



Cedar Mill News

Volume 7, Issue 9

September 2009

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Featured Business

Poppa's Haven Coffee House

by Virginia Bruce

Jerry Bennett, the "Poppa" of Poppa's Haven Coffee House, is a very friendly guy who loves to see people relax and have a little fun in their lives. Jane Bennett "is addicted to coffee" (but is fond of telling people that coffee isn't a drug, it's a vitamin!). So it isn't surprising that they've had a shared dream for years to have their own coffee place.

They opened Poppa's Haven on Murray Boulevard in early 2009 after searching for a location in

time and effort to the coffee shop so things must be on track!

Before they opened, they worked on the space for several months to create the warm and inviting atmosphere. With the help of family and friends, Jerry installed the bamboo-covered drop ceiling, which not only looks cool but also helps absorb the noise of the espresso equipment, making the shop a better place for conversation. The classy wood cabinetry was installed



by the previous owners, but the Bennett's added a warm-tone paint treatment and many little touches of their own.

After tasting numerous

the Cedar Mill area for a couple of years. Building owners Dan and Mai Tran had been running a coffee shop in the location for about a year, but were considering selling the business. A friend of Jerry's heard a chance comment about that and passed it along, and they jumped at the opportunity.

They had been researching the coffee business for years prior to that. Attending the CoffeeFest tradeshows in Seattle, talking to coffee roasters and tea providers, creating a business plan and filling in all the numbers gave them confidence that although they'd never done this before, they could make a go of it.

Jerry says, "Owning my own business is in my DNA. I've been an independent contractor and had several businesses in my life." Prior to opening Poppa's Haven, and up until last month, they had been property managers for Princeton Property Management. They just left that position to devote all their

coffee samples from local and long distance suppliers, they decided the best was roasted right here in Oregon at Sleepy Monk Coffee Roasters (sleepymonkcoffee.com), located in Cannon Beach. The espresso as well as the house coffee is certified organic and fair trade. "They're so quality-conscious, we had to interview with them before they'd agree to sell us their coffee," Jerry told us. "I went through extensive training with them to learn all about making a great espresso. Then I trained my son Matt, who basically ran the business for the first few months."

In fact, the focus on quality coffee gave them one of their first surprises. "One thing we didn't figure into our business plan was the waste involved. Temperature, humidity, barometric pressure, even turning the air conditioner on or off affects how the espresso comes out. So you set the grind in the morning, but then later in the

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Next Meeting

Cedar Mill Business
Association

Tuesday, September 8, 11:45 lunch & networking
Leedy Grange Hall, 835 NW Saltzman

Topic: Protecting Personal Information—
A Guide for Businesses

Speaker: Karen Lewis, Independent Associate, Prepaid
Legal Services

FREE BBQ sandwiches, bring your own beverage

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

The Nature of Cedar Mill

The raccoons that ate our house

by Art and Freddi Danner

We had an interesting couple of months this spring and summer with a surprise raccoon invasion. In late May we began to hear scratching noises under our house—like an animal scratching the underside of the floor boards. We immediately checked all the crawlspace vents to make sure they were intact, which they were. What we didn't know was that there was a vent under our porch that we couldn't see. As the scratching sounds became more pronounced and frequent we asked around for a referral to a pest control company thinking perhaps a squirrel had gotten under our house.

Our neighbor suggested Pacific Pest and Wildlife Management. When Bill Larsen, the owner, came out to inspect, he couldn't even go into our crawlspace as there were raccoons in there growling at him. They can be very vicious especially when they have kits (as the babies are called). Just from the entry he could see that they had done damage to the ducts under our house. He also said that the level of odor suggested that the raccoons had been there more than one year.

He told us that in the spring

they find a place to prepare a nest to have their young. They stay in the nest until the kits can forage on their own—about three months. They keep their nest very clean, but establish a latrine near by—hence the stench. Raccoons tend to come back to the same nesting place year after year. Mr. Larsen set up two traps and over the next three weeks trapped two adults and seven kits. We saw one more adult who was upset over her kit in the trap, but



she was never caught. (Raccoons are very smart and even learn how to get the bait out of the trap without triggering it.)

Once it was determined that there were no more raccoons in

the crawl space, we then proceeded with Affordable Restoration and Remodel, a contractor who specializes in restoring crawlspaces. What we learned then was almost overwhelming. The raccoons had destroyed or seriously damaged all of the HVAC ducts, all of the under floor insulation, and the vapor barrier. Since we couldn't see the damage ourselves, we decided we needed a second inspection and bid on repairs. Very few companies do

Continued on page 9

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

The Harmony School goes Hollywood!

The Harmony School is so excited to announce its first ever full-length Motion Picture! The debut of Alice in Wonderland will be on September 26 at The Harmony School. The premier will be shown in digital HD on a huge 10'x20' screen. Actors will be available for autographs and photographs.

There will be two shows, a 3 pm matinee as well as a 5 pm evening presentation. The evening show will be followed by a cast party for crew, cast and audience alike. General Admission tickets are available at The Harmony School for \$5.00 per seat.

The Harmony School is located at 12849 NW Cornell Rd. Call 503.626.0166 for more information. Directions to The Harmony School can be found on our web-site www.theharmonyschool.org

Capture your kids' stages with Sandy Sahagian

New!! Baby Steps program and Ages of Youth program, just \$199 for a series of three portrait sessions, spaced at least 3 months apart depending on the age of the child. Parents get a beautiful leatherette folio with one 5x7 photo from each session. Plus if parents want other poses from any session they will enjoy a 20% discount on the already discounted children's price list. A grand savings!

