FREE

Sign up to get The News

online: cedarmill.org/ news/signup

Cedar Mill News October 2011

Volume 9, Issue 10

Featured Business

Extract Away Carpet Service

by Virginia Bruce

Some say that for every job that needs doing, there's someone who is perfectly suited to it and loves it. While many of us would not find satisfaction in cleaning other people's carpets, it's the perfect profession for Tim Willis of Extract Away Carpet Services.

Before he began his independent, sole-proprietor business, he worked as a respiratory therapist in a hospital. But he wanted work that would let him be independent and mobile. In 1988 he bought his first machine, a large RX20 model. and providing the best. It is the work ethic that is built into me. Not to mention simply good business practice!" he says.

He enjoys helping people get the most from their homes, whether they live in apartments or large houses. A clean carpet and an odorfree home help to create the feeling of harmony that contributes to our general well-being. "It's a personal connection for me. I used to resuscitate people-now I resuscitate carpet, bringing life back into it so all can continue to enjoy it and live a healthier life."

After working for several years cleaning carpets, he says, "There was a demand for carpet installation, so I became certified, bonded, and insured



later started installing vinyl also. Some property owners needed installs done when tenants did too much damage. It fell into place with the cleaning.

as a carpet

installer, and

It's such a well-built product that he still uses it for commercial work, but he says it was awkward for smaller rooms and stairs, so he also has a Rotovac, which does a compa-

rable job but is more maneuverable. Most carpet cleaning companies, and almost all of the chain operators, use a wand that squirts hot water and cleaning agents onto the carpet and then vacuums it up. The equipment that Tim uses-the Rotovac or the RX 20—work with rotary action to inject steam and cleaning agents more thoroughly into carpet fibers and then "extract away" the resulting dirty water. Tim says, "it's as close as you can get to a washing machine for your carpet."

Tim uses this more-expensive equipment because he is committed to doing the best possible job for his customers. "It's extremely thorough. People are very impressed with it. I appreciate having the best

Both businesses build each other. Later I started doing repairs and stretching, and re-laying carpets due to water damage."

He works with a flooring supplier that has five showrooms in the region. "We take our customers there to shop. They usually save enough money on carpet that they get the same savings as with a "big box" company, but they get very personalized service, with a wider selection to choose from. They get a better product plus they get a great power-stretched install job-without worrying about who is going to be in their home."

His wife Kelly is the Office Manager, fielding customer calls, setting up appointments, and also keeping their website up-to-date with helpful information and customer testimonials. Tim mentions that, "She also helps most of the

Continued on page 11

Cider Festival Sunday, October 16



Embrace the season at the Fifth Annual Cedar Mill Cider Festival, October 16 from 1-4 pm. Taste free fresh cider produced from antique presses, enjoy bbg sandwiches from Burnt Ends BBQ Team, and Apple Crunch and ice cream from Leedy Grange, and let The New Five Cents set your toes tapping to the old-time music. And take home your Halloween pumpkin and some bottled fresh cider from Dinihanian's Farm Market stall.

The History Tent is the place to gather to learn more about Cedar Mill history and find out about THPRD's plans to renovate the property.

Plus browse craft merchants and information booths, and bring the kids for THPRD's RecMobile supervised activities. Fun for everyone at the JQA Young house grounds, 12050 NW Cornell Rd, just east of the Cedar Mill Bible Church. Free parking after 1 pm.

For more information, see cedarmill.org/ciderfestival

JQA Young House update

As we celebrate fall and our local bounty with the Cedar Mill Cider Festival, our thoughts turn to the condition and future of the community's historic site. The former home of John Quincy Adams Young, the unassuming saltboxstyle house on Cornell embodies both the founding and progression of Cedar Mill community. Young

was the second owner of the mill, and the man who named the community. The house became the area's first general store and post office. The iconic

photo of the house shows a group of women and girls standing on the dirt track that was Cornell Road in those days. The proximity of the

road to the house presents one of the several challenges to restoring the house to community use. The Washington County right-of-way comes within a few feet of the front door. If and when the county decides to widen the road, the location will be an obvious problem.

A second major challenge is that Continued on page 8



The basement is a jumble of materials, discarded furniture and junk. The latest master plan calls for using some of the stones for low walls around the grounds.

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

Bales offers a new Glutenfree section

Assistant manager David Best collaborated with United Natural Foods supplier Vadim Marinescu to create a new section of the store featuring gluten-free products. "For people who suffer from Celiac Disease and other conditions that make gluten a problem, we are bringing all our products into one place," says Best. "We have one of the best seletions in town-more than some natural foods stores," he continues. Find it next to the bulk containers near the center of the store.

Mountain Man opens Saturday location

Beginning Saturday, October 22, between 10 am and 3 pm, Joanne Hollister, our Cedar Mill Mountain Man Nut & Fruit Co. distributor, will set up a temporary booth on Murray Road in the Miller Paint parking lot. Joanne will offer holiday gift baskets, nut, candy and fruit packs as well as all other Mt. Man treats. Corporate and personal orders can be placed for shipping or for delivery, or just select from the stock on hand.

