

SIZZLING Summer



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Class of 2018

YOU DID IT!

Graduation day for students at Clackamas and La Salle High Schools

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CONCERTS IN THE VALLEY

Mark your calendar for music, food, fun on Thursdays

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POSTAL PATRON

BY SHELLEY MCFARLAND

Get your dancing shoes on and come enjoy a music-filled summer. July promises to be a month of neighbors and friends, kids eating popsicles, and an exciting line-up of free concerts at Happy Valley Park. Head over from 6:30-8:30 p.m. Thursdays at Happy Valley Park, 13770 S.E. Ridgecrest Road. Food and drinks will be available for purchase, including adult beverages through Happy Valley Growlers.



INSIDE: See page 2 for July Concert

On Thursdays, Happy Valley Park will be the site of our Summer Concerts in the Park series. Bring your chair and join us for an exciting line-up of musical entertainment.

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CONCERTS IN THE VALLEY

EVENT

DATE: July 12 - August 16

TIME: Thursdays, 6:30 - 8:30 p.m.

LOCATION: Happy Valley Park, 13770 S.E. Ridgecrest Road

■ From Page 1

These free concerts are festival style seating. Bring blankets or lawn chairs and enjoy the 6-week concert series. Food and beverages (including beer and wine) are available for purchase. No personal alcohol or tobacco use allowed.



JULY 12 ★ DANCEHALL DAYS

Dancehall Days will kick off the Concerts in the Valley series. The six-member band plays a diverse repertoire of covers from artists like Bruno Mars, Michael Jackson, Fleetwood Mac, Ray LaMontagne and Ed Sheeran. Dancehall Days has traveled extensively, showcasing their talent at establishments around the Portland metro area and beyond, including the Bahamas, the Troubadour in London, and even at Seattle's Space Needle. Prepare your ears and soul for a rousing, booty-shaking evening.



JULY 19 ★ BRITNEE KELLOGG

Starting at the age of 3, Britnee Kellogg has loved to sing and write songs. Rich, edgy vocals partnered with her rock-in' band, this is their fourth year at Concerts in the Valley. Kellogg describes her music as country rock with a little extra sass.

"Everyone always loves 'Black Velvet' and 'Sweet Home Alabama,' and I think they're going to be really excited to hear a couple of my new songs that have some major summer vibes," Kellogg said. "Happy Valley has become like a home to me, music-wise. I love the family atmosphere. As a mom, it makes me smile to see all of the families coming out to hear live music. I'm so grateful to have such a home in Happy Valley."



JULY 26 ★ NUWAVERS

Dust off your Esprit jeans, shoulder pads, and Jellies for the July 26 concert by the NuWavers. Voted the Best Party Band, the five-person group will play songs from the past to get you out of your lawn chair and dancing. Relive the '80s, and don't worry, with enough hair spray your 'do should hold up in the heat.

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SUMMER

Cool off at watering holes, parks near Happy Valley

Summer is finally here! Grab your sunscreen, beach towel, bathing suit and flamingo float and head out the door. But where? The valley provides a rich landscape with nature's bounty of beaches, lakes and rivers for your enjoyment. Here are a few within 40 miles of Happy Valley:

Trillium Lake

With the beautiful backdrop of majestic Mount Hood, Trillium Lake offers a picturesque swimming playground complete with a small boat ramp, fishing pier, camping and a beach. The nonmotorized, 63-acre lake was formed in 1960 when a dam was built at the headwaters of Mud Creek, a tributary of Salmon Creek. Located on the historic Barlow Road, Trillium Lake features a two-mile shoreline loop trail for hiking. With a depth of 31 feet, Trillium Lake is excellent for kayaking, paddle boarding and canoeing. Day-use parking is \$8 per vehicle, 32798 E. Mineral Creek Drive, Government Camp.

McIver State Park

Named after Oregon Highway Commissioner Milo McIver who served from 1950-62, McIver State Park abuts the sometimes-wild Clackamas River. Located 10 miles away, the park offers horse trails, disc golf, hiking and bicycling trails, and a boat ramp. In addition, the Clackamas Fish Hatchery is located in the park and self-guided tours are available to learn about chinook salmon and steelhead. Day-use parking is \$5 per car, summer

hours are 7 a.m. to 9 p.m., 24101 S. Entrance Road, Estacada.

