



FREE

Cedar Mill News

Volume 16, Issue 1

January 2018



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New laws for the New Year

Compiled by Caitlyn Ark, student intern

As the New Year rolls around, be prepared to for some changes in state and local protective regulations, taxes, and fees for Oregon. Starting Jan. 1, the following laws will be put into action.

ESPD neighborhood livability improvements

Washington County neighborhoods within the Enhanced Sheriff Patrol District (all of Cedar Mill and Bethany) will experience livability improvements, including changes in towing and parking, as well as altering the "chronic nuisance" complaint to include things like domestic violence, creating a hazard like an open well or hole, public indecency, and drug offenses.

Chronic Nuisance: A "chronic nuisance" generally applies to unsavory behavior or potential criminal activity that impacts the livability of your community. We have included some common examples below. If you notice any of these nuisance behaviors in your area, or ANY kind of suspicious activity, please report it by calling

non-emergency dispatch: 503-629-0111. Even if you are unsure whether you should report something, call anyway. No call is too small!

Disorderly conduct
Discharge of a firearm
Noise disturbance
Minor in possession of alcohol
Public indecency
Criminal mischief or graffiti
Prostitution or related offenses
Illegal gambling
Alcoholic liquor violations
Drug offenses
Endangering the welfare of a minor
Harrasment
Theft or ID theft
Animal abuse, neglect or abandonment
Creating a hazard (such as an open well/cistern/ hole)
Assault, menacing or recklessly endangering
Domestic violence

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Cedar Mill c. 1961



This photo was shared with the Cedar Mill Historical Society by Natalie Schneck. It came with the house her family purchased, visible just north of Terra Linda woods. CMHS is always interested in early photos of the area—families, homes, businesses and farms! Contact us if you have old photos or other historical stuff!

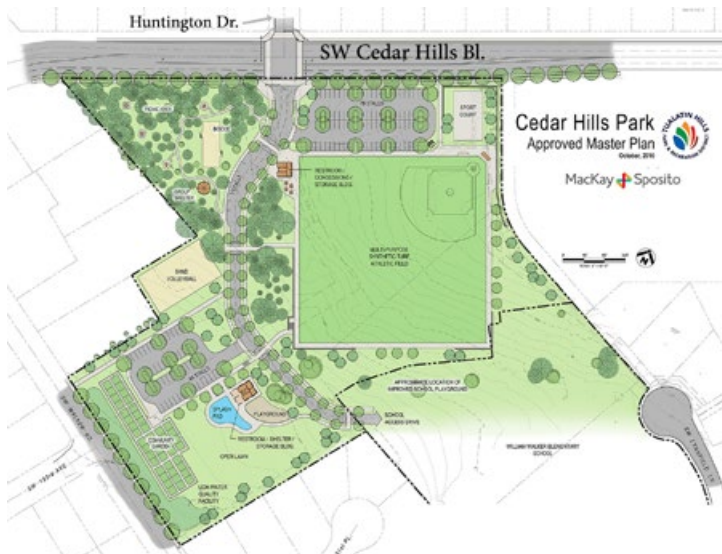
1. Sunset Highway. The ancient route from the Tualatin Valley to the Willamette was improved as a freeway in 1949.
2. Sunset High School. First opened in 1959.
3. Sunset Swim Center. Built by Tualatin Hills Park District and opened in 1960.
4. Sunset Valley Elementary. Built in 1948 to replace Union School. Sold in 1979 to ESI which used it as its headquarters. Home Depot is located there now.
5. Murray Road. Named for the Owen Murray family, the road didn't extend south to Walker until the '60s.
6. Cornell Road. Surveyed by Washington County in 1868, the road extends from Lovejoy St. in Portland to downtown Hillsboro.
7. Wolf Creek Water District building. It now houses Bales/Findley Property Management and other businesses.
8. Bales Thriftway. The old center on the east side of Saltzman (where Bingo is now) opened in 1961. It is slated for redevelopment soon.
9. Saltzman Road. The road originally crossed the Tualatin Mountains and connected to Highway 30

Cedar Hills Park will close for construction January 8

As part of a major construction project that will bring a variety of improvements to [Cedar Hills Park](#), the park will be closed starting Jan. 8, except for a pedestrian pathway from William Walker Elementary School (Lynnfield Lane) to Cedar Hills Boulevard. The park has served the area with a variety of recreation and sports options since it was built in 1959.

In May 2018, the pedestrian path also will close, and in June, primary construction work will begin, continuing through the summers of 2018 and 2019 before finishing in October 2019. Please note during the closure, fencing will be erected around the park for public safety.

Funded by THPRD's 2008 [voter-approved bond measure](#), the project will establish a multipurpose synthetic athletic field with lights, a concession stand, a playground



with a splash pad, sport courts, a community garden, a new picnic shelter, permanent restrooms,

and ADA-accessible features. In addition, the project will enable improved access from the park to

Continued on page 7

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

Village Gallery News

January Show

Sun., Jan. 14, 2-4 pm, free

Join us for refreshments and meet our featured artists, Renee Habibi and Shelley Lebel. Renee enjoys the bold vivid color of oil painting, but has also created work in many media including clay and wood sculpture and watercolors. For the past three years, she has been drawing and painting with liq-

faces, animals, cartooning and perspective.

Paint your pet in watercolor with Mary Burgess

Wed., Jan. 10, 17, 24, 31, 9:30-12:30 pm; 6-9 pm

Learn to paint animal portraits in watercolor using traditional techniques. We will concentrate on photographing animals, painting eyes, fur, feathers and more. The class includes structured lessons and instructor coaching on your paintings.

Village Gallery is located at the east end of the Cedar Mill Library building at 12505 NW Cornell Road. Regular hours are Mon.-Sat. 10-4; Sun. 12-4. Village Gallery is a non-profit educational art gallery in operation since 1963. For a complete list of classes visit villagegalleryarts.org or call 503-644- 8001.



