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# Cedar Mill News

Volume 15, Issue 5

May 2017



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## Featured Business

### Cedar Mill Farmers Market

by Virginia Bruce

The big news at the Market this season is that the hours are changing! The new schedule is 9 am-2 pm every Saturday through October. Market managers Karen Carroll and Lannie Thompson Kali worked hard last year to track attendance, survey market-goers and obtain feedback from vendors. Once that information was gathered, they along with the board reviewed the information and decided that changing the time would benefit both customers and vendors alike.

Many of the same vendors will be back this year, including Martinez Family Farm and N&N Amaro with their wonderful vegetables; Malinowski Farm with meat and eggs; Lor's Family Farm with their exquisite cut flowers in time for Mother's Day; tamales from LaPopular and French pastries from LaProvence; vegetable and herb starts from Lily and Jasmine's Garden, and many more. New vendors include Africk Cuisine serving fresh modern and traditional West African dishes. Berry Bliss partners with Market vendors for the fruit in their delicious muffins. A complete list is [available on the website](#) under Vendor Information.

Farmers markets make eating locally a fun, easy, and delicious option for everybody (see SNAP program info, below); they're also a terrific way to connect with your community. That's what locals Leilani Esping and Rhonnda Edmiston were thinking in 1999 when they started the Cedar Mill Farmers Market. It began in the parking lot in front of the library with just four vendors, and now the Market has a steady base of about 20 weekly vendors and about two dozen rotating part-time vendors. They are still accepting vendors for this season. When Leilani moved from the area in about 2003 (she's since moved back), Rhonnda and Dina Gross stepped up to share the volunteer market-managing duties for a couple of years until one of them "was wise enough to pursue other interests," as Dina put it.



The flowers from the Market are so fresh they last 2-3 times as long as store-bought!

The Market moved to the Safeway parking lot and experienced a tremendous growth spurt; and Dina took over as sole manager. Within a couple of years, Dina [gained sponsorship from the Tualatin Hills Parks & Recreation District](#), which provides organizational and material assistance. Dina passed the torch to Danny Rodriguez for a couple of years, and early last year some of the regular vendors formed a \*\*Board of Directors and searched for new management.

"The Board hired us separately," says Lannie. "We had never met each other, but we make a great team with each of us contributing important skills and experience." Karen is great at organizing, with a business and event-planning background. Lannie has been involved with farmers markets for 12 years, and manages three other markets in the area.

THPRD is one of several important sponsors. They provide fiscal services, but the Market is an independent entity with income from

supervision of ODA. They began April 17 and should be completed over the next few weeks. Residents have given overwhelming support for the project. ODA has received 2,010 consents from residents, while a majority of the remaining properties (around 400) still have not responded to a request for consent. ODA is continuing efforts to reach property owners who have

General Tree Service is conducting the applications under the

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### Japanese beetle eradication project on track

by ODA Staff

Despite heavy spring rains that temporarily halted work in some parts of the treatment area, the Oregon Department of Agriculture's project to eradicate Japanese beetle in Cedar Mill and Bonny Slope is successfully proceeding.

The six-week, 1,000-acre effort to eliminate the invasive insect pest is well past the halfway mark. More than 2,000 residential properties are being treated with a granular insecticide targeted at Japanese beetle grubs that will emerge later this summer. The insecticide Acelepryn— a reduced-risk product being applied only to turf grass in the area— has a track record of being safe yet effective in other Japanese beetle eradication projects in the western states.

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An ODA contractor sprinkles the larvicide on a lawn in the Oak Hills neighborhood. It will kill the eggs and larva that are laid this summer.

### What's Happening

#### Pot shop?

Folks have noticed the "For Sale" sign on the property that was [proposed for a marijuana dispensary](#) on Dale Ave., and are wondering if Sheri Ralston is abandoning the idea. We understand that she is working to find a more suitable location but still intends to open a business here. We have been unable to connect in time for this issue, but we'll bring you the news as soon as it's available.

#### New middle school at FAIS

The French-American International School (FAIS), located on Cornell near NW Miller in Portland, is proposing a project to build a new wing for its Gilkey International Middle School. The building will be approximately 26,000 sq. ft., with two main levels, each comprising six student classrooms, student collaborative spaces



Concept for the new Gilkey Middle School

and two teacher shared workspaces. The lower level will be dedicated to science. The new building will incorporate a variety of sustainable features.

View a virtual tour on the school's [plan and fundraising site](#). Information on the site includes,

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# Cedar Mill Business Roundup

Do you have news or events or know of something that you would like to see covered in the Cedar Mill News? Please write to Virginia Bruce at [info@cedarmillnews.com](mailto:info@cedarmillnews.com)

## Massage & Spa at Bethany

All classes are at our spa, 15280 NW Central Dr. Suite #102, in Bethany Village. Call 503-533-5614 to RSVP or purchase tickets for all events.

### An Evening with Yon-Ka

Tues., May 23, 5:30-8:30 pm, \$20 per ticket

The spa uses Yon-Ka products. Come and learn more about them. We will be providing some wine, food, skin education, and Swag Bags.

### Aromatherapy for Animals Workshop

Tues., May 9, 6:30-8 pm, free.

Call now for this limited space class.

### Women's Healing Circle

Thurs., May 4 and 25, 2-3:15 pm, free

Take a break from the stress of your routine and surround yourself with positive, supportive women. Get a dose of empowerment that will last the week. We all need some inspiration and that is what this group is all about. We will gather together and talk on different subjects from dealing with stress to finding your true purpose. Limited Space.

Visit the [Spa website](#) for more information.

### Village Gallery news

Reception Sun., May 14, 2-4 pm.

May is our Art Challenge show, an annual fundraiser for our non-profit gallery, that opens May 1, 10 am. The show features hundreds of 6" x 6" canvases by talented local artists of all ages—students and professionals. We have about 250 artisans participating and most are

non-members.

In a change from past years, all canvases are \$40 each, cash and carry. You can take your painting



home right away. Come and check out the fun variety of original artwork and support the gallery.

There are new classes offered this month, such as those by Gretha Lindwood: pastel fundamentals for beginning to intermediate level. This includes choosing pastel papers and textures, underpainting methods, the color wheel, pastel stroke, and principles of color, value and design. [Visit our website](#) for more details.

Kristi Roberts is offering a variety of youth art classes. These include watercolor, drawing, acrylic, pastels, clay, and mixed media for those aged 7-16.