With Mountain Man gift baskets strives to improve the quality of and packs, your recipients will be getting more delicious food and less packaging than with other holiday gift companies. Joanne will work with you on personalizing your basket for your customers, and in picking out what you want in a onepound pack. Be sure to stop in and

The Cedar Mill News © 2011 Published monthly by Pioneer Marketing & Design PO Box 91061 Portland, OR 97291 Online at cedarmill.org/news Copy Editor: John Ramey Publisher/Editor: Virginia Bruce 503-803-1813 info@cedarmillnews.com **Printing courtesy of Copytronix** Opinions expressed in this publication are not necessarily those of its advertisers.



see what great gifts and snacks our local Mountain Man can provide for you. For more information call Joanne at 503-701-4005. The booth will be open through December 17—weather permitting.

H.E.R.O.s Of The **Business World**

Among the list of Cedar Mill community heroes are the folks at Dollar Tree, Poppa's Haven, Mikes Auto Parts, Sunset Athletic Club, Walgreens, and Muttley Crew. These businesses are participating in Sunset High School's work experience (H.E.R.O.) program.

The Sunset H.E.R.O. program post-high school life for students with disabilities, offering them a realistic and exploratory work experience at participating community business locations. If you have questions about the H.E.R.O.'s program, please contact Liz Baer at Sunset High School, (503) 259-5050 or liz_baer@beaverton.k12.or.us.

Fashionable Fund-Raiser

Second Edition Resale Shop, the ongoing fundraiser for the Cedar Mill Community Library, will host "Cover to Cover", a fashion show and luncheon on Friday, October 21, at 11:30 am. The event will be held at the Christ United Methodist Church and will feature "like new" clothing and accessories from the shop. The luncheon will be catered

by Lori Emch of Tasteful Catering, with help from the Second Edition volunteers.

Tickets are \$18 and are available at Second Edition (next to the Cedar Mill Community Library). The volunteers look forward to making this a big money-making event, and have contributed a handmade quilt, American Girl doll, and gift baskets to add even more fun. Everyone who attended last year was impressed with the quality of the items displayed, which are for sale in the shop following the show.

(Drivers, watch out for Fashion Show attendees rushing across the street to vie for that perfect dress!)

Halloween Photo-Op

Sandy Sahagian portraiture is offering a Halloween special. Don those costumes or bring vour kids and have a professional photograph taken to remember the occasion. For more information, call (503) 297-2343.

Yoga for Migraines and Insomnia

The list of yoga's health benefits is a long one, but did you know yoga can help you sleep better and relieve migraine headaches? This fall, join instructor Amy Duncan on two Sunday afternoons at Sunset Yoga Center, 12923 NW Cornell Road, to discover how yoga can be an effective tool for healing what ails you.

The migraine workshop will be held Oct. 16, and the insomnia workshop will take place Nov. 20. Each session will run from 4 to 6 pm, and the cost for each is \$20. Students of all levels are invited to participate. While each class is built around a specific theme, you need not suffer from the condition to attend or enjoy the restorative benefits.

Most of us do not take time to relax and give our minds and bodies a chance to restore themselves. In each two-hour class, you'll have the time to learn which poses

are best for you, how to support yourself in each one and how to modify poses as needed. With humor and compassion, Amy will lead participants through a sequence of restorative poses that calm both the body and the mind.

Visit <u>sunsetvoga.com</u> to register and learn more about Sunset Yoga Center.

Star Player of 2011

Terrill Jarvis of Electronics Unlimited was recently nominated for the 2011 Star Player award by



Photo by Sandy Sahagian

Habitat for Humanity Portland Metro East at the Oregon Opportunity Network 2011 Awards Gala in Portland. Jarvis and Electronics Unlimited were recognized for the pro-bono IT support they have provided to community members for over 8 years. The Star Player award is chosen by Oregon Opportunity Network members to

recognize the outstanding contributions of individuals working with agencies that help with Oregon's affordable housing and community development industry.

Music lessons for adults!

Westside Music School is offering a new recreational music-making program, intended for adult beginners who would like to learn to play the organ, piano, or keyboard. This course, which includes both familiar tunes and original music, is designed specifically for hobbyists who enjoy a stress-free learning environment.

The students will learn to play by chords as well as learning to read music. Also, contrary to traditional teaching scenarios, students are not required to play in formal recitals. Westside Music School provides celebrations, piano parties and similar get-togethers to allow adult Continued on page 10

Farmers Market through October

Throughout October 2011, THPRD's Cedar Mill Farmers Market will open at 9 am and close at 1 pm. We'll throw in the towel for a day *if and only if* the weather is stormy, which we're defining as both windy and rainy. If that happens, we'll just expect to see y'all on the next Saturday. Don't worry, as in past autumns, we'll probably be open every week! We all own rubber boots and we don't mind a little rain or even a lot of rain as long as it's not blowing at us sideways. Check us on Facebook (facebook. com/CedarMillFarmersMarket) if you want to know for sure; also check Facebook to see which musi-

check Facebook to see which musician is on deck and to sometimes get the word about vendor specials and other interesting happenings. Another way to stay in the know is by signing up for the market's e-news with a simple request to <u>cmfmarket@gmail.com</u>. Just type e-news in the subject line.

