



FREE

Cedar Mill News

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May 2020



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COVID in Washington County

County will follow Oregon governor on reopening

According to Wendy Gordon, Lead Public Information Officer, Washington County Emergency Operations Center, Washington County will follow the governor's plan on when and how to reopen. On April 14, Brown's office introduced a "Framework for Reopening Oregon" that outlines the prerequisites for the safe way to move forward.

"In order to begin reopening communities, Oregon must first slow the growth of COVID-19, as well as acquire adequate personal protective equipment to protect health care workers and first responders. Once those prerequisites are met, Oregon can begin to reopen by:

- Ramping up COVID-19 testing capacity in every region of Oregon
- Developing robust contact tracing systems to track and contain COVID-19 cases
- Establishing a quarantine and isolation program for new cases

Brown said, "We will take a look at specific sectors of the economy: restaurants and food service, retailers, childcare, and personal services, like hair and nail salons. We want to bring together business owners and practitioners with health profes-

sionals to discuss how reopening gradually in these sectors might be accomplished. For example, this might include additional guidelines for reconfiguring the delivery of services with added physical barriers like plexiglass dividers, or requirements for wearing PPE."

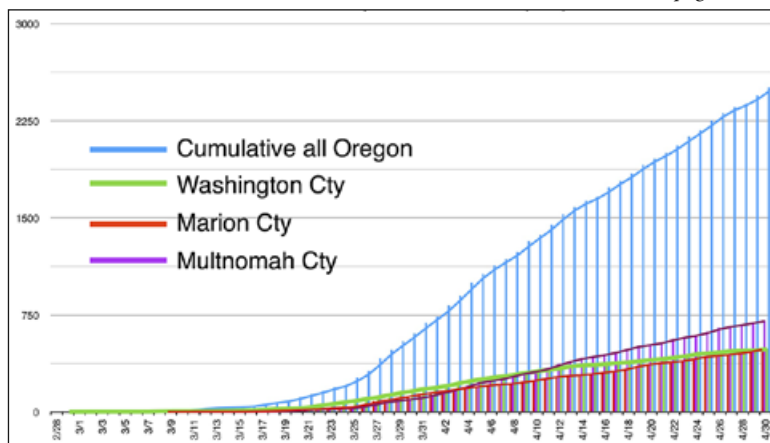
She concluded her remarks saying, "This is going to move much slower than any of us want, but that is the only way to protect the health and safety of Oregonians."

Brown announced on May 1 that the state, in partnership with OHSU, will conduct a statewide COVID-19 research study to "inform the approach for reopening." A research team with OHSU will be randomly inviting 100,000 Oregonians to voluntarily participate in the study called "Key to Oregon." [Learn more here.](#)

Participants will:

- Be selected at random to represent the state's ethnic, socioeconomic and geographically diverse population.
- Receive an invitation to enroll, via U.S. Mail, starting the week of May 11.
- Monitor their temperature and other symptoms every day over 12 months using state-of-the-art technology, such as Kinsa smart

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Cumulative Reported COVID-19 Cases (OHA)

There are several interesting things to note here:

- Multnomah County has overtaken Washington County in number of COVID-19 cases.
- Marion County has the same number of cases (491) as Washington County,
- Washington County's growth curve is flatter than either Multnomah or Marion Counties. Chart courtesy of Carol Horton

Development News

Shutdown speeds new Milltown library parking lot construction

Pre-quarantine plans for completing the east extension of Dogwood and the new parking lot for Cedar Mill Library called for a complicated pattern of closures to maintain library access. With everything shut down, Bales/Findley Properties and Robertson & Olson, the project contractor, moved quickly to grade and pave the new lot. Paving will take place May 11-16, weather permitting. Once the library, gallery, and resale shop are allowed to open, everything should be ready.



it is a challenging time for commercial space everywhere!

No more pie? Shari's to Chase Bank

CPO 1 received plans for the demolition of the Shari's Restaurant building at Trail & Cornell, and the construction of a new Chase Bank building to replace a Walker Road



The new CVS Pharmacy building at the corner of Saltzman and Cornell (A) is going up fast, and the business is on track to open before Thanksgiving. Retail buildings C, D, and E will be completed at five-week intervals after the CVS building is finished, according to Mike Cranmer, Superintendent of the R&O construction team. The [Sunset Athletic building](#) (B) will be completed last.

The eastern end of the library parking area is on the upper level of the development. It will eventually connect with the upper lot that will serve Sunset Athletic and the office spaces on the second floor of Building C.

Still no word on tenants for the rest of the center. Typically, businesses wait until construction is further along before signing contracts to lease space. The current situation involves so much uncertainty,

location. The project is currently under review by Land Use & Transportation Current Planning staff. Comments on the project should be submitted to Paul Schaefer, at lutdev@co.washington.or.us.

Once it is sent out to the public, it will be on the "Comment on a Project" page on the county website. We have no information on the schedule. It usually takes around a year before ground is broken. When we learn more, we'll include it in an upcoming issue.

Several new subdivisions under construction

Karla Heights, a 14-lot subdivision off Appellate Way at 10735 NW McDaniel Rd. is getting underway. The development was approved in July 2017. Grading for roads and lots is happening now. Sage Homes is the developer.

Cypress Ridge, a 47-lot subdivision, is under construction on

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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

The Cedar Mill Farmers Market opens!

Saturdays, May 2 through October, 9 am-2 pm, in the parking lot at the NW corner of Murray & Cornell

The Cedar Mill Farmers Market is opening on schedule and we are doing all we can to make our market a safe place for you to shop in this crazy season. Protecting public health is our number one concern.

Our market offers fresh, local produce and food products with a "short supply chain"—meaning a limited number of people touching the product—to our community in an open-air atmosphere. We will have one entry and one exit point with a directional flow to the market. We will monitor the number of people in the space and our layout will allow for social distancing—vendor booths spread further apart with markings on the pavement to show where to stand in line.

Until restrictions are lifted, we have to postpone "gathering & hanging out" type booths/events. We are working on an "order online & pick-up" option! More details on that will be coming soon! Also, we will put Power of Produce activities on our website for kids to do at home!

Of course, our market will continue to accept SNAP (Supplemental Nutrition Assistance Program), and WIC (Women, Infants, and Children) payment options. This year, thanks to the Double Up Food Bucks Program, Cedar Mill Business Association, and North-Star Property management, we are giving a \$10 match when SNAP benefits are used!

It will take all of us working

together this season, We thank you in advance for your support, understanding & help. Together, yet six feet apart, we will make it through! See you at the market!

For Cedar Mill Farmers Market updates, sign up for our weekly newsletter! Just email ourcmfm@gmail.com and put NEWSLETTER in the subject line. You can also visit our website cedarmillfarmers-market.org for our Social Distancing Policy & other information.

