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Legislative news

Meet our new Oregon House representative Mari Watanabe

The Multnomah and Washington County Boards of Commissioners held a joint session on Wednesday, December 15, appointing Bethany resident Mari Watanabe to fill a vacant seat for Oregon House District 34. Watanabe will fill the seat vacated by former Oregon Representative Lisa Reynolds who was appointed in November 2024 to fill a vacant seat in the Oregon Senate. Oregon House District 34 includes the communities of Bethany, Oak Hills, Cedar Mill, and parts of Beaverton and Hillsboro. She took time during her busy first few days to answer our questions. How do you plan to stay in touch with vour constituents?

"I plan to stay in touch through





my newsletter, the first one will be released on Monday with updates on my committees and bills I am working on. Constituents can sign up for my newsletter at Representative Mari Watanabe Home Page.

"Anyone in my district who has issues or concerns, can email me at Rep.mariwatanabe@oregonlegislature.gov or call me at 503-986-1434. I will be setting up regular coffee meetings for constituents as well. And, of course, through the Cedar Mill News, which I have been reading for a long time." What do you see as the top few issues or problems facing District 34 constituents? How can you work to solve them in the legislature?

"The Legislature has agreed that Continued on page 5

Development News

Cedar Hills apartments

Readers have been asking for an update on the proposed redevelopment of the former Cedar Hills shopping mall at the intersection of Highways 217 and 26. The developer got a two-year extension on Beaverton's approval last summer. We reached out to them and learned that there was no update to share at this time. Damin Tarlow of High Street Residential suggested we check back around August. The east side of the mall will be demolished and replaced with mixed use residential and commercial while Harbor Freight and the DMV will remain.

Peterkort Towne Square

Some readers wondered if there was progress in the redevelopment of the center at the southeast corner of Cedar Hills and Barnes but all



that is happening is repainting of the This includes the Macy's buildfacades of the existing buildings.

McDaniel middle housing

The 17-lot Middle Housing development proposed for property on McDaniel near Bonny Slope Elementary is currently on hold with Washington County, likely awaiting response to issues brought up by county planners.

Macy's closing, new zoning

The Macy's store in the Streets



of Tanasbourne is closing soon, although we don't have a date. Owners of the property are asking

Hillsboro planners to approve a zone change to allow mixed use of three lots (17.6 acres) to allow a combination of housing and retail.

ing along with several other retail buildings and associated parking. It's still unclear if any of the buildings will remain and be repurposed or if it will all be rebuilt. The Hillsboro Planning Board meeting is scheduled for February 5.

Road news

Tustin Ranch Drive access closed at Thompson Road

As of January 23, Tustin Ranch Drive no longer connects to Thompson Road. Access to the street is via Evergreen and via Hartford and Creekview to Dalton Ranch Lane. Pedestrian access will be maintained.

This permanent closure is part of the Thompson Road Realignment. The closure was originally scheduled to take place at the same time that traffic was rerouted to the new alignment (Kenny Terrace), however the contractor's schedule changed. Temporary barriers will

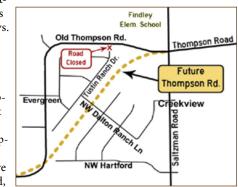
Like us on Facebook Like for timely updates

be in place while a new curb and sidewalk are built across the former access. A permanent barricade will be installed when the sidewalk is

complete. Expect intermittent daytime lane closures 8:30 am-2:30 pm weekdays. Work times have been adjusted to avoid impacts to school drop-off and pick-up.

Later this year, Thompson Road will be closed at Saltzman Road for about 30 days to connect Thompson Road to Kenny Terrace. Dates for that closure have not been determined,

but the estimated completion date has just been updated to April 30. Please visit the Project Page, or email or call Capital Project



Services at 503-846-7800 with any questions or concerns.

LUT projects in progress or starting in 2025

Washington County Land Use and Transportation (LUT) shared posters during the CPO 1 & 7 Open House last month summarizing all the local road projects they are working on. The images are too big for the print version of The News, but you can see them at the cedarmillnews. com page here under Road News. You can also visit the LUT Transportation Improvement Projects page to look up specific projects.

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

Cedar Mill Farmers Market late Tart) and treats, along with our

2024 was a great season: thank you! We welcomed 30,224 customers over the 25 weeks of operation. We had 604 children involved with our Power of Produce Booth weekly activities. We welcomed a variety of musicians, and we were the very first market for many new vendors. Thank you all for being a part of the success! Planning for the 2025 season (May 3-October 18) is underway. Our Vendor Application is open. Visit the Farmers Market website for more information.

Love your market-get involved! LaChona Empanadas y Vinos We need your help! We invite you to share your gifts/talents as we prepare for our market season. Here things in place for market season: Power of Produce Kids Program planning/Implementing; Promotional help: Getting the word out about our market; Website management; Fundraising/Sponsorship; Volunteer Recruitment/Management; Special Event planning; Chef @ the market demonstrations. Please contact ourcmfm@gmail. com to get involved or to receive our weekly newsletter.

Valentines at Symphony Coffeehouse

Mon-Fri, 7 am-5 pm, Sat-Sun, 8 am-4 pm, 16155 NE Cornell, Suite 500

Symphony Coffeehouse is a family-owned coffee and brunch spot at Cornell Road and Bethany Blvd. For Valentine's day, we will be selling special tarts (such as the picture featured Raspberry Choco-

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new spring coffee specials! We are also partnering with a small business to sell flower bouquets for your special someones! We are excited for our month of love specials! If vou've never been by, in addition to the delicious coffee and homemade pastries, we also make food in house such as incredible quiches, paninis, crepes, and so much more! Whether to study, relax, or to go on a date, we hope to see you there!

Celebrate Valentines Day at LaChona

Argentinos, 12535 NW Cornell Rd, Suite 104 (In the Milltowner Center)

Enjoy a special four-course meal are some areas to consider as we get with wine pairings. Learn more and reserve here.



