the library on Sunday, April 11, 2-4 pm. There will also be a selection of perennial plants for sale - bargain priced at \$4 per gallon. Proceeds benefit the library.

Ageless Yoga for Seniors

Sit or Stand - find your own comfort level and join Mateen Ansari in this session of Yoga for Seniors on Sunday, April 25, 1-2 pm, in the Cedar Mill Library's upstairs meeting room. Gentle moves of Hatha Yoga, with emphasis on breathing techniques, invigorate you and release the tightness and tension in joints, muscles, and ligaments. Ageless Yoga brings focus, fitness and flexibility to your life! Free.

Ebooks are Here

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District 2

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Cedar Mill Farmers' Market opens May 8

It's been many months since you had a delicious, locally grown strawberry, but hang in there and you will soon find these jewels, along with other early-season favorites such as Jason's Asparagus and the winter/spring produce of Green Acres Farm of Canby. The first Market of the 2010 season will open at 8 am on Saturday, May 8—just in time for you to pick up a lovely bouquet of flowers and other gifts for Mother's Day. Vanessa, Thao, and the girls are working hard in



their flower fields so we'll all have beautiful bouquets this spring and summer.

You'll find the market in its Sunset Mall home (just west of Murray on NW Cornell) every Saturday from 8 am-1 pm from May 8-October 30, thanks to the sponsorship of Tualatin Hills Park

and Recreation District (THPRD), and the graciousness of the Sunset Mall merchants, especially Bandito Taco and Bobalicious Tea.

This year, longtime supporter New Seasons Market goes a step further, challenging us to gear up to accept SNAP (Supplemental Nutrition Assistance Program) cards that make fresh, nutritious, local produce more available to a larger share of our community. Acceptance of SNAP cards adds to the Farm Direct Nutrition options

(Oregon Farm Direct Senior and WIC) already available at the Cedar Mill Farmers' Market.

Also, thanks to the support of THPRD and a grant from New Seasons Market, we will partner with Adelante Mujeres to provide an outlet for the produce grown by nascent Latino farmers in a program expanding the Washington County nonprofit's organic agriculture project. The group helps Latino families learn the basics of farming and sustainable practices, even learning ways to buy land; in effect, the program is moving

entire families onward and upward together in sustainable agricultural endeavors.

The weekly e-news might be just what you need to stay informed about the latest market happenings. Get on the list by emailing cmfmarket@gmail.com with "e-news" in the subject line. Call Dina Gross, the market manager, at 503-913-7733 if you have any questions regarding our upcoming season, or to join our happy gang of volunteers. We're working to update the market website, so look for more information in the coming weeks at www.cmfmarket.org.



Armeria "Victor Reiter" Dwarf Thrift

Stepables at Cedar Mill Garden Club

"Watch Your Step," presented by Francis Hopkins from Stepables

the "Under a Foot Plant Co." will be the topic for the Cedar Mill Garden Club's Wednesday, April 21 meeting, 10 am at the Beaverton Community Room, 12350 S.W. 5th across from the Beaverton City Library on 5th and Hall. The program begins at 11:15 am.

These tiny-but-tough ground-covers come in a multitude of forms for sun and shade, rock-gardens and between stepping stones or just in a little spot where you need some color. You will be surprised at their many uses. For more on Stepables see stepables.com. Visit the Cedar Mill Garden Club website at thecedarmillgardenclub.org or contact Barb at (503) 649-7741. All gardeners are welcome to enjoy our meetings.

Our 7th Annual Plant Sale featuring well rooted perennials, herbs and native plants will be May 7th and 8th from 9-5 both days, so mark your calendars. Also if you have extra plants to donate as you divide them this spring, give us a call.

In addition to our usual plants this year, we have five clumps of beautiful vine maples. The sale benefits the JQA Young House, scholarships and local botanical gardens.