Village Gallery is a non-profit, cooperative gallery in operation since 1963.

Gallery hours: Mon.- Sat., 10 am-4 pm; Sun. 12-4 pm, 12505 NW Cornell Road, Portland, OR 97229, next to the Cedar Mill Library

### Cans and bottles for kids

Bales Marketplace Cedar Mill has begun a program to let you recycle your bottles and cans for



local elementary schools. Large bins at the front of the store are marked with each of the local elementary schools (two more will be coming soon). You can drop your deposit cans and bottles in the bin(s) of your choice and let Bales employees

run them through the recycler. At the end of each quarter, schools will be presented with checks for their share.

"It's one of the best programs we have ever come up with!" says Store Manager Tom Evans. "We've already taken in over \$1000 during the first two months of the program!"

A couple of years ago, the parent company of Bales Marketplace bought the Lamb's Thriftway chain. They had been doing this for a while. Bales contacted all the local schools. "I even took donuts to a couple of the schools to encourage them to participate," says Evans.

Almost all of the local schools are now involved. The last ones will have their bins operating soon. Schools will get their checks just before the end of the school year.

### Color yourself a winner!

Mary Elizabeth Grey, an employee at Holistic Pet, has created a beautiful coloring book for pet lovers called, "Pets—Love and Laughter." It is available at the shop, but wait, there's more!

To celebrate the book, owner Richard Dupraw is holding a coloring contest with an amazing prize—a full year of pet food from KLN (makers of Purevita and Nutrisource).

Just purchase the book (retail price \$9.99, but mention the discount in this month's ad for \$5 off!) and color a page, and submit it to the store by June 30. The winner will be announced in the July issue of the News if we get the information in time!

Holistic Pet is located in the Safeway shopping center at Murray and Cornell, 13567 NW Cornell. Visit them online at [HolisticPetClub.com](http://HolisticPetClub.com), and like them on Facebook for news and specials, or call 503-626-PETS (7387) for more information.

Read our January 2017 Featured Business article about the shop for more.

### Bandito delivered!

Our own favorite healthy Mexican and Persian food spot, Bandito Taco, has joined a growing number of local restaurants using "Uber-

EATS" to get local food delivered.

Download the app, and the UberEATS platform detects your location and offers you an assortment of participating restaurants. The service began in Toronto, and is taking Cedar Mill by storm, judging from the variety of participating local eateries.

Customers use the UberEATS app to find a restaurant and order their food. The restaurant receives the order and prepares the food, and an Uber driver shows up to deliver it. Prices for menu items include the Uber charge, and are higher than if you went in, of course.

Owners Ahmad Kouklani and Sahar Fardaneh have been extra busy fulfilling orders for this new service, as well as recently producing 95 gallons of their famous Pico de Gallo salsa for a Farmers Market in southeast Portland. Ahmad says he never wants to see another tomato, but we're sure he'll continue to supply us with tasty items at their delightful spot in the Safeway center.

### Touchmark Open House

Tues., May 16, 3-4 pm, 5150 SE Griffith Drive, Beaverton

Join Executive Director Ed Mawe to learn about Touchmark's history and about active-adult retirement living in Portland's West Hills. Hors d'oeuvres will be served.

Visit the [Touchmark in the West Hills](#) website calendar for more classes and social gatherings for potential Touchmark residents.

### Laura Matin DDS offers whitening special

To help you welcome spring, Dr. Laura Matin is offering an introductory special on their blue-light whitening procedure. The 20-minute treatment is only \$30 through May 31. Call 503-690-0400 to schedule your session.

In addition, the office is participating in a food drive for Oregon Food Bank. You can drop off food or money donations at their office. All donations go directly to Oregon Food Bank and will be distributed right here in our local community. You literally are feeding your neighbors in need...10 pounds = 8 meals, \$10 = 30 meals and 94% of every dollar Oregon Food Bank touches goes directly to fighting hunger.

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## The Cedar Mill News © 2017

Published monthly by

**Cedar Mill News LLC**

**PO Box 91061**

**Portland, OR 97291**

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Printed by Pacific Office Automation

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

## Credit card fraud

In mid-April, several neighbors were involved in a \*NextDoor discussion about skimming—where a device has been placed over a credit card reader that captures the card information and transmits it to criminals who can then clone the card and use it for fraudulent



Not all skimming devices are this obvious

purchases. One person was sure it occurred at the Chevron gas station at Cornell and Trail. Several others were suspicious that it had happened to them at the same location.

We contacted the Washington County Sheriff's Office (WCSO). They had received NO reports of such problems. The person who posted the original message said she contacted her credit card company and was told they would take care of it.

It is very important to file a report with the Sheriff if anything like this happens to you. Credit

card companies will work with merchants and banks, but they don't pass along the information to law enforcement. Without citizen reporting, WCSO can't do anything about it.

It can be difficult to determine when and where a skimmer captures your information, since many of us make multiple debit/credit card transactions in any given day. However, WCSO is happy to have reports so they can try to establish patterns and carry out an investigation.

If a skimmer was placed on a card reader at the station, it's likely that it was an employee or other person and not the station management.

What can you do to protect yourself? Aside from just using cash for all transactions, it's important to check your account balances regularly. If you find

a fraudulent charge, do contact the card issuer, but also please follow up with law enforcement. Otherwise the perpetrators won't be caught. If you live in Washington County or the crime occurred here you can call non-emergency dispatch at (503) 629 -0111.

\*NextDoor is a neighborhood online social media space where neighbors can share information, post classified ads, etc. To sign up for your neighborhood, visit [nextdoor.com](http://nextdoor.com).

## CPO 1 hears from Sheriff Garrett

Tues., May 9, 7 pm, Leedy Grange Hall, 835 NW Saltzman

Washington County Sheriff Pat Garrett will join us for an explanation of Ballot Measure 34-272, which renews the funding of law enforcement services in the Enhanced Sheriff's Patrol District (ESPD). Urban areas of Washington County, including Cedar Mill, receive approximately double the coverage of law enforcement compared to rural areas. We pay for this via a line item in our property taxes. This will continue the current rate.

Sheriff Garret will also bring us an update on the overall activities of the department, and also discuss skimming and other forms of fraud and identity theft that have become rampant in the area.

CPO 1 covers land use and other issues of concern for residents of Cedar Mill, Cedar Hills, and Bonny Slope. Meetings are open to anyone.

