



Cedar Mill News

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September 2011

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Featured Business

Pacific Agricultural Laboratory

by Virginia Bruce

With its central location in the Milltown Shopping Center at Cornell and Saltzman, the business next to Walgreens attracts some curiosity from shoppers. "About once a week, someone pokes their head in the door and asks what we do

Maximum Residue Levels (MRLs) and they can be used as trade barriers. Japan, Taiwan, Korea, Australia and the European Union have some of the strictest standards.

Some international bodies would like to harmonize the MRLs,



but individual countries use them as political tools to maintain their primacy. For example, northwest cherry growers may be able to use certain chemicals on their trees for the US market,

but would not be able to export the cherries to Japan or Australia. Food export brokers are the ones who keep track of all that, and they are some of PAL's clients.

here," laughs owner Stephen Thun. What they do there is pesticide residue analysis—testing a variety of materials for pesticides—herbicides, insecticides, and fungicides.

They analyze samples for agricultural businesses, environmental consultants, state and federal agencies, local governments and land sale transactions, among others. They primarily serve customers in the northwest US, but they regularly get samples from around the globe—Guam, Oman, Hawaii. Their clients generally find them through referrals. They have a great reputation for reliability and integrity.

Food products for export are often tested to ensure that they meet foreign requirements. Most of their food testing is done for marketing purposes rather than food safety concerns.

Thun says that bacterial pathogens are a much bigger food safety concern than pesticide contamination.

Thun says that the global marketplace presents problems for US farmers exporting products. Different countries have different standards for



Samples are shipped to them in picnic coolers

Stephen Thun graduated from the University of Oregon in 1990 with a chemistry degree. His first job, for a Japanese commodity inspection company in Portland, was doing a similar kind of analysis, and he really enjoyed it. "Each job is

Continued on page 8

Historic mural for Leedy Grange Hall

by Virginia Bruce

Starting on September 12, artist Leslie Peterson will be painting a mural on the front wall of the Leedy Grange Hall on Saltzman, just north of Cornell. The image will be a life-size interpretation of a photo of Grange members standing in front of this very building in 1908.

The building now occupied by Leedy Grange was originally constructed in 1903 by The Modern Woodmen of America. Leedy Grange, named after the founder of the Grange in Oregon, had been chartered in 1903 and the group was meeting in members' homes until they purchased the building in 1906.

Leslie Peterson grew up in a historic farmhouse in Cedar Mill. Her mother, Sue Conger, was very active in community improvement and helped

to start the library. Sue also had a deep interest in local history, and was instrumental in saving the JQA Young House.

Leslie studied art in New York City and graduated with honors from Queens College at CUNY in 1991. She returned to Oregon and, after years of experimenting with artistic styles, has found her inspiration using photographs as a starting point for paintings. What a perfect match for Cedar Mill's first historic mural!

She agreed to take on the project, and helped to write a proposal for a grant from the Washington County Cultural Coalition (WCCC, culturalcoalitionofwashingtoncounty.org) to cover the cost of the work. We were excited to find out that we had been awarded \$500 in July.

We soon realized that we would need to do something about one of the windows on the building if the image was to be life-size. The right window let into a closet, so it was

not really needed. Grange members agreed to have it removed, and A Cut Above Exteriors did the work pro bono earlier this summer.

Miller Paints is donating the paint for the mural, and manager Michael Coats has been working with Leslie to choose the best paints for the project. An anonymous donor provided funds for the very necessary graffiti-protective coating. (You'd be surprised at the variety of mischief the building has been subject to!)

Part of Leslie's approach is to let the background surface show



Leslie's sketch for the mural on the Grange Hall

through. She notes on her blog (lesliepeterson.blogspot.com) that, "my technique is based on pared-down simplicity. The images are boldly drawn. I paint thinly, and I try to keep the drawing visible if possible." Although the original photo is black and white, Leslie will add touches of color to the faces and clothing to warm up the image. It will also incorporate the information that is currently on the metal sign above, and the logos of the donor businesses and WCCC.

This is the first in a series of murals depicting Cedar Mill history to be painted on buildings throughout the community as an ongoing project of the Cedar Mill Historical Society. Contact Virginia Bruce if you are interested in participating: virginia.bruce@gmail.com.

To see more of Leslie's paintings, visit her website: lesliepeterson-painting.com. For more information about Leedy Grange, see our website at leedygrange.org.

Cedar Mill Business News

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

Bales Thriftway collects funds for 9/11 Memorial

Throughout the month of September, donations for the 9/11 Memorial in New York City will be taken at all cash registers at Thriftway. In addition, Bales associates can make a donation in exchange for the privilege of wearing jeans to work.

On Saturday, September 10, enjoy a grilled hamburger or hot dog with all the trimmings—chips and a drink too—for \$5 and proceeds will go to the memorial fund.

Support Sunset Women's Basketball

Bring your returnable bottles and cans to Bales Thriftway on Sunday, September 18 from 11-3 and donate the refunds to the Sunset Women's Basketball Team. Additional donations are welcome too. Go Apollos!

Virtue of the Month: Orderliness

With a new school year, we have a great opportunity to remember the virtue of Orderliness and encourage it in our classrooms, bedrooms and boardrooms:

"Orderliness is living in a way that creates harmony around us and within us. We have a place for the things we use, and keep them where they belong. Order and Beauty in our homes and work spaces bring a sense of peace and freedom..."

