# Cedar Mill Ne

Volume 22, Issue 7

July 2024



#### CMN editor wins award

Jimin Lee has been working with Cedar Mill News as the final editor for all the current information you see every month—after the team gets Hak-Sun with butterflies that Jimin Community News, Nature & Gar-



den, etc. into the Google documents she gives everything a final pass.

But she's a young lady with many talents and recently won a Certificate of Excellence in an international competition: the 2024 ARTEFFECT competition by the **Lowell Milken** Center for Unsung Heroes. Her entry is a collage poster—"The Voice that Broke Them Free"—paying honor to her "unsung hero" Kim Hak-Sun, a Korean woman who "paved the way for justice for sexual violence victims," Jimin says. She felt

a connection with Hak-Sun because her family is Korean, but as she learned more, she was inspired.

The poster features an image of drew with colored pencils. "By depicting these butterflies as carriers of hope, my goal was to symbolize the 'comfort women' who were given the chance to ascend from the weight of their silence and oppression, due to her actions. The chains further symbolize the boundaries that she broke, allowing their 'escape' to freedom," Jimin wrote in her impact statement.

She learned that she had won the \$750 prize when she walked into her Lincoln High art class. The global competition chose 50 finalists for 2024, offering \$20,000 in prizes, with a grand prize of \$6,000. Jimin was one of seven awarded the Certificate of Excellence. "It was definitely unexpected at first," Jimin said. "But then I was really grateful for the opportunity to be honest."

Jimin partnered with another of our editing team in January for a concert to raise money and awareness for homeless students. She designed the visuals and poster for the event and Assistant Managing Editor Seojin Ha performed with others to donate money to the McKinney-Vento program.

#### Cider Festival moves to October

Sunday, October 6, noon-4 pm, JQA Young House park

Mark your calendar now for Cedar Mill's oldest homegrown annual gathering! Since 2008 we've been celebrating fall and community at the homesite of one of our founding families.

Sponsored by Tualatin Hills Park & Recreation District (THPRD), the event includes free fresh-pressed cider, live music, history, vendors, hot food, and kids' activities on the

grounds of the John Quincy Adams Young House. Young owned their music! the lumber mill and gave the community its name when he became postmaster. The saltbox-style family home was built in the 1860s and is one of the oldest houses in Washington County. THPRD has been working with Friends of the JQA Young House on a restoration plan.

Local scouts run hand-cranked presses to produce fresh cider from 1000 pounds of apples, donated by Market of Choice. Free samples are available to everyone. We're still looking for a hard cider provider, so let us know if you have a sugges-

tion! Market of Choice says, "We look forward to partnering with the 2024 Cedar Mill Cider Festival again and bringing the community together to celebrate cider and fall."

Sign up to get The News in your inbox:

The Whiskey Deaf Duet (Annie Staninec & John

Kael) is the musical entertainment this year. This duo plays "mostly bluegrass, early country, "old-time," and a few oddball numbers a bit outside those lines—a mix of vocal and instrumental, and mostly on guitar and

fiddle." We know you will enjoy

THPRD provides the space, the canopies, the setup crew, and everything else that makes the event a success. September has been tricky because they produce many events relating to Beaverton Welcoming Week, so we decided that early October is a better choice.

Volunteers are needed to help out with the big History Tent, so get in touch if you're interested in local history. Stay tuned as the details are finalized and be sure to plan to bring the family to our very own community celebration.

#### Roads & Transportation

### Reminder—Thompson road closed July 1-August 25

Thompson Road will be closed between Anthem Lane and Circle A Drive July 1-August 25 for road



construction. There will be a pedestrian detour through the project

<u>Like us on Facebook</u> Like for timely updates

area. Drivers will be detoured to Saltzman and Cornell roads and Bethany Bl. Cyclists may walk bikes of the landscape contract, which as through the pedestrian detour or use a detour route.

A second closure between Saltzman Road and Findley Elementary School is planned for fall. Dates will be announced when they have been determined.

#### It's a mess at the Overlook

Readers and Facebook group members have been noticing garbage, discarded clothing, and drug paraphernalia around the bushes at "The Overlook," a tiny plaza on Cornell east of Dale Av. Land Use & Transportation

(LUT) says, "We built the bump out as part of the

Cornell Road project in 2009. We do maintain it, but it is likely part you know is a bit delayed this year. We will likely only trim the plant(s) if they appear overgrown or block sight distance, signs or access to the right-of-way. We would not trim vegetation due to possible criminal or undesirable activity."

It seems that someone (probably a nearby business) has been clearing it regularly, but passers-by often see



The Overlook area in '09, before the bushes were planted.

the trash. It's likely that the activity that generates it happens overnight.

When we asked the deputy who attended the June CPO meeting about it, he said there wasn't anything the Sheriff's Office can do about it because it's public property and unless it's an immediate safety hazard, using the space isn't illegal.

LUT submitted a Service Provider Notification, but those are generally one-time events that won't solve the ongoing problem. Some suggested pruning the bushes so they aren't a good place to hide, but the county, as mentioned above, isn't likely to do that.

#### Sidewalk need repairs? Check out the Sidewalk **Repair Grant Program**

Construction season is getting started and can be a great time Continued on page 8 Cedar Mill News July 2024

### 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

#### Pet Barn has new management and expanded inventory

Pet Barn has been your onestop Cedar Mill neighborhood pet store since 1987. We are under new management with an expanded inventory and have a wide selection vendors, we have a great array of of healthy food, fun toys, unique treats, and much more. We carry the latest products from the most basic to the most challenging of pet needs.

Pet Barn is open seven days a week. We are independently owned and operated, and proud sponsors of the Oregon and Columbia Humane Societies. Our friendly, knowledgeable staff look forward to meeting you and your pet. Come on in where pets and their humans love to shop!

#### Fresh produce, live music and more!

Saturdays in July, 9 am-2 pm, corner of NW Cornell & Murray Roads in the Safeway parking lot

July is a wonderful month at the Cedar Mill Farmers Market with typically more blue sky, sunny days and more, more, more fresh local produce! The variety and the quantity of fruits and vegetables really starts to "grow" into a full array of beautiful rainbow colors. People kept asking in May/June "where is all the produce?" and we kept saying "more will be coming..." Well guess what, it's here! The time is now for the best in Oregon fruits and vegetables to come to our local markets.

