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Cedar Mill News

Volume 13, Issue 12

December 2015



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High School boundary changes stir neighborhood opposition

By Virginia Bruce

The need to redraw boundaries for the Beaverton School District (BSD) High Schools was triggered in May 2014, when voters approved a \$680 million bond for capital improvements. Four of BSD's five High Schools are already near, or over, capacity. High schools currently use 21 portable classrooms; Westview HS has 16 and is at 123% of permanent capacity.

At the time the Bond Measure was proposed, it was already known that a new high school would be built in the far southwest corner of the district, in an area called South Cooper Mountain, at SW 175th and Scholls

Ferry Rd. The BSD district boundary is the western margin of the 47-acre site.



The district's new high school is being built at the southwest edge of the district in an area that is mostly rural now.

Some people felt that the north end of the district, where rapid growth is already underway (North Bethany,

Bonny Slope West) should be the location for the new school. District spokesperson Maureen Wheeler says that they did consider sites in the area, but it was difficult to find a site that met the criteria of size, number of parcels that would need to be combined, and price (among others). "We have to pay market price," she said.

They found a willing seller in an area that Metro added to the UGB in 2011. The city of Beaverton says they expect to see the development of between 3,746 to 5,138 residential dwelling units within BSD's boundary in that area. The district says,

"The selected site provides long-term balance in high school locations: two in the north, two in the middle, and two in the south."

To help manage the process, BSD hired a consultant team, Withycombe Scotten & Associates, which has worked with BSD and other northwest school districts on similar projects. "They have a long history with us," notes Wheeler. "They didn't just come in cold." She continued, "The overall process was designed collaboratively, with our technical team, the consultants, Board members and me."

The process to create new school boundaries began in October and is expected to be finalized in March 2016. A [Boundary Adjustment Committee](#) was formed, with five sub-groups—consisting of the Principal of each existing HS, and two HS parents/community members. A Technical Team representing

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Cedar Mill issues with Peterkort Development renewal

The following is the text of a petition posted on Change.org and signed and commented on by over 400 supporters. The petition, with signatures and comments, was delivered to Beaverton's Planning Department on December 2. Anticipated decision date is December 16.

In 2014, the City of Beaverton approved a Planned Unit Development (PUD) application from Peterkort Co. to develop approximately 80 acres of its land around the intersection of Barnes Rd. and Cedar Hills Bl. into a mix of residential, office and commercial. Peterkort Co. is now asking the city to approve an extension for another two years.

Residents of Cedar Mill and surrounding areas are concerned about sev-

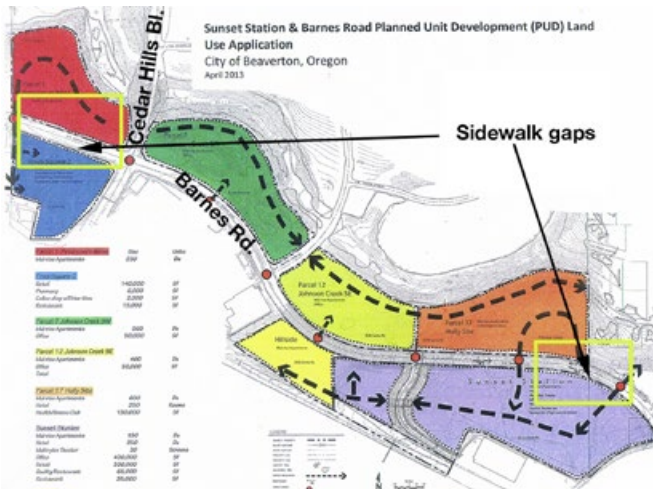
eral issues related to the renewal: the US 26 eastbound offramp to Cedar Hills Bl.; the lack of sidewalks on Barnes Rd.; and threats to the community trail between the West Haven neighborhood and Barnes.

Oregon Department of Transportation (ODOT) has been waiting for the development of the Peterkort PUD to fix this mess. We hear that a [solution may be in the works](#),

but the delay in the Peterkort PUD is part of the problem. This needs to be addressed before 2018.

We believe that it is important that sidewalks are built soon to fill in the gaps on Barnes between St. Vincent's and the Sunset Transit Center, and the gap west of Cedar Hills Bl. (shown on map).

A trail has led from the West Haven neighborhood to Barnes Rd (the 95th Avenue Trail) for many years. Peterkort Co. has recently posted "No Trespassing" signs, and the neighbors are concerned that this action will jeopardize the "Public Access Easement" which can be applied to continuously-used trails. The trail allows West Haven residents to walk to the Sunset Transit Center and keeps many cars off the road and out of the inadequate STC parking lot.



Jana Fox, a planner with the department, said, "The extension of time application is a Type 2 decision and because the applicant does not propose to modify the previous land use approval, no public hearing is necessary. The decision-making authority is the Director (Cheryl Twete) and written comments will be taken into consideration as they apply to the approval criteria."

She continued, "The property that contains the trail you inquire about is not a part of the PUD application, nor of this Time Extension application. Therefore, the trail is a topic that will not be relevant to the proposed extension of time." West Haven neighbors disagree (see article on page 9).

Citizens Participation Organization #1 also voted, at their November meeting, to write a letter in support of the trail and other concerns, and that letter was also delivered to Beaverton.

Holiday News see pages 4-5

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

Grand Central Bakery opens December 9

At 8 am on Wednesday, December 9, Grand Central Bakery will open the doors at 12595 N.W. Cornell Road.

Formerly a 7-Eleven, the building was completely remodeled by DHR Renovation and features an open, light-filled interior. Cedar Mill Grand Central will seat 40 and features polished concrete floors and sustainable wood detailing from Hyla Woods. An open floor plan offers views of bakers making morning pastries.

Along with boxes of fresh pastries, Grand Central will offer Nossa Familia coffee and espresso drinks, breakfast sandwiches,



soups and salads made with local farm produce, and a wide variety of sandwiches. The bakery also sells frozen ready-to-bake pies made with local fruit, all-butter pie crusts and rustic pizza dough.

Founded in Seattle in 1989,

Grand Central is a family-owned bakery serving delicious food made from the very best local & sustainable ingredients. Pastries are baked fresh daily on site and Grand Central's rustic breads are nationally recognized as among the best in the country.

This will be Grand Central's seventh Portland location. It will be open daily from 7 am to 6 pm and offers a shared parking lot with neighboring businesses.

