



FREE

Cedar Mill News

Volume 13, Issue 5

May 2015



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Arson caused Northeast Park fires

Over the past week, firefighters and fire investigators contended with three fires in unoccupied structures near the intersection of NW Saltzman and Laidlaw roads. Tualatin Hills Park and Recreation District (THPRD) owns the structures and property, where a future park is planned. All three fires were quickly extinguished and



contained to the structures, which were demolished today. Fortunately no firefighters were injured during fire suppression activities.

Based on burn patterns and material evidence, fire investigators have confirmed all three fires were intentionally set. Washington County Sheriff's Arson Detectives are assisting with the continuing investigation and conducting witness interviews and collecting evidence. Sheriff's Deputies have also increased patrols in the area and THPRD's Security Officers are making frequent site visits.

THPRD acquired the property where the buildings were located in 2001. Renters had occupied the home until about

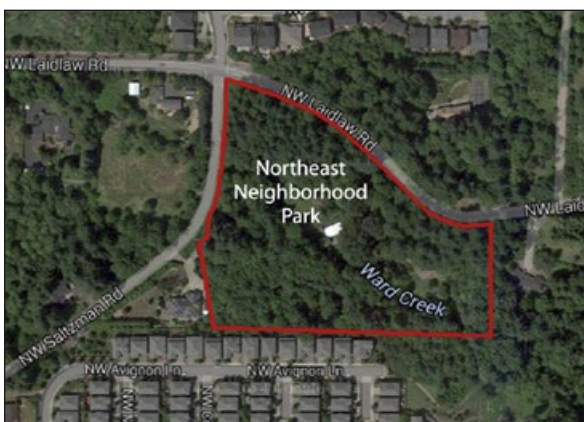
a year ago, says Bob Wayt, THPRD Communications Director. The [District has no immediate plans](#) to develop the property into a park, because funds aren't available. As Bonny Slope West develops nearby, planning may accelerate.

The first fire was reported on April 22, just before 9 pm. Firefighters located an abandoned structure ablaze on a low marshy area of the property, and stretched 500' of hose to defensively extinguish the fire. The fire burned through the roof, which later collapsed.

The second fire came in just after 9 pm on April 23, and was reported by a THPRD security guard. The third fire began just before 7 pm on April 29. Firefighters arrived to find a house with substantial flames and smoke showing. Firefighters contained the fire to prevent it spreading to the adjacent wooded area.

THPRD demolished the remains of the house and outbuildings on May 1. Wayt notes that, "expedited permits required to move forward with the project were obtained from Clean Water Services and Washington County."

Neighbors and community members are encouraged to report any information related to recent fires, unusual activities or suspicious people near the property, by calling 503-846-2700.



The house and outbuildings that burned were located in the THPRD property shown here.

What's happening at...

Our occasional roundup of new construction, changes etc...

Timberland senior housing

Rembold Companies, a local real



estate development firm, is building a senior housing community providing approximately 150 studio, one and two bedroom apartments, on a lot in the Timberland development north of Barnes Road in Cedar Mill. The location, directly across NW 118th from the recently-built commercial center, should make this an attractive place for seniors and their families. See the [article from January 2014](#) for more background.

Foot Traffic

Foot Traffic will open in June at the former Apollo Pool site, at 13306 NW Cornell Rd. This is the fourth store for the local business, owned by Sean Rivers. Here's what he tells us to expect at the new store!

- A huge selection of running and walking shoes, with multiple treadmills for our complimentary video gait analysis services. A great selection of apparel & accessories. Expanded trail-focused products. An expanded kids shoe selection, and a kids play area & changing tables.
- A built in beer tap featuring local brews for refreshments after our free group runs/walks. Free group runs/walks on Monday evenings, and our training group runs/walks meeting on Saturday mornings.
- A knowledgeable management team lead by Morgan Saltenberger,

a seven-year Foot Traffic employee!

• Unveiling at the grand opening of a chainsaw carving of Kara Goucher, one of the most inspiring & renowned female distance runners of our time—watch for the opening announcement.

Rivers says, "We are eager to extend our community-focused retail model on the West side. If you are interested in partnering with us on an event, fundraiser, or other great idea, don't hesitate to reach out by emailing us at info@foottraffic.us."

St. Pius X

Have you noticed the crane towering over the St. Pius campus? It's part of the construction for the Education Center East Wing Addition. The east wing will include eight additional classrooms including five homerooms, a new science room/lab, a new music room, a remodeled art room, classrooms for breakout and small group instruction, as well as a new administrative office, a new enclosed security entrance, and dedicated space for Faith Formation. You can take a look at construction progress via [a video feed on their website](#).



Legacy Urgent Care

Legacy Health Systems entered into a joint venture partnership with GoHealth Urgent Care earlier this year, and the deal included the Urgent Care clinic on Cornell Road. Each center includes on-site X-rays and laboratory services. In addition to urgent care, Legacy-GoHealth provides sports physicals, and care for a variety of injuries (including fractures, abscesses, and lacerations).

Unlike many walk-in health care businesses, GoHealth will take both Medicare and Medicaid patients.

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

Cedar Mill Farmers Market opens May 9

8 am-1 pm, Saturdays from May 9-October, Safeway Parking Lot at Cornell & Murray

We are happy to announce the Cedar Mill Farmers Market is set to open on Mother's Day weekend. We will see the return of many of our favorite produce, pastry, honey, flower, fish, and craft vendors, plus many more, of course. The kids' area will be back, and so will the live music performances.

It looks like we will have a great 2015 at the farmers market, so prep your fridge and dust off the recipe book, because you're going to want to do some cooking!

Pet Barn in the raw

You are what you eat... and the same goes for our pets! Stop in at Pet Barn (located next to Bale's Marketplace) during May to receive a free Primal Pet Foods frozen trial size bag, or 50% off a 5.5 oz bag of freeze-dried!

[Primal Pet Foods](#) makes daily fresh food additions convenient for pet owners by offering their Pronto raw formulas that thaw within minutes for a quick addition to any meal, and freeze-dried formulas that can be instantly sprinkled on top of food.

Just like us, our pets thrive when they are given fresh, unprocessed foods. Unfortunately, for convenience reasons, most of

our pets consume dry and canned food. These traditional pet foods are cooked to such an extent that the food manufacturers have to add vitamins and minerals back

in at the end of processing to make them complete and balanced! The added nutrients can be difficult for most pets to fully digest and absorb, so most pet owners will see a "deficiency" as flaky, dry fur, larger stools, and diminished activity levels.

