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Cedar Mill Ne

Volume 22, Issue 1

January 2024



Recycling news

Holiday tree recycling for recycling or donation. You can

We published a list of tree recycling fundraisers in the December issue. If none of those works for you, Walker Garbage will take your tree if you follow their instructions.

If you have room in your yard debris cart, you can cut up your tree so it all fits inside the yard debris cart with the top closed. If your cart is full, you can set out a tree (6 feet and under) next to it. Trees set out in addition to a full yard debris cart will be charged at: \$5 each in Washington County and Portland and \$3 each in Beaverton.

Trees set out without a yard debris cart will be picked up on your regular yard debris collection day at no charge. Additional sections (over 6 feet) will be charged bulbs for other string lights. as an extra unit of yard debris at: \$3 in Washington County, \$3.75 in Portland and \$3.45 in Beaverton.

If your tree is over 6 feet it must be cut down into smaller sections. Trees need to be placed next to your containers, out at the curb (or wherever they are normally placed for pick up). If its windy on your yard debris day please try to secure the tree between containers so it doesn't end up in a neighbor's yard.

Artificial/flocked trees will be picked up as garbage and will be charged as an extra unit of garbage at: \$6.25 in Washington County, \$5 in Portland and \$4.85 in Beaverton.

If you have room on your property, another solution is to put the tree behind a bush somewhere and wait until summer when all the needles will have fallen off to become compost. Then you can either trim off the branches and use the trunk as a pole or cut it up and place it in yard debris.

Recycle non-working holiday lights with Recycle+

January 2-31, 2024

The Recycle+ service includes special collections a few times each year of specific items or materials



include string lights this month.

Include: LED string lights; string lights with small bulbs; string lights sidewalks damaged by without bulbs

Do NOT include: rope lights; novelty lights if you cannot remove the novelty bulb; inflatable yard

> figures; other holiday décor.

Prepare string lights for collection. Remove

novelty or large bulbs often identified as C6, C7 or C9. These are commonly found on older or outdoor lights. Put bulbs in the garbage or save as replacement

You can add the Recycle+ schedule to your Google, iCal, or Outlook calendar on this page. If to your garbage service, click here.

SHS Recycling Drive

Saturday, January 6, 10-2, Sunset High School, 13840 NW Cornell Rd,

Save up your styrofoam from this gift-giving season and come to Sunset High's Climate Change Club's recycling drive! We accept styrofoam, number 6 plastic, Brita filters, and select Terra-cycle items. See website for details.

Donate cardboard or use it in your yard

Do you have lots of cardboard after the holiday gift-giving season? Did you know that you can do better than recycling it? You can reuse it, or you can gift it through the Cardboard Connection online tool.

This online tool is designed to connect people who are looking for cardboard for sheet mulching projects with people who have cardboard they don't need. Posts are typically published the next business day, and anyone can post! Learn more on the **East Multnomah** Soil & Water Conservation website.

> See Garden & Nature for ways to use sheet mulching and more information.

Road News

Preparation for Cornell Road sidewalk repair underway

Design for repair of growth of street trees on Cornell Road is underway by Washington County Department of Land Use and Transportation.

The County will replace more than 3,200 square feet of sidewalk on Cornell Road from Saltzman Road to Dale Avenue. Construction is expected to begin later this year.

This portion of Cornell Road was improved as part of a County project in 2007. The street trees that were planted are now too big for the tree wells and have damaged tree grates and the surrounding sidewalk. Since 2007, the County updated its approved street tree list with species suitable for roadside environments.

Trees along Cornell Road will be you're interested in adding Recycle+ replaced with a species that will not outgrow the tree wells. The original tree grates were custom-built and

> cannot be replaced. Instead, the soil will be covered with mulch and made level with the sidewalk. The mulch will be

replaced as needed.

The County began reviewing the Cornell Road sidewalks in spring 2023. The project scope is extensive,

and the timeline was extended into summer 2024. A more complete timeline will be available once design is complete, and a contractor has been hired. Periodic sidewalks closures will happen during construction. Access to adjacent properties will be maintained.

Cost is estimated to at about \$200,000. See Cornell Road Sidewalk Repair for updates.

Traffic impacts are not expected.

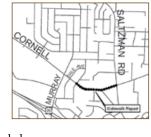


Washington County is widening Walker Road between Schendel

Avenue and Butner Road to five lanes, two travel lanes in each direction and a center turn lane, with continuous bicycle and pedestrian facilities. A newsletter for the project was published in December and has detailed information on current and

recently completed work, what's coming up, and closure and detour information. 150th Avenue will be

Continued on page 6



Cell coverage improves for some

A year ago we included an article about the poor home cellular service in the Bonny Slope area. Finally a year later things seem to have improved!

A tower was installed along



Saltzman this fall, causing traffic delays, but currently I can report that I no longer have to have wi-fi calling turned on to receive calls and use my phone at my house and

around the neighborhood. I use Xfinity Mobile, which provides coverage using the Verizon network. I'll be interested to hear if my many neighbors who have been experiencing the same issue can finally turn off their wi-fi calling!

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Cedar Mill Business Roundup

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

Second Edition Resale: Tips on how to donate

Every day Second Edition Resale benefits from the love of this community as you share your surplus household goods with us. By selling them, we turn those items into cash for both the Cedar Mill and Bethany Community Libraries. Since we are very small, we have to curate our shop diligently, always adhering to our goals of "Quality, Condition, Value." What and how you donate can really help us better reach those goals. Here are a few tips to remember, as you work to fulfill that New Year's decluttering resolution! For our full list of donation do's and don'ts please visit the library website. Here are some of the guidelines:

Condition of items:

Please make sure all clothing and textiles are clean and in great condition: no rips, tears, stains, pet hair, mold, or mildew. We have

no way to launder or do repairs. Make sure all shoes are in great condition and completely clean.

Make sure all electrical items are clean, complete and in good

working order. We have no ability to do any kind of repairs.