Strawberries, raspberries, beets,

The Cedar Mill News  $^{\odot}$  2024 Published monthly by Cedar Mill News LLC 3270 NW Kinsley Terrace, 97229 Online: cedarmillnews.com

Copy Editor: John Ramey Managing Editors: Evan Kinswood, Seojin Ha Editors: Sue Wendel, Victoria Jimenez. Tasiyah Ahmed, Jimin Lee Paper Distribution: Mark Lewis Website Production: Jack Stanley Publisher/Editor: Virginia Bruce 503-803-1813

#### info@cedarmillnews.com

Opinions expressed in this publication are not necessarily those of its advertisers.

Printing courtesy of Pacific Office Automation. Web hosting courtesy of Tidal Media Group Print circulation 1000, online 5000+ carrots, yellow & red cherries, onions, lettuce, broccoli, blueberries, purple cauliflower, purple asparagus—just mentioning a few items to get you thinking about all the colors! It's beautiful.

In addition to our produce local vendors bringing all kinds of products they make/grow/gather. Meat, eggs, baked goods, honey,



coffee, cleaning products, soaps, candles, jewelry, linens, tye-dye, hot food, ice teas, lavender, dog treats, crochet items, art, hummus, olive oils, spirits and more!

In July we will be hosting a different musician each week at our music booth. Our Community & Sustainability booths will host organizations like Cedar Mill & Bethany Community Libraries, Village Gallery Arts, OSU Extension metro area Master Gardeners Plant Clinic, and Tualatin Soil and Water Conservation District. This month we will be bringing back our Chef at the Market and we will continue to offer a different activity each week at our Kids Power of Produce Booth.

Sign up for our newsletter to see who will be at the market each week. We hope to see you at the market!

#### **MOC Concert Series** continues

Fridays July 12 & 26, 6-8 pm, patio in front of Market of Choice, 250 NW **Lost Springs Terrace** 

Grab some dinner from the deli counter or build a salad at the salad bar and join your friends for a free concert. July 12 features XRAY-FM with

Beach Tracks WorldMARKET OF CHOICE Find the food you love

wide. On July 26 listen to singersongwriter Evan Churchill.

#### **Enjoy Bethany Village Summer Concerts**

Thursdays, July 11 & 25, and August 8, 6-9 pm, 4720 NW Bethany Blvd., free

A local tradition spanning nearly 20 years, the Bethany Village Summer Concert Series involves three summer concerts during July and August that feature a variety of

vendors, live music, intermission acts featuring local young talent, fun activities, pony rides, and more! laugh and grow.

#### Insomnia July Artist Julia Alexis Hunkler

Through July, 12535 NW Cornell We are excited to welcome visual artist Julia Alexis Hunkler for her monthlong showcase. She is a versatile creative with work spanning large building murals, intimate block prints, and delicate watercolors. Her work will be displayed on the walls for the whole month. Come take a peek and be inspired by her art!



#### **Stickmen Brewing inches** toward Cedar Mill

Delays in design and construction prevent Stickmen from opening their long-awaited spot in the building fronting Barnes Road in the make sure they are plugged safely Kirkland section of the Timberland Center. They'll be located at the southwest corner of the building now housing the urgent care office, Wolfe Dental, and Surge Wellness. The space includes a deck overlooking the old oak that was in front of the original Teufel family home.

#### **BKids Daycare + Preschool** is now open!

Located in the Bethany Athletic Club, BKids is the newest Daycare + Preschool to open in Bethany Village. Our new, state-certified daycare and preschool are dedicated to providing top-notch educational and community-focused care for children six-weeks to Pre-K. We are committed to creating a fun,



safe, and enriching environment where your little ones can learn,

BKids is open to the general public, and you do not need to be a member of Bethany Athletic Club to enroll your child(ren). Enroll at BKids today by visiting the Bethany Athletic Club website, or by calling Jaime Hassey at 971-791-2293 ext. 4020 to schedule a tour!

#### Protect your home while on vacation

From Sunset Credit Union

You've packed up your suitcase and booked your trip, but before you board the plane, take the time to protect your home while you're on vacation. July and August are popular vacation months, and not surprisingly, they're also the months when the most home burglaries are reported. To fully enjoy your trip, plan appropriate home security and maintenance with this checklist:

Set timers on interior lights. This goes a long way in deterring burglars, who often look for crimes of opportunity. Don't allow your house to appear as if no one is home.

Power surges: you never know when a power surge may occur, so be prepared. Disconnect the computer, TV, stereo and other electronics, or into a surge protector.

Don't make or socialize status updates. Never broadcast your location on social media. Even if you think that it's only your friends or colleagues viewing your online profiles, it's safest not to leave any sort of opening for a possible burglar.

Check doors and windows. This one might seem like a no-brainer, but according to the National Police Association, 32% of burglaries are because homeowners have left their main door or windows unlocked.

Stop newspapers and mail. Stop mail and newspaper deliveries or have them regularly picked up by a neighbor. You don't want to easily clue in a burglar to your absence by the mounting plie newspapers on your doorstep.

If you're going on a month-long vacation, make sure your yard is being maintained to appear as if you are still at home. An unmaintained front yard is a red flag for your home's security and a sign for burglars indicating that your home

Continued on page 11

Cedar Mill News July 2024 Page 3

**CPO News** 

#### July CPO 1 Meeting: **WĆSO** on reckless driving; Ride **Connection proposed** shuttle

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

After our introduction and Service Provider updates, Washington County Sheriff's Office Sergeant Josh Wilson, Traffic Safety Unit, will explain how WCSO enforces traffic safety, areas of concern within CPO 1, and how community members can report issues and help improve traffic safety in our neighborhoods.

Then we'll hear from Tangerine Behere with Ride Connection, which is currently planning a new shuttle service in the Bethany and Cedar Mill area connecting PCC Rock Creek Campus and the communities of Bethany and Cedar Mill to the Sunset Transit Center. See the route they're planning, learn about the target ridership, and share your comments.

Bring your questions for both presenters, there will be time after



The proposed shuttle route heads onto Highway 26 from the STC to avoid Cornell traffic, then takes Science Park and 143rd to end up at PCC.

each one. After these presentations we'll share any development information we have received and provide time for announcements from CPO members.

You now have the choice of meeting online via zoom, or in person in the East Community Room at Cedar Grove Apartments at the corner of Murray and Cornell. If you are driving, please

either park on the street or in the southeast corner of the Safeway lot. If you can't attend the meeting, it is recorded and available on YouTube for viewing later. Visit our You-Tube channel and subscribe! Our Facebook Group is a good place to discuss current issues and get timely updates.

#### **CPO 7 July meeting** cancelled

They might meet in August, check their Facebook page for updates.

