



Cedar Mill News

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January 2010

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Featured Business

NW Organizing Solutions

by Virginia Bruce

Did you resolve to get more organized this year? If so you're not alone, it's among the top five most common New Year's resolutions. And you don't have to be alone in reaching your goal, either, because we have an organizing expert in our midst!

Beth Giles has always been organized, and she loves to help people and to teach. So she was able to put her natural skills together with some professional training and started her company, NW Organizing Solutions, a little over a year ago.

She began her training with an intensive one-week hands-on program at the Professional Organizers Training Institute in Oregon, followed by a guided practicum with a client. She joined NAPO (National Association of Professional Organizers—napo.net), and is an active member of the Oregon

or excavating the family room so the family can actually enjoy it.

Most people are a little embarrassed to ask for help. After all, managing ourselves is something we're supposed to learn in childhood, right? Well, not always. Beth says many people come to her for help after some kind of event in their lives has thrown them off track—"perhaps they moved and never found time to get things set up in a workable way, or they

started working full time and couldn't keep up with life, they had a death in the family, they began working from home, they had a baby or family member move in, and so on."

But Beth is trained to help. Asking the right questions, offering encouragement, and taking things step-by-step can tame the worst situations. She says that some people are reluctant to let her see their messy spaces, but she's

seen it all and probably worse than anything you have to hide.

"There's no one way to organize your life or your possessions, because everyone thinks differently," she says. "And I won't tell you what to keep and what to toss. Those are personal decisions. But I can give

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Working with Beth can help you tame those piles of paper, and she can also help you find more time by limiting time-wasting habits.

NAPO chapter, and continues to take online courses to expand her skills.

She works with all kinds of people who have many different goals. From teens to seniors, almost everyone can use a little help with getting organized, whether it's time management, cleaning out a garage,

Next Meeting

Cedar Mill Business Association

Tuesday, January 12

Pizza & networking 11:45, program noon-1 pm
Place: Leedy Grange Hall, 835 NW Saltzman

Topic: CMBA Activities, Past & Future
Speakers: CMBA committee chairs

FREE pizza, bring your own beverage

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

Bethany Boulevard planning starts

The long-anticipated widening of Bethany Boulevard from Highway 26 to West Union is now in the active planning stage. Washington County's Department of Land Use and Transportation (DLUT) will kick off the design phase of the project with an Open House meeting in late January or early February. (We will send out an email to our online subscribers when this is announced.) Project completion is currently estimated as the end of 2013.

According to Matthew Costigan, Senior Project Manager for DLUT, "the County's current Transportation Plan calls for Bethany to be a four-to-five-lane road section with bike and pedestrian facilities for the entire length. What this means is that some intersections may not have a center turn lane and some intersecting streets would be right in/right out only (these streets have not been identified as of yet)." Costigan also said that DLUT has just started the process of completing surveys and data collection and that the impact on neighboring properties has not yet been determined.

The data being collected will include vehicular, bike and pedestrian usage. The data will be used to forecast the travel and turn lane needs. Funding for the project (\$14.3 million), including right-of-

way acquisition, has been allocated as part of the Major Streets Transportation Improvement Program of Washington County. Improving the north-south road connections has been a major emphasis of the



county for several years.

It is likely that there will be significant impact to some properties on either side of the road, including the Oak Hills subdivision, to acquire sufficient land to widen the road, and some neighbors are very concerned.

For questions or comments about the Bethany Blvd. project, contact Matthew Costigan, Senior Project Manager, Capital Project Management Division, Washington County DLUT, 503-846-7825 direct, or matthew_costigan@co.washington.or.us.

Thanks to Micki Sparr, editor of the Oak Hills Oracle (oakhill-socket.com), for information for this article.

Cedar Mill Business Association Member 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 vrb@teamweb.com

Rave in the Nave for January

Christ United Methodist Church's performing arts series, Rave in the Nave, presents Linda Hornbuckle & Janice Scroggins in performance Saturday, January 23 at 7:30 pm. Back by popular demand, the soul-blues duo of powerhouse vocalist Linda Hornbuckle and Grammy nominated pianist Janice Scroggins return to raise the rafters with their spirited music. Tickets are \$15 and are available through the Church office – 503-646-1598 or office@cumcpdx.org.

Mark your calendar for the February 20th performance of Jane Fellows. Acclaimed actress Jane Fellows performs her one-woman show about poet Emily Dickinson, Belle of Amherst. This show has sold out to unanimous rave reviews for two seasons running at Mr. Hood Repertory Theater. Tickets are \$15 and are available through the Church office – 503-646-1598 or office@cumcpdx.org.

CUMC Preschool begins fall registration

Christ United Methodist Preschool in January will begin taking registration for classes for the 2010/2011 school year that begins in September 2010. The preschool began 46 years ago as a kindergarten, and became a preschool after



Oregon public school offered kindergarten. To see what is happening check out the CUMC Preschool page on the church's website: www.cumcpdx.org or contact the school at 503-646-2265 or the church office at 503-646-1598, office@cumcpdx.org.

Blood Drive at CUMC

The church will also be hosting a Red Cross Blood drive on February 2, from 2-7 pm. Please don't be shy, come and donate! If folks want to sign up for a specific time they can call or come by the church office 503-646-1598, 9:30 am to 5 pm, M-F.