Alpine Hut, by Renee Habibi

uid inks. Her inspiration is nature in its many colors and forms.

Shelley is best known for her mixed media whimsical style and sense of humor. She dabbles in many mediums, techniques and substrates but continues to be drawn to bright colors, bold lines and simple designs.

Kristi Roberts youth classes

Mon., 3:45-4:45 pm; Mon., 5-6 pm

Children have an opportunity to try out different mediums including drawing, watercolor, acrylic, pastels, clay and mixed media. Fine art concepts and techniques are taught with each lesson. Varied subjects include landscapes, people,

21-day Sugar Detox info session with Holly Morello

Wed., Jan 17, 7 pm, Leedy Grange Hall, 835 NW Saltzman

Join me for a free info session for the 21-Day Sugar Detox program. Those in attendance will receive a special discount for my upcoming group that is starting on January 31. Classes will be at 7 pm and will run Wednesdays through March 7.

As a long time citizen and contributing member of the Cedar Mill community, I am pleased to introduce my practice, [Nourishing. Excellence Nutritional Therapy. LLC](http://Nourishing.ExcellenceNutritionalTherapy.LLC), which opened in 2013 and been steadily growing. As a Certified Nutritional Therapy Practitioner, my passion is to inspire hope and to empower my clients to heal themselves by applying a mind-body-spirit approach in helping them overcome a variety of chronic health challenges that are impacting their lives.

One of the foundational approaches I take with new clients to help them improve their symptoms is to guide them through an anti-inflammatory diet, which is also powerful in helping them manage blood sugar imbalances. The impact of too much sugar is far reach-

ing—most people are surprised how much sugar they are actually consuming because it's in nearly all processed foods labeled with all sorts of names besides sugar!

In February, I will be guiding participants through The 21-Day Sugar Detox (21DSD) using the book, The 21-Day Sugar Detox Daily Guide by Diane Sanfilippo as our text. As a holistic nutritional therapy practitioner, what I love about the 21DSD is that it teaches you how to bust sugar and carb cravings naturally by incorporating nutrient dense whole foods that are delicious!

Curious? You can download The 21-Day Sugar Detox Official Program Rules for free here: 21DSD.com/free-resources. Also, the author, Diane Sanfilippo will be at the Bridgeport Barnes & Noble on February 9th at 7 pm – I'd love it if you'd join me there!

For more information, contact Holly Morello, NTP Nourishingexcellence.com 971-279-8181.

Meditation, women's healing, Wellness Fair at Massage & Spa at Bethany

Massage & Spa at Bethany, 15280 NW Central Dr #102

Meditation Class – Mon., Jan. 8, 6:30 pm

Women's Healing Circle – Mondays, Jan 15 & 29, 6:30 pm

Wellness Fair! – Wed., Jan. 24, 5:30 pm

We are hosting an amazing group of wellness practitioners this month. This is an opportunity to ask questions about the topics we offer classes on. Each of our treatment rooms will be set up with different information from different practitioners including: Meditation, Reiki, Hypnosis, and more!

We will raffle off free services throughout the night! Snacks, coffee, and tea provided! For more information visit our website.

World Of Smiles Pediatric Dentistry Grows Up

World Of Smiles was founded in the Cedar Mill area by Dr. Michelle Stafford in 2008, and has since expanded into North Portland. Now World of Smiles is growing up with the addition of a dedicated teen clinic! The new office is located

in Suite 220, just across the hall from our West side location, allowing parents to continue scheduling their teens with younger siblings at the same time.

This transitional practice will focus on preventative care for teens and young adults, including regular cleanings, exams, x-rays, and sealants. The office will continue to offer nutritional counseling as well as acting as a resource on the dangers of tobacco and marijuana use and other teen issues. In addition to basic care and hygiene, the clinic will treat small fillings, and provide some extractions. Only once their dental needs regularly exceed this scope with concerns like root canals, aesthetic crowns, and third molar extractions will it prove necessary to find those young adults a new dental home with a referral to a trusted provider.

To learn more, go to www.visit-worldofsmiles.com.

The Wine Cellar has a new chef

525 NW Saltzman Rd

DeeAnna Breazeale joined The Wine Cellar as a new chef. She will be teaching classes using seasonal foods from A to Z. Classes will vary from nutrition and health-based to fun, flavorful, and fantastic. Details on pricing and classes to follow. Visit us at portlandwinecellar.com

Fourth annual community 'Shred-It' day at Sunset Credit Union

Fri., Jan. 12, 9-4:30; Mon., Jan. 15, 9-4:30, Sunset Credit Union, 1100 NW Murray Blvd

Drop off your old financial statements, bills, etc. which you want to shred to Sunset Credit Union's 4th Annual 'Shred-It' Day. You can get up to two shopping bags or banker's boxes shredded for free. This is a great opportunity to get rid of tax documents (2008 and older), old financial statements, and outdated personal records at no cost. If you are unsure of what to shred and what to keep, contact the credit union at cuteam@ssspfcu.com and request to receive their free list titled: How Long to Keep Household Records.

Please note: Items will be securely stored in the Sunset Credit

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CPO 1 skips January meeting

There will be no January meeting for Community Participation Organization 1. We invite you to attend the League of Women Voters forum below. We'll see you again on Feb. 13.

League of Women Voters Ballot Measure 101 forum

Mon., Jan. 8, 1:30-3 pm, Beaverton Community Center, 12350 SW 5th St., Beaverton, Free

The [League of Women Voters](#) explains Ballot Measure 101, Oregon Healthcare Insurance Premiums Tax for Medicaid Referendum and gives the arguments for and against. Be an informed voter. Contact: Kathleen Hersh, k.hersh@lwv.org or Josie Koehne josephine.koehne@gmail.com for more information.

Cedar Mill Historical Society seeks volunteers

Fri., Jan. 19, 10 am, Cedar Mill News office, 12505 NW Cornell Ste. 4

After two great opening events for our "pop-up" history museum, we're gearing up for more events and activities in 2018. If you enjoy learning about the history of our community, there are plenty of volunteer opportunities.