CMBA decorates for the holidays!

The Cedar Mill Business Association is getting ready to decorate the light poles along our "main drag," Cornell Road between Murray and Saltzman, and up Saltzman by the library, with cedar greenery from Dinihanian Farm. They're also renewing the banners that proudly announce, "Welcome to Cedar Mill." These programs are paid for through the generous sponsorships of local area businesses, whose names are included on each banner.

Program coordinator Joanne Hollister says, "The banners and decor show the world that this is an active and involved business community, and not just a pass through commute!" The program also provides the beautiful flower baskets that grace our downtown throughout spring and summer.

For more information about the program, contact Joanne at mtmanlady@gmail.com. To find out more about CMBA, visit <http://cedarmillbiz.com>

New (Heights) Orthopedic Clinic

13306 NW Cornell Rd. next to the new Foot Traffic store

New Heights is an orthopedic, manual physical therapy clinic that treats sports injuries and post-surgical rehab. New Heights believes in the importance of an integrative health approach that collaborates with other providers such as naturopaths, acupuncturists, M.D.s, and others. They strongly believe that optimal healing is only possible with a multi-disciplinary approach.

Michelle Gilpin, DPT will be the physical therapist at the Cornell clinic. She specializes in working with active adults and adolescents

with post-surgical rehabilitation needs, sports related injuries, running assessments and bike fittings.

Gilpin is a former yoga instructor with over ten years' experience teaching integrative therapeutic yoga to individuals of all levels and regularly incorporates yoga into her therapy practice.

Gilpin believes healing begins with body awareness and alignment, and to achieve that she integrates manual therapy with neuromuscular re-education, functional retraining and therapeutic exercises. Gilpin believes that there is an athlete in every person and works hard to help patients heal from injury and find their untapped potential.

For more information visit www.newheightstherapy.com or find the [New Heights Facebook page](#). The company has two other locations in East Portland and Vancouver.

Organic CSA pickup location in Bonny Slope

If you are interested in excellent produce and supporting local farmers, please consider joining Love Farm CSA, an organic CSA (community supported agriculture) in Forest Grove for the 2016 season (June-November) to get organic produce delivered to Bonny Slope.

Memberships will be available beginning in January for full shares (family of 4) or half shares (2). The produce will be delivered to a home in Bonny Slope, and you'd pick up your weekly share on a specified weekday—the very same day the produce is picked.

A wonderful and unique aspect about Love Farm is their CSA method: instead of pre-assembling a box for each family, the produce is delivered and set up like a little farm store, with a blackboard list of what your share includes, and there are choices! You select your own produce, and in some cases you select among a few vegetables in the same family. So if you don't like cauliflower, for example, but you'd love to try romanesco broccoli, you can decide!

Love Farm Organics has over two hundred members in Portland, and sells their seasonal, organic

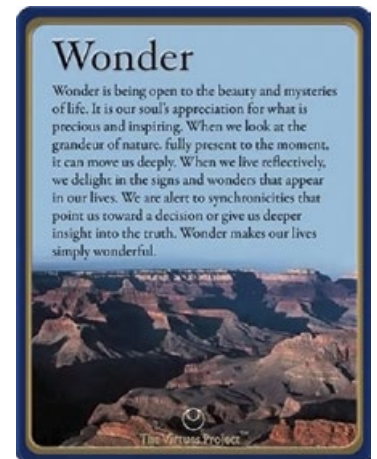


produce to area restaurants as well, rather than selling at the farmers' markets. For more information visit their website.

Please contact Linda Sawaya (linda@lindasawaya.com) if you're interested in signing up for a membership in a Bonny Slope pick up or if you have questions.

Paws Aquatic

Paws Aquatic Water Sports and Rehab has just recently opened their new location near the Hillsboro Airport. Among their services, they offer the only indoor dock diving facility on the west coast (40 x 21 ft. pool) as well as an underwater treadmill tank for canine rehabilitation and conditioning. For more information visit pawsrehab.net.



Virtue of the Month: Wonder

Wonder is being open to the beauty and mysteries of life. It is our soul's appreciation for what is precious and inspiring. When we look at the grandeur of nature, fully present to the moment, it can move us deeply. When we live reflectively, we delight in the signs and wonders that appear in our lives. We are alert to synchronicities that

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Award-winning lecture series returns to Oak Hills

Monday-Friday, January 6-26, 9:30-10:30 am, Oak Hills Community Church, 2800 NW 153rd Ave. The lectures are free and open to the public.

The award-winning [January Series of Calvin College](#) is coming to Portland. Oak Hills Community Church will be one of 48 remote webcast locations worldwide to broadcast one of the nation's leading lecture and cultural arts series.

The 2016 edition features a solid lineup of speakers including David Brooks, one of America's most prominent political commentators and OpEd columnist for the New York Times; Laurie Garrett,

has experience working as an FBI counterterrorism and counterintelligence operative; and Bethany Haley Williams, a psychologist who is a leader in the specialized field of rehabilitating children traumatized by war.

The experts will be discussing a wide range of today's most relevant topics, including foreign affairs, global health, interfaith cooperation, autism, and cyber security.

"At Calvin, we teach students to think deeply, to live wholeheartedly and to live into justice. That's exactly what we do through the January Series, too," said Potter.

"As we listen to the wide range of speakers each year we are challenged to wonder and think courageously and sometimes that also means we are stretched in new ways. As people of faith we should be using the brain God has given us to think well and always be learning about the world we live in."

In 2016, for the first time ever, renowned thought leaders George Marsden, Richard Mouw, Alvin Plantinga and Nicholas Wolterstorff will take the stage together. The quartet will share their deep love of knowledge and what captured their heart during their careers. Each one served as a professor at Calvin College for more than two decades in the 60s, 70s and 80s, before moving on to the halls of Notre Dame, Yale, and Fuller Seminary.

"To have four of the pillars of the Calvin tradition together on the same stage will be a real treat," said Potter.

The January Series lectures will be video streamed live. In 2015, more than 40,000 people attended between the on-campus and remote sites. In 2016, 48 remote locations will carry the January Series—spanning 19 U.S. states, two Canadian provinces, and one site in Europe.

For more information about the January Series, contact Pastor Carl Leep at carll@oakhills-church.org or at 503-645-2245.