All photographs done by a Master Photographer! Ask how it can include a FREE DVD of the sessions set to your favorite music! Can

be used at any age under 16. Call soon for details—503-297-2343—because they are booking fast. Call before September 15th to start your sessions this fall. A great gift for (or from) grandparents, too!

Village Gallery News

"RED" is the theme of The Village Gallery group show for September. The show opens on Tuesday, September 8. Featured artist for the month is John Mohny. John began painting after retiring from 32 years as a civil engineer. One of his first watercolor classes was with Village Gallery instructor Chris Williams. John was hooked! John paints his landscapes using bold shapes and bright colors. "Bright colors inspire me and I think it brightens up rooms in our gray Northwest winters."

The new fall catalog of classes is out so drop in or visit the website to view our newest offerings. We

have classes in drawing, oil painting, pastels, acrylic, mixed media and watercolor. Make your own jewelry or create a beautiful mosaic. Children's classes are on Mondays after school with gallery artist Terri Gonzalez. "Outside the Box Series" are one-day workshops taught by our gallery artists on weekends or evenings. Organize a group of your friends or co-workers for a fun time creating "some really cool stuff".

Gallery hours are Tuesday-Saturday from 10 am to 4:00 pm. Sundays we

are open from noon to 4:00 pm. We are located next to the Cedar Mill Library at 12505 NW Cornell. Call us at 503 644-8001 or find us online at www.villagegalleryarts.org

It's a Wrap...a Vehicle Wrap!

It must be Christmas in August because here at Impact Signs we



have been wrapping a ton of things lately. Did you know that lettering on your vehicle—or even a full vehicle wrap—provides more exposure to your business than any other form of advertising?

Check out some of our favorite vehicle wraps and vehicle lettering to see what IMPACT you could be making with your vehicle! Come visit us in our shop next to the Goodwill at Cornell and Bethany, call us at 503.439.8347, or visit our website at impactsign.com

Cedar Mill Chiropractic adds staff and direct insurance billing

Cedar Mill Chiropractic Clinic is now a preferred provider for two of the largest health insurance plans in Oregon. (Our contract will not allow us to use their names for advertising so I can't be more specific). We are now able to bill these insurance plans directly for

Continued on page 6



Bales Thriftway gets an outside facelift

Now that the interior of the store is all spiffed up, Bales Findley Property Management is doing some work on the exterior of the Bales shopping center. New paint and other exterior surfaces, a new sign, and new treatments on the pillars holding up the breezeway roofs will all add to an updated image for the 70s-era center.

New store in Cedar Mill

Pars International Market, a middle eastern grocery and deli, will celebrate its Grand Opening September 15, from 6-8 pm in the new building at 12923 NW Cornell. Owner Azar Tavakoli is very excited to bring a wide variety of middle-

herbs and vegetables for a variety of middle-eastern cuisines, along with spices, canned and packaged foods, frozen meats, teas and coffees, and beer and wine. The deli will feature homemade hummous, tabouli, and salads along with several kinds of olives, yogurt, labneh, cheeses and baklava and other pastries.

Italian espresso from Caffee Umbria will be served and also will be for sale. Hookahs and tobacco supplies plus other regional gift items

should make for a very full store!

Tavakoli, who used to own a salon in the area, says she has spent several years finding the right location and lining up suppliers. "Everything will be top quality," she says, "but also affordable." Come and check it out!



eastern foods to the area. "This has been my dream for a long time," she says. The opening celebration will feature samples and entertainment. The shop will be open from 9 am to 8 pm Monday through Friday, 10-6 Saturday and 10-5 Sunday.

The shop will carry fresh breads,

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CMBA Meeting Notes

The Cedar Mill Business Association skipped its August meeting to attend the Cedar Mill Park Concert. Ten member companies had displays in the CMBA booth, and also helped out around the park in various ways, including Sandy Sahagian Portraiture; Lauren McCabe, Cedar Mill Chiropractic (CMBA President); Jeanne Liberty, Giftique Affordable Gift Baskets; Rebecca Guyot, The Harmony School; Geoff Creighton, Edward Jones; Jim Craig, Westside Martial Arts; Michelle Stafford, World of Smiles Pediatric Dentistry; Julia Eiden, Huntington School; Jolene



Stegmann-Walters, Aloha Costco; Kay Bridges, Nikken.

The popular Passport Contest brought people into all the "Community Partner" booths to get their passports stamped. Giftique created two elegant Gourmet Food & Wine Baskets for adults, and a Pirate Treasure Chest full of goodies for kids.

CMBA members contributed cash toward the baskets and also put valuable gift items into the baskets (see sidebar).

At our September 8 meeting, we'll be hearing from Karen Lewis, an Independent Associate of Prepaid Legal Services, on "Protecting Personal Information - A Guide for Businesses."

And as a special treat, instead of our usual pizza for lunch, we'll have barbecue sandwiches from "Burnt Ends" BBQ team. They just took home a rack of awards from the Barbecue Contest at the Oregon State Fair,





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The UPS Store
Westside Music School

Gifts

Cedar Mill Chiropractic Clinic
Giftique Gift Baskets
Kopp Construction
Mountain Man Fruit & Nut Co.
Sandy Sahagian Portraiture
Electronics Unlimited
The UPS Store
Harmony School
Sunset Animal Clinic
Westside Music School

winning a ribbon in every event they entered, and in the overall contest they were Second Reserve Champion (Third Place) finishing only two points behind the Grand Champion winner.