Beaverton Farmers Market opens 2025 season Saturdays, February-March,

10 am-1:30 pm, SW Hall Blvd., between 3rd and 5th Streets

On opening day you can pick up fresh bagels from Henry Higgins Boiled Bagels, fragrant apples from Kiyokawa Family Orchards, local fish from Linda Brand Crab & Seafood, and winter produce from Riverland Family Farm and Winters Farm. Treat yourself to a delicious pastry from ResQ Bakery, Decadent Creations, Twisted Croissant, Milk Money, and Dos Hermanos. So grab a warm coat and come out to visit us!

Our website offers

a great tool under the Vendors + Products tab, to help you stay "in the know' about when your favorite produce, and your favorite vendors, will be in the market. As usual, if you ever have any questions or comments or just want to say hi, stop by the info booth,



located in the NW corner of the parking lot, and our friendly staff will help point you in the right direction.

Rightsize Room by Room with Big Rocks Organizing

Join us on an organizing adventure as we tackle one room at a time throughout the year-making progress and having fun along the way! The Junk Drawer

Tuesday, February 4, 12-1 pm, Zoom, Free

"A journey of 1,000 miles begins with a single step." Rightsizing your entire home can feel overwhelming but starting small leads to success! Click below to register for this free event. You can sign up for just this month's session or register for the entire series. We can't wait to see you there! <u>Register through Zoom</u>. Contact kayla@bigrocksorganizing. com with questions.

West Side CSA Share Fair Saturday, February 22, 10 am-2 pm, Marion Acres, 23137 NW West Union

Community Supported Agriculture (CSA) lets you purchase a share in the produce from a local farm, delivered to your neighborhood regularly throughout the growing season. The Share Fair is a chance to meet local farmers, explore their



booths, and learn about their farms. If you're looking to source your food locally, this is a great opportunity to find out how to sign up for a CSA program and learn about eating seasonal, local produce. Sponsored by the Pacific NW CSA Coalition.

And don't forget to swing by the Comida KIN Food Truck for some delicious lunch made with fresh, farm-grown ingredients!

Sunset Credit Union

Choosing where to manage your finances is a critical decision. If you're looking to switch banks or are in the market for a new mortgage, auto loan, savings account, or other financial products, you may want to consider starting a banking relationship with an organization that isn't a bank at all: a credit union.

Credit unions serve many of the same purposes and offer similar products as banks. But if you want to keep your money with a nonprofit organization that supports your community with special benefits and financial support, a credit union might be the right choice. A credit union is a cooperative, nonprofit, member-owned financial institution. Unlike banks, which are owned by shareholders and must distribute profits to their owners, credit unions are owned by their members, who are also their customers.

If you choose to keep your money with a federally insured credit union (like Sunset Science Park Federal Credit Union), you will also benefit from the National Credit Union Administration (NCUA) which provides federal insurance on up to \$250,000 of qualifying deposits per depositor, per insured credit union, for each account ownership category, in the event of a credit union failure.

Advantages of Credit Unions: Credit unions are focused on providing reasonable rates to their members. Because they don't have to pay profits to shareholders as banks do, credit unions often can pass that money on to their members, by offering higher APYs on savings accounts and CDs and lower APRs on loans. Great Member Service: Credit unions tend to rate more highly than banks on surveys of customer satisfaction. For example, Consumer Reports Continued on page 5

CPO News

February CPO 1 & 7 meeting: Emergency **Preparedness**

Monday, February 10, 7 pm, Tualatin Valley Fire & Rescue Fire Station 68, 13545 NW Evergreen Street and online via zoom

Once again, CPO 1 is partnering with CPO 7 for a program focusing on Emergency Preparedness. Fires, floods, earthquakes, ice storms, and other emergencies happen in all communities. Being prepared can make a huge difference in your comfort and resiliency after a 'surprise event' of this kind occurs. Nancy Flores-Sanchez, Senior Program Communication and Education Specialist with Washington County, will provide emergency management and public health information along with concrete suggestions for what to do before, during and after an emergency.

CPO program update

We learned in January that the Community Engagement Manager Amanda Garcia-Snell was leaving for a job with the City of Portland. She has been the lead administrator of the Community Participation Organization (CPO) program since it was folded into the Office of Equity, Inclusion, and Community Engagement (OEICE) in 2020. Washington County Chief Equity and Inclusion Officer Alicia Sojourner was appointed to head OEICE in December and she will spearhead the effort to

Find the mental health support vou need

A recent article in the Oregon Health News blog has a helpful list of resources for those experiencing stress, grief, political anxiety, loneliness, chronic health problems, financial uncertainty, or any stressors.

"Mental health challenges, such as anxiety and depression, worsen under these conditions. Reaching out for help is a good first step to feeling better, and you may find it difficult to speak up and ask for support when you need it. Fortunately, there are many ways to connect with people, no matter what's troubling you."

The article includes general resources, help for domestic and sexual violence, parents, older adults and many other topics with specific sources for help.

Engagement.

The staff that provides support to the county's <u>local CPOs</u> has been down to one person since last fall, from a previous roster of three liaison personnel. It's unclear if or when additional staff will come on board, as the "modernization" effort to change some key aspects of provided information, along with the program is still underway.

The CPO system has facilitated neighbors' ability to stay aware of and provide feedback on land use, transportation, and other aspects of government management of our built and natural environment since the 1980s. Volunteer CPO leaders continue to

do their best to bring timely information and participation to our community with limited support. We encourage community members to get involved to help us improve and continue to provide information and engagement with local government and service districts. Local involvement is an effective way to preserve democracy in these difficult times. Email us if you're interested in learning more!

January CPO meeting

In January, CPOs 1 & 7 jointly hosted a Resource Fair attended by about 50 people. Tualatin Valley Water District personnel attended

Help Shape the Future of **Emergency** Management in Oregon

Tuesday, February 11, 10-11:30 am, online

The Oregon Department of Emergency Management (OEM) invites all Oregonians to participate in shaping the future of emergency management across the state. OEM is hosting its second annual town hall where community members and partners from all backgrounds can provide input and feedback on the agency's 2023-2025 Strategic Plan and the OEM Inclusion, Diversity, Equity and Accessibility (IDEA) plan. The town hall is open to everyone, and no prior emergency management experience is required. A link will be available on the Strategic Planning webpage later in January.

hire a new manager for Community and had this to say: "...the event allowed me to connect with other local organizations and agencies, which was an invaluable networking experience. The fair was exceptionally well organized and well attended, making it a truly successful event for all involved."

