



Cedar Mill News

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December 2009

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Featured Business

Pars International Market

by Virginia Bruce

If you're trying to eat a healthier diet, if you are a curious cook who loves to discover new foods and cooking techniques, or if you just love a great cup of espresso and a piece of baklava, you need to visit Cedar Mill's newest food store, Pars International Market.

The small store, at the north end of the new building on Cornell (where the carwash and the bakery used to be) is filled with a variety of food items both familiar and new. Owner Azar Tavakoli has been dreaming of opening this store for at least ten years. "I want to share my love of this healthy food that tastes so good," she says.

Middle Eastern and Mediterranean food is known for its healthy balance of grains, nuts, dairy foods and vegetables, with meat adding

Other deli items include several kinds of olives, vegetable and egg rolls called KooKoo Sabzeh, a hummus that is so smooth and delicious you will never go back to the grocery store kind, stuffed grape leaves (dolmades), plus pastries including baklava and special cakes. They are glad to provide quantities of any of their deli offerings for parties and events by special order, just ask!

In Iran, guests are presented with a table full of small dishes of appetizers when they arrive for dinner. Dips and breads, pickles and olives, cheeses, and other delicacies are offered. What a great way to eat!

These are usually followed by a flavorful stew of vegetables, herbs and spices with a

little meat, to be served over rice or with bread for sopping up the gravy. A special kind of rice called chelou is sometimes served, with tadig, a crispy crust of rice that forms in the bottom of the pan if you do it right. Special rice cookers for sale in the store make it a lot easier to achieve.

Dessert can be fresh fruit, pastry, or ice cream. Iranian ice cream from San Francisco is available in several interesting flavors, such as pistachio and saffron.

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Next Meeting

Cedar Mill Business Association

Tuesday, December 8, 11:30

Place: Sunset Athletic Club Banquet Room

Holiday Social!

Enjoy a special holiday luncheon and exciting door prizes provided by CMBA Member businesses

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



A City by Choice for our area?

A group of residents continues to gather information and support for the formation of a new city in our area. Lori Waldo was elected Chair of Cedar Creek Community at the group's November 9 meeting, with Fred Meyer as Vice-Chair and John Metcalf as Treasurer. With a new set of bylaws, a new website, and a refined geographic area in mind, the group plans to begin their major push to collect signatures and grow their membership in January.

The new slogan, "A City by Choice," reflects the concern that the area would eventually be annexed by neighboring Beaverton and/or Hillsboro. Once they collect 1000 signatures on a petition, they intend to ask Washington County and Metro for funds to study the feasibility of incorporation.

In November, they presented a letter to the Urban/Rural Reserves Steering Committee, requesting that the area bounded by Skyline Boulevard on the north, Cornelius Pass Road on the west, Highway 26 to the south, and the Portland city limits to the east be added to the Urban Reserves for future inclusion in the Urban Growth Boundary.

They feel that the Cornelius Pass corridor could be developed as a corridor for industrial headquarters rather than manufacturing. The group's effort has been criticized by Metro Chair David Bragdon and others for not having done enough due-diligence study of the area which by all contemporary standards doesn't have a sufficient base of industry to support the cost of running the

residential portion a city.

Because the area's basic needs are already met by service districts (Beaverton Public School District, Tualatin Valley Water District, etc.) the city would act as a manager for those services, providing oversight and accountability that is not currently available.

New services that the city could provide would include a higher degree of urban planning that would ensure improved transportation options and more sustainable city design; cultural and social activities and public spaces; and business development to encourage companies to locate in the area, providing jobs and financial support for the city.

The new website (acitybychoice.org) states that the group's goals are to: Establish our rights to self-determination; Create and support a fiscally responsible community with local control of tax revenues; Focus sustainable planning and development principles and practices around our community values and economic vitality; Nurture our rich and diverse culture. It also has a "Frequently Asked Questions" section with information clarifying their goals and expectations.

Washington County Commissioner for the area, Desari Strader, is very cautious of supporting the effort, feeling that the county is faced with too many more urgent problems to spend time and money on the feasibility study at this time.

For more information about the group, visit the website or email citybychoice@gmail.com



flavor rather than being the focus. And many of the dishes in those cuisines are vegetarian, for those of us trying to cut down on meat consumption.

The deli counter has three kinds of feta cheese—French, Greek and Bulgarian. Each one is different—creamy, tangy and smooth—unlike the dry and grainy stuff you get at chain stores. Try them all and you'll be coming back for more. It's a common breakfast food in Iran, usually eaten with bread and jam.

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

How to choose tire chains

Pat Mahoney, owner of Mike's Auto Parts, says that it's very important to know two things before you buy chains to get you through slick winter driving situations.

First, you need to look in your owners' manual to determine your tire clearance. The space between the tires and the wheel well varies greatly from make to make. It's not information that is available in stores, so you should check that before you shop. The thickness of the chains you can use is dependent on this measurement. Installing the wrong type of chain can tear up your car.

Second, you need to know your tire size. If you have replaced your tires, or if your car is used, they may not be the size listed in the owners' manual.

Quality Chain Corp, a Hillsboro-based chain manufacturer and distributor, has some great information resources to help you with chain selection on their website, qualitychaincorp.net. There's a diagram to help you find and understand those markings on the sides of your tires as well as information on all the different types of chains, their advantages and special uses.

Once you know these things, says Pat, "you should consider your wallet and your needs. Some cars just can't use the less-expensive chains, and some people really ap-

preciate the benefits of more expensive chains, including ease of installation and reduced noise. But some folks can do just fine with standard chains." The knowledgeable staff at Mike's will be glad to help you understand all the issues and choose the right chains to get you through this winter.

