



Cedar Mill News

Volume 8, Issue 3

March 2010

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Featured Business

Thai Lily Restaurant

One of the best Thai restaurants in the area is right here in Cedar Mill, tucked away in the Cedar Mill Place shopping center at the southwest corner of Cornell & Murray. Thai Lily was bought about five years ago by Diep Tran and her husband, Huyen Dao. Diep is the chef, and Huyen manages the business and dining room.

They came to the US from Thailand in 1989. Diep's father was an American citizen who was living in Thailand, so they were able to get an immigration visa. They were sponsored by a Lutheran church in southeast Portland, and they still live in that area with their two teenage daughters, who sometimes help out in the dining room and kitchen.

Diep learned to cook at home, and once they were living here, she started working at Beau Thai Restaurant in northwest Portland, where she worked for nearly 20 years. When the business was sold, she and Huyen had saved up enough money to purchase the Cedar Mill restaurant.

They didn't change the menu, but they improved the quality of the food and the service. If you haven't visited the restaurant for a few years, it's time to come back and try the delicious fresh dishes, based on Thai, Vietnamese and Laotian cuisine.

Almost everything on the menu can be prepared with a choice of vegetarian (with or without tofu),



pork, beef, chicken or seafood (shrimp or squid). And they're happy to accommodate your taste from spicy to mild.

For lunch, nineteen different dishes are available with a choice of veggie, meat or seafood—prices range from \$6.50-\$9.00. Lunch is served weekdays from 11:30 am – 2:30 pm. There are plenty of tables and the service is quick and friendly.

Dinner hours are 4:30-9 pm Monday-Thursday; 4:30-9:30 Friday, and they're open Saturday noon-9:30 pm. They're closed on Sundays. Most of the dinner menu ranges from \$8.95 to \$11 depending on which variation you order.

Starters include salad rolls—fresh vegetables and rice noodles wrapped in rice paper skins—and Spring rolls—basically the same thing but deep-fried—both served with a sweet and sour sauce and ground peanuts; satay chicken skewers; and shrimp tempura among other offerings.

Many salads are available and are very popular as a main dish for lunch. These include Larb, which is cooked ground chicken, beef or

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Next Meeting

Cedar Mill Business Association

Tuesday, March 9, 11:45-1 pm

Place: Leedy Grange Hall, 835 NW Saltzman

Topic: Promoting your business with the Cedar Mill News

Speaker: Virginia Bruce, Publisher/Editor

FREE pizza, bring your own beverage

The Cedar Mill Business Association's meetings are free and open to anyone interested in business in Cedar Mill

Board of County Commissioners candidates

Washington County is directed by a Board of Commissioners. The county is divided into four districts, and each elects a Commissioner, along with a County Chair who is elected county-wide. Elections will be in November 2010, with a primary on May 18.

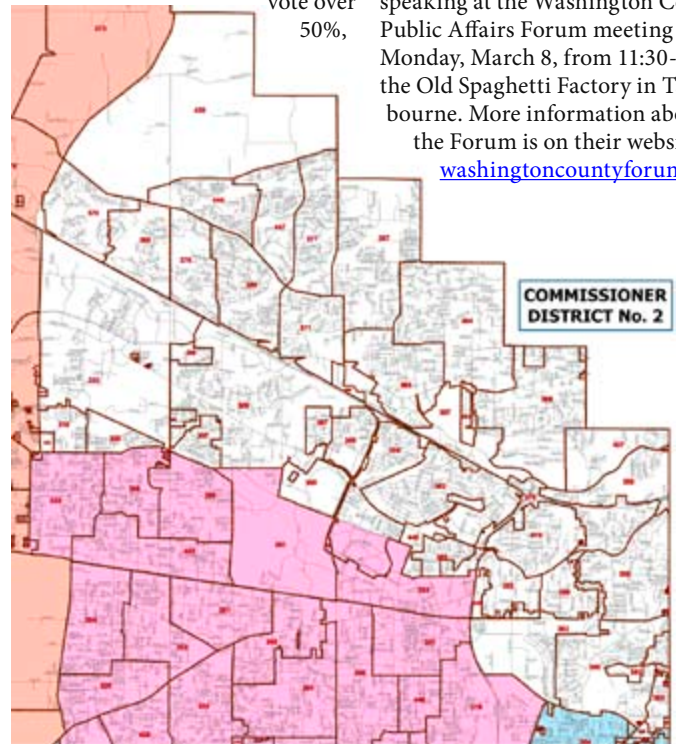
Cedar Mill is in District 2. Our current commissioner, Desari Strader, recently announced that she is not running for re-election.

Four candidates have announced that they are running for the position so far—the filing deadline is March 9 for the May primary. If one candidate wins at least one more

that candidate will win the position. Otherwise there will be a runoff of the top two vote-getters in November. This is a non-partisan position, although county party organizations usually get involved by backing candidates informally.

These candidates have filed so far: Greg Malinowski, farmer and lifelong land-use activist; Michael Matousek, pastor at Sunset Presbyterian and former mayor of Antigo, Wisconsin; Mike Niehuser, an investment consultant and former banker; and Jason Yurgel, a legal investigator.