Sana Reiki offers remote Reiki sessions

Sana Reiki is offering a new trauma-informed Reiki therapy practice starting May 1. You can now book a 20 minute Reiki Tune-Up remote session. This short, but deeply relaxing, service will help you manage stress and anxious thoughts for only \$40. To book your session, and learn more about trauma-informed Reiki, visit Sana-Reiki.com

Follow Sana Reiki on [Instagram](https://www.instagram.com/) and [Facebook](https://www.facebook.com/) to get updates on free online weekly meditation and mindfulness tips.

Bethany Family Pet Clinic update

Monday-Friday 8-6, Saturday 8-5, Sunday 8-3, 15166 NW Central Drive. Bethany

We cannot begin to thank you enough for continuing to trust your pet's care to us during this pandemic. As you may be aware, we have undergone many changes to our clinic, such as curbside-only service, increased sanitation, employee education on appropriate COVID policies, and the postponing of non-emergency surgeries to conserve Personal Protective Equipment for human healthcare.

One thing that has not changed is the level of care we are providing for your pets. We are still doing "regular" wellness appointments for vaccines, but we also want you to know we are here for urgent pet needs and even emergencies. Our wonderful, local emergency clinics are experiencing increased wait times—sometimes upwards of eight hours. Often, we are able to provide the same level of care that you would experience at that emergency clinic more quickly. If you have a pet emergency, please don't hesitate to give us a call.

No one other than staff is currently allowed to come into the practice, except for end-of-life situations. Just call when you get to the parking lot, and a staff member will be able to assist you. We are well stocked in flea and parasite preventatives, as well as with many prescription diets.

Habitat for Humanity ReStore opens May 9

The Habitat for Humanity ReStores in Portland and Beaverton will be open for donations and shopping.

ReStore just launched its online store. Pickup and delivery options are available and new items are added daily. Support Habitat for Humanity by shopping and sharing pdxrestore.org.

Stride Strong Physical Therapy offers a free workout video

Looking for a balanced and healthy workout regimen to make you feel good, maintain core strength, and get your limbs moving? In this video, Alice Holland outlines effective, yet easy exercises with corresponding progressions. Here is [the youtube link](https://www.youtube.com/watch?v=...).

Cedar Mill Business Association News

Tuesday, May 12, 12:00 pm

During this time of "Stay in Place," the CMBA has moved our meetings to a "Virtual" Platform. Fieldstone Cornell Landing will be "hosting" our Zoom Meeting.

Lori Bitter of SendOutCards will be our speaker, and will be sharing her thoughts on "strengthening customer relationships by making warm, meaningful tangible touches during this no-touch time."

We will also have time for Member and Guest introductions, CMBA News and Community News announcements. It's a good time to connect with each other, and see how we can support and collaborate with each other during this time of COVID.

CMBA Members should receive the Zoom Link in our Monthly E-Blast, or can contact our admin Chelsea at admin@cedarmillbiz.com to receive this link as well.

We also invite guests to visit at no charge. For more information about the Cedar Mill Business Association, please visit our website at cedarmillbiz.com.

The Village Gallery keeps the art available

Village Gallery of Arts' building is temporarily closed in response to the coronavirus crisis. Stay home, stay healthy and take a virtual gallery tour! Go to villagegalleryarts.org, then click on the "Artists" tab at the top of the page to see many members' artwork. Enjoy!

Big, Bold Art and 3D Artist for May is Lori Mclaughlin. "Ever since I could hold a pencil, I have been creating works of art. From pencil sketches to crayon landscapes, I did it all. The walls of my childhood home were covered with my artworks. During my education at Oregon State I studied art history, design, drawing, color theory, and painting. I do a variety of art in the form of painting, jewelry and drawing. It is never-ending and is great therapy and expression."

Remembering Artist Allen Greene

It is with regret that the Village Gallery of Arts announces the passing of our honored member and friend, Allen Greene. Allen died on March 3, 2020 at the age



A painting by Allen Greene

of 91. There will be a retrospective showing of Allen's work at VGA the month of June, if possible. Members and the community are invited to attend a celebration of life with Allen's family and friends at the gallery at a time to be determined. Watch our website for announcement of date.

If you'd like to join Village Gallery of Arts, membership levels and guidelines for submitting artwork

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CPO news

CPO 1 goes Zoom in May

May 12, 7 pm, via *Zoom (link will be available on the [county's CPO 1 page](#) prior to the meeting)

We don't have an exact schedule yet, but we'll have information on a sidewalk project near Bonny Slope Elementary that will improve Safe Routes to School; updates on several development proposals for the area; a presentation on the Thompson Road project; and a chance to hear from our Public Safety providers.

We were frustrated in April because the Community Participation office would not allow us to attempt a virtual meeting. Finally on April 15 Governor Brown issued [Executive Order 20-16](#) "authorizing state and local governments to take necessary measures to ensure continued operations and public participation in decision-making during the COVID-19 pandemic." The Zoom link will be provided by the county IT department as soon as it can be scheduled.

*If you haven't used Zoom before, the link will prompt you to download the app. It works best on a device (laptop, desktop, or phone) with video and audio capabilities. If you're new to Zoom, we recommend clicking the link well before the meeting so you can accomplish the download and be ready to join the meeting when it begins. There's a test function to help you get started. The County IT team has taken all the necessary steps to assure a safe online experience. Learn more about Zoom and sign up for your own free account here: [zoom.us](#)

What's that sound?

A neighbor noticed a loud buzzing sound after a lot was cleared of trees prior to development. He tracked the source to an installation atop a pole. The trees had been muting the noise. We were able to connect him with the staff at Land Use and Transportation, and the pole was identified as a T-Mobile cell tower. T-Mobile technicians determined that it was a noisy fan. They reconfigured the installation and the neighbors report that it's now much quieter!

We have contacts and background to help with issues like this in many cases. If you have a question about land use or other county issues, send an email to info@cedarmillnews.com and we'll try to help you figure out how to get information and results. No promises!

Neighborhood Meetings

Neighborhood meetings, required for certain Washington County development applications, may be held online temporarily. The temporary supplemental policy is in effect for the duration of Gov. Kate Brown's "Stay Home. Save Lives" executive order.

"We are temporarily allowing developers to host neighborhood meetings online so that projects can move forward," said Stephen Roberts, Director, Washington County Department of Land Use & Transportation. "We are doing our part to help sustain employment and economic activity, while still providing opportunities for meaningful input from our community members."

These meetings provide a forum for the developer, affected Community Participation Organizations (CPOs) and nearby property owners to discuss the proposal informally. County staff do not schedule or attend these meetings. The public also has an additional opportunity to submit formal comments after applications have been submitted to the County.

Garage and carport upgrade

Tuesday, May 12, 6 pm, [Vo residence, 200 SW 95th Ave](#)

This meeting will be held outside the residence to support social distancing. Mr. Vo is proposing to convert the existing garage and carport into additional living space, and add a new garage. The home was built prior to street setbacks being required, so he has to hold a neighborhood meeting before proceeding. Call him at 503-995-6111 with questions.

