



FREE

Cedar Mill News

Volume 13, Issue 10

October 2015



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Brighter Days event brings access to mental health resources

Saturday, October 10, 10 am – 3 pm, Leedy Grange Hall, 835 NW Saltzman, free

"Brighter Days: Access to Mental Health Resources," will help people understand and access mental health resources. "We've been getting a great response from the people we're contacting," says Virginia Bruce, one of the event organizers. "There don't seem to be a lot of events that are aimed at the average person, who may have a family member with mental health issues, or even be suffering themselves."

The stigma associated with mental health problems is a big reason that people don't get help. People don't want others to know that there's a problem, so they don't talk

about it. And even when a problem is acknowledged, there's a terrible shortage of providers, insurance coverage, and resources. One of the goals for this event is to help people find connections to help.

The dining area will be filled with a variety of mental health resource providers, including agencies that provide counseling, representatives of support groups, and mental health organizations. A reading list from the Cedar Mill Library will be among the printed resources available.

In the main hall, the program will begin with a panel discussion on "The Types of Mental Health Treatment," including an overview of various treatment models; what

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Cedar Mill Cider Festival October 18

Sunday, October 18, 1-4 pm, JQA Young House grounds, Cornell near 119th. Free parking in the Cedar Mill Bible Church lot

The Ninth Annual Cedar Mill Cider Festival is a fun fall event with something for everyone in the community. See how the pioneers made cider with antique, hand-cranked presses, and sample the results. Listen to the folk, bluegrass and old-time music of Lauren Sheehan and friends, and enjoy a delicious BBQ lunch. Find out more about Cedar Mill history and the plans for the historic JQA Young House. Shop for crafts and other goodies in the Country Store, and learn about local organizations on the Community Partner avenue.

Fabulous food

A tantalizing menu is promised by Slick's Big Time BBQ! with Pulled Pork and Beef Brisket Sand-

wiches and sides. Hot dogs too! Benefit Brownies, already a favorite at the Farmers Market, is serving brownie and apple crisp sundaes!

Boy Scout Troop 208 looks forward every year to running the antique presses to turn out free fresh cider from 1000 lbs. of apples, donated by Dinihanian's Farm Market. Grab a glass or two, you'll be amazed at the taste!

Entertainment

The Lauren Sheehan String Band will provide roots, blues, folk and old-time music to accompany this fun family event. Visit her website to hear a preview at laurensheehanmusic.com.

What's happening at...

By Virginia Bruce

Our occasional roundup of businesses moving in or out, and other changes around the community.

The Little Store

Neighbors in the West Haven area have been waiting for the rebuilding of the popular "Little Store," at the corner of Leahy Road and 90th, for some time now. Sue and Dave Galt [bought the property several years ago](#), first intending to remodel the existing building for a neighborhood grocery and coffee shop. They found so many structural problems that they used the "standing wall remodel" provision in the county's land use laws to virtually rebuild the spot from the ground up.

They shared a conceptual drawing of the finished project, along

with this news, "We are hoping to frame and roof before Winter 2015. We are then hoping to open late summer of 2016. We are going to be at the site on Halloween with cider and treats (dog treats included)."

Sunset Mall

We now hear that the restaurants that will be going into the new building will be Jersey Mike's Subs and Chipotle. No word on the retail spot, though.

Delays in obtaining permits will put off the demolition until after the end of October, which lets the Cedar Mill Farmers Market finish out the season in their accustomed space.

[Bandito Taco](#) is relocating to a space in the main section of the mall, next to the Dollar Tree. Ahmad Kouklani [started the restaurant over 24 years ago](#). Now he is finally getting a chance to share another of his food passions, the Persian food of his native land (and I bet you thought he was Mexican!). He and his wife Sahar Fardanesh will be preparing all

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Shop in the Country Store

Local vendors will offer a variety of treats and treasures—from jam & jelly from MeeMee's, snacks and candy (stock up for Halloween!!) from our local Mountain Man rep, to handmade cards, wooden toys, painted gourds and other delights

from RhoJo's Creations – and more!
Get your pumpkins here!

Dinihanian's Farm Market will be on hand selling fresh apple cider to take home, along with apples and other great produce from local farms. They'll be bringing an assortment of heirloom apples for you to try! And you can pick out a pumpkin for Halloween!

Our real pioneer history

The History Tent will provide information about the historic 1869 house and grounds and the fundraising effort to restore it. Every year we meet more descendants of Cedar Mill pioneer families. Be sure to tell your older neighbors about the event, or better yet, bring them along!

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Scouts from Troop 208 look forward to running the antique cider presses. Photo by Bob Wayt, THPRD

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

Grand Central Job Fair

Thursday, October 8, 4-7 pm; Friday October 9, 9 am-1 pm, 12595 N.W. Cornell

Grand Central Bakery will hold a job fair at the site of its soon-to-open Cedar Mill bakery, in the Cornell Plaza shopping center. The bakery, which is scheduled to open December 1, is currently seeking a culinary lead, counter servers, an assistant manager and café openers and closers. Bakery, café, barista or restaurant server experience is a must. Pastries will be served! To learn more please go to www.grand-centralbakery.com and click on our jobs link.

The Cedar Mill location will be Grand Central's seventh Portland bakery-café; it also operates three cafés in Seattle and runs a thriving wholesale bread business in both cities. Grand Central's mission is to serve delicious food from the best local and sustainable ingredients. The family-owned company was named one of the country's top 20 artisan bakeries by Saveur magazine. Its bread was voted Best Bread in Portland by Willamette Week readers in July.

Grand Central offers medical, dental, 401(k), and vacation benefits to all full-time employees, and approximately 80 percent of the café team members are benefit-eligible.

Boulevard Banners!

Since 2007, the Cedar Mill Business Association has taken the lead on organizing the Cedar Mill

boulevard banner, flower basket and winter greenery program. (Fall of 2014 was the start of our local cedar greenery swag). This helps visitors understand that Cedar Mill is a thriving community, even if we aren't a city! And it shows our pride in this special place, as well as



Come to the Job Fair if you'd like to work for Grand Central!

adding a touch of beauty to our lives.