> A chart of the organizations who their contact information, is here.

Neighborhood **Meetings**

AFC Urgent Care A neighborhood meeting was



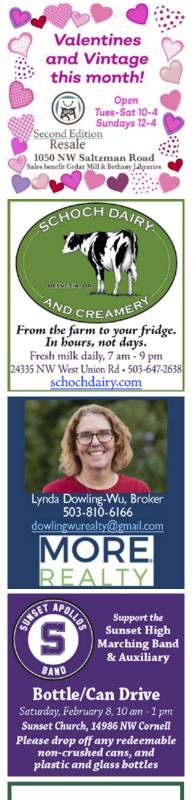
held on January 13 to share plans to add a new building to West Union Village at 185th and West Union Road for an American Family Urgent Care facility. The 4400 square foot building will also have room for another small business. There will be a new parking lot to the north of the building.

Washington County history lecture

Tuesday, February 11, 7 pm, 20001 SW Tualatin Valley Hwy, \$5 suggested donation

Beaverton Historical Society presents an evening with Mary Jo Morelli, Property Manager for the A.T. Smith House, Friends of Forest Grove. Her talk will be based on the book "Washington County: Politics and Community in Antebellum America" written by Paul Bourke & Donald DeBats. It's a source of interesting information about settlement patterns in early Washington County Oregon. The book begins with the death of Andrew Jackson Masters who built his home in 1854 at what is now 20650 Southwest Kinnaman Road, Aloha. The house is currently owned by the City of Hillsboro.

Contact beaverton.pioneers@ gmail.com for questions.



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Page 4 Cedar Mill and Bethany Community Libraries Events and Programs

Find event calendars, storytime schedules and more at Library. CedarMill.org. To learn more and register for these events, visit the Event Calendar page and select the date for the event you're interested in. For more information, call (503) 644-0043, visit the website, or email askuscml@wccls.org.

Abbreviations: CML is Cedar Mill Library, 1080 NW Saltzman Rd.; BLA is Bethany Library Annex, 4888 NW Bethany Blvd, Suite K-2; BL is Bethany Library, 15325 NW Central Drive, Suite J-8y.

New website!

The Cedar Mill and Bethany

Libraries have a new website! You can find streamlined information about our libraries, the materials and resources available to you, upcoming events, donation guidelines, and more.

Kide

Grab and Go Crafts

Friday, February 7, All Day, 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.

Board Game Day

Monday, February 17, Sunday, March 9, all day, CML, Ages 5+

Drop in to play board games with family or friends.

Dogman Party

Tuesday, February 18, 2-3 pm, BLA, Ages 6-11

Drop in for Dogman games, crafts, and more.

Storytimes

Learn more at library.cedarmill.org/ storytime. Teens & Tweens

Teen Escape Room: Space Race Against Time

Tuesday, February 18, 2 pm & 3:15 pm, CML, Ages 11-18, Registration Required

The Apollo Mission archives have been sabotaged, and it's up to you to find the missing files. Use teamwork to follow the clues, solve puzzles, and recover what was lost before time runs out.

Adults

Understanding Urban/ **Rural Divides: An Oregon Humanities Conversation** Project

Wednesday, February 5, 6:30-7:30 pm, Zoom, Adults, Registration Required



Join facilitator Nick Nash in a conversation about the beliefs we have about our urban or rural neighbors, with a focus on abandoning misbeliefs, learning the real differences between the urban and the rural, and trying to find things that we all share.

Medicare 101

Friday, February 7, 10:30-11:30 am, BLA, Adults

Join Michelle Hernandez from Health Plans in Oregon as she goes over the basics of Medicare, what parts are right for you, and how to enroll.

Food Preservation Jump Start

Wednesday, February 26, 6:30-7:30 pm, CML, Adults, Registration Required

Join instructor Maureen Quinn to learn the basics of canning, drying and fermenting foods.



Monthly Groups for Adults

Minnette Meador at Writers' Mill

Sunday, February 16, 1-3 pm, Hybrid CML/Zoom, Ages 16+, Registration Required

Minnette Meador plans to show us how to choose and use the best point of view characters in our writing, and how to research the situations and places we're writing about. Plus whatever else we ask her. She's been a really popular and helpful speaker in the past, and we're very much looking forward to seeing her again. Join us, in person

or over zoom. Everyone welcome. Find out more on our website at Portlandwritersmill.org, or ask a librarian.

Owl Book Group

Friday, February 28, 10:30 am-12 pm, CML, Ages 16+

Discuss "Solito" by Javier Zamora.

Voices in Verse

Saturday, February 22, 10:30 am-12 pm, Zoom, Adults, Registration Required

Share your own poetry or listen to others' favorites.

Second Edition Resale

Tuesday-Saturday, 10 am-4 pm, and Sunday, 12-4 pm

1050 NW Saltzman Rd. Portland, OR 97229.

You will fall in love with your new-to-you finds from Second Edition Resale! All proceeds from your purchases made at Second Edition Resale support Cedar Mill and Bethany Community Libraries. Donations accepted Tuesday through Saturday during business hours, except during Storewide Sales weeks. Learn more here.

Library Book Sale

CMBCL's Book Sale offers over 2,000 titles at great prices waiting to be yours! 100% of your Book Sale purchases and donations benefit the sign up at library.cedarmill.org. nonprofit Cedar Mill and Bethany Community Libraries. Questions about donating? Call 503-644-0043 or visit here.

Technology learning at the libraries

Cedar Mill and Bethany Community Libraries are forming new partnerships with local and national organizations to offer more technology-focused programs and educational events for patrons.

The libraries' collaboration with American Connection Corps and The Washington County Broadband Action Team provides a Digital Navigator that facilitates oneon-one tech help at the libraries by appointment. The Digital Navigator can answer questions about devices, Google Photos Workshop websites, getting started with tech, and more. Patrons can register for appointments on the libraries' website.

The libraries are also teaming up with Meals on Wheels People to provide technology lectures and workshops from the Senior Planet Curriculum through AARP. These

programs focus on technology skills for older adults who want to learn more about using technology.