We're planning a lecture series, more museum openings, and a collection of Tualatin Valley history documents. We want to begin to collect oral histories to capture the memories of long-term residents. And we have many more ideas waiting to be implemented.

And of course, we're always looking for fundraising ideas. The 2018 Cedar Mill History Calendar sold out, thanks in part to The Ackery, which purchased calendars for their "pioneer" residents.

So if any of this sounds like something you'd be interested in, you're invited to attend our next meeting, or just get in touch by calling 503-803-1813 or emailing info@cedarmillhistory.org

Washington County public affairs forum

Mondays, 11:30 am, Golden Valley Restaurant & Brew Pub, 1520 NW Bethany Blvd, free

Doors open at 11:30 am, and the speakers start at noon. Lunch is available to order from the menu. Following the speaker, there will be an opportunity to ask questions. Asking questions of our speakers is a privilege of Forum membership.

Upcoming topics include: Measure 101 from both sides; MLK and human rights today; the economic impacts of the arts in Washington County; the February legislative session and its potential impact on business; and climate change.

For detailed schedule information visit washingtoncountyforum.org

Beaverton Historical Society

Tues., Jan. 9, 7 pm, Beaverton Lodge Retirement Home, 12900 SW 9th St., Beaverton, OR 97005, suggested donation of \$3.00

Learn about the Lewis & Clark Chapter of the Greater Portland Area Sons of the American Revolution, from Grier R. Ingebretsen. Refreshments included. Donations encouraged.

Visit historicbeaverton.org or call 503-430-0106 to learn more about BHS.

Washington County Museum free family morning

Sat., Jan. 13, 10-1, free, 17677 NW Springville Rd. on the PCC Rock Creek campus

Join us for "International New Year," a free family morning to learn about how people celebrate the New Year in other countries. There will be a number of hands-on activities, games, and crafts for children to enjoy and take home.

Measure 101: What you need to know

The Washington County Department of Health and Human Services Disability, Aging & Veteran Services (DAVS) recently published this article describing Measure 101, the single issue that we are voting on in the January 23 election. We thought it was a good summary so we're sharing it.

In January, Oregon voters will receive a special election ballot called Measure 101. It's important for voters to distinguish between a "yes" vote and a "no" vote on this measure. A "yes" vote would uphold House Bill (HB) 2391, a bill passed by legislators this past July with bipartisan support.

The bill includes a new temporary tax on some insurance companies, hospitals and other health care providers to help bridge the gap in Medicaid funding and maintain health care coverage for low-income Oregonians, including seniors and people with disabilities. A "no" vote

Beaverton offers mediation training

Fri., Jan. 26; Sat., Jan. 27; Fri. Feb. 2; Sat., Feb. 3, 8 am-5 pm, 12725 SW Millikan Way

The City of Beaverton's Dispute Resolution Center is offering a 32-hour Basic Mediation Training to community members. The course will cover all aspects of the mediation process including topics like conflict theories, mediation stages, active listening, and conflict-response styles.

The Basic Mediation Training is available to the public. The cost to participate is \$250 and includes four eight-hour days of training. Registration is required. Visit www.BeavertonOregon.gov/911/Training-Events to sign-up.

Bonny Slope pancake breakfast

Sat., Jan. 20, 7:30-10:30 am, Bonny Slope cafeteria, 11775 NW McDaniel Rd

The tradition continues for our 5th grade class to host this fun family event. Students will sell tickets, host, cook, serve, and entertain the community to raise money for Mazamas Mountain Science School. \$5/person or \$20/family (max 6 people) in advance; \$6/person or \$22/family at the door on the day of the event. Buy your tickets today [online](#).

on Measure 101 would overturn HB 2391 and could result in approximately 350,000 Oregonians losing their medical coverage and the state losing billions of dollars in federal matching funds.

Here at DAVS we are closely watching Measure 101 and the potential impacts to older adults programs if it doesn't pass. If voters reject Measure 101 and state fund-

ing for health-care is cut significantly, then legislators will need to make up the budget deficit somewhere. One possibility would be cuts to programs funded with state general fund dollars, like Oregon Project Independence (OPI), a program that helps older adults remain safe and independent in their own homes.

DAVS suggests a [comprehensive and informative article on KOIN.com](#) for more information:



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January 17, 7 pm: Free info session for the 21-Day Sugar Detox @ Leedy Grange Hall
4-week 21DSD Class begins January 31

Holly Morello, NTP • nourishingexcellence.com



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New McMenamins Cedar Hills Pub celebrates former airport

by McMenamins
McMenamins Cedar Hills, 2885 SW Cedar Hills Bl.

Take in the soaring ceilings, lofty windows and garage-style doors that create the sensation of standing underneath an open sky. Then, elsewhere in the pub, you can experience quite the opposite in a diminutive, clubhouse-like gathering spot.

The large room features a round bar surrounded by cozy booths. And there's an indoor/outdoor fireplace to cozy up to this winter, along with meeting and event spaces and an extended patio with fire pits.

These varying spaces bring to mind the old Bernard Airport that defined the neighborhood's adventurous spirit and independent nature from the late 1920s to late 1960s, with its wide-open runway, lined by individual hangars that were very much like clubhouses for the pilots, mechanics and enthusiasts. And right here, on the pub site, was where part of Glider Ridge sat, from which those motor-less, winged craft would launch in the early days.