"The practice of Orderliness: I create a harmonious space that makes my soul peaceful. I keep only what is useful and beautiful. I put things in their place after I use them. I plan with purpose. I solve problems step by step. I trust in the presence of Divine order in my life. I am thankful for the gift of orderliness."

ness. It brings harmony to my life."

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Fashionable Fund-Raiser

Second Edition Resale Shop, the ongoing fundraiser for the Cedar Mill Community Library, will host "Cover to Cover," a fashion show and luncheon, on Friday, October 21 at 11:30 am. The event will be held at the Christ United Methodist Church and will feature "like new" clothing and accessories from the shop. Tickets are \$18 and available from Susan or Nancy at Second Edition (next to the Cedar Mill Community Library).

The volunteers—organizers and models—look forward to making this a big money-making event and have contributed a handmade quilt, American Girl doll, and gift baskets to add even more fun. Everyone who attended last year was impressed with the quality of the items displayed, which are for sale in the shop following the show.

Bright Smiles at GreenSprouts Festival

Visit the World of Smiles team at the Sixth Annual GreenSprouts Natural Baby and Family Fest sponsored by ReDirect Guide! Once a year, Peninsula Park is transformed into a mini-mecca of eco-friendly parent resources and educational presentations. The fun starts at 10 am on September 25 when the World of Smiles team hopes you will join them for a fabulous day outdoors. Dr. Michelle Kurkowski (formerly Stafford—she just got married!) will be there to meet the community. You can find out more about this fun family festival at redirectguide.com and by visiting the World of Smiles event calendar at isitworldofsmiles.com.

Be Ready!

Beth Giles, professional organizer with NW Organizing Solutions, reminds everyone that September is National Preparedness Month. With news of earthquakes and

hurricanes, now is the time to be ready for whatever may come. Being prepared is not as large as a task as it may seem—just a little bit of preparedness goes a long way. Here are some simple tasks that can help you be ready should an emergency or disaster strike:

- Choose an "out of state" contact and let all your family members know who it is. Make sure they are aware of Red Cross's "Safe and Well" website.
- Purchase and store bottled water. The suggested amount is three gallons per person in your home.
- Have extra food on hand. Canned goods are great (but don't forget the can opener!).
- Keep a spare set of clothing for each family member. Be sure you include a pair of shoes.
- Collect several days of extra medications. Check the expiration dates on these every six months and replace as needed.
- Find a reliable and strong flashlight. Keep extra batteries with it.

Once you have gathered all these things and placed them in a bin, choose a cool, dark location for storage, such as a closet or "safety corner" in the garage. If you would like more information about being prepared for a disaster, visit take5tosurvive.com

NW Organizing Solutions is a local business that helps families organize their homes. They can help you develop an organized preparedness plan. Don't let disaster catch you unprepared. For organizing services, contact Beth at 503-709-0791 or beth@nworganizingsolutions.com.

US Bank Loan Special

Are you planning on purchasing a vehicle or equipment for your business? With loan amounts from \$10,000 - \$100,000, long term loans, SBA options, and "Quick Loans" on new or used equipment and vehicles, US Bank has the perfect solution! They also offer residential loans and refinance plans, featuring no closing costs, an easy application process, no points or fees, and free set-up of bi-weekly payments.

For more information about how you can build equity, save on interest, and become mortgage-free, contact small-business specialist Michael McIntyre at (503)469-9457 or

at michael.mcintyre1@usbank.com.

Car Wash for the Arts

On Saturday September 10, from 10-3, Mike's Auto Parts will be opening their accommodating parking lot to the Arts & Communication Magnet Academy for a car wash fund-raiser. For more information, contact Patrick M Mahoney at 503-646-3064.

Couleurs on sale

"Les Couleurs De Provence," offering coated, cotton, and Jacquard linens from the south of France, is at the Cedar Mill Farmers Market every Saturday from 8 am to 1 pm through October. Their tablecloths and napkins will add a Provencal touch to your table. Mention this article and receive 20% on any item priced \$50 or more.

Sunset Yoga: Fall Session, Weekend Workshop, and a Retreat on the River

No other form of exercise packs as many health benefits into one stress-reducing package as yoga. Sunset Yoga Center's highly trained and dedicated teachers are ready to lead you through eight weeks of stretching, strengthening and centering, beginning Tuesday, September 6, and running through Sunday, October 30. New students are invited to try their first class free!

Sunset Yoga is also kicking off its fall session with four new classes: Gentle Yoga at noon on Sundays; Level 1 at 9 am on Tuesdays; Level 2 at 7 am on Tuesdays; and Pranayama at 7:30 pm on Thursdays. In addition, families can experience yoga together at a special class on Friday evenings from 6 to 6:45 pm. Drop-in cost is just \$15 for the whole family.

For instructors and those with at least one year of Iyengar yoga experience, the studio is also offering a weekend workshop with nationally-recognized yoga teacher Rebecca Lerner from the Center for Well-Being in Lemont, Pa. The workshop runs from 6 pm Friday, September 9, through 5 pm Sunday, September 11.

Lastly, Sunset Yoga Center director Nina Pileggi is leading a weekend yoga retreat September 30-October 2 at the Coastal Mountain Sport Haus near Vernonia.

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Museum Day features the Minidoka Swing Band

The Minidoka Swing Band performs Saturday, September 24 at the Washington County Museum in celebration of National Museum Day, organized by Smithsonian Magazine.