World of Smiles offers toothbrushes

Sonic Care just designed a brand new kids toothbrush. If you purchase one at World of Smiles Pediatric Dentistry we will give you a \$15 certificate off and we will always carry them for less than what you pay in the store!! This new and improved brush moves in a kid friendly way; with the two different size kids' heads to help the toothbrush fit just right for their mouths. The less aggressive vibrations and a fun design means your child will brush in style and remove more build-up.

These tooth brushes are wonderful but if your child is under the age of eight we still strongly suggest parent assistance. Get them the gift that will truly keep on giving all year around and help provide a better report card from your dentist. All children have the right to grow up healthy, happy and free of cavities!

Local Business Owner in TV Series

Investigation Discovery Channel's series "I Almost Got Away With It" begins Jan. 12 at 10 pm. Episode 3, "Jerry Bowen," stars Jim Craig of Westside Martial Arts, and airs Jan. 26. Pat Brady, a second degree blackbelt at Westside Martial Arts, is also in this episode. Jim Craig plays Jerry Bowen, a business owner from rural Alabama accused of killing his ex-wife. Bowen jumped bail, burned off his fingerprints, and was on the run for four years. Tune in and find out—is he really guilty?

The Village Gallery of Arts

Immerse yourself in the fresh, pure, luscious colors of dry pastel! Register now for a pastel drawing class with new Village Gallery instructor Eve Kenyon. Eve provides a supportive, energetic classroom with individual attention for all skill levels.

The January group show features watercolor artist, Sandra Wood. Sandra's watercolors are not timid but pop out with her technique using vivid color saturation. One of Sandra's paintings took "Best of Show" at the VGA October Awards Show.

The gallery is open Tuesday through Saturday from 10 am until 4 pm and Sunday from noon until 4 pm. We are closed on Mondays.

We are located next to the Cedar Mill Library at 12505 NW Cornell Rd. You may call (503) 644-8001 or stop by to register for classes. Visit the website at villagegalleryarts.org for class info and schedules.

St. Pius X School announces annual Auction

St Pius X School is proud to announce our 31st annual auction – "Our Schoolhouse Rocks!" There will be two events associated with the auction: a LIVE event on Saturday, February 6 at the St. Pius X Community Center and an ONLINE event kicking off on February 7 and running until February 19. To access our online event, go to www.stpiusxcatholicsschool.comarket.com

St. Pius X School is a not-for-profit school located in Cedar Mill. We provide an outstanding education for nearly 300 students, from Kindergarten through 8th grade. The annual auction is our largest fundraiser. Every contribution provides critical funding for music, science, art, technology, tuition assistance, and facility enhancements. St Pius X does not receive any tax dollars and must depend on the auction to bridge the gap between tuition and the total cost of educating a child.

We are currently accepting advertising placements for the Live Event catalog. Additionally, we are offering to place a logo as a 'live link' on our Online Auction homep-

age. Finally, any item donated, big or small, contributes to the overall success of the auction. All donors will be listed in the auction catalogs (online and print versions). Please contact the auction team at St. Pius X School at auction@stpiusx-pdx.org if you are interested in contributing to the success of the auction. CMBA member Lee Davies Real Estate is a presenting sponsor for this event.

25+ Families Helped Each Week

Our goal is to offer a "cup of cold water in Jesus name" to refresh and encourage those in need. Helping Hands, a ministry of Sunset Presbyterian Church, serves those in need of emergency food and free used clothing.

The emergency food pantry is stocked to serve 25+ families per week, providing a 3-5 day supply. The Clothing Closet selections vary from week to week as all items are donated by families and friends of Sunset Presbyterian.

Helping Hands Community Center is located in the modular building on the west side of the church campus, south of the ARCO station. Open hours are Wednesday mornings from 9:30 to noon, and Thursday afternoons from 4-7 pm. Food Drives are held quarterly with a reminder banner posted on Cornell Road (in front of the church). Donations of food and clothing are received anytime the church office is open and on Sunday during worship times 9 & 11 am and 5:30 p.m. Receipts for donations are available from the church office or the Helping Hands Community Center.

Urgent Care for kids signs up

Pediatric Urgent Care now has signs on the building to guide parents of sick children to the only pediatric-only Urgent Care in the Portland metro area that is open 365 days a year. Hours are Monday to Friday 7 - 10 pm and weekends and Holidays 1 - 9 pm. Staffed by board certified Pediatricians in a kid friendly office setting. Pediatric Urgent Care is located at 11790 SW Barnes Rd, Suite 140. Call (503) 597-KIDS for more information.

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CMBA meeting notes

by Karen Pienl

The December meeting for the CMBA wasn't a meeting at all, but a Holiday Social held at the Sunset Athletic Club, and a good time was had by all! The holiday decorations at the club were beautiful, and the roaring fire in the banquet room was certainly appreciated since the party was held during our early December cold snap.

After networking with other local business owners, we enjoyed a buffet lunch catered by a variety of



Sunset Athletic Club owner Chuck Richards welcomes the group to the facility

CMBA Member businesses and restaurants and organized by CMBA Admin Virginia Bruce. There was soup from Tilly's, barbecue sandwiches from Burnt Ends BBQ, Pad Thai from Thai Lily, hummus and stuffed grape leaves from Pars Market, olives from Safeway, salad from Costco, sodas from Cedar Mill Liquor, coffee from Poppa's Haven and a beautiful cake from Bales Bakery.

