



Cedar Mill News

Volume 5, Issue 9

September 2007

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Featured Business

daVinci Smiles

by Virginia Bruce

Dr. Maryam Motlagh changes lives. As a dentist certified in Neuromuscular and Cosmetic Dentistry, she treats patients for a variety of painful and embarrassing conditions with techniques that correct problems with jaw alignment (Temporomandibular Joint, or TMJ) and with solutions for poor tooth alignment, stained and irregularly sized teeth and other problems. Her "smile makeovers" have provided hundreds of patients with increased confidence and relief from pain.

In addition to cosmetic and neu-



Dr. Motlagh and her assistant perform a routine cleaning in one of the bright and pleasant treatment rooms.

romuscular dentistry, Dr. Motlagh's practice includes many regular dental patients who come to her through referrals from existing patients. She and her staff of hygienists and assistants provide care with a lot of extras to make the experience as pleasant and comfortable as possible, including a virtual-reality DVD player with Bose noise-canceling headphones, so you can enjoy music or a movie while you have your teeth worked on!

Periodontal (gum) disease is a major cause of tooth loss, and

Dr. Motlagh's clinic offers laser sterilization of infected areas after regular therapeutic cleaning. This treatment has been shown to be much more effective than mechanical cleaning alone.

Crowns and restorations are all done using "biocompatible" materials—composite or porcelain, never mercury metal fillings or crowns. This gives a better bond and natural looking restorations.

Neuromuscular dentistry is a dental specialty that deals with the muscles of the face and jaw. She says, "Many individuals do not realize that muscles play an important role in dentistry. The way your natural teeth come together can cause headaches, pain in the jaw, sore muscles, neck pain, limited range of motion of the neck, upper and lower back pain, poor posture, pressure behind the eyes, stuffy ears, ringing in the ears, grinding teeth, breaking teeth, dizziness, vertigo, fatigue, and more. All these symptoms can be due to a bite being off by less than a millimeter. The science of neuromuscular dentistry (NMD) evaluates and treats your overall oral health by considering how your muscles, teeth and joints harmoniously work together."

According to Dr. Motlagh, 86% of women (and a smaller portion

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Next Meeting

Cedar Mill Business Association

Tuesday, September 11, noon

Place: Cedar Mill Community Library

Topic: Timberland Shopping Center Preview

Come and find out about the new major shopping center planned for the heart of Cedar Mill. See page 4 for more info.

Free pizza! Bring your own beverage

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

The Powers that Be

Clean Water Services

Clean Water Services is the sanitary sewer and surface water management utility for nearly 500,000 customers in urban Washington County and small portions of Multnomah County, Clackamas County, Lake Oswego, and Portland. Clean Water Services operates four wastewater treatment plants, constructs and maintains flood management and water quality projects and manages flow in the Tualatin River to improve water quality and protect fish habitat. Although Clean Water Services maintains a close working relationship with Washington County government, it is a separately managed and financed public utility.

Clean Water Services' Design & Construction Standards require developers to protect water resources as they build our communities through aggressive erosion prevention and sediment control programs, construction of water quality facilities, and protection and enhancement of vegetated corridors for water quality sensitive areas.

How does Clean Water Services protect the water quality of the streams in the Cedar Mill area from the impacts of development?

Cedar Mill includes the steep headwater areas of Cedar Mill, Johnson, and Golf Creeks and their tributaries. The District's program

for protecting Water Quality Sensitive Areas like these requires that development set aside and enhance Vegetated Corridors (also known as "buffers") along these streams and other water quality sensitive areas like wetlands. The width of the vegetated corridor varies based on the type of sensitive area and the slope of the surrounding area. At a minimum, a 25-foot wide vegetated corridor in good condition is required along streams, but in steeper terrain, buffer widths can increase up to 200 feet.

In addition, Clean Water Services requires developers to build water quality treatment facilities—most commonly swales—that will treat the stormwater runoff from the impervious surfaces like streets, sidewalks, and rooftops.

Does Clean Water Services allow developers to put streams into culverts or fill wetlands to increase buildable area for new housing and commercial development?