Bethany Williams, one of the speakers

a senior fellow for Global Health at the Council of Foreign Relations and the only person to win the three P's of journalism—the Pulitzer, the Polk and the Peabody; Eric O'Neill, a security expert who

Washington County Forum schedule

Most Mondays, 11:30-1 pm, Peppermill Restaurant in Aloha at 17455 SW Farmington Rd.

Monday, December 7: Sal Peralta: "What's Happening with Oregon's Independent Party?"

Monday, December 14: Metro Councilors Kathryn Harrington & Craig Dirksen: "Role of Metro Council - How it works with the County & Cities."

Monday January 4: Julie Parrish & Joe Gallegos, State Representatives: "What to Expect at the 2016 Session."

There is no charge for admission. Doors open at 11:30 am, and the speakers start at noon. Lunch is available to order from the menu.

Following the speaker, there is an opportunity to ask questions, a privilege of Forum membership.

STOP making resolutions!
START making changes that will impact your life forever!

2016
2015

Say YES to playing with family!
Say YES to skiing and hiking!
Say YES to finding your happiest healthy!



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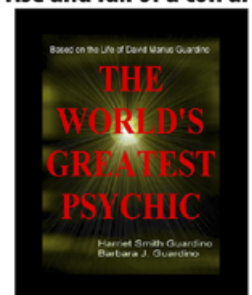
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The rise and fall of a con artist



Fact is stranger than fiction!
www.thewritersbarb.org

Celebrate Locally! Shopping, Events, Connections...

Oak Hills Holiday Bazaar

Friday and Saturday, December 4-5, 10 am - 4 pm, Sunset Presbyterian Church, 4986 NW Cornell Road, directly across Cornell from Oak Hills.

Shop local at the Oak Hills Annual Holiday Bazaar. The bazaar is back with some old favorites and some new, but in a new location. Due to the pending Rec Center renovation project, the bazaar has been moved to nearby Sunset Presbyterian Church for your holiday shopping.

As always, there will be a wide array of unique, handmade items to appeal to everyone on your gift list - from young to old and in all price ranges. Most of the artists and crafters live in the neighborhood or nearby. Look for hand knit scarves, hats, and doll clothes, machine embroidered baby clothing, fused glass, dog collars and leashes, hand-made soaps, lotions and shampoos, painted gourds, jewelry, hand-crafted cards and paper goods and much more!

25th Annual Big Horn Brass Holiday Concert

Sunday, December 13, 6:10 pm, St Matthew Lutheran Church, 10390 W Canyon Road, Beaverton

A favorite holiday event for many Beaverton area family calendars will return this year! The renowned brass ensemble creates the perfect opportunity to hear some of the world's greatest holiday and festive music. The special guest is local jazz vocalist, Shirley Nanette. A preconcert by the St Matthew Exaltation Handbells starts at 6:10 pm with the Brass concert starting at 6:30pm.

This is the 25th consecutive season the Big Horn Brass has performed a free community concert at St Matthew. This 16-member ensemble spreads its sparkling brass tones through an endearing mix of holiday favorites. From traditional carols to festive arrangements for brass, this concert will warm the hearts of young and old.

This year's concert will also include: selections from Tchaikovsky's Nutcracker Suite, and the Leroy Anderson Suite of Carols, March of the Magi by James Bur-

den, You're a Mean One Mr. Grinch arranged by William Berry, Have Yourself A Merry Little Christmas



with vocalist, Shirley Nanette, and a special Alp horn solo.

This year's concert is a gift to the community from the Erik Weswig Memorial Fund, Tualatin Hills Park & Recreation, the St. Matthew Lutheran Church Foundation, and other supporters of holiday music. Erik was a member of St Matthew and enjoyed this concert as part of their family tradition. In his memory, a Memorial Fund was established to support local events that he enjoyed. Donations for future concerts will be gratefully accepted.

The concert will begin with a candle lighting as part of the Compassionate Friends world wide candle lighting. Additional information and music samples: www.bighornbrassholidayconcert.com

Winter Holiday Book Sales

Saturday, December 5 - Saturday, December 12, Cedar Mill and Bethany libraries

We will be conducting Winter Holiday Book Sales, spotlighting new and gently-used holiday and winter-theme books for all ages.

Cedar Mill Main will also have all cookbooks & garden books 50% off! You'll be sure to find a fabulous cookbook to help with your holiday meals and baking and/or a terrific gardening book that will have you dreaming of springtime.

Both libraries have ongoing book sales during library hours. We also sell books in our [Amazon store](http://Amazon.com), which has more than 2,000 items - visit today!

We feature a constantly rotating book collection for adults and children. The quality is high. The prices are low. Items include some library discards, but mostly donated books. All proceeds support your library.

Visit with Santa at Second Edition!

Saturday, December 12, 2-4 pm, east end of the library at 12505 Northwest Cornell Road.

Bring your children and grandchildren to Second Edition for a visit with Santa. Children will get a chance to sit on Santa's lap and receive a small gift, while supplies last. Bring a camera if you like to capture the moment. This event is free. Second Edition is a quality resale shop benefiting the Cedar Mill Library.

Leedy Artisan Market

Saturday, December 5, 9 am-1 pm, Leedy Grange Hall, 835 NW Saltzman

Find an array of gifts and necessities at the monthly Market. Organizer Bernie Capell says, "We have Terra Essential Oils, Jamberry Nails, Homemade holiday treats, a jewelry artist, Christmas ornaments and decorations, antiques, canned and preserved foods, a fused glass artist and more.

Entry to the Market is free, and there's plenty of parking nearby.

Santa is coming to Bethany Family Pet Clinic!

Sunday, December 13 from noon until 5pm, 15166 NW Central Drive Please stop by for a pet photo opp with Santa on. Santa speaks both dog and cat and I'm sure he will deliver the correct gifts to the correct pets in your household, so tell your pets - don't be shy (and I know they have all been good dogs and cats too). The cost of a 4x6 print is \$15 with all proceeds to Indigo Rescue.

DuFresnes Brakes Fundraiser

10690 NW Cornell Rd

For the month of December, DuFresnes Auto Repair will do a Free Brake Inspection, Free Pads, and Free Shoes if needed. Just bring in a grocery bag of food and they will inspect your brakes for free. This is a value of \$350.00 to their valued clients.