After lunch, there were lots of really great door prizes from CMBA

members to give away. Everyone who renewed their membership to the CMBA at or prior to the party received ten extra raffle tickets—which meant that almost everyone was a winner (some more than once!). The door prizes were really too many to list here, but included gift baskets, wine, chocolate, gift certificates (for complimentary massages, pet supplies, lattes, music lessons, and photography sessions, to name just a few), and even a tool set!

Our January meeting will be held at our usual location—the Leedy Grange Hall—on the 12th.

We will find out about the slate of officers and board members for the February election, and hear from committee

chairs about the accomplishments of CMBA committees and how you can be involved. Our "Ten Minutes of Fame" presenter will be Sam Bosch from Peregrin Financial Technologies, who will let us know about the ATM machines and other services that his company provides. The networking and lunch begins at 11:45, and the official meeting starts at noon. Make a resolution to do more business networking this year by joining us for free pizza and an interesting program.

Library News and Events

By Dawn Anderson

The library's third annual Winter Reading & Arts Festival continues in January:

Leyendas de México - January 10, 2-3 pm

Gerardo Calderón and Nelda Reyes give a bilingual performance of Legends of Mexico. For all ages - no registration required.

Fun with Brazilian Music - January 16, 3-4 pm

Be a part of lively Brazilian rhythms with singer-songwriter Ronnie Robins. Percussion instruments will be provided. For all ages - no registration required.

Oregon Tricksters: Tales from Many Lands - January 30, 2-3 pm

A crazy quilt of trickster tales

from our State's many cultural traditions performed by master storyteller Anne Rutherford. For all ages - no registration required.

Visit the library or the library's website at www.cedarmill.org/library for the rest of the scheduled events/ The festival continues through February 28.

Teen Musicfest

What was the best music in 2009? Come to Teen Musicfest and vote on your favorite music. Play name that tune, Rock Band or Singstar and win prizes! See if you can duplicate moves from popular music videos. Or just come and share your love of music with other teens. Friday, January 22, 6-8 pm. Cedar Mill Community Library. Teen only event (grades 6-12). Free.

Sunset Update

by Kenna Huck

Just as Winter Break is ending for Sunset High students, basketball games and wrestling tournaments are getting more intense. The break didn't stop these teams from working hard and practicing for hours on end from eight in the morning.

On Friday, February 5th at 7



2009 Cram the Stands basketball game at Sunset against Jesuit High School

pm, the most popular basketball game of the year, also known as "Cram the Stands," will be held at Sunset against the Jesuit Crusaders. Sunset students along with alumni and community members come to support their school by cheering on the team. Students also buy

t-shirts at school and at the game to support Sunset as well as a charity fundraiser. It's a good way to show school spirit while giving to those in need.

On Saturday, January 16 the Sunset wrestling team has an all-day tournament at McMinnville High School. Stop by and cheer them on! The next wrestling meet at Sunset will be on Tuesday, January 12 at 6 pm.

If sports aren't hard enough, Sunset students need to start studying even harder because semester finals are just around the corner. Finals week is January 25-29, and each day students are released at 11:30 so they have more time to study. Students come to school at the regular time, 7:45 in the

morning, and then take two tests each day before they're released. Sunset students work hard and were very thankful for the two-week Winter Break, but now it's time for them to focus and study extra hours so they can pass finals and enjoy the new semester.

A City by Choice kickoff meeting

January 11, 7-9 pm in the Bethany Community Room, 15220 NW Laidlaw Road, Suite 200, Bethany Village, (above Huntington Learning Center). If you're curious about the effort to incorporate a new city in our area, or want to help with the effort to get 1000 signatures, join the group for their monthly meeting.

Legislative Town Hall

State Senator Suzanne Bonamici and State Representatives Mitch Greenlick and Chris Harker will be available to discuss the upcoming three-week legislative session and other topics on Thursday, January 28th, at Cedar Mill Library from 6 - 7 p.m. Have questions about what the legislature is doing? Here's your chance to have a face-to-face discussion.

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Cedar Mill Community Library—35 and still growing!

by Peter Leonard, Cedar Mill Library director

Cedar Mill Community Library is celebrating its 35th anniversary this year. When a 7-11 vacated its space on 107th near Cornell in the fall of 1974, community residents came together with the idea of starting a library there. They envisioned a place for the community to gather, to share and to learn. Because we're not part of a city that might have built a library, residents established the Cedar Mill Community Library Association and began collecting books and raising funds.

When plans to open the 7-11 as a library fell through, local grocer Odus Bales offered space in his Milltowner shopping center (where the testing lab is now) and in January 1976, the Cedar Mill Community Library opened its doors. Washington County began funding public libraries later that year, and from these simple beginnings, the library grew and grew.

As more services were delivered, more funding came from the county, which then led to more services. Staff was hired, books were purchased and the library moved to its current site.

Several expansions over a 25-year period helped meet increasing demand for library service. As population in our area increased, the board of the library association looked towards Bethany as a potential site for a branch. Roy Kim, of Central Bethany Development, offered space for the Bethany Branch Library much like Odus Bales did in 1974.

Using volunteers and donated books, furnishings and cash, Cedar Mill opened the Bethany Branch in 2007 and expanded that branch in 2009. Opening a library facility without city taxing support or bonds is remarkable, but this type of community initiated do-it-yourself effort, relying on volunteers and philanthropic leaders has long been a tradition in the Cedar Mill area. The Bethany library was set up with \$120,000 earned by the Second Edition Resale Shop. This works out to less than \$30 per square foot compared to the national average cost of starting up a library of \$180/square foot.