Lot partition for future development at 11280 NW McDaniel

Friday, May 8, 7 pm, [see below for Zoom link](#)

Property owners Anup and David Engquist are considering a proposal to partition the lot into two sections, retaining the existing house and adding a duplex unit to the other section. The property is bisected by a large wetland area, and the new unit will be accessed by a driveway leading from the south side of the property on McDaniel.

This will be a virtual online meeting. A [webpage](#) has been cre-

ated for the meeting. The Zoom link is included there.

NW Laidlaw subdivision

Thursday, May 7, 6 pm, [see below for Zoom link](#)

Westlake Consultants is working with Noyes Development and the owners of several properties located between 11835 NW Laidlaw and 11740 NW Laidlaw (both north and south of Laidlaw) in applying to the county for land use approval to subdivide these properties in two phases. The north property would be developed with 18 lots, and the south properties would have 23 lots.

Written questions may be submitted in advance to ksandblast@westlakeconsultants.com. Pre-register for the virtual Neighborhood Meeting by 1 pm on May 7 at the [Westlake website here](#). More ways to attend are also listed on the website.

Three-parcel partition on 113th

Monday, May 25, 6 pm, [online meeting](#) or by phone at 971-358-1930: conference ID 131 957 954#

The meeting will be held using the Microsoft Teams Live Event feature. By [entering the URL](#) or phone number above, you will be directed to the Live Event. Access to the Live Event will begin at 5:50 pm, and the meeting will start promptly at 6 pm. You do not need a Microsoft Teams account to attend.

The applicant requests approval of a Type II review for a three-parcel partition, and an Access Management Plan approval for access to NW 113th Avenue. The preliminary plat creates three lots for detached single-family homes, with the existing home to be demolished. The site address is 2200 NW 113th Avenue.

Access to the property will be via a private street extended from NW 113th Ave. The lots range in size from 6,013 to 8,601 sf. Each detached home is expected to include at least a two-car garage, with a two-car driveway. Contact [Wayne Hayson](#) with questions.

Catlin Gabel land use proposals

A neighborhood meeting was held in March to discuss their plans for the former campus of the Oregon College of Art & Craft on Barnes Rd., which they purchased last fall, and some changes to the existing campus. We requested images to help us better understand the projects, but these were not

received by press time. Meeting notes are available. Contact us for a scanned copy, at info@cedarmillnews.com.



[news.com](#). We'll follow up next month when we get more information.

Slow progress on public development information

Last month we were complaining about the problems we had with the County's new tracking system, [Public Permitting and Services Portal](#) (PPSP), for finding development information. We feel that it's important for members of the public to be able to learn more about projects in their neighborhood, so we were concerned when everything stopped working as expected.

Melissa De Lyser, Public Affairs and Communications Manager for LUT, says, "The problem, which has since been corrected, involved the inability of the County's [Projects Under Review](#)" webpage to interface with PPSP. Solving it was exacerbated by the challenges the County's Information Technology Services (ITS) staff is facing in response to COVID-19 computing needs."

Documents associated with developments (such as Public Notices and Notices of Decision) are not accessible to the public on the Projects Under Review webpage. However, you may be able find these documents through PPSP. To find out what's going on at a particular location, enter the address into the search form in PPSP. You will

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History in the News

No time like the present for honoring the past

By Catherine Quoyeser, President, CMHS Board

We're all finding our way in the Coronavirus epidemic—as individuals, families, businesses, non-profits, and governments. Cedar Mill Historical Society (CMHS) is not immune to the crisis.

At the time of our [update in the March issue](#), we were poised to work on revising the cost estimate and doing a feasibility study for restoring the John Quincy Adams Young House, having signed an initial Memorandum of Understanding (MOU) for that purpose with the owner of the house and grounds, Tualatin Hills Parks & Recreation District (THPRD). Both tasks require lots of consultation with City of Beaverton (which annexed the site), Washington County, and state officials—on planning, permitting, infrastructure, and historic preservation requirements. But all these government agencies have had to close their doors to the public, lay off staff, and redeploy resources to the public health crisis.

For that reason, and with THPRD's blessing, CMHS has put the MOU on a back burner for now. The setback has prompted us to look inward a bit and reflect on our priorities, assets, and opportunities.

One asset is surely our community. We're grateful for your re-

sponse to our call to action in these pages back in March. As a result, we acquired a new advisor and a new Board member, both with hands-on experience in historic preservation. [Click here to see our current team](#) (online version only). We continue to build our capacity to work together to get things done, albeit via Zoom meetings.



The only known photo of the mill that gave our community its name. We believe that the photo is looking northwest and the road in the background is what is now 119th. JQA Young's son Lincoln is in the center.

Job 1 is a plan to mobilize still more community support. We'll be launching Friends of Cedar Mill History, our membership program, in the coming weeks. The goal? With your help in the form of membership dues, we intend to build a virtual museum over the next few months. We envision the CMHS website as a forum where residents can learn about local history and share their own knowledge, experi-

ences, images, and memories. We have a lot of content already. The task is to organize and repackage it in a user-friendly way.

A virtual museum is a direct response to community wishes. In the summer of 2018, the Oregon Organization Development Network partnered with CMHS to carry out survey research on how the community sees us and our future. The top two activities of interest to respondents were visiting a history museum and a way to learn about local history online.

Though social distancing measures are likely to be a fact of life even after Oregon's stay-at-home order is lifted, a virtual museum can be used and safely enjoyed in the months ahead. In fact, it can help to sustain community ties in these trying times.

Creating a brick and mortar museum in the JQA Young House will be at least a two- or three-year undertaking and require funding well beyond what the community alone can sustain. We want to begin offering services and benefits to you in the near-term. In doing so, we'll build our capacity for the bigger, costlier, and longer-term undertaking.

Stay tuned for details on the membership campaign. If you'd like to be put on our email list, please be in touch: catherinequoyeser@kw.com/503-705-5725

Behavioral Health Resources

In these challenging times, you may be experiencing new mental health challenges or have increased difficulties managing an existing illness. Many of the support meetings normally held face-to-face are postponed. There are online resources to help anyone who needs new or added support at this time.

Oregon Recovery Network: Online directory for a variety of recovery meetings and peer services. Visit oregonrecoverynetwork.org

4th Dimension Recovery Center: Addiction recovery support for adults aged 18-35. Virtual meetings and telephone support available. Visit 4drecovery.org/virtualmeetingsor call 971-703-4623.

NAMI Oregon: Information, support, and advocacy for people who experience mental illness. Visit namior.org or reach the helpline

at 503-230-8009, 800-343-6264, or namioregon@namior.org

Oregon Family Support Network: Support, advocacy, and training for families parenting youth with behavioral health challenges. Visit ofsn.org or call 503-363-8068.

Lines for Life: Suicide prevention organization with specific resources for youth, military personnel and their families, and those affected by substance abuse problems. Visit linesforlife.org or call one of their helplines.