The banners are available for sponsorship for a whole year (365 days). Sponsors will have their name on either one or both sides of a banner; \$300 for one side and \$500 for two sides or two banners.

If you are interested in sponsoring a banner and ad-

vertising your business, please go to cedarmillbiz.com and let us know! Don't get left behind—there are only a limited amount of poles left for sponsorship. Wouldn't this be a great way to spend a very small part of your advertising budget?

Our community thanks those businesses that are on the banners that run along Cornell in the center of Cedar Mill! When you visit those businesses, let them know you appreciate their community spirit!

Business mixer

Wednesday, October 21, 5:30-7 pm, Schmizza Pub and Grub, 13587 NW Cornell Rd. (Sunset Mall west of Safeway) \$8 per person

Would you and your staff like to get to know other people doing business in Cedar Mill? Here's your chance, with an informal business mixer sponsored by the Cedar Mill Business Association. You don't have to be a member to attend, though!

Included in the price of admission is pizza, salad, bread sticks, soda or water, plus samples of specialty beer. Wine and beer will be offered at a discount.

Checks and cash will be accepted at the door. Please join us for some after-work fun!

Volunteer at Second Edition

Now that the weather is changing and the kids are back in school,

are you enjoying a little more time to yourself? Are you new to the area and would like to meet people and "get connected" with the neighborhood? Have you intended to volunteer somewhere, but just haven't signed on anywhere?

Second Edition Resale would love to have you join them! Second Edition is a quality resale store which benefits the Cedar Mill Community Library. Volunteers help out once a week for two or three hours with a minimum six-month commitment.

Current opportunities include cashier shifts throughout the week as well children's toy pricers. For an application, stop by Second Edition or call Kevin Kelley at 503-644-0043 ext. 111 or kevinke@wccls.org.

Learn about Wills and Trusts

Thursday, November 5th 6:00-7:30pm; Sunset Science Park Federal Credit Union, 1100 NW Murray Blvd.

If you've ever wondered about Wills and Trusts, here's a great opportunity to learn more. Dean Shade will be presenting a free seminar on Wills and Trust Planning and the difference between the two. If you'd like to attend, please RSVP by sending an email to cuteam@sspfcu.com or call 503-643-1335.

5 Best Home Improvements For Increasing Property Value

SSPFCU experts offer these tips!

1. Outdoor Replacement Projects—Replacement projects will give you more added value than remodeling projects, according to Remodeling Magazine. The ROI on replacing garage doors, siding, front doors and windows is almost 72%!

2. Add an Additional Bathroom—An additional bathroom adds significant value to your home, according to the National Association of Home Builders (NAHB). A half bath may add up to 10.5% to a home's value, while a full bath can tack on an additional 20%.

3. Add an Additional Bedroom—According to NAHB, an additional bedroom adds 4% to the value of the home.

4. Kitchen Improvements—Kitchens tend to be the heart of a family home so anything you do to improve your kitchen will add value. Painting the kitchen, new cabinetry, kitchen sink fixtures and

updated lighting will all add value.

5. Boost Curb Appeal—Curb appeal is what beckons potential buyers into your home and underestimating its importance to the value of a home is a big mistake many homeowners make. A poorly maintained front yard can result in up to a 10% drop in value.

If you're ready to add value to your home, give Sunset Credit Union a call at 503-643-1335, visit www.sspfcu.com or stop by their office located at 1100 NW Murray Blvd., #200, in Cedar Mill.

The Pose and the Pen: Yoga and Writing Workshop

Sunday October 18, 2-4:30 pm, 12923 NW Cornell Road #203; \$45

In this workshop you will use writing as you would other props such as blocks, belts, bolsters and blankets, to bring awareness to the asana practice, just in a different way. The writing prompts will help you find that awareness. Come and join Sunset Yoga Center as we practice together and discover other aspects of ourselves and our practice. Wear comfortable clothes – not too tight, not too baggy. Bring a notebook or journal to write in and a favorite pen. [Please preregister on the website.](#)

UPS store offers savings to AAA members

The UPS Store® in the Peterkort Towne Square, along with The UPS Store locations across the country, has teamed up with AAA to offer valuable discounts to AAA members through AAA's Show Your Card & Save® program. AAA members that visit the The UPS Store can save 15% off the full retail price of eligible services and products, while saving 5 percent on shipping costs.

The UPS Store® is located at 10940 SW Barnes Rd.

Village Gallery News

Tuesday-Saturday 10 am-4 pm; Sunday 12-4 pm, 12505 NW Cornell
Opening Reception: Sunday, October 11, 2-4 pm

Watercolorist Sandra Wood's design-oriented colorist paintings will be featured during the month of October. Meet the artist and enjoy refreshments at her opening reception on October 11, 2 - 4 pm. For complete details on October classes please visit www.villagegalleryarts.org

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Leedy Grange News

Menu for the Future

October 14-November 18, 7 pm,
Leedy Grange Hall, 835 NW
Saltzman, \$15 for workbook.

Leedy Grange will be hosting a discussion group from Northwest Earth Institute called "[Menu for the Future](#)." This will be a six-week



discussion group exploring articles, essays, and thought-provoking information regarding our food culture, what shapes it, and how we can strive for sustainable practices in our society. Cost is \$15 for the book (normally \$27) and light refreshments will be provided.

These weekly discussions will be group facilitated and we'll end with a local food potluck. If you are interested in attending or have additional questions, please email leedygrange@gmail.com! We need at least six attendees to host this discussion group, so please consider making this part of your fall schedule!

Our regular monthly meeting is Thursday, October 15 at 6:30 pm at the hall. We'll be planning for a Winter Charity Event. Meetings are open to non-members who want to learn more about what our Grange is involved in.

Be sure to visit the Leedy Grange booth at the [9th Annual Cedar Mill Cider Festival](#), October 18.