Cedar Mill and Bethany Libraries continue to grow with annual attendance of 690,000 and loans of 2 million items.

Cedar Mill Community Library

- Is number two in loans of

children's books in the state.

Only the 16-branch Multnomah County system tops Cedar Mill's numbers.

- Is number six in overall loans in Oregon.
- Has more volunteer hours than any library in Oregon except Multnomah County Library. Cedar Mill had 48,000 hours of volunteer service last year—equivalent of 24 full time employees.
- Has a higher percentage of non-tax revenue- (13%) than any other library in Oregon, thanks to Second Edition Resale shop and private donations from Library Association members.
- Is efficient—our cost per circulation is \$1.54—that is 40% below the Washington County average of \$2.54

One of the key factors in being able to provide library service in unincorporated Cedar Mill is the support of the Washington County Cooperative Library Service. The passage of the local option library levy in November 2006 led to a growth in library service throughout our county. With the security brought by the levy, Cedar Mill was able to serve many more people by opening the Bethany library and improving services at Cedar Mill Library.

Many borrowers are now searching and requesting books from their home computers. This popular service has increased movement of materials between libraries and is changing staffing and space needs. The Circulation area was recently reconfigured to allow 24-hour book return and self-pickup of held books. The library is offering more self-service options for borrowers in keeping with national library and retail trends. Beginning in January, borrowers will be notified by e-mail when their holds are available for pick up. Borrowers can still choose telephone notification if desired.

Research in the library is changing. Reference book use in the library has declined as more people are using computers to access information. Questions now come via e-mail and text as well as phone and in-person. Although computers change the way information is accessed, reading of books and print is still a primary emphasis of the library. Book lending continues to increase even as users borrow

DVDs, or download audio books and videos through the WCCLS catalog.

Cedar Mill has been updating older computers. Thanks to support from the Gates Foundation, the average age of computers in the library improved from six to two years. Another grant for a laptop computer-training lab allows the library to teach people how to access e-mail, search the web and use digital cameras.

The library is the only place in our community that offers free access to computers and free training. This is a lifeline for many people such as job hunters who need to search and apply for jobs online. It's also a great way for seniors to get started and stay in touch with families and friends. Our libraries now offer free high-speed wireless access to anyone with a library card.

In a typical week, Cedar Mill and Bethany have 14 story times for 0-5 year olds. Developing the next generation of readers is one of our most important services. Cedar Mill actively works with local day care providers and home child-care workers to get the early literacy message out to families who may have challenges getting to the library.

The biggest long-term challenge for the library is space. Library standards recommend space of 42,000 square feet for a community of our size. Existing library space of 29,000 square feet limits meeting room space, reader seating, shelving and computer space. The library board of directors is looking at ways of meeting these needs, but without taxing authority, it will be necessary to raise the money from voluntary contributions.

Prior to embarking on this type of expansion, the Washington County local option library levy needs to be renewed in November 2010. Since the levy accounts for one third of Cedar Mill funding, future library plans depend on renewing the levy.

The long term success and strength of the library depends on the involvement of the community. We can't rely on a city to provide a library for our area but our community has shown that they can make the kind of library they want. To learn how to get involved, check out the library website www.cedarmill.org/library

Winter Birding in Cedar Mill

by Laurretta Young

Many birds that breed in the northern parts of Canada and Alaska find our winters to be “balmy” even with the occasional weeks of very cold temperatures we have had in the past few winters. As I write this in mid December, the pond in the back of my yard in a wetlands area of Cedar Mill is just starting to become free of ice around the edges.

This makes winter an excellent time to see many birds that you won't see in the spring or summer unless you too fly to Alaska! Last week in my pond I saw gadwalls, green winged teals and American Widgeons. All these however were eclipsed by the “hawk” show—due to the ice they could not hunt their usual rodents and snakes so they picked off gulls and small ducks that were stranded in the center of the pond. While this sounds difficult to see, in many ways it is part of the natural order.

The winter has also brought to Cedar Mill many small song birds that breed in Alaska. We now regularly see large flocks of juncos, golden crowned sparrows and yellow-rumped warblers at our feeders and underneath.

The bushtits have flocked back up as well. They pair off in the summer to breed,

but in the fall they form large flocks which will “bomb” a suet feeder with up to 50 birds at a time—making for a squirming mass of birds on one feeder.

Several goldfinches appear to be staying for the winter in flocks, usually they migrate in fall to warmer climates but this year there appear to be many who have decided to stay—possibly it was a good seed year in Cedar Mill? I have seen them eating out of the pods of my sweet gum tree—when I looked in a pod I found numerous

small seeds resembling the nyger thistle that we can buy at stores to attract these birds. And to think that I imagined those hard pods only being a nuisance in my lawn!

The absolute favorite bird how-



A small mob of bushtits visits a suet feeder

ever that I have seen recently in my back yard has to be the great horned owl who I hear at night but rarely see, I know there are two owls out there who hoot back and forth. I was fortunate enough to see one perch on a tree right at dusk, the “ears” of his great horned head were obvious in the twilight even if I had not heard his call which identified the bird.

In the greater Portland area over the course of a year there have been about 270 birds identified. The exact number changes from year to year and with the climate change we are seeing more “unusual” birds

that we generally don't see here. In our own Cedar Mill back yards, if we look, we can see an amazing variety through the seasons.

From the large great blue herons and great horned owls to the tiny Anna's hummingbirds who stay all winter (keep your feeder full and unfrozen!) we have

almost all those birds if we just look outside.