Mike's Auto Parts is located in the Milltown

Shopping Center at the northeast corner of Saltzman and Cornell, next to Walgreen's and Ace Hardware. Call them at 503-646-0623.

Insurance agency opens in Cedar Mill

CMBA welcomes the Colleen Humphrey agency of American Family as one of the newest members. Humphrey has lived in the Cedar Mill area most of her life and graduated from Sunset High. She was happy to find space in the new building in Cedar Mill to open her American Family office.

Soon to join her office family is Judy Voang. Judy has a strong background of customer service and is in the process of completing her insurance licensing. Humphrey says, "I look forward to having her warm personality and organization skills to help care for our customers."

She continues, "The big news for our company this year is that we have a new product we are excited about! We have a rental dwelling property program for 1-4 family dwellings that you rent to others. The rates are dramatically lower, with excellent coverage."

"Thank you to those of you who have already welcomed us to the neighborhood. We are looking to become an integral part of the community."

The agency is located in the new office building, next to Pars International Market, at 12923 NW Cornell Road. Their phone number is (503) 312-4752, and you can reach Colleen by email at chumphr1@amfam.com.

Virtues workshop

Delaram Hakim-Adyani is the founder of the Virtues Project, a multicultural initiative being used in schools throughout the world.

Her company, Virtues Connection Portland, offers classes for educators, training sessions for schools, workshops for parents, grandparents and caregivers, as well as community development programs and personal retreats. See virtuesconnectionportland.com for more information on the Project.

A two-day workshop will be offered on Saturdays, January 23 and February 27 at the Rose Springs Center for the Healing Arts in Hillsboro. Participants will receive the tools to cultivate compassion and transform violence to virtues. Parents, educators, caregivers, and anyone who interacts with children will learn to use the Five Strategies of the Virtues Project to help children recognize the Virtues in themselves, and to create a culture of character and caring in your family and/or classroom. Registration deadline is January 15. Visit the website for more information or call 503-267-0202.

Electronics Unlimited adds staff

Karen Updegraff joins Electronics Unlimited as a Computer Service Technician. Her interest in computers and technology began while she was still working in travel. "I learned about computers by taking them apart, finding out what the parts were, and putting the computer back together again. I also broke my computer software so many times; I figured I better learn how to fix it myself."

In January of 2001 she left the travel industry and went to work for Everdream Corp, an outsource IT company, in their Charlotte call center as a technical support representative. In 2006 she took a job with HSBC working on-site technical support for their Charlotte, NC office. It was in 2007 the opportunity arose to transfer with HSBC to Portland, OR, and she was back in the Northwest.

Her extensive desktop support and customer support experience makes Karen an ideal candidate for a mobile technician. "I enjoy the variety of challenges you get working with different clients all the time."

Electronics Unlimited provides on-location computer service for PCs, software and hardware upgrades, training and troubleshoot-

ing. Visit them online at eucompters.net or call 503-848-9191.

Clutter Free Gifts

Giving gifts is a great way we show people we care about them. We put a lot of effort into these gifts, but it is still often a challenge to find gifts that will not end up as clutter by New Year's.

NW Organizing Solutions offers these tips for the season:

Gift Certificates - These can be very meaningful if you thoughtfully design them to be specific to the recipient. Draw on personal information to provide things like a dinner at their favorite restaurant, a massage to help them relax after a stressful time, or a manicure before an interview.

Involvement in an Experience - Everyone has dream activities or hobbies. Think about an experience your recipient would enjoy, and give them the tickets or admission for this experience. Some examples are tuition for a series of cooking classes, game tickets for their favorite team, admission for time on a race track with a special car, or concert tickets for their favorite artist. They will enjoy the experience and recall your kindness, but they won't be left with items that needlessly fill up space.

Financial/Charitable Donation - You can help support a cause that your recipient is involved in or appreciates. When a gift is given in their name, most charities will gladly send a card or note acknowledging them and the gift. The best part of this gift is that not only does the person you are giving to benefit from your thoughtfulness but so does the charity and the cause it addresses.

Talent - Although this is listed last, it certainly isn't least. Perhaps you are a wonderful gardener and can help them with a few hours of spring flower planting, or you love to cook and can offer to prepare and freeze several meals for them. Maybe you are knowledgeable about computers and can offer to help them update their system. No matter what kind of skills you may possess, it is possible to give these as a gift to show you care.

Before you go shopping this year, ask yourself, "Do they really need this item or will it just become clutter in their life?" Consider do

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CMBA Meeting Notes

by Karen Peini, CMBA member

For the second month in a row, in addition to the free pizza, the members of the Cedar Mill Business Association were treated to a special dessert at their monthly meeting at the Leedy Grange, this time compliments of the recent Cedar Mill Cider Festival and Grange volunteers.

After networking and introductions, we heard from committee heads about what they've been working on during the previous month:

The Community Outreach Committee has given their annual \$1,000 gift to the Sunset High School Birthday Club, which gives gift cards to homeless students at SHS.

The Downtown Identity Committee will be putting up a light pole banner soon to test the durability of the material, as there was a problem with the first set of banners not being able to stand up to the elements. A local business has generously offered to pay for flower baskets this summer for the light poles along Cornell Road. We look forward to the spring display!

The Membership Committee reminded everyone that it is time to renew their memberships, or join if they haven't already. As an added incentive, the \$85/year fee will be reduced to \$75/year if members join or renew on or before December 8th, the date of our annual Holiday Social. In addition to the discount, members will also receive 10 extra tickets for the door prize drawing at the social. The Sunset Athletic Club will host the luncheon this year, on Tuesday, December 8th at 11:30-1:00. Anyone interested in business in Cedar Mill is invited to attend.