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The Nature of Cedar Mill

The Swallows of Cedar Mill!

by Lauretta Young

One of our earliest spring migrants is the Violet-green Swallow who swoops over many of the ponds in our area. Tracking when they arrive every year has been a joy of mine over the years we have lived on wetlands. Seeing them for the first time is like a family reunion—it brings me such joy to think they



A Violet-green Swallow rests on a fencepost for a moment before heading back up to catch mosquitoes. Photo by Jeff Young.

made the long trip to come back to our area. It also means spring really has arrived!

These graceful birds winter in southern California and Mexico and even further south. One year

when my son and I were on a river cruise in Belize we were sure we saw "our" Violet-green Swallows eating Belize insects! With its deep blue back and white underparts, this is one of our more recognizable Cedar Mill birds. They are responsible for eating many species of hatching insects, especially mosquitoes.

They will happily use nest boxes that homeowners set out, so are one of the more commonly-observed backyard birds as well in the summer months. They sometimes arrive

in late February; my records show the earliest date in the past 15 years to be Feb 28. This year they arrived March 14. Typically a few birds arrive before the major flock appears. They leave in late August or September and I always miss their aerial displays as well as their soft twittery calls.

Swallows are a lovely addition. Look up and you can see them soaring over various Cedar Mill ponds. If you listen you also will hear them—go out before the traffic noise starts and enjoy a bit of blue loveliness!

Their arrival means that other summer birds are just around the corner. We can look forward to our second hummingbird species. The Anna's hummingbird over-winters and I have recently seen them eating sap out of woodpecker holes to supplement the nectar from early-flowering spring plants. We will soon see the rufous hummingbird competing for the hummingbird feeder spaces with our resident Anna's birds.

Food and sustainability course

Leedy Grange will offer a free, six-week discussion course, "Menu for the Future," at the Grange Hall starting May 3, and continuing through June 7, 7-9 pm. This course, from the Northwest Earth Institute (NWEI, nwei.org), will cover the history, economics and culture of food in America and help individuals become more conscious about their food choices.

The course is based around a workbook, produced by NWEI, with readings and brief "homework" projects that are discussed

and shared in the weekly group sessions. Course goals include an exploration of food systems and their impacts on culture, society and ecological systems; insight into agricultural and individual practices that promote personal and ecological well-being; consideration of your role in creating or supporting sustainable food systems. It will be a great way for families to learn more about making food choices that model sustainable behavior.

The set of workbooks, which normally cost \$20 each, have been donated by Partners for a Sustainable Washington County Community (PSWCC), a coalition of 11 governments that furthers sustainability in the region. They are purchasing sets of all the NWEI discussion courses, which will be available for borrowing from county library branches through the inter-library loan program. Cedar Mill Library is providing the course through its Book Club Kit program.

There are only ten books in the set, so if you're interested, let us know now through the signup form at leedygrange.org, or call 503-629-5799.

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Thinking Forward, Starting Now: Growing your Permaculture Garden

by Donna Prock

So far I have been talking about Permaculture design basics and the long range planning that is involved. I have also mentioned that it can be done on any scale. Whether you have acreage or a small yard you can grow your own food. You can incorporate as many design elements into your system as you feel are necessary and practical for your space.

The following instructions are suitable for almost any kind of vegetable that you might want to grow at home: tomatoes, squashes, lettuce and other greens and many more. We'll get into plant selections and companion planting (guilding) next month.

Some key things to remember are: a) start small; b) be patient—a self-sufficient system takes years to develop; c) consider the long term and how each element you add will function within the larger vision; d) map everything, plan ahead, take notes—documentation is the best tool you have; e) don't be afraid to make mistakes.

Growing your own food is the first step toward self-sufficiency. It only takes a small garden space to produce a large amount of food and only slightly more space to add in

a few chickens for eggs and meat. Fruit trees come in many dwarf and semi-dwarf varieties to fit in just about any space. You can begin to consider the Zone 2 placement of the chickens and fruit trees while preparing your Zone 1 annual vegetable and herb garden beds right now.

I favor no-dig gardening as tilling damages soil structure and brings weed seeds to the surface to germinate. Using these methods generally results in fewer pests and diseases, possibly due to a more balanced soil population (of beneficial micro-organisms, nematodes etc.) being allowed to build up in this comparatively undisturbed

environment, and by encouraging the buildup of beneficial rather than harmful soil fungi.