Primal Pet Foods is a San Francisco based raw food supplier. Their foods are produced and packaged here in Portland. They source the majority of their free-range, cage-free, and sustainably raised organic meats from the Northwestern United States, and all of their produce is U.S. sourced, non-GMO, and organic! Plus, each batch goes through High-Pressure Processing to remove pathogens, and test and hold protocols to ensure safety.

If we feed fresh, raw foods to our pets every day (even if it's just small, daily additions), we provide beneficial nutrients that they can absorb and utilize instantly!

A Child's Way—New Play Structure and Registration!

A Child's Way Kindergarten-Preschool held its first-ever Fun Run April 8 and 9 to raise money for a new play structure. Children gathered on the playground and ran laps while families and friends cheered them on. The new play structure will be installed in August, just in time for the upcoming school year. The large playground is a community gathering place where children and their families meet and play. It is open to the public weekdays after 4 pm and on weekends.

A Child's Way Kindergarten-Preschool has been a part of the Cedar Mill Community for over 22 years. It leases space from Christ United Methodist Church.

A Child's Way is currently registering children for Fall 2015 classes and has openings for 2's, 3's, 4's, and Kindergarten.

The developmentally-based curriculum utilizes a multi-sensory, hands-on approach to learning. It is planned around the whole child, which includes Social-Emotional, Cognitive (Language, Math, & Science), Small Motor/Large Motor and Creative development. The daily schedule includes choice time, circle time, small/large group activities, snack, story, and outdoor time. Each class has two teachers. Call the ACW office at 503-644-8407 to set up a tour, or visit their website at achildsway.com.

Village Gallery News

Sixth Annual Art Challenge
May 5–May 29: Artist Reception:
Saturday, May 9, 2–4 pm

You are invited to come and see what artists have created for the Village Gallery of Arts' Sixth Annual Art Challenge! One hundred artists—members and non-mem-



bers of the gallery—took part in this much-anticipated annual event. Each participating artist completed four 6"x 6" canvases in a related theme during March and April 2015. Mediums include acrylic, collage, watercolor, glass mosaic, and many others.

All works are for sale and range in price from \$20-\$60. This annual show brings in over 1,000 patrons throughout the month of May. Many are art collectors who are drawn to the unique offerings, affordable prices, and small size of the works. Last year 169 pieces sold. 25% of all Art Challenge sales

are used for gallery improvements (upgrades of our display fixtures, new classroom tables and chairs, and new signage). Our non-profit gallery was founded in 1964 and runs on 100% volunteer power

Dinihanian Farms CSA promises great produce all season

From Arugula to Zucchini and everything in between, we plan on making this one of our best years ever for CSA (Community-supported Agriculture). This year we have an outstanding variety of veggies coming to our CSA members. Snap peas, green beans, beets, carrots, spinach, broccoli and kale are already planted and coming up in the field. The greenhouses are filled with tomatoes, peppers, squash, cucumbers, eggplant and more. We hear from the local berry growers that this year may again bring strawberries in a week or two earlier than normal and we can't wait!

The 2015 CSA Season is just around the corner! The tentative

date for first pick up is June 5th, which will be here before you know it, so

sign up soon and don't miss out on this year's season. It is going to be a good one!

You can sign up online, print and mail in an application with your check, or come by the farm to sign up in person. The Farm Store is open with an assortment of spring greens and other local goodies on Thursday-Friday, 10-3.

Visit our website yourcsa.com and follow the links to CSA information, sign up forms, etc.

Local cookbook author's new food column

Linda Sawaya, a local artist and author of *Alice's Kitchen*, a Lebanese cookbook, has begun writing a food and gardening column for GoLocalPDX, an online local news website. Recent columns included a feature on spearmint, and another about growing and using arugula. Check it out at GoLocalPDX.com. Her cookbook is available at the library.

Continued on page 10

The Cedar Mill News © 2015

Published monthly by
Cedar Mill News LLC
PO Box 91061
Portland, OR 97291

Online: cedarmill.org/news

Copy Editor: John Ramey

Business & Community News Editor:
Marlee Leonard

Website Production: Georgia Stanley
Publisher/Editor: Virginia Bruce
503-803-1813

info@cedarmillnews.com

Printed by Pacific Office Automation

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



Preschoolers run to raise money for their new play structure!

Cedar Mill Garden Club plant sale

May 9, 9-5, Parking lot of the Cedar Mill Bible Church

Preparation for the sale has been ongoing for six months. Members divide and donate plants from their gardens. This year we have over 90 varieties of plants including perennials and shrubs. Favorites like hostas and ferns will be there as well as many types of ground covers, iris and even peonies. Plants are large and prices are good!

There will be vendors selling garden art, and cute sedum planters for Mother's day gifts. It will be a chance to get something homemade for Mother's day this year.

A display about the adjacent JQA Young House and Cedar Mill history will be available, along with a newly-completed model of the Cedar Mill School

Proceeds from our annual fundraiser goes towards a scholarship for a local student to study horticulture and agricultural sciences. Research that the students do during their degree studies can have beneficial impacts on our local extensive horticultural industry.

Sunset High School One Acts Festival

May 7-9, doors open at 7 pm and the curtain rises at 7:30 pm, Sunset High School Auditorium

Come to Sunset's 2015 One Acts Festival in which you'll experience five unique shows in one. Performances take place in the SHS Auditorium. Tickets are \$5 at the door.

Sunset High School Variety Show

May 29-30, 7 pm, Sunset High School Auditorium

Be entertained by an evening of Broadway music and dancing in SHS's annual variety show spectacular. Free admission with donations gladly accepted at the door.

Signal-to-Noise Moving Image Media Festival

Thursday, May 14, Exhibition 5-7 pm, Awards 7-9 pm, Sunset Presbyterian Church, 14986 NW Cornell

Signal-to-Noise is an annual opportunity for students in the Beaverton School District to have their work viewed and evaluated by media professionals. The festival is a celebration of student-produced video and related media. For more information, visit www3.beaverton.k12.or.us/media/signal-to-noise/index.html

[k12.or.us/media/signal-to-noise/index.html](http://www3.beaverton.k12.or.us/media/signal-to-noise/index.html) or contact Dawn Guildner or Jon Samuelson at 503-356-4416.

New Middle School Groundbreaking

Tuesday, May 19, 3:30 pm, 650 NW 118th Ave.