Streams and wetlands are regulated by the Department of State Lands (DSL) and US Army Corps of Engineers (COE). Although we work closely with the two agencies, Clean Water Services does not directly regulate streams and wetlands; our rules focus on the

Continued on page 5

Subscribe to The News—see page 6

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

Starbucks at Bales

Bales Marketplace at Cedar Mill will soon have a Starbucks coffee stand near the front entrance. Construction will begin after Labor Day and the new facility should be ready by late October. It will be located where the small office space and cart return area is now.

New ATM at Sunset Science Park Federal Credit Union

SSPFCU has installed an ATM machine outside their office at 1100 NW Murray Blvd. (across from McDonalds). There is no surcharge for Sunset Science Park FCU members or people whose financial institutions are part of the Co-Op Network (which includes most Credit Unions). The surcharge for non Credit Union members is only a \$1.50 per transaction. The ATM will provide cash and allow transfers, but not take deposits.

Wellness Pregnancy

Dr. Sarah Conroy at West Hills Chiropractic is giving a talk on Wednesday Sept. 5th from 6:30-7:30 pm on "A Wellness Pregnancy." West Hills Chiropractic is located in the Cook Building at 1070 NW Murray Blvd. Ste. A. The program is free and open to the public, pre-registration is preferred but not required, call 503-644-5100 or email sarah.conroy@westhillschiropractic.com

For your German motors

Responding to customer demand, Du Fresne's Auto Services has hired a new mechanic from

Germany. Farid Younes, who completed all of his automotive training in Germany, will be servicing imports like Volkswagen, Audi, BMW, Mercedes, Porsche and Volvo. DuFresnes has been providing service to your domestic and import vehicles for over 40 years from their shop at Cornell and 107th.

Toshibas from Electronics Unlimited

Electronics Unlimited is now an authorized Toshiba reseller. When you buy a computer from them, you get their expert technical support along with it! They also have a Toshiba laptop computer available for rental via weekly and or monthly rate, perfect for vacations or business trips. Electronics Unlimited does most of their work at your site. More information is available at eucomputers.net or by phone at (503)848-9191.

Brian Harvey Agency earns distinction from J.D. Power

Brian Harvey Agency in Cedar Mill has been recognized for customer satisfaction excellence under the J.D. Power and Associates Distinguished Insurance Agency Program. Harvey has been an agent for American Family since September, 1998. His office is located at 475 N.W. Saltzman Rd., in the Triangle Shopping Center.

Edward Jones ranks highest in investor satisfaction

Three years in a row, says J.D.Power and Associates 2007 Full-service Investor Satisfaction Study. The study measures overall investor satisfaction with full-service investment firms based on six factors (in order of importance): financial advisor/broker; account setup/account offerings; investment performance; commissions and fees; account statements; and convenience.

"We believe in building relationships and in treating our clients as we would like to be treated," says Denny Dolson. Call Dolson at 503-644-7100. His office is located at 10920 SW Barnes Rd.

Bales' new Store Director comes home

George Emerson's first job as a teenager was sorting bottles at Bales. He went on to work at the store for ten years. Then, following a traditional practice of Bales' management, he went off to work at another grocery business to get a different perspective, with the promise that he'd come back to Bales in a few years. He returned after four years, and worked for a year at the Bales' Farmington store. Then he went

on to be Store Director at the West Linn store, and now he and Butch Turner have switched positions, with Turner going to West Linn and Emerson "coming home" to manage the Cedar Mill store. Emerson grew

up on Filbert Street and now lives in the Rock Creek area.

Emerson says you'll be noticing some changes in the store now and in the near future. The new bulk food section near the fish counter includes cereals, pasta, nuts and

other favorites, many of which are organic. There is also a section with herbs and spices so you can buy just the amount you need.

A major upgrade in the produce display area is planned soon. In addition, they will be adding a Starbucks coffee service area near the front of the store that will be open around the end of

October. They have recently added a line of high-end condiments from the Silver Palate. And responding to recent safety concerns, Bales will not sell any seafood or fish from China.



Village Gallery of Arts News

Village Gallery announces Open Sessions on the last Friday of each month from 10 am to 2 pm. Bring your art project to work on in the classroom at Village Gallery of Arts. Spread out and create! Enjoy the fellowship of other artists and be inspired by the creative atmosphere! Share ideas and tips and learn new artistic approaches. No monitor or instructor. Charge for the session is \$2.