Do you have a concern about something happening in the area? Find guidance and get information and solutions from your neighbors.

## Help restore our parks

Sat., May 20, 9 am-noon, Lost Park

Volunteers will remove English ivy and Himalayan blackberries from the forested portions of Lost Park. Please bring a reusable water bottle to drink from throughout the project. Tools, snacks and a water cooler will be provided. The park is located at the end of NW 111th Avenue, just south of Rainmont Rd. Please park along neighborhood streets.

Sat., May 27, 9 am-noon, NE Park

Ivy pull in the natural areas of the "NE Park" at the southeast corner of Saltzman and Laidlaw. Sat., June 3, 9 am-noon, Lost Park

Ivy and blackberry removal continues!

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## Glenn Segal fights fires, and you can too

By Mary D. Edwards, Associate Editor

Forests have been Glenn Segal's office and career. The Cedar Mill resident has planted hundreds of trees a day, surveyed acres of forests for the U.S. Forest Service, and when fire strikes he lends a hand to keep them from burning up.

"In my 35 years in the woods, I have seen more untouched ground than 99% of people," he said.

The woods are a far cry from the concrete jungle of New York City where Glenn grew up. The Manhattan native knew city life wasn't for him, so when he was

25, he left his mother and brother and went to work on a ranch in Roseburg. That was the beginning of his wooded career path.

He spent days chopping wood and tending the ranch's animals and crops. Eventually he joined the Hoedads, a Eugene-based reforestation cooperative that replanted after clear-cutting. With the Hoedads (named for the implement used to plant bare-root trees), he learned how to plant a lot of trees quickly. "I could plant 500-600 trees a day, though some of the go-getters could do 1,000," he said.

After several seasons doing that, and an acting stint (he had a part on the 1980s series "Quantum Leap" and some TV commercials), he moved into timber surveying that took him deep into the woods, assessing trees for the Forest Service. Being out in the wilderness alone was "kind of freaky sometimes," he said, like the time he heard strange growling sounds that turned out to be bear cubs playing nearby.

"I thought, 'I've got to get out of here,'" he recalled. Quickly finishing the plot he was surveying, he moved uphill and upwind of the cubs. "Then I saw mom come charging right where I had been standing." The mother black bear

was a short distance away, but she couldn't see or smell Glenn, who counted himself lucky to have been warned by the cubs' play noises.

His tales of forest life haven't all been exciting, but they have been instructive. From 20 years of timber surveying, he's got a botanist's knowledge of native plants and their preferred habitat. He's also got some of the best-looking "office space" of anyone. What did he love about his work? "The beauty, the solitude, wild-life, exercise. Every location is different in some way."

But with marriage and the births of his two children, Quinn, 17, a senior at Sunset High School, and Gabriela, 14, an eighth grader at Cedar Park Middle School, he decided to stick closer to home. But his love of vintage vehicles brought him back into the woods—this time as a firefighter.

He bought a 1964 Ford fire engine that he thought he could contract out to the Forest Service. The fire engine turned out to be past its prime, according to the Forest Service, but Glenn wasn't. After passing a fitness test, he joined a hand crew the summer of 1999. For most of the past 18 summers he's headed a 20-person crew of wild-land firefighters battling blazes in the Pacific Northwest and beyond. With his vast knowledge of forests, physical fitness, and fluency in English and Spanish, Glenn seems a natural for the work.

When the rains stop and the Northwest heats up, he knows the call could come any time that would pull him back into the woods, burning woods this time. He's ready. "I love the excitement of it. The science of fire is fascinating," he says, adding the camaraderie and pay are pluses too.

The danger of wildfire fighting is well known and Glenn has stories, like Idaho's 2007 Castle Rock fire,

when he was a lookout for hand crews setting back fires. Suddenly, the wind changed and the fire leapt into the crown of trees, moving with the sound and speed of a freight train toward the crews, who were quickly evacuated.

"As a crew boss, I'm not digging. My job is to be aware and make sure my guys are safe," he says. "Safety is the most important thing."

Glenn is looking for new recruits who would like to fight fires and collect their own stories—and make good money—this summer. Starting pay is \$11.50 hour and averages about \$16 per hour with hazard pay. Applicants must pass a

"pack test"—carrying a 40-lb. pack for three miles in under 45 minutes and be available on-call from June through October. A four-day train-



This pic of the retardant planes was from Glenn's lookout point on the Castle Rock (Idaho) fire.

ing course is planned for late May. Email [forestglen54@hotmail.com](mailto:forestglen54@hotmail.com) or call (503) 312-6915.

## Seeds or starter plants?

By Margie Lachman

Which are best for annuals and vegetables? Seeds are the best value and give more choices. Starter plants are all ready to pop in the ground and start the show with flowers or shorten the time to harvesting vegetables.

Seeds cost less but need more attention. Special soil-less mix is needed for starting them, and they need attention and care before the outside temperature of soil is warm enough for transplanting them. A south facing window or grow lights are needed. Moisture must be constant or tender seedlings will dry up and die.

Some people are talented at starting seeds and hardening them off for a week before planting them outside but, alas, I am not one of them. Generally I prefer waiting to plant seeds outdoors as soon as the weather allows. Marigolds, zinnias, and a few perennials like *Liatris spicata* grow easily from seed planted outdoors. I have had success with vegetable seeds like peas and carrots in years past. Peas do well when you add a soil inoculant with nitrogen-fixing bacteria at planting time. The peas will be more productive as they absorb nutrients and water better. Carrots and lettuce can be a challenge to germinate because they must be covered with a very thin layer of soil that dries out readily. It helps to cover well-moistened seedbeds with a single sheet of newspaper. Check daily for

water needs until leaves appear.

Warm weather vegetables like tomatoes, peppers, and eggplants are worth the extra expense of buying starts, as they take longer to produce their fruits. Scout nurseries to find specific cultivars that you like. A generous spade full of compost when planting helps them grow well and resist insects and diseases. Tomatoes can be planted deeply by removing the lowest set of leaves, then setting in the hole so only the top few leaves are above the soil. This encourages more roots to grow from the stem, making the plant stronger. Fish emulsion at half strength can be used to water in all plants to get them growing.