"As well as providing clean, safe drinking water to over 300,000 people in Clackamas and Washington counties, the river supports naturally spawning anadromous fish including steelhead, chinook and coho salmon, as well as lamprey and sea-run cutthroat trout. It also provides important habitat for many wildlife species, both game and non-game, and offers a wealth of recreational activities such as fishing, hiking, camping, whitewater rafting, kayaking and hunting," said Christine Hollenbeck, Public Outreach and Education coordinator at Clackamas River Water Providers.

Considering a river float? McIver Park has multiple options

- For a 45-minute trip, start at the upper McIver boat ramp and end at the lower boat ramp. The float immediately starts with Class II rapids, but then levels off for a smooth float.

- For a 3-4 hour river float, put in at either upper or lower McIver ramp and navigate your way to Barton. The easy float is perfect for families or beginners.

- For a full-day excursion of 7-8 hours, start at either McIver ramp and float to Carver. This option has a few sections of Class II rapids. Pack a lunch and picnic on one of the many beach areas along the way.

"My kids and I have enjoyed floating the Clackamas River from Barton to Carver every summer. Each time we

go, it's a different experience depending on the water levels and the combination of fellow river people," said Angela Pederson, whose family has floated the Clackamas River for years.

Metzler Park

Surrounded by Douglas fir and western red cedar trees, Metzler Park is an idyllic park with Clear Creek meandering through it. Metzler Park offers hiking with bridges, camping, day-use picnic spots, horseshoe pits, sand volleyball courts, and even a softball field for recreation. Moreover, Clear Creek has multiple locations of shallow water where kids can frolic. Summer hours are 6 a.m. to 10 p.m., 24526 S. Metzler Park Road, Estacada.

Blue Lake Regional Park

From 11 a.m. to 3 p.m. Tuesday through Thursday, June 26 through Aug. 9, Blue Lake Regional Park is hosting Summer Fun Days where children 18 and younger will receive a free lunch and the opportunity to learn about nature, play games or create a craft. In partnership with OSU Extension Services and Reynolds Nutrition, the park also will offer children the opportunity to become Blue Lake Junior Rangers and provide free fishing lessons from 10 a.m. to noon on Thursdays. On summer days, rent a paddle boat, rowboat, or canoe from noon-7 p.m. to cruise on the 64-acre lake. Playground, walking paths, basketball, volleyball, softball, soccer, horseshoes, splash pad, disc golf and a beach also are available. Children 13 years and younger do not require a fishing license to catch the big



FILE PHOTO

Happy Valley Park's Splash Pad has 16 water sprays to cool you down in the warm summer months. The park is open from dawn to dusk.

one. Open 8 a.m. to dusk, day-use parking is \$5, 20500 N.E. Marine Drive, Fairview.

Splash pads

For many families with toddlers, a day trip to a park or river can seem daunting. Splash pads offer a refreshing, close-to-home option for beating the heat in a safe setting with no standing water.

- **Happy Valley Park**
13770 S.E. Ridgecrest Road
Located in the city's most popular park, the splash pad boasts 16 water sprays that soar, shoot and drench. Two playgrounds, tennis and basketball courts, a skate bowl, firepits, picnic tables and bathrooms are all within walking distance. Open dawn to dusk.

- **Rivercrest Spraypark**
131 Park Drive, Oregon City
This park features in-ground and above-ground

spray nozzles, water cannon, and a splash bucket for interactive and user-activated play. Open 10 a.m. to 7 p.m.

- **Carnegie Spraypark**
606 John Adams St., Oregon City.

There are 20 low-flow spray nozzles with ADA-accessibility. It is a drain-only, no-chemical and no recirculatory system.

- **Max Patterson Memorial City Park**
450 E. Exeter St., Gladstone

The splash pad recirculates filtered water that shoots and sprays to the delight of kids. Located nearby are picnic shelters, tennis courts, a play structure, a restroom and a small stage. Open noon-7 p.m. Monday through Saturday and 1-6 p.m. Sunday.

- **Blue Lake Regional Park**
20500 N.E. Marine Drive, Fairview

BE A GOOD STEWARD

If you pack it in, pack it out and remember to wash off boats and other water crafts after using them to prevent evasive species contamination. Make sure all water vehicles are not leaking gas or other fluids.