Our speaker at the November meeting was Sharon Straus, founder of the Sunshine Pantry. She started the pantry 28 years ago in her garage to help six families during the holiday

season. The pantry is now located in a Beaverton warehouse because it has grown over the years to help over 900 families each month.

The need for donated food, clothing, toys and other household items is even greater now because of the economy. Many of the families now coming to the pantry, Sharon told us, held professional jobs and never dreamed they would be in a position to have to ask for help. So please consider helping out this very worthy cause during the upcoming holiday season and all year long. Their website is www.sunshinepantry.org.

Our "10 Minutes of Fame" speaker this month was Jerry Bennett, owner of Poppa's Haven Coffee House. What sets this coffee shop apart from other larger coffee chains is their personal and friendly service, and the use of locally roasted, organic free trade coffee and teas, and pastries and other goodies from local bakers. The shop also has free wifi and knowledgeable baristas who know all the regulars and their favorite drinks. Jerry would like to meet all his Cedar Mill neighbors, so stop in soon. It's certainly easier now that the construction on Murray Road has been completed!

Peregrin Financial Technologies will be the "10 Minutes of Fame" presenter for our January 12 meeting. And remember – our Holiday Social will be on Tuesday, December 8th, 11:30 to 1 at the Sunset Athletic Club. Take some time out of your lunch hour and join us!

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Library News and Events

By Dawn Anderson

Open Computer Lab

NEW! Open Lab is a place to practice or work with someone immediately available to help as needed. Library volunteers and staff will be hosting the sessions. Open Lab is for people who need more hands-on practice after taking a computer class, practice with mouse or typing skills, help setting up an email account and increasing email skills, help formatting documents and resumes, and answers to questions about programs like Word, Explorer and Excel. Thursdays. 3-5 pm. No reservations required.

Santa Claus at Second Edition Resale Shop

Bring your children and grandchildren to Second Edition for a visit with Santa. Saturday, December 12 from 2-4 pm. Children will get a chance to sit on Santa's lap and receive a small gift, while supplies last. Bring a camera if you like, to capture the moment! Second Edition is an ongoing fundraiser for the Cedar Mill Library Association. Located at the east end of the library building. (503) 644-6395.

Bells Of The Cascades

The library is happy to present the Third Annual Winter Reading & Arts Festival starting on Tuesday, December 22 with a concert by Bells of the Cascades. Oregon's preeminent handbell choir will perform *The Beauty of Bronze* in the Cedar Mill Library's upstairs community room at 7:30 pm on Tuesday, December 22. Come and enjoy the visual beauty of bronze handbells while you take in their unique sounds. All ages are welcome. Although this concert is free

and open to the public, complimentary tickets are required for admittance. Tickets are available at the Cedar Mill Adult Reference desk on a first come, first served basis.

Visit the library's website at www.cedarmill.org/library for the rest of the scheduled events, or call 503 644-0043 ext 114.

Safety Alert

The Saltzman Road construction project, rainy days and early night-fall makes library access by foot and vehicle more challenging. Please slow down and watch where you are going. The wooden steps to the lower parking lot have been blocked and the conditions around the construction site change daily. To learn more about the construction status: www.deainc.com/saltzmanroad/

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Local author publishes book club guide

Cindy Hudson, a writer and our local correspondent for the Oregonian's Washington County Weekly, has just published *Book by Book*, a guidebook for mother-daughter book clubs. Originally from Louisiana, Cindy lives in Cedar Mill with her husband and two daughters.

When Hudson's daughter Madeleine was nine, she noticed that some of her classmates had begun to label reading as "uncool." Worried that Madeleine might suppress her love of reading to fit in, she came up with the idea to start a mother-daughter book club.

She says, "over the years, our book club became much more than a sanctuary for reading. The books we read provided an entrée for us to discuss issues that otherwise may have been awkward to bring up on our own. As a bonus, the moms got to hear what their daughters' peers thought about these issues, and the

daughters got to hear what other moms thought."

Hudson found the book clubs so rewarding that she started a website to share her ideas with others. This eventually grew into *Book by Book: The Complete Guide to Creating Mother-Daughter Book Clubs*, published in October by Seal Press, a division of Persius Books.

We had the opportunity to ask her a few questions about her experiences.

You said you started the website first. Did you have a book in mind when you did that, or did it just become obvious later?

When I started the website, I knew I wanted to write about mother-daughter book clubs, but I didn't

know yet if it would be a book, a series of magazine articles or even just an online presence. I just knew that more book clubs were starting all the time, and there were few resources directed to them. I wanted to provide a forum that would help



Madeleine, Cindy, and Catherine Hudson love books!

moms start their own clubs or find ideas for their existing groups. As I wrote for the website and blog, I constantly got questions from moms who were hungry for more information. That's when I knew a book was really needed.

How did you get your book deal?

I got the book deal with a book proposal. I had the idea a couple of years ago, and pitched it to Brooke Warner, an editor at Seal Press, at the Willamette Writers conference. She really liked the idea, but when I sent her the proposal, she turned me down because she didn't think I had good enough credentials to help

market the book. So I kept developing my platform through the website I publish, www.motherdaughter-bookclub.com and its companion blog, www.motherdaughterbook-club.wordpress.com. Through the website, I began to get more recognition from newspapers and magazines, and I was interviewed for articles a few times. I also developed more contacts with authors, librarians and other moms in book clubs around the country. When I revised my proposal six months later, I was able to get an agent—Rita Rosenkranz, who lives in New York City. She pitched the book idea to several editors, including Brooke.

I was very happy that Brooke responded immediately, and we entered into contract negotiations.