Make sure all housewares

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donations are clean, and free from chips, cracks, and damage. Dropping off items:

Please pack all your donations carefully in bags and boxes that you can leave with us. Items dumped loose into the donation bins can get damaged, wrinkled, dirty and separated from their mates (shoes, glassware, salt shakers, etc).

What we don't accept:

Please remember the items we are unable to take: any baby equipment, any sports helmets or cleated shoes, furniture, building or automotive supplies, etc. Discarding these items with us takes our time and resources we can ill-afford.

When to donate:

Donate when we are set up to accept donations: Tuesdays through Saturdays, 10-4 each day, when the donation bin is out on the sidewalk. No donations are accepted on Sundays or Mondays. "Just

dropping off" items at any other time is very hard on our volunteers as we try to keep donation flow manageable and consistent.

Please make sure you are really

ready to make that donation. We are unable to find and return second-thought items when we handle literally thousands of items a day.

Understand that we do a lot with very limited resources: we have very little space, limited staff and volunteer time and a huge donation volume. Please do not ask for exceptions to the guidelines above "just this once". We are required by library rules to treat everyone the same, so the exception made for you must be the exception for everyone, and we do not begin to have the resources for that. We have set up our donation structure to optimize your convenience while managing our ability to process the donations properly.

Thank you all so much for your help in making Second Edition such a success for everyone: donors, shoppers, volunteers and staff,

the libraries, and the community. We feel your love every day, and if you can help by following the guidelines, we will feel it even more!

CMBA January meeting

Tuesday, January 9, noon, The Ackerly at Timberland, 11795 NW Cedar Falls Drive

Please join us for the Cedar Mill Business Association's monthly networking meeting! Lunch will be provided. Learn more on the Cedar Mill Business Association website.

Wildwood Cedar Mill Trivia

Mondays, January 8 and 22, 7 pm, 12545 NW Cornell Rd.

Join us for Trivia fun with Brooke and Andrew. Follow our Instagram (@wildwoodtap_ cedarmill) to get hints on what categories will be ahead of time! Check in any time after 6 pm.

CHKP Parent Information Night

Wednesday, January 24, 7-9 pm, virtual, free. Reserve your spot through this sign up form.

Attend our virtual Cedar Hills Kindergarten & Preschool Parent Information Night to learn about joining our co-op preschool and kindergarten. Meet our incredible teachers and talk with CHKP parents about what makes our school so special. Bring your questions—we have answers!

All new families interested in enrolling their child for the 2024-2025 school year are strongly encouraged to attend. Registration will be available for all attendees immediately following the meeting.

Orangetheory Fitness January Promotion & Transformation Challenge

January 1-31, an exclusive promotional offer for new members, and starting January 22, an eight week transformation challenge program. 11800 Cedar Fall Drive, Suite 108.

The promotion offers new members a first month of unlimited membership for just \$24. And we are thrilled to announce the return of The Transformation Challenge. The Challenge is an eight-week journey, committing to three workouts per week and choosing personalized fitness goals including fat loss, muscle gain, with a variety of additional mental and physical options. The studio's body

composition technology will track participants' progress and reveal the inspiring transformation at the conclusion of the eight-week program. For more information, please call 503-427-1915.

Anthology construction updates

Tuesday and Wednesday, January 30 and 31, 11-5, 910 NW 185th Ave.

Come celebrate the new year, enjoy light refreshments, and get construction updates about our opening in April 2024. As Anthology of Beaverton progresses and nears completion, now is the time to take advantage of Charter Club savings and be first in line to select a spectacular apartment.

Sunset Credit Union offers effective ways to build your credit score

Pay your accounts on time: Paying accounts late only hurts your score—and paying late regularly can send your credit score plummeting in a hurry.

Review your credit reports and scores: It's important to make a habit of checking your credit reports and scores to ensure nothing is on there that shouldn't be on there. Keep an eye out for inaccuracies and signs of identity theft and fraud. Also, check to see if you have any unpaid balances or accounts that have gone into collections.

Pay down revolving credit balances: One move that can improve your credit score is to pay more than your minimum payment each month on revolving credit accounts, such as credit cards.

Maintain a low credit utilization ratio: Along the same lines as paying down your revolving credit debt, you can also build your credit score by keeping your credit utilization rate at or below 30% of your credit limit.

Raise your credit limit:
Raising your credit limit improves
your credit utilization ratio as well.
Ask for an increase on your current
credit cards or open a new card.
Just be aware that when you apply
for a new card, the issuer or lender
will have to pull your credit report.

Keep old accounts open: Keeping the accounts open will help maintain the age of your credit history. While closed accounts can

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CPO 1 News

January CPO 1 meeting: Road project update; Sunset **Station development**

Tuesday, January 9, 7-9 pm, hybrid via zoom and at Cedar Grove East Community Room, 13400 NW

CPO 7 (Bethany and Rock Creek) hasn't been meeting regularly and we have been inviting them to attend our meetings. After the Land Acknowledgement and updates from our service providers, we'll share any development information we have received and provide time for announcements from CPO members.

Around 7:45 we will get an update on WashCo transportation projects in CPO 1 & 7. Jessica Pelz, Policy Analyst; and Russ Knoebel, Division Manager, Capital Projects Services, will provide an "Overview of Washington County's Major Streets Transportation Improvement Program and an Update on Transportation Projects Underway in CPO 1." Early last year we learned that many of the large and controversial road projects planned for our area were on hold due to funding issues. We asked LUT to give us an update.

At around 8:20 we'll see the preliminary plans for the Sunset Station Development. The Peterkort Company is working with David Evans & Associates on a plan for the first development in the Sunset Station area (Barnes Road). It was



Conceptual image of the mixed-use residential and live/work building proposed for Sunset Station.

presented at the Beaverton Central NAC in early December (the area was annexed into Beaverton several years ago). They have agreed to share the information with CPO 1 also. It includes mixed-use and some open space. They welcome our input on the project at this early stage. During the Beaverton meeting the Peterkort representative noted that they had learned their lesson from reactions to past proposals and including the

You now have the choice of meeting online via zoom, or in person in the East Community Room at Cedar Grove Apartments at the corner of Murray and Cornell. If you are driving, please either park on the street or in the southeast corner of the Safeway lot. If you can't attend the meeting, it is recorded and available on YouTube for viewing later. Visit our YouTube channel and subscribe! Our Facebook Group is a good place to discuss current issues and get timely updates.