As with every water activity, the importance of wearing life jackets cannot be understated. It's easy for swimmers to underestimate the danger of unseen eddies, frigid water and swift currents. On July 5, 2013, 26-year-old Meagan O'Meara lost her life while rafting with friends on the Clackamas River near Carver Park. O'Meara, a strong swimmer, was not wearing a life jacket. In their grief, the O'Meara family created Meg's Moments for Life Jackets, a nonprofit dedicated to providing life jackets to swimmers and, more importantly, sharing their story to encourage others about the importance of wearing a life jacket. From June 1 to July 1, drop off any life jacket at a Clackamas Fire Station. The life jackets will be redistributed to people who need them starting at 9 a.m. July 7 at Barton Park, 19009 S.E. Barton Park Road, Boring.

"Drowning is a preventable tragedy and Clackamas Fire strongly encourages the use of a life jacket when anyone is in or near the water," said Fred Charlton, Clackamas Fire District #1 fire chief.

To Swim or Not to Swim?

Water safety is extremely important. Here are a few tips to help stay safe while enjoying summer swimming activities.

As warm weather approaches, Clackamas Fire wants to remind everyone of the importance of practicing safe water habits. Follow these helpful tips from the American Red Cross to keep you and your family safe:

- Swim in designated areas supervised by lifeguards.

- Never leave a young child unattended near water; don't trust a child's life to another child; teach children to ask permission to go near water.

- If you're not planning on swimming, be cautious around ocean shorelines, rivers, and lakes. Cold temperatures, currents, and underwater hazards are dangerous.

- Be aware of underwater obstructions in low water levels.

- If you are boating, wear a life jacket! Most boating fatalities occur from drowning.

- Avoid alcohol use. Alcohol impairs



"Never let your guard down. Water safety is the key to a fun-filled summer!"

judgment, balance, and coordination; affects swimming and driving skills; and reduces the body's ability to stay warm.

- Install and use barriers around your home pool or hot tub. Safety covers and pool alarms should be added as additional layers of protection.

- Enroll in home pool safety, water safety, first aid, and CPR/AED courses to learn how to prevent and respond to emergencies.

"I work with families to build a partnership that focuses on supporting each child and family through all the challenges of this complex world. It's so wonderful to see where each adventure takes us!"

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Youth Engagement

When I think of the things that warm my heart most, it's children. Occasionally, the City Council and I are faced with solving divisive issues. However, there is one thing that unites us all – our passion for supporting youth in our community.

As you read this issue of the Happy Valley Monthly and learn how many of our youth are engaged in the community, I hope you will join me in thanking them for their ideas and commitment towards making our city a better place.

Each year, in partnership with our schools and the Oregon Mayor's Association, we ask for kids to submit all their great suggestions in a contest called "If I were Mayor." On June 5th, Araya Ouanesiosouk, a 4th grader from Scouters Mountain, and Kayla Magura, 8th grader from Rock Creek Middle School, were recognized for their winning submissions. In her poster, Araya highlighted her desire to form groups of volunteers to help those who are less fortunate. Kayla, in her essay, said she "would overall just want to make a positive change for our community" by starting an afterschool program, addressing views on racism, and improving parks. Reading the ideas from grade and middle school students gives me so much ener-

gy each year. For more on the contest, read page...

This last month, we also had a bittersweet moment with the Happy Valley Youth Council. We said farewell to two of our graduating Youth Council members. Nicole Zhen and Anna Terveen were two of our most active members over the last few years and we are going to miss them. They are each off to college where I know they will spread their wings and use the leadership skills they developed on the Youth Council. At the same time, I had the honor of swearing in two new members. Brennan Kelly and Colin Wong will be great additions to the group and I can't wait for them to get started. For more on the Youth Council changes, see page...

Finally, in addition to saying goodbye to Nicole Zhen, we were able to formally recognize that she was awarded the "Amazing Kid" by Pamplin Media. Not only has Nicole been a driving force on the Youth Council, she started volunteering at the library at the age of 12 to start a teen reading program. For more on her amazing story, visit page...

The parents and other family members of these individuals are doing something right! Our community is better because of them.

MAYOR'S MESSAGE



LORI CHAVEZ-DEREMER



You're Invited to our summer events

Let's bring our community together to enjoy our summer events.



Did you know that the City Council positions in Happy Valley are volunteer roles? We didn't get in this for the money or the fame. We all ran for office to be more engaged in our community. There is no better time to get involved in Happy Valley than summer!