Bring the family, lawn chairs, and a picnic lunch, and take in the toe-tapping music of the Minidoka Swing Band, view current exhibits,



see a Japanese woodblock printing demonstration by Print Arts Northwest artist Barbara Mason, and enjoy the grounds—all for free, between 10 am and 4 pm. Beverages will be available for purchase.

The locally-based swing band plays from noon to 2:30 pm. The band's tunes serve as a tribute to Japanese Americans interned dur-

ing World War II, and highlights the music that was popular in 1940s America and in the internment camps.

Two exhibits are on display in the Museum gallery. The traveling version of "Taken: FBI" is organized by the Oregon Nikkei Endowment in Portland. It shares stories, artifacts, diaries and experiences of some of the Portland-area Japanese

Americans who were interned during the War. "The Day We Left" is a complementary exhibit of large-scale paintings by Cedar Mill artist Sharon Inahara, us-

ing words as art, to depict the emotions of WWII and the internment experience of Japanese Americans.

The Museum is located on the PCC-Rock Creek Campus, 17677 NW Springville Road. For more information, visit the Museum website at [washingtoncountymuseum.org](http://www.washingtoncountymuseum.org) or call 503-645-5353.

Oak Hills Mega-Sale

There will be a community-wide Garage Sale (at least twenty families) in Oak Hills, September 9-10. Maps of all participants will be available so shoppers don't miss out on a single bargain. Organizers hope this is the first of what will become an annual event. The Oak Hills neighborhood is bordered by Cornell Road, Bethany Boulevard, West Union Road, and NW 143rd. Enter at NW 153rd and Cornell.

Help domestic violence victims with donations at Flea Market

Monika's House, a shelter residence for victims of domestic violence, often welcomes families who have left everything behind to escape the danger of abusive relationships.

Each month, we'll highlight a different request for items they need. Donations can be brought to Leedy Grange Hall during the monthly Flea Market on the first Saturday (October 1 is the next one).

Currently needed: NEW socks and underwear, for men, women and children in all sizes. Also

St. Pius sale seeks donations

The St. Pius Knights of Columbus Third Annual Garage Sale will be held on Friday, September 16 through Sunday, September 18 in the lower parking lot next to the Youth Center off of Saltzman Road.

Donations of household items, including furniture, small appliances and tools, are welcome. No clothes, please, but if you have items that you would like picked up, please call (503) 213-1467.

needed: new towels and washcloths. For more information, visit the [DVRC website](http://www.dvrc.org) or contact Christie Costello at (503) 926-3245.

Open house for Bethany Blvd. Overcrossing project

On Thursday, September 22, from 5-7 pm, an open house for the Bethany Blvd. Overcrossing project will be held at The Phoenix Inn, 15402 NW Cornell Rd. All are welcome to attend.

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Pedestrian path for Cornell this fall

Washington County Land Use and Transportation will widen the south side of Cornell Road between Saltzman and 123rd to provide space for a safe pedestrian path. The project will take two-three weeks, beginning in late September or early October.

The road will be widened about 1.5', providing a six-foot shoulder that will accommodate the path. A large maple tree in the right-of-way will have to be removed. Modular block retaining walls will be constructed to replace the aging railroad ties currently holding up the roadway.

Bookworms to Butterflies

By Haley Tilt

Most people have heard about the Boy Scout Eagle, the highest award with which a scout can be honored. Far fewer are aware of the Gold Award, the Eagle's equivalent in Girl Scouting. Both require a major community service project that will push the scout in their organizational, networking, and leadership skills.

My name is Haley. I joined the Girl Scouts in second grade, and despite a lot of well-humored teasing from my friends, I've remained in the organization for almost eleven years. As I'm wrapping up my Gold Award project, I can't help but realize how much impact it has had on my life.

As I was searching for a project idea that would fit my skills and interests, I came across a study conducted by educational specialist Richard L. Allington, whose research focused on the "summer reading setback", a term which describes the reading level gap that develops between low-income students (who have limited access to books over the summer) and their more-advantaged peers. I quickly settled on a project to promote early childhood literacy. I wanted to work in a Title 1 school, so in late December I connected with Barnes Elementary School and the SHINE program, which organizes a summer camp for Barnes' students that are recognized through Oregon Assessment of Knowledge and Skills (OAKS) testing as being struggling readers.

My project model was simple enough: I would supply 30 students with at least 15 high-quality, grade-level, self-selected books, and match them with a mentor who could

Lane closures are only allowed between 9 am and 3:30 pm. Temporary right turn only provisions may be implemented on 123rd to help with traffic flow. The 210' project is funded from the county's Minor Betterments program.

This is great news for residents of the area east of Saltzman, who have been forced to walk on the narrow roadway to get to shopping areas and transit. A complete sidewalk from 119th to Saltzman is planned for Cornell's north side, but construction is not expected to begin until next year.

model positive reading strategies.

In accordance with Allington's research, my primary focus was getting books into children's hands—studies suggest that children who read as few as six books over the summer retain the reading level they possessed in the school year prior. I organized book drives in my church, throughout the community, and within my high school, in cooperation with a team of International Baccalaureate Diploma students. I recruited teachers, graduate students, and advanced high school students to read one-on-one for an hour with second and third grade students who were selected for the SHINE program (my class, "Bookworms to Butterflies," was an element of that program).