Anything else you'd like our readers to know that nobody else has thought to ask?

Starting a mother-daughter book club seems like such a small decision when you make it. But it can have big impact on your life if you stay in one for several years. I think back on all the experiences I've had with my daughters, the friends I've made and the experiences I've had...all because of one small decision. There are so many things from my daughters' childhoods I won't remember, but I'll never forget our book club experience.

I believe the three key benefits of being in a mother-daughter book club are: they help you create a closer bond with your daughter as she grows, they help you connect to the community around you (through the moms and daughters in your club as well as with school librarians, public librarians and booksellers), and they encourage literacy in general. Those are benefits most everyone can get behind, which means the people I contact about guest blogging or doing an interview are often very excited to feature what I have to say. I can't imagine ever running out of things to talk about on those topics.

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More Park & Ride for Cedar Mill?

by Bruce Bartlett, CPO 1 Chair

Ask any resident of Cedar Mill who wants to take a mid-day ride on Tri-Met's light rail system (the "MAX") where they go to get on the train and you will get a quizzical response: "I would like to use the Sunset Transit Center (STC) but it's always full. There is no other convenient place to park." This is a familiar refrain for residents north of Hwy 26 living in unincorporated Washington County.

Tri-Met Bus Lines 62 and 89 serve the Cedar Mill area throughout the day and the new Line 50 now operates during the morning and evening commute times. While this is reasonably good bus service within Cedar Mill, using one of these lines to connect with MAX adds considerable time to the trip, enough time to make most potential riders choose to drive a car instead. And then there is also the issue of, "Where can I park my car to catch the bus to get to MAX?" In pursuit of a solution, Citizen Participation Organization #1 (CPO 1, see www.cpo1friends.org) invited Tri-Met Capital Facilities manager, Young Park, (parky@trimet.org) to their December meeting to discuss the

current transit situation.

Would-be Tri-Met users throughout our area have the same problem. The obvious solution is to create a new Park & Ride (P&R) lot, of which there are two kinds: dedicated and "shared-use". A dedicated P&R lot is constructed and owned by Tri-Met, such as the Sunset Transit Center. A shared-use P&R lot makes use of a private parking lot, at a church, for example, which is "underused" during the work day. The lot at the Cedar Hills United Church of Christ is a good example.

Presently Tri-Met maintains 31 dedicated P&R lots and 30 shared-use P&R lots within its overall service district. Mr. Park estimated that a single parking space in a dedicated P&R lot costs approximately \$30,000 to build and maintain. All of the dedicated P&R lots located at the major transit centers closest to downtown Portland are fully used – Sunset, Millikan Way, Gateway, Parkrose/Sumner, Barbur Blvd., and Tualatin. The dedicated P&R lots located further from Portland are less used, in part because commuters find it most time-efficient to drive to the lot closest to their destination, rather than the lot closest to

where they live. Most of these riders want to avoid downtown parking fees, not because they're trying to do without cars.

Mr. Park explained that the dedicated P&R lot at the STC was built as part of the Westside MAX project and funds were not available at the time to make it larger or to construct it so that it could be easily expanded in the future. We learned that Tri-Met hoped that more P&R capacity would become available when land around the STC (owned by the Peterkorts) is developed, but that development has been slower than expected and there is no money available for Tri-Met to accomplish it independently.

A shared-use P&R lot seems at first glance to be a good alternative for our area, but establishing these parking lots takes careful negotiation and cooperation from the owner and, as Mr. Park informed us, only a small handful of the shared-use P&R lots are fully used due in large part to the relative inefficiency of making connections. The better the bus service to the lot, the more it is used.

We learned that issue was central to Tri-Met's decision to not pursue establishing a shared-use

P&R lot at the Cedar Mill Bible Church. While the church's officials are willing to consider offering part of their parking lot for a P&R, Tri-Met concluded that bus service was not sufficient to overcome the burden of the extra time required to get riders to the STC.

It looks like there will be no solution to this issue in the foreseeable future. However, the new Line 50 is gaining ridership and all concerned are satisfied with its progress. Tri-Met will report on Line 50 at the CPO 1 meeting on January 5th, 2010.

Holiday Tree Recycling

Boy Scout Troop 198 will recycle holiday greenery on Saturday, January 2 and Sunday, January 3 from 9 am-4 pm. They will pick your tree up at the curb, or you can drop it off at West Tualatin View Elementary, 8800 SW Leahy Rd, or at the Forest Heights Village Center, NW Miller & Mill Ridge, near Postal Annex.

Suggested donation for pickup is \$10/tree, \$2/wreath; for drop-off \$7/tree, \$2/wreath.

100% of all trees & wreaths are recycled into mulch. Call 503-799-3120 for information.

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Water safety scare raises questions

by Virginia Bruce

On Saturday, November 28, area residents were alarmed to hear that water customers west of the Willamette River should boil their water because of potential E coli bacteria contamination. Most reports neglected to emphasize that it was only customers of the Portland Water Bureau that needed to be concerned.

Even though our addresses read Portland, we're not part of that city and we all get our water from Tualatin Valley Water District (TVWD). Most of it in eastern Washington County comes from the Bull Run watershed on Mt.

Hood, but it crosses the Willamette in a separate pipe from the one that goes to Portland.

However, some TVWD customers who phoned to get information about water safety were told that they should boil their water. The TVWD website (tvwd.org) was updated on Saturday evening with correct information, but it was only available from a link from the main page, rather than being prominently displayed.

TVWD Public Information Officer Frank Reid was on vacation during the holiday weekend and the following week and unavailable for comment. Todd Heidgerken, Com-

munity and Intergovernmental Relations Manager, said that the message from the Portland Water Bureau came into their 24-hour emergency line, but was not picked up immediately due to the holiday. "Our call center was slammed, and because we didn't have enough information, people were initially told to follow the instructions for Portland rather than take a chance," he said.