Most of the candidates will be speaking at the Washington County Public Affairs Forum meeting on Monday, March 8, from 11:30-1 at the Old Spaghetti Factory in Tanasbourne. More information about the Forum is on their website, washingtoncountyforum.org



Subscribe to The News—
see page 10

Cedar Mill Business Association Member 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 vrb@teamweb.com

Now you can join Cedar Mill's credit union

Because of requests from residents and businesses in the area, Sunset Credit Union has expanded their field of membership. Now, anyone who lives, works or owns a business in Cedar Mill is eligible to join the credit union.

As a member of the only credit union in Cedar Mill, you'll become part of a very unique financial institution. This full-service financial institution offers high rates on savings and CDs, friendly loans, free checking and online access for most account functions, plus a great network of ATMs. And tellers who know your name! Discover the alternative to those big banks.

To learn more about Sunset Credit Union visit their website at www.sspfcu.com or simply stop by their office located at 1100 NW Murray Blvd (across the street from McDonalds). Enhance your life – become a member today.

Poochie promo opportunity

The City of Beaverton is presenting the second annual 'Pooches on the Green' on Saturday, March 20th from 10 am to 2 pm at Beaverton's City Park at 5th and Hall.

The Beaverton Valley Times is putting together a special section that will be inserted in the March 18th edition and will be distributed at the event. This is a great opportunity to promote your business to your neighbors.

In addition, local businesses can be represented at Pooches on the Green by contributing gift certificates, coupons or other giveaways that can be used as prizes on a prize wheel at the Beaverton Valley Times booth. Contact Claudia Stewart at 504-546-0783 or via email at CStewart@BeavertonValleyTimes.com.

Book now for summer parties

With warmer weather on the way, people are beginning to plan their summer events. Burnt Ends BBQ is finalizing our competition schedule, so we encourage you to book early to assure your date. We look forward to an exciting summer serving great BBQ and making lots of new friends.

Call John Roberts, Burnt Ends BBQ at 503-641-6680 (or 503-680-7624 cell), or email BurntEndsBBQ@msn.com. Find out more at our blog: burntendsbbq.blogspot.com

Village Gallery News

The March group show opens March 9-April 3. Gallery hours are Tuesday-Saturday, 10 am to 4 pm and Sunday 12 pm to 4 pm. The Gallery is located next to the Cedar Mill Library.

Featured artist Laure Svec says, "Nature is one of my biggest inspirations and my newest series is inspired by the elusive Aurora Borealis. I have used many layers of watercolor, acrylic, and metallic inks to make the delicate swirls and ribbons for the background skies. I like the illusion and shimmer with the metallic inks."

A reception for the artist will be held in the gallery at 12505 NW Cornell Rd. Saturday, March 13th from 6-9pm.



Aurora II, mixed media, Laure Svec

Financial Peace University

Christ United Methodist Church will be offering Dave Ramsey's Financial Peace University starting on April 8th. We will be offering three opportunities to preview the program and talk to the program facilitator, Barb Schulz, on Sunday, March 7 at 9 am, Thursday, March 11 at 7 pm and Sunday, March 14 at 9 am. If you are interested in a positive program that teaches you how to beat debt, build wealth and keep your own economy thriving this just may be what you are looking for. Please direct questions to Barb Schulz at bschulz@comcast.net or the church office – 503.646.1598, office@cumcpdx.org.

Meet Bales' new meat manager

Steven Asla joined the Bales Cedar Mill team a couple of months ago as manager of their wonderful meat department. Prior to that, he was assistant manager at the Bales Farmington store.

He grew up in LaGrande, hunting and fishing with his dad and grandfather, who was also a butcher. He started working as a meat cutter right out of high school, and came to Portland and worked at Haggen before joining Bales.

He loves to cook, and looks forward to bringing more easy-to-fix semi-prepared meat items to the Bales meat counter. He's already started working with Jesse, Bales meat-smoking expert, to increase the variety of yummy smoked meats that now includes smoked tenderloin, beef and pork ribs, and those tasty smoked pork hocks that can

make a pot of beans sing!

He's happy to help you with special orders, either from their regular meat vendors or from their local suppliers, Painted Hills Oregon grass-fed beef, and Carlton Farms locally raised pork. Be sure to stop by and welcome him to the neighborhood and check out the increased variety of delicious meats.

The UPS Store Launches "Perks & Paydays" Sweepstakes

Portland Residents Have a Chance to Win a Private Jet Flight, a Trip to Hawaii or \$100,000.

The UPS Store® located at 10940 SW Barnes Rd. in Peterkort Towne Square is offering local residents a chance to win \$100,000 with The

UPS Store "Perks & Paydays" Instant Win Game. This scratch-and-win promotion begins March 1 and highlights The UPS Store network's various service offerings, including online printing, packing and shipping, mailbox services and more. In addition to the \$100,000 grand prize, other prizes include an ADT® security system, a trip to Hawaii, a private jet flight, a \$10,000 HON® office makeover and more.