The reading program appealed to me because it was so close to home; I didn't want to be an outsider imposing my "assistance" on another community. Ironically, I discovered that the majority of those I worked with were outside my immediate community. Though all of the children that participated in my reading class were proficient English speakers, many of the children and adults I interacted with in the Barnes library spoke primarily Spanish. The language barrier alone (and more importantly, the fact that it didn't inhibit me from building relationships) was striking and humbling. In September when I receive my Gold Award, I will be proud not only of the time I've spent, but the way in which my worldview has been altered.

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Sustainability Fair at Farmers Market

In September, THPRD's Cedar Mill Farmers Market guests can count on not only tons of good fruits and vegetables, a variety of local artisans' work, and lots of fun, but they'll also have a great opportunity to learn how to live more sustainably.

The biggest event of the season comes from 8 am – 1 pm on Saturday, September 24th, with the market's first annual Sustainability Fair co-sponsored by THPRD and the CUE committee of the Terra Linda neighborhood. CUE stands for Conservation, Us, and the Environment; this committee's mission is to promote a livable, healthy, and environmentally friendly Terra Linda neighborhood (located just a few yards north of the market's site).

On September 24, together with THPRD, CUE is bringing an expanded Sustainability Fair to the Cedar Mill Farmers Market. Market guests will be able to learn from experts how to reduce fossil-fuel energy use—or even get off the grid via solar energy options—and how to reduce water use through increased efficiency, rainwater catchment, xeriscaping, and more. Participants include Sunset Solar electric, Portland Purple Water Rainwater Systems, Lifelight Energy, as well as the Washington County Citizen Action Network. Learn how to harness free and cost-effective solar electric power, save water, and be involved and informed in your community.

THPRD's Natural Resources Department will provide the latest information on trails, parks, and trail connectivity projects, sustainability, environmental education, and other natural resource work and programs.

OSU Extension's Master Gardeners are always on hand at the market to provide the latest in chemical-free gardening tips. Other participants could include the Habitat for Humanity Store, recycling experts such as Master Recyclers, and a bicycling advocacy group.

Other CUE events include the fabulous and growing event dubbed "Take It or Leave It Day" held each summer. Earlier this summer, 60 Terra Linda households put usable items curbside for neighbors to pick up. Also, in July a successful Sustainability Fair educated dozens of attendees at the Christ United Methodist Church community garden about various options for "going greener".

CUE can be contacted directly at terralindaconservation@gmail.com.

September 10 brings the market's Peach Party, with a visit by Brad Pit (not that Brad Pitt, rather it's Jason the Peach Guy's costumed alter-ego). Be ready for some fun little contests. Prizes will include \$5 market tokens and, of course, peaches! Music by this season's music fave, Carley Baer, will make for an especially peachy day.

On September 17, it's a double-hitter with "Salsa & School Supply Saturday." Consider entering the market's Salsa Contest (judging takes place at noon, so get your entry in before then!). Rules require that the fresh salsa must be made by the entrant with mostly local ingredients and may not include purchased or packaged products such as sauces, mixes, or seasoning blends. Local tomatoes, onions, cilantro, etc. are great, and even a squeeze of lime is okay, but inclusion of a can of tomato sauce is not acceptable. Recipes should be turned in with at least a pint of the salsa—enough for the judges to taste. While you're at the market on Sept. 17, drop off some school supplies for nearby Five Oaks Middle School. We'll update e-news recipients and Facebook followers with a list of school supplies specifically requested by Five Oaks staff once the school year is underway. So far, we're told of the need for 3-ring binders and No.2 pencils.

September will indeed be a busy month at THPRD's Cedar Mill Farmers Market, with the Peach Party, the Salsa & School Supply Drive Saturday, and finally the September 24 Sustainability Fair.

The Market is located in the parking lot in front of Safeway at the corner of Murray and Cornell, and is sponsored by Tualatin Hills Park & Recreation District. Thanks THPRD!

Market hours continue from 8-1 through September, but ease to 9-1 in October, when the market will be open unless the weather is stormy. Want to know for sure if that lashing October wind counts as "stormy?" Sign up for the market's weekly e-news, which includes timely recipes and info on what's going on at the market each Saturday, by sending an email to cmfmarket@gmail.com with e-news in the subject line. Why not "Like" Cedar Mill Farmers' Market on Facebook as another way to keep informed?



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Shop locally, use our online directory

The Cedar Mill Business Directory (cedarmill.org/biz) has been updated thanks to the efforts of our team of Sunset High interns. The information they collected for the map that was included in the August issue has all been entered into the directory.

Since the map was printed, we got information from a few more businesses, and several more of them decided they wanted logos on the map, so we'll be printing the revised edition by itself as a stand-alone page. It will be distributed at area businesses in a week or two—if you get the News online (nearly 1700 people do that!) you may want to snag a paper copy of the map to keep and use to help you keep your shopping local.

And extra thanks to interns Ashaen Patel, who did all the directory updates, and Nicole Nagel and Marita Sailor who worked on the revised map.

Butterflies at Cedar Mill Garden Club

Glen Andresen of Metro will speak on native plants that attract butterflies to the garden at the Wednesday, September 21 meeting of the Cedar Mill Garden Club. The meeting begins at 11:30 am at the Beaverton Community Center, across from the Beaverton City Library on 5th and Hall (12350 SW 5th).