Where else can you get a winning barbecue sandwich and some valuable business education for free? Be sure to attend the September 8 meeting—details on page 1.

Join the CMBA at
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in Bethany Town Center
503-533-5700

Library News and Events

By Dawn Anderson

Movie Stars Wanted!

The library is producing a promotional video with the assistance of TVCTV and would like to get some images of library patrons using the library and giving testimonials about how great the library is. If you or a member of your family would like to participate, contact Peter Leonard at 503 644-0043 x110 or peterl@wccls.org. We can't guarantee that this opportunity will lead to an Oscar—but you never know...

Computer & Photography classes for Seniors

Held at the Cedar Mill Library. Ask at the library or check the library's [website for class descriptions](#) and schedule. Registration is required - visit the Reference Desk or call 503-644-0043 x114.

Changes to Online Resources

You may notice some changes in the Online Resources area of the WCCLS website. We changed vendors on August 31. What this means: you'll still be able to access your favorite resources like Auto Repair Reference Center & ReferenceUSA with your library card. New: the New York Times newspaper, home improvement, gardening magazines and more! WCCLS News has more info. Questions? Ask a librarian or visit www.oregonlibraries.net.

Teen Library Council forming

Are you in grade 6-12? Do you read a lot of books? Do you have ideas about teen programs you'd like to see at the library? The CMCLA Teen Library Council needs YOU! Meetings are the first Monday of every month, 5-6:30 pm, starting October 5. Apply Today! (Application due by September 17.) Visit the library or the library's [website](#) for more info.

Tired of receiving automated phone calls?

Ask library staff to change your account to EMAIL Notification! You will then receive email notices for: holds ready to be picked up, overdue items, & due date reminders.

What now for the Murray-Cornell corner?

Now that the roadwork is nearly done, many people are wondering what will become of the property at the southeast corner of the Murray-Cornell intersection.

The property was purchased by Washington County as part of the preparation for the roadwork. The purchase price of \$3.04 million included the value of the land and buildings. The county must value the property from a "no impact" status—that means that they must pay for the property as if the road project was not happening. They also purchased the land and building of the Humdinger hamburger stand, since it would have been seriously impacted by the road widening.

According to Rod Bliss, Right-of-Way (ROW) Supervisor for Washington County Land Use and Transportation (LUT) and Teresa Wilson, Property Manager for Washington County Facilities, any "surplus property" valued over \$15,000 is disposed of by a public auction or a sealed bid process.

It will probably be well into 2010 before the property is actually available. The previous owner has to

complete some chemical remediation from the dry cleaning business that occupied part of the property for many years. Once the county is assured that there will be no further action from the Department of Environmental Quality (DEQ) the property will be appraised by an outside firm. Assessment and Taxation will provide input and finally LUT's ROW Section will make the final valuation.

The main property started at about one acre, but a large chunk was used for the right-turn lane from Murray onto Cornell and for sidewalks and other easements, and it's now just under two-thirds of an acre. In addition, all access points (driveways) were removed from both Murray and Cornell and the only planned access into the lot will be on Joy Street. This was done to assure a smooth and safe flow of traffic. So the property is not likely to sell for the amount that was paid for it.

The county can combine the two parcels, or sell them separately, depending on what will return the greatest value to the County.

Wilson says she has had several inquiries from developers and local

business owners since the first announcement that the county would be acquiring the property. Whether the current economic climate will affect the eagerness of these buyers remains to be seen.

Currently the Town Center ordinance calls for the property to be developed as sidewalk-level commercial with office or living space on the second floor. This type of "mixed-use" development can already be seen in the newer buildings that have recently been developed along Cornell.

Before the property goes to auction, it is offered to all local jurisdictions, including service districts. One idea that has surfaced is to make the corner into a village square for the community. This would involve an agency, most likely Tualatin Hills Park & Recreation District, acquiring the property and developing it. It's not clear if this would even be a suitable use for this busy intersection, but it's been attracting some interest. How it could be paid for and how it might be used are among the big questions that need answers before action is taken.

Bonny Slope West (Area 93) session scheduled September 14

The Multnomah County Planning Department will hold a work session to discuss the draft preferred urban growth diagram and service options for this area north of Cedar Mill. The session is open to the public, and will take place at the Multnomah County Building, Room 100, 501 SE Hawthorne Blvd, Portland at 6:30 pm.

The diagram or "concept plan" grew out of a series of public sessions that was held in Cedar Mill last June. The area was added to the Urban Growth Boundary by Metro back in 2002, but it has taken this long to begin to untangle issues of governance, provision of services and planning responsibilities.

At the September 1 CPO 1 meeting, Multnomah County planner Adam Barber mentioned that current thinking on the part of Portland and Multnomah County

is that sewer services should be provided by Clean Water Services, while other services will likely be provided by Portland. This is certainly preferable to a previous proposal to pump the sewage over the hill to Portland! It is still undecided how Portland will deal with the gap of land between Area 93 and the Portland city limit. For background, see the May 2009 Cedar Mill News.

Please Note: Email delivery may not be totally reliable. If you fail to receive a notice for any reason, you are still responsible for returning material on time. To avoid charges, or missing your long-awaited held item, check your library account at www.cedarmill.org/library

Fall Storytimes

Age-specific programs for children infant through age five will resume the week of September 14. The fall program brochures are available [on the library's website](#) or stop by the Cedar Mill or Bethany library to pick up your copy.

New at the Cedar Mill Library:

Evening Family Fun for ages 2-6 years and their grown-up. Wednesdays, 6:30-7 pm, starting September 16. Stories, songs, rhymes and Early Literacy fun!