For a chance to win, visit any participating

The UPS Store location or send a self-addressed, stamped envelope to Perks & Paydays game card request, PO Box 6636, Saddle Brook, NJ 07663. The contest runs through March 27, 2010, and is open to all legal residents of the United States and the District of Columbia. For complete contest rules, visit www.theupsstore.com/perksandpaydays.

The UPS Store is locally owned and located in Peterkort Towne Square and has convenient hours: 9 am to 7 pm, Monday through Friday and 9 am to 5 pm, Saturday. For additional information, visit www.theupsstore.com/3379.htm or call 503-646-9999.

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CMBA Meeting Notes

To begin our March meeting, each attendee did a quick introduction and described any upcoming special programs or events. Fun fact: The Cedar Mill Community Library checked out 2 million books in 2009, according to director Peter Leonard.

After introductions, the 2010 Board of Directors was voted in: President: Terry Taylor; Vice-President: Sandy Sahagian; Secretary: Tim Kober; Treasurer: Michael McIntyre. At large Board members are Becky Jarvis, Dean Shade, Ryan Egge, and Lauren McCabe. Terry Taylor presented Lauren McCabe with an engraved pen as a token of appreciation for the past year serving as board president of the CMBA.

Ericka Pate of Sunset High School talked about the Sunset High School Mock Interviews and encouraged businesses to participate in one of four sessions (see page 4).

Cheri Perry, owner of Total Merchant Concepts presented "The Ugly Truth about Merchant

Services." She and her husband started the company 14 years ago and it now has 4,500 merchants. Total Merchant Concepts provides processing services for over 4500 merchants through a referral network of 130 financial institutions. She reviewed some of the deceptive business practices of typical processing service salespersons, and the key attributes of a competent, ethical provider.

Delaram Hakiman-Adyani with Virtues Project Consulting discussed the origins of the Virtues project and showed us her books, cards, and other collateral. A group exercise helped us to practice the Virtues by restating a criticism as a compliment.

Next month's Ten Minutes of Fame will go to Nancy Paysinger of the Second Edition Resale Shop that provides support to the library. Please join us on Tuesday, March 9 for free pizza, networking and a presentation by Virginia Bruce on, "Using the Cedar Mill News to promote your business." Bring your business cards and you could have the next "Ten Minutes of Fame."

Cedar Mill News reprints available

If you've ever felt like sharing one of the articles in the News, do we have a deal for you! Through an arrangement with Tim Kimble at The UPS Store in the Peterkort Town Square, we can now offer quantities of single or double-sided color reprints at a great price.

Layout for the reprints is \$35. This will include the Cedar Mill News heading, and a tagline crediting The UPS Store. Text and images will be resized to fit the space.

Printing costs are: 300 single or double-sided color prints—\$0.45/each (normally \$0.78/each); 500 single or double-sided color prints—\$0.39/each (normally: \$0.70/each); 1000 single or double-sided color prints—\$0.35/each (normally: \$0.70/each).

This offer is open to anyone—businesses that have had featured articles, people who want to share our History in the News articles, our Nature of Cedar Mill articles, or any of our items. You can use the search feature on the home page of the News website to locate an article you remember, or just ask and I'll help you find it.

Contact me for more information at vrb@teamweb.com or call 503-629-5799.

Game Night at Leedy Grange

Do you enjoy board games? How about cheap dates? If you could use a little brain exercise, a fun evening out with the family, or a little something to satisfy your competitive nature, join your friends and neighbors for Game Night on the third Friday of every month, 6:30-10 pm at the Grange Hall, 835 NW Saltzman, next to the Saltzman entrance to Bales Thriftway.

We already have a small collection of games, including Monopoly (the British version with London street names!), Clue, Scrabble, and backgammon. But feel free to bring along your favorites, just for the evening or to leave at the hall.

The hall has eight new long tables that are ideal for games, and we serve free popcorn and lemonade (donations gratefully accepted).

Grange Master Virginia Bruce started the series last month. She says, "We hope to bring fun, free community activities to the hall every Friday, this is just the beginning," she says. You don't need to be a Grange member to come to Game Night, it's for anyone who is interested in a low-key low-cost way to relax. March 19 and every third Friday, mark your calendar!

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A City by Choice group will hear about feasibility study, financing

The regular monthly meeting of the group exploring the possibility of incorporating the area north of Highway 26 into a new city will feature two speakers addressing, "What it takes to become a city and what you need to know when you get there."

Edward Trompke, of the law firm Jordan Schrader Ramis, will describe a feasibility study and discuss why it is needed, what information it will provide and how that information should be used. His law firm was involved in the successful incorporation of both Damascus and La Pine and represents several cities within the State of Oregon.

League of Oregon Cities' General Counsel Chad Jacobs will round out the discussion by discussing what the group will need to know if they are successful in their effort, including what the legal aspects of creating a city are; what laws pertain to creating a city, and what land-use issues the new city might face.

The meeting is on Monday, March 8th at 7 pm at the Bethany Community Center, 15220 NW Laidlaw Road in Suite #200. This is directly behind the Bethany Village Shopping Center above Huntington Learning Center.

The group has over 225 signatures on a petition agreeing that a feasibility study should be conducted to determine if this area can sustain itself as a city. These signatures were acquired through meeting presentations, knocking on doors and through their website at www.acitybychoice.com.