Art Rummage Sale: our artists are clearing out their studios. Come shop for gently used art supplies from September 13-16 (see hours below).

September Theme: Colors of the World—a group show with featured artist Britt McNamee, who

began her art as a hobby and later realized that she had talent and a genuine love for painting. Britt enjoys experimenting with various water media to create her colorful

paintings and carves her own stamps to add interest and design. Britt combines abstract elements in her works of flowers, still life and buildings using pure color and strong shapes. Gallery is open from 10 am to 4 pm Tuesday through Saturday, and Sunday noon to 4 pm. The Village Gallery of Arts is located directly east of the Cedar Mill Community Library.



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Library News

By Dawn Anderson

2008 Entertainment Books

View the sample book at the library's check-out desk and see that with even minimal use the book quickly pays for itself. There are \$1000s in local savings in every book. Save up to 50% and get 2-for-1 deals at top restaurants, shops, attractions, sporting events and more! Proceeds benefit your community library. The price is lower this year: The library is selling them for \$20 (\$25 is the standard price). New bonus gift this year: FREE 2-week membership for Entertainment on Vacation. (\$9.95 value). The books may be used immediately thru November 1, 2008. Purchase at the Cedar Mill Community Library and CMCL @ Bethany check-out desks.



Film Club

"Something Like Happiness" will be shown on Wednesday, September 26 at 6:30 pm, FREE. Adults aged 18 and over are invited to view this film and enjoy a lively discussion after the showing.

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Community Calendar
see our calendar on the web
cedarmill.org/calendar.html

Cedar Mill Cider Festival

by Virginia Bruce

Plans are moving forward for this first-ever event to be held on the grounds of the John Quincy Adams Young House on Cornell near 119th. The date will be Sunday, October 14 from 1-4 pm. Activities will include the cider pressing, live music, a picnic lunch and an informational display on restoration plans for the grounds and house. Free parking will be available in the Cedar Mill Bible Church parking lot.



The historic JQA Young House recently got a pressure-wash and a new coat of paint from THPRD. The Cider Festival will be held on the grounds of the house.

Sponsors include Tualatin Hills Park & Recreation District, Polygon Northwest, and Cedar Mill Bible Church. Money raised at the event will go into the fund for the restoration of the historic house built in the 1860s by JQA Young, the second owner of the lumber mill that gave the community its name.

When Cedar Mill was a farming community, people planted apple trees to supply their families with fruit and also for the tasty hard cider they could make from the juice. Many of those trees are still producing apples in back yards and along roads in the community.

Everyone is invited to bring apples and containers. The apples should be picked from the trees, because apples that have been sitting on the ground can pick up e. coli or

other harmful organisms. We will provide tubs for rinsing the apples and cutting boards and knives. (Apples need to be cut in half before going into the presses.) Clean gallon jugs (like milk cartons) are suggested for taking your cider home.

We're hoping that we'll have some volunteers to pick apples for people who don't have access to trees. If you or your group are interested in doing that, let me know. In addition, there will be volunteer jobs to help people prepare their apples and run the presses.

We have a couple of cider presses already promised, but if anyone else would like to lend us another, it will mean that more people can participate. Contact Virginia Bruce, 503-629-5799 or vr@teamweb.com

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Greenlick will seek fourth term as our Oregon House Representative

State Representative Mitch Greenlick (D-Portland) announced this week he will seek reelection to the District 33 State Representative seat he has held since he was first elected in 2002. Greenlick said his role in helping shape health care policy as chair of the House Committee on Health Care is a key reason he wants to return for the 2009 Legislative session.



"We took some major steps forward in many areas this past session. But there's more work yet to be done," said Greenlick. "I am looking forward to returning as chair of the health care committee, helping my colleagues accomplish an ambitious agenda to improve the health and well-being of the citizens of Oregon."

Greenlick will also be active in the February, 2008 legislative session. "I'll be working hard to get the HOPE initiative, which makes access to health care a constitutional right for all Oregonians, on the November, 2008 ballot," said Greenlick. "I appreciate the support I have received from my constituents, my friends and my family. My health is good, and I am looking forward to another productive term as the State Representative from District 33."