We hope you all enjoyed the City's annual 4th of July Festival. Now, we turn our sights to fun events throughout the next two months. Between family festivals, parades, concerts in the park, movie nights at the library, and neighborhood barbecues, there is truly something for everyone.

Not only are these events fun for the entire family, they provide an opportunity for you to engage with your neighbors and get to know other community members. As

elected officials, they also provide us an opportunity to hear directly from you on what matters most. While you might simply be enjoying a nice evening in the park listening to music, the feedback you provide us at these gatherings helps shape our decisions to create a more livable community.

In addition to setting aside time to attend one of the community events, we hope that you build upon their spirit to do more with your neighbors. Host a barbecue, rent out the shelter in the park, organize a game of soccer, and plan to visit the local farmers market. These are the things that foster community.

We sincerely hope to see you at many of these fun occasions. For more information on events, visit www.happyvalleyor.gov.

COUNCIL CORNER



HAPPY VALLEY CITY COUNCIL Council Meetings are held 1st and 3rd Tuesdays of the month at 7 p.m. at City Hall | 16000 SE Misty Drive Happy Valley, OR 97086 | (503) 783-3800 | www.happyvalleyor.gov



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Mayor
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Tom Ellis
Council President
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DEVELOPMENT101: Built to Last

There are many things we take for granted. Electricity at the flip of a switch, water at the turn of a knob, and waste disposal at the flush of a handle. Another aspect of our everyday lives that is often overlooked is the structural safety of our homes and or local businesses. Fortunately, while many of us take building safety for granted, the City of Happy Valley has Building Plans Examiners and Inspectors ensuring high quality construction standards are met.

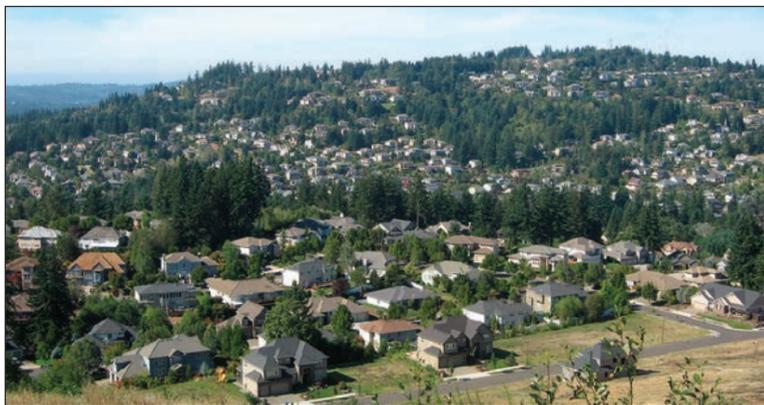


process and factors influencing the growth of our community. We have covered everything from the Urban Growth Boundary, Happy Valley's Comprehensive Plan, the local design standards, and the public improvements that are often required of new developments. This month's article will go beyond the land use restrictions and public improvement requirements to provide detail on how the community is built to last and how safety is ensured.

Obtaining a building permit is often one of the last steps in the development process. Once all land use criteria have been met and public improvements are

constructed, contractors are able to get a building permit. Prior to acquiring a permit, builders are required to submit construction drawings. Building Plans Examiners make sure that proper fire suppression measures such as sprinklers and fire retardant materials will be installed. They certify that exits will be well marked and easy to locate in emergencies, adequate structural support will be provided, water and sewer pipes will be placed correctly, electrical wires will be routed appropriately, and many more standards will be followed.

Throughout construction, inspectors ensure that everything is built according to plan and contractors adhere to best practices. When construction is complete, they sign off on certificates of occupancy and allow the doors to open.



The City's building division provides quality service to the community that is knowledgeable, efficient, comprehensive and helpful to the public.

By reviewing plans against proven structural standards and inspecting the construction, the goal is to ensure our community is built to last. More than that, it is to protect the safety of those inside buildings during emergencies.

In 2017, the City issued 154 new single-family home permits and 5 new commercial/industrial permits. The City also averaged 1,048 building inspections per month! We did all of this while prioritizing customer service and quick turn-around times.

While most of us take building safety for granted, we can all be thankful that there are people who prioritize it every day. It is because of their efforts that our real estate investments will last and disasters are prevented. If you have missed any of the previous "Development 101" articles and would like to catch up, visit www.happyvalleyor.gov/business/economic-community-development/development-101.