#### **CPO 1 Development** news

#### **Cedar Hills Apartments Extension sought**



High Street Residential, the applicant for the proposed mixeduse development, has asked for a two-year extension of the Beaverton input about the needs of veterans, decision to approve the application

> in September 2022. The development would replace some of the existing Cedar Hills Shopping Center near the intersection of Highway 217 and the Sunset Highway, across the Sunset from the Transit Center. No changes to the design are expected: it square foot ground floor commercial space and 400 attached dwelling units. The exthe DMV and Harbor Freight will remain unchanged. The public

comment period has ended and the decision, expected at the end of June, will be published here.

#### Four-lot middle housing approved

The first Middle Housing proposal in Cedar Mill is a four-lot development adjacent to NW 113th opposite Melody Lane. The development will create four lots on a 0.59

acre site via the expedited Middle Housing Land Division process, and build four detached "quadplexes" on the existing undeveloped lot.

#### **Public hearing scheduled** for Dale development

Thursday, July 18, 10 am, online via 700m

A Washington County Hearings Officer will review the request to approve the seven-lot attached unit <u>subdivision</u>, including modification of the sight distance requirements and a Type III review of the Design Principles in a Transit Oriented District. Interested parties may attend virtually and testify.

#### June CPO meeting notes

The June meeting covered Middle Housing basics, with Anne Kelly, Senior Planner, Washington County Land Use & Transportation. The video of the meeting is on YouTube, here. The presentation begins at about three minutes into the recording and extends to about 40 minutes in, when we heard from our Service Providers and shared CPO updates.

#### **DAVS** seeks input

Disability, Aging and Veteran Services (DAVS) is collecting public people with physical disabilities, and older adults in our community. The survey is one part of a larger community needs assessment we are conducting to help identify gaps, leverage resources, and prioritize services in our next strategic plan (2025-2029 Disability, Aging and Veteran Services Area Plan).

We especially want to hear from Washington County community members who are: Ages 55+, particularly BIPOC; immigrants would consist of a 4700 and refugees; LGBTQIA+ older adults and veterans; people who are homebound or isolated; older adults with low income; unpaid family and friend caregivers; veterans of isting building housing all ages and their families; adults with physical disabilities.

> Tell us what you need! Our survey is available online in a variety of languages through July 22. We also have hard copies of the survey in these languages if you prefer to fill out a paper version. Stop by the DAVS office during regular business hours at 5240 NE Elam Young Parkway, Suite 300, Hillsboro. If you would like to take this survey by phone, in another language or need any other accommodation or assistance, please call 503-846-3060.









Cedar Mill News July 2024 Page 4



Cruise in to see our classic car collection, then take a tour and meet our friendly team and gracious residents.

Donations will be accepted to support the Alzheimer's Association.

#### **REV UP YOUR DAY. CALL 971-247-1472**

#### ANTHOLOGY OF BEAVERTON

910 NW 185th Ave. / Beaverton, OR Independent Living / Assisted Living / Memory Care

AnthologyBeaverton.com





**Indoor and Outdoor Aquatics Centers** Classes, Lessons & Swim Team!\*

503-645-3535 | sunsetac.com \*SOME PROGRAMS REQUIRE MEMBERSHIP

#### Cedar Mill and Bethany Community Libraries Summer **Events and Programs July 2024**

[Abbreviations: CML is Cedar Mill Library, 1080 NW Saltzman Rd.; BLA is Bethany Library Annex, zoo with Music4Harmony. 4888 NW Bethany Blvd, Suite K-2; BL is Bethany Library, 15325 NW Central Drive, Suite J-8y]

Cedar Mill and Bethany Community Libraries (CMBCL) invite you to find event calendars, storytime schedules and more on the Journey Under the Sea Library website. [Ed. Note: the entire CMBCL submission is in the online version of Cedar Mill News. The print/PDF version is shortened and leaves out many repeating classes.]

Visit this page to read the latest newsletter and sign up to get it in your inbox. For more information, call (503) 644-0043, visit the website library.cedarmill.org; or email us: askuscml@wccls.org

#### **All Ages**

#### Summer Reading 2024 for All Ages Through August 31, Birth-5th Grade

First, read or listen for five hours or set your own goal. Then pick up a reading log from the library or log online with Beanstack. Return your log to CML or BL between July 15 and August 31 to collect your free book.

#### Teens entering 6-12th Grade & Adults

Read five hours to finish. Track your reading, write reviews and complete activities in Beanstack to enter weekly drawings and earn more grand prize tickets, or pick up a paper log at CML. Teen finishers can collect a free book between July 15 and August 31, and earn one ticket for grand prize drawings. Visit the **Summer Reading webpage** to learn about Beanstack, events, and prizes.

**Bethany Village Summer Concerts** Thursdays, July 11, July 25, 6-9 pm, BL, All Ages

Drop by during the summer concerts for an outdoor activity or enjoy quiet coloring inside.

#### Kids

#### **Storytimes**

Learn more on the Library Storytime webpage.

**Home Depot Kids** Workshop Tuesday, July 9, 2-3 pm, BL, Ages 6-10

Build with the Home Depot Kids Workshop crew. Music4Harmony

**Concert & Instrument Petting Zoo** 

Wednesday, July 10, 10:30 am-12 pm, CML, Ages 5+

Experience a special string performance and instrument petting

Red Yarn Presents "The Get-Together" Monday, July 15, 10-10:45 am, Bethany Fountain, All Ages

Enjoy traditional folk songs, '50s & '60s inspired songs and puppet

Wednesday, July 17, 10:30-11:30 am, BL, Ages 5+

Friday, July 19, 10:30-11:30 am, CML, Ages 5+

Dive into Oregon's underwater environments with hands-on science fun. Presented by the University of Oregon Museum of Natural and Cultural History.

#### **JuggleMania** Wednesday, July 31, 10-10:45 am, Bethany Fountain, All Ages

Watch internationally touring juggler, magician and comedian, Rhys Thomas, per-form "Hilarity and Dexterity!" With special guest: STUNTEDDY!

#### **Teens & Tweens**

Henna for Teens with Rashmi Wednesday, July 17, 2 pm and 3 pm, BL, Ages 11-18, Registration

Local artist Rashmi paints temporary henna tattoos.

Visit Library.CedarMill.org/ Teens to find resources for teens and tweens.