In 1929, farmer, car dealer and aviation fanatic, Charlie Bernard formally converted a 4,000-foot strip from his pasture into a non-commercial airport. He immediately began building the first of 40 hangars that soon lined the runway. Charlie's friend and mechanical genius, George Yates, got on board in the beginning, establishing Yates Aircraft Corporation, which

thrived here for 30+ years. Bernard Airport, and Yates' presence in particular, attracted



The Boys of Bernard's Field, Oregon Pilot's Association, 1937 or 1938. City of Beaverton photo.

other innovative, amateur pilots and airplane builders, and it soon became a regional center for amateur pilots and aircraft manufacturers. Because of the resolute character of these folks, as well as Oregon's early-day, state-sponsored pilot licensing (which circumnavigated the more common federal licensing), these Bernard Airport pioneers were dubbed the "Beaverton Outlaws."

Change was in the wind, though, beginning in the mid-1950s, with the growth of Beaverton, and, in particular, the expansion and relocation of Tektronix just to the west of this site. Urbanization—residential and commercial—soon surrounded the long-running amateur Bernard Airport, making its presence (and air traffic) undesirable to many. As the '50s moved into the '60s, there were periodic complaints from homeowners, but in the end, it was the skyrocketing property taxes that forced the airport to close in 1969. As hard as that was, the Bernard family went with the changing tide, partnered with a developer and created Bernard's Beaverton Mall, which of course became a community anchor of a different sort.

McMenamins first came to this neighborhood in 1992, opening the Cedar

Hills Pub almost due south (on the other side of Jenkins Road) from this new location. That first building had originally been North's Chuck Wagon restaurant, part of the earliest development of the Beaverton Mall, now Cedar Hills Crossing.

Through artwork, historic photos and even some relics, we celebrate the Bernard Airport's important role in the dashing, romantic, early era of flight in Oregon and beyond.



McMenamins new Cedar Hills Pub features a large round bar with 40 taps of beer and cider from McMenamins and guest breweries and cideries. Above the bar is a large propeller that once belonged to pioneering Portland pilot Tex Rankin.

Learn more and view the menu [on the website](#), or call 503-641-0151 for information.

This is a first draft of the Cedar Hills Pub history sheet. If you have corrections or stories to add for the final version, please contact Tim Hills at past@mcmenamins.com or 503-223-0109.

Indivisible Cedar Mill

Mon., Jan. 8, 6:30-7:30 pm socialize, 7:30-8:30 pm meeting, contact for address.

Our January meeting will feature a visit with County Commissioner Greg Malinowski. We will discuss Measure 101 and how we can activate to ensure it's passage, including signing up for canvas events and phone banks as well as celebrations and progressive actions. Contact Karyn (karyn@karynsersevin.com) or John (theportlandfoxes@gmail.com) for details.



McMenamins artist Lyle Hehn created a new piece for the location which includes a nod to its airplane hangar history and recent solar eclipse. The pub features original site-specific artwork throughout.

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Gardening grows bones, too

by Margie Lachman

Bending, twisting, lifting, pulling! A new exercise class? No, but similar and even better results while having fun; doing what we gardeners do!

Out in the garden we dig holes, rake leaves, hoe weeds, plant, carry watering cans, push mowers; all these motions are weight-bearing exercise that maintain healthy bone mass and help prevent osteoporosis. [Dr. Lori Turner](#), associate professor of Health and Science and lead re-

gravity, making our bones strong. This means lower risk of fractures later in life. Science has observed the effects of a lack of gravity on astronauts whose bodies are weightless while in space. They experience significant bone and muscle loss while outside of Earth's gravitational pull. Since gardening takes place outdoors, we are also exposed to sunlight, stimulating the production of Vitamin D which helps the absorption of calcium necessary for strong bones.



searcher in a study at University of Arkansas, wanted to find out which activity was the most effective at preventing osteoporosis. A group of 40,000 women (3,000 of whom were 50 years or older) participated. Dr. Turner found gardeners in the 50+ age group who gardened at least once a week had higher bone density than those who regularly did other types of exercise like aerobics, dancing, walking, jogging, swimming, bicycling, and calisthenics. Only working with weights showed significant strengthening of bones similar to gardening.

Our bodies are designed to function while resisting the effects of

I would much rather be outside breathing fresh air, smelling the flowers and the soil, hearing the birds sing and the buzz of insects, and feeling the sun's warmth, than using a machine inside of a gym. And of course there is no monthly fee to pay, allowing more funds for buying new plants. More fun!

So, gardeners, in this month of new beginnings, think about the gift of health that you give yourself with every task you do in the garden. Then there is the gift of the beauty we create for ourselves and all who see what we create. Happy New Year, everyone. And happy gardening, too.

Questions? Email me at mar-gierose2@gmail.com or call 503-645-2994.

Wanted: volunteers to help survey for frogs and salamanders

Sat., Jan. 27, Tualatin Hills Nature Center, 15655 SW Millikan Way, Beaverton, OR 97006

Join us for training and be a part of a regional effort to monitor wildlife, watershed health, and the success of our restoration projects! Participants in our amphibian survey program attend a free training session on how to identify frog and salamander eggs, then survey local ponds three to four times during February and March.

[Register here](#) to be a part of this unique experience.

For more information, contact Melissa Marcum at mmarcum@thprd.org, 503-619-3941.

Volunteer with THPRD to improve natural areas in your neighborhood

Join us at the park improvement projects listed below and help us protect and restore local natural areas. All projects are 9 am-noon. Please bring a re-usable water bottle to drink from throughout the event. Tools, gloves, snacks and a water cooler will be provided!

Sat., Jan. 20, NE Park (located @ NW Saltzman & Laidlaw)
Sat., Feb. 10, Jackie Husen Park

New projects will be listed periodically. Register for these events [here](#).

Beat the Winter Blues

By Jennifer Imai

As the daylight hours diminish and sunny days are few and far between, we Pacific Northwesterners brace ourselves for winter. Ours may not be as harsh as winters in the Midwest or New England, but it brings its own kind of punishment: drenching rain or persistent mist, and a heavy, gray ceiling of clouds.