New at the Bethany Library:

Second storytimes have been added. Totally Toddler (ages 2 to 3 ½) will be on Mondays at 10:30 am, repeating at 11:30 am. Preschool Storytime (ages 3 ½ to 6) will be on Tuesdays at 10:30 am, repeating at 11:30 am.

Library website: www.cedarmill.org/library

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Growing with the Cedar Mill Garden Club

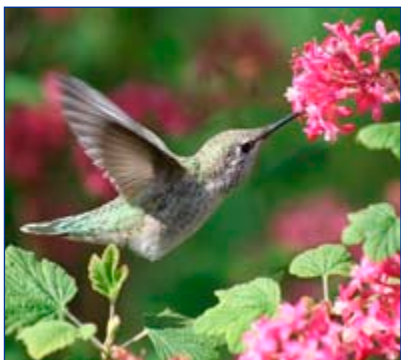
Ramona Wulzen of the Joy Creek Nursery will speak on "Hummingbirds and How to Attract Them to Our Yards" at the September 16th meeting of the Cedar Mill Garden Club. The club will meet at The Beaverton Resource Center, 12500 S.W. Allen Blvd (corner of Allen and Hall Blvd.) The group will assemble at 10:00 a.m. for a brief business meeting, followed by a social period and program to begin at 11 a.m.

Ms Wulzen has gardened both on a city lot and on three acres in the woods. She has also listened long and hard to the problems and solutions of other gardeners, and is currently employed in the landscaping department of the Joy Creek Nursery.

We are a friendly group and invite any interested gardeners to attend. For more information about The Cedar Mill Garden Club, please contact president Barbara Cushman, 503-649-7741 [barbswhim-](mailto:barbswhim-seys@yahoo.com)

seys@yahoo.com or plant sale chair, Pat Still 503-297-2178

The Cedar Mill Garden Club programs for the year will include knowledgeable speakers on various gardening topics, with at least one hands-on program such as wreath-making. A brief business meeting including short presentations on



horticulture and wildlife precedes the program. A social period with hearty snacks follows. The club holds an annual Christmas luncheon and a July picnic. Field trips to local gardens

and nurseries and a plant exchange are being planned.

The club holds an Annual Spring Plant Sale which benefits various botanical gardens, public programs on gardening, the Cedar Mill Library, the SOLV Shute Road daffodil project, the Cedar Mill Library; the Historic John Quincy Adams Young House Foundation, and the Pioneer District Scholarship Fund.

Salar's Mediterranean Grill now open

Cedar Mill diners have been anxiously awaiting the opening of the newest restaurant in our community. Michael and Homah Irajanah are pleased to welcome everyone to enjoy a variety of freshly-grilled meat and fish, along with traditional middle-eastern and Mediterranean salads and appetizers. Homemade dessert items round out lunch and dinner menus.

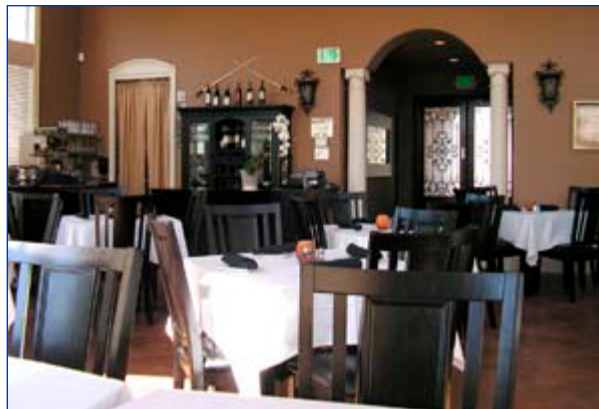
The restaurant has been beautifully decorated in warm tones, with dark wood, statuary and white tablecloths.

Michael and his son, who works in marketing and mortgage brokering, are using the office space on the second floor. Ample parking is available next to and under the building, and they're planning a banquet room downstairs for the future.

Old-world-style lamb, beef and chicken kebabs, along with fish and

Cornish game hens are the mainstay, with 25 entrees on the dinner menu. Lunch items are under \$10, dinners around \$15. Desserts include homemade baklava, ice cream and rice pudding. They serve beer and wine, as well as coffee and black and herb teas and soft drinks.

Salar's is open Tuesday through Sunday from 11 am to 10 pm. The restaurant is located at the corner



of Cornell and Dale, just a couple of blocks east of Murray Road. Phone is 503-641-8822

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Bales

MARKET PLACE

**Come in and meet
new store manager
Vince Lucibello
on September 9**

Grand re-opening specials in all departments!

The Celebration continues!

Member News, continued from page 2
chiropractic services, if they are covered as part of your plan. If you have chiropractic coverage, your cost in our office will now be your copay or coinsurance as defined by your plan, which could significantly reduce your out-of-pocket health-care expenses.

We have a new staff member. Acupuncturist Alexis Goldstein, LAc, is joining our team on Wednesdays by appointment only. She specializes in musculoskeletal complaints and has had the opportunity to work with patients in such diverse places as the hematology/oncology ward of Rady's Children's Hospital, UCSD's Pacific Beach Free Clinic, Vietnam Veteran's Stand Down for homeless veterans, and UCSD's RIMAC athletic training facility. She also spent two years apprenticing with a well-known orthopedic acupuncturist learning sports medicine and injury rehabilitation protocols. For further information about Alexis, please contact Cedar Mill Chiropractic Clinic at 503-646-3393. To schedule an appointment with Alexis, please contact her directly at 503-520-8743.