#### **Adults**

Writers Mill: Writing, Rewriting, and Making It Right Sunday, July 21, 1-3 pm, free, CML and on Zoom

Author Walt Socha will lead a discussion on writing and rewriting, plots and subplots, how to engage the reader and keep them engaged, and how to create mustread scenes. Find out more on the Portland Writers Mill website, or ask a librarian. Everyone is welcome.

**Beyond Recycling at Home** Thursday, July 18, 6:30-7:30 pm, BL, Adults

> Discover strategies to practice at home to reduce our environmental footprint even more than recycling.

Questions? Write askuscml@wccls.org or visit the Library events webpage. Learn more about library

groups and events for adults at Library.CedarMill.org/Adults.



Cedar Mill News July 2024 Page 5

#### **THPRD News**

#### **Nature Mobile**

Monday-Friday in July and August.

Nature Mobile offers FREE programming in local parks! Please visit the Nature Mobile program website for details or see the corresponding flyer.

#### **Summer Camps!**

Sports, recreation, tennis, and nature camps are tailored for children aged 4-15. Registration is now open, and there is still space available. For a complete list, visit our summer activities guide online for availability and registration. You may also use our search to find specific classes, camps, and programs that match your child's interests.

#### Tianquiztli Mercado Cultural/Cultural Market

Saturday, July 20, 5-8 pm, Elsie Stuhr Center, free

This free annual event is led by Latinx and Native community members to support Latinx and Native vendors, artists, dancers and musicians living in the area to promote Anahuaca culture and heritage through art, food, music, and dance. Please visit the <u>event</u> webpage for more information.

### **Expanding Pickleball Offerings**

July 10, 6 pm, Meeting on zoom

THPRD is finalizing plans for the future pickleball courts coming to Howard M. Terpenning Recreation Complex. Join THPRD for a virtual meeting to learn more and ask questions about the project.

### Sunset Swim Center Wading pool is now open!

The wading pool at Sunset Swim
Center (13707 NW Science Park
Drive) is open. Please visit the THPRD
facility page for more information
or to see the calendar for times. The
public swim schedule for the indoor
pool can also be found at the same
page by clicking on "Main Pool" above
the Activity Schedules calendar and to
the left of "Wading Pool".

to fill the air!
friends to enj
goers are wel
supper to enj
profile lawn of
seating. Visit
more details.
Volunteer for
packs

#### July Events near Cedar Mill

4th of July Celebration & Concert Thursday, July 4, 11 am-2 pm, Veterans Memorial Park, intersection of SW Washington Ave., SW Watson Ave., and SW 7th St., free

Bring your family, grab lawn chairs or blankets, and meet your neighbors and friends for a summer afternoon of fun and music. Country singer Britnee Kellogg will headline the annual celebration. There will also be plenty to do

for the kids. No alcohol is allowed. Leashed dogs are welcome to attend with their owners. Event sponsors include the City of Beaverton, Bethel Church, and American Legion Beaverton Post 124. Please visit the event webpage for more details or to volunteer.

Enchanted Family Day Wednesday, July 10, 10 am-12 pm, Kaiser Woods Park, 6305 NW Goldenweed Dr., free

There will be character meet & greet, give-aways, activities and games, and treats. The kids can dress like their favorite character for a day. And don't forget to pack the camera—surprise guests will be joining us for this fun event!

Walk with Me

Wednesday, July 17, 9:30-10:30 am, Jackie Husen Park, 10955 NW Reeves St., free

Come join us with your friends and family! All levels are welcome. No registration required. Wednesday, July 31, 9:30-10:30 am, Commonwealth Lake Park, Foothills Dr. and SW Dellwood Ave., free

These guided walks are led by one of THPRD's fitness instructors. It's a chance to connect with nature and enjoy a walk on THPRD trails, parks, and surrounding areas all while staying active. No registration required. Visit the event webpage for more details.

Concert in the Park
Thursday, July 25, 6-8 pm,
Commonwealth Lake Park, <u>SW</u>
Foothill Dr. & SW Dellwood Ave., free

Get ready for summer fun with the return of popular concerts in the park! Free concerts will feature a variety of musical performances to fill the air! Bring your family and friends to enjoy a night of music along with kid's activities. Concertgoers are welcome to bring a picnic supper to enjoy, as well as low-profile lawn chairs or blankets for seating. Visit the event webpage for more details.

Volunteer for Back-to-School Back-packs

August 5, 10-3, Cedar Hills Rec. Center, 11100 SW Park Way

Beaverton School District, THPRD, and Wake Up Beaverton! are partnering to provide 6,000 free backpacks full of back-to-school supplies to local families in need. This is a great opportunity for volunteers to socialize, while putting together backpacks that fill a vital need in our community. Please bring a reusable water bottle to drink from throughout your shift. Multiple shifts are available—sign up here!





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

503.446.5580 BehindTheSmile.com

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











SUMMER CAMP! July 22 - August 2



- PUBLIC SPEAKING!
- DEVELOP RHETORIC!
- BUILD CONFIDENCE
- FUN ENVIRONMENT!
- PERFECT FOR AGES 13-16!

Scan code to register! Space is limited!



ashkinos.hypergiant@gmail.com

Cedar Mill News July 2024 Page 6





Out of 4,600 credit unions nationwide, Sunset

Credit Union was named one of 46 credit unions

as a 10X Top Performer! Come experience a

10X credit union- join Sunset today!

(503) 643-1335

www.sspfcu.com

**Sunset Credit Union** 

1100 NW Murray Blvd., #200

Portland, OR 97229

**Arts & Entertainment news** 

#### **Village Gallery July** News

For more details about classes and events please visit the VGA

#### **Art Chat and New Show** Art Chat: Sunday, July 14, 3-5 pm, open to all.

Show: Tuesdays-Sundays, July 2-August 4, 11 am-5 pm.

Come meet the Featured Artist, the Big and Bold Artist, and see the new show! Refreshments provided.

Featured Artist Marlene Huntsinger: "Last August my husband and I took three months and drove



Santa Catalina Mountain Sunset, Tucson, watercolor.

our 24-foot RV across Canada on Highway 1 from west to east, ending in Nova Scotia. From there we wandered south, then east, then eventually north and home. He turns in early, but I stay up, and I painted what we had seen each day. While I slept in, he examined my night's progress and was ready to critique when I got up. I picked a few to share as a memoir of a wonderful trip."

Big and Bold Artist Jeannine Bamberg: "While staying overnight at Rockaway Beach, I took this photo at sunset just before the sun slipped into the ocean. The reflections and vivid oranges and golds were so splendidly vivid. No retouching or enhancements needed-all natural beauty. Glad I was able to capture this moment!"