HD 33 includes Northwest Portland and unincorporated portions of Multnomah and Washington counties. More information is available on Mitch's website at greenlick.com.

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Timberland shopping center plans take shape

By Virginia Bruce

Polygon Northwest, the company developing the Timberland housing development on the former Teufel Nursery property in the heart of Cedar Mill, has partnered with Bruce Wood's Foundation Real Estate Development (frednw.com) to create a shopping center on Barnes Road. Wood, who teaches courses on development at Portland State University's Center for Real Estate, was Senior Director for Real Estate Development for Opus Northwest prior to starting Foundation. He participated in the development of the Bridgeport Center in Tigard, among other projects.

Wood and Polygon VP Fred Gast laid out their preliminary plans at a meeting in August for community leaders. The first phase of the commercial center will be the 15-acre parcel at the northwest corner of the Teufel property bounded by Barnes on the west and the new road on the south. An additional five acres on the other side of the "main street" will be developed in the future and may include some mixed-use hous-

ing/office buildings. Woods said that traditionally a center of this size is "anchored" by a grocery, a bookstore, and an entertainment business. These stores bring in the regular traffic that will mean success for the rest of the center. They are talking to several



possible grocery tenants, but the proximity of Cedar Hills Crossing with its bookstores and movie theater means that the center probably won't have large chain operations with these offerings. An alternate entertainment business is under consideration. There will be approximately 40-45 stores in the development once it's complete.

The land was annexed into Beaverton prior to purchase, so the proposed plans will likely be heard by the Beaverton Planning Commission, possibly later this fall. But Washington County has already told them that they should have a .5 Floor-to-Area Ratio (FAR) which means that no more than half of the total land to be developed can be parking. This fits

in with Polygon's plan that the center will be first and foremost an amenity for the residents of Timberland, and that these folks will use the paths throughout the community to walk to do their shopping.

Larry Bates, who was active in the "Save Cedar Mill" group that opposed the siting of Wal-Mart, attended the meeting and later pointed out that, "the broad outline of the commercial development was approved in October, 2004 as part of the overall Teufel project. So Polygon's next visit to the planning commission will only be a design review to hash through the details."

He sees two major issues that the planning commission might raise—traffic and the "main street."

Bates says, "the original traffic study projected traffic impacts from a 300,000 SF shopping center out through 2009. Polygon has been living up to the City's mitigation requirements, most notably with the improvements at Barnes and Cedar Hills Boulevard. It would be reasonable for Beaverton to ask to have the traffic study updated to reflect the actual traffic growth since the 2004 approval and a better estimate of the square footage."

He continues: "Because of Town Center zoning, the new east-west commercial street is defined as a "main street." They will have to clearly demonstrate a high degree of pedestrian friendliness. As Fred and Bruce indicated, the 0.5 FAR density requirement, which Beaverton incorporated into their Town Center regulations also, would not be met until the last five acres are developed. The Planning Commission may impose some specific conditions to make sure this requirement is ultimately met."

During the early phases of planning for the development, Polygon demonstrated their desire to listen to the community by attending several community meetings and holding more than the required number of public sessions. Once again, they are demonstrating this commitment. They will present their plans at the CPO 1 meeting on September 4, and again at the Cedar Mill Business Association meeting on September 11. They hope to have at least some of the new center open for business by Christmas 2008, which will require an aggressive schedule in getting final plans approved. We'll bring you more details about the center as information becomes available.



CWS, continued from page 1 vegetated corridors next to these resources. The COE and DSL review and issue various permits to alter water quality sensitive areas after they have completed extensive review; this review includes an analysis of the resource and alternatives. If DSL or COE allow an impact to the resource, they generally require mitigation for the impact.

Who is responsible for maintaining water quality facilities once they are built?

For the first two years after construction, the developer is responsible for ensuring that the plants in the facility are healthy and that the facility is functioning. Clean Water Services' inspection staff regularly visits newly constructed facilities to make sure the necessary work is performed. After the first two years, maintenance on almost all of the facilities built for residential development is done by Clean Water Services. Some older facilities are maintained by Homeowners Associations (HOA). District staff is available and frequently responds to requests from HOA or their landscape maintenance contractors to provide advice and guidance about proper maintenance practices to ensure that the facilities continue to function well.