If the impending gray is the harbinger of gloom for you, try something different this winter. Reviews of the past 20 years of studies on health and well-being conclude that some of our happiness is predetermined by genetics, but much of our happiness is within our control. Proven remedies to the blues include meditation, going outside, and taking part in cultural activities, such as concerts or plays. These remedies work because they provide physical activity, mental stimulation, or face-to-face interaction with other people. Want to find all three mood-boosters in one complete package? Volunteer.

According to the Corporation for National and Community Service, recent research "found statistically significant, positive relationships between volunteering and lower levels of depression." Think about it: volunteering gets you out of the house (physical activity), among other people (face to face interaction), and involved in meaningful work (mental stimulation). You benefit and so does the community. Perhaps it's that last element—helping others—that makes the impact of volunteering so powerful. 95% of the people who volunteer believe that it makes their community a better place.

And here's more good news: according to the Harvard Health Blog, volunteering isn't just a mental boost. "A growing body of evidence suggests that people who give their time to others might also be rewarded with better physical health—including lower blood pressure and a longer lifespan."

Now that you have evidence that volunteering is good for you, where do you start? The most important thing when volunteering is to give time doing something you enjoy or believe in, or you will end up frustrated and miss the benefits entirely. Do you love the theater? Volunteer to usher, and then watch the plays.

Would you like something closer to home? The Cedar Mill Community Library has opportunities

around the community as well as inside the library. If you love books, volunteer in the library, and see new books as they hit the shelves. Are you an expert on your iPad? Share the wealth! Help others learn to use them in the library's Computer Lab. Prefer to be out in the community? Retired school teachers enjoy giving Story Times as part of our BookShare program—no grading, no parent conferences, just kids and books! Literature-loving volunteers conduct Book Group discussions for adults at senior living communities, like The Ackerly and Regency Park.

Do you have a retail background? Join the staff at 2nd Edition Resale Shop, which funds the library. Love shoes and handbags? Or vintage jewelry? Help sort and price donations. Share that passion and experience! Whatever your talents, you'll meet vibrant, like-minded people who develop friendly bonds through shared endeavors. You'll experience a feeling of happiness and well-being that comes from doing something for someone else. You'll gain by giving.

This winter, beat the blues, banish the gray. Volunteer.

Volunteer Opportunities

Cedar Mill Community Libraries:
library.cedarmill.org/volunteer/
Current openings:

Book Processor: prepare items for circulation: apply stamps, stickers, covers. Once a week.

Technology help (smartphones, iPads, laptops): You needn't be an expert, but must have some personal experience with devices and be willing to tackle challenges and explore options. Once a week.

Outreach Story Time presenter: once a month at area childcare site. Your car. Prep help provided.

Outreach Book Group Co-Host: Laurel Parc, once a month. Your car. Prep help provided.

2nd Edition Resale Shop (benefits the library)

Current openings:

Cashiers: once a week

Donation sorters: special experience in jewelry, linens, toys or shoes in high demand. Once a week.

Theater

Portland5.com/volunteer

Audubon Society of Portland

audubonportland.org/about/volunteer

Park, continued from page 1

the new William Walker School that is also scheduled to open in October 2019.

The road through the park will also provide access to the reconstructed William Walker Elementary School. A traffic signal will be installed at the Huntington Ave. intersection with Cedar Hills Blvd., in a cost-shared project with THPRD and the Beaverton School District. Turn lanes will also be added to Cedar Hills Bl. BSD currently anticipates beginning construction of the road projects in May 2018.

Once the park closes on Jan. 8, a park district contractor will begin removing a number of trees in the park (while leaving the majority alone). This is necessary to create space for new park amenities and will be done with as much care as possible. Fencing will be erected to protect all trees that remain.

If you have any questions or need more information, please contact Matt Kilmartin, THPRD park planner, at 503-629-6305 or mkilmart@thprd.org.

Read more details on the [THPRD bond project page](#).

WCCLS offers interactive online tutoring resources

Mon.-Sun., 2-11 pm, online, free

The Washington County Cooperative Library Services (WCCLS) is excited to announce the launch of Brainfuse, an on-demand, anytime, anywhere eLearning platform for all ages and levels. WCCLS will provide WCCLS library card holders free access to the service.



Brainfuse HelpNow™ offers personalized homework help in core subjects (math, reading, writing, science and social studies) including the SAT preparation. WCCLS library cardholders may connect with live tutors online. While HelpNow will be particularly helpful to school-aged students, it also includes a variety of college preparatory materials.

Access to the Brainfuse interactive suite is available through the WCCLS website. Visit: HelpNow™:wccls.org/brainfusehomework to get started.



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Famous rocker alum visits sunset high school

By Kathy Campbell

Just before Thanksgiving, one of Sunset High School's most famous alumni, Tommy Thayer (Class of '78), returned to the school to visit with band students and to learn more about the school's auditorium renovation needs. Tommy is lead guitarist for the band KISS and he remembers well his years in Sunset's bands where he played saxophone and guitar under the direction of band director Dell Herreid, who was also a well-known Portland area musician with his own jazz orchestra. His influence on Tommy and several other students helped many of them become professional musicians.

As an old classmate and lead "Play a Role" fundraiser, I had invited him to meet with John Huelskamp, Sunset's principal. Mr. Huelskamp led a tour of the school, informed Tommy of the repairs and renovations needed in the auditorium, and surprised

him with a visit to the band room. Greg Hall, Sunset's current band director, was leading a jazz band rehearsal. After listening to a couple of tunes, Tommy spent several minutes answering questions from the students, signing autographs, and

They didn't make the cut but he took it as motivation to keep practicing to be good enough to make it in the next time, something that he has continued to follow the rest of his musical career during his time with the band Black 'N Blue, on up

until he was invited to join KISS.

After visiting with the students, Tommy continued to tour the school with Mr. Huelskamp and Mr. James Farmer, Sunset's theater director, along with theater parent volunteer fundraisers Becky Redding, Lynda Gordon, and me.

Tommy discussed the

auditorium needs with the group and decided to make a generous donation with his family to support the Play A Role fundraising campaign. He is also making plans to host a VIP donor event next spring to help raise additional funds for the school. More about this special event will be announced in the coming weeks.