Upcoming events at the libraries include a Google Workspace Lecture, a Google Photos Workshop, a Getting Started with WhatsApp Workshop, and an Intro to Managing Your Privacy Lecture. Community members can register for these programs on the libraries' website.

Patrons preferring to ask specific technology questions during a dropin session will benefit from Cedar Mill Library's Open Technology Lab on select Thursdays. During the lab, patrons sit with tech-savvy volunteers and get answers about smartphones, tablets, computer programs, and much more.

"Keeping up with advances in technology is a challenge for everyone. We strive to make tech knowledge accessible to all of our patrons. Providing programs that help close the gap in tech knowledge among generations is an essential service that libraries can provide. Partnering with local and national organizations allows us to offer these important programs and services," said Erin Bell, Adult Services Librarian.

All events and services are free and open to the public. Some events require registration prior to attendance. Patrons can learn more and

Links and Events:

Google Workspace Lecture

Tuesday, February 11, 12-1:15 pm, Cedar Mill Library, Ages 19+, **Registration Required**

Learn about some of Google's most popular tools including Docs, Sheets, Slides, Photos, and Drive. Register on the event page.

Technology Open Lab

Thursdays, February 13 & 27, March 13 & 27, 1-3 pm, Cedar Mill Library, Adults

Get started with basic computer skills and practice with laptops, tablets or cellphones. Bring your own device or use one of our laptops. Register on the event page.

Tuesday, February 25, 10-11:30 am, Bethany Library Annex, Ages 19+, **Registration Required**

This hands-on workshop explores some of the basic features of the Google Photos app and will walk you through the steps of backing up your photos. Register on the event page.

Cedar Mill News February 2025 Business News, continued from page 2 found that 96% of credit union members were "highly satisfied" with their credit union.

If you're ready to explore the differences between a bank and credit union, check out Sunset Credit Union. They serve anyone who lives, works, worships or attends school in Washington County. You can open a new account securely anytime when you visit sspfcu.com/ <u>join.html</u>.

Radon Testing at Home Can Save Lives

The cold winter months are an ideal time to test your home for radon, because radon often reaches its highest levels when doors and windows are consistently shut. Radon is a naturally occurring radioactive gas in the ground that enters buildings and homes through cracks and gaps in walls or floors, as well as through the water supply. It is odorless, tasteless and invisible, and long-term exposure to high radon levels can harm health.

Radon facts: Radon is the second leading cause of lung cancer in the U.S. after cigarette smoking, and the leading cause of lung cancer among non-smokers; If you live in a home with high levels of radon, smoking cigarettes raises your risk of lung cancer by 10 times; The U.S. Environmental Protection Agency (EPA) estimates radon is responsible for more than 21,000 lung cancer deaths per year in the U.S; In Oregon, approximately 276 radonrelated lung cancer deaths happen each year; The only way to know if you have high radon levels in your home is to test for it.

Dangerous radon buildup can happen in any home, and Oregon Health Authority wants to encourage all Oregonians to reduce their exposure to radon by testing their homes for the gas and, if necessary, hiring a professional to reduce radon to a safe level. Many home radon test kits cost between \$20 and \$30, and some people in Oregon may qualify for free test kits through OHA's Radon Awareness Program, which are available while supplies last.

If you have questions about radon in Oregon or free test kits, call OHA's Radon Awareness Program (971-673-0442) Monday-Friday, 7:30 am-4:30 pm, or email radon.program@oha.oregon.gov. Also, print out the CDC's "Radon for Kids" activity book, including fun puzzles, quizzes and artwork about radon!

Mari Watanabe, continued from page 1 the state of our roads and bridges is a top priority for both Democrats and Republicans. In addition, I am interested in supporting our immigrant and refugee population through a state lens as the current Federal Administration continues to put forth half-baked executive orders, and prioritizing bills that support our aging populations. I have already started working with my colleagues and look forward to the collaborative nature of the work."

Watanabe has lived in the Portland Metro area for over two decades. She spent 25 years working for several apparel manufacturers before serving as the first executive director of the Japanese Museum of Oregon in 2008. Watanabe later joined the Portland Business Alliance, serving as both the director of Leadership Portland and executive director of Partners in Diversity for over 11 years.

She has also served on several boards and commissions, including the Portland Community College Board of Directors, Oregon Commission on Asian and Pacific Islander Affairs, the Beaverton Diversity Advisory Board, the City Club of Portland, and the National Veterans Network.

Watanabe was one of three candidates considered for the position including Sarah Beachy, a nonprofit administrator and public policy professional, and Alexandria Goddard, a legislative director for members of both the Oregon House and Senate. Watanabe will serve the remainder of Reynold's term in the House, ending in January 2027.



Indigenous Land Management in the Willamette Valley

Monday, February 10, 6 pm doors, 7 pm program, Mission Theater, 1624 NW Glisan, \$5-11 sliding scale, tickets here

David G. Lewis, Ph.D. and author of Tribal Histories of the Willamette Valley, presents research on reconstructing traditional environments and lifeways in the Pacific Northwest. Dr. Lewis will share tribal ways of knowing and managing the valleys and forests of the Willamette. Sponsored by World Forestry Center. Learn more here.

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Viva Village Events

Viva Village is a Beaverton-area grassroots organization of members 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. For more information visit the Viva Village website. Please RSVP for all events by contacting vivavillageor@gmail. com or 503-746-5082. Links for zoom meetings will be sent to those who RSVP. Members-only events are listed on the website and in the web version of The News.

Valentine's Salsa Night with Live Music by Pa'lante

Friday, February 14, 7-10 pm, Walters Cultural Arts Center, 527 E. Main St., Hillsboro, \$12 (advanced)/\$14 (day of)

Celebrate the spirit of love and friendship with us this February! Join us for an electrifying Salsa Night featuring live music by the acclaimed Latin band, Pa'lante! Whether you're commemorating Valentine's Day with your sweetheart or hanging out with your closest friends, let the irresistible Latin beats and rhythms lead you on an exhilarating journey into the heart of salsa! The evening starts with a dance lesson from Lines Dance Academy from 7-8, followed by live music by Pa'lante from 8-10. Doors open at 6:45 pm and concessions will be available for purchase. Please visit the event page for more details or to learn about the artists.