Library News and Events

By Dawn Anderson

40th Annual Meeting
Tuesday, October 20, 7 pm

Everyone is invited to attend the Cedar Mill Community Library Association's 40th Annual Meeting. Agenda items include library levy information, a review of last year's accomplishments, plans for the coming year, demonstrations of new gadgets & collections, and elections for board vacancies. Refreshments will be served and there will be time for socializing.



Teen Read Week

Sunday, October 18 - Saturday,
October 24

"Get Away @ Your Library"

Celebrate books written for, by and about teens. Spread the word about your love of teen lit. Stop by the library during Teen Read Week and pick up a free book! Read the book, leave it in a creative place for another reader to find and take a photo to document the spot. Post the pic to your favorite social media with #TRW2015 or #WCCLSTEEN-READS **Social Media Workshops** Thursdays, 1-2:30 pm: Basics—

October 22; Facebook—October 29; Twitter—November 5; Instagram/Pinterest—November 12

Social Media on the Internet provides new ways to stay in touch with friends and family. Tools like Facebook or Instagram are becoming more essential for keeping in touch, but not everyone understands the lingo and many have concerns about privacy. Attend one or all four workshops. You are invited to stay after the workshops to join the Thursday afternoon

Open Lab to set up an account or practice with an existing one. For more information, please stop by or call the Adult Reference Desk 503-644-0043 ext.114.

School reporter needed!

Help The Cedar Mill News provide information about events and happenings at our local schools! Do you have a little time to share with your neighbors by contacting area schools each month to find out what's going on? Would you like to develop your writing and editing skills and build a portfolio, or just have fun doing something for the community?

Please contact Virginia Bruce at info@cedarmillnews.com to find out more.

CEDAR MILL CIDER FESTIVAL

SUNDAY October 18TH 1-4PM

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Brighter Days

Access to Mental Health Resources

Saturday,
October 10
10 am-3 pm

Leedy Grange Hall
835 NW Saltzman Road
Cedar Mill, Oregon 97229

Program includes:

Tara Rolstad, advocate & comedian
panel discussions, and a film
plus

Information Fair with
mental health care providers,
agencies, and more.

For more information, visit
cedarmill.org/BrighterDays

or find us on Facebook!
(event: Brighter Days:
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for info, contact vrb@teamweb.com



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Library Levy Measure 34-235 on November 3 Ballot

For 39 years, Washington County Cooperative Library Services (WCCLS) has provided funding for public library operations, central support and outreach programs linking together city and community libraries.

Measure 34-235 replaces a five-year levy expiring June 2016 and would provide five years of support – through June 2021.

Public library service in Washington County is provided through a cooperative partnership. The County has three roles: providing the majority of funding for library operations, providing central support

as online homework support.

Measure 34-235 would continue support for purchasing new materials, in all formats, that are shared by patrons across the system. Our goal is to reduce wait-times for new materi-

als and maintain collection currency.

The measure would continue support for workforce development. Library resources are used by one out of five WCCLS computer users for their employment or job searches. Free access to online tools, over 375 public computers and free Wi-Fi are examples of how libraries support work-



force development..

The measure would maintain County-provided central support and outreach services, including the WCCLS.org website and catalog, free Internet and Wi-Fi, subscriptions to databases and e-books, daily deliveries between libraries to pick up and deliver materials, support for summer reading programs and early literacy. Outreach programs include free book deliveries to homebound people, outreach to Spanish-speakers, and deliveries of materials to child care providers.

If the measure fails, reductions in services would likely occur based on local library priorities. These could include reductions in hours, book purchases, and programs, and no additional funding for new or expanded libraries. Don't let this happen, vote yes!

Taxation from the measure would go into effect in July 2016 at a rate of 22¢ per \$1,000 of assessed property value, an increase of 5¢ over the expiring rate. A typical homeowner would pay about \$56, or \$14 more than in 2015. If approved, this would be the first rate increase since 2006. A detailed proposal is available at WCCLS.org/levy. If the levy does not pass, Cedar Mill and Bethany Libraries would have a 30% drop in revenue and would reduce hours, collections and programs accordingly.

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Putting the garden to bed

by Margie Lachman

Autumn is the perfect time to assess the garden for successes and failures. Preparing the garden for winter now saves work in the spring. Take a walk around and with paper and pencil in hand, take notes. Which plants have come through the blistering temperatures that summer dealt us? Our shade cloth that was installed over rhododendrons, a new dogwood tree, and hydrangeas, especially chartreuse-leaved hydrangea 'Little Honey,' helped greatly in August when temperatures soared.

The lawn revealed an area that did not receive sufficient water; adjusting the sprinkler heads will fix that. The large tomatoes sat in the vegetable garden dropping their flowers when the first heat event occurred, producing no fruit until September when moderate temperatures returned. This south area of the garden is usually ideal for growing tomatoes but this year was too hot! The peppers and eggplants thrived.

There are many plants that will be fine in long stretches of intense heat. Succulents like 'Vera Jamison' or 'Neon' are stars in the dry garden and attract butterflies and bees. Hardy Verbena 'Homestead Purple' loves the heat and is blooming well.

Weeds need to be removed before they disperse seeds, making more work for us. They can be composted if



Hardy Verbena 'Homestead Purple'

no seed heads or diseases are present. Peony foliage must be removed below soil level and disposed of in the trash; doing this now will prevent fungal disease that causes flower buds to wilt next spring. Mulch applied after October 15th, or when the soil has cooled, will help prevent new weeds from germinating.

All trees and shrubs should be inspected for weak branches that could be broken by the winter winds. Don't try to remove large tree limbs; you could be injured which can be costly in many ways! Have a certified arborist do any work on large trees.

Trees are important assets to your property, giving shade, adding value and beauty to the garden. Healthy trees and shrubs are worth caring for properly.

Remember, gardening is a living art, and change is inevitable. The older I get, the less energy I have, so I aim to make gardening chores easier. Everything I do now makes spring easier and more enjoyable. Can't wait for those tulips and daffodils to appear!