Be sure to plant your vegetables in a different part of the bed each year to avoid diseases. It is easy to rotate plantings by dividing the bed into fourths and using each part for different plants each year. Example: A-tomatoes, peppers, eggplants, cucumbers, squash, melons; B-carrots, beets, radishes, onions; C-beans and peas; D-kale, spinach, cabbage, cauliflower and broccoli. Next year move the B group into the A quadrant. It is easy and very effective. Add some flowers like marigolds, cosmos and sweet alyssum to your vegetable beds to attract bees and other pollinators and you are sure to succeed!

Questions? Email me at [mar-gierose2@gmail.com](mailto:mar-gierose2@gmail.com) or call 503-645-2994.



Glenn in his gear

## Back pain care evolves beyond drugs, surgery, local expert says

By Lauretta Young

My elderly aunt, who fell on her sidewalk in one of our winter ice storms, asked me when self-care is good enough for relieving back injuries compared to a visit to her physician.

She is in her eighth decade and is still curious about what the most recent research says about such issues. When I went to medical school many years ago we never heard about acupuncture or stress relief—we only learned about pain medications and surgery.

Things have evolved so much that in 2010 the Oregon Health Sciences University medical school was one of the first in the nation to offer a core program in integrative medicine. I was the course director for many years. We taught medical students about methods other than drugs and surgery that had strong evidence for outcomes for many common problems.

Unfortunately, not many traditional medical schools include this in the curriculum, making it imperative that patients partner with their traditionally trained physicians to do informed self-care.

I was heartened to read a very focused study in a prominent medical journal last month that highlighted the value of self-care and what I call “other than opiate or other medication” options for low back pain. You can [read it online here](#).

The news about the crisis in the prescription of opiates in our state is alarming—making it vital that each of us is informed and partners with our clinicians when we have pain.

Evidence suggests that unless one has “red flag” issues such as a history of cancer, a severe injury with nerve pain, or problems with bowel or bladder control, that the use of X-rays, MRIs and other imaging techniques is not helpful. This is because everyone’s back looks a little different in imaging devices, and a “normal” back has just as many small abnormalities—intervertebral disc spacing, evidence of arthritic spurs—as backs that hurt. And almost all the found issues are “incidental” and don’t lead to a difference in approach for reducing the back pain.

So, what can you or I do when faced with back pain without red flag concerns?

The best evidence suggests that

there are several options we can do to relieve lower back pain. Localized heat seems to be helpful when back pain is acute. Gentle stretching and hydration of tissues also shows strong effectiveness at pain relief. Other options include therapeutic massage, gentle restorative yoga, or a new technique called MELT.

MELT is a simple, gentle, self-care technique done with small soft balls and a soft foam roller. It’s designed to help hydrate connective tissue and reduce inflammation, so joints can have full range of motion without pain. Well-hydrated tissue helps transfer nutrients and waste into and out of cells, so they can repair and heal more efficiently. Hydrated tissue is healthy tissue. This technique has been studied compared to placebo and other options and found to have similar if not better outcomes for pain and function.

Stress reduction techniques are also evidence informed. This should not be interpreted to mean that stress causes back pain but instead that the “fight or flight mode” of nervous system energy causes muscular tightening which aggravates any underlying cause. Learning to increase one’s own rest/digest and repair functions by various stress management techniques will help heal underlying issues and is worth doing when one has back pain.

We are very fortunate in Cedar Mill to have a variety of self-care options. Gentle yoga is available at multiple locations. A recent analysis shows it is as effective as physical therapy in many patients.

We have many superb massage therapists, chiropractors, acupuncture clinicians, and now MELT classes and consults. And we have great family medicine physicians if one needs acute care for the red flag issues or the pain does not resolve.

I am heartened by the flood of new studies about the efficacy of self-care options instead of automatic prescription of opiate pain medications, which don’t solve the problem and can create new ones, such as addictions. Get informed. There is not any direct evidence that any one of these methods is more effective than another. What works for one person may not for another.

If you find massage helpful then do that. If you prefer to learn how to use a foam roller in your own home then learn that. But be proactive in your own back care.

Nancy Korf is a certified MELT instructor – to find local classes in our area email her at [aerobigirl@yahoo.com](mailto:aerobigirl@yahoo.com)

Dr. Young offers integrative medicine consults at her Cedar Mill office to learn effective self-care evidence-informed methods to access the rest/digest/repair functionality. She also offers individual stress management consultations. You can contact her at [youlaure@ohsu.edu](mailto:youlaure@ohsu.edu).

### Hawthorn Mental Health Walk-in Center opening in May

The Hawthorn Walk-in Center, Washington County’s first mental health urgent care center, will open to the public on May 23, at 1 pm. It



will be a safe and welcoming place where people of any age can receive assistance for mental health and addictions concerns that do not require hospital-based help. Services include assessment, crisis counseling, education and connection to treatment providers and other social services. The center is a joint effort between Washington County Mental Health and LifeWorks Northwest.

The center will be open seven days a week, from 9 am-8:30 pm. The center is located at 5240 NE Elam Young Parkway in Hillsboro—right next to the Hawthorn Farm MAX stop. All services are confidential and provided by professionals as well as peers trained in recovery from their own mental health and/or addiction concerns.

Both walk-ins and appointments are accepted. During business hours, call 503-846-4555. The Washington County Crisis Line is answered 24/7 at 503-291-9111.

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## Sunset Athletic Club celebrates 40 years of fitness and fun

Provided by SAC staff

Sunset Athletic Club—a landmark, family-oriented, sports, fitness and racquet club located near Sunset High School—has been celebrating their 40-year anniversary. Their first celebration was an exclusive dinner event for the

community center, “a place where families and friends could meet and share fitness together.”

The next year four indoor and two outdoor tennis courts were opened, along with the outdoor pool. The club built its reputation in the local sports and fitness com-



alumni members who joined back in 1977. They are also planning an all-members 40-Year Blowout Party event to be held this summer, time and date TBA.

Carleen Prentice, long-time General Manager notes, “While we are grateful for the club’s achievements, we are most proud of the exceptional people we meet here. It’s been awesome to watch so many of them grow up while enjoying our programs and facilities—then returning with spouses or families to make new friends, and share their love of our fitness community. Our members are a special family—a group we’re privileged to host. Our staff continues to be our most important asset. They are what makes this place special.”

munities for two decades. In 1995, a setback occurred when a fire closed parts of the club for weeks. The staff soon had the damage repaired and programs resumed.