Viva Village events open to the public:

Women's Coffee

Wednesdays in February, 10 amnoon, New Seasons Market, 3495 SW Cedar Hills BI

Coffee and conversation. RSVP recommended.

Age Café

Friday, February 7, 11 am-noon, Beaverton City Library, 12375 SW 5th Street

Small-group conversations exploring topics of interest to older adults. Interesting new topics each session. Co-hosted by Viva Village, Beaverton Committee on Aging (BCOA), Beaverton City Library, and Washington County Disability, Aging and Veterans Services (DAVS). Registration for the Zoom link is available a month ahead on the library's website or check the Viva Village calendar for registration link.

Online Viva Village 101

Saturday, February 8, 10-11:30 am, online on Zoom

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

Online Travel Talk

Monday, February 10, 7-8 pm, online

Best of Ireland. Journey through Ireland with Viva Villager, Karen McCune, as she shares her adventures of her 2024 Rick Steves Best of Ireland Tour.

Viva Village Forum

Monday, February 17, 2-3:30 pm. United Methodist Church, Wesley Room, 12555 SW 4th Street, free

Aging "Sideway"—Let's Change How We Get Older! Is what you know about aging really true? Jeanette Leardi, gerontologist and community educator, offers some surprising, quirky ways to view how we age: 1) what we get wrong about aging and why; 2) ways to push back against ageism; and 3) the three best strategies for aging in empowered ways. Refreshments served. RSVP recommended. Register on our website or contact the Viva Village office.

Men's Coffee Break

Monday, February 24, 10-11:30 am, Market of Choice mezzanine, 250 NW Lost Springs Terrace in Timberland Town Center

Conversation and coffee. RSVP recommended.

Online Viva Village Book Club

Tuesday, February 25, 1-2:30 pm Selected book: "The Women"

by Kristin Hannah. RSVP for the Zoom link.

Sunset "Try LaCrosse" winter clinic and gear swap

Sunday, February 9, noon-1 pm grades K-3; 1-2 pm grades 4-8, PDX Fieldhouse, 11040 SW Allen Blvd.

Free clinic for girls and boys with less than two year's experience. Gear swap to get ready for spring season. Learn more and sign up here.

Also, our spring season registration is open. Girls and boys grades 1-8th and also Saturday coed clinics for Grades K-2. <u>Registration info</u> <u>can be found here</u>.

Sign up to get The News in your inbox: cedarmillnews.com/sign-up

Park News

Lunar New Year Celebration

Saturday, February 8, 4-9 pm, Garden Home Rec Center, 7475 SW Oleson Rd., free



Join the Vietnamese American Veterans & Families for a family friendly Lunar New Year Celebration. The event will feature multiple lion, dragon and additional cultural dances, martial arts, Taiko Portland drummers, live music, lucky red envelopes, and ballroom dancing from 7-9 pm.

BSD Donation Drive

Please help us support the collection of new undergarments and hygiene products for Beaverton School District families in need. We're collecting donations of new bras, packaged underwear, feminine hygiene products, diapers, wipes and more. Donation bins are located at Cedar Hill Rec Center and Conestoga Rec & Aquatic Center.

Native Plant Sale

Sign up now to get your Spring Native Plants. Sale begins on March 2nd. Order online at www.sparrowhawknativeplants.com with pick-up available at Tualatin Hills Nature Park on May 9 and 10.



2025-2026 Preschool Registration

Registration opens on February 6 at 9 am for new families. Please visit our Preschool webpage to learn Rent Jenkins Estate for more about the programs.

Kids Night Out event! Friday, February 21, 6-9 pm, Cedar Hills Recreation Center, 11640 SW Park Way, register here, \$55 (indistrict)/\$68.75 (out-of-district)

Bring your child so you can go out (or stay in!) kid-free! Drop them off for a fun night of games, pizza, popcorn and a movie! Registration is required.

Native Plant Sale

Sign up now to get your Spring Native Plants. Sale begins on March 2nd. Order online at <u>www.sparrow-</u> hawknativeplants.com with pick-up available at Tualatin Hills Nature Park on May 9 and 10.

Save the Date for THPRD Spring Registration

Registration for Tualatin Hills Park & Recreation District spring programs, classes, and activities begins Saturday, February 22, at 8 am for in-district residents. Outof-district registration starts on Monday, February 24. You can view Spring Adult Volleyball spring activities here.

Volunteer at a THPRD **Event this Winter**

THPRD is always recruiting volunteers to help out with a number of upcoming events including habitat restoration, garden work parties, and community celebrations. You can see what's on the calendar and sign up for any of these opportunities on the THPRD Volunteer webpage.

Restore the natural areas of The Bluffs Park!

Saturday, February 8, 9-11:30 am. The Bluffs Park, NW Cornell & 119th Ave. (exact location in link), free

Help us remove English ivy from the natural areas of The Bluffs Park! Please bring a reusable water bottle to drink from. Tools and gloves will be provided. Please visit the event page for exact location and details.

Restore the natural areas of Tualatin Hills Nature Park

Saturday, February 22, Tualatin Hills Nature Park, 15655 SW Millikan Way, free

Join us as we plant native trees and shrubs throughout the natural areas of the Tualatin Hills Nature Park. Please bring a reusable water bottle to drink from. Tools and gloves will be provided. Please visit the event page for more details.

Your Next Event

Let us host your next event. We provide a beautiful venue for small and large groups. Come escape from the city and enjoy our peaceful views, walk on our 2.5 miles of trails and more. Check us out on the THPRD Jenkins Estate webpage.

Middle School Track & **Field Clinic**

Saturdays, February 8-March 1, 12-1:30 pm, Cedar Hills Rec Center, 11640 SW Park Way, age 11-15, \$58 (in-district)/\$72.50 (out-of-district)

This is a great opportunity for young athletes to prepare for the upcoming track season. Please visit the middle school webpage for more details and registration details.

Spring Tennis Leagues

Registration is open for our US Tennis Association Leagues (Adult 18+, Adult 65+, and Mixed 55+ level leagues).

Spring Youth Basketball

League season registration will open on February 9 at the Tualatin Hills Athletic Center.