The meeting is open to the public, no need to pre-register.

Sunset High School Annual Mock Interviews

by Ericka Pate & Jayme Wendland, College & Career Specialists, Sunset High School

For the last several years, Sunset High School has provided an opportunity for all juniors (and some seniors) to experience an informational Mock Interview. All students attending high schools within the Beaverton School District are required to have a Career Education Credit in order to graduate. Each high school manages the curriculum for the credit somewhat differently. At Sunset, our students experience career exploration and must complete a job application, resume and mock interview (the class of 2010 must complete a cover letter as well). We have partnered with Nike-Human Resources to prepare

our students for the experience.

The final requirement, the interview, is accomplished throughout a two-day event during which business partners join us to provide 20-minute interviews for six students during a morning and/or afternoon session. The interviews are designed to be general, but we do attempt to assign students to interviewers in a mutual area of interest, when possible. We encourage interviewers to conduct the interview as they would in their workplace. We do provide a brief orientation prior to the start of the session and interviewers have an opportunity to review the students' documents prior to the interviews.

This year's sessions will occur on Thursday, May 6th and Friday, May 7th. Morning sessions run from 8:15-12:00, and afternoons sessions

Bethany Blvd. Open House scheduled

An Open House is scheduled for Tuesday, March 30th, 5-7:30 pm at the Oak Hills Elementary cafeteria to listen to residents' issues and concerns with no formal presentation.

Bethany Blvd is a two-lane roadway providing north-south access between the rapidly growing residential areas north of Highway 26 and mixed office/commercial areas south of 26. The current roadway lacks bike lanes and has limited intermittent sections of sidewalk.

This project will widen the roadway to two lanes in each direction with a continuous center turn lane to reduce traffic congestion from the Bronson Rd intersection north through the West Union Rd intersection. The project will improve sight distance at all intersections and add continuous sidewalks and bike lanes on both sides.

For more information, contact Matt Costigan, Project Manager, 503-846-7825 or email matthew.costigan@co.washington.or.us

run from 11:15-2:00 both days.

Please let us know at your earliest convenience if you will be available to partner with us this year. We invite you to select as many sessions as you want! Those confirmed to participate will receive a confirmation/orientation email with more information about the event (e.g., fact sheet, sample questions, student evaluation sheet, parking pass). For more information, call us at 503-259-5050 #7.



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Identity theft is on the rise—don't be a victim

By Terry Taylor, Sunset Credit Union

As technology advances, more and more people are becoming victims of identity theft. In fact, you or someone you know probably has had their identity stolen.

Sunset Credit Union believes that knowledge is power, so over the next few months you'll learn about a variety of scams that thieves are using to steal your financial information, and how to protect yourself from them.

Phishing uses fraudulent emails, pop-ups and web sites to lure victims into divulging personal information such as passwords, financial data and other sensitive information, leading to financial crime and identity theft.

The term 'phishing' comes from the fact that Internet scammers are using increasingly sophisticated lures as they 'fish' for users' private information.

The most common ploy is to copy the look and feel of a web page from a major site and use that design to set up a nearly identical fake page. Victims are asked to enter their personal information on this fake page.

Do not reply to or click on a link in an email which warns you that an account of yours will be shut down unless you confirm billing information. Instead, contact the company cited in the email using a reliable telephone number (not one in the email!) to get further information on their request.

Before submitting financial information through a website, look for the locked padlock on the browser's status bar or look for https:// at the beginning of the web address. Although the presence of either of these is no guarantee the website is secure, the absence of either of these does indicate the site is not secure.

Identifying a phishing email may be easier than it appears. If an email is entirely a graphic, it may be a sign it is dangerous. Use anti-virus software and make sure you have a firewall in place. In addition, many email programs let you see where a link goes before you click on it—just place your cursor over the link and read the URL—it probably goes somewhere other than the purported site.

When in doubt, trust your instincts. Reputable companies and financial institutions will *never* ask for your personal or financial information via an email.

Library News and Events

By Dawn Anderson

Story Concert with Kelly Hoffman

Laugh, cry, hoot-n-holler with critically acclaimed storyteller Kelly Hoffman as she delivers a concert of side-splitting entertainment for adults, teens and children over 10. Friday, March 5, 7:30-8:30pm Free. No reservations required.

Recycling & Plants for sale

Recycle your plastic nursery pots, good condition terra cotta and ceramic pots, and garden/nursery plants & garden tools at the library on Sunday, March 7, 2-4 pm. There will also be a selection of perennial plants for sale

- bargain priced at \$4 per gallon. Proceeds benefit the library.

Art of Scrapbooking

With instructor Sage Mashru. Bring some photos to work with and we'll supply the rest. Free. March 14, 2-4 pm. Registration required; call the reference desk at 503-644-0043 ext 114.

Spot Spot-the-Dog

Visit the library during spring break and look for Spot! Beginning Monday, March 22nd, tell the Librarian where Spot is hiding and get a prize bookmark! Activity will be at both libraries.

Petal Heads at Cedar Mill Garden Club

The March 17th Meeting of the Cedar Mill Garden Club will have a speaker from Petal Heads Nursery, West Linn Oregon.