#### **Community Art Program**

#### Stroke and Perseverance—The Impact of My Stroke on My Art

Tuesday, July 16, 6:30 pm, The Opal Apartments, 12691 NW Dogwood Street, free but space is limited. Please RSVP to dunhamw@ frontier.com.

Nationally known acrylic painter Annie Salness is enthusiastic about sharing her experiences and insights into her work and teaching, and the event will feature engaging interactive demonstrations. Note: If again due to this new location.

#### VGA scholarship awarded

Village Gallery of Arts is delighted to award this year's scholarship to Jessica Melgar, a graduating senior from Aloha High School. Congratulations, Jessica! Her winning photography entry, "Spiraling," will be on display in the gallery throughout the month of June. Funds for this scholarship were raised from a portion of the Art Dollars for Scholars entry fees.

#### VGA's Children's Summer Program: Young Artists' Playground

Mondays-Fridays, July 15-19 and July 22-26, Cedar Hills Recreation Center, 11640 SW Park Way

VGA's Instructional Team is collaborating with THPRD on two weeks of art camp sessions. Each session will be unique. Find complete details in THPRD catalog online:, or call 503-439-9400.

#### Children's Classes, VGA Instructional Team

Thursdays in August, 3:45-5:15 pm, max 8 students, ages 7-11, \$70

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. August projects include: Book-folded Elephant, Needle Felting, Cubist Pets, Drawing and more! Sign up soon!

#### **Adult Classes**

Visit the VGA website for information on Introduction to Watercolor Painting with Susan Pfahl. Ekphrastic Workshop: The Interplay Between Poetry & Visual Art with Carolyn Adams & Debbie Teeter, and more.

#### Beaverton **Community Band free** summer concerts

Saturdays, 6-8 pm, July 13, Camille Park. 10299 SW Mariorie Ln., and August 10, Autumn Ridge Park, 17548 NW Fieldstone Dr.

The Beaverton Community Band invites you to join us for our Band in the Park summer concert series. The free concerts, held in collaboration with the Tualatin Hills Park & Recreation District, are a fantastic opportunity to relax with friends and you previously replied, please RSVP family, enjoy the beautiful outdoors,

Cedar Mill News July 2024 Page 7

and celebrate the vibrant community spirit of Beaverton. So come on down, spread out a blanket, and enjoy an evening of music, entertainment, food, and good company under the summer sky!

#### July events at The Reser

12625 SW Crescent St. Visit <u>The</u>
<u>Reser website</u> for a complete listing of events and to purchase tickets.

### Music on Fire: Beethoven, Brahms, & Fagerlund

Thursday, July 11, 7:30 pm, Lobby Prelude Performance at 6:30 pm with local young artists, \$10-\$67.50

Chamber Music Northwest presents Beethoven's incendiary and revolutionary Grosse Fuge that forever changed music. The almost incomprehensible genius of his "Great Fugue" has powered every genre of music since—from classical to jazz, Motown to heavy metal. We'll explore equally fiery works by Brahms and Finnish composer Sebastian Fagerlund, inspired by the musical bonfire Beethoven ignited.

### An Evening with Iris Dement

Tuesday, July 16, 7:30 pm, \$35-\$55

On her transcendent new record, "Workin' On A World," Iris DeMent faces the modern world with its climate catastrophe, pandemic illness, and epidemic of violence and social injustice—and not only asks us how we can keep working towards a better world, but implores us to love each other, despite our very different ways of seeing.

Sign up for the Reser mailing list for information about all performance and other offerings.

#### La Strada dei Pastelli Chalk Art Festival

Saturday & Sunday, July 20-21, 10 am-6 pm, Main St., Hillsboro, free. Visit the <u>TV Creates website</u> for more details.

La Strada dei Pastelli Chalk
Art Festival is produced by
Tualatin Valley Creates and supported by the Host Sponsor, the
City of Hillsboro. The annual
summer festival invites festival
goers to engage with nationally
recognized and emerging visual
artists as they produce huge,
temporary drawings down the center of the street(s); most averaging
10'x10'.

Simultaneous to the visual arts exhibitions, local performing artists fill the air with rhythm and sound

from the festival's main stage and multiple pop-up locations. Local art vendors line Second and Third Avenues offering unique items and inspirations to attendees.

Attendees of all ages are encouraged to take part in hands-on activities being provided by local nonprofit organizations. The annual summer art festival, held in Downtown Hillsboro's Cultural Arts District, combines community engagement and art appreciation into this fun-filled weekend! From its creative core to all of the business partners involved, La Strada dei Pastelli's goal is to build visibility for Washington County's unique and diverse community assets.

### **Ten Tiny Dances!**

Saturday, July 13, 7 pm, The Round, 12600 SW Crescent St., free. Find full program details on the flyer.

Ten Tiny Dances presents the work of exemplary contemporary and traditional choreographers and performers on a four-foot-by-four-foot stage in non-conventional sites. This event engages, surprises, delights, and perhaps challenges the community around art in public spaces and highlights the artistic and cultural diversity of Beaverton.

#### Our City, Our Stories: An Expanded History of Beaverton

Exhibition coming in September, accepting content for consideration now. View the <u>application form</u> for application and guidelines, or email <u>tbbexhibitions@gmail.com</u>.

Everyone has a story to tell. Are you ready to share yours? The City of Beaverton will host an exhibition to coincide with Welcoming Week events and celebrations important to Beaverton's immigrant and refugee communities from September 17-December 6. The exhibi-



tion, "Our City, Our Stories: An Expanded History of Beaverton", will feature a series of photographs representing our diversity through objects such as personal, cultural, and familial collectibles, mementos, family recipes, photos, stories, etc.





Support the local businesses that support the News. They make it possible. Tell them you saw it in The Cedar Mill News!





## connect. Inspire. Enrich.

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

Step into a life of freedom and connection. Call today to schedule a tour! (503) 427-1831



9860 NW CORNELL RD. - PORTLAND, OR 97229 CIELSENIORLIVING.COM

WIM 8308

Road News, continued from page 1 to repair damaged or displaced sidewalks. Property owners in the <u>Urban</u> Road Maintenance District (URMD) can apply for reimbursement this summer on approved repairs.

Property owners are responsible for the maintenance of sidewalks adjacent to their property. The Sidewalk Repair Grant Program was created last year to help lessen the financial barriers to repair. The Sidewalk Repair Grant Program will reimburse property owners within the URMD up to \$2,000 for the repair or replacement of damaged sidewalks by a licensed contractor. Eligibility details and application instructions are available online. The URMD funds the program, which can award up to \$100,000 per fiscal year. The URMD is a service district that supports road maintenance and biking and pedestrian projects.