Development applications approved

The <u>two-parcel partition</u> of the lot at NW 109th Terrace and Malia Lane was approved with conditions. The staff report included responses to neighbor concerns including increased traffic and construction vehicles.

A multi-family development was proposed on property between SW Park Way and SW Marlow that will replace a medical office building and associated parking. The 290-unit residential development will consist of four four-story buildings with surface parking and vehicle access only on Marlow. A hearing was held in October and the decision to approve the development was issued in November.

December meeting notes

The meeting was held on December 12 via Zoom. No

in-person meeting due to illness.

Service Provider Updates: All agencies are having an extremely difficult time hiring enough people to serve our needs. If you are looking for a rewarding professional first-responder job, look into the Sheriff's Office or TV Fire & Rescue positions.

Washington County Sheriff's Office (WCSO): Deputy Huey joined the

meeting to give us an update on realtime communications. Neighbors become concerned when they hear sirens, see police presence, or get caught up in traffic incidents. In the past, information could be found and shared over social media from FlashAlert news alerts posted online and on the Washington County Scanner Facebook page which is run by a volunteer. However, real-time

community in planning is their goal. broadcasting of calls for service and responses from WCSO have been suspended for several years, and most of the real-time information comes from TVF&R.

> Deputy Huey explained that when the broadcast system was live, non-emergency community members would show up at scenes and complicate the work of the service providers. WCSO says that it is continuing to work with The Washington County Consolidated Communications Agency (WCCCA) to find a solution so the public can understand what is happening in the local area (traffic accidents, sirens, and other police activities). To receive the Sheriff's Office monthly newsletter, sign up here.

Tualatin Valley Fire & Rescue Station 61 at Murray & Butner reported that they served over 4,000 calls this year which is a 23% increase over the last five years. This strains their resources and the local ambulance service. An increase in the rate of their Local Option Levy will be required for salaries to remain competitive, for fire stations to be built in areas of high growth and for purchasing of equipment. They also discussed the recent fire at Commons at Timber Creek.

Tualatin Hills Park & Recreation District mentioned that many volunteer positions are open at THPRD for those who would like to give to our community.

The Sunset Station mixed-use development is proposing to create parks and trails in the Cedar Mill area in lieu of system development fees. A community visioning plan will guide the process. THPRD is likely to assume ownership of the completed amenities.

Tualatin Valley Water District requests that you do not call 911 if you have a water emergency. Call their 24/7 hotline 503-848-3000 with all water-related issues. Progress on installation of the large pipes for the Willamette River water supply system is being made in incremental phases, in concert with other major infrastructure projects wherever possible.

CPO 1 updates: Two development proposals were heard at the Central Beaverton Neighborhood Association, and Chair Virginia Bruce shared information about them. One would build a combination coffee drivethru and carwash on Barnes

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Walker Garbage 503-531-6330 walkergarbage.com info@walkergarbage.com Office Hours: M-F, 8 am-4:30 pm

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Bob Rosson Steven DaSilva 12700 NW Cornell Road 503-644-5333 www.timmco.com



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Park News

Register now for winter

From enriching workshops to fitness programs and creative arts, there's something for everyone. Don't miss out—dive into a season of learning, growth and fun! You can find more information about registration on the THPRD website or come into a center now to pick up your paper activities guide.

Maintenance news

In an effort to eliminate future flooding and erosion in the playground area at Schlottman Creek Greenway, Park Maintenance North staff have installed several large boulders, new soil, seed, and straw to strengthen the bank area near the playground.

January Events near Cedar Mill from THPRD

Cardio Core

Saturdays, 8 am, Sunset Swim Center, 13707 NW Science Park Dr

Join us for a new Cardio Core



class with Inna starting January 6!

Community Club news

Monday, January 8, 5-6 pm, Insomnia Coffee, Milltowner Center

The Tree Lighting Committee is meeting to go over what worked, and what we can do better next year. All are welcome! If you're interested in helping plan the 2024 Holiday Tree Lighting please attend.



Drone photo of the 2023 Tree Lighting by David Brown

Coming up likely in March, we're organizing teams to patrol our downtown area streets to keep them free of trash. "Adopt One Block" provides guidance, equipment, and supplies. Watch for a meeting announcement next month if you're interested, and contact Jan Dempsey with questions.

Join us for a special event on the Magic of Sound!

Monday, January 29, 6-7:30 pm, Cedar Hills Recreation Center, 11640 SW Park Way, \$20

Join us for this one-and-ahalf-hour journey into a deeper understanding of self through Chakra Therapeutics, relaxing into gentle Yoga asanas, and experiencing the Magic of Sound Healing. Allow your mind, body, spirit, and emotions to merge into a state of "flow" as you are guided through a unique healing experience. We will diminish and resolve the "dissonance" in our systems, to alleviate and eradicate corresponding physical, mental and emotional symptoms. Please bring your yoga mat!

For more information on THPRD events, volunteer opportunities and more, please visit the event page on the THPRD website.

Bales Cedar Mill Memories meetup

Wednesday, January 10, 7:30 pm, Wildwood Tap House, Milltowner Center

Some of us have created a group on Facebook to share memories of the store and the people who made



The deli area in 2009

it a central feature of life in Cedar Mill from 1961-2019 We want to be sure to include those who are interested but don't use Facebook or who haven't discovered the group. No host beverages, and if Pop Pizza is open by then, we'll probably order a few pies. Questions? Contact Virginia Bruce, vrb@teamweb.com.

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Library News

Cedar Mill and Bethany
Community Libraries (CMBCL)
invite you to find event calendars,
storytime schedules and more on
our website. (Abbreviations: Cedar
Mill Library is CML, 1080 NW
Saltzman Rd.; Bethany Library
Annex is BLA, 4888 NW Bethany
Blvd, Suite K-2; Bethany Library
is BL, 15325 NW Central Drive,

Suite J-8y). For more information, call (503) 644-0043, website library.cedarmill.org; email askuscml@wccls.org.