Annifee Doolittle will present a slide show/talk about new varieties of plants produced by Terra Nova, a wholesale nursery, such as Heuchera and Hellebore. She will also bring some of the newest perennials to show and will have

plants for sale.

The CMGC meets at the Beaverton Community Center 12350 S.W. 5th, Beaverton, OR (5th and Hall.) Meetings begin at 10:00a.m. for

meeting and social time followed by

program at 11:15 a.m. All gardeners are welcome. For more information contact Barb Cushman, President, at 503-649-7741 or see our website at <http://thecedarmill-gardenclub.org>



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Terra Linda students work in wetland

On Friday, February 26, around 90 Terra Linda Elementary third-graders and their teachers and parents turned out in the rain to plant vegetation in the Cedar Mill Wetland area that straddles Barnes Road between Cedar Hills Blvd. and Cornell (see April '09 CM News).

The outing was arranged by local farmer and businessman Bill Triest. He is a certified Master Woodland Manager, similar to the Master Gardener program, and he likes to conduct volunteer events as



Students and parents get instructions from Jennifer. Photo by Neil Hefty

part of his practice. He knew that he wanted to accomplish two goals with the project: to expose children

to the natural world, and to let them experience volunteering for the community.

After searching for several weeks to find a willing group, he found that the three third-grade teachers at Terra Linda were eager to help. Mary Johnson, Ruth Miller and Megan Craft organized



The kids get busy planting vegetative cuttings. Photo by Bill Triest

their students and parents, and provided preparatory background information as part of the outdoors/environmental component of the school's curriculum.

Bill contacted Jennifer Wilson at the Wetlands Conservancy, the organization that owns and manages the wetland, and they set

the date and began preparations. Jennifer has extensive experience working with school groups and has the system well organized to make sure that the right plants go in the right place. She had color-coded ribbons on bamboo stakes placed in the planting areas, and all the kids and parents had to do was match up the plants in their bags with the ribbons.

Over 300 bare-root plants, including the endangered checker mallow, elderberry, dogwood, ninebark and others were plant-

ed, along with about 300 cuttings of willow and spirea. The plants were provided by the Conservancy.

One of the kids joked that they were planting "beaver food" since they viewed several freshly gnawed plants in the area. Beaver and nutria are common in these wetlands, along with seasonal birds and several varieties of amphibians.

Mud and rain didn't dampen the enthusiasm of the parents and students who declared the day a success. Thanks!



Jennifer Wilson of the Wetland Conservancy brought kid-sized shovels

Molt, Migration and Mindfulness

by Laurretta Young

Mindfulness practices are a definite boon to good health. Some recent scientific studies show how being mindful is good for your immune system to function optimally and good for your brain in terms of emotional health and creativity. Birdwatching is an engrossing and fun way to get more mindfulness into everyday life—all that is required is to look outside or go outside and be fully present looking

to see what you might see.

So many people rush through their days and miss the lovely white crowned sparrow that was singing on the lamp post mid-day outside of our Safeway store. I stood for a minute and listened to that beautiful song and even commented to passersby who said "what birdsong?"

Yesterday I went outside in my back yard and saw two flickers doing something I had never

seen—bobbing their heads up and down at each other and then gently touching bills over and over for about 15 minutes. No vocalizing at all. Spring is coming! And soon those very same flickers will be drumming for mates and in fact you will hear loud sounds all around Cedar Mill as they stake out their territory.

Another thing I saw in my own back yard when I bothered to really look

was that many birds have already started to change into their breeding plumage. Feathers are not alive, so to change colors birds have to lose one set and replace them with a new set—a process called molting. Different birds do this in varying ways. You might have noted for example the mottled starlings are starting to get their glossy dark black breeding plumage with their yellow beak color. All this requires a lot of energy as they lose one set of feathers and grow in a new set. Our most striking example of changes in breeding plumage are the male mallard ducks with their bright green heads in the spring and the goldfinches who change out of their drab olive winter feathers to the typical incredibly bright yellow of the breeding male.

Really focusing on what you can



Male goldfinch in winter feeding on a teasel
Photos by Jeff Young

see changes your walks and visions out of your window from the mundane to the very interesting and is probably good for your health. Take a real look outside.

Laurretta Young is a retired MD who now teaches stress management courses at PSU and has a custom Birdwatching tour business in Cedar Mill—read more of her blog and look at the pictures at www.portlandbirdwatching.com



Male goldfinch in summer plumage

New playground equipment in Terra Linda Park

In November 2008, voters approved a \$100 million bond for the Tualatin Hills Park & Recreation District (THPRD). In addition to



Terra Linda Park playground under construction. Photo by Neil Hefty

purchasing new land and making other major improvements, bond money is also being used to upgrade parks and sports fields with new picnic areas, pathways and play equipment.

Terra Linda Park is receiving approximately \$30,000 in new play equipment. This new equipment will replace the existing equipment, which was originally installed in the early 1980s. The existing play equipment is outdated and repair and replacement materials are hard to come by (and are often manufactured by THPRD's Maintenance Department).