Laurretta Young is a local bird tour guide – see www.portlandbird-watching.com for more information about her business and to see some pictures of her recent tours!



January Series Schedule at Oak Hills Church

A challenging series of lectures on topics from international politics to personal morality will be presented as a live video feed from Calvin College at the Oak Hills Church during January. The series is free and will be aired on weekdays from January 6-26 at 9:30 am. Doors will open at 9:00 each morning. Child care and refreshments will be provided. The full schedule is available on the college website: calvin.edu/january/2010/

Friday, January 8: Harvey Carey—Against All Odds
 Monday, January 11: K. A. (Tony) Namkung—The Theology Behind Smart Diplomacy with North Korea
 Tuesday, January 12: Burl Cain—Moral Rehabilitation in an Immoral Environment
 Wednesday, January 13: James K.A. Smith—Desiring the Kingdom: Worship, Worldview, and Cultural Formation
 Thursday, January 14: Syada Greiss—Journey To Empowerment: Stories from the Streets of Cairo
 Friday, January 15: Jimmy Wales—Democracy and the Internet
 Monday, January 18: Soong Chan Rah (in celebration of Dr. Martin

Luther King, Jr.)—The Next Evangelicalism & the Changing Face of American Christians
 Tuesday, January 19: Immaculee Ilibagiza—Left to Tell: A Story of Forgiveness in Rwanda
 Wednesday, January 20: Richard De Vos, Sr.—Ten Phrases
 Thursday, January 21: Max McLean—From Screwtape to the Gospels: A Life of Faith in the Theatre
 Friday, January 22: George Ayittey—African Solutions for African Problems
 Monday, January 25: Kimberly Dozier—Breathing the Fire: Reflections of a Foreign News Correspondent
 Tuesday, January 26: Archbishop Elias Chacour—Unity Within Diversity: Myth or Reality?

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Toward a Sustainable Cedar Mill

Permaculture gardening in Cedar Mill

by Donna Prock

[Ed. note: this is the beginning of a series on applying the principles of permaculture to home-grown food. In future months, we'll provide information on plant selection and techniques to help you grow more of your food in whatever space you have available. Donna Prock is a student of permaculture who lives nearby.]

What is Permaculture?

Permaculture is often thought of as being a method of gardening, but since it was conceived, it has evolved to encompass a way of thinking about and designing sustainable lifestyles. Sustainability, in a broad sense, is the capacity to endure, to keep on doing something. Sustainability has become a wide-ranging term that can be applied to almost every facet of life on Earth, from a local to a global scale. While long-lived and healthy wetlands and forests are common examples of sustainable native biological systems in Cedar Mill, designing permaculture systems involving humans takes conscious effort and new approaches.

Permaculture design uses an ecological approach to create integrated relationships between the landscape and people. It fosters good land stewardship by working with the natural environment to create sustainable human settlements. It can apply in both urban and rural contexts and to any scale of design. Permaculture design elements include food production, structures, technologies, energy, natural resources, landscape, animal systems, plant systems, and social and economic structures. The diagram depicts these elements and their interconnection.

Permaculture was first developed by Australians Bill Mollison and David Holmgren and their associates during the 1970s in a series of publications. The word permaculture is a combination of

permanent agriculture, as well as permanent culture.

The intent is that, by rapidly training individuals in a core set of design principles, those individuals can design their own environments and build increasingly self-reliant human settlements that reduce society's reliance on industrial systems of production and distribution that Mollison identified as fundamentally and systematically destroying Earth's ecosystems.

Some Key Permaculture Principles

• **Observation**—You must have a clear understanding of your immediate environment and the surrounding bio-region to create appropriate designs. Our bio-region is called Cascadia, a region defined by the watersheds that flow into the Pacific Ocean through North America's temperate rainforest zone that includes British Columbia, Idaho, Washington, Oregon, and adjoining parts of Alaska, Montana, and California. Micro-climates (warmth, sun, moisture etc.) and other unique features of an area can be discovered and used to enhance the design.

• **Native Plants**—Since native plants are best adapted to and integrated within the local ecology, they are preferred over exotic plants. However, carefully selected "exotic" plants can and should be used for particular purposes such as food production when there are no equivalent native species.

• **Perennial Plants**—Where possible, perennial plants are favored over annuals as they can become long term members of an urban plant community and generally require less labor and resources

than annuals.

• **Relationships**—Plants in a permaculture design are carefully selected and situated for the relationships they will have with other plants and other elements in the system. Diverse plants with diverse relationships are desired. These relationships will have a synergistic effect, creating a thriving ecological community.

Permaculture Ethics are: Care of the earth, Care of the people, and Fair Share, (sharing the surplus).



The permaculture journey begins with the Ethics and Design Principles and moves through the key domains required to create a sustainable culture. The spiral evolutionary path joins together these domains, initially at a personal and local level, and then proceeding to the collective and global level. The 'permaculture flower' has been adapted from David Holmgren's book *Permaculture: Principles and Pathways Beyond Sustainability*. creativecommons.org/licenses/by-nc-nd/2.5/au/

• **Elements**—All elements of a permaculture design will have multiple functions. For example, a selected tree may provide shade for a sitting area, berries for food, habitat for birds, screening of an undesirable view, and may build the soil by fixing nitrogen, thereby supporting the plants grown around it.