The Cedar Mill Garden Club is open to anyone at any level interested in gardening and wildlife. There is no charge for visiting. For additional information about the Cedar Mill Garden Club, contact Barbara Cushman, president at 503-649-7741 or visit our website: thecedarmillgardenclub.org

Autumn Affair raises funds for violence victims

The Domestic Violence Resource Center's biggest fundraiser of the year, the Autumn Affair, will be held Friday, September 23, from 6-10 pm at the Lanphere showroom (4000 SW Hocken Ave.).

Autumn Affair offers wine tastings from multiple vineyards, and features live jazz music, heavy hors d'oeuvres and desserts, as well as a silent auction and raffle prizes.

All proceeds will go directly to Domestic Violence Resource Center's programs and clients. Tickets are available online at dvrc-or.org for \$75.

Be an educated park volunteer!

Tualatin Hills Park & Recreation District has a new volunteer training program beginning this fall. The Environmental Education Volunteer Assistant (EEVA) Program will train adult volunteers to provide essential support for THPRD education programs.

All program participants will attend a one-day training to cover basic educational techniques for all ages, as well as Park District policies and procedures. Volunteers who successfully complete the training will be asked to give back a minimum of 50 hours of service over the course of a year.

THPRD Natural Resources Volunteer Coordinator Melissa Marcum explains, "This program is a stepping stone to having our own Volunteer Naturalist Program, much like Metro's. Since we want to engage a more dedicated volunteer who is interested in education, we will provide ongoing educational opportunities for program participants who would like to gain more skills and a greater knowledge base in variety of environmental education topics. For example, we might do additional trainings on specific bugs, spring wildflowers or wildlife tracks."

Some of the programs that these trained volunteers will be able to participate in are: Ranger walks; special events; Summer Camp field trips; preschool programs; night hikes; Nature Mobile events; and Scout programs.

The first training session will be on Wednesday, October 19, from 9 am-5 pm at Tualatin Hills Nature Park Interpretive Center near Aloha. If you would like to register for this training, please visit: thprd.org/nature/volunteers/education-volunteers.cfm

Restoration in The Bluffs Park

9 am-1 pm, September 17

Bluffs Park is an upland forested park in the Cedar Mill area. The portion we are currently restoring was recently acquired in order to preserve additional upland habitat. Help us improve these areas by coming out to remove Himalayan blackberry and English ivy from the natural areas. Info & Registration: contact Melissa Marcum at mmarcum@thprd.org, or 503-629-6305 x2953



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"Safe Routes to School" grant will improve safety in Leahy neighborhood

Washington County has been awarded a \$411,000 Safe Routes To School (SRTS) project award focusing on pedestrian safety - enhancements near West Tualatin View Elementary School. This project is one of ten statewide projects approved for funding during the 2012 cycle.

Area resident Ruth Deal has been working for years to make it easier and safer for kids to walk to the school. She has led neighborhood projects to trim vegetation intruding on streets and blocking motorist sightlines, and has encouraged parents to teach their kids to walk safely to school. Lately she's been working with the Beaverton School District to implement SRTS programs at several other schools in the district.

A previous grant application was not approved. Ruth says, "Our second application was greatly improved by the expertise and participation of skilled Washington County staff. They put together a compelling project plan. We must also give a big thanks to Lynne Mutrie for her support and understanding of our project during the review processes in Salem." Mutrie is a board member of [Oregon Alliance for Community Traffic Safety](#) and previously managed Portland schools' SRTS program.

Improvements, scheduled to be implemented during summer 2012, include:

- Three corners of the four-way SW Taylor/SW Leahy/SW 90th bus stop;
- The south side of SW Leahy from four-way stop east to the school's SW 88th/SW Leahy crosswalk, where the asphalt path will be leveled/repared;
- A raised corner/curb at SW 88th on the west corner school crosswalk for safety and better visibility;
- Safety improvements on NW 88th to SW 88th crossing on W Stark Street; and
- Improvements to the west side walkway entrance into the school property to make it ADA accessible, and add curbs to separate pedestrians from vehicle traffic.

The corner improvements will help slow cars, define the corners and give a safe haven for pedestrians and people waiting for buses. Deal notes, "We will still be walking in the streets. We need to continue to encourage homeowners

to build paths on their property that connect sidewalk segments. Trimming bushes and trees to keep sidewalks and paths clear so walkers can pass by is key too. A reminder is needed for all of us to trim as school starts. Our walkers are out again."

The project doesn't involve bike lanes. Deal says, "Until the county widens Leahy—making it a real street without ditches, we have no room for bike lanes, even though Leahy is shown on county bike maps as a route!"

The national Safe Routes To School Program was enacted in 2005 to provide funding for both infrastructure and non-infrastructure projects to encourage elementary and middle school children to walk and ride bicycles to school. The objectives of the SRTS Program are to promote a healthy lifestyle among school children and reduce congestion, fuel consumption, and air pollution in the vicinity of schools.

Cider Festival October 16

The Fifth Annual Cedar Mill Cider Festival, sponsored by Tualatin Hills Park & Recreation District, will bring our pioneer history to life again on the grounds of the John Quincy Adams Young house on a crisp fall afternoon.

Our wonderful enthusiastic Boy Scouts from Troop 208 will run antique cider presses to make fresh apple cider—and it's free! Burnt Ends BBQ team will provide lunch, and the Grange members will be serving up apple crunch and ice cream.

