



Cedar Mill News

Volume 9, Issue 7

July 2011

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Featured Business

Colleen Humphrey, American Family Insurance Agent

by Virginia Bruce

From her office in Cedar Mill's new commercial building on Cornell, Colleen provides home, auto, life, business, and umbrella policies for American Family Insurance.

"I chose to work in the insurance business because of a hard lesson in what happens when you're not properly insured. I chose to work for American Family because it is one of the most stable companies and has an amazingly efficient claims department. I had to know that the people I insure will be taken care of when the time comes."

Colleen's first career was in the restaurant business for over 25 years. After about seven years of owning and managing "Seafood Mama Restaurant," she took on a business partner who suddenly died a few years later. "After being forced to make the decision to sell my restaurant, I realized it could have been prevented if my agent

spot, with a pleasant interior and three levels of decks and gardens out back at the location on 21st Avenue. After that, she went on to spend the next ten years managing both corporate and independent restaurants in the metro area.

When Colleen started receiving recruiting letters from insurance companies, her initial reaction was "why me?" After finally agreeing to talk to the recruiters, she became convinced that she really did have the right skills and motivation to be a great agent. "In a way, it's the same process as running a restaurant. You let everyone know where you are, tell them the value of what you offer, and invite them to share that," she says.

She gets great support from the company. "American Family has an extensive training program at their State office. They fly all of their agents to spend time at the home office in Wisconsin, to study under the management and agents that have been with the company for their entire careers. And there is on-going training for new as well as existing products, to help us take care of our clients."

After her training, she spent a year at an agency in the Pearl District, but she really wanted to be part of a neighborhood with a strong sense of community. She has lived in the

Cedar Mill area most of her life, and graduated from Sunset High. When she found this office space she knew right away it was just what she wanted. She's been here for two years.

She has clients all over Oregon, but she markets mainly within Cedar Mill. She joined the Cedar Mill Business Association right away and started advertising in the News.

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Minor Betterments = major safety improvements

Washington County has lately been addressing the needs of its urban unincorporated areas (UUAs) through improved fund-

ing and attention to the needs of pedestrians and cyclists. The Minor Betterments Program (MBP) of the Washington County Land Use &

Transportation Department has been using funds from gas taxes, weight-mile taxes, and vehicle registration and title fees to build the infrastructure needed for people to walk around our neighborhoods safely.

MBP projects awaiting Board approval for 2011-2012 include (in or near Cedar Mill) pedestrian paths on Cornell from 119th to Saltzman, 153rd from Cornell to Arcadia, Barnes from 70th Terrace to Miller Road, and Kinnaman Road from Farmington to 185th; and an ADA ramp at 158th and Walker Road.

The Operations & Maintenance Division is accepting proposals from the public for projects to be accomplished during the

Continued on page 9



The nearly-completed sidewalk along 143rd will make pedestrian travel much safer and more pleasant. It was accomplished with funding from the Minor Betterments Program.

Powers That Be

Civil Mediation In Washington County

by Bruce Bartlett

Mediation programs are available free to every resident of Washington County through programs run by the cities of Hillsboro and Beaverton. 185th is the dividing line,

Conflicts between neighbors: loud music, noise, garbage dumping, dogs barking, children running around, blocked driveways, neglected property, harassment, false rumors. As urban population densities increase, the interactions between neighbors increase, and so does the likelihood for conflicts.

While our population is increasing, ironically, we generally know fewer and fewer of our neighbors.

People move in and out frequently. Our busy lifestyles consume our time. We have few convenient opportunities to get to really know our neighbors.

Not only do we usually have few individual relationships that can provide a way to resolve the conflict, we almost never have an extended network of wise elders who can help us reach mutually satisfying resolutions. Some cultures regarded the mediator as a sacred figure, worthy

of particular respect; and the role partly overlapped with that of traditional healer or tribal chief.

So what are our options? Mediation is a key to successful, non-ju

Continued on page 8



had offered to set us up with a life policy that would protect my portion of the partnership. I owe it to my clients to help them avoid such a situation if anything should happen to them. I like being the person that looks out for them"

Before opening Seafood Mama, she owned Crackerjack's Pub & Eatery. She sold that in 1987 and created the new restaurant "from scratch." It was a popular and lively

Cedar Mill Business News

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

The Grape Vine Restaurant welcomes families

The newly remodeled restaurant near the corner of Barnes and Cedar Hills Blvd. (formerly Santorini) is open for dinner from 4-9 pm daily, with the Vintner's Lounge open from 3 pm-2 am. Owner Irene Pavlatos and chef Chris LaMora have completely revamped the menu, offering the best of local food including lettuce from George Choban, who originally farmed the land!

It's the perfect spot for a summer family dinner. Dining on the terrace adjacent to a lawn gives your kids a place to work off steam, while you enjoy Italian, American and Greek specialties including lamb, seafood and vegetarian entrées,



sandwiches, salads and burgers. And Mondays, kids eat free!

And there's plenty for grownups too, with dance lessons—Salsa, ballroom and swing—starting up again later this month; and Texas Hold'em in the Lounge on Sunday afternoons followed by Karaoke. Happy Hour from opening until 7 pm and again from 10 pm to close, features \$2 domestic beer and well drinks and \$3 wine. Irene says, "Come watch a game with some friends, relax with your favorite

cocktail, play your favorite music on our internet jukebox, enjoy any of our Oregon Lottery games, or even play a game of Scrabble or Dominos."

They also have banquet and meeting facilities. Visit their website at grapevineportland.com and find them on Facebook, or just come by and check it out.

Libertine Deli plans Fete, hosts activities

Tuesday July 19: "If You Can Read, You Can Cook," 6-8pm

Do you have a student leaving for college in the Fall? Sign them up for a two-hour class that will teach them the basics of grocery shopping and quick tasty meals that will save money and keep them healthy! Sign-up at The Libertine or email mellisabens-jamin@frontier.com. Cost is only \$50 per student!