The Beaverton School District invites the community to attend a groundbreaking ceremony for the new middle school. The 16.3-acre site is in the Timberland development, off of NW 118th and NW Stone Mountain Lane. The ceremony will be held at the park adjacent to the southwest corner of the site.

For more information, please contact the Communications & Community Involvement Department at 503-356-4360.

Nature Day at Roger Tilbury Park

Sunday, May 10, 11 am-3 pm, 965 NW 93rd Avenue

This new park has a steep canyon with a creek at the bottom. Nestled at the edge of the West Hills, this natural area is an important habitat for wildlife moving in and out of our urban areas.

The THPRD Natural Resources Department invites you to join them for an afternoon of exploration in and around your neighborhood park. Learn how we are all connected to the nature around us and how THPRD is partnering with the community to preserve and enhance local natural areas. Education staff and volunteers will be leading interactive activities and a Park Ranger will be available to answer your questions.

May 19 election

Board positions for three of the Service Districts in Washington County are on the ballots you're receiving this week. The election deadline is May 19, and all ballots must be either turned in by 8 pm that day or mailed so they are received in the elections office by then. The Cedar Mill Library is a ballot drop-off location.

Surprisingly, The Tualatin Valley Water District election is

causing a stir. The incumbent, Richard P. Burke, is challenged by Lars Hedbor. They both call themselves Libertarians, and their election battle calls into question the leadership of the party in Oregon. Hedbor is blaming Burke for increases in water rates, and also accusing him of improper actions during his tenure as chair of the Libertarian group. Hedbor was recently elected to that position, and Burke leads another group claiming to be the Libertarian Party of Oregon.

Cedar Mill is represented on the Beaverton School District by the District 3 position. Eric Simpson and Melissa Potter are vying for the position being vacated by Mary VanDerWeele.

Tualatin Valley Fire and Rescue board candidates are running unopposed for the two open positions. Bob Olsen filed to run against incumbent Randy Lauer, but later decided not to pursue the position. Incumbent Brian Clopton originally had an opponent who has since withdrawn.

Beaverton History Center moving!

We are in the process of moving from our current location in downtown Beaverton to a new location. The center will be closed from April 15 - June 2, as we disassemble our current displays and relocate them in our new home. Please watch our



Broadway Street in 1892, from BHS' photo archives.

website for more information and pictures of the new location.

Our new location is smaller than our current location, but will allow for exhibits and research. With the reduced overhead, the society plans to be able to focus more on its mission of [education and outreach](#). Our new location is two blocks south of our current location. Our new address is 12490 S.W. First (located between Hall and Washington).

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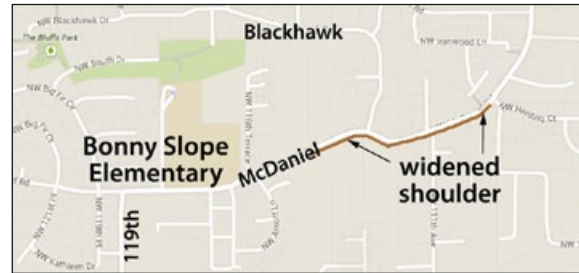

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McDaniel path to be built this summer

A project to widen the shoulder of McDaniel between Arnott Lane and Harding Court will be constructed later this summer. It was approved by Washington County as part of the 2013-2014 Urban Road Maintenance District Safety Improvement program. These

drainage, etc.) and within the existing public right-of-way whenever possible because funding is limited and right-of-way compensation is costly. Constructing the improvements correctly and during optimal weather is important to us, versus pushing projects out the door and



focusing on quantity over quality.”

Limited funds—especially since voters didn’t approve Washington County’s proposed

projects are seen as a lower-cost way to provide space for cyclists and pedestrians to travel on our many sidewalk-free roads in the Urban Unincorporated Areas (UUAs) of Washington County.

Originally scheduled for construction last summer, the McDaniel Road shoulder widening project was primarily delayed due to unforeseen issues that occurred during design, according to Kim Haughn, Senior Program Educator with Washington County Land Use and Transportation (LUT). “By the time design was nearing completion, we were heading into the rainy/winter season. We chose to hold off construction until this year when the weather improved, and preferably during summer break to minimize impacts to school traffic. This project along with several other interim improvement projects will also likely be bid as a package, so we are awaiting finalization of design for several other projects as well. Bidding as a bundle is typically more efficient and cost effective,” Haughn says.

vehicle registration fee last year—and limited right-of-way along the route, meant that a full sidewalk was not an option for this project. As part of the recently approved [2015 LUT Work Program](#), an Issue Paper will be completed to address the elimination of sidewalk gaps in the UUA, and to consider funding and regulatory obstacles.

The project isn’t eligible for the Safe Routes to School program, says Haughn. “The Federal Highway Administration has found widened [paved shoulders to be very beneficial](#) to improving pedestrian safety, and great alternatives to sidewalks and separated paths when there are limitations on what can be constructed within the road right-of-way. However, the Beaverton School District does not recognize widened shoulders as part of an approved



Looking west from Blackhawk along McDaniel.

walking route for their schools.”

Many students who attend Bonny Slope School live in the nearby Ironwood subdivision. Because this path will be on the south side of McDaniel, we asked if a crosswalk could be included at Blackhawk, which leads into Ironwood. Haughn replies, “A mid-block crossing will not be installed as part of this

project (URMD and Road Fund do not fund mid-block crossings). Third parties may apply and fund mid-block crossings though. You can find more [information about the mid-block crossing application process](#) on the county website. Typically most mid-block crossing applicants are park departments, schools, city agencies, homeowner associations, and business owner associations.”

Another 2013-14 project that was delayed is also scheduled for construction this summer—a path along Laidlaw Road from Lakeview to 120th may also help pedestrians get to Stoller Middle School.

CPOs update newsletter and email systems

Dan Schauer, OSU Extension Service Citizen Participation Organization Coordinator, says, “We’re updating the CPO Program’s email system and making sure all the mailing lists are current. The upgrades are planned to be finished in June.”

Starting in June, look for changes to better market and support involvement in your CPO. *When your CPO meets* you’ll get a two-page meeting notice, either by postal or email (depending on your choice when you signed up). This will also have listings of important, timely opportunities to participate in decisions affecting your community.

All CPOs will get a newsletter every other month focused on education and ways to participate. Items for neighborhoods and communities within your CPO will continue to be provided. Topics for your local area will be tailored to versions for eastern, central, or western Washington County, as well as what’s relevant to everyone across the County.