Kids

Grab and Go Crafts

First Fridays, January 5, CML and BL

Pick up craft supplies at either library. Crafts are available on a first-come, first-served basis while supplies last. One per child, please.

STEM Pop-Up Activity

Tuesday, January 16 & Friday, January 26, 2-4 pm, BL, Ages 6-11

Drop in for some self-directed, easy STEM

Dragon Party

projects.

Friday, January 26, 2-3:30 pm, CML, Ages 6-11

Fans of
Dragon Masters
or Wings of Fire will want to join
us for dragon-themed crafts and
games!

Storytimes: Learn more at Library. Cedarmill.org/Storytime.

Teens & Tweens Teen DIY Crafternoon

Saturday, January 20, 2-3:30 pm, BLA, Ages 11-18, Registration Required.

Use our art supplies and DIY a craft of your choice.

Visit <u>Library.CedarMill.org/</u>
<u>Teens</u> to find more activities and resources for teens and tweens.

Adults

Resource Fair

Wednesday, January 10, 11 am-1 pm, CML, Adults

Curious about how to navigate Medicare, understand Waste Management services, find legal resources, or access services for those in your care? Local organizations will be available to answer questions and share information about important services. For a full list of organizations attending, please visit our Events webpage.

Winter Night Astronomy

Thursday, January 11, 5:30-7:30 pm, location TBD, Adults & Teens, Registration Recommended.



Join Rose City Astronomers for an outdoor stargazing tour highlighting the treasures found in the winter night sky. Observe planets and deep-sky objects

via high-powered telescopes. Bring lawn chairs and warm clothes or blankets. In case of clouds, we will switch to an indoor presentation. Check our website for the location.

Community Conversations: Housing and Belonging

Wednesday, January 17, 6-7:30 pm, CML,

Explore common assumptions and perspectives about the experience of houseless-ness/homelessness and seek to answer the question: How do we decide who "belongs" in our community?

Reverse Engineer Your Food

Thursday, January 25, 6:30-7:30 pm, CML, Adults & Teens

Have you ever wanted to recreate a dish? Join a food scientist as she explains the science behind reverse engineering food and make a spice mix together.

Monthly Groups for Adults

Questions? Write <u>askuscml@wccls.org</u> and visit the <u>Library</u> website.

Writers' Mill

Sunday, January 21, 1-3 pm, Hybrid CML & Zoom, Adults & Teens 16+

The Writers' Mill will start the year by celebrating last year's achievements and making plans for speakers and topics for 2024. We are "writers helping writers" and we'd love to welcome you. Find out more on our website at Portland Writers' Mill website or ask at the library.

Learn more about library groups and events for adults at <u>Library</u>. <u>CedarMill.org/Adults</u>.



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ANTHOLOGY OF BEAVERTON

NEW YEAR UPDATES

AT THE WELCOME CENTER

January 30 - 31 / 11 am - 5 pm

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ANTHOLOGY OF BEAVERTON

910 NW 185th Ave. / Beaverton, OR

Welcome Center entrance is on Walker Road Independent Living / Assisted Living / Memory Care

Anthology Beaverton.com



Road News, Continued from page 1 closed at Walker Road Dec. 26-Feb. 9 for city of Beaverton waterline installation. Detour to Meadow Drive and Pioneer Road. The project page has more information.

Tolling for Washington County freeways?

ODOT, Metro, and officials from throughout Washington and Multnomah Counties have studied tolling on U.S. 26 and Highway 217 as part of the Westside Multimodal **Improvement Study**. The Steering Committee issued a memorandum in late November that included "recommendations for next steps to pair tolling with strategic investments..."

The Study "Problem Statement" includes, "Travel conditions in the corridor are difficult due to traffic congestion and are expected to worsen as the corridor adds new housing and jobs. Despite a brief decrease due to the pandemic, trends are showing increased driving trips and freight travel. At the same time, there has been a decline in transit use. Active transportation networks are dispersed and incomplete."

An article in the Business Tribune has more details.

One likely result of tolling would be to divert traffic to surface streets. Depending on how tolls are charged, it might also impact lowincome commuters more.

PGE rates going up

Portland General Electric customers are set to see an 18% increase on their bills starting Monday, January 1. From an OPB article, "The rate increase reflects the need to invest in the reliability and resiliency of PGE's system, advance policy objectives like equity and clean energy, and the reality that PGE faces inflationary pressures and high market power prices," Megan Decker, the Public Utility Commission chairperson, said in a press release Thursday. "We recognize how significant this rate increase will be for families and businesses."

The increases are due to upgrades to the power grid and transmission lines, tree and vegetation maintenance, and an increase to power costs. It's the company's largest rate increase in more than 20 years. PGE said the price hike is also due to the company's investment in renewable energy to phase out fossil fuel use.

CPO 1 News, continued from page 3 opposite the Timberland shopping center. Neighbors asked about impact to the adjacent wetland and were surprised when the developer representatives said they didn't know about that. They declined an invitation to present again at CPO 1.

The second proposal is for the first phase of the Sunset Station development north of the Sunset Transit Center. They will share info at the January CPO 1 meeting, see meeting info above.

The dramatic population increase of deer in the Cedar Mill area prompted a request for "Deer Crossing" signs. Road services, such as road signs, can be requested here. free COVID-19 antiviral

The trees along NW Cornell Road have grown so much they are disrupting the sidewalks to the point of danger. The county reports that there is a solution being developed. See Road News for an update. **Crosswalks & Other Safety** Improvements in the UUA

Neighbors have been concerned about the lack of pedestrian safety features and crosswalks in Cedar Mill and around the Urban Unincorporated Areas (UUA). The Urban Road Maintenance District (URMD) funds smallscale pedestrian and biking improvement projects, including sidewalks, pathways, and bike lanes. Information on requesting pedestrian and biking improvement projects can be found here. Requests can also be made through the Neighborhood Streets Program established to improve the quality of life in neighborhoods outside cities by reducing speeding and cutthrough traffic.