Tuesday July 26: City Club of Portland "Citizens' Salon" 6-9 pm

City Club of Portland promotes great food and great conversation here at The Libertine. Join Martha Holmberg, cookbook author and Culinary Director of Watershed Communica-

tions, for a discussion of the topic, "Is Local Food Really the Holy Grail of Eating?" Is "humane and sustainable" the right question? What other alternatives exist? Cost is \$35 for City Club members, \$45 for non-members. Connect to City Club to purchase tickets: pdxcity-club.org/content/citizen-salons-0 Friday-Saturday, August 5-6: The Libertine Summer Fete 10 am-5 pm

Come visit our vendors and local artisans! Please contact Mellisa (503)317-3229 if you are interested in having a booth!

Friday August 6: Hawaiian BBQ to Benefit Stephen Yamasaki 6-9 pm

The Libertine Deli invites you to a Hawaiian BBQ to benefit the Yamasaki Family. Stephen Yamasaki, a local Little League baseball coach who suffered a massive aneurysm and stroke last year (with no health coverage), is recovering and will be grilling up some authentic Hawaiian BBQ, come say hi! Cost \$12 per person, sign-up at The Libertine or email Mellisa.

August 13-21: Closed

We welcome experts in all things culinary, artistic and cultural. Please contact mellisabens-jamin@frontier.com for information, and find them on Facebook.

Cigar lovers take note!

Cedar Mill Liquor has added a **huge** custom Cigar Humidor, American-made by Amish craftsman in Plymouth, Indiana. The Humidor has allowed Cedar Mill Liquor to increase their premium cigar selection to match their grand, ever-increasing spirits selection. Stop by and check it out! Cedar Mill Liquor Store is located at 13528 NW Cornell Rd.

Dinner's ready at Tazza

Tazza Café in the little commercial center at Saltzman and Thompson is now serving dinner on Friday evenings from 6-9. Owner and chef Saeed Rad will be grilling up kabobs and other goodies. The Café also recently started serving beer and wine, with a Happy Hour every Friday from 4-6 pm. Make an evening of it!

Oregon College of Art & Craft summer programs

Now is the time to explore your creativity at Oregon College Of Art And Craft. OCAC offers courses in book arts, ceramics, drawing, fibers, glass, metals, photography and wood. Try your hand this summer at custom glass casting, creating three-dimensional ceramic wall pieces, learning about the felting process to create your own custom fabric, or discovering the layering processes of painting.

Nestled on eleven acres in the southwest hills of Portland, OCAC is the source of instruction and inspiration for aspiring artists of all ages and skill levels. Enroll for summer classes now. Summer camps for kids, teen workshops, and specialty weekend workshops begin June 13 and run throughout the summer.

ocac.edu/#/community-programs/register-now

Free summer art camp and teen workshops: OCAC youth scholarship opportunities still available
Craft is community. Craft is con-

nection. From young children to teens, OCAC is a dynamic place to explore your creativity. Artists of all ages and skill levels bring their imaginations to life on our campus every day.

Our youth summer day camp allows campers to play games, make friends, and participate in art workshops designed to strengthen their creative abilities while developing their social, communication and intellectual skills.

Our teen workshops for ages 14-18 are designed to give students an in-depth investigation into new and established art and craft processes, and help them create portfolio-quality work for those applying to college-level art programs. Scholarship opportunities are still available. Enroll today!

ocac.edu/#/community-programs/youth-programs/jordan-schnitzer-family-art-adventures-youth-program where scholarship forms and registration links available.

Village Gallery News

This month the featured artist of The Village Gallery of Arts is Otto H. Van Walstijn. Otto paints in oil using bold brush strokes and palette knife. His landscapes often include people's activities. Otto will host his artist reception in the



gallery on Sunday, July 10th from noon to 4:00p.m. Our Group show for July is themed "Berries". Please come by to see Otto's works as well as arts and crafts from all our member artists.

Cold laminate Collage is an image transfer process. Come and try it out yourself with a class with Sue Girard on Thursday July 21 from 1-3 pm. Instructor will supply all materials.

If you've thought about trying your hand at jewelry-making, the Introduction to Metal Jewelry Making with Shelly Label may be just what you need to get started. Shelly will teach you how to design

Continued on page 10

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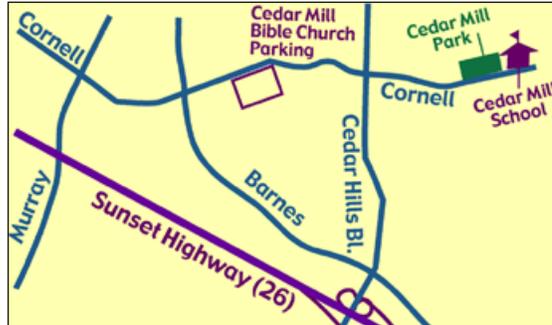
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Hawaiian band Hapa at Cedar Mill Park Concert August 4

Join your friends and neighbors for the eighth (!) annual Concert in the Park at Cedar Mill Park on Cornell, adjacent to Cedar Mill School. Food and beverages are available for purchase, or bring your own picnic.

wow people with their contemporary island sounds. And they're very engaging live. I think the quote "If Maui were music it would sound like Hapa" is very true. People who know of them will travel to see



THPRD Concert organizer Deb Fife says, "Hapa is one of those awesome, feel-good bands that you may not have heard of yet, but you'll be a fan once you give them a listen. They are from Hawaii and tend to

them, people who don't know them yet are in for a very pleasant surprise and evening!

The concert begins at 6 pm and ends at 8. Lots of free parking is available at the Cedar Mill Bible Church, 12208 NW Cornell Rd with a free shuttle to the concert. Limited and handicapped parking at the Cedar Mill School lot, enter at 10385 Cornell Rd.

Beaverton School District mulls new high school siting in proposed UGB expansion area

Continued population growth in our area has caused all but one of the high schools in the Beaverton School District (BSD) to be over capacity. While the district has recognized the need to locate a new high school in the "North of 26" area at some point in the future, it is currently concentrating on finding a site in the southwest quadrant of the district.

even as far north as Sunset and Westview.