Ride a bicycle for fun and maybe for commuting? Our awesome new <u>Spoke & Sport</u> friends, Roger and his multi-talented son Martinez, will do a free bicycle inspection for you and maybe even help you out for free with some minor repairs, so perhaps you should ride your bike to the market for a check-up! Need some good bicycle-fitting advice? They can help you with that, too, and they also work with skate-

boards, snowboards, skis, and freeboards. Roger loves restoring vintage bikesthe kind that were state of the art 30-40+ years ago. Roger & Martinez are really cool, and hate to see a good bike going to waste. If you have an old bike that needs a new home, bring it in and they'll fix it up for donation

to a needy child/family. They've also got some used bikes into which they've put new parts and a good deal of work and they sell them super-cheap. Stop in to see what's new at the Spoke & Sport booth at the market every Saturday this month except for October 15.

Every Saturday for the rest of the season, we'll try to catch some of those extra school supplies floating

around, for the benefit of our nearest middle school, Five Oaks. Donations do not need to be brand-new off-theshelf items. We welcome donations of, for example, your company's old logo ballpoints or retired gently-used 3-ring binders, index cards, etc. New stuff is welcome, too, of course, but don't rule out a second use for those things you were thinking would never get used again. In addition to traditional school supplies, we could use some magazines. A few teachers from Five Oaks reminded me that they are short on periodicals to be used for all kinds of classroom projects. They do not need to be complete, tidy, or even readable magazines! Most will be used by the students for various creative/artistic projects, so they'll be cut up for the photos/ads/headlines. Sports magazines always seem to be in short supply, so how about bringing in your old stack of Sports Illustrated or those motorcycle or skateboard periodicals? Just drop them at the market's info booth on any October Saturday.

The Farmers Market will be somewhat smaller in October than in previous weeks, but all of September's farm vendors are still around and the market will be overflowing with autumn's bounty! It's harvest time! Vanessa & Thao will bring us their lovely cut flowers until the frost or a windstorm get the best of the flower



fields. Many of our artisans and crafters move on to fall shows and bazaars following the market season, so check Facebook and the e-news for word on where to find many of them after the market is done in November. October is

the time to stock up on winter

squash, apples, and anything you like to freeze, pickle, and preserve, so come on out to THPRD's Cedar Mill Farmers' Market, open 9 - 1 every Saturday of October! Contact Dina Gross at 503-913-7733 or <u>cmfmarket@gmail.com</u> with questions or to volunteer. Thanks for supporting local agriculture and local artisans by shopping at your community market.



Banners Vehicles Wall Graphics Real Estate Dimensional...and more



New! Recreational Music-Making Program for ADULTS!

If you currently do not play or play a little...

If you want to play and create music for your own enjoyment... If you want a stress-free musical experience...

If you enjoy keyboard, organ and piano music...

We have a class for you!

Daytime and evening classes available. Call us for more information.

www.westsidemusicschool.org 13486 NW Cornell Road • 503-626-7181

Page 3



Election November 8

dinner!

503

643-3772

Voter Registration Deadline: October 18; Ballots Mailed: October 21; Election Date: Tuesday, November 8, 2011.

Ballots must be received by Washington County Elections Office by 8 p.m. Ballots postmarked November 8 will not count.

NOTE: voter registration forms are always available at the Library, and will also be at the Cider Festival.

Beaverton School District Local Option Levy - #34-193

The Beaverton School District is proposing a 5-year Local Option Levy that could provide the District with additional operating funds to help offset teacher and educational program reductions. The Local Option Levy could raise approximately \$14 million per year, generating an estimated \$70 million over five years. 100% percent of levy proceeds would be spent in classrooms for teachers and programs.

The recession has caused the Oregon Legislature to reduce the State School Fund that provides operating funds for K-12 schools statewide. In the last four years, the Beaverton School District has reduced its budget by \$105 million, raising class sizes, and cutting educational programs.

For the 2012-13 school year, the District is projecting a funding shortfall of approximately \$24-37 million, the equivalent of at least 300 teachers, or 24 school days. The Beaverton School District is anticipating that there will be several more years of state revenue shortfalls.

The authorized levy would be \$1.00 per \$1,000 of assessed value per year for five years. The actual property taxes collected would vary from property to property. For a home with an assessed value of \$200,000, the annual cost is estimated to be \$200.00 or \$16.00 per month. To estimate your tax, please visit the Local Option Levy web page.

An independent audit committee would review expenditures so funds are used as approved by voters.

For more details click on Local Option Levy at beaverton.k12.or.us

House District 1 Primary

Governor Kitzhaber has set a special election to replace Congressman David Wu after receiving a letter of resignation from the representative of Oregon's First

Cedar Mill News October 2011 Congressional District. A special primary election will be held on November 8, and a special general election will be held on January 31, 2012.

Candidates for our next representative to the US House of Representatives on the Republican ticket are: Lisa Michaels, D R Delgado-Morgan, Pavel Goberman, Jim Greenfield, and Rob Cornilles.

Democrats vying for the ballot are: Dominic Hammon, Suzanne Bonamici, Brad Witt, Saba Ahmed, Brad Avakian, Dan Strite, Robert E Lettin, and Todd Lee Ritter.

You can read the candidates' filing papers and get more election info on the county website.

Library News and Events

by Dawn Anderson

A Will is Not Enough... Everyone has an "estate," no matter what you've acquired in life. Yet 75% of the public is caught unprepared, unaware that they even have an estate. Join attorney Richard Schneider, co-author of A Will is Not Enough in Oregon, on Thursday, October 20, at 6:30 pm, at the Cedar Mill Library, for a free workshop.