We heard about signalized crosswalk and mid-block crosswalk location requirements, installation, and how residents can share input with the county's Land Use & Transportation Dept's Shelley Oylear, Traffic Analyst, and Sherri Grey, Program Coordinator for the <u>Urban Road Maintenance District</u> Advisory Committee (URMDAC). There are many requirements to be met before a new mid-block crosswalk can be installed.

If you weren't able to attend the meeting, it was recorded and available here.

MAX Service Disruptions will affect airport transit

Sunday, January 14-Sunday, February 25

If you were planning to use TriMet to get to the Portland

Airport during this time, parts of the MAX Red Line will be suspended for construction. Shuttle buses will be running about every 7-15 minutes, replacing the MAX Red Line between Gateway and PDX. Some trips may take longer than usual. Riders may want to consider using other forms of transportation during the disruption. If you plan on taking MAX during that time, plan your trip on the <u>Trimet website</u>. The disruption is part of A Better Red, which will improve reliability across the entire MAX system when it opens in 2024.

Telehealth service for medication extended to March 31

To help Oregonians during the respiratory virus season, the telehealth service for receiving COVID-19 oral antiviral medication (Paxlovid or Lagevrio/ molnupiravir) will be available through March 31. The Color Health service offers free online or telephone support for eligible people ages 12 and older to get the medication within 24-48 hours. Parental or adult caregiver consent is required for patients under 18.

COVID-19 oral antiviral medication must be taken within five days of symptom onset. This makes it very important to get them quickly, and not wait for an appointment with your regular provider. It is not necessary to test positive for COVID-19 to be eligible.

The telehealth appointment, medication, and home delivery are free for everyone, regardless of insurance status. People who carry private insurance, however, may be asked for a co-pay if they receive the medication from their provider or pharmacy. For more information, check out our blog. You can also call 833-273-6330 or start your telehealth consult online.

TVWD Fluoridation pausing for construction

December 2023 to early April 2024

Tualatin Valley Water District water will not be fluoridated starting in December through early April due to construction. TVWD will resume fluoridating water once construction is completed. Construction timelines are subject to change. For the latest information and regular

updates, please visit the TVWD website. Please contact your dentist or medical professional about supplemental fluoride, as desired.

Why is this happening? TVWD's investment in a new water supply, the Willamette Water Supply System, includes building over 30 miles of large diameter transmission mains across the region. As part of the system, a contractor for TVWD will be installing a new, 48-inch steel transmission water main under Western Avenue to connect to the existing 54-inch transmission main on Beaverton Hillsdale Highway. The construction process on this large-scale infrastructure requires temporary operational changes to the water system. During this time, water is supplied to TVWD customers through alternative points of entry. As a result, TVWD

Is Your Go Bag Ready to **Go? Free seminar from Neighbors Ready**

Sunday, January 28, 3-4:30 pm, Cedar Hills UCC 11695 SW Park Way, Portland, free

When you have to leave in a hurry, a go bag can be a life saver. Get prepared and have fun doing it in this seminar. You'll learn about under-bed kits, car/work/ school packs, and go bags from experienced Neighbors Ready! & QuakeUp! volunteers. We'll provide lists with suggestions and

talk about how to pack your bags efficiently. Even if you've already packed your go bags, it's a good time to rotate supplies and share your knowledge. We will do scenariobased sharing with neighbors,

so come ready with your ideas, tips, and tricks. Everyone is welcome. Invite all your important people. If the weather is bad, we'll set up a Zoom link and meet virtually. Space is limited, so register early. Questions? Visit the Neighbors Ready! website or contact us at neighborsready@gmail.com.

The mission of Neighbors Ready! (formerly Cedar Hills Ready) is to create caring, connected, and resilient neighborhoods. We are committed to making sure every neighbor is prepared and has the best chance of survival in the event of a disaster.



Viva Village January

Viva Village is a Beaverton grassroots organization of members zoom, register here and volunteers who focus on enhancing and expanding the ways we can age well. We provide connections, programs, volunteer services, and referrals so members can lead engaged, healthy lives. Please RSVP for all events by contacting vivavillageevents@ gmail.com or 503-746-5082, and learn more on the website. Events for members and volunteers are listed only in the online version of Cedar Mill News.

Women's Coffee

Wednesdays, January 3, 10, 17, 24, 31, 10-11 am, New Seasons Cedar Hills. 3495 SW Cedar Hills Blvd

Meet for some coffee and a conversation with other women.

Online Viva Village 101

Saturday, January 13, 10-11:30 am, Zoom, free

An informational session for prospective members, volunteers, or anyone interested in Viva Village. Register on the website or contact the office for the Zoom link.

Viva Village Forum: The Beaverton Library: Our Valuable Community

Monday, January 15, 2-3:30 pm. United Methodist Church, Wesley Room, 12555 SW 4th Street, free

Addie Mathis, Beaverton Library's Outreach Specialist, will talk about the wide variety of services offered, events relevant to seniors, and the challenges the library faces. RSVP recommended. Register on the website calendar or contact the Viva Village office.

Men's Coffee Break

Monday, January 22, 10-11:30 am, Ki Coffee, 4655 SW Griffith Dr. #160

Conversation and coffee. RSVP recommended.

Online Viva Village Book Club

Tuesday, January 23, 1-2:30 pm,

Selected book: "The Many Daughters of Afong Moy," by Jamie Ford. This is the Beaverton City

Library selected book for the "One Book, One Beaverton" program. Pick up a free copy at the library while supplies last. Participate in free events that explore themes from the book. Discuss the book with Viva Village friends. RSVP for the Zoom link.



Thursday, January 18,7 pm, via

Our State Representative Lisa Reynolds will give an update from the January legislative days and a preview of what to expect in the upcoming 2024 legislative session. She would love to hear your thoughts, ideas, and feedback-all from the comfort of your own home. Click here to RSVP! Visit her legislative page to sign up for the newsletter. Her newsletter includes some important dates to keep in mind:

January Legislative Days:

January 10-12 at the Capitol in Salem (and livestreamed).