The band this year will be "The New Five Cents." A Rocking Old Time Dance Band is how they describe their group.

Plan to get your Halloween pumpkin from Dinihanian Farms' booth! They'll also be selling jugs of fresh cider to take home. And community organizations and craft vendors will fill booths to delight and inform you. The History Tent will have information about restoration plans for the historic house and will be accepting donations for that effort.

Plus the THPRD RecMobile will be there with activities for kids, so be sure to plan to join us. 1-4 pm, Sunday, October 16. More details in next month's News, or visit the [event website](#).

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PAL, continued from page 1

different and there is always a challenge," he says.

He started Pacific Agricultural Laboratory (PAL) in 1996 at this location. Previously the Air Food and Water Analysis Company had occupied the space. That business was sold and moved away before Thun took over the space. He worked alone at first, with just a single bench. As word got around about his competence, the company grew. Dr. Wong, the dentist who had his office in the west end of the space, retired a few years ago and Thun was ready to expand, so Thun and his six employees now use the entire north side of the building.

The space consists of a front office with desks for Thun and his three full-time analysts/chemists. There's also storage space for customers' samples, including several large home-style refrigerators. The next room back is the sample-

processing area, where the three lab techs break the samples down into material that can be analyzed. Samples are primarily soil, vegetable material, and water.

Beyond that lab is the analysis area. Almost all of the work of analyzing the samples is done using highly sophisticated and computerized equipment. Once a sample is extracted from the base material, it is inserted into a Mass Spectrometer. Each chemical in the sample has a characteristic mass. The equipment is tuned to detect the pesticides they are investigating.

"We can't just take a random sample of something and tell you what's it is," says Thun. "We are only looking at pesticides. We test the material, and let the client know if any pesticide is present, what it is, and what the concentration is."

Some of the work that they do helps farmers solve problems. "We may get a soil sample, for example, where a farmer has done a crop ro-

tation and the new crop isn't doing well. We can tell him what is in his soil that could be causing the problem," Thun explains.

The growing interest in organically grown food brings in some business, but Thun says that until recently, the organic designation hasn't required testing. A farmer could label a crop as organically grown as long as no pesticides have been applied to his land for three years. In Oregon, Oregon Tilth is the USDA-accredited certification agency for organic products. They conduct yearly inspections of facilities to award their certification, but that doesn't involve testing samples.

Occasionally they get a break from the agricultural testing. Every once in a while, someone comes in because they are convinced that they are being poisoned by a neighbor. "We've never confirmed a case like that," says Thun. And it's an expensive fantasy—a suite of tests can run as much as \$500.

Pesticide drift can be a problem too, and they can identify chemicals that land on a farmers' field or a homeowner's yard from a neighbor. Once in a while a neighbor will poison an offending tree overhanging their yard—that's illegal, it's called chemical



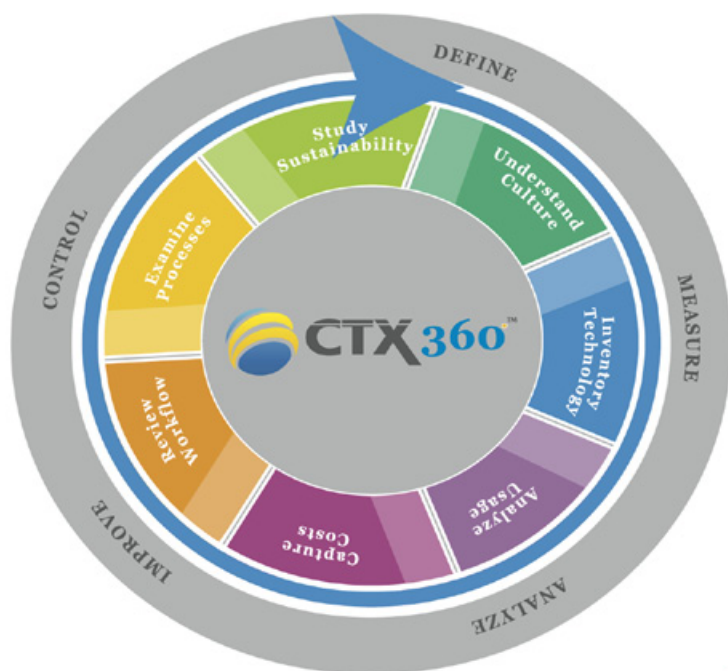
Lab technician Lilly Asunama processes samples prior to analysis. She's finishing up her chemistry degree, and enjoys being able to work in her chosen field

trespass! They also helped to investigate the dog poisonings in a couple of Portland parks a few years ago.

Thun says that his success is predicated on the high quality of his employees. Rick Jordan has been his Lab Manager since 2001. All of his employees have been there for at least two years. "It takes about one year for someone to get fully up-to-speed with this work," he says.

So now you know what they do at the Pacific Agricultural Lab. They enjoy being part of the Cedar Mill community, with its convenient services and friendly people. And Thun has nothing but praise for his landlords, Bales Findley Property Management.

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Hummingbirds

by Lauretta Young

Hummingbirds evoke interest and curiosity even for people who don't identify themselves as bird watchers. One of the most asked questions I hear when I take clients out on birding trips is, "why don't the hummers come to my feeder when I see them at the neighbor's feeder?"