New Store Manager for Bales

Starting September 9, Bales Thriftway Cedar Mill will have a new Store Manager. Vince Lucibello was most recently the manager of the Zupan's Market on Belmont in southeast Portland. Current Manager Greg Garcia is moving to the Farmington store to replace the manager there who is retiring.

"I'll still be around here quite a lot," says Garcia, "to help him with the transition and to help out on special events." Garcia says this move has been planned for a long time, and is being implemented now because of the retirement. Stop in and welcome Vince to the neighborhood.

Mythsapes and Music: Ceramic Tile Works by George Johanson

Oregon College of Art and Craft (OCAC) is pleased to present "Mythsapes and Music: Ceramic Tile Works," an exhibition featuring new work by George Johanson. A distinguished painter, printmaker and teacher, Johanson has been a major force in the Portland art scene for nearly 60 years.

In addition to his paintings, Johanson has created numerous public tile murals in Oregon and Washing-

ton over the last twenty years. His newest tile wall pieces are now portable in nature. Influenced by his interest in printmaking, the pieces are similar to woodcuts in both method and appearance in their principally black and white compositions. These new works reflect Johanson's ongoing love of jazz, abstract

expressionism, cubism, surrealism and the streets of Portland. In "Music," he captures the expressive mood of the sound of musical rhythms and tempos. In "Mythsapes" the artist portrays a Portland cityscape combined with subjective, invented elements to reflect his sentiment about our environment. The public is invited to the opening reception for the artist on Thursday, September 10 from 4-7 pm in the Hoffman Gallery, located on the OCAC campus at 8245 SW Barnes Road. The exhibition runs September 3-September 24, 2009. Hoffman Gallery Hours: 10 am-5 pm daily. Visit the OCAC

website for more information: www.ocac.edu

New owners for Peninsula Insurance

Peninsula Insurance, a fixture in Cedar Mill since 1992, welcomes Andy Rosson and Bob Rosson to its staff. On July 1st, Cherie Boyce,

who with her mother Eula Wells had run the business for many years, retired and sold Peninsula Insurance to Timmco Insurance, Inc. Peninsula's Cedar Mill office is now Timmco's third location in the Portland area.

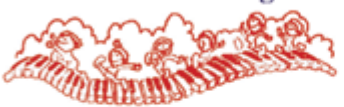
Andy and Bob, with 29 and 15 years of insurance agency experience respectively, enjoy the opportunity to live and work in Cedar Mill. Personal insurance staff Debbie Baxter, Kim Thomas, and Karin Watts join Andy and Bob in providing superior insurance products and service to its customers.

As an independent agent, Peninsula offers coverage from companies such as Safeco, Oregon Mutual, Travelers, Mutual of Enumclaw, Chubb and Progressive. Call (503.644.5333), click (www.peninsure.com) or visit (12700 NW Cornell Road) to welcome Andy and Bob to the neighborhood!



Detail of "Music" by George Johansen

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Lee Davies Real Estate opens city office

August 3rd marked the opening of our new Uptown office catering to Portland's urban market. Our new boutique branch at 25 NW 23rd Place in the Uptown Shopping Center is beautiful and contemporary with signs up, fresh flowers in place and excitement in the air. This location is perfect for us to build on the success we've already achieved in Portland Heights, Forest Heights, the Alphabet District and the Pearl and provides a perfect location for our broker experts in these areas to conveniently connect with their clientele.

News from YourCSA.com

Carlos Adamy and Vahan Dinahanian say, "We are very pleased and proud of the produce season so far this year, and we are getting ready for next season with customers already signing up to ensure their shares are reserved." Next season they will allow customers to sign up for a share by paying half now and half in March. A full share is \$450, half now is \$225, balance paid by March of 2010; a half share is \$250, half now is \$125, balance paid by March of 2010



Vahan Dinahanian and daughter Sonja in the potato field

The customer can pay up front for the entire share if they choose. They will also have a package that includes any Christmas tree and a 20" wreath as part of the farm share for an additional \$60. This can be added onto either the half or the full share.

Vahan also wants to let you know about produce available at the Farm Market, open every day from 10 am-6 pm at 15005 NW Cornell. "It's salsa-making season and we have BK red tomatoes, which are very meaty with very few seeds and have a spicy rich flavor with a very thin skin. Deeeelicious."

St. Pius X kicks off Capital Campaign at Round-Up Parish Picnic

This year's annual St. Pius X Catholic Church Parish Picnic will be especially exciting with the launch of the Capital Campaign Phase One. The result of over three years of study and planning, a comprehensive Campus Master Plan details the expansion projects to be completed in a three-phase effort. The Phase One projects include improvements to the sound quality in the church, building a new Athletic & Multipurpose Center and adding three additional classrooms in the Education Center.

St. Pius X Parish continues to grow as the surrounding Cedar Mill community grows. This year the St. Pius X School has expanded enrollment for the kindergarten classes. Morning Star Preschool has opened its doors on campus, currently housed in the St. Pius X Commu-

nity Center. The Youth and Young Adult programs, ESL Program and many other faith-based, community oriented and outreach programs continue to thrive and grow. The parish recognized that the current facilities are not adequate for this growing, vibrant community and developed the Campus Master Plan to meet the current and future needs of the parish. There will be a Capital Campaign Tent at the parish picnic with information on the Campus Master Plan and the Phase One projects.