Registration for the Spring adult volleyball league season will open on February 12 at the Tualatin Hills Athletic Center.

Tax Aide Volunteer Opportunities

This program will be offered through AARP at the Stuhr Center (adults only). The AARP Foundation recruits and trains volunteers who are interested in helping local residents complete their taxes, free of charge. Volunteers receive training and support, learn new skills, and have the opportunity to connect with people in the community while helping others. Get more info and apply to volunteer on the AARP website.

Positions Available on THPRD Board of **Directors**

On May 20, 2025, an election will be held to select board members for three positions on the THPRD Board. Positions are at-large, meaning they serve the entire district, and terms last for four years. Board members may receive a taxable stipend of up to \$200 per month.

THPRD is a special-purpose local government formed to administer park and recreation services within the City of Beaverton and portions of unincorporated Washington County. The Board is the governing body for the district. The Board is made up of five members elected by voters within the district. Board members set District policy and oversee the annual budget of more than \$81 million.

These terms begin on July 1, and end on June 30, 2029. Learn more on our website.





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Grow this! Oregon garden challenge

This year while supplies last, Oregonians who sign up and request seeds will be mailed seeds free of charge: Households: sunflower, lettuce and pea pod Oregon farmergrown seeds; Teachers (Pre-K



through high school): a Classroom Seed-Starting Kit with supplies for up to 30 students, including Oregon grown seeds (romaine lettuce, sunflowers and summer squash); Programs and groups working with children and teens: a Mini Seed-Starting Kit with supplies for starting seeds with up to 15 children or teens, including Oregon grown seeds (romaine lettuce, sunflowers and summer squash)

Sign-ups begin February 3. Everyone is invited to grow along with us and learn as you grow. Call and leave a phone message with the Food Hero Team with any gardening or Grow This! questions at 541-737-1017. We will get back to you right away! Email any questions to Food.Hero@oregonstate.edu Sign up to receive gardening information directly to your inbox here https:// beav.es/SiP Follow us on Facebook (English) or Facebook (Español); and follow us on Instagram.

Scholarships available for college students

Now through Sunday, March 30, free application

The Pioneer District of Garden Clubs (of which Cedar Mill is a member) has \$1500 scholarships for students, including incoming Freshman for 2025-2026, for students attending an accredited Community College or College/University in Oregon. Applicants must major in Horticulture, Floriculture, Landscape Design, Conservation, Forestry, Botany, Agronomy, Plant Pathology, Environmental Control, City Planning, Land Management, Alternative Energy, Biology, Fish & Wildlife, or related subjects. Applicant must be a resident of Columbia, Washington, or Yamhill Counties. For more information and/or an application please contact Bruna McBride at mcbridebruna@ gmail.com.

Washington County Master Gardener Association events

There are ample opportunities to advance your gardening knowledge and skills right here in Washington County. OSU Extension Master Gardener volunteers and the Washington County Master Gardener Association (WCMGA) offer a lineup of classes, lectures and family friendly events year round. All events and details can be found on the WCMGA events calendar.

Blueberry Care

Saturday, February 8, 10 am-12 pm, PCC Rock Creek Campus, Building 4 (Room 105), 17705 NW Springville Rd., Portland, no registration required, free

Join Washington County Master Gardeners for this in person class. Learn about planting, fertilizing, plant selection, and care for blueberries, including pruning techniques. Bring your hand pruners and garden gloves for a hands-on opportunity to prune. Class will start indoors followed by a short walk to the PCC RC WCMGA Education Garden. Please dress accordingly. Please visit the event page for more information.

Pruning Perennials

Saturday, February 15, 10 am-12 pm, WCMGA Learning Garden at Jenkins Estate, 8005 SW Grabhorn Rd., Beaverton, no registration required. free

Join the Washington County Master Gardener Association for discussion and pruning demonstrations of various landscape perennials. We'll start with general guidelines-when to prune, what to prune, and the proper use of pruning tools. Pruning specifics will be covered for a variety of clematis, hydrangeas, roses, and more. Please visit the event page for more information.

Houseplant sale

Saturday, February 8, 10 am-1 pm, PCC Rock Creek Campus at The Greenhouse 7705 NW Springville Rd.

Don't miss out on our Houseplants Sale! From lush ferns to vibrant succulents and flowering begonias - you'll be sure to find your green companion here, mostly in \$1-\$10 range. Plant sale details

Treekeepers of Washington County programs

We work to protect and advocate for trees in urban unincorporated Washington County. Don't miss our upcoming events! All of them are free. Visit the Treekeepers website to learn more.

Tree Walk: Fernhill Wetlands

Saturday, February 15, 10 am-noon, exact location after registration, register here, free

Fernhill Wetlands is a perfect place to enjoy both trees and birds. Bring your binoculars to this 1.1mile walk, as the area is home to nearly 200 species of birds and is known as a premier bird-watching spot in Oregon. Transformed in 2006 from standard wastewater treatment ponds, it is now a welcoming habitat for wildlife that also filters wastewater. Designed by a renowned landscape architect,



the native plantings create several habitats: marsh, forested wetland, riparian wetland, and scrub shrub. You are welcome to join us for an optional lunch following the walk at McMenamins Grand Lodge in Forest Grove.

Join Our On-call Ivy Crew

October through March, register here, free

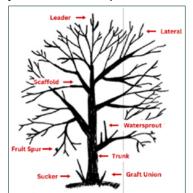
English ivy hangs on through winter at a time trees are particularly vulnerable, as the invasive vines keep growing while trees are dormant. The excess weight can increase risks for trees during winter storms. Help us save trees by removing ivy and other invasive plants that threaten them. Weather makes it hard to schedule events, so please sign up and we'll notify you when there is a good weather window so we can schedule an ivy pulling event.

Webinar: Winter Pruning for Tree Health

Wednesday, February 19, 6:30-8 pm, Zoom link, free

Explore the art of winter prun-

ing with Dustin Marchello from Tillis Tree Care, where over twenty years of arborist expertise meets community service. Learn how strategic pruning can enhance tree health and resilience, insights drawn from Dustin's work on landmarks like the Bellagio and post-Katrina recovery efforts.