What do builders have to do to protect streams from construction runoff? What happens if there are erosion problems on a construction site?

Clean Water Services was one of the first jurisdictions in the state to implement an erosion prevention and sediment control program for construction activities that disturb 500 square feet or more of area. In addition, construction sites larger than 1 acre also require a permit from the Oregon Department of Environmental Quality.

Erosion control on active construction sites can be challenging, especially during wet weather. Clean Water Services regularly inspects active construction sites to ensure compliance, and during the winter months, inspections are made more frequently. We also will respond with an inspector if citizens see and report a poten-

tial problem to us. If a problem is found, the District uses a combination of education and increasingly severe enforcement tools to bring a site back into compliance. These tools range from deficiency notices to Stop Work Orders to Civil Citations with fines up to \$1000 per day per violation.

Instead of treating stormwater once it runs off a site, wouldn't using Low Impact Development to reduce the amount of stormwater from a site be a better option?

Low Impact Development (LID) is another approach to managing stormwater runoff. It has advantages and challenges, and so using it on every single development may not be appropriate.

The purpose of Low Impact Development is to reduce the impact that development has on natural resources including creeks, streams, and wetlands. As it applies to stormwater, developments using Low Impact Development Approaches (LIDA) use different building techniques or materials to reduce the amount of stormwater that is generated from a site. The most common methods for reducing the amount of stormwater include reducing the amount of total impervious surface, using infiltration systems, and occasionally by retaining rainwater and re-using it for irrigation or other beneficial uses.

Within Washington County, there is growing interest in using LIDA on new developments. However, these techniques are still relatively new and untested here. Developers, design engineers, and local governments do not have a lot of direct experience implementing low impact development or know

how it would work over time. In addition, since many of the techniques are focused at the source - meaning individual homeowners have to be responsible for maintaining them forever - education and good designs are critical. Our



A buffer near a commercial development in the Cedar Mill area. Native plantings are maintained by the landowner.

soil types make designing infiltration systems a bit more challenging; we don't want to have standing water around people's houses; and we don't want to surprise future homeowners about their responsibilities.

How is Clean Water Services promoting Low Impact Development?

Clean Water Services, along with the cities in Washington County and the County itself are taking an active role in providing design opportunities and education for engineers, permit reviewers, site inspectors, contractors, and maintenance crews. The 2007 update of the Design & Construction Standards now includes a list of low impact development techniques that will be allowed. Staff is currently working on several proposed pilot projects (although none currently in the Cedar Mill area), advising developers on how they might use LID techniques, and assisting with informational guidelines that will encourage them.

What about existing, older developments? What is being done to treat stormwater runoff from those sites?

The regulations to treat stormwater with onsite water quality facilities have been in effect since 1992. District staff and developers are seeking opportunities to retrofit areas developed before then. The District's rules also require treatment for any site that redevelops, even if no additional impervious surface is being added.

During the fiscal year 2007-2008, Clean Water Services will be embarking on a master planning effort to identify potential retrofit sites. We have also been working in conjunction with the cities and County to retrofit several stormwater outfalls throughout the county to provide water quality treatment.

How can Cedar Mill residents provide input on Clean Water Services' rules, projects and policies?

All stakeholders including Cedar Mill residents are encouraged to participate in the District's decision-making via public open houses, neighborhood project meetings, stakeholder dialogues, Clean Water Advisory Commission and Board of Director meetings, and by contacting staff when they have a suggestion or concern.



Buffer areas in subdivisions are often poorly maintained. Here the contractor planted butterfly bush, an invasive non-native.

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Motlagh, continued from page 1 of men) have some degree of TMJ disorder. This can be caused by injury, thumb-sucking or use of pacifiers, or just naturally poor alignment of teeth. She uses an electromyogram (EMG) to diagnose the exact muscles that are causing problems, and treats the disorder by using a computer to determine the best way to re-shape the bite to relieve stress. Dr. Motlagh herself suffered with TMJ, and that's part of the reason she was determined to learn how to help others.