What does FREE mean? It means just that—FREE Brake pads or shoes. They are not talking cheap brakes either!! DuFresnes is giving you top of the line pads, if possible,

the same ones they always use. Thanks to several parts distributors they are able to continue giving you FREE brakes year after year. This is one of their ways of saying thank you for all 47 years of doing business with you. For some of you, you have been doing business with them for that long.

This is also to thank you for making this a great holiday for the less fortunate. So bring food, lots of it! For more information call 503-646-2940 or visit www.DuFresnes.com



AutoRepair.com.

Freed Dental is a Toy Drive drop site

Monday-Thursday, 8 am-5 pm, 12887 NW Cornell Rd

New, unwrapped toys will go to local kids in need through a community effort program in part with KGW, Regence, Wells Fargo and Toyota! The toys can be dropped off at the office location on Cornell Road!

Visit Santa at Sunset Credit Union

Monday, December 21, 11 am-1pm, SSPFCU, 1100 NW Murray Blvd

Santa will be visiting us soon! Everyone is encouraged to stop by, enjoy some treats, and get your photo taken with Santa!

Christmas Tree Farm Fundraiser for Rip City Softball

Mountindale Exit (550) off Highway 26, then follow the signs

Rip City Softball team, in partnership with C. W. Baggenstos Christmas Tree Farm, would like to invite you to their farm. By purchasing your Christmas tree, you will be supporting Rip City Softball at the same time!. Enjoy a hayride, free shaking and baling of your

tree, and help attaching it to your car. PLUS free hot chocolate! For more information, [visit the website](#).

Christmas Eve at Sunset Presbyterian

Thursday, December 24, 3 pm, 5 pm and 11 pm, 4986 NW Cornell near Hwy 26

You and your family, friends and neighbors are invited to Sunset for one of this year's Christmas Eve services. All ages are welcome in the services, and there is a children's program for infants to four years old at the 3 pm and 5 pm services. ASL is available during the 3 pm service. Communion will be served at the 11 pm service. They hope this time of worship will continue to be a tradition for you at this special time of the year.

Sunset Presbyterian's Food & Toy program will assist 600 families in the community by providing each child in the family with a small gift for Christmas (\$20 - \$25 value) and a box of food for the entire family. Food & Toy has been a long tradition in the life of Sunset.

Christmas Choir Concert

Friday, December 11 at 7 pm

The Sunset Choir will present a mix of holiday music that's classic and new. This concert is sure to please people of all ages. This is a free, family-friendly event with a small dessert reception to follow.

'Tis the Season for Holiday Safety Tips

Tualatin Valley Fire & Rescue reminds you to use caution this holiday season and check your smoke alarms before the festivities begin. Keep your celebrations merry and bright by following the safety tips below for cooking, using candles, and enjoying holiday trees in your home.

Cooking

Cooking fires are the leading cause of residential fires. We recommend the following practices to minimize your risks:

- Don't leave cooking unattended—turn off burners or set a timer if you leave the room.
- Heat cooking oil slowly and turn down the heat if it begins to smoke.
- Ensure cooking surfaces are clean and clear of combustibles.
- If you have a stovetop fire, turn off the heat source, slide a lid or cookie sheet over the fire from the side, and leave the pan covered until it has cooled. If you have an oven fire, leave the oven door

closed and turn off the oven. If the fire grows larger, get everyone safely out of the house and call 911 from a cellphone or neighbor's house.

Candles

Trim candle wicks to 1/4 inch before burning and use sturdy candle holders. Keep candles away from decorations and other combustibles. Always extinguish candles before going to bed or leaving your home. Consider using flameless, battery-operated candles.

Holiday Trees

A dry holiday tree is extremely flammable, so it's important to keep your tree fresh. Make a fresh cut at the base of the tree before placing it in your stand. Immediately add water, and check the water level every day. Don't allow the water level drop below the base of the tree. Place your tree away from heat sources. Turn off the tree lights when going to bed or leaving the house. When the needles begin to fall from your tree, it should be removed.

Tualatin Valley Fire & Rescue wishes you and your family a safe and happy holiday season! Additional safety tips can be found at www.tvfr.com.

2016 New Year's Resolution: Commit to Self Care!

5 Reasons Why a Massage Makes the Perfect Holiday Gift:

- It takes up zero space
- It's much healthier than a fruitcake
- It doesn't have to be returned because it's the wrong size or color
- It doesn't require the purchase of an expensive holiday dress
- It benefits more than just the recipient (those around her will enjoy her calm, happy presence)

Jennifer Hemmeyer has been licensed and practicing massage since 1998. She provides harmony and health massage for women, utilizing Swedish, deep tissue and shiatsu techniques. License #6826

One hour massages for \$45 or two one-hour certificates for \$80. Email Jennifer at jhemmeyer1@gmail.com or call 503-705-8483 to purchase gift certificates or schedule an appointment. Please share with your friends and don't forget to like Harmony and Health Massage on Facebook!

Boundaries, continued from page 1
Teaching & Learning, Facilities, Communications & Community Involvement and Transportation departments is assisting the Advisory Committee.

A “[Springboard](#)” map was released in October, to the extreme dismay of parents from Sunset and several other affected schools.

Wheeler says the map is “just a starting point. The consultants told us that the initial map never stands without adjustment. We still have a long way to go until March, and I believe the map will change remarkably.”

At each of the previous meetings, the five groups break out and discuss pros and cons, and talk about possible swaps. Beginning at

the November meeting, they are also considering the flood of comments sent in by parents and community members. “Every Friday,” says Wheeler, “we [compile the week’s comments](#) and forward them to the Committee members.” Some parents have expressed concern that the committee isn’t paying much attention to the comments.

Many of the comments address the Springboard proposal in relation to the district’s published criteria (see sidebar). The “Student body composition” criterion includes equity, measured by the number of free and reduced lunch price students at each school. “That’s one of the four pillars of our district,” says Wheeler. “Our Principals value diversity.” Some critics felt too much time was spent on that issue.

However, local parents also express concern for “quality of life” issues such as added travel time for students, disruption of families with long ties of loyalty to their high school, and continuity of student activities and programs of study (language and other specialized courses that may not be available in the new schools, for example).

“We are going to be sensitive to all these transition issues,” Wheeler

says. “Students in some programs may be allowed to stay in those schools. These are all details that will be addressed before we’re finished.”