HOEC Fruit Tree Pruning Basics

Proper pruning is key to maintaining tree health and boosting fruit production. Acquaint yourself with the art of fruit tree pruning with this beginner-friendly guide from the Home Orchard Education Center. Includes information about tools, tree anatomy, and links to online and hands-on training.

HOEC Organic Orcharding Workshop Series

Learn to grow, tend, and harvest fruit using sustainable, organicapproved methods. Our in-person workshops support learners of all experience levels and prioritize hands-on opportunities for learning!

OSU February Garden Calendar

We've got tips on weathering the cold for fruit trees, shrubs, perennials and container plants. Plus, get in line for our Advanced Permaculture Certificate, starting February 10. Tips for planning, maintenance, and planting/propagation for home gardeners. Use the form on that page to sign up for their free newsletter.

Spring Garage Sale: **Skyline Grange**

Friday, February 28, 9 am-7 pm and Saturday, March 1, 9 am-5 pm, Skyline Grange, 11275 NW Skyline Blvd, Portland, 97231, free

Donations from 40+ households in our colorful neighborhood. Practical to zany! Huge! Our 40th "Everything BUT the Kitchen Sink." Proceeds go to our Capital Improvement Fund.



Cedar Mill News February 2025

If you think it's a heart attack, call 911 right away!

During American Heart Month, heart rhythm. Studies show that Tualatin Valley & Rescue invites you to join us in raising awareness of the signs and symptoms of a heart attack and the importance of immediately calling 911 in the event can make a difference. Hands-only you or someone nearby experiences symptoms. Unlike a sudden cardiac 911 and push hard and fast in the arrest that strikes suddenly and includes a loss of consciousness, a heart attack can develop slow enough that you're not aware you're having a medical emergency. A heart attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely.

Symptoms typically include: Chest discomfort in the center of the chest that lasts for more than a few minutes or goes away and returns (it can feel like uncomfortable pressure, squeezing, fullness, or pain); Upper body discomfort, such as pain or discomfort in one or both arms, the back, neck, jaw, or stomach; Shortness of breath before, during, or after other discomforts; Other signs, including breaking out in a cold sweat, nausea, or lightheadedness. The most common heart attack symptom for women and men is chest pain or discomfort. However, women are more likely to experience other symptoms, particularly shortness of breath, nausea or vomiting, back or jaw pain, pressure in the lower chest or upper abdomen, dizziness, fainting, or extreme fatigue. The heart is a muscle. It can deteriorate with each passing minute you delay medical treatment. Don't ignore your symptoms, and don't drive yourself to the hospital.

Firefighters often hear heart attack patients say, "I wasn't sure it was a heart attack," or "I didn't want to bother anyone." Remember, TVF&R crews are here for you. Our highly trained firefighter paramedics can diagnose a heart attack and start treatment right away. Crews can also relay your EKG information to the hospital, enabling its staff to activate special heart teams and prepare for your arrival.

A heart attack can cause sudden cardiac arrest when the heart malfunctions and stops beating unexpectedly. Sudden cardiac arrest leads to death when the heart stops working properly. This can be reversed if CPR is performed, and a defibrillator is used to shock the heart and restore a normal

CPR can double or triple a cardiac arrest patient's chance of survival. Your assistance in performing hands-only CPR until crews arrive CPR has just two easy steps: Call center of the chest to the beat of the disco song "Stayin' Alive." For more information, visit www.tvfr.com.

Ask WCSO: Safety **Tips When Sharing** the Road

No matter how you get around, staying safe while sharing the road is essential. Here are some important tips!

Pedestrians and Bicyclists: Know and follow traffic laws; Wear reflective clothing when walking, running, or biking at any time of the day as reflective gear enhances your visibility, making it easier for drivers to see you better: Avoid distractions that impair your vision or hearing, such as phones or headphones; Remember, alcohol and drugs impair your abilities and judgment; Wear a helmet to provide extra protection while biking; Be alert, and don't assume all drivers are focused on the road; Ensure that your bicycle has flashing lights. For pedestrians, carry or wear lights while walking or running.

Drivers: Know and follow traffic laws; Be patient and slow down for pedestrians, whether walking, running, biking, or rolling and allow extra time to react when visibility is low; Stay focused and avoid distractions that take your mind off driving. A reminder not to consume alcohol or drugs as they impair your driving abilities; Keep your windshield and mirrors clean for better visibility; Stay alert in areas near bike lanes, pedestrian crossings, and school zones; Use your turn signals—this helps all others to be aware of your intentions.

By following these tips, we can all play a role in creating a safer environment for everyone on the road. For more information, visit the Washington County website. Ask WCSO is produced by the Washington County Sheriff's Office.

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Arts & Entertainment Fables and Fantasy: Ravel's Mother Goose

Friday, March 14, 7:30 pm, Patricia Reser Center for the Arts, 12625 SW Crescent St.

Sunday, March 16, 3 pm, Village Church Beaverton, 330 SW Murray Rd.

A narrated family concert celebrating Ravel's 150th birthday. Let's go to the beautiful kingdom of Briar Rose (a.k.a., Sleeping Beauty) with the Beaverton Symphony Orchestra for a beautiful retelling of classic fairy tales from Mother Goose with music by Maurice Ravel, Pyotr Tchaikovsky, Engelbert Humperdinck, Edvard Grieg, and Gioachino Rossini.

The program includes "Mother Goose" by Maurice Ravel; "Overture Diane Remic, SciFi 2 to Cinderella" by Gioachino Rossini; selection from "Sleeping Beauty" by Pyotr Ilyich Tchaikovsky; selections from "Peer Gynt" Suites Nos. 1 & 2 by Edvard Grieg.



Fables and Fantasy is for concertgoers of all ages! Families are welcome and, as always, children are free! Join the Beaverton Symphony Orchestra! Tickets and Concert information.

February events at the Reser

Various dates and times, 12625 SW Crescent St., free and ticketed

Hawaiian and Pacific Island show and fundraiser: Moharaja: A Bangla Adaptation of MacBeth; Valentine's Day Every Brain Needs (Love) Music; International Guitar Night; BiAmp Portland Jazz Festival; and more. Visit the Events page for details.