Suicide Lifeline: 1-800-273-8255, 1-888-628-9454 for Spanish

Alcohol and Drug Helpline: 1-800-923-4357

Military Helpline: 1-888-457-4838

Youthline: 1-877-968-8491 or text teen2teen to 839863

Washington County Mental Health Resources

Crisis Line: 503-291-9111
General Access: 503-291-1155
(This information was provided by [Oregon Representative Susan McLain](#), House District 29)

Senior Loneliness Line

Social connections can help keep people healthy. With senior living communities and the public trying to limit exposure to COVID-19, many seniors may be feeling more isolated than usual.

We offer a friendly person to talk to when you need one; Someone to listen; Emotional support and understanding; Resources and referrals; Grief support; Elder abuse prevention and counseling; and Suicide intervention.

Call our statewide service at 503-200-1633 or [visit the website](#) to get connected.

Cedar Mill News News

Who to Call

One of our diligent volunteer editors, Anne Lawrence, has updated and expanded this section of the website with loads of useful information for when you need to find an expert or an agency to help with a problem. It will be a permanent feature of the website—find it through the [link on the left sidebar of the home page](#). We welcome suggestions for additions and corrections! Let us know at info@cedarmillnews.com

Searching the News

When we transitioned to our new website format last month, we created a link to the “Legacy Website,” to allow people to access all our issues back to January 2003! [The link is on the left sidebar.](#)

The Google-powered Search Box on every page lets you find everything we’ve ever published. If you have a question about anything around here, we’ve probably written about it!

When you enter a search term in the box, however, you get a warning that you’re going to an insecure site. That’s because the new site follows internet security guidelines, while the old site didn’t. Don’t worry though, there’s no danger to you from using the link. You will not be asked to enter anything, you’ll simply see the results of the search, and clicking on those links just takes you to the past articles. For example, [this link will take you to everything we’ve written](#) about “Murray Cornell.”

From now on, there will be a Search Box on the new site, but it will only return results from April 2020 onward. We apologize for the inconvenience, but it’s a better solution than trying to convert every word of 17 years of News by hand!

Restaurant editor

We’re looking for someone to edit and update the article we ran in the April issue [listing some of the restaurants in the area](#) offering take-out or delivery. We want to keep up the list, even after the quarantine and stay-home order. We intend to make it sortable by category.

Occasional restaurant reviews can be a part of this volunteer position once things open again. So if you enjoy eating out, have good computer skills (WordPress is a plus) and want to help us all find the good stuff, let us know at info@cedarmillnews.com

2020 Senior blues

by Cami Villanueva, CMN intern

No one knew that March 13 would be the seniors’ last day of high school. From the commencement ceremony to sitting down in a classroom, there are many normalities that seniors will miss due to the COVID-19 school closures. Teachers and students have had to make their homes their classrooms. Seniors were graded on their work before March 13. If they earned a grade above a ‘D’ they officially pass the class. If students earn a failing grade, they have until graduation in June to bump up their grade to a passing. Seniors who have passed their classes are no longer obligated to complete their class assignments. Though—perhaps it’s the lack of other things to do—most seniors are still committed to getting their education.

“I don’t have to do school work anymore but I have been continuing... teachers are adjusting their lessons to make them easier to do at home,” said Megan Butler, a senior at Sunset High School.

While it is true that video gaming and napping are on most seniors’ to-do lists, students are still keeping in touch with their friends and bonding with their families. Some students noted that they have been playing board games and puzzles with their families as a great way to pass the time.

“I’ve made a goal of (mostly virtually) interacting with at least one person outside of my household each day,” an Early College High School senior, Molly Banks, said.

Other things Sunset students have been doing to keep busy are creating videos to bring school assemblies right to the students’ homes. Videos of talented choir students were some of the most recently shared. And even though prom and the commencement ceremony have been cancelled, schools have been trying to honor the seniors for their hard work over the last four years. Seniors can still vote for the class superlatives, deco-

rate a star of the college they plan to attend and have it displayed on the school website, and even have a chance to share their college plans on the school’s Instagram page.

Fortunately, most seniors’ plans for college have not been dramatically affected. Universities have been offering virtual tours and other resources to incoming freshmen. Also, seniors have been taking this opportunity to complete scholarship applications and plan their transition out of high school.

As a high school senior myself, I understand the disappointment of this anti-climactic end to my high school years. I can say with certainty that I and many other students are not excited to celebrate graduation at home, socially distanced from our friends. I’m most

bumped out about not being able to see my family who was coming up from San Francisco for the graduation ceremony. But, of course, we need to keep the bigger picture in mind. It’s important to keep our community healthy and safe.

[Ed. note: Facebook is going to livestream a graduation ceremony for the Class of 2020 on May 15, 11 am Pacific Time. They’re also offering a place for graduates to host their own “parties.” [Read more here.](#)

Writers’ Mill Meeting on Zoom

Sunday, May 17, 1-3 pm, Email admin@portlandwritersmill.org for link and password

We have a great guest speaker, Mollie Hunt, author of a wonderful collection of cat mysteries and even some cat poetry and cat fantasy. But Mollie doesn’t just write about cats; she takes action. And she’s going to talk about Changing the World through Writing.

Contest winners, member news, and a critique will round out the meeting. Email admin@portlandwritersmill.org with details of your writing interests—new members always welcome! And remember, if we’re locked in, that just means we have more time to WRITE!



Cami Villanueva has been keeping up with schoolwork from home, as well as helping edit The News!

All of us at Second Edition would like to thank the medical workers, Sheriffs, Police & Firefighters, pharmacy & grocery workers who remain on the front lines keeping us safe & healthy. Many thanks also to the policy-makers, the workers in the power & energy fields, telecommunications, garbage, water & sewage jobs who are helping us stay safe, warm, clean & connected to one another. You are all awesome and we are so grateful.



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Recycling during the COVID-19 crisis

by Anne Lawrence, CMN staff writer

Goods are moving in and out of our homes in different ways now that we are following COVID-19 guidelines. Here are some ideas about receiving household materials and disposing of their packaging. As always, Reduce, Reuse, Recycle in that order!

Restaurant delivery packaging

Wash hands after handling food packaging and before eating. Ask the restaurant to reduce how much plastic you receive (disposable utensils, for example).

If your order contains clean paper or cardboard, recycle it in your bin as usual. Round plastic containers can be cleaned and included in your bin (but the lids go in the garbage). Trays from deli products, meat, and packaged meals go in the garbage, as do plastic and plastic-coated beverage cups, lids, straws, styrofoam containers, and plastic clamshells. Clean plastic wrap, plastic bags, and other stretchy plastic, such as baggies, can be recycled with film, described below.