Sheet Mulching is a simple way to build garden beds for your annual vegetables and herbs. It is ideal in that it kills unwanted weed and grass

plants while building soil fertility. To start, plot out your garden area, remembering to consider your zones and sectors (see January and February articles).

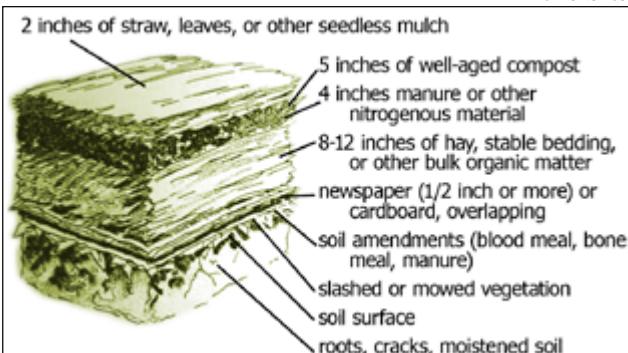
What you need:

- Newspaper and /or cardboard
- Wheelbarrow
- A variety of green plant materials such as lawn clippings, shrub prunings, and/or hay bales
- Well-composted horse, poultry or cow manure
- Compost
- Straw
- A bag of blood meal, bone meal or poultry manure

Method:

- Start by slashing the weeds or mowing the lawn. Leave the plant material on the ground where it falls.
- Soak the cardboard and newspaper in the wheelbarrow until well saturated.
- Sprinkle 1 cup of blood meal, bone meal, or manure per square yard to help break down the organic matter and make it available to worms and plants.
- Cover the entire area of the garden with overlapping layers of newspaper 15 sheets thick or cardboard 3 sheets thick, placing them with a 20% overlap. If you are covering an area with particularly difficult invasive weeds make this layer thicker to prevent the germination of seeds.

- Add an 8-inch layer of green material such as hay or grass clippings.
- Add a 4-inch layer of manure. As the layers break down in a slow cold compost they will provide nutrients for the plants once they become established.
- Add a 5-inch layer of well-aged compost.
- Top it off with a 2-inch layer of straw. This



Sheet mulch can be as simple as cardboard topped with a foot of straw, or it can be a more elaborate stack of soil-building layers.

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layer protects the garden bed from temperature extremes and prevents water loss through evaporation. -Move the straw mulch to one side, dig a hole and plant your seedlings or seeds.



Squash and basil growing in a straw-bale bed

Straw Bale Raised Beds are a great option because they are very simple and serve multiple functions, a key permaculture principle. They provide immediate, healthy, low maintenance growing space. At the end of the season, you can

simply break them down and sheet mulch the soil and straw into the garden beds. You may end up with surplus straw, in which case you could add it to the compost pile or, if you have chickens, use it for their bedding.

To build them simply place the bales in a square or rectangular shape, leaving one end open. (This makes it easier to run the wheelbarrow in and out, you'll close it when you're done.) Drive one stake into the ground on the outside of each bale in the middle to hold them in place. Fill the beds with soil material to the top as it will settle a bit. (I use Natures' Needs compost to fill mine.) Add the last bale when the bed is about 80% full, stake it, fill the rest and you're ready to go!

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Next month will be about companion planting and plant selection as well as organic fertilizers and pest control.

Read the online article for information about chicken tractors!

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Castrol Mobil

Member News, continued from page 2 Brittany's kind heart and friendly spirit allow her to communicate well with children. Sandy's years of experience in the dental world and fluency in Spanish make her a valuable asset.

To celebrate their arrival, World of Smiles will be offering a free Character Spin Brush for any new patient who comes in for an exam and mentions this article. Learn more about our office by calling 503-626-9700 or checking out our website: www.visitworldofsmiles.com. And Smile!! It's Contagious!

Cedar Mill Chiropractic—new hours, new staff

Our office hours are changing starting April 6, 2010. We will now be open Mondays, Wednesdays, and Fridays from 8:30-6:00 and Tuesdays from 8:30-noon.