The new play equipment will provide greater play opportunities for all age groups and abilities. Budget permitting, additional improvements such as concrete curbing for containment of the wood fiber safety surfacing, ADA accessible pathway from the existing pathway, a bench, picnic table and/or trash recep-

tacles may be included.

Construction began last month. The park is scheduled to be closed for approximately eight weeks with



an anticipated re-open date in April. The park is located just north of Terra Linda school off 143rd, and is also accessible by a trail that leads south from Burton Road.

Sunset Update

by Kenna Huck

Once Upon a Mattress is Sunset High School's spring musical that will be performed on Thursday March 4 and on Thursday, Friday and Saturday March 11, 12 and 13 in the school auditorium from 7:30-10:00 p.m. This year's musical is a comedy, and students have been working hard during rehearsals to put on a wonderful performance. Tickets can be purchased at the door for \$10 general admission.

Just as winter sports are coming to an end, spring sports are beginning to take off. The Sunset High School dance team will be going to state championships on March 17th at the Rose Garden in downtown Portland. They are working unbelievably hard at practices to get every move in sync. Each dance team has a theme for their state routine, and this year Sunset dance team's theme is "Metamorphosis." The dance will be an extended version of their lyrical routine, which won first place at a competition a few months ago.

Boys and girls lacrosse season is about to begin as well! Both teams are very excited for games to start and practices to get even harder. Softball and baseball season is also around the corner. The teams have been training to get ready for the games to come. Community support is always welcome, for schedule information visit www.metroleague.org/

Work for the Census

US Census employment testing will be held at Christ United Methodist Church on Fridays at 6:30 pm, March 5, 19 & 26. Other local testing sites include the Cedar Mill Library and St. Pius X church. Contact the local Census office in Beaverton for more information: 503-716-1220. Census takers start at: \$15.25/hour.

Member News, continued from page 2

Rave in the Nave

Christ United Methodist Church invites you to join us for a wonderful one person show on Saturday, March 13th at 7:30 pm when Del Rey, American folk/roots guitarist/vocalist, performs a unique combination of her solo material and, in conjunction with Women's History Month, her multimedia presentation "Women in American Music." Tickets are still only \$15 – through the church office or at the door. Visit cumcpdx.org for more information.



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Washington County Community Corrections

by Bruce Bartlett

At the beginning of my civic involvement activities in the 1980's, I was appalled at our collective willingness to lock people up in an attempt to "teach them a lesson." Retribution is certainly a valid part of the criminal justice system but it has not been proven to change criminal behavior.

In my attempt to understand the system, I discovered a relatively quiet institution in Washington County—the Community Corrections Department, which is tasked with preparing people who have been incarcerated to lead more productive lives back in regular society. No other segment of our prison-industrial complex does this as well, as I learned when, for six months in 1993, I volunteered at the Washington County Community Corrections Center (WCCCC—also known as the "Restitution Center" and "Work Release Center."

Under the guidance of Director John Hartner, the Community Corrections department was implementing a new approach to treatment in the corrections setting, striving to create an effective program which allowed the clients to understand the impact of their crimes on others and to make meaningful strides in changing the behaviors that landed them

in trouble in the first place. Mr. Hartner was creating a system that challenged the core assumptions of the residents.

The mission of the Community Corrections Department is to "Provide adult corrections services in Washington County that enhance public safety by reducing criminal behavior by offenders." The department provides a continuum of supervision, sanctions, and services that reduces criminal conduct and promotes behavioral change with the lowest necessary investment of resources. To meet this challenge, the Department provides the following facilities and services:

The Washington County Community Corrections Center (WCCCC) offers 215 beds for male and female offenders. The WCCCC provides a structured residential environment to integrate offenders back into the community. The residents are offered transition support through services, structure, and accountability. Support services include employment, housing, education, counseling, and a variety of life-skills programs. Program services are provided to address the needs that put offenders at risk to re-offend. These programs include both in-patient and out-patient substance abuse treatment, acupuncture,

mental health evaluation and treatment, GED, employment counseling and job referrals, cognitive skills training, faith-based support, and life-skills programs such as computer skills, resume writing and parenting. This treatment program was evaluated with the national Correction Program Assessment Inventory and ranks in the top 8% nationwide for compliance with evidence based practices.

The following populations are served through the Center and/or custodial home supervision:

Sentenced: Offenders are sentenced directly to the Center or Custodial Home Supervision or serve out the balance of a sentence that started at the jail. Sentenced offenders currently occupy approximately 60% of Center beds.

Sanctioned: Center beds and Custodial Home Supervision slots are used for short-term sanctions for probation and post-prison supervision offenders. They offer probation/parole officers a quick response to non-compliance, within a structured setting that provides programs to address problem behaviors. Sanctioned offenders currently occupy approximately 5% of Center beds.

Local Control (SB 1145): This population includes those offenders who are serving twelve months or less for a felony conviction or revocation of felony probation. This group also includes parole and post-prison supervision offenders serving a sanction of 31-90 days and offenders who have been revoked on post-prison supervision serving a sanction up to 180 days. Local control currently occupies approxi-

mately 27% of center beds.