Questions? Call me at 503-645-2994 or email me at margierose2@gmail.com.

Plant nutrition at the Garden Club

October 21, 9:30-11 am, Beaverton Community Center 12350 SW 5th Ave., Beaverton

Please join the Cedar Mill Garden Club at the Beaverton Community Center. Gary Figueroa, Horticulturist and Plant Healthcare Specialist will present at 10 am on managing the challenges faced in our landscapes year round with a particular emphasis placed on plant nutrition!

Nature in Neighborhoods trails grants available

November 3, 2015 Application Deadline

Want to increase opportunities for hiking, biking and walking to access nature in your community? Apply for a regional trails grant. Metro Nature in Neighborhoods grants provide opportunities to plan, restore, and build regional trails to increase access to nature and increase nature for trail users in the Portland metropolitan area.

In 2015, \$500,000 is available for regional trails grants. Apply for a small grant up to \$25,000 or for one of the large grants up to \$100,000. Funding for Nature in Neighborhoods community grants has more than doubled, thanks to the parks and natural areas levy that voters in the region approved in 2013.

Projects to be funded will implement the regional trails plan by increasing access to nature for regional trail users and increasing nature as part of our regional trails system. [See examples of previous funded projects and sign up here.](#) To learn more, contact the grants coordinator, Crista Gardner, at Crista.Gardner@oregonmetro.gov.

Dinihanian's Farm Market

Visit your local Pumpkin Patch!!



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Petition TriMet for better service in our area

Local resident Thirumalai Mukundan has created a [petition](#) on the “Change.org” website asking TriMet to provide bus service to the Sunset Transit Center for people living or working in the area around Stoller Middle School and the general Bethany area.

As anyone knows who tries to park in the Sunset Transit Center, the lot fills up by about 6:30 am every weekday. There are really no good alternatives for people who commute to downtown Portland or to Hillsboro. They either have to drive to Elmonica and then ride the Max to the downtown; take bus 67 to Merlo Garage and then ride the MAX to downtown; or drive to Sunset before 6:30 am and then ride the MAX.

Roads in the area are already overcrowded, and Saltzman between Laidlaw and Thompson is a dangerous thrill-ride. In addition, he says, “cars have been vandalized at the Sunset Transit Center. For people who need to drop their children at school and then proceed to work in the downtown area, there is no hope of getting a parking spot at the Sunset Transit Center.”

He asks some important questions: “How much productive time is currently lost when people have to resort to these alternatives? Will residents with medical needs be able to resort to these alternatives? (Being myself a person who has medical needs, I will feel relieved if there is abundant public transportation. Less stress means better lives.)” In addition to those who commute for work, he mentions PSU students who live in the area. He says, “I had appealed to TriMet a few years back (during the recession time) and have not heard back from them about including this route in a discussion.”

He plans to deliver the petition to the TriMet leadership, and the Washington County Land Use and Transportation authorities, and to anyone else who might be able to influence the TriMet decision makers.

He says response to the petition has been, “quite encouraging. We have about 137 supporters in a week, and the number will grow.” The petition was shared on the Nextdoor website for their neighborhood, but anyone can sign.

One signer says, ““Bus service

from Bethany Village to Sunset TC is a must, given the huge number of commuters going to downtown. It’s bound to substantially in-

crease with new subdivisions in North Bethany.

At present, they are forced to drive, worsening the eastbound traffic on US 26 and choking up Vista Ridge tunnel. A bus route from PCC Rock Creek->Bethany Village->East on Laidlaw->Saltzman->Barnes->Sunset TC would cover pretty much all of Bethany and Cedar Mill.”

To sign the petition, visit the [Change.org website here](#). Then be sure to share it with your networks. Can’t hurt! And if you have an idea for a petition that could make the world a better place, [visit the main site](#) to find out how to do it!

Washington County Forum schedule

The forum meets over lunch every Monday at the Peppermill Restaurant in Aloha at 17455 SW Farmington Rd.

There is no charge for admission. 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 speakers is a privilege of Forum membership.

For additional information Please contact Rob Solomon at president@washingtoncountyforum.org

Monday, October 5: Eva Calcagno, WCCLS Director, Topic: “Library Levy”

Monday October 12: Pam Treece, Executive Director, Westside Economic Alliance. “What is the Westside Economic Alliance?”

Monday October 19: Kerry Tymchuck, Director, Oregon Historical Society. “Treasures of Oregon’s History”

Monday, October 26: Aisha Panas, Director of Park & Recreational Services, Tualatin Hills Parks & Recreation. “THPRD - Past, Present and Future.”

CPO 1 hosts legislators

Tuesday, October 27, 7 pm, Leedy Grange Hall, 835 NW Saltzman

Join us for a legislative update with our two Oregon lawmakers, State Senator Elizabeth Steiner Hayward, and State Representative Mitch Greenlick.

Bonny Slope West update

Developers are anxious to start building homes in "Bonny Slope West," the area north of Thompson Rd. that Metro added to the Urban Growth Boundary in 2002. In January 2014 the area was transferred to Washington County because it couldn't be planned by Multnomah County. Some developers purchased options on the various available parcels as early as 2002.

Once the area was in Washington County, Land Use and Transportation planners began working out the details to manage development, but there are a lot of details—transportation and other infrastructure and how to pay for it; schools; parks; density; and how much of the streamside area to protect.

Ordinances 802 and 803 were developed to establish land use designations, and were brought to the Board of Commissioners (BCC) this summer for action. 803 required that a funding plan be in place to establish the System Development Charge (SDC) that developers would pay for each housing unit to cover infrastructure costs. While LUT staff believes that the Infrastructure Funding Plan (IFP) that has been worked out will be passed by the time the "engrossed" Ordinance 802 is approved, there's a chance that the plan could be appealed, and that would cause further delays.