A Special Poetry Reading

In October, local poet, Dr. Gene Jackson, will visit the library's poetry group, Voices in Verse, to read from his latest volume of poetry. Sacred Verses is the first of four volumes, and the entire work is an approximate modern adaptation of Dante's Divine Comedy. Please join us for this special reading on Saturday, October 22, at 10 am, in the Cedar Mill Library's upstairs meeting room.

BSD seeks members for school Community **Engagement Committees**

The Beaverton School District is searching for applicants for each school's Community Engagement Committee. Responsibilities of these committees include assisting the principal with outreach to the community, serving as a liaison between the community, principal and School Board, and deciding use of school property.

Applicants will be appointed by each school's respective principal, and they must reside and/or work within District boundaries. Applications are available online at beaverton.k12.or.us. The deadline to apply is October 17.

Cedar MIll News October 2011

Ballroom Dancing swings into Cedar Mill!

Join us the second and fourth Fridays of every month at the Leedy Grange, 835 NW Saltzman Road. Beginner's Lesson at 7 pm followed by Open Dancing from 8-10 pm. Cost is \$7/adults and \$5/students. Everyone is welcome—and we love beginners Singles are fine!

for the past ten years to bring social dance programs to the community through local classes, school education programs and volunteer work with DARE. They've been teaching dance at the Grange Hall to Sunset students and others, and this is the next step, heartily supported by the Grange.

Cynthia



Instruction and DJ'd music are provided by Michael and Cynthia Parent of Impressions Dance Club. Michael and Cynthia have been teaching and competing throughout the Northwest for the past 20 years. They have worked diligently

Cha, Salsa, Foxtrot, Tango and Waltz. And if you don't know how to dance, we're here to help."

For information contact Cynthia Parent at 971-226-1119, or visit www.ImpressionsDanceClub.net

DEQ continues to monitor Murray/Cornell property



Many wondered about the large tank sitting in a fenced-off area at the corner of Murray and Cornell. Teresa Wilson, Real Property Management Specialist for Washington County, says, "As part of the negotiated Right-Of-Way settlement, the former owner of the property is working on the next phase of environmental remediation.

"A series of trenches have been excavated on the property. Water and microbes were fed into the ground from the tank. The goal is for the microbes to reduce/break down the compounds left as a result

of the dry cleaners that occupied the site. The groundwater will be tested using a series of monitoring wells. The monitoring process will take several months, and DEQ will determine whether results are acceptable, or if more cleanup is required."

The property needs a clean bill of health from DEQ before the county can proceed with a muchanticipated auction of the parcel, which is zoned as a Transit Oriented Commercial property with the Town Center requirements.

Healthcare for the Whole Family

 pediatric & adult care same-day appointments ask questions online **Robert Barlow, MD Cornell Family Medicine** 12400 NW Cornell, Suite 200 503-352-0211• cornellfamilymedicine.com IKES Auto Pantas Designs Chrysos 2 12505 NW Cornell 503-646-0623 Websites Rear Window blades for Online Marketing most cars...FREE Logos | Business Cards installation on all purchases! Brochures | Flyers www.chrysosdesigns.com info@chrysosdesigns.com 503.927.1500 С A Full Service Carpet Company Family Owned & Operated since 1988 Carpet Cleaning • Flooring Sales **Carpet & Vinyl Installation**



FALL IS MULCH TIME!



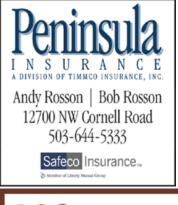
Natural, non-toxic, affordable & guaranteed! mention this ad and get a free inspection in the NW Portland area 503-895-2510 info@PestSolutionsLLC.com

Page 5

Terra Nova awarded \$64,000 grant

Terra Nova High School was presented with a \$64,000 State Farm Youth Advisory grant. The grant will be used to fund the school's Service Learning Lab, which focuses on topics like environmental sustainability and cross-disciplinary studies between science and language arts by using

Page 6



the school's farm as a lab as well. Terra Nova High School, located

at the former Bonny Slope School site at NW Thompson and McDaniel, is the newest high school in the Beaverton School District.

Terra Nova grew out of the spirit of two programs previously offered by the Northwest Regional Education Service District: the Cascade Education Corps and the Outdoor Leadership Program. These outdoor, environmental education programs gave students training and hands-on experience in leadership, teaching, and environmental issues. This real world learning provides students with an opportunity to develop personal, team building and problem solving skills.

More information is on the school's website.

we proudly carry ... Pureology • Moroccan Oil • Enjoy tinthairstudio.com online appointment scheduling! 503-627-0606 12923 NW Cornell Rd. HAIR STUDIO Suite 202

Urban Road Maintenance District funds expanded to cover more than roads

The Board of Commissioners adopted an ordinance on September 6 that expands the services eligible for funding by the Urban Road Maintenance District to include construction of safety improvements such as sidewalks, bike lanes and paved shoulders. Prior to this change, URMD funds were limited to road maintenance only. The URMD property tax rate, which is an add- offered by Sheriff's on for unincorporated urban residents, remains unchanged. The Urban Road Maintenance District

Garden Club goes fungal

"Mushroom Cultivation/Identifying the Good & Bad Mushroom," will be presented by Ed Foy, of the Oregon Mycological Society, at the Wednesday, October 19 meeting of the Cedar Mill Garden Club. The meeting will be at the Beaverton Community Center, across from the Beaverton City Library on 5th and Hall (12350 S.W. 5th) at 11:30 am. For additional information about the Cedar Mill Garden Club, contact Barbara Cushman, president at 503-649-7741 or visit our website thecedarmillgardenclub.org

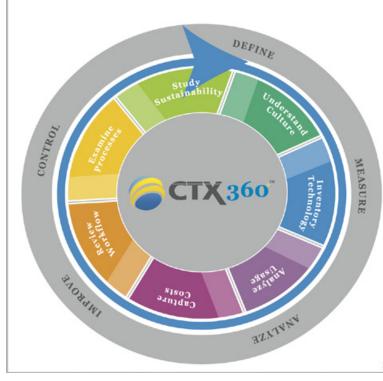
Advisory Committee will have input into the selection of safety improvement projects. Their next meeting is October 19 and is open to the public.