Some restaurants, bars and coffee shops closed during the emergency to avoid spreading disease. Dinners were thrown out and bottled water flew off grocery store shelves as confusion reigned. Seniors, who are at increased risk from intestinal infections, were particularly worried.

I was able to confirm the correct information from the Portland Water Bureau, and sent out an email message to the 1200+ Cedar Mill News subscribers, many of whom expressed gratitude for the information. (To sign up for the list, visit cedarmill.org/news/signup.)

"We're talking to Portland about improving our communications," says Heidgerken. "And we're going to be changing some things on our website so emergency information will be easier to find."

We were lucky this time, and hopefully communications and information systems will be improved so if a real emergency hits our water supply, we will get the right information.

January Series airs at Oak Hills Church

A challenging series of 15 lectures on topics from international politics to personal morality will be presented as a live video feed from Calvin College at the Oak Hills Church during January. Speakers will include Jimmy Wales, founder of Wikipedia and Washington Post correspondent T.R. Reid. The series is free and will be aired on weekdays from January 6-26 at 9:30 am. The full schedule is available on the college website: calvin.edu/january/2010/

Calvin College initiated "The January Series" in 1987—fifteen hour-long cultural enrichment

lectures/talks on diverse subjects by leading personalities. At first the free Series was only held on campus in a 1000 seat auditorium. Since 2008 the Series has been broadcast live to locations across North America, one of which, for the first time, is the Oak Hills Church, which is the only Oregon site for the series.

The Oak Hills Church was founded along with the development of the Oak Hills planned community in 1965. Part of the Christian Reformed Group of churches, it is located in the center of the community across from the common park/recre-

ation center at 2800 N.W. 153rd Avenue. More information is available at oakhills-church.org.

Calvin College, located in Grand Rapids, Michigan, is one of the largest Christian colleges in the world with an enrollment of over 4,000 students. Recognized year after year by US News and World Report as one on the top liberal arts colleges



in the Midwest, it was founded in 1876 by Calvinistic Dutch settlers as a Theological Seminary and evolved into a highly respected liberal arts college which is both international and interdenominational.

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Pediatric Urgent Care saves time, stress and money

With a location convenient to area freeways and a physician with the right experience, Cedar Mill's newest clinic is ready to relieve more than respiratory problems and upset tummies. Having a kid-friendly and affordable alternative for parents of children with urgent medical problems will relieve the anxiety that comes with the realization that your child needs care when your pediatrician's office is closed.

During the day, Dr. Paul

Thomas' Integrative Pediatrics occupies the ground-floor office, located at 11790 SW Barnes Road, just west of Cedar Hills Boulevard. But from 7-10 pm weekdays, and 1-9 pm on weekends and holidays—365 days a year—the space becomes Pediatric Urgent Care (PUC). Staffed by Thomas and two other pediatricians plus an RN and a receptionist, the clinic can handle urgent medical needs from severe respiratory problems, high fevers, and stomach problems to cuts and bruises, for patients from birth to age 21.

Before opening Integrative Pediatrics, Dr. Thomas worked for 15 years at Westside Pediatrics. Before that, he helped set up and run the Emanuel Hospital Pediatric After-hours clinic in NE Portland. He understands the importance of offering a kid-friendly environment and trained pediatric specialists in an urgent care setting.

When kids are not feeling well, the last thing they need is to spend hours in an adult emergency room waiting area, with trauma and serious illness all around. In addition, most of the problems that arise don't require the extensive and expensive equipment necessary for a hospital ER. That allows PUC to offer much more affordable service. During the introductory period, services are being billed at the office-visit rate, around half to a quarter of the cost of an ER visit. The office accepts most insurances, and also offers a 30% discount for cash payment at the time of the service, for those without insurance.

PUC is forming partnerships with community pediatricians and family practice doctors and clinics so that PUC becomes the evening

and weekend extension of your regular doctor's office, "We think that every child should have a medical 'home,'" says Thomas. "We're not trying to take patients away from their regular doctors. We send a complete copy of the visit to your child's doctor within 24 hours of the visit, and if follow-up is needed or your child is being admitted to the hospital, we will call your child's doctor right away."

Services include an on-site lab



Dr. Thomas checks the throat of a young flu patient

for blood work, urine analysis, rapid strep, flu, mono, and other tests. Nebulizer treatments for respiratory distress, stitches for minor cuts, treatment for skin and eye infections and dehydration due to stomach ailments are some of the many situations that can be handled in the office. Children with more severe injuries or illnesses can be stabilized in the clinic and then sent to a hospital if necessary.

In addition to the list of common ailments treated at the clinic, the website (pediatricurgentcare-online.com) lists Rare Things That We Treat At Pediatric Urgent Care: Bugs and Beads in Noses and Ears, Families of 12, all with the Flu!

Totally Normal Children With Anxious Parents. Dr. Thomas has a great sense of humor, and he's skilled at calming fears and putting both patients and parents at ease and explaining examination and treatment procedures and options.

This is the only pediatric urgent care clinic in the Portland area, and possibly the only one in Oregon. As with any new idea, it's taking a little while to catch on. "We're seeing about one patient per hour now,"

says Thomas. But with recent exposure on AMNW, in local newspapers, and with a tv ad about to come out, they expect business to pick up quickly.

"Once we reach profitability, 10% of our income will go to create a foundation to support orphans in Zimbabwe," says Dr. Thomas. He was raised in that country by his missionary parents, and his visit last summer made him aware of the need (see article in the October Cedar Mill News).