SAC experienced a huge expansion that began in 2002 with an extensive FitCenter upgrade. With the patience of their members, and a ton of hard work, they successfully worked through three more expansion phases over the next five years that tripled the size of the club. It’s now the second largest Athletic Club in Oregon. Their nod to the “green building” ethic earned them a feature article in Inc. magazine, (Green is the New Black, June, 2005).

The facilities now include:

Indoor Aquatics Center with three large pools (lap, exercise, therapy), Jacuzzi, steam and sauna rooms; outdoor heated pool and splash-play pad (seasonal); gym with two full basketball courts, elevated track and climbing wall; bistro for meals

and snacks; FitCenter with extensive equipment; large Cardio Center theater; on-site licensed physical therapy; Kids Korner child care; plus extra amenities like locker rooms, pro shop and banquet/meeting facilities.

The club is an epicenter for racquet sports, hosting multiple local and national tournaments each year on their seven indoor (and two outdoor) tennis courts, and nine racquetball courts (two also convert to squash). SAC is also a magnet for local kids, thanks to decades of summer and Spring-Break camps—and the unique SAC Clubhouse, a separate building dedicated to kids programs, activities and parties.

True to its “community-centered identity,” Sunset High School racquetball and tennis competitors, as well as local athletes from other sports, train at the club. The SAC Attack swim team fields 200 kids every year in the Metro Swim League. Plus, the club looks for ways to help the community directly, including: sponsoring the Oregon Sports Academy and it’s many programs to help young athletes; supporting the Oregon Track Club Masters (ages 40+); helping to sponsor local school and sports organizations; and contributing used equipment to charities.

Chuck, Carleen and the staff at Sunset Athletic Club are looking forward to serving their Cedar Mill community for years to come.

### Portland history at Beaverton Historical Society

Tues., May 9, 7 pm, Elsie Stuhr Senior Center, 5550 SW Hall Blvd., Beaverton. Free

Oregon Historical Society’s Sharon Thorne will present the history of Portland from its early days.

An 11-year volunteer at the Oregon Historical Society and a 40-year resident of Oregon, Sharon will present an interactive program about Portland from its early days as “the Clearing” near the confluence of the lower Columbia and Willamette Rivers to its development into a major city and chief port on the Willamette.

She will explore the role of the Oregonian newspaper, the Plank road, the impact of the California Gold Rush, and the roots of the entrepreneurial spirit that characterizes the city to this day. Sharon will be bringing historical artifacts for participants to look at and handle. Donations are welcome.

For more information, call Beaverton Historical Society (503) 430-0106 or visit: [historicbeaverton.org](http://historicbeaverton.org)

Beetles, continued from page 1

not responded and to work with the small number of residents who have expressed concerns about the project.

Each property is being treated once this spring, a process that takes roughly 10 minutes to complete for each location. Rain kept applicators away from some properties scheduled for treatment on specific days. Those properties are being rescheduled. If you received a notice but haven’t yet responded, you are encouraged to go to the website and confirm your agreement to have your property treated so it can be completed before it’s too late.

The current Japanese beetle eradication project is a long-term effort. Over a five-year period, the annual treatments are expected to start sometime each April and be finished, at the latest, by the end of May.



A record-breaking 369 Japanese beetles were found in traps placed in the area last year as well as numerous live beetles found feeding on roses and other plants. The invasive insect pest can be destructive in urban and agricultural environments. Failure to stop Japanese beetle from establishing is likely to not only result in widespread damage and economic impact, but also an increase in the use of pesticides as homeowners and agricultural operators battle the pest.

ODA entomologists remind Cedar Mill residents that the granular insecticide (larvicide) takes a couple of months to work its way into the soil where it will kill Japanese beetle grubs that hatch from eggs laid late this summer. This life stage is the most vulnerable for the Japanese beetle. Because of the timing and targeting of grubs, residents can still expect to see adult Japanese beetles over the summer months. Over the next five years, the presence and population of adult beetles should decline noticeably until the entire population is eradicated.

ODA officials continue to express gratitude to residents of Cedar Mill and Bonny Slope for their cooperation and support.

More information about the project is available at [japanesebeetlepx.info](http://japanesebeetlepx.info).



Founder Chuck Richards chats with members at the banquet for those who joined during the first years of the club.

Locally owned and independently operated, Sunset Athletic Club, or “SAC,” began as Cornell Court Club in 1977, as a racquetball and fitness center at 13939 NW Cornell Road in Cedar Mill. Owner Chuck Richards, a former Olympic athlete, set out to create a

## Learn how to naturescape your yard

Sat., May 13, 9-11am, Leedy Grange, 835 NW Saltzman Rd

Looking for a low-maintenance landscape? Try landscaping the natural way. Naturescaping is the practice of designing (or redesigning) a landscape so that it reduces water use, decreases stormwater runoff and pollution while saving time, money and a gardener's energy. This introductory workshop introduces naturescaping concepts, including pollution prevention through the reduction or elimination of chemicals, how native plants help create a thriving landscape that's attractive to native birds, butterflies and other pollinators, basic site-planning principles, and other gardening tips.

Workshop participants will get advice on native plant gardening and landscape design and will be introduced to a variety of native plants.

Even if you discover that you will need the help of a landscaper or designer with your project, you'll have the framework to make decisions and communicate your desires to your contractor.

For more information or to register, visit the [Soil and Water Conservation District website](#).

## Health care advocacy talk tops May Viva Village calendar

Sat., May 6, 1-3 pm, Valley Catholic Elementary School, SW 148th Ave.

Marcy Houle, co-author of "The Gift of Caring," will present a program titled "Effective Health-care Advocacy: Tools to Skillfully Navigate Health Care Systems."

RSVP/Information: [VivaVillageEvents@gmail.com](mailto:VivaVillageEvents@gmail.com) or 503-746-5082.

### Nature walk:

#### Commonwealth Lake Park.

Sat., May 6, 9 am, 13005 SW Foothill Drive (west end of lake at Dellwood Avenue), Beaverton. RSVP recommended: [VivaVillageEvents@gmail.com](mailto:VivaVillageEvents@gmail.com) or 503-746-5082. Information: [vivavillage.org](http://vivavillage.org), click on Calendar.