You can visit extension.oregonstate.edu/washington/cpo and click on the home pages of all the Active CPOs to check your CPO’s information, and sign up for the newsletter if you don’t already get it. Questions? Contact a coordinator! Carol Renaud, 503-821-1128, carol.renaud@oregonstate.edu; Dan Schauer, 503-821-1123, dan.schauer@oregonstate.edu; Beth St. Amand, 503-821-1114, beth.stamand@oregonstate.edu.

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The Mitch Message

By State Representative Mitch Greenlick, Oregon State Legislature

There was an article in the Oregonian a few weeks ago commenting on the extreme partisan nature of the legislature. As I read the article it did not seem to accurately reflect the situation as I have observed it, although I noticed almost every quote was about partisanship in the Senate. The article really got me thinking.

My experience is from being in both the minority and the majority. I have served two terms in the minority, four terms in the majority and one term in a House tied 30-30. Two things come immediately to mind. First there is a difference between being in the minority and the majority. Second, Democrats and Republicans tend to look at things differently in many ways, especially around the role of government.

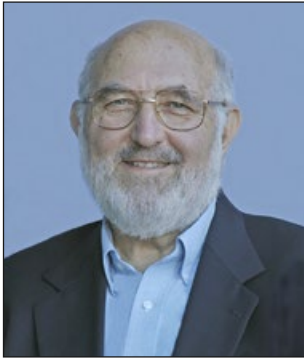
Certainly the majority matters. The majority party controls the process, naming the speaker and all of the committee chairs. The committee chairs have a lot of power over the legislative agenda, controlling which bills get a hearing and which are brought to a vote. That power can be used to facilitate collaboration, or sometimes, not so much. Sometimes the philosophical differences between the Ds and the Rs matters a great deal, but mostly it is not the determining factor on the votes on specific bills.

My intern did an analysis of the first 100 sponsored bills (not bills introduced by a committee) that passed out of the House. Each bill has a set of chief sponsors—the people who craft the bill and help it move through the process. A bill generally has from one to three chief sponsors, and usually has some number of co-sponsors. Of the first 100 bills that passed out of the House, 46 had at least one Republican chief sponsor.

You do not read about those bills in the Oregonian. The news media covers the dramatic partisan fights on the floor debating those bills the majority believes need to move and the minority presents solid opposition. That is in a small minority of bills, but even on those bills, the debate is usually calm and relatively cordial. That was not always the

case. One session when I was in the minority, the majority would quickly cut off debate on many bills, causing a great deal of frustration. I do not remember a motion to cut off debate in the last four sessions. We have had debates this session that have lasted for more than three hours. But every member had a chance to voice their opinion.

In summary, it is obviously better to be in the majority, but it is my experience that there is a consistent effort to give minority House members access to the process and to value their input.



An interesting example of collaboration was the process for considering HB 2300, a bill sponsored by the House Health Care Committee. This bill was referred to as the “right to try” bill. It would allow people with terminal

medical conditions to get access to drugs that are in the FDA approval process, but have not yet been approved. I worked on this bill, which had strong support from the Cascade Policy Institute, a local conservative think tank. It also had support from the left. I asked Rep. Knute Buehler, a Republican from Bend and a physician, to lead the effort to perfect the bill. He worked out a bill acceptable to the various interest groups. The bill passed out of the committee unanimously. Rep. Buehler carried the bill on the floor of the House where it passed 59-0. That has been a common situation in my committee. The committee has been very effective this year, to some extent because of the effort of the Republican members, including a physician, a dentist, and a psychologist.

April marked the halfway point in the regular session. At this time the House begins to consider bills that have passed out of the Senate. One such major Senate bill is SB 941, the gun background check bill. We have already gotten hundreds of emails and phone calls on that bill. Consequently, I am expecting an exciting few days as the bill gets House consideration. While most of my SB 941 messages have not come from my constituents, I have tried to respond to those that have. But whatever your position on this, or other matters, I appreciate hearing from my constituents. Phone: 503-297-2416; email: Rep.MitchGreenlick@state.or.us

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Bumblebees!

by Margie Lachman

Bumblebees! They are big, furry and beautiful. You may notice them in your flowers on cold cloudy days when other bees are inactive. Their larger bodies have thicker, longer fur that helps insulate them from the weather. Pollen baskets on their hind legs collect pollen, making them excellent pollinators as they feed from flower to flower. They are especially important for pollinating wild flowers, particularly alpine flowering plants which grow at higher elevations where temperatures drop below freezing because they can live and work in colder places than other bees, even in the arctic!

Bumblebees live in colonies with one queen who is the mother of every bee in the hive.

In spring she awakens from hibernation and finds a suitable place for her nest, usually in the ground in abandoned rodent burrows, the foundations of buildings or stacks of firewood. She gathers nectar and pollen, storing it in the nest for her offspring. After laying eggs she warms them with her abdomen, leaving the nest only to feed. She cares for the first larvae and young bees herself until they can leave the hive and help to gather nectar for the next larval bees. Bumblebees do not make lots of honey like honeybees, but only enough to nourish the residents of their hive.

Their diet consists of diverse pollen and nectar sources. They are important pollinators in greenhouses where vegetable crops like tomatoes and peppers are grown. Berries, fruit trees, squash, and melons are also pollinated by bumblebees. Plant a few natives in your garden as these have the most nectar for the bees and other pollinators. A list can be seen on the website www.xerces.org.

During summer, new queens and male bees are hatched in the colony. After mating, the males die and the young queens leave the nest to forage alone until autumn when they will find a place in the ground to hibernate. The following spring

they will emerge to begin the cycle all over again. Bumblebees only live for one year.

Bumblebees can sting but are generally not aggressive if left undisturbed. Because they are large and move slowly, I find it fun to observe their work in the garden. They love foxgloves, which can grow to about two feet tall. Children will enjoy watching them, too, and should be taught to look but don't touch, as with all wild critters.

Remember that these creatures need a chemical-free garden in which to thrive... and so do we, our children grandchildren and pets!

Questions? Email me at margierose2@gmail.com or call 503-645-2994.

NOTE: Frank Reed, Communications & Youth Education Coordina-



Photo by James E. Petts, Creative Commons

tor for the Tualatin Valley Water District, responded to our xeriscaping article last month with this good news: "TVWD's water supplies are both fed primarily by rain rather than snow. Spring rains have a much greater influence on summer water supplies than winter snowpack."