© Jeffery T'Young

Hummingbirds live in the Americas from southern Alaska to the southern tip of South America and in the Caribbean. The variety of hummingbirds and the splendor of their coloration is truly amazing.

Here in Cedar Mill we have two varieties, the Anna's Hummingbird, which is a year-round resident, and the Rufous Hummingbird, which migrates to Mexico for the winter. Both are about 4 inches long (the Rufous is slightly smaller) and their eggs are about the size of jellybeans. I once had the good luck in Tualatin Nature Park to see a hummingbird mother arrive back at the nest to feed her tiny chicks! The nest was so camouflaged on a tree branch that the tiny cup was almost invisible. These small birds tend to mate and hatch eggs relatively "early" in the spring, and the babies spend the rest of the summer growing on the abundant nectar found in native and yard flowers.

These two species do not tend to share well—in fact the Rufous hummers are so territorial they often completely dominate a yard and all its feeders and flowers if both species are in the same area. In the past week I have watched spectacular aerial "fights" with the Rufous

chasing the Anna's chicks away from feeders. Reportedly they fly up to 30 miles per hour and by the blur of feathers I believe it. Sometimes spacing feeders out in a yard helps with this problem, but often the Rufous guard their entire territory so aggressively this strategy isn't useful. Then one simply waits till the Rufous hummers leave for the summer to see any of the Anna's

come back into your yard.

If one has space and the interest in gardening, planting flowers they love is a good way to attract these small creatures to the yard. They seem to particularly love red flowers and of course flowers with nectar. Most nurseries have a section of hummingbird-attracting flowers. There are many websites with articles on how to plant for your area. I have found that most of the plants that attract hummingbirds also attract large numbers of butterflies, which is a bonus!

Designing a garden with nectar plants that bloom at different times is a great way to get more of these birds into your yard. Hummers tend to constantly check out their environment in set ways (called a trap-line strategy) to see what is blooming.

There are many models of hummingbird feeders. Almost all have the feeding station in red, to attract the attention of the birds. Most have features to discourage bees and ants. I have personally had good success with most models. A key to success is to get one that is easily cleaned. I believe that more important than the particular feeder model design is the freshness and concentration of the sugar mixture. It is not recommend-

ed to use commercially available mixes with red food coloring. Some experts believe that this may harm the birds' liver. Nectar in the wild is colorless, the flowers are red but the nectar is clear.

A mixture of 1/4 to 1/3-cup sugar mixed into one cup of water is usually effective. The birds are on the move all the time. If they check the feeder sugar concentration and if it is too

low on sugar they'll move on. Another factor which really sends them away is a feeder with "old" sugar water. Heat and sunlight cause sugar water to ferment and develop fungus. Feeder water needs to be changed at least every 2-3 days in cool temperatures and sometimes every day when over 70 degrees. Clearly this may not fit into busy schedules!

One of my friends did all this and still did not attract any hummers—she

had a very foliage-filled and green yard with shade. I advised her to put up a large "welcome hummer" sign by her feeder—in the form of a pot with large red flowers. She purchased Crocosmia which they love—and she had hummers the next day! Hummingbirds are very visual creatures.

People love watching hummingbirds; they bring a sense of joy and amazement to one's day. In many cultures these tiny birds have symbolic meanings. We can all search for what they mean to us, but for many people they evoke amazement that such tiny wings can be so powerful. Or that these birds are able to drink in the sweetness of life despite being so fragile-appearing. What do they mean to you?

Lauretta Young is a retired physician who now teaches at OHSU mind body program and PSU in community health. She also takes out novice and experienced birders on customized bird tours in Cedar Mill and beyond. Check out her web site at www.portlandbird-watching.com for more information or her husband's photo web site for more amazing photos at: www.flickr.com/photos/youngbirds

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Business News, continued from page 2

Registration includes lodging, six fabulous home-cooked meals and eight hours of yoga instruction. Visit www.sunsetyoga.com for more details and to register for classes, the workshop and the retreat. Sunset Yoga Center is located at 12923 NW Cornell Road.

Dig, Drop, Grow!

Join Cornell Farm's professional Dutch Flowerbulb Specialist Edward van der Reep for a cup of their specialty Harney Tea and to learn how easy it is to add perennial bulbs to color your landscape for pennies! New introductions, best naturalizers, deer resistant, and specialty varieties will also be reviewed. Door prizes include a landscape bag of 100 daffodils or tulips and a package of the edible spice saffron crocus.

Edward van der Reep is a descendent of bulb growers in Holland since the 1600's when the price of one tulip bulb cost as much as a house during Tulipmania! His degree in Horticulture was followed by ten years operating his own retail cut-flower shop in Holland. He accepted a position with Dutch flowerbulb importers in the United States in 2002 and currently is

the Marketing and Design Director for packaging and catalogs for Netherland Bulb Company. The passion for flowerbulbs is literally in his blood!

The event will be held at 10 am on Friday, September 16 at the Cornell Farm Patio Bulb Haus (dress for outdoor weather under cover) at 8212 SW Barnes Road. Registration is required as space is limited. No charge, so bring a friend or neighbor and color coordinate your landscapes, but register early.

Cornell Farms is also offering three more fun gardening events: On September 17, Create Amazing Container Gardens with owner Deby Barnhart and professional container designer Betsy Smith over complimentary Mimosas. Or, attend the Container Garden and Local Art silent auction on September 17 to help GrowingGardens

feed Portland's hungry one organic vegetable garden at a time. On September 18, join in some awesome kids activities including a coloring contest in which we're giving some big prizes to local schools.