"We want to help the extended families who take over care of the many children who are orphaned by AIDS and other diseases."

Gerald Drake, parent of a recent patient, said "My son was miserable, and they got him right in. No waiting! It was really a blessing to not force him to suffer over night."

Walk-ins are welcome at Pediatric Urgent Care. Minimal waiting and efficient visits means patients are in and out within 30-45 minutes for most visits from time of arrival to departure. See the website for more information: pediatricurgentcareonline.com, or call (503) 597-KIDS.

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Pars Market, continued from page 1

The store carries a number of grains and beans in bulk containers. Some of them are familiar, including garbanzo beans and nuts, but there are also huge sunflower seeds, five kinds of fava beans, and a special type of split pea that doesn't fall apart when cooked. Azar is always happy to explain how the various ingredients are used and to share recipes and techniques, and cooking demonstrations are planned for early next year.

A large spice rack carries a colorful assortment—again some familiar and some unusual. Most of them come from Golchin or Sadaf, two southern California suppliers that import foods from Iran and other Middle Eastern countries and then distribute the products in the US. Fresh yogurts and cheeses as well as frozen and packaged ready-to-serve dishes are available. They also carry a variety of oils and several kinds of tahini. Azar described a simple vegetable dip of cooked and mashed zucchini squash mixed with tahini that I'm going to try soon.

Pars Market carries a few cookbooks, including local author Linda Sawaya's Lebanese cookbook, Alice's Kitchen, and they should soon have more. In the meantime, Sadaf, another supplier of Middle Eastern and Iranian foods, has a website that provides many recipes to help you get started with Persian cooking (www.sadaf.com).

BonBon Bakery in Tigard delivers fresh pastries including baklava, cookies and cakes and can also make special-order goodies for parties. The store also carries the most amazing Barbary bread from a Portland bakery. This is a loaf that's about three feet long and a foot wide, and has a chewy crust and a soft interior. But it's only delivered on Tuesday and Friday, so be sure to stop in and grab some when it's there. It's ideal for eating



They also carry Caffe Umbria espresso. They were trained to use the Italia Espresso machine by the owner of the Umbria company, a world-renowned supplier of fine coffee run by an Italian family that uses traditional equipment and roasting methods to produce Italian-style coffees in Seattle. Enjoy a cup while you shop, or buy some beans to take home.

Hookahs and accessories are also available here. This method of tobacco consumption is becoming increasingly popular. Azar says that you don't become addicted because you can't carry a hookah around with you and whip it out when you have a craving! It's a social experience, and the flavored tobaccos are more of a gourmet treat.

Azar and her husband Iraj Tallepe married in Iran and came to Oregon in the seventies to go to school. Iraj studied mathematics at U of O, and then they moved to Portland in 1980 so that Iraj could go to graduate school at PSU to study mechanical engineering. They had originally intended to return

with cheese or for dipping into your stew.

They carry a variety of teas and coffees from Iran, Egypt and India, along with special tea kettles and pots and glasses for drinking tea. Sugar lumps in various sizes and types are meant for sipping with tea.

to Iran, but like so many other Persians, they decided to remain in the US after the Iranian fundamentalist revolution. They have lived in Cedar Mill for nearly 30 years.

Azar learned hairdressing at Beau Monde and got her license while Iraj completed his graduate studies. Azar opened a beauty shop in the Triangle Center, and sold it several years ago. She continues to see her devoted clients in her home salon in between shifts at the store. For the past 12 years, they have been trying to bring her sister and brother-in-law to the US, and were finally able to complete the immigration process last month.

The Portland area has a fairly large population of Iranian/Persian immigrants. Many friends and acquaintances of Iraj and Azar have



discovered the store, and have become regular customers. In addition, people from India, Asia and many other countries are finding their favorite foods here, and Azar is always happy to try to fill special requests.

But their dream is to attract a broader audience to discover the delights of this traditional way of cooking. These foods don't taste strange, they just taste really good and a bit different. So if you like to discover healthy and delicious food, come in soon and try something new. And it's the perfect place to find some interesting delicacies for holiday entertaining.

Pars International Market is located at 12923 NW Cornell Road. They are open Monday through Friday from 9 am until 7 pm and Saturdays from 10 am until 6 pm. Visit their new website at pars-market.com and call with questions to 503-350-2300.



Member News, continued from page 2
ing something different and giving a more meaningful G.I.F.T.

NW Organizing Solutions offers gift certificates for home or office organizing too! Contact Beth Giles, 503-709-0791, or visit her webstie at nworganizingsolutions.com.

Managing your stress

Health 101 is a series of four classes that will be taught at Sunset Athletic Club. Open to non-SAC members, the class will be offered on Thursdays, January 7, 14, 21, 28 from 10-11 am.

Make time this winter to improve your mental health and well-being. Learn evidence-based techniques to manage your stress in ways that value your time—learn what works and what is worth doing to improve your energy, your mental and physical health and your longevity.

Learn about the effects of stress on long-term health and aging. If you have a condition that is made worse by stress and want to learn self-care techniques that will help, this is for you. People with high blood pressure, diabetes, headaches, GI problems and more can benefit from proven techniques.

You may take one or all of the sessions, which include:

- New research on why stress causes poor health and the options for self care interventions.
- * The Relaxation Response which has hundreds of scientific articles supporting its effectiveness.
- Food and Stress helps you navigate the very confusing bombardment of information on the latest miracle food and supplement—what really is the evidence about how to eat to shut off stress response and improve health
- the rest of the plan--- how to tame your worry, reduce interpersonal stress and develop resiliency.