"The District continues to grow at a steady pace each year, adding over 500 students each year across the system of 51 schools," the statement concludes.

A statement from the district says, "The Beaverton School District has been seeking a high school site since a Capital Construction Bond Measure passed in November 2006. Typical high school sites require about 40 acres to accommodate the school building, sports fields and parking. The 2006 bond provided \$11 million for a land purchase, but not the funds for construction. A future bond measure will be needed to finance the construction of the new high school.

Regional government agency Metro has begun the process of studying some small additions to the Urban Growth Boundary this year, now that the Urban/Rural Reserves Process is (more or less, see UGB article, page XX) complete.

The school district has been unsuccessful in locating property suitable in meeting the requirements of a comprehensive high school within the city limits. In a joint meeting of the Beaverton City Council and the School District Board on May 10, Porterfield urged Metro to bring Area 6B (Cooper Mountain) into the UGB so that a new high school could be located there. Beaverton supports this and has already begun preliminary planning for the area, which will help meet the city's need for an additional 3300 housing units for future growth for the next 20 years.

"The most pressing need for the District is in the southwest," says Ron Porterfield, Deputy Superintendent for Operations and Support Services. "Generally, we look for a geographical spread when siting a high school. Regardless of where the future school is sited, there will be boundary changes to equalize student population in each high school." That will probably affect boundaries

Some have proposed attempting to include a high school site near the North Bethany area of the county. Whether a suitable parcel of land can be found has not yet been determined.

Tualatin Hills Park & Recreation District

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Hapa
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Cedar Mill Park



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Farmers' Market heats up

by Dina Gross, Market Manager

Hooray! Mother Nature is coming around to bring summer to the Willamette Valley and, lucky for us, we're reaping the benefits in the form of beautiful fruits, vegetables, flowers, and more at the Cedar Mill Farmers' Market (CMFM) on Saturdays from 8-1 in the Sunset Mall next to Bandito Taco and across from Sunset Park.

For our annual Blueberry Bash on July 16th, growers have their fingers crossed for plenty of ripe blueberries. The good news lately is that summer looks to be getting back on track in time for berries! Ima Blueberry will join in to make the 2011 annual Blueberry Bash the best one ever. Stop in for photo opportunities with Ima



between 11 and 1, though she may be with us even earlier. One never knows with these giant blueberry people. She will hand out recipes and share extra surprises such as pencils, stickers, and more. Activities for the Blueberry Bash may again include a Haiku-writing competition, and market guests can win half-flats of delicious blueberries, donated by Chris Valenti during fun contests. Blue balloons, blue facepaint, and blue sidewalk chalk art will surely be part of the fun again, with bluegrass music, too, from 9:30-1.

Other fruits and vegetables will be celebrated as summer heats up, with a Peach Party, a Salsa Saturday, and more in coming weeks. Most Saturdays, prepared food vendors offer breakfast and lunch options too, so you can shop, eat, and be entertained all in one convenient visit.

Facebook users can "like" CMFM and also can make wall-posts on the market's page. Sign up to keep up with the goings-on at your local farmers' market by sending your e-news request to me at cmfmarket@gmail.com. E-news recipients enjoy weekly recipes for what's fresh in the market, courtesy of volunteer Pat

Taylor. Helping the market is a family affair for the Taylors; Pat's husband, Larry, is also a big supporter, and brings his full band, LT&Co to the Market at least once a season, to entertain the crowd.

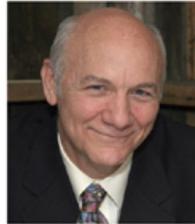
Music in July includes local guitarist/vocalist Kreg Kovalik and market favorite Carley Baer. Kreg has delighted audiences at many local events, including the Leedy Grange Spring Craft Fair. Carley performed at the Market a couple

times in 2010, and so charmed market guests and vendors that many requests were made for her return this season.

The weather is looking up and the farmers are working long hours on their land so they can bring the produce, plants, and flowers, to us right here in Cedar Mill. Come on out to show your support for local agriculture and family farms. See you at the market, Saturdays through October.

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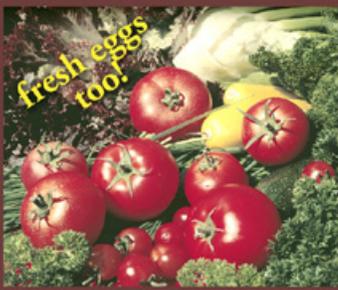


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Save your "hard-to-recycle" plastic containers and toss them in the bin in the kitchen at Leedy Grange's monthly Flea Market. Our wonderful Girl Scout Troop 49876 will take them to FarWest Fibers to be turned into something new. The next Flea Market is August 6, 10-4 at the Hall, 835 NW Saltzman.

Hard-to-recycle plastic includes nearly everything that can't be included in the curbside recycling program. Any plastic container or other item that has the triangle with a number inside can be recycled through this program. They also collect clean plastic plant pots and trays. The troop is also glad to take redeemable bottles and cans—they use the proceeds for troop activities.

DO NOT bring plastic bags, anything that doesn't have the triangle/number, or anything soiled with food or dirt. The Flea Market is on the first Saturday of every month from 10 am - 4 pm at Leedy Grange Hall, 835 NW Saltzman. Find out more at leedygrange.org

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Next round of growth boundary expansions set for fall 2011

Metro, our area's regional government agency, is responsible for managing the Urban Growth Boundary which specifies where urban development is allowed. The agency recently conducted the Urban & Rural Reserves study to identify the long-range future of lands currently outside the UGB. Although Washington County's proposal for urban growth areas has not received final approval*, Metro is proceeding with the next round of additions to the UGB.

Metro is required by state law to have a 20-year supply of land for future residential development inside the boundary. Every five years, the Metro Council is required to conduct a review of the land supply and, if necessary, expand the boundary to meet that requirement. The last UGB expansions were in 2005, and the Urban/Rural Reserve process delayed the next expansion until now.