Grocery shopping

Many stores are providing new heavier plastic grocery bags,

along with 5¢ paper bags. Consider having your purchases put in your cart, then you can load them into your bags when you get to your car. Choose products with less packaging

Grocery delivery

Your groceries may arrive in heavy duty plastic grocery bags. Save these for reuse, but if you are concerned about contamination, set them aside for three days before reusing. They can also be recycled with film recycling at your grocery store (not in your bin).

Some are recommending using gloves to remove goods from delivery bags and leaving them outside for a few hours. We've heard reports of thefts though, so be careful where you leave them.

Household goods delivery packaging

Flatten cardboard before recycling. You do not have to remove paper labels or tape. Make sure that all clean cardboard goes into the proper recycling bin, not in the garbage.

You can recycle clean stretchy plastic, known as film, at participating grocers. Included in film recycling are: bubblewrap, plastic mailers, plastic bags, baggies, and stretchy plastic wrap, among other

Unsung heroes, these days and always! Walker Garbage and COVID-19

by Greg Walker and Virginia Bruce

Have there been any changes to the way you work since the quarantine? If so, what?

Yes, some of our office staff are working from home. We are practicing social distancing and frequent sanitizing, and our office is closed to the public. Our drivers are also closed to public approach.

What can your customers do for garbage disposal to keep your workers safe?

Garbage only should be contained in plastic bags before putting in the garbage cart. With regard to recycling and yard debris, prepare as normal (no plastic bags).

We ask that customers do not approach our drivers. Please call our office if you have any questions or concerns.

What steps are you taking to keep the public safe?

As previously discussed, our office is closed to the public and also we ask customers not to approach our drivers. By continuing to provide our essential service, we feel we are keeping the public safe.

Is recycling happening normally? Anything we should know about that?

No change to recycling.

Have you noticed any change in the amount of garbage now that people are staying home more? Is that likely to affect your costs? Is there likely to be a rate increase or

things. To learn more, go to the [Plastic Film Recycling website](#), scroll down, and select a very informative video.

Styrofoam

Agilyx has a 24/7 dropbox for clean polystyrene, including clamshells and packaging blocks. [Learn more here](#). Like them on [Facebook](#) for updates.

Redeemable bottles and cans

Most local fundraising groups have stopped collection during the quarantine. Using the Green Bag Program, you can drop off bottles and cans at [Bottle Drop locations](#). Open an account, purchase special green bags to put your containers in, and then place the filled bag in the drop off container. Credit will be applied to your account.

Local drop off spots include Fred Meyer on Walker Road, and in Market of Choice in Cedar Mill. More are listed under "Locations" on the website. For more information on this drop off program, visit the [Bottle Drop website](#).

Donations

Second Edition, Goodwill, and United Gospel Mission in our area have closed temporarily and are not accepting donations at this time. Please save your donations until the stores open again.

nouncements on rates yet. Households are producing significantly more garbage, recycling, and yard debris.

By the same token, have you noticed a significant drop in commercial pickup? Does that offset the increase in home pickup?

Yes, we have seen a significant decrease in commercial, however, that does not offset the residential increase.

Do you collect garbage from hospitals?

No we do not haul for any hospitals.

Have your workers shared stories about good or bad things that are happening on the routes as a result of COVID-19?

Our drivers have appreciated the notes, chalk art, posters, gifts, and kind words from our customers.

Anything else you'd like our readers to know...

We really appreciate our customers and the kindness we have received is overwhelming. We will get through this!



Buz Walker and his grandson, Matt

have you talked about that with Metro or Washington County?

Rate increases, when they happen, go into effect in July. No an-

Neighbors share personal COVID-19 experiences

My family and I live near Butner. We were exposed at our small church in Raleigh Hills on March 15. About 25% of the people at the church ended up seemingly contracting COVID-19 in the two weeks that followed, either directly or secondarily from the congregant who tested positive on the 18th. The incubation seemed to be four to five days. Precautionary measures were in place at the church that day, and my wife and I came nowhere near the lady who first tested positive, so I'm convinced the majority of the transmission was airborne. Only four of the 20+ people with symptoms were able to get tested, and all tested positive.

My wife and I ran low-grade fevers and had worse-than-expected chills and aches based on how low the temps were. We ran fevers for ten days. Exhaustion was major; we slept as much as our parenting of four children would allow, and still were extremely tired!

Our sons showed symptoms for a day or so each, then bounced back. The littlest child (three-year-old girl) never had symptoms. I developed a pretty mean cough that hung around for about ten days after the fever; but no one else got the cough. One of my sons and I lost our sense of smell for a few days, which was weird.

After about fourteen days total, we were feeling pretty good again. We remained fairly sequestered though for another couple of weeks. My wife finally got the antibody test from Quest up at Safeway a couple of days ago, with a positive result. We now both feel 100%!

None of the people who contracted the illness through our church were hospitalized. Three or four of them were in their seventies or even eighties, while others were empty nesters or families like us with small children. All are now recovered.

As for things that helped us feel better? Not much. It was sort of like a long and weird flu that just had to run its course. Rest seemed to be the best form of treatment. Local family and friends dropped off meals, which was wonderful.

The writer's wife adds, "I had really severe aches with the virus, but I didn't want to take ibuprofen (since the fever is part of letting the body fight the illness). Using

hot rice packs and soaking in hot epsom salt baths were very helpful for the aching. Our story isn't full of harrowing adventures. No hospitalization was involved thankfully! But I think our experience does relate to some of the underlying questions about the disease, its contagion level, the six or so common symptoms the CDC recently added to their list, the statistics being gathered, and maybe the path forward from here.

Senior living worker

Beatrice Kahn, one of our student editors, wrote about a former classmate working in a local senior living facility. His name and the name of the facility have been removed, but it gives an interesting insight into practices.

He has always been a people person. His energetic laugh and contagious smile lit up the room at Beaverton High, and now help him to thrive working in assisted living. He is now on the front line of workers in retirement homes during the coronavirus outbreak. While the virus has hit several senior facilities in Washington County, his workplace has yet to have a COVID-19 case.

Despite the outbreak, parts of his routine remain unchanged. "I lead caregivers in giving residents their supplements and vitamins, and I check in on the residents every day," he said.

But even though his job description remains the same, much has changed over the past few weeks. Worker and resident safety is the top priority. "Everyone gets asked by a worker at the front desk to see if they have a fever or any coronavirus symptoms," he said. "We wipe down and disinfect the medical office multiple times per hour." Hand sanitizing stations are also commonplace around the building.

Though wearing a face mask wasn't a requirement in the past, he now must wear one for the duration of his graveyard shift, from 7 pm to 7 am. Though these restrictions pose barriers to his connection with his residents, he has his own family to think of. "When I come home, the first thing I do is take a shower. My grandpa lives with us, and I don't want anything to happen to him," he explained.