Dr. David Avolio is joining the staff at and will be seeing patients

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cedarmill.org/news

on Tuesday mornings and Fridays. He is a Certified Chiropractic Sports Physician with advanced training in evaluation and management of sports injuries. He is also available to provide on-site care at sporting events, which he will provide for free as a public service. Please call 503-646-3393 to schedule with Dr. Avolio or for more information about having chiropractic services at your event.

Dr. McCabe will be out on maternity leave starting at the end of April and returning in July. Dr. Katanah Grossman and Dr. David Avolio will provide care during regular office hours while Dr. McCabe is gone.

Costco has a deal for you

If you have ever been interested in signing up for a Costco membership, now is the time to do so! Now through May 9 we are offering up to a \$25 Costco cash card for new sign ups. Just mention this newsletter. Never been to a Costco before? Call our marketing department at 503-643-9333 for a personal tour through the warehouse. So stop by today and see what's happening at your favorite one-stop shopping center, located at SW 158th and Jenkins.

Spring and summer are exciting times at your local Costco Wholesale in Aloha! You can fill all of your lawn and garden needs in our seasonal area. We also offer a wide variety of camping and other family-fun recreational supplies.

Colors of Provence in Cedar Mill

Mireille Nett, Couleurs de Provence, has received a shipment of beautiful runners, bread baskets and aprons from a new supplier in Provence. With summer on the horizon, it's also time to think about your outdoor table—picture it with wonderful coated or cotton tablecloths from Provence—bright and cheerful colors, convenience and easy care.

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Robert Barlow, MD

Host a Couleurs de Provence party and introduce your friends and neighbors to these wonderful items, then choose a gift for yourself! Mireille says, "You just need friends to share the fun, a couple of hours and a place for me to set up my tablecloths, placemats, lavender gifts and more...I will take care of the food and drinks and I give 10% of my sale to the hostess on the day of the party in items in stock."

Call now to set up a party (week end or week days) and earn your tablecloth for the summer! (503) 679-1681.

Virtue of the Month: Joyfulness!

"Joy gives us wings!" Delaram Adyani, of the Virtues Project Portland, invites you to join her for the Virtues DVD presentation: Joyfulness! for Parents and families: Tuesday April 27th: 10 am at Rose Springs Center for the Healing Arts. Call 503-267-0202 for details.

She continues, "Have you done a Virtues Pick lately? Our beautiful Virtues Tree, with all 52 Virtue Cards is now available (rent-free) for display in your shop, school or place of reflection. Add beauty, inspiration and joy to your day. Call us for availability."

We are now on Face Book! Join our fans and enter to win a free set of Virtues Cards in April. Enter "Virtues Connection Portland" in the Facebook search panel. The 200th Fan will receive a free set of Virtues Cards. (\$17 value, NOW available in Spanish, French or English.)

Rave in the Nave -Kid Power!

Christ United Methodist Church is proud to present Oregon's stars of tomorrow with performances by Eugene's children's theater troupe The Upstart Crows and Beaverton's Arts & Communications Magnet Academy's celebrated Dance West.

Performance at the church, in the heart of Cedar Mill, Saturday, April 10th, 7:30 pm. Tickets are \$15 at the door or in advance at the church office, 12755 NW Dogwood Street. Visit cumcpdx.org for more information.

Spring Art Glass Show

Saturday, May 1, 10 AM - 4 PM
Leedy Grange Hall
835 NW Saltzman
For more info, visit randjglassworks.com

BCC, continued from page 1

County government, it is a special service district that serves as a separately-managed and -financed public utility. The Housing Authority remains a separate legal entity and contracts with the County to implement and administer Housing Authority programs and all support services through the county's Department of Housing Services.

All Commissioners serve on committees for the Washington County Budget, Enhanced Sheriff Patrol District (ESPD), and Urban Roads Maintenance District (URMD)

Budget. The Commissioners enter into Intergovernmental Agreements (IGAs) with cities and agencies for purposes of cooperation and coordination. The URMD was formed

through an IGA in 1999 and provides funds for maintaining the local neighborhood streets in the county's UUA that lie within the URMD boundaries.