While it is too early to say how the warm winter will affect the District's summer water supply, the good news is the total precipitation this winter has been only slightly below average and the current water supply status is in great shape with Barney Reservoir 100% full, Scoggins Reservoir about 95% full, and Portland's Bull Run reservoirs at 100% capacity.

While the District's sources are on track to provide ample water supply this summer, we do like to still encourage our customers to use water efficiently. Just a heads up that bottom line, our water supplies are still in great shape. I don't want people to panic or think otherwise, especially with all the water issues they have in California.

Library News and Events

By Dawn Anderson

All programs are at the Cedar Mill Community Library, located off Saltzman north of Cornell.

Open House Celebration

Saturday, May 16, 11 to 1 pm

Bring your family, friends and neighbors to our open house, celebrating the main library's recent remodeling. Now that the walls and ceiling are painted, the flooring is replaced, and we have some new furniture, we're ready to throw a party!

There will be a brief recognition event at 11:30, and some guided tours of the library and Second Edition. Oh and did we mention there will be refreshments, an activity for kids, a book and media sale, and a special sale at Second Edition? Hope you can stop by and see the improvements—all funded by generous donors and our Second Edition Resale shop.

"Freshen Up for Spring" Raffle

In conjunction with our open house celebration, we're having a raffle for several "Freshen Up for Spring" baskets. They contain items from local businesses to help you clean up, remodel, and decorate your home and garden. Ticket sales start Friday, May 1, at Cedar Mill Main. Tickets are 3 for \$5 or \$2 each. Drawing will be on May 16 @ 12:45 pm. Proceeds benefit your library!

Song Writers in the Round

Wednesday, May 20, 7 pm

Join us for an evening with three local songwriters, each taking turns playing a tune and sharing the personal story that led to its creation. Here's our line-up for the evening: Steve Hale, www.stevehale.com, Michele Van Kleef, www.michelaevankleef.com and Greg Paul.

Calling All Summer Volunteers

Have some time on your hands and want to help out? Are you interested in volunteering at the library on the Summer Reading Desk or as a Summer Teen Sales Associate at Second Edition? Pick up a summer volunteer application at the library. Contact Kevin 503-644-0043 ext. 111 or kevinke@wcccls.org

Discover new Discovery Kits

An exciting new batch of science-themed Discovery Kits have arrived at the Bethany and Cedar

Mill Libraries. They are:

- Anatomy—includes a tabletop lightbox and x-rays
- Math & Logic—3 different hands-on puzzles with books for kids, adults, and teens
- Microbiology—a microscope and prepared slides



- Navigation—a compass and map-reading books
- Zombie Survival—walkie-talkies, a spyglass, and zombie books
- Telescope—with tripod (only at Cedar Mill Main)

These new kits join our existing Birdwatching, Bugs & Butterflies, Pacific Northwest Animals, Pacific Northwest Coast, Rocks & Minerals, Stargazing, and Wildflowers kits. Check availability and place holds at www.wcccls.org using a keyword search for "Cedar Mill Discovery Kit".

Housing Waitlist

The Housing Authority of Washington County will accept applications for its Section 8 Housing Choice Voucher (S8HCV) and Public Housing (PH) waitlists from May 2-9. Applications will not be prioritized by date, and people may apply at any point during the opening.

Applications can be submitted online at waitlistcheck.com/OR945. Households who are already on the waitlist do not need to re-apply.

For those who do not have internet access or need help with the online application, HAWC staff will be available to answer questions and provide assistance at the Cedar Mill Library on Thursday, May 7, from 1-5 pm. HAWC will also provide assistance at many other Washington County library and PCC locations during that week. Please visit www.co.washington.or.us/housingpreap for more information and a complete list of locations.

A random lottery will be used to select 2,500 households for the S8HCV waitlist and 2,500 households for the Public Housing waitlist. Households may apply for the S8HCV waitlist, the Public Housing waitlist, or both waitlists. ONLY ONE application per household will be accepted for each waitlist. Duplicate applications will be removed before the lottery.



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Washington County Museum Hosts Evening Lecture About Legendary "Mountain Man" Joe Meek

Wednesday May 20, 6:30 pm, 120 E Main in downtown Hillsboro, general admission \$6, seniors/children/college & military with ID \$4, Museum members free.

John Terry, long-time reporter and author of the popular *Oregon Trail* column in the *Oregonian*, will lecture about one of Washington County's most famous and favored sons, Joe Meek. Meek has become somewhat of a symbol, part myth, part history, "Joseph LaFayette Meek, partly via his own ego and partly through romantic portrayals by others, has come to epitomize the genre we know as 'Mountain Men.' But what was life really like for Joe Meek and others of his ilk in the peril-fraught frontier of the American West?" asks Terry. He says the answer often surprises people, "The lives of these men were pretty much nothing like that of television's 'Grizzly Adams' and Robert Redford's 'Jeremiah Johnson.'"

Joe Meek was born in Washington County, Virginia, near the Cumberland Gap, in 1810. At the age of 18 he joined William Sublette and the Rocky Mountain Fur Company, and roamed the Rocky Mountains for over a decade as a fur trapper. Meek left the fur trapping trade in 1840. He joined up with

two other trappers, Caleb Wilkins and Robert Newell, to lead a small group of emigrants from Fort Hall to Oregon. The trappers agreed to guide the group to the Whitman Mission near Fort Walla Walla. The single wagon that brought the group was the first ever to make it as far west as the mission on the Oregon Trail. Meek eventually ended up in the Tualatin Valley in 1841.

At meetings in Champoeg, Oregon, called to form a provisional government, his was one of the foremost voices on the side of the American settlers. In 1843, when the provisional government was formed, Meek was appointed sheriff, and was elected to the legislature in 1846 and 1847. Meek died in 1875 at his home near present day Hillsboro, and is buried at the Old Scotch Church. He said, "I want to live long enough to see



Oregon securely American... so I can say that I was born in Washington County, United States, and died in Washington County, United States."

Terry retired from writing his popular "Oregon Trails" column in 2011 and is currently working on a compilation of the columns to be published in the future. Terry graduated from Sheridan High School in 1956 and began his newspaper career while still in High School. He worked for

newspapers, including the Statesman Journal in Salem and the *Oregonian*. He has won several Oregon Newspaper Publishers Association awards for Best Local Column, 1969 and 1975; and Best Feature Story, 1968. His column "Oregon Trails" devoted to Oregon and Northwest history was published from 1996-2011.