Village Gallery of Arts

ArtChat

Sunday, February 9, 3-5 pm, 1060 NW Saltzman Rd (next to the library)

Come hear our featured artists talk about their art and see the new show. We have a myriad of affordable artworks in many different media! Show runs February 4-March 2.

2D Featured Artist Diane

Remic is an illustrator and graphic designer who pulls inspiration from nature's deep past when creating artwork. Digital and traditional media are used to create artwork themed around science fiction, fantasy, and also educational pieces about the creatures with whom we share the planet.



3D Art: Karen Trent always had a creative nature and dabbled in many different crafts over her lifetime. Many of her stained-glass pieces and other art have been generously donated to the Gallery by her family for a memorial show and sale with the proceeds benefiting the Gallery and its mission of furthering artistic endeavors.

Big and Bold: Sherry Hansen. "My mother's back deck full of flowers and sunlight drew me to try to capture the moment. Good memories."

Art Dollars for Scholars is coming back!

All are invited to enter the community show and sale! Pick up panels starting February 4. Adult entry fee is \$15 for each 10"x 10" wood panel; 18 years old and younger get a free 6"x 6" stretched canvas. Deliver finished art April 30-May 4. Show opens May 6, runs through June 1. Proceeds help support our ongoing art student scholarship program. Full details on the VGA website.



Make-a-Valentine Drop-in **Event!**

Saturday, February 10, 1-3 pm, free

All invited, all supplies included. VGA Instructional Team members on hand; allow about a half hour to make your card.

"Clay Sunday" Open Studio: Rose Rutherford-Ha

Sundays, March 2, April 6, May 4,

1-3 pm, \$20/hr, \$10 supply fee, max 12 students

Come and get your hands dirty! Clay and all supplies provided. Ongoing drop-in ceramics workshop. Instructor available for questions and assistance. No pressure environment for all ages.

Classes for all ages: visit the

website for more information and to register.

Children's Art Classes

Every Thursday, 3:45-5:15 pm; \$70, ages 7-11 yrs: VGA Instructional Team

Join an exciting class learning a variety of art forms! A team of rotating instructors provides a chance to explore a variety of media and approaches while building artistic concepts and skills. All supplies included. February Projects: Clay Tic-Tac-Toe, Wonky Watercolor Houses, Foil Art. March projects: Paper Mache Sculptures, Flying Origami Art, and more!

Adult classes

Zoom Class: Watercolor Backgrounds

Thursday, February 20, 6-9 pm, Jean Anderson, \$35 members, \$40 non-members, beginner to intermediate

There are a variety of ways to make backgrounds more interesting, including bokeh (abstract branch and leaf shapes), circles of light, diffused soft colors, rich darks, negative painting, and many more.



Susan Pfahl, Pink Camelia

Intro to Watercolor Painting: Susan Pfahl

Tuesdays in March, 7-9:30 pm, \$120 members, \$140 non-members. Beginner level, no prerequisites necessary.

Each class we experiment with how paint, paper and water react together, then paint simple subjects using our experiments. Masterpieces are unlikely, but skills will increase. Returning students are welcome to repeat this class.

Gradated Watercolor Washes: Susan Pfahl

Thursdays, March 6 & 13, 7-9:30 pm, \$60 members, \$70 nonmembers. Intermediate: basic

watercolor skills necessary.

Learn to use gradated washes and a few calligraphic marks to create a painting. First class will be a landscape, second class will be based on the student's interests.

Village Gallery of Arts is a non-profit (501c3) organization, receives no taxpayer money, and is staffed entirely by member volunteers. Check the <u>VGA website</u> for late-breaking classes! Our Mission is: "To ignite the joy of learning, creating and appreciating art in our community. We support professional and emerging artists by providing high quality affordable art education to children and adults as well as providing venues for sharing their work."

Baseball coaches needed

Cedar Mill Little League is looking for dedicated individuals to join them in their mission to make a positive impact on youth in the community. Coaching youth baseball isn't just about teaching kids how to throw a perfect pitch or hit a home run—it's about building character,

> fostering teamwork, and creating memories that will last a lifetime. When you

volunteer, you get the chance to shape young minds, inspire confidence, and show them that hard work pays off, both on and off the field. The lessons learned through sports go beyond the game—whether it's perseverance, resilience, or the value of working together as a team.

You're not just a coach—you're a mentor, a role model, and a part of a young athlete's journey. And trust me, the joy of seeing that "aha!" moment when a kid finally masters a skill is priceless.

So, if you have the desire, the patience, and a love for the game, consider giving back to the next generation. It's more than just baseball—it's about making a lasting impact! Email us if you'd like to learn more: <u>cedarmilllittleleague@</u> <u>gmail.com</u>

Want to support survivors? Become a volunteer!

For over 40 years, the <u>Sexual As</u>-<u>sault Resource Center</u> (SARC) has been providing essential support to folks who have been impacted by sexual violence. Offering no-cost services to survivors of all genders in Washington County, SARC shows commitment to promoting social justice by eliminating sexual violence in our community through education, support, and advocacy.

If you too want to support survivors in your community, SARC needs volunteers to answer their support line and provide in-person accompaniments to survivors at the hospital. Volunteers receive over 40 hours of training & skill building before they ever take their first call. Join SARC in continuing the movement towards a world free of sexual violence.

Visit our "Get Involved" page to learn more about how you can help.

Don't Send Money Down the Drain

Did you know saving water during the rainy season can lower your bill throughout the year? Your sewer bill covers a two-month period, including a usage charge based on your average water use during the winter. Usage charges are updated annually and are calculated based on how much water your household uses from November to April. You can reduce your usage now by fixing leaks, installing low-flow toilets and faucets, and washing full loads of laundry and dishes. Read More tips for saving money from the Sewer & Stormwater Services Community section of the Clean Water Services website.



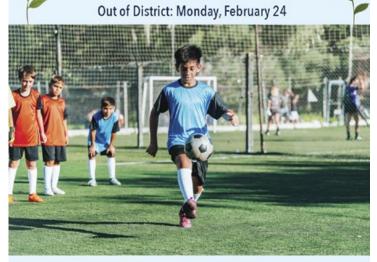
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