This fall, the Metro Council will decide whether to expand the urban growth boundary and, if so, where. On July 5, Dan Cooper, Metro's acting Chief Operating Officer, released a proposal with a few different options for the Metro Council to consider. Several areas have been studied for their suitability to develop into complete urban

Bonny Slope reunion planned

Anyone living in Bonny Slope now or in the past, including those who attended Bonny Slope School, are invited to a reunion picnic on August 13, at Bonny Slope Park, 11100 NW Thompson Rd. near the corner of Thompson and South Rd.

The potluck picnic will go from approximately noon-dusk. Marie Grammer, who is organizing the reunion, says, "Bring pictures and stories. Good time fun!"

For more information, contact Marie Grammer, mariegrammer@hotmail.com or phone 503-656-0766 or join us on Facebook: look for the Bonny Slope Alumni Group.

Donations gladly accepted to help pay for items needed including a porta-potty, since the park does not have a bathroom.

Marie also reminds us of the annual Sunset High/Beaverton High reunion at the Skyline Tavern on July 30th, 3pm till closing. Open to all who attended those schools. Cost is \$8.00—lots of food!

communities in a timely fashion.

More information and links to maps and documents are on the Metro website at <http://www.oregonmetro.gov/index.cfm/go/by.web/id=37518>

The public is invited to join in the discussion about these options in several ways. Metro will hold an open house and information forum on Thursday, July 28, 5- 8 pm at the Hillsboro Civic Center Auditorium, 150 E. Main St.

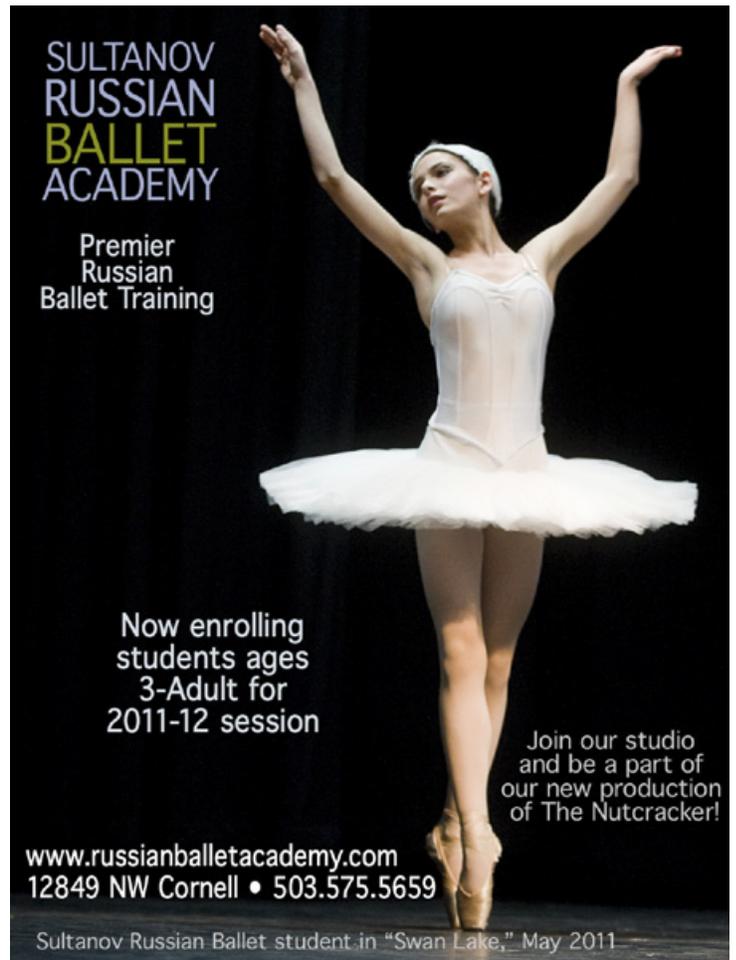
In addition, Metro has created "Opt In," an online opinion panel. Those who have enrolled in Opt In by Friday, July 15 will receive a link to participate in a survey about this fall's growth management decision. The survey will close on Friday, July 29. [Learn more about Opt In and sign up](#) at opt-in.org.

Other ways to participate include sending your comments via email to 2040@oregonmetro.gov; sending a letter to the Metro Council, 600 NE Grand Ave., Portland, OR 97232, and contacting your Metro representative directly. Kathryn Harrington represents Cedar Mill. Contact her at 503-797-1553 or Kathryn.Harrington@oregonmetro.gov.

**The Oregon Department of Land Conservation and Development is reviewing the proposed Washington County urban and rural reserves map and the findings that support it. The staff will issue its report to LCDC in July with its recommendations on whether to accept the new urban and rural reserves in Washington County or remand all or part of the proposed urban and rural reserves to Metro and Washington County for further consideration.*

Road work scheduled in Cedar Mill

Slurry seal is scheduled to be applied to Saltzman Road between Bauer Woods Drive and Creekside on approximately July 26, weather permitting. This follows some patches that were applied this spring to the worst potholes on the road. It will be a welcome improvement. Various other small stretches of roadwork are scheduled throughout the community this summer. Visit www.wc-roads.com/ for up-to-date information, and if you're a roadwork fan, you can subscribe to get regular updates in your inbox!



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Mediterranean Catering

Party in the Park is expanding its borders

On Saturday, July 30, The Tualatin Hills Park & Recreation District's largest community event of the year will feature the addition of the Beaverton International Celebration.

For the first time, the City of Beaverton and the Park District are collaborating to dedicate an entire section of the event to a range of music, dance, art, crafts, food, traditional dress, social information, history and more from the area's many cultural traditions.

Along with booths and informational tables, two stages will be set up on site with performances scheduled throughout the day at the HMT Recreation Complex, 158th and Walker Road, Beaverton. As always, admission to all activities will be free, with a wide array of entertainment and recreation. Along

with some changes in programming, most activities now begin at noon and will end at 6 pm.