For more information about URMD and the selection committee, visit the county website.

Parent University Office

The Washington County Sheriff's Office is hosting Parent University workshops, which cover the basics of understanding and dealing with bullying and social networking, and strategies to keep your children safe. The workshops will be held on consecutive Wednesdays starting October 12 at 7 pm at the Sheriff's Office Training Center, 215 SW Adams Ave in Hillsboro. The first workshop discusses bullying, and the second discusses social networking, parents may attend one or all of the workshops. Registration is encouraged, though not required. To register, call (503) 846-2585, or email Julie McClloud@co.washington. or.us.

GET YOUR FREE PRINT ASSESSMENT



CTX360[™] is a consulting offering of CTX. The name is meant to represent the approach of looking at all of your document processes and devices, a 360° view.

Our mission is to help clients understand the business environment related to all their document processes and then collaborate on a solution combining their document production culture & our solution's portfolio.



For more information contact Bruce Campbell at 503.968.0311 bcampbell@ctx-xerox.com www.ctx-nw.com

COPYTRONIX _ A Xerox Company

A Community Not Just for Students

by Nicole Nagel

Sunset High School offers entertainment and opportunities for everyone in the area, whether it be in the arts, athletics, or volunteering.

Music, Drama, Art

There are many talented students, and many opportunities to appreciate their work. First off, the 23rd Annual Sunset Marching Band Classic took place on Saturday the 8th at the Hillsboro Stadium. This competition hosts more than

Shakespearian classic will be performed in the Sunset auditorium on Thursday, Friday and Saturday November 17th, 18th, and 19th, with a 7:30 pm curtain. For students and seniors, tickets are \$7, or \$6 with ASB, and general admission is \$10. Tickets can be bought at the door or and over. The complete schedules through brownpapertickets.com.

If a sweet treat to your ears is what you're after, then be sure to attend the Fall Choir Concert on Wednesday the 26th. The perfor-



The Sunset Marching Band at last year's Classic

1,500 musicians and color guard members, culminating in an outstanding show.

The Sunset Drama Department never disappoints with their high quality, talent-filled performances. This fall's Macbeth should be no exception. The head of the drama department, James Farmer, gives us insight on the production: "We haven't changed the language of the play; the actors will be speaking the powerful language of Shakespeare, but the setting has been altered. Instead of the Scottish countryside and castles, the play is now set in an urban city and the characters are not kings and queens, but loosely connected bands of homeless vouth. The violence, madness, and tribalism of the play are maintained and given a new meaning in this setting." This new angle on the

mance starts at 7 pm in the Sunset auditorium. All choir concerts are free, so don't hesitate to go check it out. Finally, there is a unique opportunity to support the school's fine arts depart-

ment, while personally benefitting from some

fresh, original artwork. Online, by visiting ChervenysClass.com then clicking on the "fundraiser" tab, you can order a print from a selection of the top graphic design and photography projects students have created. The print alone is \$20, with \$10 going to the art department, and the other \$10 going to the student. For framed artwork, an additional \$15 is charged.

Sports

The adrenaline and competition of athletics is very alluring, and Sunset helps provide this entertainment. Friday night football games consistently pack the stands. Such a high level of energy is exciting to experience. The Homecoming game is the Friday the 14th versus Southridge High School. Fall sports also

include volleyball, cross-country, water polo, and soccer. With Metro League matches having recently kicked off, many teams are now facing their rivals, and every match counts towards the teams' rankings. Athletic competitions occur throughout the week, and many offer free admission for seniors 65 can be found at MetroLeague.org.

Volunteer Opportunities

With so much going on at the high school, there are many opportunities to volunteer as well. For school and athletic events, volunteers are commonly needed to sell concessions and merchandise. Daytime activities include working in the attendance office, business office, College and Career Center, counseling office, library, lunchroom, and reading labs. The tasks needed are often basic, yet very helpful in keeping Sunset running smoothly.

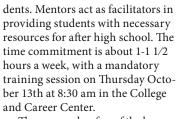
A couple that require more time are tutoring in the reading labs and becoming a mentor for Junior and Senior students engaged in post-high school planning. The reading lab provides tutoring to help students pass the state reading exam required for graduation. Math and writing labs are also great resources for students, and tutors are greatly appreciated.

For the mentoring program, vou must have a student enrolled at Sunset, and make a two-year commitment to a group of stu-



- Open 365 Days a Year
- Serving Ages 0-21
- We Accept Most Insurances

www.pediatricurgentcareonline.com



These are only a few of the long list of possibilities for volunteering. If you possess a talent or skill that you would like to bring to Sunset, then don't hesitate-even if all you want to do is help out in a pottery class. If you would like to learn more, please contact Kaye O'Brien at kobsobcob@ vahoo.com. Your contribution will never go unappreciated.