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Road News

Thompson Road/Kenny Terrace Project Online Open House

Get the details about the [Thompson Road Project](#) through an online open house through May 17. The project includes connecting Thompson Road to Kenny Terrace west of Saltzman Road and north of Hartford Lane to create a new traffic alignment that avoids two sharp curves. The new Thompson Road alignment will be three lanes (one travel lane in each direction and a center turn lane) with bike lanes and sidewalks. Improved storm drainage and street lighting will be installed.

The existing Thompson Road has two sharp curves. Increased traffic volumes during peak hours create long backups from traffic waiting to turn left. Bike and pedestrian facilities are needed.

This approximately \$6 mil-

lion project is funded through the [MSTIP Bonding Cost-sharing Program](#).

The project is in the preliminary design phase. Another [Open House](#) is scheduled for Fall 2020, with construction from summer 2021–summer 2022.

[Comments and questions](#) will be accepted via this open house through May 17. A summary of comments and responses to questions will be available on the [project webpage](#) in late May.

Get notices of all Land Use & Transportation current and upcoming open houses and comment

periods at: www.WashcoCommentHere.org



Proposed route for Findley student drop-off

Multnomah county road project rankings

The [Roads Capital Improvement Plan](#) identifies 132 projects to improve and maintain Multnomah County roads. Each project is ranked based on the county’s criteria.

Of these projects, Multnomah County has identified [40 for which they are most likely to seek grant funding](#) in the future. Each of these projects has a link to a fact sheet

that provides more information about the importance of the project. Unfortunately, none of the Cedar Mill area projects made the cut.

Rank	Project Name	Score	Cost Estimate (2019 Dollars)
53	NW Laidlaw Road: NW Thompson Road to County line	39.5	\$7,880,000
57	Cornell Road (all segments within County jurisdiction)	38.2	\$14,650,000
60	NW Springville Road: City of Portland line to Washington County line	37.9	\$7,720,000
121	NW Thompson Road: NW 53rd Drive to UGB	25.5	\$21,210,000

ADA ramps being rebuilt

Neighbors have been curious about “perfectly good curbs” being torn up and rebuilt by Washington County. Melissa De Lyser, Public Affairs and Communications Manager for Land Use and Transportation, explains, “In 2011, updated Americans with Disabilities Act guidelines were published regarding facilities in the public right-of-way, such as sidewalks and street crossings. Although they are called “guidelines,” [jurisdictions that have not complied are losing lawsuits](#), including in Portland.”

“Anytime there are significant alterations to roadways (paving overlays, for example), jurisdictions with urban sidewalks, like Washington County, are required to modify the ADA ramps to make them compliant with current guidelines. The basic components in the guidelines include curb ramps that are not too steep, or

tilted too much to the side, so that people in wheelchairs can navigate safely. We use 8.3% for the “running slope” and 2% for the “cross-slope.” There are also minimum width requirements of four feet.”

For more information, [visit the website for United States Access Board](#), or [download this PDF file](#). [Additional information](#) is available from the Federal Highway Administration.

Cedar Grove affordable housing going up fast!



[Cedar Grove](#), the affordable apartment development at Murray and Cornell, is going up fast. Completion is anticipated in November 2020.

[Community Partners for Affordable Housing](#) (CPAH) is working with their property manager on when to open the application process. Interested parties can call 503-223-6327 or email info@ipmco.com.

CPO News, cont. from page 3
first need to set up an account by entering your email and creating a password.

[InterMap](#), the County’s GIS mapping tool, provides basic tax lot information for County parcels. The page that comes up after you select the tax lot used to include “permits and projects” links, but since the new system went into effect, only data collected prior to November 2019 is displayed. Permit and project information since that time is now available through PPSP.

Another page, [“Comment on a Project,”](#) has a form to allow anyone to comment on pending development projects. However it only lists projects dated from the day of the public notice mailing to the end of the comment period, even though there’s a much wider window of time in which the public may submit comments. We hope all these problems will eventually be fixed.

De Lyser says, “County staff understands that using two different web platforms to access this information is inconvenient. ITS staff is working on the problem, but COVID-19-related needs continue to take precedent.”

[NOTE: I am currently only able to access the PPSP with Microsoft Edge on my Mac. If the link times out, try a different browser.]

Census update

All field operations have been suspended until June 1. In adhering to guidance from national, state, and local authorities, the Bureau has made these [recent operational changes](#) to ensure a safe, complete and accurate count.

The self-response window can be accessed online at 2020census.gov. The website is available in 59 languages—simply click the globe icon on the top right corner of the main page to open a drop-down menu of options. As of now, the response window will be open until October 31, extended from July 31 due to the Coronavirus.

You can also respond to the Census by returning the form you received by mail, or over the phone by calling 844-330-2020, or visit [this web page](#) for additional language phone numbers.

Updated response rates for the 2020 Census in your community [are available here](#).

COVID in WashCo, cont. from page 1 thermometers, to collect real-time data. If they show symptoms, they will receive a home test kit. This will enable them to detect the virus at its earliest stage so they can better protect themselves, their family and the community.

- Be referred to the Oregon Health Authority for follow-up and appropriate action as needed.

In addition, up to 10,000 randomly selected participants will also receive home testing kits to provide data about symptom-free infections, and to prevent wider spread in the community and state.

All test results will be reported to the Oregon Health Authority to help with contact tracing and home isolation of those who test positive. In contact tracing, people who may

have come in contact with an infected person are identified to raise awareness of COVID-19 symptoms and to take steps to limit disease spread in their household and the community.

Additional measure include unified coordination among all hospital labs to optimize Oregon's available testing capacity, acting as one statewide

system that will allocate resources to meet the state's testing needs in every region. There will be a focus on collecting data to serve at-risk communities.

Governor Brown's contact tracing plan sets a goal of training at least 600 contact tracers, deployed statewide by county, with a focus on recruiting individuals with cultural and linguistic competence for the populations they serve.

Extending the Emergency Declaration

At its May 5 meeting, the Board of County Commissioners (BCC) voted to extend the length of emergency declarations.

The County has been under an emergency declaration since March 4, 2020. Under current rules, a declaration of emergency can only last 14 days. The BCC has needed to extend that declaration on four

separate occasions. In order to more efficiently use resources during this emergency, the length of the declaration needs to be extended. The proposed ordinance amends the Code to extend the emergency declaration for up to thirty days.

As the County is under an emergency declaration, County Counsel proposes an emergency ordinance that can be effective immediately upon adoption following Charter procedures. A typical ordinance requires an introduction and first reading followed in 14 days by a second reading, public hearing and adoption with an effective date of 30 days. The emergency charter proceedings allows a first reading, followed by a public hearing, followed by adoption and the ordinance can become effective immediately.

County Emergency Operations Center

The county's emergency operations center (EOC) activated soon after the first case of new coronavirus was reported on February 28. The coordinating center serves to support public health operations and to co-

ordinate the multi-agency response to the outbreak. Over 100 staff and representatives from several community partners have been working in the EOC since that time, using appropriate social distancing.