Washington County Museum Events and Camps

Pioneer Heritage Family Day

May 9, 10 am-1 pm, 120 E Main Street, Hillsboro

Try all things "trail," including pioneer dress-up, packing a wagon, dipping candles, and more. Musician Rick Meyers will perform an old-time music show performance at 11 am that features music played on the banjo, guitar, autoharp, spoons, limberjack, ukulele and more! Bring the family for a ride along the trail of history.

Summer Camps

Washington County Museum will hold three summer camps in 2015. July 13-July 17 is Native American Camp for ages 8-11. Learn about local Native American tribes, specifically the Kalapuya and Chinook. Build shelters, play traditional games and make crafts to take home.

July 27-July 31 is Splash Camp for Middle School Girls (6th-8th graders). Follow the National Science Foundations' Waterbotics les-

son plans to build a Lego robot and compete in underwater challenges. Girls only!

August 17-August 21 is Innovation Camp for ages 8-11. Washington County is home to great innovators, from the Kalapuya Indians to the high-tech leaders in the Silicon Forest. Each day campers will complete engineering challenges while learning about innovation throughout Oregon history.

Camps run from 9 am to 4 pm. Registration will open soon! Visit washingtoncountymuseum.org to learn more.

Teens, register now to assist with our summer camps! Washington County Museum's Teen Volunteer Program is looking for middle and high school students willing to commit one or more weeks of summer to helping at our summer camps. Teens can earn 40 hours of community service in one week. Visit their Teen Volunteer Program page to learn more about requirements and how to apply.

Washington County Public Affairs Forum

Mondays, 11:30-1 pm, Peppermill Restaurant, 17455 SW Farmington Road.

The Washington County Public Affairs Forum meets over lunch every Monday. There is no charge for admission. Lunch is available to order from the menu. The doors open at 11:30 am and the speakers start at noon. Following the presentation, members may ask questions of the speakers. For more information contact the forum president, Rob Solomon, at president@washingtoncountyforum.org.

May 11: Water District Elections (All Candidates invited, Most have confirmed). Candidates, opposed and unopposed, for positions in the West Slope Water District, Tualatin Valley Water District, and for Position 4, Tualatin Valley Fire & Rescue District will be given an opportunity to share their ideas and concerns.

May 18: "Issues relating to Poverty, Here in Washington County," Bill McKenzie from Community Action

May 25: Memorial Day—no Forum Meeting

June 1: "Political Analysis," Dr. Jim Moore & Len Bergstein (sharing insights & opinions)

June 8: Topic: "The State of Washington County," Washington County Commission Chair Andy Duyck

Israeli Folk Dancing

Monday, May 25, 7:30 to 9:30 pm, Leedy Grange Hall, 835 NW Saltzman

Would you like to learn fun and easy Israeli folk dances? Join local resident Sue Wendel and friends for one hour of instruction for beginners, followed by one hour of review and open dancing. \$6 at the door. For details please visit [Portland Israeli Folk Dance News](http://PortlandIsraeliFolkDanceNews.com) (or email Sue at pifdnews@gmail.com)

Bonny Slope reunion scheduled

Did you attend Bonny Slope School, or do you know someone who did? Marie Grammer is organizing another fun reunion picnic for August 8 in Bonny Slope Park, from noon until dusk. Former students and current area residents are welcome at the event. Marie is collecting contact information now, so if you're interested in staying informed, let her know at mariegrammer@hotmail.com. Also, if you're a Facebook user, visit the Alumni site at [facebook.com/groups/bonny.slope](https://www.facebook.com/groups/bonny.slope)

Paws for Independence

By Jennifer Hemmeyer

Twelve years ago, Sue Phillips began losing her sight, joining the ranks of 15 million Americans with age-related macular degeneration. Three years later, a four-legged friend named Beta guided her from fear to independence.

Losing one's vision, especially later in life, can be terrifying. Phillips went from working in food services for the Beaverton School District for 25 years to struggling to get from point A to point B. "I would run into parked cars, thinking about work." Her route included a walk through her sidewalk-less neighborhood, a ride on two buses and another walk through a field, all of which she had to accomplish early in the morning. This grew more challenging and frightening as her vision decreased. One day, she got off track and ended up in her neighbor's driveway, disoriented. "This really scared me," Phillips recalls. She knew it was time to investigate a possibility beyond the white cane.

She'd witnessed her neighbors raising puppies for Guide Dogs for the Blind, and marveled at how smart and kind they were. Additionally, she'd gone out to see the GDB campus with the Commission for the Blind, and thought that a dog would be a great fit.

Guide Dogs for the Blind partners legally blind individuals with highly trained dogs, creating a powerful team. Since its founding in 1942, GDB has graduated 12,500 working teams. Currently, more than 2200 teams work in the U.S. and Canada. GDB is headquartered in San Rafael California, with a local campus in Boring Oregon. This proximity appealed greatly to Phillips, as having family nearby was a key component in her journey.

A person is considered legally blind when his or her central visual acuity is 20/200 or less in the better eye, with the best possible correction, or when his or her visual field is 20 degrees or less. While an individual needs to be at least 16 years old to apply for a guide dog, no upper age cap exists, as long as the individual possesses the physical stamina to handle a dog,

GDB oversees every step of the process, from breeding dogs in San Rafael to providing follow up support and training to alumni. Along this road of development, a puppy learns socialization and obedience from a volunteer puppy raiser, living with that person for about a year. The dog then returns



Sue Phillips and Kabuki. Sue is a member of the Golden Dragons dragonboat team, which will be competing in the upcoming Rose Festival on June 5-6. Members of the team are all over 50 years old.

to campus for two-three months of formal guide dog training. The final instruction takes place when this dog meets his human partner and spends two additional weeks training with their person on campus.

The application process involves a few steps. An interested individual completes a paper application and a phone interview. An instructor then visits the individual in his or her home to continue the interview process and assess the individual's level of independent travel. During this visit, the applicant has the opportunity to experience the sensation of holding a harness handle while walking; the instructor simulates these movements by maneuvering the harness. Once accepted, the individual wants to be placed in a class where he or she will be matched with a dog. Living on campus for two weeks, the individual learns how to both care for a dog and carry out effective guide work with this newfound friend. The training covers a wide spectrum of situations—from going on night walks, to working in the city, to navigating the airport. It's tailored to the individual's lifestyle.