The series is taught by Laurretta Young, MD, board certified psychiatrist, recently retired from 25 years



as mental health chief of Kaiser, OHSU adjunct faculty in teaching, researcher in mental health, current professor at PSU in Community Health teaching mind body medicine and public health. Dr. Young is a consultant to The Oregonian and various local TV stations on mental health issues.

The cost is \$20 per class, take one or take all four. Contact Sunset Athletic Club, 503.645.3535 to register. This is not medical care or a substitute for medical care: if it is determined that you need medical care a referral will be made for such care.

Sunset Animal Clinic welcomes new groomer

Please welcome our new pet groomer to Sunset Animal Clinic. She has 5 years of professional experience in dog and cat grooming. Erica is available Monday thru Friday. Please stop by and tour the facility, and meet Erica for a grooming consultation. She will be happy to meet you and your pets' needs.

The holidays are upon us, call us today to make an appointment: 503-690-8249.

Please check out our website: www.sunsetanimal.com for more information.



This kitty had such bad hairballs that the owner and groomer agreed to start over!

Keep on Raving in the Nave

Christ United Methodist Church is thrilled to present pianist, John Nilsen as the musical artist for the December 19th Rave in the Nave program. John Nilsen will play a cozy program of seasonal standards and his own beautiful compositions.

Tickets are \$15 through the church office or at the door—cash, check or credit card. The church office is open M-F 9:30 am - 5 pm, phone #503-646-1598; email, office@cumcpdx.org.

As always, everyone is invited to join us for worship, Sunday School, our ReKindle youth program, or other program options. Please see

our website, www.cumcpdx.org for more information or contact the church office-503-646-1598, office@cumcpdx.org

Stafford achieves Board Certification

Michelle, Stafford D.D.S., recently completed her Certification examinations and is now a Diplomate of the American Board of Pediatric Dentistry.

The American Board of Pediatric Dentistry verifies to the public and the health professions that a pediatric dentist has successfully completed both an advanced educational program and voluntary examination process a designed to validate the knowledge, application and performance requisite to the delivery of proficient care in pediatric dentistry.

Dr. Stafford's pediatric dentistry practice: World of Smiles Pediatric Dentistry is located at 11790 SW Barnes Road, Suite 280. Office number is (503) 626-9700.

Stress management sessions

Westside Martial Arts, located at 13496 NW Cornell Road, is offering FREE Stress Management classes for men and women on Friday nights

from 6:30-7:30 pm.

We are entering the Holiday season, traditionally the most stressful time of year. Combine that with the economy, flu, unnecessary wars, global warming, rebellious teens, changing relationships, and the loss of youth in our parents or ourselves, Life can sometimes get the best of us. However, it doesn't have to beat us down, make us lose our self-respect, or worse, our lives.

Join us in an atmosphere of mutual respect with time-tested methods of reducing stress, increasing fitness, and self-control. Laugh Out Loud...what can it hurt? To find out more about the class and the Westside Martial Arts programs, call 503-430-7355.

New brokers add international experience

Lee Davies Real Estate is proud to announce the addition of three new brokers to the team. Combined, these brokers represent over 40 years of residential real estate experience.

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Korean, Japanese and Chinese now allows our company to better serve an international clientele. Sydney's informative, thorough, and pleasant demeanor is ideal for all clients, regardless of what language they speak. Sydney has volunteered her time and expertise with the Asian Home Buying Association for the past seven years. She will be working out of our Portland West Office on Barnes Road.

From the UK, we welcome Suzanne Newman who comes to us from Leicester England where she worked at Connell, the number one real estate company in the U.K. She is the classic example of starting at the bottom and working her way to the top of her field, as she started as the office receptionist and left the company as a principal broker overseeing the number one sales office in the company with 200 contracts per year. Suzanne has now lived in the US for 10 years in New York, Chicago, San Francisco and the last five years here in NW Portland. With her children now of school age, she can start the cycle again here at LDRE. Suzanne will be working out of our Uptown office.

Our most experienced addition is Mike Ness. Mike started his Real Estate career right after college and chose to specialize in the close-in urban areas of Portland. He is knowledgeable in all aspects of Real Estate from start to finish. Mike and Lee worked together back in 1991 on the original Forest Heights Sales Team at Barbara Sue Seal Properties and are excited to join forces again to represent buyers and sellers. Mike will be working out of our Uptown office.

To learn more about Sydney, Suzanne, or Mike, please visit our website at leedavies.com. As always, all of our seller clients are serviced by three broker teams and all of our buyers have two brokers to rely on through their home search. Please call Lee, or any of our brokers at 503.292.1500 to get started today.

DuFresnes' free brakes program

For the month of December, we will do a free brake inspection, free pads, and free shoes if needed. Bring in six cans of food for the Food Bank, and receive all these free services.

Thanks to several of our parts distributors, we are able to continue giving you FREE brakes year after year. This is one of our ways of saying Thank You for all the 40 years of doing business with you. Also to thank you for making this a great holiday for the less fortunate. Sooooo, bring food, lots of it! Call DuFresnes to schedule your brake inspection at 503-646-2940. They are located at 10690 NW Cornell.

Faculty Biennial Exhibition at OCAC

December 3-January 28, 2010, Opening reception Thursday, December 3 from 4:00-7:00pm.

This biennial exhibition offers an opportunity to see new work created by the Oregon College of Art & Craft degree program faculty, whose members are working studio artists exhibiting both regionally and nationally. This group show also demonstrates the wide range of technical and conceptual concerns addressed by the instructors in all the College's media-- book arts, ceramics, drawing and painting, fibers, metals, photography and wood.

New Member December!