Additionally, Cornell Farms is starting autumn off with a series of September-only deals on some favorite plants, including \$1 Pansy & Violas and 40% off Hydrangeas (except paniculata & arborescens), Canes & Berries (rasp, blue, black, marion, tay, boysen & strawberries), Spring-Flowering Shrubs (selected), Trees (selected), Pottery (selected). Cornell Farms is also offering 50% off selected Annuals. For more information about the events and September deals, or to discover more about Cornell farms, call (503)292-9895 or visit cornellfarms.com

Impact Sign celebrates their designer



Sean Bucknam is going to be celebrating his fifth anniversary as our Graphic Designer. Sean started at Impact Sign Co. in our old location in September 2006. He had just moved from his home in Southern California to Lake Oswego for a new life adventure and

to make use of his graphic and architectural design education.

Since then, he has not only done our graphic design, but has become the Design and Production Manager, keeping us up-to-date with new trends in materials and equipment. He recently attended the regional National Business Media Show in Long Beach, CA to learn new techniques and products.

One item that he especially enjoys working on is total vehicle wraps. It gives his imagination a chance to soar. Check out the Impact Sign Co. Suburban! You can't miss it.

We look forward to having Sean learn and grow and share his talents and enthusiasm with us here at Impact Sign Co for years to come. Visit us online at impactsign.com or stop into our shop at 23602 NW Clara Ln. Hillsboro, at the intersec-

tion of the Sunset Highway and Helvetia Road.

Village Gallery September Show and Class Offerings

The Village Gallery of Arts, a non-profit, cooperative gallery, is hosting an art show from September 6-October 2. The show will feature local artist Linda Nye and her works in acrylic and watercolor. Linda incorporates color and texture into her animal, floral and landscape paintings in a unique way.

The Gallery's Group show for September is themed "Faces." Stop by Tuesday through Saturday (10-4) or Sunday (noon-4) to see Linda's works as well as arts and crafts from all of their member artists.

The Gallery is also offering several art classes in September,

including a new "Photoshop Elements for Artists" class with Linda Roth-child Ollis on Tuesdays, September 6, 13 and 20 from 9:30 am-2 pm. Linda will teach you how to use digital images and Photoshop Elements to improve your painting skills.

Liz Walker will also be teaching "64 Squares" on Saturday September 24 from 10 am-2 pm, during which participants will divide their paper into 64 Squares. This is an enjoyable and almost Zen-like way to build a painting; square by square. For information regarding this workshop, contact Liz at Lizart@comcast.net.

The Gallery is located next to the Cedar Mill Library at 12505 NW Cornell Rd. Call 503-644-8001 or stop by, or visit their website www.villagegalleryarts.org for additional information regarding the gallery, membership, classes, and special events.

September: A Month for Yoga

As Santosha Yoga heads into its second year, they plan to offer two

new classes to fill the needs and requests of their members. Beginning in September, Santosha will offer "Yoga for weight loss" on Wednesdays at 10:30 am and "Yoga Therapy and Tune-up" on Thursdays at 4 pm. The latter will target various areas, such as the back, shoulders, etc. for special work.

Also, on Saturday, September 24, Santosha is sponsoring the first Bethany/Cedar Mill area Yoga Mala for peace at 9 am at the fountain in Bethany Village. Come sup-

port world efforts for peace and join in with other yogis in completing up to 108 sun salutations (do only what you can!). September is national yoga month and Yoga Malas are held throughout the country and world. Santosha is hoping to make this the first of many to come and they hope that it will grow each year as Cedar Mill shares in the support of world peace.



Osa the Dog, by Linda Nye

Peregrin Financial on Inc. 500/5000 fastest-growing list again

Peregrin Financial Technologies provides cash-handling solutions to large and small businesses throughout the northwest and nationally. Their products and services include ATM machines and servicing, and CeleraCash provisional cash safes that register daily deposits directly to merchants' banks.

The company, headquartered in Cedar Mill, is among a select few that have achieved the listing for multiple years. More information is available at 503-690-1111.

Familiar Faces, New Services at 503

Salon 503 is pleased to welcome Stacy Muoang Saechao, whose is rejoining the salon after being away for about six years. Stacy has 12 years of experience and currently offers hair styling, color, perms, waxing and manicures.

Salon 503 is excited to now be offering professional waxing services and manicures! And we're still looking for another stylist—come in and talk to us!

SNAP into Shape

SNAP Fitness West Union is offering a couple of deals on memberships, including an \$8.95 thirty-day trial membership. Additionally, new memberships are \$10 off monthly dues when you sign up for 12 months. Lastly, be sure to bring your friends! If a member signs up, then brings in two new memberships, SNAP Fitness will pay their monthly fee through the end of this year. All offers are good through 9/30/11. Call 503-333-3666 for more information.

Medicare "Election Period" changes

The annual election period is the time of year that a person who is on Medicare can make any change they want to their Medicare Advantage or their Medicare Prescription Drug plan. (This does not apply to Medicare Supplement policies.) This year it will be from October 15 through December 7. Any changes made during this period normally will not take effect until January 1. If you have any questions please contact Beth Moffett at (503)203-6724. Or visit our web site at www.UnderstandingMyMedicare.com

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