Objectives for the Washington County EOC include:

Continued coordination around community-wide compliance with [Governor Kate Brown's "Stay Home, Save Lives" order](#);

- Planning for the eventual implementation of the governor's Framework for Reopening Oregon in Washington County;
- Preparing for increased testing and expanded isolation and quarantine of COVID-19 cases following the lifting of the governor's "Stay Home, Save Lives" order;
- Supporting public health tracking, monitoring and support of households where positive cases

have been reported;

- Developing and implementing strategies to slow disease spread in long-term care and other congregate housing facilities, at migrant farmworker work sites and in other community settings that are disproportionately impacted;
- Assisting with resources for health care providers performing patient care;
- Ensuring that all EOC sections incorporate equity considerations and prioritize support to vulnerable populations and marginalized communities;
- Assessing and monitoring the impacts to essential needs with a focus on vulnerable populations and marginalized communities and coordinating with community-based organizations to develop and implement strategies to address identified gaps and connect people in need with resources;
- Assessing and monitoring the behavioral health impact of the COVID-19 pandemic and developing strategies to address gaps and improve overall mental health and well-being; and
- Supporting and coordinating countywide and regional recovery efforts to recover county costs through state and federal disaster assistance programs and connecting businesses and individuals with economic assistance programs.

The county recently announced that John Wheeler has been appointed to serve as the County's new [Emergency Management](#) manager as of April 18. Wheeler has a long career in emergency management, including nearly 20 years as the Emergency Management coordinator for Clark Regional Emergency Services Agency (CRESA) in Vancouver, Washington. In December 2015, he was hired as Washington County's Emergency Management supervisor and had been serving as interim manager since October of 2019. Since early March, Wheeler has been helping to lead the County's Emergency Operations Center (EOC) to provide multi-agency coordination, public information and community outreach during the COVID-19 pandemic.

Development News, cont. from page 1 previously vacant land between Reeves and Lovejoy. The project was approved in June 2018 after a series of changes, as [we wrote about here](#). Roads are complete and infrastructure (electrical, sewer etc.) is in place. Sage Homes is the developer.

We've been told by a neighbor that the homes will be built by others. We'll write more when we have the information.

Proposed gas station at 185th & West Union: Public Hearing

Thursday, May 21, 9:30-10:30 am, Zoom meeting ([click for instructions](#))

A [public hearing](#) will be held via Zoom. Written comments can be submitted anytime up until the public hearing date, via email to Doria_Mateja@co.washington.or.us, or by mail to the address in the link. The application will be approved if the provisions of the Washington County Community Development Code can be met by the application.

CPO 7 (Bethany/Rock Creek) leadership is following this closely. More information is provided on [their Facebook page](#).

Online Age Cafe

Helping Each Other Through the Coronavirus Crisis

Fridays thru May 29, 11 am-12 pm

Join Viva Villages for small group discussions to explore issues, feelings, and thoughts during the coronavirus crisis. We will be meeting online via Zoom until the happy time when we can safely gather together face-to-face.

This event is open to all. To register, go to vivavillage.clubexpress.com. Under events, click on Age Cafe for the dates you'd like to attend. Once you have registered, you will receive the Zoom link by email. Co-hosted by Viva Village, Washington County Disability, Aging, and Veterans Services (DAVS), and the Beaverton City Library.

Weekly Village updates keep our members informed about services currently available. Only essential services are being provided for now, including grocery shopping, picking up prescriptions, etc. Office volunteers are answering phone messages from home and sending out service requests to volunteers.

Village updates and the bi-monthly Viva Village Voice issues are on the Viva Village website: vivavillage.clubexpress.org under Village News.



Washington County Chair Kathryn Harrington, like many of us, has mostly been working from home.

Sign up to get
The News online:
cedarmillnews.com/
sign-up

Gardening and the environment

Watch out for this terrible trio of weeds in the Tualatin Watershed!

by Tyler Pedersen, *Invasive Species Program Coordinator, TSWCD*

This spring and summer we are asking all our Tualatin Watershed Weed Watchers to keep their eyes out for three invasive plant species that are becoming more prevalent in our area. Balfour's balsam, oblong spurge, and pokeweed have begun their invasion, but it's not too late to act! Currently these weeds are in the early detection phase and not as widespread as common weeds like blackberry and ivy. However, they remain a threat to our streams, forests, and gardens if left to spread.

If you intend on controlling these species yourself, please make sure to first report them to <https://oregoninvasiveshotline.org/> so Tualatin Soil & Water Conservation



Balfour's balsam in bloom: TSWCD

District can track their distribution.

Balfour's balsam

An annual herb that grows up to 3.5 feet tall and has smooth, succulent, reddish-green stems. Pink

and white flowers appear from July-September and have a long, straight spur behind the petals. Leaves are oval and alternate with toothed sides. Beware of the oblong-shaped seedpods that eject seeds up to 20 feet from the plant when touched or agitated! This species likes to invade stream banks and areas with moist soil. Hand pulling works well to control this plant. It's best to remove plants in the early summer when the ground is moist, before they flower and go to seed in mid-summer. Throw plants away in a garbage bag into the trash.

Oblong spurge

A perennial herb that grows up to 3 feet tall with numerous stems originating from a woody rootstalk. Yellow-green flowers grow in clusters above a whorl of leaves on the end of stems from March-August. Leaves are alternate and oblong or lance-shaped. Seeds are ejected from capsules when ripe and have a sticky coating that allows them to be picked up and moved to new locations. Oblong spurge likes to invade gardens, moist fields, and roadsides. Please wear gloves when handling this species! Its stems contain a milky sap that causes skin irritation and is toxic to animals and humans when ingested!

Single plants can be dug up and thrown away in the trash, but care must be taken to remove all the roots and avoid disturbing the soil too much. Herbicide treatment is most effective and efficient for larger infestations. The best time to treat is in May before plants go to seed. Check <https://www.swcd.org/>

flowering can stop altogether.

That's not the only reason to take out the spade and start splitting up your prized plants.

"I divide plants when I want more of them," Miller said. "I'm looking outside and seeing some chives. I'll hack those into quarters. I divide things like yarrow a lot because I want to populate large areas."

Gardeners love to dig and divide plants and share them with friends and neighbors. However, with new threats in Oregon from invasive species like [Japanese beetles](#) and the so-called "[crazy snake worm](#)," it is no longer recommended to move plants or soil from one location to another. Also, OSU does not rec-



Oblong spurge in bloom: TSWCD
net/ in May for the oblong spurge Weed of the Month article for more information on this species!

Pokeweed

Growing up to 8 feet tall, pokeweed is a large perennial forb with smooth, hollow, reddish-purple stems. Clustered, pink flowers appear from May-October around pink stems and produce numerous dark purple berries. Leaves are alternate and egg-shaped with smooth edges. It commonly grows under power lines or fence lines where birds roost, and in gardens, roadsides, and fields. All parts of pokeweed are highly toxic! Wear gloves when handling this plant and do not ingest any part of it, including the berries!