According to Theresa Cherniak, Principal Planner, LUT Community Planning, "On September 22, the Board directed that Ordinance 802 be engrossed [amended] to incorporate the contents of Ordinance 803. This engrossment will allow developers to submit development applications upon the effective date of the ordinance. The second hearing on A-Engrossed Ordinance 802 is scheduled for October 27. If it is adopted on that date, development applications could be submitted as early as November 27, 2015."

That strategy allows developers to submit plans in November, while agreeing, "not to appeal the SDC; to extend the statutory timeframe for processing an application beyond 120 days if necessary, to pay the adopted SDC when applying for building permits, and to elevate their land use application to a Type III process [requiring a public hearing]," according to Cherniak.

LUT staff will begin to process the development applications as soon as they are received, but they

will not be approved until the Board adopts the IFP and until the SDC is in place. If the transportation SDC proceeds as planned, Cherniak says, "it will be adopted by Resolution & Order on January 5, 2016 and will be effective on March 5, 2016."

If the transportation SDC is appealed by another party, 802 includes language that authorizes the county to negotiate a new agreement with applicants that have pending development applications. That would allow the project to move forward, but would assure that an applicant would pay an amount equal to the SDC amount assumed for Bonny Slope West.

Two Fact Sheets were just released with information about road costs, funding strategies, and other concerns, and can be found at <http://www.co.washington.or.us/LUT/PlanningProjects/Area93/>

Correction

In [last month's article](#) about THPRD's "Lehman" park property at Thompson and Saltzman, we mentioned that one of the reasons the park wasn't likely to be developed for some time was that the park district would be responsible for the cost of building the realignment of Thompson.

Melissa DeLyser, Communica-

Local schools celebrate International Walk to School Day

October 7, various locations

At least twenty Beaverton School District Schools will join schools from around the world to celebrate International Walk to School Day on Wednesday, October 7, 2015. In our area, students from Terra Linda, Findley, Bonny Slope and Oak Hills will participate.

More than 300 students from Oak Hills Elementary will be celebrating by walking and rolling to school, along with parents, teachers and community leaders. One of the routes will begin at 7:15 am with students, parents and community leaders walking from NW Audrey by the Powerline trail just west of NW Spyglass Drive. Walkers and bicyclists will arrive at the school at 7:45 am. Participants will gather behind the school under the covered shelter to share some treats and hear messages from community leaders about the importance of having communities where walking and biking is safe, convenient and fun.

Oak Hills' Walk + Bike to School Day is just one of the events happen-

ing on this day throughout the District. Please look out for the kids and parents on this day and every day!

tions Coordinator for Washington County Land Use, clarified that "the Board of County Commissioners has adopted the [MSTIP Bonding Cost-sharing Program](#) in anticipation of road improvements needed for both safety and capacity. The program was specifically designed to address road improvements in and adjacent to four high-growth areas – one of which is Bonny Slope West. The Thompson improvements west of Saltzman are in the program's four-to-six-year timeframe."

Some area residents, especially those who live north of Thompson, are disappointed that the MSTIP Cost Sharing Program will not be used to cover the realignment of Saltzman between Bayonne and Laidlaw. That approximately \$11 million project would create a new connection that would begin at the new development currently being built north of Findley Elementary, and end at approximately 130th and Laidlaw. County Fact Sheet 2, referenced in the Bonny Slope West article, says, "Saltzman Road is one of several County roads in need of substantial reconstruction to address existing safety issues. While Saltzman Road certainly needs improvement, other roadways within the County are also high priorities. As a result, the realignment is considered a longer-term project."

The event is being organized by Beaverton's SRTS Program, working in partnership with the District's Transportation and Public Safety Departments, Oregon's Safe Routes to School Program and Metro. The program works closely with Washington County Sheriff's Office, Beaverton Police Department, the City of Beaverton and Washington County. Our mission is to increase walking and biking to school and throughout the community to improve children's health and well-being, ease traffic congestion and improve safety on the routes to school.

For additional local information, please contact Lynne Mutrie at 503-329-6469 or lynne_mutrie@beaverton.k12.or.us.

For additional information, please visit these websites: [Beaverton Safe Routes to School](#) and [Oregon Safe Routes to School](#)



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Fri-Sat, Nov. 13-14 9 am-7 pm
Sunday, Nov. 15 8 am-1:30 pm

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What's Happening, continued from page 1
the favorite "healthy Mexican" dishes, alongside a selection of Persian specialties including delicious thick soups (porridge) and stews, in the larger space.

Ahmad says, "My mission and goal is to provide real authentic Persian food, and bring the art of this delicious and healthy style of cooking to Cedar Mill at a very reasonable price. After all, we all need and deserve to eat healthy food made with fresh ingredients, without paying an arm and a leg for it."

He notes that "for many centuries, Persians used food to help heal and protect the body from viruses/diseases naturally with what nature had to offer. Back in those days medicine was not as popular and available as it is to day."

These are a few of the many Persian items that will be featured: ASH-E Shole Qalam Kar (Bean & vegetable porridge); ASH-E Reshteh (Legume and noodle porridge), and one of my favorites, Khoresht-e Qormeh Sabzi (Green Vegetable Stew with meat) served with steam cooked Jasmine rice, and the delightful condiment/salad Mast-o-Khiyar (yogurt, cucumber, raisins).

The new restaurant will have seating for about 30 people, and will have outdoor seating in the front. He expects to open by the end of November, if all the remodeling goes as planned. We can't wait!

Medical Marijuana dispensary proposed

On September 14, a neighborhood meeting was held at a home on NW Dale, just south of Cornell. Many neighbors were surprised to find out that the lot where the house is located is zoned "TO:RC" which means Transit Oriented Retail/Commercial (zoning which was applied at the time the Cedar Hills/Cedar Mill Community Plan was adopted in the late 90s!). But the bigger surprise was that the meeting was to present a proposal for a medical marijuana facility, which

could become a general retail facility now that it is legal.