Phillips graduated with her second guide, Kabuki, in 2012. She enjoys so much more with her canine partner by her side than she ever would have alone. "It's an eye-opening experience, so to speak," laughs Phillips. She and her guide confidently travel to the airport, downtown and the east side of Portland from their home in Cedar Mill. She uses the Trimet Lift, Trimet buses and MAX. She participates in dragon boat racing, which has taken her and her guide from Salem to Victoria to compete.

A guide dog provides worlds more than fostering independent travel. Not only are these "great dogs that help you regain your independence," explains Phillips, "but they're loving dogs that are always there for you." Five months after being diagnosed with AMD herself, Phillips' twin sister, Judy, received the same diagnosis. The sisters got into the same class and roomed together at the Boring campus. Judy's guide remained faithfully beside her until Judy passed away last March, Phillips recalls.

Once admitted to the program, a blind person pays nothing for the dog, and all the training is free of charge. GDB is a nonprofit that receives no federal funding. Thousands of

volunteers donate time and love to create this service.

"Just call them up and talk to them," encourages Phillips. "It makes such a difference." Contact GDB at 800-295-4050, or visit www.guidedogs.com for more information.

At Home in Viva Village

Wednesday, May 13, 7-9 pm in a private home, call or email for information

Viva Village is a volunteer-driven, grassroots organization working to enable Beaverton area residents to age in their own homes, with the support of a network of volunteers and service providers. When it launches, sometime in 2016, Viva Village members will be able to use volunteer services such as rides to medical appointments, in-home tasks such as light bulb replacement, home repairs, reading aloud, and companionship, as well as participate in monthly social, educational, and other activities. Members will also have access to a list of vetted service-providers, often offering reduced fees.

Viva Village is organizing now, and anyone interested in participating in the planning and development processes is invited to do so. See vivavillage.org for more information. Call 503-644-7417 or email rbarsottic@hotmail.com to RSVP or learn more.

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Business News, continued from page 2

Karma Yoga at Santosha

Santosha Yoga has been offering donation yoga classes since the doors opened in 2010. The co-owners, Dina Lang and Katy Nadal, believe firmly in making yoga accessible for all financial levels and also in supporting causes that are doing good works in the community. In April, Santosha Yoga was at it again, participating in a Portland- and Oregon-wide Yogathon for non-profit [Living Yoga](#). The purpose, to raise funds and awareness for Living Yoga's work—bringing resiliency through yoga in life-changing outreach programs for adults, teens, and children.

Dina Lang was asked to be one of the twelve Ambassadors of Living Yoga's Yogathon because of her commitment and efforts in what we call "Karma Yoga." Karma Yoga is the act of taking the selflessness and connectedness you feel on your yoga mat and bringing it out into the world through volunteering, good deeds, donations, support, etc. Basically, Karma Yoga is doing good. Dina is committed to bringing a voice and hope to people dealing with serious struggles and truly feels that yoga can help bring them peace on their journey.

During April, Santosha Yoga hosted a raffle, with prizes like private yoga sessions, and a pair of tickets to a Hillsboro Hops baseball game, to raise more funds. Dina also donated one her regular classes and matched all donations brought in. Plus, Team Santosha earned enough in online donations to meet their goal and raised close to \$1,000, separate from the raffle and community class.

The Yogathon closed on Saturday, May 2, but Santosha Yoga will continue to offer weekly scheduled donation classes that will benefit Living Yoga.

Santosha Yoga is a sponsor for the even-closer-to-home, Cause + Event Portland Run where teams raise funds and awareness for the non-profit of their choice. Hopefully Team Santosha will be able to raise their goal again this fall. For Santosha Yoga's weekly schedule: SantoshaForEverybody.com/schedule.

StarCycle Cedar Mill now open

StarCycle, a unique indoor cycling experience utilizing music and choreography, is pleased to announce its second studio location opened in April in the Timberland Town Center in Cedar Mill. StarCycle offers 45-minute classes of full-body energetic, inspirational and balanced cardio rides. The studio is known for its infectious energy of riding to the beat of the music by candlelight – tapping into a full-body workout that's unlike anything else.

"We are overwhelmed by the success we've had in just two short years bringing a truly unique fitness experience to the Portland community," said Erin Moone, co-founder of StarCycle and seasoned fitness pro since 1995. StarCycle instructors and staffers are available to all guests to help with bike set up and proper technique, and specialized clip-in shoes are available at both studios for rent (or purchase).



The new studio is located at 11835 NW Cedar Falls Drive, Suite 125. StarCycle Cedar Mill operates 2,237-square feet of space, which includes the beautiful new cycling studio, changing rooms, retail space and a play area for StarCycle's unique craft-based approach to childcare.

Packages start at \$36 and include a new client introductory special of \$99 for one month of unlimited rides. Childcare is available at \$5 per class or a package of 10 for \$45. Guests can reserve their free Rockstar ride at StarCycle Cedar Mill or sign up for any class or package at either location at starcycleride.com.

Much more than a move...

The National Association of Senior Move Managers (NASMM) is celebrating "Move Manager Week" from May 10-16. Beth Giles, of NW Organizing Solutions, a NASMM member, knows that the process of rightsizing and relocating to a new home can be overwhelming. Beth is a highly qualified Senior Move Manager who specializes in helping older adults and their families through the daunting process of transitioning to a new residence.

Move Managers like Beth provide a multi-faceted approach to the move process, from space planning in the beginning, to post-move support and advocacy. She'll minimize the chaos and stress associated with moving by addressing all aspects of the process.

As a Move Manager, Beth will be responsible for creating and executing a seamless action plan, customized to the client's wishes. With the gentle and expert guidance of an experienced Move Manager, older adults and families make key decisions without the emotional and physical distress that can follow.

Beth understands that your move is so much more than just a move. To talk with her about your upcoming move and how she can best help you, contact her at 503-709-0791 or beth@nworganizingolutions.com

Nutrition and Wellness Classes & Tours at New Seasons Market

This coming month, it's all about gluten-free goodness in honor of Celiac Awareness Month. On gluten-free Tuesdays, you'll find gluten-free snacks at our Solutions Counter. Here are some events in our area.

Tuesday, May 12, 4-7 pm, Orenco Station New Seasons store, 1453 NE 61st Ave, Hillsboro

Gluten-Free Food Fair—sample all different types of gluten-free tasty bites, and meet some of the local vendors who make them. Drop by to find some unexpected new favorites even if you aren't eating gluten-free!
Wednesday, May 27, 7-8:30 pm, Cedar Hills Crossing Mall's meeting space

Gluten-Free for Thyroid Health class. Learn how switching to a gluten-free diet can alleviate symptoms associated with thyroid disorders, and which foods support thyroid health.