#### New local shuttle service

Ride Connection is a non-profit transportation provider that is planning to operate a new free shuttle service to connect PCC Rock Creek. Bethany Village, Columbia Sportswear, and Sunset Transit Center. This shuttle service is planned to start in Fall 2024. Your feedback will help us plan this shuttle service. We want to hear from you! Please provide your feedback here.

Learn more at the July 9 CPO 1 meeting, info in the CPO 1 article in this issue (see map on page 3). Read about Ride Connection's other services in this March 2021 article.

#### **Springville Road Project** update

Construction begins July 2024: Construction finishes (expected): December 2025.

Springville Road Phase 4 includes widening the road to three lanes (one lane in each direction and a center turn lane) between Joss Avenue and the Portland Community College (PCC) Rock Creek campus. The completed project will have continuous buffered bike lanes, sidewalks and lighting on both sides of the street.

The street crosses two streams one east of the PCC campus entrance and the other between Samuel Drive and Joss Avenue. Culverts at both stream crossings will be replaced to allow fish and small animals to pass below the street. Water quality and detention facilities will treat and slow down surface water runoff before it enters the streams.

Two road closures are planned

for culvert replacements. These must be performed in the in-waterwork-window (July-September). One closure will be in summer 2024; the other will be in summer 2025. Springville Road will be closed between the PCC entrance and The Courtyard Apartments entrance, tentatively scheduled July 29-Sept. 26. Vehicle traffic will detour to 185th Avenue, West Union Road, Bethany Boulevard and Kaiser Road. See the Project Page for the second closure that will occur Summer 2025.

Springville Road Phase 4 is the middle and final section of the urban street improvements for Springville Road between 185th Avenue and Kaiser Road. The bike lanes, sidewalks and lighting upgrades have significantly improved safety for all travelers.

#### **Beaverton will evaluate Photo Enforcement Operations**

Beaverton currently has four intersections with enforcement cameras in operation: the intersections of SW Beaverton Hillsdale Highway at SW Griffith Drive, SW Cedar Hills Bl. at SW Walker Rd., SW Allen Bl. at SW Lombard Av., and SW Hall Bl. at SW Scholls Ferry Rd.

Photo enforcement intersections capture red light violations as well



as speeding violations. Additional intersections have been identified as suitable for expansion of the program; however, there is no timeline for when these intersections may be enabled. The Beaverton Police Department is also working in partnership with the Oregon Department of Transportation to focus on traffic safety awareness, including speed, distracted driving, safety belt enforcement, and enhanced DUII patrol. Learn more about photo enforcement operations at www.BeavertonPolice.org/ PhotoEnforcement.

From the monthly "Your City" newsletter from Beaverton. If you're not already getting it, you can sign up for the electronic copy here.

#### **Troop 207 disbands**

By Elissa Ryan Morris

It is with both sadness and celebration that Cedar Mill Scouts Troop 207 BSA announces it is disbanding. The last meeting of Troop 207 was held on June 5, a joint Eagle Court of Honor celebrating six young men (pictured below) who this past year earned the rank of Eagle Scout.

Begun in 1928, Troop 207

started meeting in Cedar Mill in 1943 and has served the community for 81 years collecting literally tons of food for The Oregon Food Bank, cleaning up trash along roadways, and (especially helpful in the days before yard debris pickup) recycling Christmas trees and greens each holiday season. Members have added to the community with their Eagle Scout projects including cleaning and rebuilding playgrounds, building shelters to protect and hide dumpsters, and cleaning out stream beds-removing invasive species and replacing them with native plants, building

perennial food crops to feed low income and unsheltered Portlanders. Only about six percent of scouts

mountain bike trails, improving

community gardens, and planting

earn the highest rank of Eagle each year. To do so, a scout must earn six different ranks, 21 merit badges, hold leadership positions within the troop, then work with a community organization to create and execute their Eagle Scout Project.

Many famous people have been Eagle Scouts including U. S. Presidents, astronauts, doctors, journalists, and explorers. In a study conducted by Baylor University, Merit Beyond the Badges, found that Eagle Scouts are more likely to: have higher levels of planning and preparation skills,



L-R: Aiden Wesel, Caleb Hudson, Arjun Bains, Nathan Friar, Ethan Hudson, Kai Morris

be goal-oriented, and network with others; be in a leadership position at their place of employment or local community; report having closer relationships with family and friends; donate money to charitable groups; and work with others to improve their neighborhoods.

If you are interested in having your son or daughter join Scouts BSA, visit this website for information on local troops for all ages.

#### **Viva Village Events**

Viva Village is a Beaverton-area grassroots organization of members optional. Register on the Library 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 vivavillageevents@ 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.

#### Women's Coffee (in person)

Wednesdays in July, 10 am-12 pm. New Seasons Market Cedar Hills, 3495 SW Cedar Hills BI

Coffee and conversation, RSVP recommended.

#### Online Age Café

Friday, June 7, 11 am-12 pm.

Small group conversations exploring topics of interest to older adults. Interesting new topics each session. Topic: Brain Health. Co-sponsored by Viva Village, Beaverton City Library, and Washington County DAVS. Registration website to receive a reminder email.

#### Online Viva Village 101

Saturday, July 13, 10-11:30 am

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

Viva Village Forum on summer hiatus July-August.

#### Men's Coffee Break

Monday, July 22, 10-11:30 am, Market of Choice Cedar Mill (mezzanine)

Conversation and coffee. RSVP recommended.

#### Online Viva Village Book Club

Tuesday, July 23, 1-2:30 pm.

Selected book: "Standing in the Rainbow" by Fanny Flagg. RSVP for the Zoom link.

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

Cedar Mill News July 2024

#### **Garden & Nature**

#### 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 Talk Webinar— **Tree Ordinances: How Communities Can Protect Existing Trees**

Wednesday, July 17, 6:30-8:30 pm, Zoom meeting registration here

Trees are typically regulated at the local level (City, County, HOA, etc.) with relatively few state or federal laws protecting trees. Each community decides which trees can and can't be removed and what information is required in order to approve tree removals (permits). Depending on where in Washington County a tree is growing, there may be essentially no protection, a formal permitting process, or it may depend on why the tree is being removed.