Through the month of December: buy lunch or brunch at Hands on Café and you will receive \$10 off a new OCAC membership (\$25 individual, \$55 dual/family) and/or 20% discount in the Craft Gallery Shop – good for one purchase January 2 -March 31, 2010

Influenza Update

Dr. Robert Barlow, Cornell Family Medicine, brings you this update on flu vaccinations.

H1N1 "Swine Flu" Although there are signs that H1N1 influenza prevalence has slowed down, we do not know how long the H1N1 will be endemic in the area.

Individuals who have the risk of complications if they get influenza are prioritized for immunization. These include pregnant women, caretakers of infants less than 6 months of age, children under 5 years of age and individuals with chronic lung disease, emphysema, asthma, or illnesses that put them

in an immunocompromised or vulnerable state. The Washington County Health Department determines the high priority groups and distributes the vaccines to physician offices or distribution centers.

H1N1 vaccines have been in short supply, and physician offices have been getting limited numbers of vaccines. If you or a family member is at risk for complications of influenza then you should contact your physician's office on a weekly basis to see if the vaccine is available.

Seasonal Flu—seasonal flu has not arrived in the United States yet. Usually seasonal flu recurs in December with a peak in February. There is plenty of time to get the seasonal flu vaccine. It is also in short supply, however. At this time high priority groups should try to get the vaccine when available. It is safe to take both vaccines by injection or one nasal one injectable H1N1 and seasonal vaccines at the same time, but if you take both in nasal spray form, you must separate the administration by at least 14 days.

Village Gallery News

The December group show will feature artist Gretha Lindwood, who says, "Water is often a subject of my landscape paintings. My work explores how plants, animals and our unique Northwest geography respond to water's power to nourish and shape." A reception for the artist will be held in the gallery on December 11 from 5-7 pm. The all media show opens December 8 and runs through January 2, 2010. We are open Tuesday through Saturday, 10 am to 4 pm, Sunday 12 pm to 4 pm

The Village Gallery of Arts is a non-profit community gallery in operation over 40 years located next to the Cedar Mill Community Library. For more information and for the current schedule of classes, call (503) 644-8001 or visit their website at villagegalleryarts.org



"A Cool Rush" by Gretha Linwood

Sunset Credit Union welcomes Santa

Mark your calendar! Santa will be visiting your CU on December 22nd from 11-1 pm. Bring the kids by with their wish list for Santa and we will provide pictures, gifts and snacks. Come enjoy the festivities! CU Members only, but membership is open to all CMBA members and all Cedar Mill businesses. Open a savings account for \$5 and get all the wonderful benefits of Credit Union membership. See sspfcu.com for more information.

Also, our office hours during the December holiday are: December 24th open until 1pm; December 25th closed.

Costco holiday hours

CMBA Member Costco Aloha Store will be open November 7th to December 19th, Monday-Friday 10 am-8:30 pm, Saturday 9:30 am-7 pm, Sunday 10 am-6 pm. Christmas eve December 24th, 9am-5pm and New Years eve December 31st, 9 am-5 pm.

Packing and Shipping is a Holiday Tradition at The UPS Store

This time of year, there's a blizzard of packing peanuts at The UPS Store® in Peterkort Towne Square at 10940 SW Barnes Rd. It's a routine Tim & Cindy and their professionally-trained staff are used to and one they eagerly anticipate. They share their customers' excitement as they send off gifts to loved ones across the country. Everyone has their holiday traditions, and this is theirs. It's all about delivering the joy of the season.

Tim & Cindy and their team are often asked for advice on how to pack like a pro and offer customers the following tips:

Ship wrapped gifts ahead to your destination, especially if traveling by air.

It's also important to use the right size box. You want to leave at least two inches between your gifts and the walls of the box and fill the space with adequate packaging materials when packing anything fragile.

Of course, if you're in doubt, it's always good to turn to the professionals. "That's why we're here,"

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said Tim. Our assistance is particularly important if you're shipping fragile or unusually shaped items.

Mention this article and you'll receive the following special prices: If they pack one box for you they'll take \$2.00 off, if they pack 2 boxes for you they'll take \$5.00 off and if they pack 3 boxes they'll take \$10.00 off. The UPS Store also offers the Pack & Ship Promise, which reimburses customers the cost of packaging materials and service as well as shipping costs in the event a center-packed item shipped via UPS is lost or damaged.

With only 19 shipping days between Thanksgiving and Christmas, good timing is critical. Mondays are typically the busiest shipping days and December 14-18 is expected to be the busiest week of the year. But procrastinators need not fear. You can ship as late as December 23 for delivery on December 24.

The UPS Store is located at 10940 SW Barnes Rd. and has convenient extended holiday hours: December 7-11, 8:30 am to 7:30 pm, December 14-18, 8:30 am to 8 pm and Saturdays December 12 & 19, 9 am to 6 pm. They'll also be open the following Sundays: December 6, 13 & 20, 10 am - 5 pm. For additional information, visit www.theupsstore.com/3379.htm or call 503-646-9999.

Student composer honored

14-year old Mahsheed Massarat of Beaverton, Oregon, a student of Claudia Reinsch at the Westside Music School in Cedar Mill, was one of six national winners of the 2009 Clavinova Composition Challenge sponsored by Ogilvy Music of Denton, Texas. Mahsheed's piece entitled "Taking Over Me" was written for piano solo with a multi-track accompaniment including parts for flute, clarinet, harp, and strings. The six winning pieces have been published and are available online at www.gomusicmedia.com

Mahsheed was honored at the Westside Music School's Fall Ensemble and Composition Celebration held in November at the Classic Pianos recital hall.

Westside Music School is located at 13486 NW Cornell. Call 503-626-7181 for more information, or visit their website at westsidemusic-school.org.

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