7pm-10pm M-F 1pm-9pm Weekends/Holidays 11790 sw Barnes Rd, Ste. 140,

Portland OR 97225 (West of Cedar Hills Blvd)



Peterkort Towne Square 10940 SW Barnes Road, Portland OR 97225 503-646-9999 Tel / 503.646.9948 Fax store3379@theupsstore.com theupsstorelocal.com/3379

The UPS Store 🖤

- UPS[®] shipping
- Packing services
- Digital printing & copying
- Document finishing
- Fax services

- Mailbox services Freight services
- Office supplies
- Moving supplies & packaging materials
- Notary services



Page 8

JQAY, continued from page 1 the foundation of the house is in terrible shape. The present structure was probably built on the foundation of a small cabin, so there are several sections to the basement, none of them structurally sound or useful. A new foundation will have to be constructed no matter what.

Brian Jackson, an architect who has been working as a consultant with the Tualatin Hills Park Stone Wall and Recreation District on plans to restore the house, has recommended that the house be moved south and east a little when the new foundation is built. That way, it will be far enough from the eventual roadway to satisfy Beaverton and Washington County setback standards, as well as being better situated for disability access.

The house was added to the National Register of Historic Places in 2008. Although that designation usually severely limits alterations to a building, in this case the Oregon State

Saturday 8 am-2 pm

503-690-8249 www.sunsetanimal.com

14740 NW Cornell • Oak Hills Village

Historical Preservation Office has written a letter to the US Park Service recommending that the move should not impact the status. They expect a favorable ruling.

Early this year, Jackson did a detailed survey of the existing condition of the house (see March 2011 CM News). From that study,



Cedar Mill News October 2011

produce an updated site plan, floor plans, exterior elevation, and building sections.

With a clearer picture of the he worked with THPRD planners to needs for the new foundation work,

the park district has submitted a Preserving Oregon Heritage Grant application to the SHPO office. If they award that grant, it should pay for the engineering plans and the construction work to move

Once that work is done, we can begin to look for inkind donations from the community to do the really exciting work of developing the house into the resource we all want to see.

A large poster of the site plan will be available at the History Tent at the Cider Festival. Stop by and learn more about our historic

Beth Moffett + 503-203-6724

We are not connected with or endorsed by the United States Government or the Federal Medicare program.

Cedar MIll News October 2011

Where did all the male ducks go?

by Lauretta Young

It appears that all the ducks in summer, after the ducklings have grown up, look brown and drab. Where are the brightly colored Wood Duck males or the glossy green heads of the male Mallards? Several observant bird watchers have asked me if the males migrate earlier than the females. Others have theories that the males are hiding somwhere.

They are in fact "hiding" to some degree in that they molt (lose feathers) and look more like females after the breeding season. The exact timing of this change varies on the specific duck species. In some ducks

very muted just like the coloration of the duck inhabitants.

However for those interested in puzzles and minutia, one can still recognize that there are male ducks mixed in with the females and the juveniles. For Mallards the key feature is the bill. In females all year long the bill is somewhat orange with a black "saddle" like splash over the top. In male Mallards the bill is uniformly yellow or straw colored. This feature is certainly less of a marker when the males have their spectacular green glossy heads in their breeding plumagewho would even look at bills?? But in the winter, when both males and



A female mallard and her babies on a Cedar Mill pond this spring. Photo © 2011 by Jeff Young

such as Mallards the change-over is later in the summer compared to earlier-breeding ducks such as the Wood Duck.

Many other bird species also change into more dull winter plumage-for some of them the sexual dimorphism (i.e. how males and females differ) is less dramatic even in non-breeding plumage than the ducks. The change over into femalelike appearance of feathers in ducks is called the "eclipse" plumage.

There is a brief period when some of the flight feathers are molting where the birds cannot fly. One notices a very drab appearance, which mostly fits in with the gradual change in grasses from green to brown and tan as the summer rains decrease and grasses go to seed. The ducks also are quieter. If you think back to a spring pond and its sounds, the fall pond sounds are

females are a dull mottled brown, the bill difference is obvious and does not require a lot of inspection to see the difference. But one does have to be interested in that degree of detail, and for some non-birders this is just the type of trivia that gets to be the brunt of jokes.

Yoga.

So if this helps you enjoy your wildlife viewing, take a look. If this seems over the top in terms of detail just rest assured that, yes, the males are still there...

Lauretta Young MD is a retired psychiatrist who now teaches Mind body Medicine and Leadership at OHSU and also teaches at PSU in Community Health. She also takes out birders of all abilities on customized private bird watching tours in local areas. See her web site at portlandbirdwatching.com and more of her husband's photos there and on our flickr page.

Please support our advertisers. They make this publication possible. Tell them you saw it in The Cedar Mill News!



ican Family Mutual Insurance Company and its Subs American Family Insurance Compan Home Office - Madison, WI 53783

002937 - Rev. 3/09

amfam.cor

© 2009

www.visitworldofsmiles.com

Page 10

Business News, continued from page 2 students the opportunity to share music with their friends and families on a volunteer basis.