Transitional Lodgers: The Center's goal is to manage the transitional lodger population to 12 beds, with the flexibility to use up to 15 beds. This program works with high-risk, homeless offenders transitioning from prisons; the mentally ill; and sex offenders until alternative housing is located. Lodgers must agree to abide by supervision conditions and Center rules to remain in the program. They must work, or actively pursue it, while seeking other housing. They must also participate in programs at the Center that can facilitate their transition back into the community.



The WCCC Center in Hillsboro

Residential Counselors work with residents to develop an individualized case plan for services that will promote a constructive stay at the WCCCC and facilitate a successful transition back into the community. Community Corrections Specialists have primary responsibility for ensuring the safety and security of the facility. Through direct supervision they monitor and ensure the WCCCC policies are upheld. A drug screen protocol is developed for each resident that is based on the offender's history and recent behavior. Security is further enhanced by the design of the facility, with alarmed windows and doors and visual and auditory surveillance.

Case plans and goals are mutually agreed upon between the counselor and resident. These goals

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are determined by the individual need and length of stay. Residents who are at the Center for one or two weeks will have the goal of being connected to treatment prior to release. The average length of stay at the center is currently 71 days and for these residents the goals focus on entering treatment and finding employment. Residents who are at the center for 90 days or more have goals that include participating in intensive treatment and continuing with aftercare services, partnering with a mentor when transitioning to the community, finding employment, and moving into drug and alcohol free housing upon release.

The Probation and Parole Division supervises approximately 4100 offenders. Divided into specialized teams, each provides services to a specific population. There is specialized supervision for sex offenders, domestic violence offenders, substance abusers, offenders with serious and persistent mental illness, women, and Spanish speakers. This organizational structure allows the department to focus expertise and resources where they are needed most.

Probation is part of the sentence imposed by the Court, which often follows a brief incarceration in the county jail. It is a period of community supervision that requires reporting to a Probation and Parole Officer who monitors payment of fines, treatment participation, employment and other conditions imposed by the Court.

Parole, otherwise known as "post-prison supervision," is typically community supervision that follows a period of incarceration in a state prison. A Probation and Parole Officer monitors the conditions imposed by the Oregon Board of Parole and Post-Prison Supervision. An offender may also be placed on post-prison supervision following revocation of felony probation and a period of incarceration in a local jail.

Supervision services assist in holding offenders accountable to the conditions of their supervision, while supporting their efforts to live successfully in the community. There is emphasis on engaging offenders in activities that, according to research, reduce criminal behavior. These include finding and retaining employment, actively

participating in treatment and skill building programs, and developing a system of community supports that reinforces long-term stability.

The Center for Victims' Services (CVS - 503-46-3020) was created in 1998 with the mission to unite with community and government partners for the provision of supportive, compassionate, and relevant assistance to those who have been affected by crime and related trauma. The CVS works to support victims, to advocate for human rights, to reduce the risk of harm, to provide public education, and to facilitate a strong and healing community.

The Washington County Counseling Program provides free counseling to individuals, couples, families, and groups. The program serves offenders on probation and parole, victims of crime, and general members of the community, and is located within the CVS offices. Referrals are received from probation officers, CVS staff, other social service agencies, and also accept "self-referrals" directly from clients who call or visit in person. Counseling is provided by graduate student interns, post-grad volunteers, and by staff. Graduate students are supervised by mental health staff from a variety of areas within Washington County, including Probation/Parole, the WCCCC, CVS, and within the counseling program.

The Volunteer Program offers opportunities for work-study, undergraduate and graduate internships. Interns come from a variety of educational institutions, including Portland State, Pacific University, and Lewis

and Clark. The program values the diversity of multiple theoretical orientations, supervision approaches, and educational frameworks. During their time in the program, interns have the opportunity to do individual counseling with a wide variety of people. They also have the opportunity to facilitate, co-facilitate, or observe groups addressing Post-Traumatic Stress Syndrome (PTSD), chemical dependency, emotional dysregulation, relationships and family improvement, and anger management. Some interns choose to do advocacy and case management as well.

The use of Recovery Mentors over the past eight years has provided a new support system for offenders transitioning from jail and

prison into the community. Former offenders who have overcome their drug addictions mentor offenders seeking recovery. It has proved very successful with higher-risk offenders. Assisting the offender with employment searches, locating clean and sober housing and creating a recovery plan for the offender are the primary focus areas of the Recovery Mentors. In 2008, 283 offenders were working with mentors. Upon completing this part of the program, 93% were in stable housing, 87% were employed, 92% were financially self-supporting, 91% attended a support group, and 89% were participating in treatment. Many of these people are paying restitution to their victims and to the county and performing community service.

One of the most interesting of the services provided by Community Corrections is called Moral Reconation Therapy. This cognitive-based program helps offenders understand and address their anti-social beliefs and values. It leads them to personal, social, moral, and behavioral growth by focusing on increasing positive behavior and self-esteem; decreasing selfishness; working through frustration; building trust in others; and improving moral reasoning.

Public Safety intersects land use in housing: clean and sober housing is the primary factor contributing to a successful transition out of jail and into normal life. For example, the Oxford House program (www.oxfordhouse.org) is a self-supporting organization using mentors with a high degree of success. Oregon and Washington have the highest rate of participation in Oxford House in the nation.