#### Dine Around Beaverton & Beyond

Wed., May 10, 12:30 pm., Oasis Restaurant (Lebanese). Murray Scholls Town Center, 14845 SW Murray Scholls Drive, Beaverton

Please RSVP: [Frieda.f.pardo58@gmail.com](mailto:Frieda.f.pardo58@gmail.com) or 510-693-2955

#### Oregon Holocaust Memorial tour

Thurs., May 11, 10-11 am, 97205 SW Washington Way, Washington Park, Portland. RSVP: [VivaVillageEvents@gmail.com](mailto:VivaVillageEvents@gmail.com) or 503-746-5082. Information:

[vivavillage.org](http://vivavillage.org), click on calendar.

#### Village 101 presentation

Sat., May 13, 10-11:30 am, Elsie Stuhr Center, 5550 SW Hall Blvd, Beaverton.

Information for prospective members and/or volunteers. Information: [VivaVillage101@gmail.com](mailto:VivaVillage101@gmail.com) or 503-746-5082.

For more events and gatherings, visit [vivavillage.org](http://vivavillage.org) and click on Calendar.

## Caregivers educational series begins May 15

A six-week series to aid people caring for a relative or friend with a chronic illness will begin May 15 at Tuality Health Education Center, 334 SE 8th Avenue in Hillsboro. "Powerful Tools for Caregivers" is sponsored by Washington County Disability, Aging and Veteran Services and Tuality Healthcare.

The classes take place on Mondays, May 15 through June 19, from 1:30-4 p.m., at Tuality Health Education Center. Monday, May 29, is Memorial Day, so that week's class will take place on Tuesday at the same time.

Participants will learn how to reduce personal stress, communicate their needs effectively in

challenging situations, deal with difficult emotions, and make tough caregiving decisions. The class is appropriate for anyone helping a parent, spouse or friend. The person in their care may live at home, in a facility or across the country.

There is a suggested donation of \$30 to help defray the cost of the book, but payment is not required to attend the class. Registration is required by calling the Washington County Family Caregiver Support Program at 503-846-3089.

## Democratic Party of Washington County monthly meeting

Wed. May 24, social time, 6:30 pm, meeting, 7-9 pm, PCC Willow Creek Center, 241 SW Edgeway Drive, Beaverton, Room 103 (Entrance at southwest corner of bldg. across from Park & Ride lot and MAX Station).

Meet your representatives, elected officials, candidates for office, and political appointees; vote on platform resolutions; join a committee, become a precinct committee person and a neighborhood leader. Make a difference. For more information: [washcodems.org](http://washcodems.org) or (503) 626-7018.

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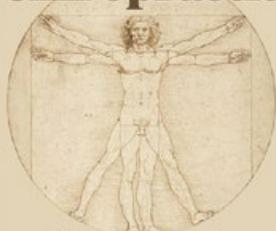
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## 2017 Sunset Grad Party needs you!

The 2017 Grad Party Team has been gathering sponsors for the annual drug and alcohol free celebration party since June 2016. We generate funds via grad party ticket sales, multiple fundraising events, grants, and donations from local businesses in an effort to ensure that all seniors will have the opportunity to participate in this tradition.

We would like to thank the following businesses that have generously made donations for the class of 2017 Sunset Grad Party: Adidas; Benson Hotel; Bethany Public House; Big Time Music Store; Columbia Sportswear; Ensley Orthodontics, PC; Fox 12 News Weather; Happy Dogz Dog Training; Jersey Mike's Subs; Jimmy Johns; Jon Goodwin, DMD, Orthodontics and Dentistry; Kirsti

Holley Photography; Laughing Planet; Market of Choice; Mentoring Metamorphosis; Nike; PWU Engineering Inc.; Schmizza Pub and Grub; Verizon.

You can still help support the 2017 Sunset Graduation Party by making a cash donation either on the [grad party website](#), or by sending a check to:



2017 Sunset HS Grad Party  
c/o Sunset High School PTO

13840 NW Cornell Road  
Portland OR 97229

As part of Sunset PTO, a non-profit organization (tax ID number 93-0868697), your donations can be tax deductible. All donors will be acknowledged and thanked on our website and in the letter sent to all senior parents.

## Washington County Forum

The weekly forum meets at the Golden Valley Restaurant & Brew Pub, 1520 NW Bethany Blvd., Beaverton, with the exception of the May 24 event at the Beaverton Library, 12375 SW 5th St., Beaverton

**May 8:** Candidates for the boards of directors of the Tualatin Hills Parks & Recreation District and Portland Community College to speak prior to the May 16 election.

**May 15:** former Gov. John Kitzhaber to speak on healthcare in Oregon 1989 to present

**May 22:** Anna Griffin of OPB and

Oregonian columnist Steve Duin to speak on "Challenges to the News Media"

**May 24:** Special 6 pm program at the Beaverton Library with former Gov. John Kitzhaber, who will speak on national health care "The Current Debate and What Needs To Change"

**May 29:** Memorial Day – no program

**June 5:** Erica Stock, director of the Oregon Chapter of the Sierra Club, will speak on challenges to environmental advocacy.

## Washington County Museum

Ladies of the Valley exhibit continues

Ongoing exhibit: Ladies of the Valley: Part I (1860 - 1910) This exhibit will be open to the public through Sept. 1. Our long-anticipated display features artifacts from our collection. Included are women's clothing and accessories, sewing machines, beautiful photos and paintings of local women, old advertisements and much more. View photos of the exhibit thus far [on the website](#).

The museum is seeking donations of historic era clothing, particularly from the exhibit's second period, 1910 to 1950. Ladies of the Valley: Part II (1910-1950) will open Sept. 6. Contact curator, Liza Schade, [liza@washingtoncountymuseum.org](mailto:liza@washingtoncountymuseum.org).

[tymuseum.org](http://tymuseum.org). The Washington County Museum is at 120 E Main Street, Hillsboro.

### Executive director leaves

After two years with the Washington County Museum, Executive Director Mark Harmon has left his position for an opportunity in central Florida. Mark guided the development of the museum's 2017-2027 Strategic Plan, which is the institution's road map for the future. He facilitated the growth of the museum's permanent collection and the enrichment of the visitor's experience.

The board of directors will soon announce the appointment of an interim executive director and the search for a permanent CEO.

Market, continued from page 1  
the Market going to pay expenses. They also help with printing and other incidentals, and the Market trailer, full of canopies and other



Pie in July!

furniture, is stored in a THPRD lot.

Safeway donates the space in their parking lot, and also lets Market shoppers and vendors use their restrooms. If you enjoy the Market, be sure to thank Safeway Manager Rick Edmunds!