Westside Music School bases this new class on the following principals: every life needs music, the non-musical benefits of playing the piano are equally important as the musical benefits, and adult students want to learn how to read music, how to play by chords and how to share this with others. A stressfree, supportive environment allows students to nurture and encourage their common love of music.

Daytime and evening classes are available. Call Westside Music School (503) 626-7181 for more information.

UPS offers new delivery choices

UPS that is designed to help enhance tooth. Chocolate is much better on the delivery experience for residential receivers. This product allows residential receivers to take action on a package prior to the first delivery attempt. It helps avoid the disappointment and hassle of missing a home delivery, and provides delivery alerts, specific delivery time frames, reroute options, visibility tools and electronic signature release.

The service comes at two levels of membership, and will be available beginning on October 3. For more information about UPS My Choice or to pre-register for the service, visit ups.com/mychoice/pr, or stop in at The UPS Store in the Peterkort Center.

Halloween Candy: a **Tricky Treat**

To promote community health, World of Smiles Pediatric Dentistry is hosting their annual candy exchange, from Monday-Friday, November 1-7. Kids can bring their unopened Halloween candy in and trade for toys. Kids will weigh their baskets on the scale, and the more they bring in, the more toys they get to choose! All hard candies will be donated to the Armed Forces Recruiting Centers to send overseas to troops. Kids and their families are encouraged to bring a letter or card to send with the candies as well to help encourage our soldiers during this holiday season.

Get The News online: cedarmill.org/news

However, because the candy craving is unavoidable, World of Smiles would like to offer the community a few tips for maintaining good dental health, even with all that sugar:

Save candy for special occasions, like holidays and other special days! After your child indulges in any and all candy on Halloween or other times, brush and floss right before bed. Parent supervision of brushing for kids under age seven is always the best idea and especially after a sugar party!

tDecide which candies might "disappear" the day after Halloween—especially those that are sticky. Sticky and sour candies are the very worst for teeth (even fruit snacks, fruit leathers, and some dried fruits)-it gets caught in deep grooves and wears away the protec-UPS My Choice is a product from tive enamel on the outside of the the teeth!

Keep sweets at mealtimes only, as a dessert, and rinse with milk or water after snacking. If your child is drawn to sweet treats, try switch-

ing to a gum that contains Xylitol, which has been shown to have many of the same benefits as fluoride, fighting oral bacteria that cause cavities!

For more information about the candy exchange and World of Smiles, check out visitworldofsmiles.com/ community or find

them on Facebook, or call (503) 626-9700.

Virtue of the **Month: Charity**

Charity is a giving heart, a generous way of viewing others and caring for their needs... It springs from compassion for the suffering of others, even those we don't know. Charity moves us, and we respond to their needs, giving help and kindness. We make a genuine difference in their lives. When we are charitable, we don't judge others. We give them the benefit of the doubt. Charity is caring made manifest... Charity creates a circle of love."

The Practice of Charity: I feel compassion for the suffering of others. I share what I have. I give generously. I withhold judgments. I give

others room for mistakes. When I see a need, I take action to help.

Affirmation: I am thankful for the gift of Charity. It makes my life a blessing.

Excerpt from Virtues Reflection Cards, written by Linda Kavelin Popov. Download your free audio sample of our Virtues CDs here. Call us for a priceless consultation today. Delaram Hakiman-Adyani virtuesconnectionportland.com, 503-267-0202.

Pumpkin Carving Contest At Sunset Credit Union

Sunset Credit Union is holding their first pumpkin carving/ painting contest and all Cedar Mill residents 12 years old and younger are eligible to enter. Simply bring the pumpkin-painted or carvedto Sunset Credit Union (1100 NW Murray Blvd. #200) October 1-28 and we'll take a photo of the child with their pumpkin. Or you can take a photo of the pumpkin and drop it off at the credit union.



Sunflowers, by Emma Achleitner

First, second and third place will win prizes, but all entries will receive a free gift. Please limit to one entry per person. Winners will be notified on Monday, October 31. **Free Car Inspection**

October is Car Care Month, and to celebrate, Du Fresne's Auto Repair is teaming up with AAA and The Car Care Council to offer a free car inspection. On October 22, Du Fresne's will host a barbecue, including drinks, goodie bags, baby car seat installation, and of course a Free Vehicle inspection. Those who are interested in learning about safety and dependability issues for their own vehicle will love this. To make an appointment, call (503)

Cedar Mill News October 2011

646-2940, or go to DuFresnesAuto-Repair.com for more information.

Village Gallery News

The group show will be juried by Carol DuBosch, a nationallyrenowned calligraphy artist who lives in Cedar Mill. An award will be given to the winner at the end of the month.

Additionally, the featured artist for October is Emma Achleitner. Artist's reception will be on October 9, noon-2 pm at the Village Gallery of Arts. Emma's watercolor paintings for this show are painted in a traditional style, vet contain whimsical aspects. She was schooled in Austria as a metal engraver and has taught college classes for 21 years. She is teaching a traditional watercolor class this fall at the Village Gallery of Arts.

The Gallery is offering several art classes for the month of October, including a youth book-making class (Fridays, 3:45-4:45 pm) and children's general art classes (Mondays, 3:45-4:45 pm). Youth classes fill up fast, so register soon! For

adult classes, the Gallery is offering a class in Glass Lamp; Aspiration Book-making; Traditional Watercolor classes; Watermedia workshops; and drawing classes.