The St. Pius X Round-Up Parish Picnic on September 13 begins with the celebration of the Mass at



11 am followed by a picnic (all food provided) and games from noon to 3 pm. There will be something for everyone, including mechanical bull riding, Hoppy Horse Bouncy House, Tug o' War, sack races and much more. Open to the community!

Pirate Day at Poppa's Haven

Ahoy, me hearties! The Pirates arrrrr coming to port at Poppa's Haven Coffee House! Swashbucklin' buccaneer lads and lassies are invited to join the crew at Poppa's Haven on Saturday, September 12th, from 1-3 pm. Alright, you landlubbers won't be keelhaunched if you show up, too.

Dress like a pirate (only if you

dare) and join the fun! Two female pirates, Cap'n Sprinkles and Sass-mouth Doubloons, will bring some games, spin stories, and share some pirate history on the poopdeck, for kids elementary school age and younger. There'll surely be some scurvy grog for the kiddos and perhaps some booty and treasure as well.

Show up in pirate gear for a 10% discount on your favorite drink item. The afternoon will wrap up with a drawing. The winner will receive a free ticket to the Portland Pirate Festival for the weekend of September 19-20. Poppa's Haven is located at 800 NW Murray Blvd, near the intersection of Science Park Drive.

Diabetic Neuropathy treatment news

Kay Bridges, an Independent Nikken Wellness Consultant, shares the following news item aired in August. Kay says, "This news is representative of the cutting edge technology research and development of Nikken available to all of us. I'm proud to be associated with a company dedicated to bringing renewed hope and health to millions through their network in 40 countries." Kay may be contacted at 503-671-0218.

One of the most feared complications from diabetes is the amputation of toes and feet. Diabetics suffer from something called neuropathy, which leads to loss of feeling in the feet, which can result in these amputations. There is an exciting new way to treat this nerve problem, using magnets.

Dr. Michael Weintraub of New York Medical College has been experimenting with a device that utilizes spinning magnets to produce a pulsed electromagnetic field that stimulates the feet. The results were just published in a study of diabetics who suffered from painful neuropathy.

Biopsies of the skin of the feet showed that the group treated with magnetism actually regrew some of the nerves fibers they had lost due to neuropathy. "It opens up a whole new idea that we might be able to help regeneration of damaged nerves in the spinal cord. And there's a lot of possibilities here," said Dr. Weintraub.

Read the full story online at wcbstv.com/health/healthwatch.neuropathy.magnets.2.1132259.html

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Back-to-school at Sunset High

by Makenna Huck

After going on long vacations and relaxing on the beach, school is right around the corner! Time for Sunset High School students to get out the old school supplies and set their alarm clocks because they're in for a great year.

To start the year off, on September 1st freshman, sophomores and seniors come to Sunset for Apollo Preview Day to register for the year, while the juniors come on September 2nd. Since juniors are just starting to take IB (International Baccalaureate) classes this year, they come to register on a different day.

At Apollo Preview Day, students get their class schedule and get their picture taken for the school year book. It's a good opportunity for the students to get an idea of what to expect for the upcoming year.

To welcome the incoming freshmen, Sunset has freshman orientation a few days after registration. Freshman orientation allows the students to meet their fellow classmates and their advisory. Advisory is a relatively small group of students who are put together their freshman year and meet up every other week up until their senior year. By meeting other students in their grade, advisory helps freshmen integrate into Sunset quickly and smoothly. Link crew, which are upper class students, volunteer to help out with games and other fun activities at freshman orientation so the freshmen can easily get to know one another.

Just as the school year starts, so do club meetings such as Key Club and French Club. Key Club is a group of students who volunteer for various organizations in our community. A few things they take their time to do are: blood drives, school supply drives, park clean ups and more. Anyone that attends Sunset can join Key Club to help out the community! French club helps students with the French language by giving them a taste of the culture. Club members can create holiday cards, taste different types of French foods, and sing along to French music. There are also many other clubs to choose from, these are just a few examples.

Sports are another big part of Sunset and this fall it is all about football and volleyball! The first varsity football game is at Sunset on September 4th against Lakeridge. The football team has been working hard at practices and conditioning in 106 degree weather, so Sunset

fans will be there to cheer them on! Volleyball tryouts were at the end of August and their first varsity game at Sunset is on September 22nd against Southridge. These girls have been on the courts for weeks preparing for tryouts and upcoming games. Let's show our school spirit and be there to support them!

Sunset High crosswalk and entrance changes

The center median pedestrian island and sidewalks have been installed with signs and pavement markings for the new crosswalk in front of Sunset High School on Cornell Road. The center driveway into the school (just west of the new crosswalk) will be "right in / right out".

In addition to the required

school signs two "NO LEFT TURN" signs have been installed for westbound traffic. Westbound traffic will now need to enter the parking lot via the driveway at the west end of the school grounds. The "School Speed 20" zone will remain unchanged at this time; however, a new flashing light for the school zone should be in place before the end of the year.

The traffic pattern changes may cause some confusion the first few days of school, so please be careful in the area. The school schedule is 7:45 am to 2:30 pm, peak traffic volumes should be from about 7:15 to 7:45 and again at 2:30.

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Lynch Brothers Hardwood Floors recently took on the big task of refinishing the floor in the main hall of Leedy Grange. The old-growth fir floor hadn't been worked on in about 30 years, and stains and holes made it a tricky job. They're still putting on the finishing touches, but the Grange is looking forward to welcoming dancers and parties to our spiffed-up hall. Information about Leedy, including rental policies and rates, is on the website at leedygrange.org

Public Affairs Forum opens new season at new location

Washington County's Public Affairs Forum will open its 2009-2010 season on Monday September 14 from 11:30 am to 1 pm in a new location, the Old Spaghetti Factory, 18925 NW Tanasbourne Drive, across from the Evergreen movie theaters in Tanasbourne.