Traditional favorites will still be part of the day, including The Classic at T-Hills car show (entry fee), which kicks things off at 8:30 am and continues until 4 pm. The Family Triathlon (entry fee) follows at 10 am.

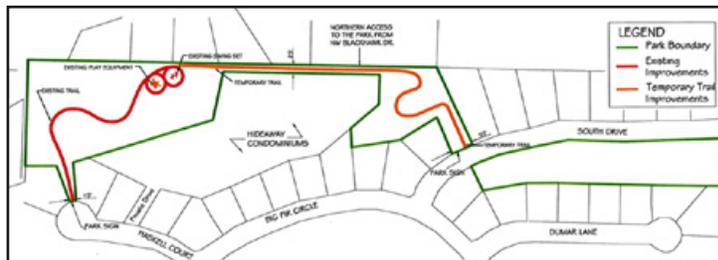
Food and beverages will be available for sale. Parking is free in the many lots at the 90-acre complex. Musical entertainment by the Fabulous Farelans and Elvis impersonator Mark Stevenz will accompany the car show on Soccer Field 5.

Now in its sixth year, Party in the Park draws several thousand people throughout the day. For more information, including schedules of drop-in sports and other activities, visit thprd.org

Bluffs Park will get improved trails

The Bluffs Park, located adjacent to the Ironwood subdivision, Bauer Woods Estates, and The Bluffs

input, and share your knowledge about the park.



The improved trail will approximately follow the route of the temporary trail that was constructed in 2009. It offers access to the trail to Bonny Slope School for many local students.

neighborhood, will get improved trails as part of the Tualatin Hills Park & Recreation District (THPRD) bond measure that was passed in 2008. A paved trail will replace the temporary wood chip trail that was put in a couple of years ago.

A Neighborhood Review meeting is scheduled for Thursday, July 21, 6 pm at the Cedar Mill Community Library. This meeting will provide a forum for the District and neighbors to review the refined trail alignment. Ask questions, give

Oregon Legislative Town Hall

Our State Representative Mitch Greenlick, and our State Senator Suzanne Bonamici are holding a joint Town Hall to discuss the recently-adjourned legislative session, at 10 am on Saturday, August 13 at the Leedy Grange Hall, 835 NW. Saltzman Rd.

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The Nature of Cedar Mill

AWE

by *Lauretta Young*

As I was preparing dinner, I paused to see which of my bird friends might be out and about. I saw a bird with a brilliant RED head, bright yellow body and contrasting black and white wings and knew— WOW—amazing— look what just flew into my yard in Cedar Mill! A flock of migrating Western Tanagers—I had not seen them for the entire 12 years I had lived here— I had seen them other places but not in my back yard!

Awe is a state of wonder and pleasant surprise that transports us into a different psychological realm. Most researchers in the field

I have been awed many times in my own back yard, as I have seen Western Tanagers in their colorful plumage eat all the suet I put out— knowing they have many miles to travel to their breeding grounds and feeling amazed by their determination. At other times I have been awed by how adorable the baby hatchlings are, which encourage the parents to hunt for worms or seeds to feed them. The parents' diligence is awe-inspiring. And I have been inspired to respect the transience of life as a Sharp Shinned Hawk grabs a Goldfinch out of the air to feed their babies in the nearby nest. Being awed means wondering why the Cedar Waxwing is named "waxwing" until one sees the "blot" of red on the wing which must have reminded

a long-ago observer of the red wax that used to seal envelopes! Look for this bright red spot on the Cedar Waxwings in your yard! (See accompanying Pet Barn ad in this month's news for a photo of the Western Tanager)

Another source of awe is to realize that I CAN recognize the multitude of bird songs in my backyard. On a



Cedar Waxwing, photo © 2011 Jeff Young

of positivity believe that if we notice "awe" moments we improve our mental health. When we appreciate something or decide to have a pleasant day, a calming effect occurs. Some of this is the tendency to want to share with others. At other times it takes us out of our typical ways of thinking about our surroundings to remind us of the grandeur of nature and the natural world.

Awe reminds us we are part of something larger than our own concerns. It elevates our spirit. Many times awe is a result of noticing amazing things in our natural environment- or traveling to natural wonders such as the Grand Canyon or to see the Northern Lights. But we can have awe experiences in our own back yards if we open ourselves to this possibility.

Migratory season is certainly one arena for awe, as we see birds we have not seen for many months. Spring brings us new growth in plants. Inspiration is a different emotion—feeling amazed by the capacity of humans for achievement. Both are forms of positivity, which has been studied extensively by psychologists in the past 20 years.

recent day to pick up my newspaper I heard a song I didn't recognize. Being aware of the "usual" background noises, in this case my neighbor's tree was "dripping" with migratory yellow warblers eating bugs. On another day I heard what I thought was a "robin who had taken opera lessons" and then realized that it was a Black Headed Grosbeak. His song is full of trills and "fancy" notes but sounds like his "cousin" the American Robin. One can be awed in one's own backyard IF you are mindful. How many people went out that day to retrieve newspapers or put mail in boxes or just walk and never heard the magical warblers or saw the "operatic robin" which really was a Grosbeak.

Have you been awed lately? If not consider the possibilities outside.

Lauretta Young is a retired physician who now teaches in the mind body medicine programs at PSU and OHSU and leads customized bird tours in Cedar Mill and beyond. Check out her web site at www.portlandbirdwatching.com for details or her husband's photo page for more "awe" at www.flickr.com/photos/youngbirders

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The UPS Store

American Family, continued from page 1
She really likes having everything close and local.

Everyone wants to save money on insurance. Colleen says, "I can do the best job for a client when I

She even has some nice gift cards from local restaurants and coffee bars for potential customers who come in and check out her services.

What sets her apart from other agents? She says, "I like to make life



as convenient as possible for my clients. I make sure they have my cell phone number so they can shoot me an email or call if there is anything they want me to address for them, and I always respond to them right away." She laughs, "It's a personality flaw... I am happy when my clients need me."