Committees will be holding hearings on topics that will be before the legislature in the 2024 short session. This is a great opportunity to get a preview of what's ahead.

2024 Short Legislative Session: February 5-March 8.

This is where we'll actually get down to business and pass legislation, update our budget, and do the work of the people... all in only five short weeks!

Public Affairs Forum

Monday, January 8, 11:30 lunch, noon program, Old Spaghetti Factory, 10425 Northeast Tanasbourne Dr, Hillsboro, free to attend. Also via zoom

The Washington County Public Affairs Forum will hear from Ian May, the Washington County Behavioral Health Program Supervisor, on the County's Mental Health crisis, the County's Center for Addictions Treatment and Triage, and other plans the Behavioral Health Department has for helping people in need.

Rabbit Rescue

Saturday, January 6, 12:30-2:30 pm, Room D Cedar Hills Rec Center 11640 SW Park Way, Beaverton

Are you thinking of adding somebun(s) to your family? Meet adoptable rabbits from Rose City Rabbit Rescue. There will be plenty of friendly rabbit experts on hand to answer all of your questions.

All of our adoptable rabbits are spayed/ neutered, vaccinated, and cute as all get out. This event will happen again (same time and place) on 2/3, 3/2, 3/30, 5/4, and 6/1. For more information, visit us on Facebook.



New Location in Cedar Mill! New Location in Control Call today for an appointment.

503.446.5580 BehindTheSmile.com

M-Th 8-4pm 12525 NW Cornell, Suite 202 Milltowner Center









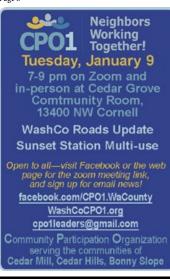
At Ciel of Cedar Mill, we provide assisted living and memory care services in a comforting and luxurious environment. Through personalized service and thoughtful care, we support our residents in living a fulfilled, comfortable lifestyle of well-being.

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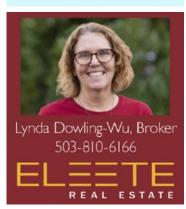












Garden & Nature Wetland cleanup and planting

Thursday, January 25, 9:30-12 pm, 12020 SW Barnes Rd., RSVP required, free

Join The Wetlands Conservancy volunteers for a day of native plantings and non-native species removal at Cedar Mill Wetlands. This complex series of ponds and streams is home to beavers, birds, amphibians, fish and more. It is currently overrun with nonnative teasel and could use our help. We'll spend a few hours snipping, digging, and bagging the teasel and then fill in the gaps with some native shrubs. This event is family friendly. All equipment and some light snacks provided. Visit this registration form to sign up or the conservancy website for more information.

Treekeepers programs

We work to protect and advocate for trees in urban unincorporated Washington County. Don't miss our January events! All of them are free. <u>Visit our website</u> to learn more.

Tree Walk: A Short Lope in Bonny

Slope Sunday, January 14, 10 am, Bonny Slope Elementary School, 11775 NW McDaniel Rd, free

Join Becky for a walk in Bonny Slope. This walk is approximately 1.5 miles, moderately hilly (or sloped, if you will) all on paved

or gravel paths.

We'll meet in the parking lot, visit the trees and paths of the school's green space, then wind our way through The Bluffs Park and return through the neighborhood on Big Fir Circle. Register through the following registration form.

Tree Talk: What to do about trees in wind storms

Thursday, January 18, 6-7:30 pm, Cedar Mill Community Library Oak Room, 1080 NW Saltzman Rd., free

In high winds, people worry about the safety of their trees or trees in the neighborhood. The fate of one tree does not determine the fate of a neighboring tree however, as many factors are involved. Certified Arborist Will Koomjian of Emergent Tree Works asserts, "The overall risk posed by trees is

incredibly low, but there are ways to identify and mitigate that risk." Find out the best ways to do that at our next third Thursday talk as Will tells us what he looks for to assess a tree and how to carefully plan for actions that prevent or correct hazards whenever possible. Register through the following registration form. Visit the Emergent Tree Works website to learn more about them.

Ivy Pull: Peterkort Woods Saturday, January 20, 10-12, near the Peterkort

Woods development, register here, free

Climbing ivy can strangle trees, but pulling ivy that has taken a tree hostage can be very satisfying! Put on your sturdy shoes and help us remove

it in the Cedar Mill area. We will

provide training and tools. Exact location will be given when you register.



Gardening with PNW Native Plants Saturday, January 27, 10-12 pm, PCC Rock Creek Campus Bldg. 4, Room 103 and 104, 17705 NW Springville Rd., free in person class, no registration needed

Join Washington

County Master Gardeners to learn about the native plants that thrive in the PNW garden, how to naturescape in support of wildlife and pollinators, and consider the possibilities the Backyard Habitat Certification Program offers through its customized yard assessment (This class will be given again on 10/26/24). The class is approved for one hour of MG education credit. The class will be led by Robin Carpenter and Jack Shorr, OSU Extension MG Volunteers.

Growing and Belonging: Cultivating Community Partnerships Tuesday, February 6, 7-8 pm, Zoom, registration required

This free webinar from the WCMGA covers a framework to

successfully form partnerships with community groups that have an interest in and need for sustainable gardening information. It describes three different projects that have engaged community and governmental partners in the Portland Metro area and includes sharing the successes and lessons learned. Please visit the event website to register.

WCMGA sponsors a wide variety of gardening-related

demonstrations, lectures, seminars and workshops in various Washington County Oregon locations. Most of our events are free and open to the public. For more information, please go to the WCMGA website. The WCMGA is a 501c3 non-profit.

Cedar Mill Garden Club

Third Wednesday monthly, 10 am, contact for location

CMGC welcomes
new members. For more
information, please contact: Cathy
Ramsey @ cathyramsey308@gmail.
com. Please note: Last month's issue
had an incorrect email listed.