Parents in the eastern end of the Cedar Mill area have been very vocal in opposition to the plan to split the district at Cornell Road, sending students to the south to Beaverton High. They, along with parents in the Ra-

leigh Hills area, have formed a group: [Sensible Boundaries for Beaverton Schools](#). They cite travel time and traffic safety issues, among other concerns. There’s a [petition posted by West Haven residents](#) asking for the area to remain in Sunset. It’s open for everyone to sign.

Wheeler indicated that she thought the map would change in that area. “We know this is hard,”

says Wheeler. “We have to do this work, though. We really do want people to continue to comment.”

Upcoming Committee Meetings

There will be no public comment taken during the Committee meetings, although they are open to the public. All Committee meetings are at the BSD Administration Office, 16550 SW Merlo Rd., Beaverton.

Thursday, December 17, 6 pm

Thursday, February 4, 2016, 6 pm

Thursday, March 3, 2016, 6 pm

Thursday, March 17, 2016, 6 pm

Public Hearings

The Public Preview, on Thursday, January 21, 2016, 6 pm, Five Oaks Middle School Commons, 1600 NW 173rd Ave., Beaverton, will give parents and community members an opportunity to review and comment on the preliminary High School Boundary recommendations.

A formal hearing regarding the High School Boundary and transition recommendations will occur on Thursday, February 18, 2016, 6 pm, at Five Oaks Commons. The Committee will review and adjust the recommendations in response to the input given at the hearing and email comments. The final decision will be made by the District Superintendent, Jeff Rose.

Have an Accessible Holiday!

By Jennifer Hemmeyer

The stockings are hung by the chimney with care, but of your guests’ needs are you fully aware?

Articles abound on the internet advising you how to be the hostess with the mostest and pull off a flawless holiday party. However, when I ventured to find tips on how to host family and friends with a disability, short of an excellent article on how to get your home wheelchair accessible, not much was available. Regardless of the specific disability, a few overarching points apply.

First and foremost, explore what would be helpful. Have a conversation with the person and simply ask what could create a comfortable experience for him/her. This both removes the guesswork and lets your guest know that you care about his/her needs. It’s not about getting it perfectly right, it’s about making the effort.

Second, presume that the individual with the disability wants to participate in as much of the action as possible, rather than being parked on the sidelines. If you’re sharing a family slide show, ask your chatty niece to describe the images to your visually impaired uncle. If the kids are playing Chutes and Ladders, have them set it up on a table rather than the floor so that your father-in-law, who uses a wheelchair, can play too.

Third, know that how you view the disability can be more limiting to your guest than the disability itself. Assume a high level of competence and let your guest with a disability advise you on what he/she needs.

A few specific suggestions follow, although of course, each person is unique:

Mobility Impairment

For guests using a wheelchair or walker, make sure the walkway to the front door is not slippery. Provide a clear path from the door to the gathering place. Decorations provide beauty but can get tangled in wheels. Keep the floor clear of toys, shoes and gifts that may pile up as people arrive.

Have your guest sit where she/he would be most comfortable and in a location that’s easy to access. Ask if a delivered plate of appetizers would be simpler than maneuvering through the buffet.

Hearing Impairment

“The most stressful part of the holidays for me is sitting at a big

table with everyone talking across the table,” says Virginia Bruce. Despite a good pair of hearing aids with a voice enhancement setting, Bruce still can follow just scraps of conversation. Sitting in a central spot at the table enables her to read the lips of each speaker and get much more out of the experience.

Bruce also finds that minimizing background noise, such as music, helps. Sitting with her back to the noisiest spot in the room, like the kitchen, greatly increases her chances of hearing more.

“Having people speak clearly and directly to me makes me more comfortable. Having people shout at me does not,” explains Bruce. When she asks people to repeat what they’ve said, the worst thing they can do is say “never mind.” This implies that she’s not worth the effort.

Vision Impairment

Words are my friends, and not just because I enjoy writing. Since can’t see my environment, the more verbal information I’m given about who’s present, where the seating options are, where people are depositing their potluck contributions, the more comfortable I am.

I prefer to take someone’s arm over being pushed into a room or placed by my waist (it’s happened) onto a couch. Put my hand on the back of the chair, and I’ll get it from there.

I can find obstacles with my cane or guide dog, but I do appreciate a heads up about a major furniture rearrangement. At a recent holiday gathering, a baby gate was installed to bar the new dog from full house roaming privileges. I found this with my shin, as no one mentioned the addition.

My esteemed furry companion Fred is an excellent dog. But I like to know if the hosting home houses another fantastic furry creature, just so I know what to expect. During a meal, Fred tucks neatly under the table or my chair, but an end seat definitely helps this process.

Finally, among all the tips given on this topic by the Disability Resource Center at the University of Georgia, one stands out. Relax. Remember what the objectives of family and friends gathering at the holidays are—enjoying each other, sharing food and stories and celebrating. Know that reaching out to your guest with a disability is better than not considering accommodation at all. Happy holidays!

Criteria for Boundary Adjustments:

- Availability of space
- Proximity to school
- Neighborhood unity
- Staffing patterns
- Safety
- Transportation
- Student body configuration
- Relieve current and projected future overcrowding with a five-year horizon, and targeting 90% capacity or less.
- Minimize transitions for students.

Library News and Events

By Dawn Anderson

First Lego League Presentation Showcase

Saturday, December 5, 1 pm, Monday, December 7, 6:30 pm, Wednesday, December 9, 6:30 pm, Cedar Mill Library

The public is invited to cheer on teams of fourth through eighth graders as they practice their "Trash Trek" projects.



about the joy of singing and being with family, friends & neighbors. We're so looking forward to making music with you!

For the December session, we'll be singing a few holiday songs. Participants are welcome to bring their favorite sheet music (15 copies - with guitar chords). For more information, visit our [Meetup page](#) or contact Dawn at dawna@wccls.org for more information.

Dawn at dawna@wccls.org for more information.

Games Day

Sunday, December 13, 1-4 pm. All ages.

[Play board games](#) at the library! Come by yourself or bring a group and plan to play with friends old and new. Learn a featured game each month, compete in silly tournaments for small prizes, and play your favorite games or try some new ones. Bring games from home or play some of ours. Meet at the tables near the board game collection. This program is intended for adults and teens, ages 12+.