Ryan Gilpin is Principal Consultant at Nidus Consulting a Portland based arboriculture and ecology consulting company. As a consulting arborist, Ryan has read and navigated hundreds of different ordinances, mostly related to construction across North America. Ryan will review with us: what he looks for in reading ordinances, some important details in the ordinances across Washington County, how these compare to other parts of North America, and how communities typically develop ordinances.

#### Tree Walk: Orenco Woods **Nature Park**

Saturday, July 20, 10 am-12 pm, Hillsboro (location provided after registration), registration form here,

Treekeepers on a walk through the Orenco Woods Nature Park. The 44-acre park, coowned by



Metro and the City of Hillsboro, sits along Rock Creek, a major tributary to the Tualatin River. A segment of the Rock Creek Regional Trail runs through the park over a majestic bridge. A network of looped trails weave their way through the site providing visitors a walk through

rolling landscape, open meadows, oak savannah, riparian habitat, forested areas and a glimpse at a variety of birds and wildlife. Although parts of the trails are paved, other segments are made of compacted crushed gravel which is firm and stable. Portions of some trails exceed 5% slope.

On our walk we will talk about the history of the site. At the end of the trail, get your picnic basket to have your lunch while socializing with fellow tree lovers.

### **Tips for Summer** Watering

From the One Green World newsletter

Water deeply and infrequently: Most in-ground plants will benefit from deep waterings once a week that thoroughly soaks the soil, both on the surface and deep through the soil layers. This encourages deeper root growth making the plant more resilient.

Water the whole root zone: Watering in a way that encourages both lateral as well as deep root growth will make for a healthy root system. Using drip tape spaced at 12 inches apart is a great way to do this. If you're planting climate appropriate plants that won't need supplemental water after establishment, you can reuse that drip line on your new plantings and get the most out of all that plastic.

Water at the right time of day: Making sure your plants are watered before they need it is the best way to ensure they don't suffer a hydro deficit. Water days before the heat wave arrives, instead of once it's here. Ideally if you can water before sunrise, or as early in the morning as possible, your plants will have time to fully uptake that water before the

photosynthesis begins for the day.

Plant with hvdro zones in mind: Researching your plants' water needs and grouping them accord-

ing is the easiest way to ensure they will thrive. Keep the mediterranean garden dry in summer, the cactus dry in winter, and keep the apple orchard watered all summer!

More smart watering information is available on the Tualatin Valley Water District site here.



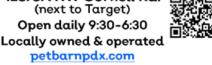
12675A NW Cornell Rd. (next to Target) Open daily 9:30-6:30

petbarnpdx.com

Come in & check out our monthly deals! Fun summer treats for your pet!



\$3 OFF your \$25 purchase! (mention this ad through 7/31/2024)







tvwd.org/outdoors









From the farm to your fridge. In hours, not days.

Fresh milk daily, 7 am - 9 pm 24335 NW West Union Rd + 503-647-2638 schochdairy.com

### **Bonny Slope** Massage

Who needs a massage? Gift Certificates available! TeamWeb.com/ BonnySlopeMassage

503-784-9254

Therapy in the Neighborhood John Ramey, LMT OR License #9579



Weekly Menu

Dinners for 2 or 4 people

Customizable meal plans for senior living

Frozen meal options

#### Friendly Reminder:

- · Set out carts and bins at the curb by 6 am
- Leave at least 3 feet from cars, trees, mailboxes, basketball hoops, and other carts & bins.
- Do not block sidewalks, bike paths or driveways



Walker Garbage 503-531-6330 walkergarbage.com info@walkergarbage.com

Office Hours: M-F, 8 am-4:30 pm Page 10 Cedar Mill News July 2024











### **Surge Wellness comes to Cedar Mill**

The Ammortal Chamber uses

multiple energy modalities to aid

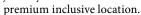
recovery for athletes and others

Grand Opening Monday, July 8. Regular hours Monday-Thursday, 9-7; Friday 9-6; Saturday 10-3, 11786 NW Cedar Falls Dr, Suite 220; surgewellness.com

The latest new business to locate in the Kirkland Center (SE corner of Barnes & 118th, near the new hotel that's going in) is Surge Wellness, a multi-disciplinary wellness center with practitioners and service providers offering a variety of modalities and technologies to help clients achieve their highest functioning.

Casey Holliman, the founder, also owns Performance Body-

work with two
Portland-area
locations. He is
incorporating
some of the practitioners from
that business and
consolidating
and adding to
the state-of-theart equipment
that enhances
the wellness
journey into this



He says, "We don't have a specific target demographic. We have something for everybody—whether it is pain relief and injury recovery, post-op healing, maintenance and prevention, increased performance and optimized health, athletic recovery, wellness, or longevity and healthy aging. We treat people of all ages, from teens to seniors."

There are several private treatment rooms for chiropractic, Fascia Stretch Therapy, and massage. Also on staff is a functional nutrition practitioner, and a Stott Pilates teacher offers private or smallgroup sessions.

What really sets this new practice apart from other wellness providers is that many of the technologies deliver various forms of energy—including red light, sound, electromagnetic, heat, and cold, and more, which supplement the more-traditional bodywork.

The large office suite has space for each type of equipment and modality. One room includes saunas and ice baths—the extremes stimulate metabolism and healing. Other treatment modalities include lymphatic drainage, Pulsed Electromagnetic Field Therapy (PEMF), an infrared ozone sauna (HOCATT), a Somadome meditation pod, and

many more. Visit the "Wellness Technologies" page of the website for more information on each.



New clients can receive an intake interview to discover their wellness goals and issues. Once a client has a treatment blueprint, an optional membership plan is offered that is tailored to support the individual's health journey with regular access to their cutting-edge therapies and treatments, to help

clients look, feel and perform at their best.

Visit the website to learn more about what Surge Wellness can do to help you and your family members achieve healing, relief from pain, and optimum functioning. Online

scheduling is currently available before the facility opens.



Saturday, July 13, 9 am-1 pm, 330 SW Murray Blvd., free

Drop in to find resources and connect with service providers for seniors and their families who are seeking to prepare for the years ahead. Expect to meet elder law attorneys, financial advisors, caregivers, in-home services, foot care providers, and many more. At 11 am hear and interact with a panel of specialists with host Bess Lindahl.

#### **Legendary Makers Market**

Friday, July 26 & Saturday, July 27, 3-10 pm, Sunday, July 28, 11 am-4 pm, The Round, 12600 SW Crescent St.

Beaverton is proud to support the Legendary Makers Market, a night market centering on the Asian American community. This year, the successful Makers Market will move from Portland to The Round in Beaverton. In addition to an incredible selection of vendors for an open-air night market we will activate the entire Patricia Reser Center for the Arts with panels, art, film screenings, performances, and workshops. Hosted by Asian American Town with support from the city.