Sheet mulching for weed suppression or lawn removal

From the East Multnomah Soil and Water Conservation District (EMSWCD) Facebook page

Thinking about using cardboard for a garden or sheet mulching project? This gardening technique involves layering cardboard over the soil as a way to transition from grass and suppress weeds, retain moisture, and improve soil health. The process involves laying down sheets of cardboard over the soil and then adding layers of organic material on top, such as compost, straw, or wood chips. The cardboard acts as a barrier to prevent grass and weeds from growing, while also breaking down over time and adding carbon to the soil.

This method is an *eco-friendly way to control weeds without the use of chemicals and can be used for both small and large-scale gardening projects. Any kind of cardboard can be used, but corrugated cardboard is best. The thicker it is, the longer it will take to decompose. Remove all tape and staples.

Get enough to cover your entire



project area with at least one layer of cardboard, extending four to six inches beyond the edge of the grass on all sides and to overlap by four to six inches, and thoroughly cover all gaps. Two layers are more effective than one. East Multnomah Soil and Water Conservation District has a brochure you can print with more information.

*On the other hand, Washington State University Professor Linda Chalker-Scott has a page about science-based gardening and advises against the use of paper-based and wood-chip mulches. Visit the page for more myth-busting and helpful information.

Climate Changes: Plant Hardiness Zone Update

From the Neighbors Ready news The USDA released an updated plant hardiness zone map last month. This map classifies areas by average lowest annual temperature (measured between 1990-2020), thus aiding gardeners in selecting plants that can survive their winters. Cedar Hills and the Portland-metro area were previously mostly Zone 8b (15-20 degrees F). Now both are split half-and-half between 8b and 9a (20-25 degrees F). This trend of warming zones was seen nationwide. By itself, this update is not concerning. But with the increase in climate disasters. it serves as a reminder that we have many opportunities to limit climate change more quickly. Visit the **UNEP** website for such

Plant and Sip Workshop Saturdays, January 6 and 27, 2:30-4:30 pm, 8212 SW Barnes Rd, \$80

opportunities.



January marks not only the beginning of the New Year, but the start of Houseplant Month at Cornell Farms. We're celebrating with a series of events for houseplant lovers of any level, including two "Plant and Sip" workshops that will allow attendees to exercise their horticultural creativity while enjoying hors d'oeuvres and cocktails from the

Cafe. On the 6th, we'll be creating custom kokedamas to hang in windows, and on the 27th, we'll be crafting 8" terrariums using miniature houseplants! Register now and learn about all of our Houseplant Month events on the Cornell Farms Events webpage.

Organic Orcharding Workshop Series

Hands-On Winter Workshops from Home Orchard Education
Center aren't local, but it might be worth a trip across town to learn how to maintain the fruit and nut plants in your yard! Learn to grow, tend, and harvest fruit using sustainable, organic-approved methods. Our in-person workshops support learners of all experience levels and prioritize hands-on opportunities for learning!

Afterschool is Cool poster contest

Enter by January 31, <u>details on</u> website

Washington County Kids advocates for and supports



One of last year's winning posters

afterschool programs in the area. The contest's purpose is to invite youth to creatively share what they like best about their afterschool program, which in turn helps us engage the community in our efforts to best support providers. The contest is open to all kindergarten through 12th-grade students participating in an afterschool program in Washington County.

Judges for the contest include Washington County Commissioner Jerry Willey and local well-known artists, Elizabeth Higgins, and Ed Labadie. Artwork will be displayed and winners will be announced at the Afterschool is Cool! Showcase at the Walters Cultural Center in Hillsboro in February. Winning posters in two categories, K + Elementary and Middle + High will receive gift card prizes, and their artwork and the provider organization will be featured on Tri-Met buses and benches

Cedar Mill + Cedar Hills, let's plant trees!

Volunteer with us to plant street and yard trees to add much needed shade, stormwater filtration, and greenery to the neighborhood. Plant trees and build your community!



QUESTIONS? CONTACT:

Mario Catani, (503) 467-2521 MarioC@FriendsofTrees.Org



Contact Josh Brown at training@sunsetac.com to schedule an appointment with one of our 77Fitness Trainers



Plantings in Cedar Mill and

Cedar Hills neighborhoods

are on March 23, 2024 at

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Arts & Entertainment BSO Winter Concert

Friday, January 26, 7-9 pm, pre-talk at 6 pm; Sunday, January 28, 3-5 pm, pre-talk at 2 pm, Village Church, 330 SW Murray Blvd. For details and ticket information see the event webpage.

Join the Beaverton Symphony Orchestra for our Winter Concert. Guest conductor Dwayne Corbin leads the West Coast premiere of Marie Jaëll's Cello Concerto with Diane Chaplin. The full program includes of Berlioz: Roman C; and Tchaikovsky: Symphony No. 4.

Music for a Cause

Friday, January 25, 5 pm, 1620 SW Park Ave, Portland, free, donations welcome

The Melodies of McKinney-Vento is sponsoring a benefit concert with local young musicians at Portland State University Lincoln Performance Hall (Room 75). Proceeds will be used to support the needs of students served by the Beaverton School District's McKinney-Vento Program.

Cedar Mill News volunteer Assistant Managing Editor Seojin Ha shared this: "I am running a fundraiser that supports sustaining the education of students who encounter housing problems. Throughout the pandemic, many families faced financial challenges that contributed to homelessness. I have met friends in middle school who barely came to school because they struggled to find necessities such as money, water, food, or shelter. There should be no obstacles Sunday, January 14, 3-5 pm, free to a student's education. I wanted to do something to help. That was

when I met the McKinney-Vento Program."

The McKinney-Vento Program is a federal act that protects the educational rights of students experiencing housing instability. BSD has served over 1,200 unstably

housed students this school year and has one of the highest densities of homeless students in all of Oregon. One of the ways the McKinney-Vento program supports students is by providing essential items for students.

"After meeting this wonderful organization, I wanted to help

them. I helped organize the concert and the GoFundMe page. I have gathered young local musicians who have the same hope of helping these students. We will all be performing at our benefit concert. All proceeds will go to the McKinney-Vento Program, where they will use it for their most needed supplies such as shampoo, conditioner, body soap, toothpaste, toothbrushes, laundry detergent, and more.