Star Wars Celebration

Saturday, December 12, all day, both libraries

Get ready for "Star Wars: the Force Awakens" movie at our Star Wars Celebration. Costumes highly encouraged.

At Cedar Mill Library: There will be LOTS of opportunities to take photos and there may even be some Star Wars characters to take pictures with. Games for ages five and up, including trivia and crafts.

At Bethany Library: There will be crafts including: make your own mini light saber, create your favorite character with color scratch paper, and bookmarks to take home.

Song Circle

Tuesday, December 8, 6:30-8 pm, in the Cedar Mill Library upstairs meeting room.

Here's your chance to sing well-known pop and folk songs of the 60s & 70's. This group is for adult & older teen (16+) singers and acoustic instrument players. It meets in the Cedar Mill Library's upstairs meeting room. All levels of singers welcome—beginners to choir members! We also welcome guitar, mandolin, banjo, ukulele, bass, dulcimer, flute players, etc. It's all

Schools News

by Sydney McRae

Sunset's music and dance programs offer a variety of winter concerts this month.

Saturday, December 12, 7 pm: Sunset Color Guard/Dance Showcase
 Tuesday, December 15, 7-9 pm, Sunset High School Choir presents their Winter Concert featuring songs from "Les Miserables."
 Thursday, December 17, 7-8:30 pm, Sunset High Winter band concert.

Clothes Closet

Beaverton elementary schools announced the Beaverton School district Clothes Closet – an organization that provides clothing for students in the Beaverton School District. You can sign up to volunteer/ to find out more information on the website.

Fork it Over volunteers needed

Throughout the holiday season, "Fork It Over," a metro food organization whose mission is to donate food to local pantries in order to reduce hunger, is looking for volunteers to pick up and drop off food donations at local pantries. To find out more information please email: ForkItOverBSD@gmail.com

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Lasagna garden!

By Virginia Bruce

If you have thought about turning part of your lawn into garden, whether for flowers or food, here's a simple method you can still use this winter to produce great soil by the spring planting season. We talked to Jennifer Nelson, Outreach, Volunteer and Education Program Manager at Tualatin Soil and Water Conservation District, to get some expert tips.

I did this a few years ago, to an area on my property that had been shaded by a big fir tree. The tree had been planted too close to the house, so I had Badger Tree Service come by and cut it down. The ground was compacted, with a little grass, some weeds, and not much fertility for the food garden I dreamed about.

Nelson says, "Using the 'lasagna' method (think layers), you can actually compost directly on your garden or raised bed. You build compost layers of 'green' material (high in nitrogen, such as vegetable scraps, coffee grounds, or chicken manure) and 'brown' material (high in carbon, such as leaves, straw, or newspaper) right on top of the soil. As you add layers to the pile, the layers below will continue to compost."

I started by laying down some large pieces of cardboard I had collected. You can also use newspapers, but I have found that some tenacious weeds work their way through even several layers of newspaper—plus it can be hard to separate out the colored pages which

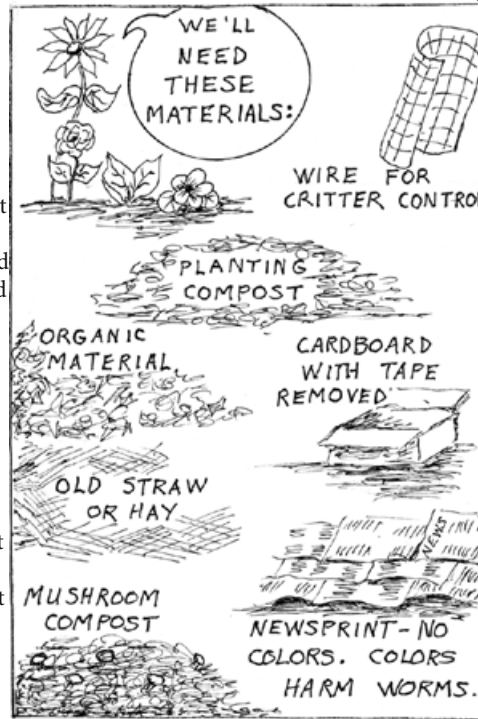
Garbage News

Washington County residents will have access to new online and mobile tools for keeping track of garbage and recycling collection schedules. Starting early 2016 you will be able to; look up your garbage and recycling collection schedule, print a customized calendar, sign up for reminders by email or text, get notified of winter weather and holiday service interruptions, find nearby drop-off recycling centers for items that aren't recyclable in your roll cart, and sign up to get an email notification when the new online and mobile tools are ready.

Much of our holiday waste can be recycled. Toss cardboard boxes,

contain metal that our worms and other "decomposers" don't like. Appliance stores are usually happy to let you have as many as you need.

Then I spread about a three-inch layer of wood chips, which Badger left for me after chipping up the branches from my tree. They and other tree services are often happy



to drop off large piles of this valuable material for free. This helps hold down the cardboard once winter storms set in. It's great for making paths, too. While it decomposes slowly, in a few years you'll never know it was there.

I added some straw I happened to have, along with some dried up piles of weeds from all around my place, and then covered the whole thing with used-up soil from some large garden bins I had been using for many years. The soil wasn't

paper greeting cards and paper wrapping in your mixed recycling roll cart.

If you have yard debris collection service, include cut trees and greenery in your yard debris roll cart. Cut your tree into three-foot or shorter pieces so it fits in the roll cart and falls freely when collected. Excess yard debris may be set next to the cart for an additional fee. Contact your hauler for more information.

When there are hazardous driving conditions, such as when winter weather closes schools, your garbage, recycling and yard debris collection service may be canceled. If your materials weren't picked up on

fertile any more, but it would be a good planting medium and plant roots would find their way to the decomposing compost-y levels below. You can get compost or top soil delivered from Cedar Mill Landscape Supply and other companies to make that layer.

Nelson says, "Covering the bed with its compost pile loosely in plastic may help speed decomposition during colder months, and will prevent rain from washing valuable nutrients out of the compost and into the stormwater system. You do not need to turn this type of compost pile, and if the composting process is complete, you should not even need to till before planting." The no-till method is ancient, but it's also the latest thing in sustainable permaculture-type gardening practices.

Depending on the rate of composting, Nelson says, "The result is often ready-to-plant composted beds in the spring. If the composting is slow, though, it may take a full year for the material to fully compost. It may be a good idea to plan for a rotation between two beds to allow two full years for the pile to compost."