Smaller single plants can be dug up and thrown away in the trash, but larger plants and infestations may need to be treated with herbicide because of the deep taproot. The best time to treat is in July

ommend plant swaps or sales based on dug-up plants at this time. Refer to guidelines for [Best Management Practices for plant sales](#).

How many more plants you end up with depends on the size and vigor of the original plant. Hosta, grasses, and daylilies can produce six or more, while hollyhock and coral bells may only yield three. Be sure to pay attention to how many growing points there are and leave at least two per clump when you cut plants apart.

As a general rule, Miller said, divide summer- and fall-blooming plants in spring and spring-blooming plants after they've bloomed or in the fall. Don't cut apart a plant

while in bloom, before it sets seeds in the late summer.

If you think you've found any of these species, you can report them to the [Invasive Species Hotline](#). In Washington County, the Tualatin SWCD responds to these reports and can provide assistance with identification and control. If you can upload close up photos of the plant, this will help us confirm its identity.

If you would like to learn more about identifying and reporting priority weeds in the Tualatin Watershed and Washington County, we are offering a free online workshop through May 27. [You can sign](#)



Ripe pokeweed berries (Left) next to unripe berries (right): Robert Vidéki, [Doronicum Kft., Bugwood.org](#)

[up here](#). Weed Watchers will take a quiz at the end of the workshop and receive Tualatin Weed Watchers Guide PDF along with other helpful resources!

Divide and conquer plants to keep them healthy and productive

by Weston Miller, *OSU Extension Service | Department of Horticulture; and Kym Pokorny, OSU Public Service Communications Specialist*

While you're weeding and seeding and planting and pruning, there's one more thing to put on your plate: dividing.

"Dividing is a matter of digging up plants, prying them apart with your hands, spades, knives, or an ax and replanting them in new holes," said Weston Miller, a horticulturist for Oregon State University's Extension Service. As perennials grow from the crown and the clumps get larger, plants decline in vigor and have fewer flowers. If you wait too long to divide,

when it's blooming.

"You'll know your plant needs dividing if it's dying in the middle or becoming lackadaisical," he said. Even if a reference says to divide a plant every three years, there's no need to do so if it's growing well.

"One thing people don't think to divide are culinary herbs such as sage, thyme, oregano and marjoram," Miller said. "You'll get much more supple growth and better culinary quality if they're divided every couple of years."

Miller's advice on how to divide plants:

Saturate soil where you plan to plant divisions a few days ahead of time.

Business News, continued from page 2 online are available [on our website](#). Shows for later months are being planned. For up to date details and more information on any of these listings, please [check our website](#).

The Wine Cellar has options for your Happy Hour

We are open at The Wine Cellar! We've had to modify our business quite a bit, but we are offering three wine purchasing choices:

- 1) Free Delivery in the neighborhood with a \$125 minimum;
- 2) Curbside pick up, no minimum purchase;
- 3) Guests can come into the reception area for in-store help (but cannot walk around and shop)

We are, like everyone right now, using extreme care and caution both for the health of our employees and customers.

Online Sign Language Class

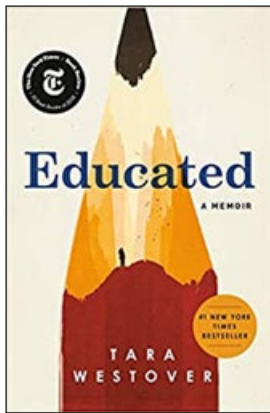
Wednesdays, May 6, 13, 20, 27 and June 3, 6:30-8 pm, online via Zoom

I'm pleased to announce some

(Online) Owl Book Group

Friday, May 29, 10:30 am-noon, Online via Zoom

Join us virtually this month to discuss *Educated: A Memoir* by Tara Westover. This event will be held online via Zoom. If you already receive e-mail from the Owl Book Group, you'll receive a link for this meeting a few days before the event. If you're new, welcome! Please e-mail



laurab@wccls.org to receive a link for the event a few days before it happens.

The group typically meets on the last Friday of each month. Newcomers are always welcome! Learn more at Library.CedarMill.org

For a complete list of titles, past and present, visit the [Book Club page](#).

good news in the midst of this pandemic—after this original idea nine years ago of teaching ASL online as a business, my calendar and PayPal link are up on my website.

Learn ASL via Zoom in class format with PowerPoints and direct instruction. The course will come with a 100-page eBook. Thanks everyone for making my dream a reality, and special thanks to current and former students and the Deaf community for making a big difference in my life and inspiring me to teach ASL.

[To sign up, go here.](#)

Grand Central Bakery and Champoe Farm

Grand Central Bakery is open for take-out orders with a convenient walk-up window at the corner of Cornell and NW Saltzman. The bakery now offers easy [online ordering](#) six days a week. Take away freshly made breakfast and lunch sandwiches, loaves of rustic bread and boxes of buttery pastries, salads, quarts of scratch-made soup, and more.

There is also a line of fro-

zen U-bake products including: pizza dough, chocolate chip cookie dough, chicken pot pies, plus yeast, locally milled flour, Oregon Growers jam, Nossia Familia coffee and Metolius chai for your home pantry. Online orders have a separate pick-up window for a no contact transaction. Walk-up orders are also accepted between 8 am and 3 pm Tuesday-Sunday.

Here's what to expect on your visit: Easy online ordering with scheduled pick up times; Walk-up service with orderly lines and clear markers for social distancing; No-touch payment by Apple Pay, Google Pay or card (no cash, please); Frequent hand washing and surface sanitation, Plexiglas barrier at cash register; Daily temperature checks and masks for all cafe staff; Cheerful and warm Grand Central Bakery service!

Champoe Farm meat pickup at Grand Central

Friday, May 15, 9-10 am, Grand Central Bakery 12595 NW Cornell R

In addition, [Champoe Farm](#) is offering an option to order their locally raised meats at the Cedar Mill Grand Central location. [Learn more here.](#)



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Prepare soil in the new planting area with organic matter and saturate again. Dig holes where you will plant divisions. Make them wide enough to accommodate the roots and a bit more. Dig deep enough so crown of divisions will be level with top of soil. Cut the plant down to six inches from the ground. Use a spading fork or sharp shovel to dig around the plant. Pry or dig out in one big chunk. Once on the surface, don't allow root ball to dry out. If it's a warm day, cover with a plastic sheet, cloth, or even plant clippings. Make sure there are growing por-

tions in each division. For smaller plants or those with fibrous root systems like small ornamental grasses, pry apart the roots with your hands or saw through them with a serrated knife or weeding tool such as a Hori-Hori knife. Use a sharp spade, shovel, handsaw or ax for larger plants. With really tough roots, pry them apart with two spading forks placed back to back. Shake or hose off loose soil. Discard dead center of plant. Plant divisions with crowns even with soil line. [Read the [full article online](#) for Miller's recommendations on which plants to divide in spring.

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