One of the challenges she

insure their entire portfolio. There are large discounts for insuring home and auto, as well as for having an umbrella, life, monitored alarm system, and business policies. Plus, we have new auto discounts that make us extremely competitive."

finds is that this economy, "makes it hard for people to do what is best for themselves, and have the coverage they need to protect their families." She cautions people not to let coverage lapse, because you

lose all your discounts and have to go back to the base rate.

She really loves the building she's in, especially now that it's full of tenants. "My building is the best... I encourage everyone to come see us. Beside our agency, there is a fabulous hair studio, acupuncturist, masseuse, yoga studio, traditional east Indian dance classes, a financial advisor, and a Persian market and deli that offers fresh grilled lunches."

Colleen lives within five minutes of her office with her husband Doug. They recently remodeled to make "a nice living space so my Mom and her dog could move in and not deal with the stairs on a regular basis. They join us (and our two eight-year-old kitties) when they are up to it. We feel like a big family now—there are six of us."

As you might imagine with a former restaurant owner, she loves to cook. "I have moved from my love of traditional French cooking to a much lighter, leaner fare... spending as much time as possible at the local Saturday markets and supporting the Oregon farms."

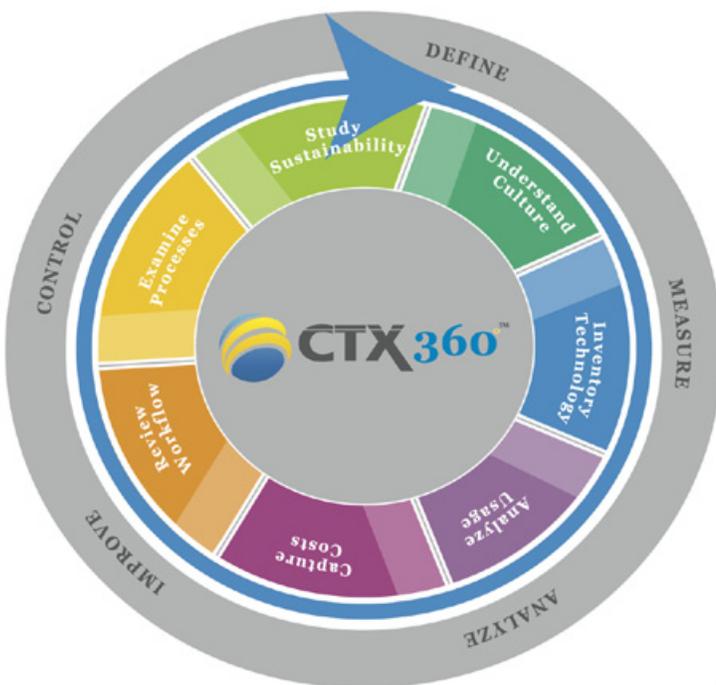
Colleen Humphrey's American Family Insurance office is located at 12923 NW Cornell, Suite 102. Call her for more information at (503) 626-2129, or email her at chumphr1@amfam.com.

Mediation, continued from page 1
dicial conflict resolution when no clear crime has been committed or no party is demanding that charges be pressed.. Mediation is a fast, fair, and cost-effective way to settle disputes that might otherwise end up in court. It is a confidential, voluntary process through which the parties in dispute resolve their conflicts with the assistance of an impartial third party, the mediator. The disputants create mutually acceptable resolutions through improved communication and collaboration.

A mediator does not act as a judge, arbitrator, or advocate, and doesn't give advice. Rather, the mediator helps disputants come to a decision on the issues, brainstorm resolution ideas, and write up an agreement. This assumes the willingness of the parties to negotiate a "positive" solution to their problem, and to accept a discussion about respective interests and objectives.

The cities of Beaverton and Hillsboro provide mediation services for all county residents. The Beaverton program provides the service for county residents east of 185th Avenue and the Hillsboro program serves the western portion of the county. In both jurisdictions, mediations are usually scheduled within two weeks of the time of

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a request. Mediation sessions are informal and emphasize conversation and understanding, and last for approximately two hours. Most cases are resolved in one to two sessions, during which the participants learn new ways to resolve conflicts. Simple cases often can even be mediated over the phone.

In 1988, Beaverton started its mediation program, the Dispute Resolution Center (DRC), organized as part of the Mayor's Office. This has evolved into a very robust program, with a large variety of specialized mediation services. The program is directed by Jim Brooks, who ensures that the approximately 50 volunteer mediators each receive 50 hours of combined mediation and case-management training. Mary Lind coordinates these volunteers who pay back the cost of the training through their service as mediators.

Beaverton's program offers mediation for a variety of conflicts in addition to neighbor conflicts: elder mediation - helping resolve disagreements among family members on what kind of care elderly parents should get; consumer—involving issues with products and services; homeowners associations,

"These kinds of conflicts might be nipped in the bud if more people took advantage of the county's two community dispute resolution centers," said Ben Romero, the Police Program Specialist who coordinates the Hillsboro Mediation Program, which now consists of six extensively-trained, experienced volunteer mediators. What I found most remarkable is that Hillsboro's ten-year old mediation program is organized as part of its Police Department. This unique program began in 1997 with progressive Hillsboro Police Chief Ron Louie, who advocated for more community-based policing with a less confrontational style. Last fall, the program reached Chief Louie's goal to ensure all Police staff have 32 hours of formal mediation training. Significantly, the sworn officers now take an additional 40 hours of advanced mediation training — the only police department in the United States to do so. With this

high level of training, Hillsboro Officers are capable of mediating disputes on-site, a service not provided by other law enforcement agencies. Mediation training is voluntary for Beaverton Officers.

Most law enforcement agencies in the county have information in English and Spanish detailing Police-Referred Mediation with referral cards instructing the disputants to call a Mediation Center to schedule an appointment. Depending on the month, Hillsboro



Officers refer around eight cases a month. Beaverton Officers refer around ten cases a month, while Tigard Officers and Washington County Deputies refer one or two cases a month for mediation.