As of the end of 2017, the Play A Role campaign has raised over

\$57,000. To learn more about the fundraiser or join Tommy by making an online donation, go to the fundraiser website at https://bit.ly/Play_a_Role.

Library news

The beginning of a new year is a great time to start something new or make a resolution for self-improvement. Whatever your resolution, the library has information to help you. Librarians can help you find diet books, fitness DVDs, or financial planning information. If you would like to learn a new skill, become better informed about current events or learn more about any subject, make the library the first stop on your quest.

Youth clean up the library on MLK day
Mon., Jan. 15, 1:30-3 pm, Cedar Mill library, 12505 NW Cornell Rd

Teens and tweens can give back to the library and the community to commemorate Martin Luther King, Jr. by helping to clean up the library. Special attention will be paid to computer keyboards, mice and cleaning behind the bookshelves. Kids will earn volunteer hours that they can apply towards meeting volunteer requirements. Registration required. Call 503-644- 0043 x114 to sign up. Ages 12-18.



Greg Hall (SHS band director), Tommy Thayer, and John Huelskamp (SHS Principal) with Sunset music students

taking photos.

One question struck a chord with Mr. Huelskamp when a student asked Tommy for tips on making it in the music business. Tommy answered, "persistence and perseverance, don't take no for an answer." He told a story about when in the seventh grade at Meadow Park Junior High and just learning to play the guitar, he and his band tried out for the school talent show.

Oh the joy of doing anything but dishes.



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Growing plants with less water

By the Robotic Animals team

Water is A Precious Resource

We are a LEGO robotics team, called the Robotic Animals. This year's Lego challenge is hydro-dynamics. We looked at many



problems that are related to water and researched our household water use. The topic we decided to pursue was gardening with less water. We chose this topic because we looked at our water bills and noticed that in the summer our water usage almost triples.

We found out that about 264 gallons of water is used in one household's garden. According to the EPA 50% of all water used in the garden is wasted. Most gardens are watered by sprinklers. Sprinklers spew out lots of water very quickly which runs off the soil. Runoff goes into the storm drains, which lead to the river. Runoff usually contains fertilizers and pesticides, which create algal bloom. The algae absorbs the oxygen in the river harming the fish.

Here are some of the solutions to this problem.

Use Of Mycorrhizal Fungi

Mycorrhizal fungus is a beneficial parasite. It acts like a big spider web that absorbs water from far and deep locations in the soil. It provides nutrients and water to the plant when it needs it. Mycorrhizal fungi increases the plant's root area

100-1,000 times.

Mycorrhizal fungus was discovered by Dr. Mike Amaranthus. While he was studying Sequoia trees he encountered a natural network of mycorrhizal fungi growing underneath the tree. He found that Sequoia trees grown with mycorrhizal fungi were very hardy and that the same trees grown without it very delicate and fragile.

Mycorrhizal fungus have also been used successfully in Africa to get good yields, in spite of the poor soil and low rainfall. It connects itself to the plant's roots. The fungus only needs 20% of the water it collects. The plant takes the rest of the water. Corn crops grown without mycorrhizae usually

produce about two to three ears of corn while those with mycorrhizae produce about five-six ears.

How to use Mycorrhizal fungi

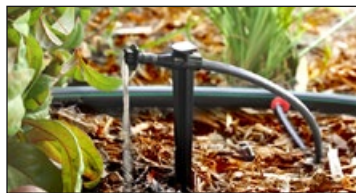
Mycorrhizal fungi can be purchased online from several different vendors, and at some local garden stores. Mix two tablespoons of mycorrhiza with one gallon water to dilute it. Apply it using any of the following ways.

Coat seeds with the mixture before planting them.

Dip roots in the mixture before planting them in the ground.

Spray the mixture on the leaves.

Water saplings with the solution.



Drip watering is much less wasteful than sprinklers.

Use Drip Irrigation

Drip irrigation is a system of tubes with little drippers or sprinklers at the end. Used with a timer, the dripper applies water on a pre-set schedule. Drip irrigation applies water to the plant, sprinklers spray water to the plants' general area. Drip irrigation can't spray on grass because there are too many grass blades in one



TVFR Winter Safety Tips

With the New Year and resolutions on everyone's minds, now is the time to think about some personal and home safety steps that can help carry you and your family safely into and through 2018, as well as save you time and money by avoiding winter-related damage to your home or business.

Tualatin Valley Fire & Rescue firefighters always see an increase in outdoor-related injuries around the first of the year. Keep these things in mind to minimize your risk of personal injury:

Increased slip and fall injuries are of particular concern this time of year. Be extra careful on icy surfaces around your home. Use kitty litter or sand to increase traction.

small area. That's why our team came to the conclusion that grass should be watered using sprinklers and plants should be watered using a drip irrigation method.

Terracotta Pots Along With Drip Irrigation

Another way to save water is to



use small terracotta pots. We bury a terracotta pot in the soil next to our lettuce plant. The pot is filled with water, and it slowly releases the water into the soil when the soil is dry. That way, there is no runoff. This can be combined with drip irrigation by placing the head of a dripper into the pot.

<http://www.darrolshillingburg.com/GardenSite/PorousClayCapsuleIrrigation.html>

Water is a precious resource, and it is our responsibility to use it wisely. We have to be open minded to adopt new ideas. We need to work together to solve this world-wide problem.

A future article will describe our research on "smart sprinklers" that save water on lawns.

Make sure to dress appropriately for outdoor activity; dress in layers with hats, gloves and waterproof boots. Be aware of the wind chill factor, which can often lower the temperature by several degrees. Avoid traveling when the weather service has issued storm advisories.

If you must travel, make sure someone knows where you are going, what time you expect to arrive, and the route you plan to take. Pack extra water, food, blankets, and clothing in case of an unexpected emergency.