Individual Commissioners serve as county representatives on a total of 30 different boards, commissions, committees and councils, such as the Public Safety Coordinating Council, Tualatin Basin Water Supply Project Steering Committee, Urban and Rural Reserves

Airport Issues Roundtable, Regional Investment Board, the Commission on Children and Families, and the Vision Action Network.

It is an incredible amount of work requiring interactions with virtually every municipality and jurisdiction in the county, region

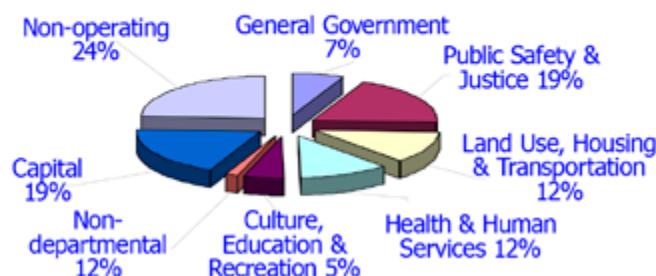
and state, to say nothing of the efforts to respond to the needs and concerns of their constituents.

In the last two elections in 2006 and 2008, the undervote (those who voted but who didn't vote for their district's commissioner) was nearly 50%. Those elections were uncontested—only one announced candidate—so hopefully with a vigorously contested election on May 18, you

will turn in your ballot and vote for this extremely important position!



County Expenditures by Functional Area



Non-Operating expenditures provide an internal service for the entire County organization and are divided into four areas; Debt and Other Financing, Risk Management and Insurance, Replacement/Reserves, and Miscellaneous. The Capital portion of the budget includes two main areas, Transportation (95% of the total), and Facilities and Technology. The rest of the budget items shown are operating expenditures—the recurring costs associated with providing public services to County residents, including staffing.

Committee, Urbanization Forum Steering Committee, several Metro Policy Advisory Committees, Rural Roads Operations and Maintenance Advisory Committee, Hillsboro



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Spotlight, continued from page 1
 form relationships with other business owners in the area. It will also help us educate people on the ability to save money on services they are already paying for. Contact her at 503-819-8902, amandapaschall@ymail.com, and find out more at seetheworld.acnrep.com

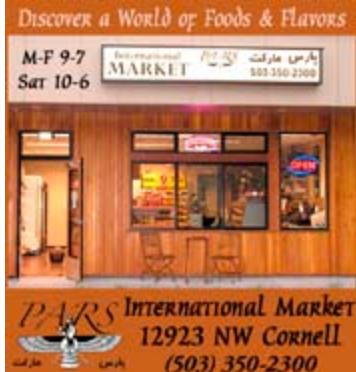
Cedar Mill Communications

Mary Edwards started this company about five years ago, and was joined recently by her husband Brian. Their home-based business provides professional writing, editing, and public relations services. Mary's experience includes 25+ years in trade and consumer journalism as an editor, staff writer and freelance writer; and nearly ten years in translation editing. Brian also has 25+ years in journalism and public relations with a strong emphasis on high tech as a writer and aficionado of new technology.

Mary says, "We'd like to get the word out about what we can offer in the way of writing, editing and public relations services, particularly website and New Media, to help local business get the word out about themselves." They love living and working here, "in Portland's most beautiful and historic suburb. We feel a real affinity with the community, which we enjoy every day during our walks with our dogs before we 'commute' to our home offices. We think it's vital to patronize our local businesses, and we look forward to meeting more local business people." Contact them at 503-577-4586, mary@cedarmillcomm.com, or visit their blog at www.cedarmillcomm.com/blog.

Marilyn Mays, Keller Williams Realty

Marilyn Mays has been attending CMBA meetings for several years and finally joined this spring. She has been an agent with Keller Williams for over four years. One reason she participates in the CMBA is to have a good group of



referrals for her clients. She says, "As a realtor I am often asked for help in a variety of areas and I

think it is important to have referrals I know and trust; I network a lot to find those businesses."