May 7, 7 pm, Cedar Hills New Seasons store, 3495 SW Cedar Hills Bl.

"Fat vs. Sugar," taught by Dr. Jeff Clark, N.D. He'll discuss the "good" and "bad" calories, and what's different about the various types of fats. He'll also address questions about fat, sugar and carbohydrate addiction and the importance of maintaining or returning to normal body weight for happiness, financial security, and a healthy long life.

Take a minute to explore their [Spring Wellness Schedule](#) and register for a class or tour today. All classes and tours are free. Register now. Here's how: Email class@newseasonsmarket.com, or call their Wellness Class Hotline: 503.280.5177. Please include your name and phone number, as well as the class title, date of class and store location. Please register at least 24 hours in advance!

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Confused about "Scaping?"

Backyard conservation demystified.

by Jennifer Nelson, Tualatin Soil & Water Conservation District

Backyard conservation is becoming the next big thing. For some of us, though, the trend can be overwhelming – naturescaping, meadowscaping, xeriscaping, bugscaping. It can all leave you wishing you were escaping the garden! Here is a quick rundown of the various backyard habitat strategies that help you bring conservation practices closer to home.

Naturescaping

This is the practice of mimicking nature in your yard or garden—allowing it to thrive without fertilizers and pesticides. You can start naturescaping at any level of garden expertise, and you will probably save time and money in the process. Love the natural spaces of the Pacific Northwest? Good, because in naturescaping, you will be using many native plants. These native plants are adapted to our region's climate and soils, and the native wildlife are adapted to them, so really, it is a win-win situation for everyone. Learn more at <http://emswcd.org/in-your-yard/naturescaping/>

Xeriscaping

This is just a fancy word for waterwise gardening. In our region though, you can manage this with a little more flair than just beds of rock and cacti. There are many native and native-hybrid plants that are adapted to the local weather cycles of cool, moist winters and drier, sunnier summers. As in naturescaping, these natives can be very low maintenance, require fewer chemicals, and need less watering by you. Tips include making sure you put the right plant in the right place (matching growing conditions in different areas of the yard) and grouping plants with similar watering needs together. Learn more at <http://www.conserveh2o.org>

Meadowscaping

A variation on naturescaping, meadowscaping converts your lawn into a more natural setting, improving storm water infiltration, water quality, and wildlife habitat without requiring polluting practices such as fertilizing and mowing. A meadowscape is a planting that utilizes

the principles of meadows, but in a smaller space than a traditional meadow. It includes diverse plantings of native wildflowers and grasses. Meadows are allowed to go to seed, minimizing the need to replant each year. In some neighborhoods, this can cause a bit of a stir if weed ordinances and covenants are on the books, so be sure to know your area before you start! Learn more at <http://www.wmswcd.org/content.cfm/What-We-Do/Urban-Programs#Meadowscaping>

Curbscaping

This is a polite term for what is also known as "hellstrip gardening," that is, trying to do something a little more wildlife friendly in that difficult space between the sidewalk and the curb. In her recent popular book of the same name, Evelyn Hadden explains that the curb strip is a no-man's land of sorts – privately owned, but part of the public landscape. This strip of dirt between the sidewalk and the street can be a difficult place to grow anything, let alone native plants that thrive in native soils typically lacking here.

Many other factors contribute to the headache: lack of water, heat reflected from paved surfaces, foot traffic, trash, animal waste, and poor drainage, to name a few. Curbscaping encourages you to work with what you have, even if the conditions in that space are vastly different from the rest of your yard. You can chose natives that support insect and wildlife habitat, but you will have to select species that make sense for these unique conditions. Grasses, sedges, and tougher forbs are all great ideas. Bushes and trees must be selected with care due to space constraints



Meadowscaping

and safety of sightlines. Learn more at <http://www.evelynhadden.com/HELLSTRIPbook.html>

Bugscaping

Love pollinators? Interested in soil macroinvertebrates? Bugscaping is the trend for you! This concept creates habitat for native plants and insects from neglected spaces,



A pollinator garden

sometimes providing a space for research and education in the process. Like all "scaping" projects, the entry knowledge level is low. But true success does require careful planning to select plants that have relationships with local insects. So how to know what to plant? You can consult local native plant guides for beneficial insect relationships. Keep an eye out for tough growing conditions (see curbscaping above).

Learn more at the Xerces Society website: <http://www.xerces.org/pollinator-conservation/gardens/>

Awesome Beaverton

Tuesday, May 19, 6-8 pm, Java Lounge, 760 NW Dale

Attendees loved the buzz at the Awesome Beaverton & Beyond Launch Party in April. The group is now focusing on assembling their trustee team. They need six more people inspired to make a difference in Washington County and have loads of fun doing it! Apply today! They're also seeking volunteers.

Awesome Beaverton & Beyond trustees pool their money and award quarterly no-strings-attached \$1000 micro-grants to fund projects that build community, foster fun, and support creativity in Washington County. The group is a new, local chapter of the Awesome Foundation, which has more than 100 chapters worldwide that have donated over \$1.4 million to fund awesome projects. Learn more about [Awesome Beaverton & Beyond](http://www.awesomefoundation.org).



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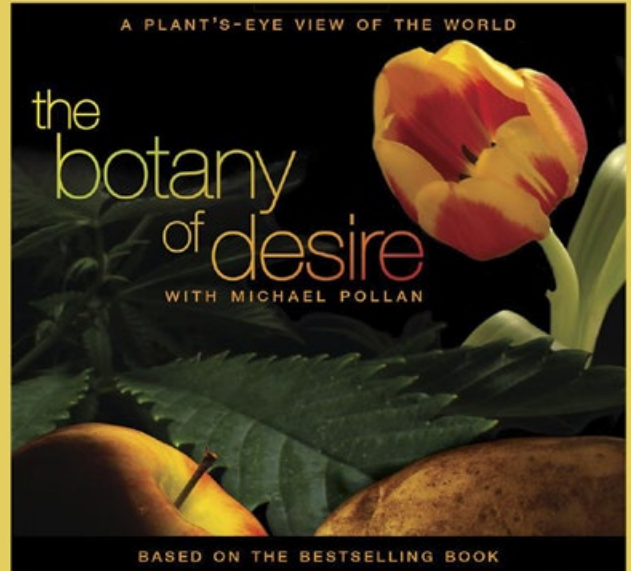
Skyline Memorial Gardens will be open May 23, 24 and 25th.

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