There are also steps you can take to improve the safety of your home this winter.

Have your home heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside. If you are heating with wood, inspect and clean fireplaces and chimneys. Always discard ashes in a metal container away from combustible materials. Check your smoke alarms to ensure they are working properly. Prevent carbon monoxide (CO) emergencies by installing a CO alarm in your home.

In addition to fires, TVFR firefighters respond to other types of emergencies that can cause severe damage to homes and businesses. We recommend you take a few moments to familiarize yourself with the water shut off for your home/business if you haven't done so already. For the past several winters, TVFR firefighters have responded to hundreds of calls for frozen water pipes that burst and began flowing water. Businesses and homeowners suffered thousands of dollars in damage because they didn't know how to stop the water from flowing.

During region-wide weather events, first responders must prioritize their response to life-safety incidents. Knowing how to shut off your water and calling a professional can prevent significant damage to your home. Also, insulate exposed water pipes in the garage and cover outdoor water spigots.

Visit tvfr.com for more winter safety tips.

Sign up to get
The News online:
[cedarmillnews.com/
signup](http://cedarmillnews.com/signup)

New laws, continued from page 1

Reckless driving, DUI or possession of a stolen vehicle

Towing and Parking: If you notice any of the following violations, please call non-emergency dispatch: 503-629-0111.

No person shall use a vehicle or recreational vehicle for overnight lodging on a public right of way for a period in excess of 48 hours at the



same location or within a two-mile radius of the same location.

No person shall park a recreational vehicle on a residential street within the Enhanced Sheriff's Patrol District for a period in excess of four days (96 consecutive hours) in any 28-day period.

No person shall park a commercial vehicle, as that term is defined in [ORS 801.208](#), on a residential street within the Enhanced Sheriff's Patrol District.

No person shall park in front of the entrance of any place where mail is received or within ten feet of a mailbox during the hours of 8:00am and 5:00pm.

A vehicle shall not be parked on a public street or public right of way without license plates, with expired tags, with expired registration, or with expired temporary licensing permit.

No person shall park a vehicle in a manner that interferes with use of the right-of-way, the safe flow of traffic or obstructs the view of other drivers.

For a complete list of code enforcement updates visit <http://www.co.washington.or.us/Sheriff/CodeEnforcement/index.cfm>

Transportation taxes and vehicle fees

To pay for \$5.3 billion in state highway and bridge improvements, transportation taxes have been increased. Vehicle registration fees increase 30%, raising the cost from \$86 for two years to \$112. The gas tax will be raised to 34 cents per gallon (an increase of 4 cents) with three more jumps in 2020, 2022, and 2024, totaling an increase of 10 cents over seven years. Title fees,

when a vehicle is sold or transferred to a new owner, will rise from \$77 to \$93, an increase of \$16.

A new tax, called dealer privilege tax, will be introduced, meaning that buyers of new passenger vehicles will be subject to a 0.5% tax to be paid by the dealer, who can collect it from car buyers among other processing fees.

For bikes, there will be a \$15

fee added to the purchase of any new, adult bike that originally costs \$200 or more. Heavy vehicles, such as commercial trucks and

buses, will also incur increases in fees. According to legislators, these fees will fund highway and infrastructure improvements for at least a decade.

Protecting kids against tobacco addiction

The legal age for purchasing tobacco or vape products will be raised from 18 to 21, hopefully decreasing overall nicotine addiction, which is the leading cause of preventable death in Oregon.

Protecting against gun violence

Oregon judges will be able to issue "extreme risk protection orders" to remove firearms away from those who pose an immediate threat to themselves or family members. These people would then have to turn in their guns to the police or a qualified third party. They would be able to retrieve their guns when the order expires. This law may help prevent suicides and shooting sprees.



More bottles for deposit/return

The bottle bill, which allows consumers to return empty bottles and collect a 10 cent deposit, will expand to apply to nearly all beverage bottles, including coffee, tea, hard cider, fruit juice, coco-

nut water, kombucha, and other drink containers, all of which will be subject to a deposit that will be returned when they're recycled. Containers not included in this expansion are wine and distilled spirits, milk, baby formula, and meal replacements.

For more detailed information, visit the [FAQ from Oregon Assoc. of Recyclers](#).

And more...

Portland will be able to lower the speed limit of residential streets from 25 miles per hour to 20.

Undocumented Oregon residents will be able to obtain a no-cost abortion at the taxpayer expense. This bill also provides women access to reproductive health care services with no out-of-pocket expense, and will eventually require health insurance in Oregon to cover abortion.

A new bill aimed to increase government transparency will set deadlines by which public officials must respond and evaluate requests by the public for government documents.

The penalties for riding public transportation without a paid fare will increase from a Class A to a Class C misdemeanor and increase the penalties for repeated offenses.



Virtue of the month: peacefulness]

"Lord, make me an instrument of Your peace. Where there is hatred let me sow love; where there is an injury, pardon; where there is doubt, faith; where there is despair, hope."—St. Frances of Assisi

The practice of Peacefulness:

I have a tranquil spirit.

I enter the peace of reflection.

I release my fears.

I move calmly without rush or hurry.

I choose justice instead of anger.

I choose unity over discord.

Affirmation: I am thankful for the gift of Peacefulness. It allows me to be an instrument of grace.

Excerpted from Virtues Reflection Cards, www.virtuesproject.com

Contact Delaram at 503-267-0202 for Virtues Connection Portland, Oregon.

Business News, continued from page 2

Union facility until they are shredded onsite via a mobile-shredding truck on Tues., Jan. 16. Sunset Credit Union is a not-for-profit full-service financial institution serving anyone who lives, works or attends school in Washington County. To learn more, visit www.sspfcu.com.