Deputy Chief Mike Duyck of Tualatin Valley Fire & Rescue will speak on *Providing Strategic Emergency Response to a Changing Community*. Lunch is \$13; \$8 for soup and salad only. The lunches are open to the public, and there is plenty of parking.

Founded in 1956, the Public Affairs Forum provides a common meeting place for the interchange of ideas and to stimulate thinking on civic matters. Each week the Forum brings together community lead-

ers, members and guests who care about what happens in Washington County, the metro region and our state. Speakers from a wide range of disciplines in government, industry, science, the arts and education address the Forum.

Debates between candidates and speakers for and against ballot measures are a staple during election seasons. Members of the Forum are afforded the opportunity to question speakers - sometimes the most interesting part of the program.

Learn more and sign up for an email reminder at www.washington-countyforum.org

Metro seeks Input

Making the Greatest Place is an integrated land-use and transportation planning effort from the Metro

Council. The Council and its regional partners will make a series of decisions in the coming months that will affect our region for decades, including finalizing Urban and Rural Reserves, adopting a long-term regional transportation plan and more.

On Sept. 15, Metro will open a 30-day public comment opportunity to gather input in preparation for these decisions. Seven open houses and five public hearings will provide opportunities to learn more and provide comments.

The times and dates for those events are listed on Metro's website, along with an opportunity to provide comments, at www.oregon-metro.gov/greatestplace.

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Raccoons, continued from page 1
this work, but we were able to get a second inspection and bid that confirmed the damage, but the bid was higher to repair it.

The first task was to remove the latrines and then all the damaged material. The worker wore what looked like a haz-mat suit to do the work. They hauled away four huge trailers full of stuff. After removal, everything had to be sanitized and deodorized before putting in the new vapor barrier, ducts, and insulation. The repairs took almost a week, and were very expensive.

In addition to repairs the contractor also secured all of the vents with heavy duty aluminum screens that are nailed into the concrete foundation and should be "raccoon proof." Also, he replaced the lattice work around the front porch, installing it so that there are no openings or holes by which the raccoons can gain entrance to the space under the porch. This is very important since that one raccoon we didn't trap may be back next spring!

Some of our neighbors, aware of our problem, had their vents inspected and reinforced with the heavy duty aluminum. They figured if the raccoons cannot get into our crawlspace next spring, they will be looking for a new nesting place nearby. We also sent an email about our experience to more neighbors and received back several replies about raccoons being seen in our area, which is north of Cornell Rd.

between NW 95th Ave. and NW 100th Terrace.

This experience surprised us since we had never seen any raccoons on our property in the six years we've lived here. The only thing we noticed a few times were



An example of the damage to the Danner's heating ducts

animal footprints on the porch and railing. We just figured they were the prints of some animal "passing through." We knew nothing about the habits of raccoons and never expected an animal could get under our house since all the vent screens were intact. Or so we mistakenly thought, not being aware of the vent under the porch.

During this ordeal we Googled "raccoon" to learn more about them and their habits. There are many websites dealing with raccoons and wildlife in general. The Washington County website has helpful information at www.co.washington.or.us/HHS/AnimalServices/AnimalControl

We also found helpful information at a Washington State website for the Washington Department of Fish and Wildlife. www.wdfw.wa.gov/wlm/living/raccoons.htm

Another surprise component to this experience was the level

of stress we felt from the time of discovery until the repairs were completed. We worried about disease and the foul air we had been breathing. We wondered who could possibly clean up such a mess. We worried about recurrences, cost, etc. But we must tell you that the professionals we worked with at the pest control and repair companies were wonderful. They understood our stress and addressed all our worries. We are feeling whole again and hope that we have taken all the necessary measures to prevent a raccoon invasion next spring. If we haven't, we know who to call.

Ed. Note: if you have raccoon trouble and are thinking of trying to relocate trapped animals, the Portland Audubon Society has this to say on their website (audubonportland.org/backyardwildlife/brochures/raccoons):

Relocation is ineffective:

Relocated raccoons are quickly replaced by other raccoons. The best solution is to leave the raccoons alone and remove or modify whatever is attracting them specifically to your yard.

Relocation is inhumane:

Although many people perceive relocation as a humane approach to resolving conflicts, it is in fact just the opposite. Relocated raccoons have to fight with already established raccoons for territory, food and shelter. Many raccoons do not survive relocation and those that do disrupt already established populations. Relocated raccoon kits are almost always abandoned as it is near impossible for a mother to

carry and care for her young while also establishing herself in a new territory.

Relocation is ecologically destructive:

Relocation of raccoons disrupts already established populations. Excessive "dumping" of raccoons into natural areas surrounding the Portland Metro area has resulted in ecological damage and been implicated in the transmission of disease among otherwise unaffected populations. Many local parks and

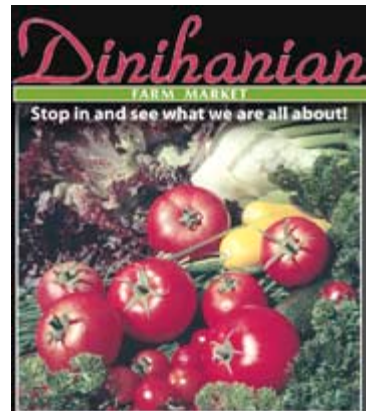


The raccoons destroyed or damaged all of their HVAC ducts

natural areas now have policies prohibiting the dumping of raccoons.