Mediators have repeatedly demonstrated they help to resolve thorny problems that affect the quality of family, neighborhood, workplace, and community life. So effective, in fact, that the Oregon Office for Community Dispute Resolution, housed at the University of Oregon School of Law, dispenses \$1.2 million in grants every two years to 19 programs in 23 counties. These grants support the development and maintenance of community dispute resolution programs that assist citizens in resolving disputes and developing conflict resolution skills. They pay for a significant part of the cost of training mediators receive.

Hal Abramson, the author of *Mediation Representation: Advocating in a Problem-Solving Process*, suggests that certain types of disputes are especially amenable to community mediation: when the parties have conflicting views of the facts or law; when a party needs to express strong emotions; when a party craves the opportunity to be heard directly by the opposing party; or when the parties are not skillful negotiators and need the process structure and negotiation expertise provided by a mediator.

The typical mediation has no formal compulsory elements, although some common elements usually occur: each of the parties being allowed to explain and detail their story; the identification of issues (usually facilitated by the mediator); the clarification and detailed specification of respective interests and objectives; the conversion of respective subjective evaluations into more objective values; identification of options; discussion and analysis of the possible effects of various

solutions; the adjustment and the refining of the proposed solutions; and the recording of agreements into a written document.

Accordinging

to the National Association of Community and Family Mediators (NACFM), ten years ago, there were approximately 150 community mediation centers; today, there are more than 550. Records from programs throughout the country, including Beaverton and Hillsboro, demonstrate that over 85% of mediations result in agreements between the disputants. Similarly, studies show that disputants uphold these agreements 90% of the time. As a testament to disputants' high satisfaction with community mediation, a full 95% of participants indicate that they would use mediation again if a similar problem were to arise in the future.

The most readily-thought of option to address conflict is to engage our legal system to confront the person whom we feel wronged us in an effort to make them stop or to seek redress. However, Police Officers/Sheriff Deputies expect to handle criminal issues and generally don't expect to directly assist in resolving civil issues. Increased use of media-

Betterments, continued from page 1 2012-2013 fiscal year. The deadline for project submission is July 15. More information is at: co.washington.or.us/LUT/Divisions/Operations/Programs/minor-betterments.cfm

The Connecting Neighborhoods subcommittee of Citizen Participation Organization 1 (CPO 1) has been working on a list of proposed projects in our area. (CPO 1 represents Cedar Mill and Cedar Hills.) The subcommittee meets monthly on the second Wednesday, except for August, and they'll be prioritizing their recommendations for submission before the deadline at their meeting on July 13, 7 pm at the Leedy Grange Hall, 835 NW Saltzman.

Everyone with an interest in improving safe non-vehicle travel is invited to attend. A list of the proposed projects can be found on the Connecting Neighborhoods Google site:

sites.google.com/site/cpo1connectingneighborhoods and click on Minor Betterments.

tion is an excellent alternative that reduces calls for law enforcement services. When using the blunt force of the law, whether a citation results in just a fine or in a court case, there really are no true winners if the source of the conflict or bad feelings remains. With mediation, both sides can be winners and good relations established. And tax payers save money in reduced law enforcement, court and jail expenses.

The Hillsboro program is described at www.ci.hillsboro.or.us/police/Divisions/Mediation.aspx. It can be reached at 503-615-6651, and Ben Romero can be reached directly at 503-615-6797, or by email at benrom@ci.hillsboro.or.us. The Beaverton program is described at www.beavertonoregon.gov/index.aspx?nid=562. It can be reached at 503-526-2523, by email at dispute-mail@beavertonoregon.gov, on the city's website www.beavertonoregon.gov in the "Report a Problem" link. Walk-ins are welcome at Beaverton City Hall, Room 130.



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Business News, continued from page 2
and create your own bracelets, pins, pendants, or earrings, on Saturday August 20 from 10-4.

The Gallery is open Tuesday through Saturday from 10-4 and Sunday from noon-4 pm. We are closed on Mondays. The gallery is next to the Cedar Mill Library at 12505 NW Cornell Rd. Call us (503)644-8001 or stop by to register for classes, or visit our website: vil-lagegalleryarts.org

Salon 503

Sara Hogan, who worked as a hairdresser at Mr. James Hairstyling for 16 years, and her husband Mike, bought the business earlier this year when James Newcomer retired. They've been busy remodeling and decorating the space. Sara had just returned from a trip to her native Iran, and everything was nearly ready. Unfortunately, Sara and Mike were in a motorcycle accident that forced them to close for a few weeks.



Featured artists Liz Walker and Michael Mason exhibit captivating originals for sale in the newly-remodeled salon

They're back, the space is beautiful, and they want to welcome new and old clients to experience the difference. Several of the regular stylists from Mr. James are still there, including Beverly Hickok, Jennifer Bueffel, and Kay Von Cuning. They're also looking for a few additional independent contractors to work full or part-time in their busy location.

The salon offers hairstyling to men, women, teens, and children, and also sells products from Redken, Matrix, Sebastian, Paul Mitchell, and Joico. They're located in the Milltown Center at Cornell and Saltzman. Regular hours are Tuesday-Saturday 10-6, but they're happy to work with your schedule for Sunday, Monday, or evening appointments. Walk-ins welcome too!

They'll be holding a Grand Opening Celebration on August 5-6 to coincide with the Summer Fete, along with the Libertine Deli, Mike's Auto Parts and Ace Hardware, who will all be providing activities and goodies. Be sure to stop by.

Bike Safety Fair

Sunset Presbyterian Church will once again host the Bike Safety Fair on Sunday, July 31 from 1-4 pm. At the encouragement of the Beaverton Police, a neighborhood family ride is added this year. It will be a leisurely 2 1/2 mile loop through the adjoining Oak Hills neighborhood, beginning and ending at the Sunset Church campus.