• **Functions**—All functions are supported by multiple elements. For example, food will come from many plants, not just one or two. Many different plants will be used to attract a variety of pollinators and other beneficial insects. Water will be harvested and retained in a variety of ways, thereby reducing demand on city water and ensuring that the system will continue to thrive during times of drought.

• **Zones**—As a tool for site analysis and planning, permaculture considers every system to be comprised of five "zones". Zone 1 is closest to the house and includes those elements that are needed most on a

day-to-day basis (i.e. kitchen herbs and vegetables). Zones progress away from the house to less-intensively cultivated or harvested elements all the way to Zone 5 which is "wildland" left for birds and other local wildlife.

• **Resource Use**—Permaculture systems strive to use as few external inputs as possible and to produce as little waste as possible. Natural resources such as sunlight and water are absorbed and maintained within the system as long as possible. Composting and mulching are used extensively to maintain and increase soil fertility. When outside inputs are required, they are preferably sourced as locally as possible and are ideally waste from the surrounding environment.

• **Stacking**—Plants incorporated into a permaculture landscape are "stacked" both in space and in time. Plants will be chosen to occupy the following seven layers; below ground (i.e. root crops), ground cover, herbaceous plants, shrubs, small trees, tall trees, and vines. Similarly, thought should be given to the long-term development of the landscape over time, ensuring that the system will be thriving many years from now.

Home-Scale Examples of Permaculture

Permaculture is just as relevant and useful for the city-dweller as it for a small farmer or alternative community. Some very basic examples of how permaculture principles and design can be used in the urban setting include:

• **Water Harvesting**—Collecting run-off water from roofs, redirecting it to trees, shrubs and beds, and storing it in rain barrels for later use is an easy, economical and highly beneficial practice. Water can be further retained within the home landscape by using mulches, rain gardens, close plantings and by ensuring a high level of organic matter in the soil.

• **Perennial Plants for Food**—Most urban dwellers limit their concept of growing food to a square vegetable patch in the back corner of the yard. But there are abundant possibilities for growing a tremendous amount of food-producing



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perennial plants. Fruits, berries, nuts, perennial herbs and perennial greens can all be included in an urban permaculture landscape.

• **Composting and Mulching**—There is no substitute for home grown compost! Intensive composting allows for the recycling of resources within your own permaculture system and contributes greatly to soil fertility, structure and long term sustainability.

• **Use of Microclimates**—Cedar Mill residents are blessed with numerous microclimates within their own yards. South facing walls, for example, can provide an excellent location for heat loving plants like grapes, tomatoes, or peppers and can also be good locations for extending the growing season.

• **Plant Selections and Placement**—While the postcard picture of suburbia includes a large lush lawn with 3-4 shrubs, 2 trees and a couple of flower beds, urbanites are discovering that their own yards provide them with enough space to incorporate many useful plant species. In the permaculture design approach, all of these plants will



A hedge of ceanothus makes a beautiful and useful addition

have a particular purpose and will be placed in careful relationship with other plants.

• **Forest Gardens**—Mature forests occupy all available space with lush growth. "Forest gardens" model themselves after natural forest ecosystems but focus on plants that provide food, medicines and other resources. Urban yards can also take advantage of the possibilities of using vertical space to make up for what they lack in horizontal space.

We are fortunate that the climate in Cedar Mill is mild during summer when temperatures tend to be in the 60's and cold during winter when temperatures tend to be in the 40's. The annual average precipitation is 40 inches. Many

plants will grow here.

Residents of Cedar Mill have a wide range of sites to work with, from the smaller suburban yards to full-scale farms. Regardless of the size of the site, some of the principles apply to all sites. However, due to the varied topography of the area, there are many unique areas—"microclimates"—within each property.

The task of learning these intricacies of your individual plot is accomplished through observation. Usually this process takes about one year, as you need see the changes throughout the seasons.

Zone planning originates from a central activity node, usually the dwelling. It describes concentric zones of decreasing intensity of use. Zones are about creating and placing areas of activity in good relationship to their needs and yields.

Most smaller sites will encompass Zones 0, 1, and 2. Larger sites will include Zones 3,4,and 5.

Zone 0 is the home itself.

Zone 1 is the gardening space immediately outside of the home. This can be anything from a win-

dow box where you grow kitchen herbs, to larger container plantings of annual vegetables on your deck, to a garden plot in your backyard. This area could also include a greenhouse. These all require daily visits and harvesting of nearby food for cooking.

Zone 2 is still close enough for regular visits and usually includes vegetables that can survive a couple of days on their own, and soft fruit bushes.

Zone 3 is the orchard zone where fruit trees that do not need regular care are placed. Or it could be a community garden plot that you tend a short distance from your home, or even a neighbor's property where you have been invited to harvest some of their vegetable and fruit surplus.

Zone 4 is semi-wild, perhaps local parks and open spaces where you can forage for wild nuts, berries and other edible and medicinal natives. It can also include gleaned from nut or fruit trees in public spaces.

Zone 5 is wilderness, places you go to observe and appreciate nature, but not disrupt it.

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A new trail is taking shape in Cedar Mill

by Virginia Bruce

Tualatin Hills Park & Recreation District (THPRD) has been working to connect residents to natural areas and destinations by creating trails throughout the district. They draw up maps with general trail orientations, and then acquire trail property and improve trails when they have the opportunity.