Relocation requires permits:

Raccoons are protected under state law and relocation of these animals requires permits from the Oregon Department of Fish and Wildlife. If you hire a professional wildlife relocation service, be sure to ask to see their state permits prior to signing the contract.



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Poppa's Haven, continued from page 1

day you get a bad cup that you have to throw out. Then you readjust. We're not doing that as much now, but it's unavoidable to some extent," says Jerry. There's no meter to test the quality of a cup and they were trained to use their senses of hearing, sight, smell, and taste rather than use thermometers, etc., to create the best espresso they possibly can.

For some people, it's that perfect espresso that keeps them coming back. Others just enjoy the friendly atmosphere, the delicious fresh bagels from Kettleman (kettlemanbagels.com) or the yummy



For those who like to browse while they sip, they have Verizon WiFi

Oregon farmers to join 27 other states in allowing farmers to grow industrial hemp?)

Jane was very pleased to find the Kettleman Bagels. She says they're the best bagels she's had since she moved back to Portland after living in Boston during the 70's. It's another local company that uses sustainably-grown, organic-when-possible ingredients and traditional methods to produce New York-style bagels in many popular flavors.

Once Jerry and Jane increase their work space by removing the central pillar in the shop, they're planning to add authentic crepes to the menu in the future. "We plan to offer both savory and sweet crepes for breakfast and lunch," says Jane.

"The shop is meeting all our expectations," says Jerry. He's particularly pleased with the way people connect when they're here. "I have 36 first cousins. Many of their kids didn't know they were related, and they're getting in touch here." And often Jerry will sit down and chat with a customer, and then turn to talk to another person, and by the time he gets up to go back to work, the two strangers have begun a conversation. And he loves it when people run into long-lost friends.

The road work along Murray has

also heard from people who were stopped in traffic, looked over and saw our shop, and discovered us that way!" They're delighted to see the end of the roadwork, and



Kettleman Bagels and Sweet Pea Bakery provide the contents of the bakery rack

they plan to use their new sidewalk for outdoor seating. They knew about the construction before they started the business, but they figured that by the time the world could get to their door, they'd be seasoned baristas with a great reputation. And we agree!

They're planning to have a "Post-construction Bash" in early October to mark the end of the mess, with live music and other special treats. And on Saturday, September 12, they're celebrating Jerry's ancestor, Black Sam Bellamy, an eighteenth century pirate! (see item in Member News section, page 2).

Pick up a "frequent flyer" card and get every tenth cup free. They don't

have room for a drive-through, but they're considering "car hop" service that would let you phone in your order and have it delivered to the parking lot.

Poppa's Haven is located at 800a NW Murray Blvd, across from Key Bank. Their phone number is 503-626-0700. They're open from 6:30am - 6pm Monday through Saturday. Stop in and say hi and enjoy what they have to offer!



pastries from Sweet Pea Baking Co (sweetpeabaking.com—shhh, don't tell anyone but they're vegan, too!) or the lovely assortment of flavor syrups from Monin (us.monin.com). They also sell organic and fair trade teas provided by Foxfire Teas in Southeast Portland (foxfireteas.com). Notice a theme here? High quality, organic, local whenever possible...it was all in the business plan and it's paying off in dedicated customers.

Another hard-to-find and locally-produced product they carry is Living Harvest hemp milk (livingharvest.com). As a non-dairy alternative, it has a much richer flavor than either rice or soy milk and it is more compatible with coffee drinks and also better for you. "We have a customer whose baby is allergic to milk products. He wouldn't drink soy or rice milk, and he had eczema from dairy products. He tried a little hemp milk and loved it, and his eczema cleared up in a couple of weeks," recalls Jerry. (And did you know that SB 676, just recently signed by the governor, finally allows



Jane Bennett, Jahmah and Jerry Bennett

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Park District fall registration begins September 12

Registration for the Tualatin Hills Park & Recreation District's (THPRD) fall classes and programs will be open to in-district residents beginning Saturday morning, September 12.

THPRD recently mailed its Fall 2009 Activities Guide to all district residents. Class registration instructions and forms are in the guide, which is also available at any THPRD center, the Administration Office at 158th & Walker Road, or online at www.thprd.org.

Park District residents can phone in their registration from 8 am to 6 pm starting September 12—503-439-9400. Phone registration will continue September 13 (Sunday) from noon to 4 pm and September 14-18 from 8:30 am to 6 pm.

Online registration for in-district residents starts September 12 at 10 am. Users must first establish an online account—go to www.thprd.org/activities to get started. Classes and programs are filled on a first-come, first-served basis. Many of them are in high demand so patrons are encouraged to plan accordingly.

THPRD will again offer, on a limited basis, Spanish language assistance during phone-in registration for classes and programs. The service will be available September 12-13.

All residents registering by phone must have class information handy, along with credit or debit card information (Visa, MasterCard, Discover or THPRD Gift Card) and a valid THPRD Residency Card. Residents can register only for their own immediate family. Those with questions in advance should call 503-645-6433.

Reduced mail delivery of activities guide

Starting with the Winter-Spring edition of the Activities Guide, the district will no longer mail a copy to all residents. Patrons can access the guide online at thprd.org, or pick up a printed copy at any THPRD center or the Administration Office.

The Summer Guide will still be mailed, but the Fall and Winter-Spring guides will not. A postcard will be mailed to households in the district when it's ready, typically about a month prior to registration, and a notice will be posted on the website. The change will save money and support the district's commitment to sustainability.

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