The Cedar Mill Business Association sponsors the SNAP match program, donating \$500 each year so that folks who use their SNAP account at the Market get a free match of up to \$5 each



There will be radishes!

week to shop. Individuals can donate to that program, too—it runs out before the end of the season each year. Community donations also help to pay the musicians, and the two interns—for the Information Booth and the Power of Produce kids program.

Seasonal events add to the fun of the Market, but they often have to be scheduled at the last minute, depending on how the weather affects the crops. There will be Pie in July, and of course Ima Blueberry will visit when those critters are ripe. A Harvest Festival in the fall will feature “keeper” produce like root crops, winter squashes, beans, and grains.

Ongoing programs include Power of Produce that teaches kids about fresh healthy eating with games and tasting. Each kid that participates gets \$2 in Market

money to spend on their favorite items. Lannie, who is a chef, regularly offers cooking demos with samples using produce of the season. The Information Booth offers free recipes that have been collected from vendors, visitors, and volunteers over the years. Weekly entertainment—music, dance, and other performances—add to the festivities. Note: they’re looking for local talent! Ask at the Info booth!



Lannie, Karen, and Deb attended the Small Farms conference to get new ideas and training.

So in addition to attending the Market every Saturday, what can we do to keep it successful? Volunteer! It’s a great way to get to know more neighbors and feel like a part of the fun. Donate funds to support the many pro-

grams. Be mindful about driving around the Market! Karen noted that people have actually driven through the space and into vendor’s booths! Understand that the vendors earn their living by bringing their goods to the Market—it’s not a hobby. You may pay more than you would in a discount grocery store, but it guarantees that you get the freshest healthiest most consciously raise food possible!

\*\*CMFM Board Members:  
Jonella & Greg Malinowski, Mike Nichols, Deb (Olive Lady) Politi, Ron Roden, Dina Gross.

### Survey your local parks for THPRD

Wed., May 31 and Sat., June 3, 9-11 am or 3-5 pm

The Tualatin Hills Parks and Recreation District is looking for a few good volunteers to perform use surveys of 10 district parks. Volunteers are needed to talk with park visitors about how and why they use district parks, programs and trails. Data will be used to make trail improvements and plan for future natural resources programming in parks.

Sites planned for surveys are AM Kennedy Park, Bethany Lake Park, Camille Park, Commonwealth Lake Park, Cooper Mountain Nature Park, Greenway Park, Hazeldale Park, Jordan Woods, Lowami Hart Woods and Tualatin Hills Nature Park. [Sign up to volunteer here.](#)

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Business News, continued from page 2

Dr. Matin has been your neighbor on Cornell (in the Oak Hills Shopping Center) for 25 years. She always offers a complimentary second opinion on dental procedures that you have been advised to get, and also to answer any of your dental questions. The office is located at 14740 NW Cornell. Visit them online at [lauramatindds.com](http://lauramatindds.com)

### Move Over Zillow...ELEETE rolls out their new real estate tracker

We are thrilled to announce that we have partnered with a software company out of Mountain View, CA, to beta test their new technology that interfaces with our local RMLS in a way that no other firm has done to date.

Whether you are truly in the market to buy, just enjoy looking at new lifestyles, or you love to know what's happening real estate-wise in your community, ELEETE SCOUT, will give you a the most interactive and engaging way to see real estate. Like many new music and movie sites, ELEETE SCOUT will learn about your preferences such as vaulted ceilings, one level living, or a private backyard. There are hun-

dreds of preferences to choose from.

When new listings hit the market in your defined areas of interest, all the homes will be included, but rather than being presented from high to low price, instead they are ranked by the number of matching preferences that are of interest to you. You can also input addresses such as your work and each home you see will show your commute times. Fast, fun, efficient, ELEETE SCOUT makes looking at real estate both informative and entertaining.

Additionally, the smart phone app is fantastic and easy to use when you are on the go. You will always be the first to "know," as ELEETE Scout will also update you when homes sell and give you the actual sale price.

Finally, if you are a serious buyer, ELEETE SCOUT is faster than RMLS, Zillow, Realtor.com, Redfin, and all individual real estate company websites. You can receive real time updates, as ELEETE SCOUT is directly connected to Portland's RMLS and updates every 15 minutes.

To get the SCOUT app, email [lee@eleetere.com](mailto:lee@eleetere.com) with SCOUT in the subject line.

### Big Horn Brass presents 'An American Portrait'

Sat., May 20, 7 pm, St. Matthew Lutheran Church, 10390 SW Canyon Road, Beaverton

Big Horn Brass seventh spring concert will feature music from 19th and 20th century America including musical icons Aaron Copland and George Gershwin, Scott Joplin, John Philip Sousa and Duke Ellington. A special feature of this concert will be music from Oregon's historic Aurora Colony.

Copland's "Appalachian Spring" will be presented in a brand new arrangement for brass and percussion by Ron Babcock, professor of music at Portland State University and trombonist in the Big Horn Brass. Gershwin's "An American in Paris" and Joplin's "Original Rags" and "Acres of Clams," a Northwest folk song extolling the virtues of clam farming in Puget Sound are on tap.

In addition to the 16-member Big Horn Brass, this program will feature guest vocalists Gayle Neuman and Emily Bryan. David Bryan and Ron Babcock will conduct, and the group is under the artistic direction of Andrew Harris.

Tickets are: adults (18 and over): \$20 online or \$25 at the door, seniors (55 and over): \$15, students (13 to 17) \$10, and children (12 and

under) \$5. Special rates available for groups of five or more. Tickets are available online at [bighornbrass.org/tickets](http://bighornbrass.org/tickets)

### Christ United Methodist summer camps—sign up now

Registration is open for June summer camps for preschoolers and school-age children through Christ United Methodist Church, 12755 NW Dogwood Street.

Camps for preschoolers are the following: June 6-8, Games Galore; June 13-15, Wild Western; June 20-22, Water World; and June 27-29, Nature Nuts. All camps are 9-11:30 am and cost \$65. Ages 3-7 (must be potty trained). Non-CUMC families are welcome. Campers should bring a snack, light jacket, and change of clothes.

Camp IWannaBe for children preschool through 5th grade will be held July 20-22. Thursday and Friday sessions will be 9 am-4pm; Saturday, 9am-noon with a family celebration and community service activity from noon-2 pm. For more information or to register, visit [cumcpdx.org](http://cumcpdx.org) or email [ministries@cumcpdx.org](mailto:ministries@cumcpdx.org) for more information.