A good example of this process is taking shape in the form of a loop trail around the Timberland development and Foege Park. The existing segment of the trail runs through the two sections of Foege Park (see map) that are connected by a pedestrian bridge crossing Cedar Hills Boulevard, plus an

transferred to THPRD, along with some parks inside the development.

A segment of the trail that connects the southern end of Timberland to 114th will include a boardwalk that passes the wetland that is managed by The Wetland Conservancy. Polygon, the developer of Timberland, began to work on this boardwalk last summer, but was stopped when it was discovered that the original permit for the work had expired. Polygon submitted a new application to the county, and it was approved, but appealed by the owner of the adjacent property on 114th. A hearing was held on December 17 and although the decision hasn't

erty that was bought by the district several years ago. It currently has a rental house on it. The district plans eventually to put a trail through this property that will lead to Foege Park. There is a significant grade from the level of 114th to the level of the level of



Cedar Mill Falls is impressive at this time of year, but it's pretty anytime. The current steep and unimproved trail keeps most people from seeing it.

on-street segment. The northern end of the trail connects via another bridge and leads into the trail system in Timberland.

The Timberland segment of the trail isn't public yet, (that's why it's shown as a "future" trail on the map) but once some additional improvements are made, it will be

been filed yet (so it's not official), the appeal was denied. Work on completing the boardwalk will probably resume later this year when the weather improves.

Just north of the boardwalk is a natural area that will also be transferred to the park district. Because of the nature of the land (bottom



land subject to flooding) it will probably remain undeveloped. It's a lovely wildlife habitat though, and will offer some great birdwatching.

Beyond the new segment, across 114th, is a 2-acre prop-

erty that was bought by the district several years ago. It currently has a rental house on it. The district plans eventually to put a trail through this property that will lead to Foege Park. There is a significant grade from the level of 114th to the level of the level of

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The wetland lagoon as seen from an unimproved trail that leads south from Foege Park. We heard coyotes and saw a redtail hawk nearby. Photos by Bob Porter

not far from its intersection with Barnes near the STC.

In addition to the loop trail, Polygon will be transferring the section of Cedar Mill Creek next to the JQA Young House/Park to the district as part of their agreement with THPRD in lieu of System Development Charges. A boardwalk and platform that will afford a view of Cedar Mill Falls will be built by Polygon prior to the transfer. Bergsma says, "Because the overlook boardwalk project would currently involve both the County and the City, we want to get the JQAY property annexed (into Beaverton) before we go ahead so we only have to deal with the city. We have de-

not far from its intersection with Barnes near the STC.

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Members of the Connecting Neighborhoods group walked the loop in early January

decided to delay the start of the project to some time this summer so we can get the annexation done first."

When all the pieces are finally in place, it will be much easier to walk and bike around this area and enjoy the wildlife that lives so close to our town center.

Organizing, continued from page 1
 you some guidelines and help you to focus on your goals so you can achieve what you want, and maintain it." Ah, there's the rub. She does sometimes get called back to help a client get back on track. But usually she is able to teach her clients to make those little decisions, find places for everything, and maintain the hard-won order in their lives because the rewards of an organized space and life are so compelling that people don't want to go back.

She has several different ways that she can work with a client. During a free phone consultation she explains that she can come and work with you to set some goals, create a plan, give you a to-do list, and some advice about what to purchase or re-purpose to achieve your goals. That can usually be accomplished within her minimum three-hour consultation.

Most people prefer to have some hands-on help, however. She creates the plan and works with the client over several sessions, giving them "homework" to do between visits. She says, "At first, people don't like to get the homework, but as they progress and experience the improvement, they're anxious to find out what they'll be working on this week!"

For those with bigger goals or less time, she can work with you every step of the way, helping you sort and move things around, and even purchasing organizing aids like closet inserts or bins (she gets discounted prices from several local vendors like Closets to Go and the Container Store). But she still needs to have her client involved, since it will be up to them to maintain the order once it's achieved.

One person she worked with recently had a goal of being able to use the dining table to eat on. This person had a home-based business, and the only place she could find to keep her computer was on the table. Beth worked with her and discovered some unused counter space in the kitchen, and with the purchase of an appropriate chair, the problem was solved.

Are there people who can't be helped? Only if it's not their idea in the first place, she says. "It cannot be another person's desire making them hire me. It does require their involvement and they need to be committed to making it work." And that goes for

teenagers, too. She has helped several kids get themselves sorted out, but not unless they're willing.

Beth recently trained for the specialty of senior moving. Most people find that they need to do a



Beth works on a downsizing plan for a senior move. The colored squares are pieces of furniture that the client wants to keep.

significant amount of downsizing when they move from a family home into a senior center or assisted living facility. It's a difficult situation, both physically and emotionally, and adult children are usually both too busy and too emotionally involved to be very helpful. Beth can come in and make a plan of the new home space, and help the family decide what will fit, what's important to keep, and what to let go of—and how to get rid of it! NAPO Oregon even provides a downloadable guide for where to recycle or donate everything from furniture and appliances to clothing and technology.

Originally from New Jersey, when she was in her 20s Beth decided she wanted to travel. She found a job teaching in the Philippines for a year. After returning home, she met her future husband, who is from England. He worked as a professor of electrical engineering at the University of Michigan for several years, and eventually took a job at Intel which brought them to our area. Their daughter, just graduated from Azusa Pacific University with a degree in business, but her specialty is event organizing!

Her older son is a junior at Washington University in St. Louis, working on a degree in biomedical

engineering, and her younger son is a senior at Westside Christian. The family lives in one of the Bauer neighborhoods, and is active at Sunset Presbyterian Church, where Beth was a children's director prior to starting her business.