In my case, I planted shallow-rooting crops the first year, such as strawberries, radishes, and lettuce. I was able to plant almost anything the second year, and created new beds to fill up the rest of the available space.

Ready to learn more? Visit Oregon State University Extension's Polk County Master Gardeners online for the [entertaining how-to illustrated guide](#).

the regular collection day, they will be picked up the next day. If conditions remain hazardous and schools are closed for more than one day, the extra materials will be picked up on your next scheduled collection week with no extra charges. If cancellations are extended, updates will be posted at www.WashingtonCountyRecycles.com.

If your collection day falls on Christmas or New Year's Day this year, your hauler will shift your collection service to Saturday -- though Aloha Garbage Company will pick up on New Year's Day. If you have questions, call your hauler or visit your hauler's website.

Neighbors fight to retain trail

The West Haven neighborhood, located just north of Providence St. Vincent Hospital (St. V), is concerned about J. Peterkort Company's recent attempts to block public access to the 95th Ave trail. The company has constructed fences and created other obstacles on their Sunset Station Area property, obstructing a trail the community has openly and continuously used to access Barnes Road and Cedar Hills since at least the early 1950s.

Neighborhood medical professionals have taken this path to

the Peterkort's development plan maps be amended to include the County's planned 95th Ave Regional Trail, and that improvement of the trail—to meet Regional Trail specifications—be required in any future Sunset Station development application. The stories and quotes included in this article are from some of the many West Haven neighbors who signed that letter.

A sample of the many stories of how neighbors have used the trail over the years is shared below.

A Leahy Road neighbor recalls her childhood, when she lived on the property that is now Catlin Gabel School. From about 1965, she walked and rode her horse throughout the neighborhood, including up and down the 95th Ave trail. Another resident shares that her family moved here when she was three years old. She recalls those carefree years in the 1960s when she would ride her horse,

Doc, all over the neighborhood. One of her favorite routes was the 95th Ave path, through the hay fields where St. V now stands, and through the Peterkort holly fields. Sharing a picture of herself with Doc, she smiles as she describes how the Peterkorts would use a jeep to chase them off the property as she and Doc raced down the path.

"We live adjacent to the West Haven trailhead at 95th Ave and Spring Crest Dr. Since moving here in 2004, we've marveled at the



The 95th Ave Trail allows for a short walk (~1/4 mile) between West Haven, Barnes Road, St. Vincent and the STC.

work, and patients have used it to access medical services since St. V moved to its Barnes Road location in 1971. The 1998 opening of Sunset Transit Center (STC) and the buildout of West Haven's high density Transit Oriented (TO) community have made the trail an essential pedestrian thoroughfare to the STC. Washington County recognized this by designating West Haven a Pedestrian District and classifying the 95th Ave Trail as a Regional Trail in the 2014 Transportation System Plan (TSP) update and subsequently adopted an ordinance that considers Regional Trails to be essential services on par with schools, arterials (including state highways), collectors, and state highways. To ensure continued pedestrian access, West Haven neighbors and local community groups have signed a letter to the City of Beaverton (which annexed the Peterkort property in 2011) to take action to protect public passage along this essential pedestrian corridor by requiring that the fencing is removed and public access is protected. In addition, they request



Neighborhood's 95th Ave Trailhead

steady stream of people walking to and from the 95th Ave Trail."

"I've used the trail for over 35 years. Prior to the STC, we would



Pedestrian access options between STC and the West Haven neighborhood. Other options create unreasonably long walks to transit

catch the bus at the Wilshire St Transit Station behind Cedar Hills Shopping Center."

"We mostly use the trail to get to light rail but have also walked to doctor visits, and our son took the path to get to school at Cedar Park."

"Our children use MAX for their daily commute to school in Portland."

"Our first trail experience was in the winter of 2004, during a break in a storm, to make sure we could get to the hospital for the pending birth of our first child."

"I moved to Creekside at West Haven TO Community because of light rail access. There are no other reasonable walking routes to the station and, without the trail, I'd be forced to commute daily, by car, to classes at PSU because Sunset's parking structure is full by 6:30 am on weekdays."

"We walk to MAX to get to places like PDX, Beaverton services, and Blazer Games without depending on a car or parking."

"We have used the trail often, including to attend public meetings in St. Vincent's Souther Hall, such as the Sunset Station Area planning sessions during the mid-1990s."

"We have lived in West Haven since the mid-1950s. Through the years, family members have used the trail to access transit, get to

work in Portland and at St. V, visit family at the hospital, and for recreational walks through the natural corridor."

"I am a staff physician at St. V. On multiple occasions, access to this trail has been the sole reason that I have been able to report to work. I have even become the default practice backup physician when others are unable to reach the hospital due to inclement weather. I also used the trail in walking with my children to daycare at the medi-



A fence was built in an attempt to block access to transit and St. Vincent Hospital

cal center for six years, and I know others do as well."

"Our Air-BNB guests traveling from all over the world often arrive by transit, use Google maps to find the pedestrian path, and arrive on foot to enjoy a comfortable, car-free holiday."

Additional information is available online at neighborsforsmart-growth.org. We invite everyone to share your own trail stories, or donate to the 95th Ave Trail Support Fund on the site.

Business News, continued from page 2
point us toward a decision or give us deeper insight into the truth. Wonder makes our lives simply wonderful.

I take time to contemplate beauty. I am inspired by life's mysteries. I am present in the moment. I appreciate life's synchronicities. I believe that my life is meaningful. I am thankful for the gift of Wonder. It amazes me.

Excerpt from [Virtues Reflection Cards](#). For more information, please contact Delaram Adyani at Virtues Connection Portland, Oregon, 503-267-0202.

Village Gallery of Arts

Tuesday - Saturday 10 am - 4 pm;
Sunday 12 - 4 pm 12505 NW Cornell Road, Portland, next to the Cedar Mill Library

Opening Reception Sunday, December 13, 2 - 4 pm: Featured artist: Elizabeth Higgins.

Coastal landscape collages by Elizabeth Higgins will be on display

for the month of December. Using mono printing techniques, Elizabeth has created papers that she tears, cuts and arranges to portray the dramatic Oregon coast that she enjoys exploring.

Extended Holiday Hours

The gallery will be open every day of the week leading up to the holidays. They have added hours to include Mondays now through the end of December.