Attend one of many bike safety classes throughout the afternoon; get fitted for new bike safety helmets for the whole family; bring your child's bike for a complimentary safety inspection and adjustment; see your child demonstrate safe bicycling in the safety obstacle course.

Oak Hills Neighborhood Family Bicycle Ride

Participate in a leisurely 2 1/2 mile family bicycle ride that loops around through the Oak Hills neighborhood, starting and ending at the west parking lot of Sunset Church campus. Volunteers serving as route safety hosts will be stationed

along the route at various points. Led by a team of volunteer guides on bicycles, small groups of riders will depart along the route throughout the afternoon starting at 1pm, escorted around the quiet neighborhood of Oak Hills on bicycles. It's an opportunity to safely explore riding your bicycle with family and friends.

Virtue of the month: Unity

"Unity is a powerful virtue and it brings great strength. Unity is inclusiveness. It brings people together. We see our commonality without devaluing our differences. We experience our connectedness with all people and all life. Unity frees us from the divisiveness of prejudice and heals our fears."

"The Practice of Unity: I am a

lover of humanity. I seek common ground. I appreciate differences. I resolve conflict peacefully. I honor the value of each individual. I am a unifier." Virtues Reflection Cards, Linda Kavelin Popov.

The New Thought Center for Spiritual Living and the Baha'is of Beaverton are uniting once again to co-sponsor our Summer Virtues Day Camp: Aug.1-4 for kids ages 4-12 and Parenting with Virtues Class. (\$75) Only a few spots are left. Registration Deadline is July 15. virtuesconnectionportland.com

Need videos?

Local photographer Sandy Sahagian is now offering a video production service for business. Do you have something you'd like to demonstrate on your website? Want to welcome visitors to your site with a personal touch? Sandy will shoot the video, add titleing, and provide the finished product in a format suitable for web and YouTube.

Find out more by calling Sandy at 503-297-2343 or email her at sandyzphotozz@msn.com.

Summer Adventure Tire Sale at Tire Factory

Summer travel is on people's minds, and Tire Factory, just off Murray south of Highway 26, has great deals on the right tires for summer. Going camping or fishing? Choose the Falken Wild Peak A/T for SUVs and light trucks. Visiting across the state? The Hankook Optimo H727 or the Nokian eNTYRE is perfect for the family wagon. From July 11 through August 30, you'll get a \$75 VISA gift card with the purchase of a set of four of any of these tires.

Classes for parents at World of Smiles

Rebecca Magby of Everything Baby LLC will be joining us again to teach us what child predators don't want you to know. We grew-up with the phrase "don't talk to strangers" drilled into us, but what our parents did not know is that children cannot understand who a stranger is. During this 2 hour class, we will talk about ploys child predators use to exploit our children, why 'stranger danger' doesn't work, how to prepare your children should they get lost, and so much more!

Beyond Stranger Danger is July 7, at the World of Smiles, Pediatric Dentistry office. The class starts

at 6 pm, and is \$10 for individuals and \$15 for parenting partners. To enroll, e-mail Rebecca at rebecca@everythingbabylc.com.

Then join us and pump it up with Melissa Buechler of Baby Boot Camp - Portland Metro West! This one-hour, free class is for pre- and post-natal moms with different exercise needs and abilities, so don't let the "boot camp" scare you! For the first class, you should dress in comfortable, layered clothing, bring a water bottle, and a yoga mat if you have it. Kiddos like to have snacks and toys to keep them busy while we work out. Melissa keeps the workout accessible and effective for everyone! The July 22 class starts with a 9:15 check-in and will end at 10:30. For more information, or to RSVP email office@visitworldofsmiles.com today!

World of Smiles, Pediatric Dentistry is located at 11790 SW Barnes Rd, Suite 280, Portland 97229. You can learn more about community events and how they make dentistry fun for kids at www.visitworldofsmiles.com!

Lee Davies Real Estate captures 100% of the Million Dollar + Market

As of June 30th, every 2011 seller of a closed residential transaction over \$1,000,000 in NW Washington County was represented by Lee Davies Real Estate. In addition, Lee Davies Real Estate also represented the buyers of one of these transactions. "Decades of experience in this market, along with our unique business model, have contributed to this success," explains Lee Davies, Principal Broker and owner. Lee Davies Real Estate builds custom broker teams of three uniquely-specialized brokers to work on a seller's behalf. Proven systems and protocols along with an in-house marketing department maximize their ability to complete the sale.

Lee Davies Real Estate is located at 9200 SW Barnes Rd. Call them at 503.292.1500 or visit their website, leedavies.com

The UPS Store's annual moving box sale

It's moving season and Americans are once again facing the stress of packing their lives into boxes and hoping everything arrives in one piece. Once you choose that perfect home, the packing professionals at The UPS Store® located at 10940

SW Barnes Rd. want to help ensure that your precious household items arrive in one piece.

Tim offers the following suggestions to help you take control of your next big move:

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Buy enough of the right materials. By using the right packaging materials, including bubble pack and foam packing peanuts, there is less of a chance that your dishes or family heirlooms will end up in pieces.

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For those move-it-yourselfers, The UPS Store® carries all types of moving supplies, packaging tape, bubble pack, and foam packaging peanuts.

The UPS Store® in the Peterkort Towne Square is open Monday thru Friday 9-7 and Saturday 9-5. For more information, call 503-646-9999 or visit our website at theupsstore.com/3379.htm.

Summer special at Justus Orthodontics

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Did you know that the right time for an orthodontic check-up is no later than age seven? At an early age, Dr. Justus can spot subtle problems with jaw growth and emerging teeth while some baby teeth are still present. The check-up may reveal that your child's bite is fine. Dr. Justus may identify a developing problem, but recommend monitoring your child's growth and development, and then, if indicated, begin treatment at the appropriate time for your child. In other cases, Dr. Justus may find a problem that can benefit from early treatment. By having an early orthodontic evaluation, you'll be giving your child the best opportunity for a healthy, beautiful smile!

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