Many of Dr. Motlagh's patients want brighter smiles. For some, this can be achieved with the Zoom® chairside whitening treatment. Others opt for porcelain veneers, the modern equivalent of "caps" placed over the teeth. While the Zoom® treatment can be effective for as little as \$300, a full mouth rehabilitation can run as much as \$45,000. The clinic can help patients with financing for major treatment options.

The clinic also offers the Invisalign® system for straightening teeth. After studying the patient's bite with computer imaging techniques, transparent appliances are created that gently and progressively move the teeth into



Office Manager Jennifer Fraser at the reception desk.

proper alignment, without the ugly "hardware" that used to be necessary.

The practice on Cornell was begun by a colleague as Sunset Dental Care in 1996. When Dr. Motlagh took over the practice in 2002, she changed the name to daVinci Smiles to reflect the intersection of science and art that characterizes her work.



Patients can use the VR headset to watch a movie while they have their dental work done

Dr. Motlagh received degrees with honors from Lewis & Clark College and OHSU after graduating from Tigard High School. After about a year of providing general dentistry, she completed post-doctoral studies at the Seattle Institute of Advanced Dental Studies, and then attended the Las Vegas Institute for Advanced Dental Studies in Cosmetic and Neuromuscular

Dentistry. While all dentists are required to complete 20 credits of continuing education each year, Dr. Motlagh usually completes over 200!

Dr. Motlagh lives in the Cedar Mill area with her husband Shahin,

a network and software engineer, and their two-year-old son. She loves music, and plays a Persian string instrument similar to the dulcimer. She has played in the Greek and Persian Festival in Portland. Her husband helps keep all the computer equipment in the office running and up-to-date.

Dr. Motlagh is currently accepting new patients, and the clinic offers a complimentary cosmetic consultation during which the doctor can use computer imaging to show you how your smile can be transformed. Visit them on the web at davinicismls.us to view the Smile Gallery to see what she's done for others. The office is located at 13765 NW Cornell, Suite 100—across from Sunset High. The office phone is 503-643-9855.

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This prom is for Senior Citizens!

by Megan Bruce

Anna Brice, a 17 year old senior at Westview High School, decided to do something a little different for her senior project. With some brainstorming help from her mom she came up with a fun idea that benefits youth at risk and folks over 55 at risk (of not having enough fun).

Anna decided to organize a senior prom with a twist. Instead of high school seniors, her dance is for senior citizens. A prime opportunity for folks 55 and over to dance the night away, all proceeds of the evening will go to Outside In. Outside In is a local shelter/medical center for at-risk and homeless teens in the Portland area. When



Anna was younger, her mother took her there for a visit, and it sprang to mind as a worthy cause while organizing her project.

So if you're over 55, plan to come out and do some good for the community. You're guaranteed a good time in the process.

Sunset High School Band to Host 2007 Sunset Classic

By Dawn Anderson

On Saturday, September 29, Sunset High School will be hosting the 19th Annual Sunset Marching Band Classic at the Hillsboro Stadium. This is the 2007



season opening show of the Northwest Marching Band Circuit. Sunset High School Band is the defending 2006 NWMBC Class AA Champions. We invite you to come and support the Sunset Marching Band and Colorguard! You will hear great music as well as see the colorguard team perform with their colorful flags, rifles and sabres.

Over 5000 band enthusiasts and supporters will be attending the event. Local businesses and individuals are invited to sponsor a trophy or plaque. All trophy sponsorships include advertising and sponsor recognition in the program, and the sponsor's name is engraved on the award. Finals and preliminary trophy sponsorships include two complimentary tickets to the event, recognition by the MC, and sponsors are invited to present their

trophy in the awards ceremony.

We also have many volunteer opportunities. Over 200 volunteers are needed, ranging from concession, ticket, and souvenir sales to assisting as hosts for the bands. Everyone (aged 14 and up) is welcome to volunteer and will be given free admission to the event.

The Sunset Classic is our major fundraiser for the school year. This year, in addition to

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performing at home football games and in competition, the Band and Colorguard will be going to Orlando Florida in April 2008 for the All American Music Festival. We hope you're able to join us September 29 for this program of music and pageantry. Thanks for your support!

For more information, including ticket prices, directions to Hillsboro Stadium, sponsorship and volunteer opportunities, please see our website at www.sambanotes.org

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