Business News, continued from page 2 is empty. Also, move anything of value indoors away from being seen outside. This is one of the best safety precautions to leave your house when on vacation.

We hope the tips are helpful. Sunset Science Park Federal Credit Union is open to anyone who lives, works or attends school in Washington County. For more information or to get a pre-approved auto loan, stop by their office (1100 NW Murray Blvd #200) or visit the SSP-FCU website.

#### Questions you may have about selling your house

By Jan Dempsey, Realtor, Windermere Realty Group

There's no denying mortgage rates are having a big impact on today's housing market. And that may leave you with some questions about whether it still makes sense to sell your house and make a move. Here are three of the top questions you may be asking, and the data that helps answer them:

Should I wait to sell? If you're thinking about waiting to sell until after mortgage rates come down, here's what you need to know: so are a ton of other people! And while mortgage rates are still forecasted to come down some later this year, if you wait for that to happen, you may be dealing with a lot more competition as other buyers and sellers jump back in the market too. Even a modest drop in rates will bring both more buyers and sellers into the market. That means if you wait it out, you'll have to deal with things like prices rising faster and more multiple-offer scenarios when you buy your next home.

Are buyers still out there? But that doesn't mean no one is moving right now. While some people are holding off, there are still plenty of buyers active today. Demand has dipped some since 2021-2023. That's for 20 years at the time and turned in response to a lot of market factors: higher mortgage rates, rising prices, and limited inventory. But to really understand today's demand, you have to compare where we are now with the last normal years in the market (2018-2019), not these abnormal years of 2023-2024. Nationally demand is still high compared to the last normal years in the housing market. And that means there is still a market for your house to sell.

Can I afford to buy my next home? And if you're worried about how you'll afford your next move

with today's rates and prices, consider this: you probably have more equity in your current home than you realize. Homeowners have gained record amounts of equity over the past few years. And that equity can make a big difference when you buy your next home. You may even have enough to be an all-cash buyer and avoid taking out a mortgage altogether.

Bottom Line If you've had these three questions on your mind and they've been holding you back from selling, hopefully, it helps to have this information now. A recent survey from Realtor.com found more than 85% of potential sellers have been considering selling for over a year. That means there are a number of sellers like you who are on the fence. But that same survey also talked to sellers who recently decided to take the plunge and list. And 79% of those recent sellers wish they'd sold sooner.

If you want to talk more about any of these questions, or need more information, don't hesitate to contact me at 503-706-6358 or idempsev@windermere.com. It would be my pleasure to discuss with you your options.

#### The Agency Portland has arrived

We hope you have already heard the exciting news, but if not, here we go: We have started a new real estate brokerage—The Agency Portland! We are located in the flagship office of Lifetime Work in Beaverton and now with an event space on the corner of NW 23rd & Hoyt. Dirk Hmura, the Managing Partner, was approached by The Agency a few

years ago to start up an of-THEAGENCY fice in Portland Portland and future locations too. Dirk

had been with his previous company them down. Well, fast forward another year, they came calling again. After consulting with his team, along with Dirk's longtime friend and Principal Broker, Andrew Misk, he decided that this was the right time and the right brand. We were officially announced as the 100th office worldwide at the Agency Forum in Austin Texas back in November.

What makes The Agency different? We are a real estate marketing powerhouse that offers boutique service with global reach. We love the global marketing behind the company and the local leadership we

will cultivate. We can truly build our company the way we feel it will best serve our clients and community. Our plan is to build our NW Portland office first and open more offices around the Metro area in the near future. Portland has not had a real estate company with a global reach and boutique feel, so we are excited to put

Connect with our Cedar Mill members for fun and networking! Join us at our next meeting—second Tuesday of each month at noon—learn more on our website! cedarmillbiz.com



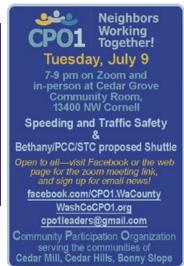
### **Bottle/Can Drive**

Saturday, July 13, 10 am - 1 pm Sunset Church, 14986 NW Cornell Please drop off any redeemable non-crushed cans, and plastic and glass bottles

Read The News online: cedarmillnews.com

our stamp on the market. For more information visit the Agency website or call us at 503-297-2000.







(503)444-8696 + BESS@CAREANDKEEPING + CAREANDKEEPING.COM



## THIRD TIME'S THE CHARM.

(But the first and second were pretty great, too.)

For the third year running, Canfield Place has been named Best Assisted Living by U.S. News & World Report.

Spring is here! Call us at 503-479-4894 to schedule your visit and lunch on us and see our beautiful courtyard in bloom.

#### CANFIELD PLACE

14570 SW Hart Rd | Beaverton, OR 97007 | 503-479-4894

CanfieldPlace.com

(C LEISURE CARE

Introductory

Special:

first session

\$50



Transform your wellness routine with the Sculpt Pod Max Bed. Embrace the future of health and wellness, and feel the difference in every session.

Designed for those who seek holistic health benefits, our innovative bed combines the power of red light therapy & infrared heat to rejuvenate your body & mind.

Red Light Therapy: Enhanced Cellular Function— Boosts energy production at the cellular level, aiding in repair and regeneration.

Reduced Inflammation-Helps to decrease inflammation and pain, promoting faster recovery from

Improved Skin Health—Stimulates collagen production, reducing wrinkles and fine lines, and improving skin texture.



For appointments & inquiries, call or text to: 971-448-9155, or email us at hello@bodelite.co

#### Infrared Heat:

Deep Tissue Penetration-Infrared heat penetrates deeper into the skin, providing relief from muscle soreness and stiffness.

Detoxification-Encourages sweating, which helps eliminate toxins from the body, leaving you feeling refreshed and revitalized. Enhanced Circulation-Promotes better blood flow, delivering more oxygen and nutrients to your cells for improved overall health.

#### Why Choose Sculpt Pod Max Bed?

Comprehensive Therapy-a unique combination of red light therapy and infrared heat, targets a wide range of health and wellness concerns.

Comfort and Relaxation-Experience ultimate comfort in our ergonomically designed bed, crafted to support your body while delivering therapeutic benefits.

Scientifically Backed—Our technologies are grounded in scientific research, ensuring you receive the most effective treatments

> Learn more at Bodelite.co



Register at thord.org TUALATIN HILLS



LetsRemodel.net

CCB:172095