Edward Jones Coffee Club

Fri., Jan. 19, 9-10 am, NextHome Realty Connection, 12923 NW Cornell Rd, Suite 101

Brian Harvey, a local Edward Jones financial advisor, will host a coffee club to discuss various aspects of investment. Edward Jones provides financial services in the U.S. and, through its affiliate, in Canada. The firm's 15,000-plus financial advisors serve more than 7 million clients and care for \$1 trillion in assets under management. Visit the firm's website at www.edwardjones.com and its recruiting website at www.careers.edwardjones.com. Member SIPC.

Six-Week Series for Caregivers Begins February 1

Thursdays, Feb. 1-March 8, 1-3:30 pm, Beaverton City Library, 12375 SW 5th Street

Registration is open for a six-week series called Powerful Tools for Caregivers, sponsored by Washington County Disability, Aging and Veteran Services and Tuality Healthcare.

"This educational series helps unpaid family caregivers take care of themselves while they are caring for a relative or friend with a chronic illness," says instructor Deborah Letourneau. "Participants will learn how to reduce personal stress, communicate their needs effectively in challenging situations, deal with difficult emotions, and make tough caregiving decisions."

The class is appropriate for anyone helping a parent, spouse or friend. The person in their care may live at home, in a facility or across the country.

There is a suggested donation of \$35 to help cover the cost of the book, but payment is not required to attend the class. Class size is limited, and registration is required by calling the Washington County Family Caregiver Support Program at 503-846-3089.

Beaverton School District Budget Process Underway

The Beaverton School Board will ask voters to consider a renewal of the current five-year local option levy in May 2018. The current local option levy provides \$30 million annually and funds 300 teachers across Beaverton schools.

BSD is estimating a \$4-6 million shortfall in 2018-2019, the second year of the State's 2017-2019 biennium budget. In 2017-2018, the District also reduced its budget by \$5.7 million because it did not receive an adequate state budget allocation. Statewide K-12 funding continues to be unstable.

The estimated shortfall in 2018-2019 is due to "roll-up costs, including staff salaries and benefits, and flat student enrollment due to changing demographics in the area caused by the increased cost of housing.

A significant unknown is Measure 101, slated for the January 2018 election. If passed, the measure would uphold a bill the Oregon Legislature passed in the 2017 session to protect health care coverage for working families, including 400,000 Oregon children. The election outcome could further impact school funding statewide.

District staff will convene in January 2018 to begin the process to draft a proposed budget for Superintendent Don Grotting to present to the Budget Committee in April 2018.

*The effect a wage rise has on benefits that are calculated as a percentage of the wage.

Israeli & international folk dancing

Mondays, Jan. 1; Jan. 15; Jan. 31, Leedy Grange Hall, 835 NW Saltzman Rd. beginner's class 6:30-7 pm, light instruction dance at 7-9 pm

Join in for folk dancing at Leedy Grange with Sue & Friends. Beginners welcome, no experience or partner necessary. We focus on classic Israeli dances with a sprinkling of the newer, and a now dash of International. \$6/\$10 couple. Free for first timers. For details please visit Portland Israeli Folk Dance News at sites.google.com/site/pifd-news, or email Sue at pifdnews@gmail.com

Washington County Boards and Commissions Vacancies

Boards, committees and commissions advise the Board of Commissioners (BCC) on matters of interest to people who live and work in Washington County. Commission members are volunteers appointed by the BCC. In many cases, members must be residents of Washington County. Committees themselves do not pass ordinances to establish policy; their purpose is to study issues and make recommendations. Serving on an appointed board or commission is a great way for Washington County residents to participate in decisions that affect them and to learn more about how local government works.

Per BCC procedures, the County Administrative Office will solicit applications from individuals for a six-week period. Staff will keep the Commissioners apprised of applications received and of approaching deadlines.

To learn more about each group and get application materials, [visit the county website](#).

Behavioral Health Council – 1 position available now and 8 positions available after Mar 31, 2018

Identifies community needs, recommend funding priorities, and help select and evaluate service providers. The County's emphasis on contracting with community agencies for social services makes the work of this volunteer advisory council critical.

Civil Service Commission – 2 positions available after May 31, 2018

The Civil Service Commission is comprised of five volunteers from the Commissioner districts who provide a third-party review of the County's employment practices. The Civil Service Commission is the appeal board for Washington County employees and candidates for employment. Employees and candidates for employment may appeal to the Civil Service Commission adverse personnel management decisions such as appointments, disciplinary actions and classification allocations. The Commission hears and decides appeals by employees and candidates for employment.

Developmental Disabilities Council – 1 position available now and 5 positions available after Feb 28, 2018

The Council identifies community needs, recommends funding priorities, and helps select and evaluate service providers. The

County's emphasis on contracting with community agencies for social services makes the work of this volunteer advisory council critical.

Housing Advisory Committee – 1 position available now and 3 positions available after Mar 31, 2018

Providing affordable housing in Washington County is a formidable job. It is the mission of the Housing Advisory Committee (HAC) to advise the Housing Authority Board of Directors on housing goals policies, to review and recommend actions on the budgets of the Housing Authority, to advise regarding the community's needs for low-income housing, and to recommend resources and programs available to address those needs.

Solid Waste Advisory Committee – 3 positions available after Mar 31, 2018

a coordinated countywide program for the safe, economical and efficient collection, storage, transportation and disposal of wastes and solid wastes, and to ensure adequate standards of service for said collection, storage, transportation and disposal of wastes and solid wastes. To assist the Board in achieving these

objectives, the Board has appointed this advisory committee to make recommendations on solid waste and recycling policy and programs that serve the County.

The application deadline is January 30, 2018, or open until filled. Applications may be obtained by visiting the [Boards and Commissions website](#).

Washington County Resistance (WCR)

Thurs., Jan. 25, 7-8:30 pm

Build community with neighbors interested in pursuing local actions to stand up for justice, equality, and environment. Join our discussion with guest speaker Matt Koehler, Vice-Chair of Washington County Democrats on the Neighborhood Leader program. Donation drive to benefit HomePlate Youth Services. Contact jess.angle@gmail.com for details.



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