Please call the Gallery at (503) 644-8001 or visit our website villagegalleryarts.org for additional information regarding the gallery, membership, classes, and special events.

Reiki Master Faye Wenke workshop

Points of Tranquility Acupuncture and Oriental Medicine is pleased to bring back internationally renowned Reiki Master, Faye Wenke. Faye has been returning to the Portland area from Australia to conduct her seminars since 2005.

Faye's seminar "Personal Empowerment using Reiki Jin Kei Do" uses a holistic approach to personal development and healing, allowing you to take responsibility for your own health. Reiki Jin Kei Do helps by reducing stress and promoting inner peace and accelerating healing on all levels. Reiki Jin Kei Do is a gentle, non-invasive healing energy

Cedar MIll News October 2011

Extract Away, continued from page 1 clients when they need to purchase flooring, as she knows products, colors, and styles much better than I do!" She even occasionally delivers carpet from the warehouse to the customer site.

She also creates floral arrangements for special occasions. She enjoyed working with flowers for many years for friends. Then people kept asking her to help with weddings, funerals and other needs, so in 2004 she turned her hobby into a business-Floral Creations by Kelly. The slogan on her website is "Always Art, Never Just a Bunch of Flowers!"

Tim mainly works alone, but Tim and Kelly's son Justin helps out, "on his down time from his full time job as a chef. He does all my carpet pull-outs, and helps with installs and cleaning, as he learned the trade many years ago."

If you're planning to have your carpets cleaned for the holidays,



Tim doesn't let a little bad weather keep him from meeting the needs of his customers.

until post-holidays when the entire hustle and bustle is over. Also if someone spills something during a party, blot it only and call me. Winter is a slower season, so it's a great time to get this work done. But I have actually installed carpet for people on Thanksgiving and



A client took this before-and-after photo and sent it to them on their website.

Tim recommends that you schedule Christmas Eve and day." the work early before the stress of the season, and before the decorations get put up. "But ultimately, if your carpet is not too bad, wait

Faye has been teaching adults and children for more that 20 years. the work!" There are no limitations or prerequisites to learn Reiki Jin Kei Do.

The seminar will be hosted at Points of Tranquility in Cedar Mill on November 4th (evening only), 5th and 6th. Friday evening is an introduction to Reiki Jin Kei Do and a chance to meet Faye. Everyone is welcome but please call to reserve a space. Call for more information: 503 520-1270.

He continues, "Many give gift certificates or do this as a surprise for a loved one. One lady went to the kids' place for a holiday, and afterwards they all came to her home and put all the furniture back in place after surprising her with

As with most other trades, there are technical advances. Tim keeps up by attending trade seminars, specialty presentations, and sales meetings. The Construction Contractors Board (CCB) requires Continuing Education courses. He also subscribes to several publications and keeps in good contact with his suppliers.

Tim says he gets the most calls

searches (Kelly works hard to make sure their site stays on top) and from Entertainment Book coupons. He notes that, "Word of mouth was huge in the past, but nowadays people aren't so friendly with their neighbors. We are members in the Hillsboro Chamber of Commerce and the Cedar Mill Business Association. Fliers, and even door-to-door pre-

tions bring in some new customers. I LOVE getting testimonials from my clients to use on my website! They get a discount for every referral."

senta-

Tim says the cleaning products that he uses are completely safe for people and pets. "Some people are sensitive to smells in general so they just leave the area while I am working. The pre-spray makes me sneeze. I am sensitive to it

so I wear a mask. For bad urine damage we use a very strong odorcide that is pungent, but when I leave the job, all is safe.

Sometime people will request I use just hot water or an organic-type product only. This works great if there is no soil impaction. Because of the strength of my equipment,

these days from Google there is never any kind of residue left behind."

> He's very proud of the relationship that he builds with his customers. "I usually spend time in general conversation before and after the job. This puts the customer at ease, and I develop a friendship that builds a trust that is so important. Most of the time the homeowner doesn't hang around while I am working. They go run errands or go back to work. Often, because of the trust and personal relationship we have built, they leave a key and I let myself in and get the work done, I collect the check they have left and



I lock up and leave. You can't do that with most companies because you don't know who in that office is coming to your home. You get me every time!"

Find Extract Away on the web at extractaway.com —be sure to check out the special offers-or call them at 503-640-6311.



Page 11

Holiday Food & Wine Show & Tasting Friday & Saturday November 4-5, 3-7 pm

Join us for our delicious annual holiday celebration!



Kids eat free Mondays! FAMILY DINING & LOUNGE Serving AMERICAN · ITALIAN · GREEK VINTNER'S LOUNGE Cuisine HAPPY HOUR MENU DAILY 3 - 7pm LIVE MUSIC! SUNDAY - THURSDAY 10 - Close 10/8 Jack Bone Dixie FRIDAY - SATURDAY 11 - Close 10/14 Sons of Richard 10/15 Kode Bluuz 10/21 Sandy Sanders 10/28 The Bar Pilots 20% OFF 11/5 Andy Stokes ONE 11/12 Loafers ENTREE 11/19 Robbie Laws 11525 SW Barnes Rd. OF YOUR 503-597-0300 Swing & Salsa Classes CHOICE See our grapevineportland.com Facebook Page Catering & Large Parties welcome! for schedule & special deal



Featuring beautiful foods, wines, dessertseverything for all your holiday occasions.