The house was purchased in August by Western Oregon Botanicals, based in Sherwood. Owner Sheri Ralston explained that it has been hard to find existing retail property in Washington County that is willing to rent to any marijuana business, and that's why the company decided to buy the home. They are renting it to a residential tenant

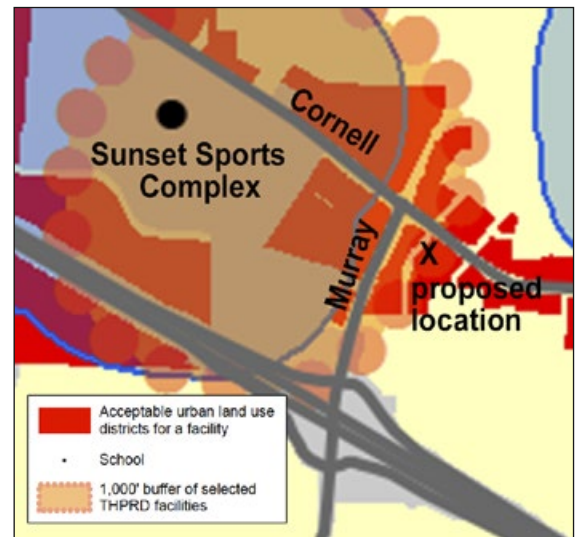


Here's a photo of a bowl of Khoresht-e Qormeh Sabzi I found on the internet, we'll have to wait and see what Ahmad's looks like!

until such time as it can be approved. Our County Commissioner Greg Malinowski was present at the meeting to explain the county's position. He said, "We're gearing up for this stuff. We're revamping our (medical marijuana) rules to cover (recreational) dispensaries."

The Washington County Board of Commissioners is currently working on [Ordinance No. 804](#) which "responds to changes in state law specific to the lawful use of marijuana for recreational purposes. The ordinance proposes to amend existing language in the Community Development Code related to time, manner, and place regulation of medical marijuana dispensaries, replacing "Medical Marijuana Dispensary" with "Marijuana Facility" and defining these terms."

Among the suggested provisions for the new ordinance is one prohibiting retail operations within a 1000-foot buffer around youth-oriented recreational facilities, including the Sunset Sports Complex, whose eastern boundary is very likely less than 1000 feet from the



It's likely that the proposed location will be too close to the park to allow retail sales, if Ordinance 804 is passed in its current form.

proposed location.

Neighbors were concerned about safety and traffic, among other things. Hundreds of comments on the [Oregonian article about the meeting](#) underline the passions that the topic stirs in some.

Solar Oregon

October 25, 2-3:30 pm, Cedar Mill Community Library

Solar Oregon will host a free "Basics of Going Solar" workshop in Cedar Mill. Attendees will walk away with an understanding of why solar is a smart choice for Oregon homeowners, and learn:

- Why Oregon's climate works for solar?
- How solar can reduce your electric use?
- How to access your site for solar?
- How incentives and tax credits can cover up to 80% of the cost?

In addition to teaching the basics about solar energy systems, participants will learn how to move "from inspiration to installation" including how to start working with a solar contractor, qualifying for incentives/tax credits and getting financing.

This solar workshop is free thanks to the sponsorship of the Energy Trust of Oregon and the city of Hillsboro. Energy Trust provides cash incentives to install solar for Oregonians living in Portland General Electric's and Pacific Power's service areas.

Pre-registration is encouraged, however, you can also sign up at the workshop. [For more information and to pre-register please visit the website.](#)

Brighter Days, continued from page 1 works for different people/conditions; and alternative and non-pharmaceutical models.

At 11:15, we'll show "Sub City," a film produced in 2009 discussing the history and current state of mental health care in Oregon, with personal stories and historical footage.

A second panel discussion at 1 pm will discuss "Barriers to Accessing Help and Resources." Topics include issues with insurance coverage, the lack of providers, the stigma that keeps people from seek-

ing help, and other barriers.

Local mental health advocate and comedian [Tara Rolstad](#) wraps up the presentations at 2 pm with some comedy and a serious look at the challenges of living with and caring for those with mental health issues.

The event is free, and open to everyone. Learn more at <http://cedarmill.org/BrighterDays/>, or call Theresa at 503-645-5593. [Share the Facebook page](#) with your networks. A poster is available on the website to print and share.

Cider Festival, continued from page 1

The Tualatin Hills Park and Recreation District (THPRD) owns the house and grounds, and is the main sponsor of the event. The fundraising effort is managed by the Tualatin Hills Foundation with the help of the Friends of the JQA Young House. A portion of the proceeds from the food and crafts sales will go to the restoration fund. Donations are also welcome.

For the kids

THPRD will bring along the Rec Mobile to provide games and activities under the spreading hickory tree, including pioneer coloring pages. Other community groups—from the Washington County Sheriff to the library—will be providing information about their activities, and many will have special kids' activities to help them learn about how things work!

Thanks to event co-sponsors Dinihanians Farm Market and CSA, Bales Thriftway, the Cedar



Lauren Sheehan and Friends enjoyed playing for the crowds at the 2014 Cider Festival

Mill News, the Beaverton Valley Times, and the Cedar Mill Bible Church.

The grounds are wheelchair accessible, although the area is not paved and can be rough in spots. Free parking will be available after 1 pm in the Cedar Mill Bible Church parking lot. Look for the signs on Cornell. For more information about this event call THPRD at 503-645-6433.

TriMet: Lines 62 Murray & 48 Cornell depart from the Sunset Transit Center.

For more info, please contact Virginia Bruce, info@cedarmill-news.com

[Join us on Facebook for updates!](#)

Portland Open Studios includes Cedar Mill area artists

Friday and Saturday, October 10-11 and 17-18, 10 am – 5 pm, various locations

Portland Open Studios is an annual self-guided tour to visit the studios of [96 artists](#) throughout the Portland, Oregon metro area. These artists, who work in a myriad of disciplines, will show you their work, their processes, their spaces, and a little of what it means to be an artist in this great

city. Watch, learn, experience.