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*What's Happening, continued from page 1*

"The design of the middle school is being developed with the expertise of Hacker Architects, an award-winning Portland based firm well known for its thoughtful design and commitment to sustainability." The middle school expansion is phase one of a four-phase, 20-year plan for improving and expanding the school.

The public hearing for this application was held on May 3 in Portland. According to the application submitted to Portland planning, no change in the number students or staff is proposed.

Former board member Ursula Garcia noted during a discussion on NextDoor, "As part of this project, the school will also be completing extensive frontage improvements along NW Cornell Road and NW Miller Road. These improvements will enhance pedestrian and bicycle safety in the vicinity, and improve pedestrian access to campus."

The school's 13.89-acre campus includes facilities for approximately 550 students in preschool through grade eight. There are about 140 students in Maternelle (preschool, prekindergarten, and kindergarten), 230 in grades one through five, and 180 in grades six through eight. Learn more about FAIS on their [website](#).

**Sheriff's dogs to compete at K-9 trials**



Sat., June 3, 9 am-2 pm, Hillsboro Stadium, 4450 NW 229th Ave., Hillsboro. Free.

Looking for a day of family fun? Come out to the Washington County Sheriff's Office 12th Annual K-9 Trials and Safety Fair to see highly skilled dogs and their handlers show their stuff.

The event includes a safety fair with police vehicles, fire truck, ambulance, and Life Flight helicopter. At 10 am the dog competition begins featuring highly trained police K-9s from around the state and Fox 12 News emcee Brian McMillon. These vastly skilled police dogs will demonstrate their precision as they compete in various events

**Public hearing for revised Touchmark plans**

Thurs., May 18, 10:30 am, Washington St. Conference Center, 102 SW Washington St., Hillsboro

Touchmark, a Beaverton-based company that builds and operates retirement communities, modified plans for their development near the corner of Barnes and Miller near Cedar Mill, and a public hearing is scheduled to review the changes.

Construction is already underway for the first phase of the development. The review covers a winemaking facility/clubhouse and outdoor amphitheater, provision of a maintenance building, replacing the originally proposed four-plex garden homes with 11 single family homes, and relocation of a single condominium tower from the west side of the site to the east side.

We wrote about the [proposed changes](#) that were shared with neighbors in November 2016.

**Cornell Landing opening late 2018**

Cornell Landing Assisted Living & Memory Care Facility, currently under construction on Cornell near NW 97th, is set to open in late 2018. They have leased space for a sales office in the "triangle" center at Saltzman & Cornell. More information is available at 503-292-9222.

such as an obstacle course, fastest dog, K-9 handler protection, and vehicle extraction, among others.

Food will be available for purchase at the concession stands along with vendor booths with free giveaways. Both before and after the competition,

the dogs will be available to meet and take a picture with.

**Sunset High School Class of '72 plans reunion**

Fri., June 9, Sherwood Elks Club, 22770 SW Elwert Rd., Sherwood.

Reunion at 5:30 pm; dinner buffet at 6:30 pm with a no-host bar available throughout. Cost is \$35 per person. Spouses and significant others are welcome.

Please RSVP by May 10, and include number attending, to [shsapolo72reunion@gmail.com](mailto:shsapolo72reunion@gmail.com). For more information, visit 1972 Sunset High Reunion Page on Facebook.

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Space is available at the Cedar Mill Bible Church Park & Ride (west lot only) at NW Cornell Road and NW 123rd Avenue.

Bus line 48-Cornell arrives every 15-18 minutes during commute hours for the 5 min. ride from the park & ride to Sunset Transit Center.

Go to [trimet.org](http://trimet.org) to plan your trip.

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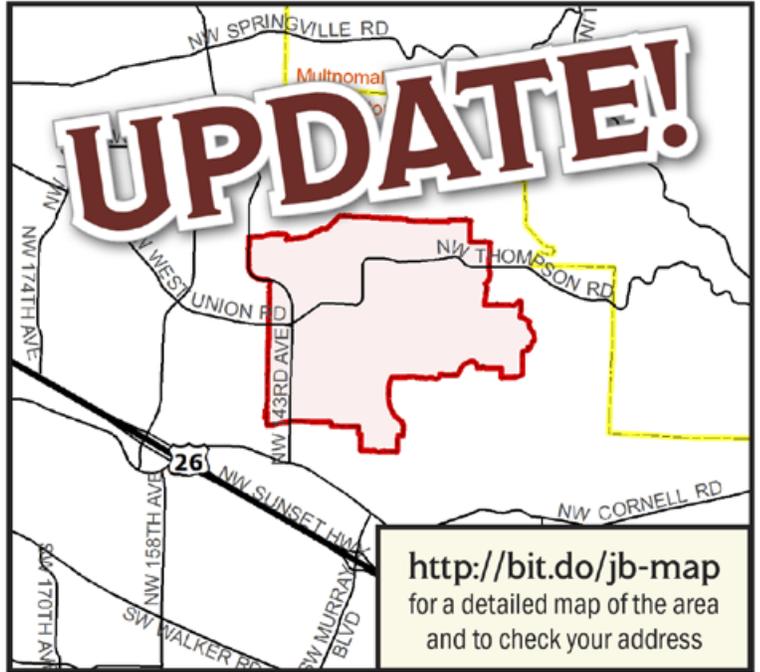


**Update! PROJECT APPROVED!**  
 ...but we still need your  
 signed consent forms!

If you live within the treatment area,  
 please send in your signed consent form  
 or visit <http://bit.do/jb-consent>  
 to sign electronically.

*If you've already done this, thank you!*

The Oregon Department of Agriculture proposes to treat an area of Cedar Mill with an EPA-designated "reduced risk" granular insecticide in April or May of 2017 to prevent Japanese beetle from establishing in Oregon. The service is provided at no cost. For most residences, the application will take 15 minutes to complete. For information about the insecticide, visit <http://bit.do/oha-jb>



<http://bit.do/jb-map>  
 for a detailed map of the area  
 and to check your address

The proposed eradication for Japanese beetle in the Cedar Mill and Bethany areas is outlined above in red.



**Oregon**  
 Department  
 of Agriculture

For more information, contact us:  
[japanesebeetle@oda.state.or.us](mailto:japanesebeetle@oda.state.or.us)  
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**Mother's Day is  
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