If you would also like to directly support the McKinney-Vento Program, you can donate through GoFundMe, where there is additional information about the project.

Village Gallery of **Arts January News**

For more details about classes and events please visit the VGA website.

Special 3D Art Sale!

Tuesdays-Sundays, January 9-February 3, 11-5

Don't miss this wonderful opportunity to find great values in discounted crafts, jewelry, and other creative treasures. Shop early before they are gone!

VGA Open Studio

Tuesday, January 2, 10 am-12 pm, \$2, RSVP to support@ villagegalleryarts.org.

For members and the public, come with your art materials and join other artists in pursuing their individual projects.

Art Chat and Refreshments

Come experience new art and meet Gallery artists. All are welcome.

Valentine's Day Craft

Saturday, February 10, 1-3 pm drop-in, free

Come and make a special greeting for a loved one! All supplies included.

Find classes for all ages on the website and in the web version of The News.

Square Dancing!

Start Monday, January 15, 6:30-7:30 pm, Oak Hills Rec Center 2400 NW 153rd Ave, \$6 at the door (\$5 for Oak Hills residents)

New Students can start classes Monday January 15, 22 or 29. Questions, or to sign up, contact Linda@kitchinonline.com.

Business News, continued from page 2 remain on your credit reports for up to 10 years, they don't carry as much weight as positive open accounts when it comes to your credit score. That's because lenders are more interested in how you're handling current lines of credit than they are in your past activities.

Sunset Credit Union is open to anyone who lives, works, worships or attends school in Washington County. To learn more, stop by the office at 1100 NW Murray Blvd, visit the Sunset Credit Union website or call 503-643-1335.

Maximize Your Home's Equity: Strategies for Homeowners

Thursday, January 18, 6-7 pm, Wildwood Taphouse, 12545 NW Cornell Rd Suite 101, free

A lot of education goes to first time homebuyers, but what about first time home sellers? And home sellers in general? We know there are many homeowners who have significant equity in their home but may be unsure about how to take advantage of it or what their options may be. This workshop gives real examples of homeowners using their equity to help pay down debts and/or buying their next home even in a rising interest rate environment. Whether you're just starting to contemplate a home sale and purchase or have a vague interest in understanding your options, this class equips you with valuable information to begin your exploration.

Please join us for pizza, drinks, and a casual chat. Register to reserve a spot. All attendees will receive a one-year home warranty and a \$500 closing cost credit when they work with us.

Hosted by: Megan Jumago-Simpson (503-389-3177), Oregon Principal Broker & Washington Managing Broker, Sonder Northwest, Keller Williams Realty Professionals, and Bethany Brady (512-508-9538), Loan Officer, Academy Mortgage, NMLS#117973

Cedar Mill real estate market: 2024 predictions

By Jan Dempsey, Realtor, Windermere Realty Group.

Homebuyers and sellers proceeded with caution in Portland's real estate market this year. With mortgage interest rates averaging close to 7% over the past year, many sellers decided not to put their homes on the market for fear of losing the lower rates on

their current mortgage. Interest rates had a chilling effect on buyers, too, who opted to wait until borrowing costs drop.

The current housing market is a far cry from a year or two ago. Homes are staying on the market longer and there are more active listings. According to the real estate listing service RMLS, the Portland market also saw its highest inventory in nearly five years-if sales continued at the current pace, it would take 3.5 months to sell all available homes. The last time inventory was above three months was in January 2019. But despite the slight increase in availability, home prices have stayed roughly the same—the median sale price is about \$533,000, just a 3% dip from last year. And new listings are overall lower than the past two years.

Portland-area real estate agents said much of the challenge for sellers is accepting that activity has slowed considerably in a very short period of time. This is not 2022 where you'll get 15 offers and don't have to do repairs. Sometimes it's hard to get sellers over the hump and realize it's a different market. It's also important for sellers to have their homes market-ready and priced correctly from the jump. When you have inventory where the buyer can compare your home to 15 other homes in the immediate area, you don't have the ability to say, 'I'll fix that later, let's just get it on the market'. You have to be show ready Day 1.

For a Seller, selling his home meant adjusting his expectations in more ways than one. The Seller listed his four-bedroom Forest Park home last October, looking to downsize. He accepted an offer on the home within a couple of weeks, but the buyer's financing fell through. Financing problems derailed three more offers before he finally sold the home this month. The Seller said in addition to reducing the price of the home—he eventually dropped it from over \$1.15 million to \$999,000—he briefly took the home off the market to make some improvements. Most buyers, he said, didn't want to purchase a home that wasn't fully updated. "I would have thought we were better off selling a blank slate," he said, noting that he hesitated to replace carpet or lighting fixtures in case the buyer wanted something different. "But nobody wanted to take anything on," the Seller said.

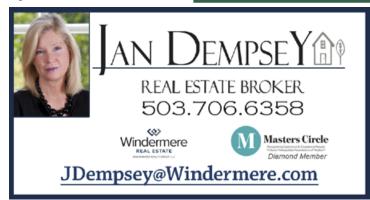
Buyers that are in negotiation are now including closing costs and extensive repairs—something that wouldn't have happened a few years ago. Higher interest rates have made buyers more wary. They want the house move-in ready. They are paying so much per month that they need to feel like the home is solid. Some sellers are getting creative to attract buyers. They're offering a "2-1 rate buydown," where sellers pay a fee to bring down the buyer's interest rates by two points the first year and one point the second year. By the third year, the buyer will pay the full interest rate.

We are just beginning to see a dip in interest rates for 2024, which

is predicted to turn the market once again in the seller's favor. As the rates drop in the new year, we'll see those buyers who have been on the sidelines flooding the market again.

If you have real estate questions, it would be my pleasure to answer them. I have 39 years of real estate experience. I would love to learn your plans to help guide you through this complicated process. Don't hesitate to call me at 503-706-6358, or email jdempsey@windermere.com.

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2024

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Register Online: thord.org



Let's get your budget

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CCB:172095



Check out our article on making 2024 your best financial year ever, then stop by Sunset Credit Union to see how we can help you achieve your financial goals!

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