On January 12, 2010, I attended the County Commissioner's Work Session on the Community Corrections Department. The commissioners received a summary of the Department's efforts and accomplishments, as well as coming changes to the program. Long-time Department Director, John Hartner, is retiring this summer and Reed



Job skills training at the WCCC

Ritchey is transitioning to become its director. After the presentation, we toured the Center and found a group of 15 men who had just finished a session of Moral

Reconation Therapy who gave testimony to the success of Mr. Hartner's approach. These men were so positively impacted by their experience in the Department that many had volunteered to stay past their release date in order to better learn the skills taught. By using such Evidence-Based Practices, the Department has resurrected the lives of many men and women with criminal tendencies. And it has saved taxpayers money by reducing the likelihood of additional crimes.

Now, with 89% of the participants completing their collaborative case plans, our Community Corrections Department has shown that "respect begets respect," and that addictions treatment, cognitive behavioral therapy, physical & mental health care, and life skills coaching are far more effective in changing criminal behavior than just warehousing people for the sake of retribution.

More information about the program is available on the Washington County website at co.washington.or.us/CommunityCorrections/



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Thai Lily, continued from page 1
pork and fresh vegetables served with mint leaves, spices and lime juice; other choices include a grilled beef and a grilled chicken salad.

Seven noodle dishes include the popular and spicy Evil Jungle

Noodle, and the famous Pad Thai. Ten stir-fried dishes have various combinations of spices, vegetables and meat and are served with steamed rice. Six curries—green, yellow, two types of red, Mussaman and PaNang style dishes with vegetables are available in vegetarian and meat varieties. These are served in a bowl to spoon over your rice.

The specialty selection starts off with Thai BBQ chicken and includes their wonderful Garlic Shrimp (a generous serving of huge prawns for \$16.50) and the amazing and delicately spiced Sizzling Eggplant.

For dessert they have sweet rice with mango and also coconut ice cream. Beverages include sodas, Thai Iced tea and coffee, a small selection of wine, and beers, both Thai and local.

About 60% of their business is take out. Many customers call from work and pick up dinner on the way home. Thai Lily can also provide

food for parties, and recently provided the delicious Pad Thai that we enjoyed at the CMBA holiday social luncheon. There were no leftovers



The dining room is a popular place for lunchtime meetings

because it was so popular!

Huyen Dao says that the Thai Lily difference is the high quality of the foods they use. They get only the best jasmine rice from Thailand, and top-quality meats and seafood from local suppliers, along with frequent deliveries of fresh vegetables and the special herbs that make Thai cuisine special—lemongrass, ginger, galangal (a Thai variant on ginger), Kaffir lime leaves, and star anise. Diep Tran prepares the sauces with her own special touches in the tiny kitchen just off the dining room, aided by a

cousin or two when she needs help. They make seasonal specialties also, including salmon, halibut and crab dishes when they're in season. Check the bulletin board for the changing menu of specials.

They joined the CMBA a couple of years ago, but don't get to attend our monthly lunch meetings because they're too busy with customers. They occasionally advertise in the local coupon flyers and also in the Entertainment coupon books. They get great reviews on CitySearch and other web review sites—only the oldest posts reflect the problems with the previous owners' service and food.

They get a lot of customers from the nearby businesses on Science Park Drive, including ESI and Columbia Sportswear, where word-of-mouth (no pun intended!) spreads quickly for delicious and affordable food.

They have been thinking about expanding to get more kitchen and dining space, but haven't yet found

the right location, but they're determined to stay in Cedar Mill so they can keep their many regular customers happy.

You can view the whole menu on their website, thaililyrestaurant.com. Call them to order takeout at 503-643-0555 or come by the restaurant for a taste of the exotic right here in Cedar Mill, at 13490

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Gladys Johnson, May 18, 1922 - February 9, 2010

A longtime Bonny Slope resident, Gladys was born and raised in Rhame, N.D., and moved to Portland after graduating from high school. She married Dale Johnson in 1950 and moved to Bonny Slope, where she became a homemaker and mother of four children, Susan, David, Donald, and Dean. The Johnson family has lived on South Road in a house with a huge oak tree in the front yard that everyone admires.

While raising four kids, Gladys was also involved in community theatre, a bowling league, and was active in the Bonny Slope Community Center on Thompson Rd. She worked part-time at various jobs like babysitting and house



cleaning, and once worked for the Bales family doing various domestic duties. Later, she worked at Tektronix

as a wire tech. She was also a field boss at Bonny Slope Blueberries.

Gladys enjoyed raising a family and loved going to the beach. She was always happiest when surrounded by family and friends.

In her golden years, Gladys was a pillar of strength in the community, always willing to give her time and energy to those who asked for or needed it. Sadly, arthritis and Parkinson's disease took over her life in the last few years, but she remained cheerful, strong and stoic throughout. Her son David took wonderful care of her to the end.

She was greatly admired and will be greatly missed. A memorial

service on March 1, at Leedy Grange Hall, was attended by over a hundred friends and relatives.



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