Mays is a graduate of the University of Oregon with a background working with families and individuals in transition. She is also a martial arts instructor with a black belt.

She is always happy to help folks find out how the market has impacted their home and would appreciate the opportunity to talk with anyone about how much their home might be worth in this sometimes challenging market. She works from the Keller Williams office at 9755 SW Barnes Road. Contact her at 503-464-6058 or marilyn.mays@kw.com and visit her website at BlackBeltRealEstate.info.

Banner Bank, Cedar Hills branch

Amanda Martinez is the Branch Manager at the nearby Cedar Hills Branch, which just joined the CMBA last month. She says, "CMBA offers great exposure for any business, not to mention many opportunities to network and make new connections in the community through out the year."

Our friendly, knowledgeable staff are here to serve to all of your banking needs and are up to date on the most innovative products and services we offer at Banner Bank. Whether it's a simple Free

Checking Account, a Banner's Best Savings or Checking Account, business accounts, commercial loans, home loans, or loans to fix up your current home, we've got you covered. Stop in for a cup of coffee and check out our branch. You'll find out why more and more people are finding a connection with Banner Bank."

Banner Bank is headquartered in Walla Walla, Washington, and has been serving its customers and communities for more than a century. The branch is located at 3180 SW Cedar Hills Blvd. More information may be found on the Banner Bank website at www.bannerbank.com, or call them at 503-684-2340.

We were unable to get information from Kent Richards, of Kentco Paintco, from Cornell Farm, and from Stephanie Roitstein, who sells Scentsy products, in time for this issue. We'll catch up with them next month.



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- Include my business in the Cedar Mill Website Business Directory (www.cedarmill.org/biz).
 Contact me about advertising in the Cedar Mill News

Tarzan (10-1-1988- 3-23-2010)



Tarzan was found in Thriftway's dumpster when he was 6 months old, in October 1988. Since then he lived his entire life in the Pet Barn, only leaving for the occasional vet visit. He passed away in his sleep on Tuesday night, March 23.

He was a good old cat, and had more friends than most people do. The community will miss you, Tarzan.

New Montessori School forming in Cedar Mill

A group of parents and teachers will hold an informational meeting on Sunday, April 11, 1 pm. at Trillium Hollow Cohousing, 9601 NW Leahy Rd. For more information, contact Dominique Hoffman. dominique.hoffman@gmail.com. 503-297-2702.

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The UPS Store

NAMI art show and fundraiser

Bales Thriftway Cedar Mill is co-sponsoring a Pancake Breakfast and Art Show fundraiser for NAMI of Washington County (National Alliance on Mental Illness) Saturday, April 10th at the Beaverton Elks Lodge, 3500 SW 104th Ave. from 9 am to 1 pm. Cost is \$7.00 for adults and \$4.00 for children.

Art work and a booklet of writing and art produced by persons and family members whose lives are impacted by mental illness will be available for \$5. For more information, contact Paul Lizundia, NAMI Vice President, 503-645-3412 or paulsyd1@aol.com



Cedar Mill Business Association 2010 Members

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| Banner Bank, Cedar Hills | Integrative Pediatrics/
Pediatric Urgent Care | St. Pius X Catholic Church |
| Beaverton Valley Times | Irrigation Management Systems | State Farm Insurance |
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| Kay Bridges, Wellness Consultant | Justus Orthodontics | Sunset Athletic Club |
| Burnt Ends BBQ | Kentco Paintco | Sunset Foot Clinic |
| Cedar Financial Advisors, LLC | Lee Davies Real Estate LLC | Sunset High School |
| Cedar Mill Acupuncture Clinic | Leedy Grange | Sunset Medical Practice Group |
| Cedar Mill Bible Church | Les Couleurs De Provence | Sunset Presbyterian Church |
| Cedar Mill Chiropractic Clinic | Karen Lewis -- Prepaid Legal Services | Sunset Science Park Credit Union |
| Cedar Mill Communications | Marilyn Mays-Keller-Williams | Sunset Tire Factory |
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