Village Gallery Classroom Available for Rent

Did you know that you can rent Village Gallery's classroom?



Cannon Beach, by Elizabeth Higgins

The classroom can be used for \$20 an hour by any group that needs a place to meet. Ideal for painting parties, sewing groups, home school classes, informal lectures or workshops. Contact Bobbie Willard for more information at bobbienewt@gmail.com

Upcoming Classes

For complete details on all of our classes, please visit villagegalleryarts.org

Susan Pfahl - Beginning Calligraphy

Fridays, 1 - 3 pm, January 8, 15, 22 and 29.

Learn Italic Script, starting from the beginning. All levels welcome.

Mary Burgess - beginning/intermediate watercolor

Wednesdays, 9:30 am - 12:30 pm, December 2, 9, 16; January 20, 27; February 3, 10, 17, 24.

This six-week series of classes will focus on the fundamentals of painting portraits in watercolor. Study facial structure and learn keys to painting skin tones, facial features, hair and expressions in order to achieve a likeness. Some watercolor experience is helpful.

Mary Burgess - watercolor for the absolute beginner

Wednesday evenings, January 20, 27, Feb. 10, 17, 24 and Mar. 9

If you have been thinking about learning to paint with watercolor, but were unsure of how to start, now is the time.

This six-week course provides structured, easy-to-follow lessons to get you started. In each class, students will be guided through the process in a fun, supportive manner with plenty of individual attention.

Cindy Hudson essay in holiday book

Chicken Soup for the Soul Merry Christmas! is a collection of 101 stories from writers throughout the U.S., described as "heartwarming, often hilarious, holiday memories." This collection will leave you smiling and eager to share the holidays, filled with new ideas and enthusiasm for this special time of year. There's something for everyone in these joy-filled pages.

Cindy Hudson is a Cedar Mill resident who writes local items for OregonLive and the Oregonian. The essay she wrote is called "Forty-Nine Perfect Hearts," about the tradition she and her husband have of giving each other a heart for the Christmas tree every year since they've been married. After 25 years, they're up to 49, and each year they have fun shopping for something interesting or unusual to complement the others in their collection.

Water for cold weather

With the change in the weather, preparing for the basic, everyday things is easy to do. Winter clothes come out, sprinkler systems are winterized, and heating systems are tuned up and ready to go.

But what if you have a water emergency? Just like everything in life, being prepared can make all the difference when you only have moments to react. If a pipe in your house breaks, you may only have moments to turn off the water to prevent major damage. Knowing how to shut off your water before a pipe breaks is key to help avoid this type of damage.

If you are experiencing a water emergency, give TVWD a call at (503) 848-3000. TVWD can be contacted 24 hours a day, seven days a week so keep the phone number in a convenient location or stored in your phone. If call volume is heavy, listen closely to the recorded message and leave a message when prompted. If your emergency includes a threat to life, health or public safety, call 911 first.



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The 12 Scams of Christmas

Sunset Credit Union offers this information for both consumers and businesses, so you can avoid these common cyber traps. Cyber con artists target consumers' money, identities, or computer access. Retailers lose \$480,000 per hour as a result of holiday attacks, according to the Sterling, Va.-based analytics firm Neustar.

Here are a dozen of this season's top cyber threats, according to cybersecurity experts:

1. Holiday specials. Scammers often advertise big-ticket items to lure unsuspecting consumers to click on links. Bad guys build complete copies of well-known sites, send emails promoting great deals, sell products, and take credit card information—but never deliver the goods. These sites look like legitimate stores, but use these web fronts to collect sensitive information, including credit card numbers

2. Free vouchers or gift cards. A common Internet scam involves big discounts on gift cards. These sites usually request enough personal information for criminals to raid victims' bank accounts. Often, these posts lead to online surveys designed to steal personal information.

3. Postal delivery failures. In this scam, targeted consumers receive bogus emails with subject lines such as, "USPS Delivery Failure Notification." These emails then instruct consumers to click on a link to find out when they can expect delivery. Clicking on the link activates a virus, which can steal personal information such as usernames, passwords and financial account information stored on the victim's computer.

4. Ransomware, DDoS and site overload. Last July, the Internet Crime Complaint Center issued an alert regarding an increasing number of complaints from businesses hit by distributed denial of service (DDoS) extortion campaigns. In a typical extortion campaign, the targeted business receives an email threatening a DDoS attack on the company's website unless it pays a ransom.

5. Fake coupons and refunds. This involves scammers who create tantalizing fake email coupons that appear to be legitimate. This typically involves the use of an undetected keylogger that captures information typed by the victim, including URLs, user names and passwords, and sends it off to the criminal.

6. Phishing on the Dark Side.

A new email has begun circulating that tricks people into thinking they could win movie tickets for the highly-anticipated film, "Star Wars: The Force Awakens," due out on December 18. However, the email is a phishing attack in disguise.

7. Charity tricksters. The holidays are traditionally a time for giving, but they also bring cybercriminals who attempt to pry money away from people who mean well. Consumers should be skeptical of communications from charities that ask for contributions, and make sure they are legitimate. It's also a good idea to contact the charity directly to verify the request.

8. Extra holiday money. The most innocent versions of these scams collect confidential information such as Social Security numbers from victims on required forms, and later use them to commit identity theft. The worst versions of them get victims involved in money laundering.

9. The search trap. Bad guys do their research to find out what consumers want, then they build websites that promise the item to their victims. If you're seeking a particular deal you should go directly to the store's website instead of using a search engine.

10. Open Wi-Fi. People often bring their laptops, tablets and smartphones to the mall to browse gifts and search for deals online, but they must understand—scammers can trick these shoppers by emitting what appears to be a free Wi-Fi signal. If the shopper hops on it, the scammer can gain access to his or her credit card information. Experts advise consumers to never make a credit card transaction while using a public Wi-Fi connection.

11. Grinch e-card greetings. These malicious email attachments look like an e-greeting card from a friend or co-worker, with dancing reindeer, holiday music and all. However, they contain viruses or malware that could infect the recipient's workstation.

12. Not-so-secure EMV cards. The Federal Trade Commission reported scammers are trying to take advantage of the millions of consumers who haven't yet received chip cards from their banks, by emailing them and posing as card issuers. These fraudsters coerce victims to share personal information by updating their accounts or clicking on links that install malware on their devices.

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