A tour guide and map to the locations is also your "ticket" to the event. Purchase online, or at New Seasons Cedar Hills for \$15. Each guide includes admission for two to each of the locations. You can also download an app for your portable device that will help you locate tour locations.

[Visit the website](#) for more information and to get on the tour!

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Business News, continued from page 2

Washington County Open Studios Tour

Saturday and Sunday, October 17-18, 11 am-5 pm

The Village Gallery of Arts will once again participate in the Washington County Open Studios tour. The tour is a free community event that's a way for anyone curious about art, artists and the art process to meet artists in their studios, see art in the making and learn more about art in their neighborhoods. Pick up a guide at the Gallery.

The Washington County Open Studios tour is a project of the Washington County Art Alliance, a volunteer-based organization dedicated to enhancing community vitality through art.

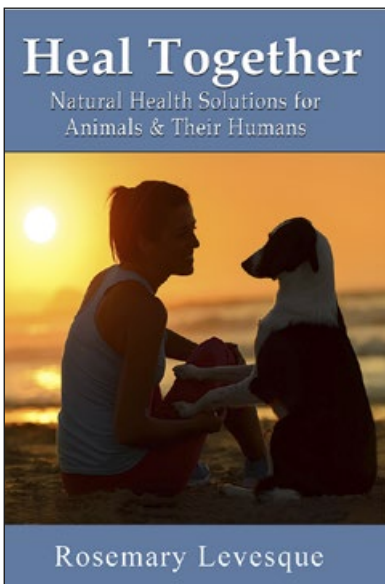
Several members of the Village Gallery of Arts who reside in Washington County will be demonstrating their art style and technique as well as showing and selling their work during this time. The following artists are scheduled for demos at Village Gallery: Elizabeth Higgins (hand carved stamps), Liz Walker (acrylic marbling), Phyllis Meyer (Zentangle on Collage), Emily Stevens (Mixed Media Fiber Art), Lana Nelson (Oil Painting), Lisa Manners (Painting Ocean Waves), Jim McEnroe (Pastels), Laura Hopper (Creative Fun with Watercolor Pencils), Susan Pfahl (Calligraphy) and Trish Phifer (Knotting on Silk with Pearls and Gemstones).

Heal Together - Natural Health Solutions for Animals and Their Humans

Local healing practitioner Rosemary Levesque has published her first book!

From causes of degenerative diseases to natural health solutions, Heal Together offers hope for healing and recovery for animals and human family members. Stress, toxicity, and poor nutrition act as

triggers for disease. Heal Together offers not only insight into the mechanisms behind disease, but also real ways in which we can make small changes that have the potential to bring about big differences in health and recovery. As



we become more aware of these mechanisms and the true potential for healing, Rosemary reassures us that we can make a difference – and that we can heal together.

A Reiki Master and holistic wellness consultant for animals and their humans, Rosemary teaches classes, conducts private, intuitive spiritual healing sessions, and offers a select array of complementary products to support natural health.

Rosemary focuses her attention uniquely on the human/animal bond after years of working with clients and their pets for a holistic approach to healing. She sees the connection often missed by casual observers—that we are all connected in profound ways that affect our health and wellbeing, and the health and happiness of our animals.

[Go to the website](#) to catch a sneak peak of Heal Together's first chapter.

Aviation noise bothering you?

By Miki Barnes

In an attempt to address the environmental degradation and loss of livability, as well as the diminished ability of area residents to enjoy their properties, Oregon Aviation Watch has developed a straightforward, easy to use noise complaint form which will be sent to the government agencies, municipalities and educational institutions that are either causing the problem or that are neglecting their responsibility to correct it.

Click on oregonaviationwatch.org/NoiseReportForm.php to file a complaint.

Complaints logged on this form will automatically be sent to Oregon Aviation Watch and the following recipients:

Oregon Department of Environmental Quality (ODEQ)
Washington County Commissioners
Hillsboro Mayor and City Councilors
FAA Hillsboro Flight Standards Office, HIO Control Tower, and FAA Noise Ombudsman

Fighting Those Extra Pounds

Thursdays, 9-10 am, St Matthew Lutheran Church, 10390 SW Canyon Rd, Beaverton

Sad about your summer weight gain? Dismayed at your lack of self-discipline? Annoyed you have no accountability?

Join a local Thursday morning TOPS group (Take Off Pounds Sensibly) and regain some control. A fun, easy, affordable answer as you focus on getting back on track with healthy education and friendly support once a week.

Go for a test run ... no obligation, just friendly folks in a small setting with your same challenges. Success can be yours by the holidays if you take the first step.

TOPS is a 60-year-old national program whose purpose is to provide education and support for

Portland Community College
President and PCC Rock Creek
President

Port of Portland Noise Manager and
Noise Office hotline

Oregon Aviation Watch strongly urges negatively impacted residents to hold their local, state and federal legislators fully responsible for their intentional negligence in addressing this serious matter. Contact information for other local, state, and federal representatives is available at our [File a Complaint page](#).

If, despite your best efforts to remedy the problem, the noise intrusions persist, keep filing complaints as often as necessary to bring awareness to the issue.

For more information on this topic go to oregonaviationwatch.org/articles/OAW-NewNoiseButton.php.

For additional information on airport issues go to oregonaviationwatch.org. To subscribe to our newsletter, contact info@oregonaviationwatch.org.

anyone wanting to face the daunting task of losing weight. Don't go it alone; drop in any Thursday for a complimentary visit to see what it's all about.

Repair Fair!

Saturday, November 7th 10-2,
Beaverton ReStore, 13475 SW
Millikan Way, Beaverton

Repair Fair volunteers will offer help for repair of household items such as kitchen appliances, clocks, clothing, vacuums, bikes, etc. Bring only items that can be carried; no gas-powered equipment/tools.

Contact Repair Fair with a product number and description of your item for the best chance of repair where a part may be necessary.

This event is free! For more information contact Heather Robinson at repairfairoregon@gmail.com or visit repairfair.org!