NAPO Oregon is a very active group, with regular meetings and several programs that they offer to the community. One of these is an in-school workshop for kids from grades two to four. Beth demonstrated one of the exercises to the Cedar Mill Business Association at a meeting last year. "I bring along an assortment of objects," she says. "Each object has several different characteristics, such as length, color, or use, and I ask the kids to organize them on three paper plates. Different kids choose different criteria for organizing. This lets them see that there isn't just a single way to think."

The group is sponsoring a free Organizing Expo on January 30 at Montgomery Park in Portland, from

10 am–3 pm. Beth will be participating in a panel of experts who will be answering questions throughout the event, and she'd love to see her Cedar Mill neighbors attend. Other activities include demonstrations of products and exhibits from a variety of partner organizations. More information is on the website at napooregon.com.

When Beth and her husband moved to the area, she had only 24 hours to find a new home. But she's really glad she found a place in Cedar Mill. She joined the CMBA shortly afterwards, and has found the group very helpful in getting established. She participated in the Cedar Mill Farmers' Market booth, where she found five new clients.

Beth has a great website, www.nworganizingolutions.com, where she explains how she works with clients and offers some free advice. Plus she sends out a monthly email newsletter—this month's issue outlines the critical steps for getting organized: sort; purge; assign; contain; and maintain. Contact her to get on the list or to get started with your resolution at beth@nworganizingolutions.com, or call 503-709-0791.

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Local distressed properties near 20%

by Lee Davies

Recently, I thought it would be interesting to see just how many "Bank Owned" and "Short Sales" properties are impacting the real estate market in my backyard, west of the Willamette. Much to my surprise, distressed properties are far more prevalent than I had anticipated.

Homes that are either short sales (those homes that homeowners owe more than the present value of the home and cannot make up the shortfall) or bank-owned foreclosures in the Realtors Multiple Listing Service (RMLS) add up to being close to 20% of the current inventory and these properties are typically priced well below the competition.

In many micro-markets around town, if you cast a net around a sampling of 50 homes for sale in a similar price range and area, it would be a common fact that upwards of 10 would be distressed sales. In a sampling of this size it would not be uncommon either to see only five homes sell per month based on the past year's averages (a 10 month supply), or in other words, it may take at least 10 months to sell one's home. As a result, ordinary homeowners who are hoping to sell are now competing with these distressed properties and it quickly becomes apparent that in order to be competitive, homes must be clean, well maintained, updated, staged, and priced well.

On the other hand, there are many great opportunities for home buyers and with the rates once again at record lows, we have seen sales increasing. While it may seem frustrating to see these properties impact the market, the fact is the sooner they are absorbed by new happy homeowners, the sooner we will see the market stabilize

and begin appreciating. If you would like to know what's going on in your micro-market, call one of our brokers today and we can update you hourly, daily, weekly, or monthly with email alerts or reports that will give you the knowledge to make your next move.

DuFresne's puts the brakes on hunger

"Wow!" That is the word Nancy Scheewe thought of when she looked at her shop and saw how much food they collected for the Oregon Food Bank this December.

Nancy says, "This is our sixth year of collecting food by offering a Free Brake Inspection with a grocery bag of food. And if you were in need of brakes the pads and or shoes were free. By the middle of December we had already collected more food than we did the whole month of December 2008. We could not have done this without all of our neighbors in the Cedar Mill area. Special thanks go out to all of you."

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Saturday, February 13 at Sunset Presbyterian Church, Cornell Rd. at Hwy 26, across from Oak Hills from 9 am to noon. Open to everyone: children of aging parents and especially important to those 55+. Plan now to enjoy some coffee and donuts and see if all your bases are covered for the future.

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Garden Club plants wildflowers

If you wondered what was going on along Cornell Road in front of the John Quincy Adams Young House one cold afternoon in November, it was the Cedar Mill

McClung and Ruby Warren were there representing Cedar Mill Garden Club. The wildflower seed was purchased by the garden club and has over 20 varieties of seed. We can't wait until Spring.

Cedar Mill Garden Club also donated two wreaths to the Cedar

Mill Library as we always do at Christmas time. Jackie McClung and Ruby Warren made the wreaths and other members donated the greens.

The program presenter for the January 20th meeting of the



Susan Marshall, Barb Cushman, Jackie McClung and Eberhard Jaeckh brave the cold to spread mulch for a wildflower display

Garden Club preparing the soil for a wildflower planting next to the sidewalk. After researching the best way to start wildflower seeds, the group decided to use newspaper, mulch and pea gravel.

Eberhard Jaeckh, a member of the Friends of the JQA Young House, spent several mornings digging large stones out of the area in front of the house. Gravel and mulch were donated by Cedar Mill Lumber, and Cedar Mill Garden Club members Sue Owen, Susan Marshall, Barbara Cushman, Jackie

Cedar Mill Garden Club is Jan Heathers of Highland Heather in Canby. She will present a slide show and bring heaths and heathers that are in bloom. The program will be held at the Beaverton Community Center 12350 S.W. 5th, beginning at 10 am for the business meeting and snacks; with the program commencing at 11:15 am.

For further information about the Cedar Mill Garden Club and their activities contact Barbara Cushman, President, phone: 503-649-7741 barbswhimseys@yahoo.com, or visit our website at www.thecedarmillgardenclub.org

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