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Holiday Events

Terra Linda Craft Bazaar

November 6-7, 9 am-6 pm., Terra Linda Park Condos Rec Room, 1900 NW 143rd (off Cornell)

Quilts, bags, aprons, jewelry, art, and lots of gift ideas—all hand-made. Free coffee and cookies.

St. Pius Bazaar

Thursday, November 12, 6-9 pm Preview, \$2 admission; Friday-Saturday, November 13-14, 9 am – 7 pm; Sunday, November 15, 8 am – 1:30 pm, St. Pius Community Center, 1280 NW Saltzman

Visit the largest holiday bazaar in the area to see the arts, crafts, and food items of 70 vendors. Take in the Vintage Corner, enter to win raffle prizes, and stock up on holiday goodies at the bake sale. This is the 55th year for this not-to-be-missed event.

More holiday events in the November issue. To have your event listed, send an email to info@cedarmillnews.com. Please include all the important details in a Word document or in the body of the email. Ask about our special display advertising rates, too.

Awesome Hour

Tuesday, October 20, 7-8 pm at the Java Lounge in Cedar Mill on Dale and Cornell

It's the official "office hour" of the Awesome Beaverton & Beyond Chapter of the Awesome Foundation! Interested in applying for a grant? Meet the Trustees, network with other "doers of good" in your community.

Congratulate the fall \$1000 Awesome grant winner: High school senior Anirudh Jain and learn how YOU can help his Science Mentoring & Research Tutoring Project be realized!

You can even come early (6-7 pm) and attend the free Awesome Proposal Workshop to get help organizing your idea into an Awesome proposal. For more information, [visit the website](#).

Viva Village seeking community input

Viva Village is actively seeking input about local services and programs that will enable Beaverton-area residents to stay in their own homes as they grow older. Interested seniors/adults are invited to participate by completing the needs assessment survey online at vivavillage.org or attending a focus group to complete the survey with a follow-up discussion.

For time and place for the focus groups, email VivaVillageOR@gmail.com.

Women's Safety Class

Saturday, October 17, 8 am – 4:15 pm, Washington County Sheriff's Office, 215 SW Adams Ave. Hillsboro

This two-part workshop will be presented at an all-day session. Each group of students will participate in a Situation Awareness Presentation, and Hands-on Defensive Tactics class.

Due to the mature subject matter, students must be 14 years and older. Women will have the opportunity to practice their newly learned skills during a scenario-based self-defense exercise. Lunch will be provided! The class size is limited to 100 students. To register, [go online](#) or call Community Outreach Specialist Darlene Schnoor at (503) 846-2774.

Women are highly encouraged to sign up for one these dates for Part II of the self-defensive tactics training after completing the initial workshop: October 19, October 20, October 21 or October 22. Times for Part II training will be 6-9:30 pm.

The Beaverton Historical Society Presents...

Monday, October 12, 2015; 7 pm, The Beaverton Activity Center, 12500 SW Allen Blvd., Beaverton

"Sent to Serve...The Chaplains of 9/11" by Wally Johnston, Retired Law Enforcement Chaplain

Wally Johnston earned his MA in Counseling Psychology from George Fox University in 1996. He served in a group practice as a counselor after graduation. Since Wally believes relationships are vital he began Foundations 4 Your Life in 2008, serving as a relationship coach and educator.

Previous to earning his MA he served as an ordained minister, church planner, public and private school educator. He retired in 2010 as a law enforcement chaplain after 26 years. Because of his experience working at Ground Zero in New York City following the terrorist attack on 9/11/2001, he published a book called *Sent To Serve...The Chaplains of 9/11*, available at Amazon.com in paperback and Kindle format.

Wally also provides seminars for parents, counselors, public safety, and business. He has been featured in numerous news articles, radio, and television interviews, and has spoken to various community

groups including the Washington County Museum.

For more information visit HistoricBeaverton.org, or call 503-430-0106 or email info@historicbeaverton.org. No charge for admission, donations welcome.

TVF&R Reminds You that Working Smoke Alarms Save Lives

October is Fire Prevention Month, and Tualatin Valley Fire & Rescue wants to remind you to check your smoke alarms. It's important to "hear the beep where you sleep" and make sure every bedroom has a working smoke alarm. The majority of people who die in a fire succumb to heat and smoke inhalation, not flames. Having working smoke alarms in your home greatly increases your chances of surviving a fire.

Fire is nothing like what you see on television or in the movies. It produces dark and deadly smoke that can fill your home in minutes, and can confuse you to the point that you never make it out. That is why every firefighter dons an air pack before entering a burning building, and uses thermal imagers to search for victims. Most fatal fires happen at night when people are sleeping. Working smoke alarms are designed to activate early to help ensure that you and your family have time to safely escape from your home.

TVF&R offers the following advice to help protect your family:

To ensure maximum protection, install smoke alarms in every sleeping room, outside each separate sleeping area, and on every level of the home, including the basement.

Smoke alarms are also available for people who are deaf or hard of hearing. These alarms use strobe lights or vibration to alert residents.

For more fire prevention tips and tools to create a fire escape plan, visit www.tvfr.com.



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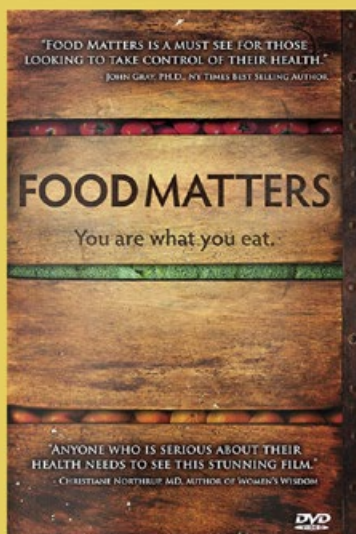
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Saturday, October 17

6:30 social, 7 pm screening

Leedy Grange Hall, 835 NW Saltzman, Cedar Mill
followed by discussion and a SEED SWAP!

Presented by Leedy Grange #339
www.leedygrange.org/eatsmart

Thanks to the
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