Fighting crime with hot dogs and chips!



Did you know that getting to know your neighbors is one of the best ways for you to fight crime? It's true. A neighborhood that is connected and communicates is more likely to recognize suspicious activity and look out for one another.

That's why, each August, Happy Valley hosts a special National Night Out (NNO) event, bringing together neighbors, local police officers, emergency responders and other City representatives. Having these people in one place is a great way to share contact information, bring up issues and generally get to know one another.



Come join the fun and register your neighborhood to be a part of 2018's National Night Out.

The NNO event in Happy Valley is a bit unique. Rather than having one large event, we encourage neighborhoods and HOAs to host block parties. Parties that are registered with the City of Happy Valley receive a free "party package" that includes hot dogs, chips and water. The Happy Valley Police, Clackamas County Sheriff's Office, and Clackamas Fire District make a point to visit as many parties as they can. Children are encouraged to check out their emergency

vehicles and rigs, test out the sirens, and ask lots of questions. Adults are too, for that matter! Your City Councilors, City staff and members of the Traffic & Public Safety Committee will also drop by your festivities with prizes for the kids and crime prevention tips and handouts for the adults.

It's a great evening and gets better each year — last year 25 neighborhoods in Happy Valley participated!

Please help us continue to grow this event and keep crime out of our community!

Date: Tuesday, August 7 from 6:00 – 9:00 p.m.

Application deadline: August 1.

Registration information and application forms can be found at: www.happyvalleyor.gov/community/community-services/community-events

Is your neighborhood not hosting a party? To join an open party near you, contact Stephani Hern at stephani@happyvalleyor.gov for party host information.

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Camp Odakoda founder creates opportunities for kids with autism

Misti Moxley taps experience with her own son to help others

BY **SHELLEY MCFARLAND**

Misti Moxley did not set out to be a trail blazer, but when her son was diagnosed with high-functioning autism, or Asperger's Syndrome, she forged a path to help him navigate his world better.

Moxley, a Happy Valley resident, grew up in Sandy and graduated from George Fox College with a master's degree in education and earned an administrator's license. With her husband, Ian Moxley, they had three boys. When one of her sons was 6 years old, he was diagnosed with high-functioning autism. To Moxley's surprise, after the doctor's diagnosis, the only information presented to her was a pamphlet on autism.

"We took him to OHSU (Oregon Health & Science University) where he saw an interdisciplinary team. They told us he had autism and handed us some papers, and we walked out the door. It took some time to sink in. So he received the diagnosis, and we thought 'now what?'" Moxley said. "It was quite the process."

Their first thought as parents was to protect their son. They didn't want him labeled or treated as inferior to other children. "Different, not less," has been a motto Moxley in-

stills in her son.

After their son's diagnosis, Moxley researched high-functioning autism to learn all she could. She learned how her son functioned and how he interpreted the world. Eventually, OHSU hired her as a communications outreach specialist. Moxley's job was to help parents whose children recently had been diagnosed with autism find resources and information. Because of her own experience and self-education, Moxley became a liaison between the hospital and patient.

As her son grew, she realized extracurricular activities were limited for children with autism. When her son was 11, Moxley wanted him to experience the joy of summer camp like other kids his age.

"He couldn't access what other kids could access; they could go to camp. I was looking at YMCA and other camps, but he can't do a typical camp. There's Kiwanis and Easter Seals, but he doesn't have an intellectual delay. He has a typical IQ, so he wouldn't fit there either," Moxley said.

She researched summer camps for children and found the closest camp for children with autism was in Minnesota. It was structured for kids with high-functioning autism, yet after adding up the cost of travel, camp and lodging, her husband suggested maybe they should just put on their own camp.

"Basically, we just wanted



PHOTO BY: MISTI MOXLEY

Happy Valley resident, Misti Moxley created Camp Odakoda after realizing there were no summer camps in the Northwest for children with autism. Moxley, with camper Brady Blair, runs the camp each summer.

a big playdate for him," Moxley said. "We had friends on the board of a different camp, and I had organized different day camps and small programs as a teacher, so we did it. That first year, we had our camp in August."

The first nonprofit session at Camp Odakoda, in 2010, had 30 campers.

"The first year was amazing. There were a lot of neighbors and friends that rallied to help us," Moxley said. "It was a whirlwind. That first year we cried. Everything was so special, and it still is, but it's better structured, and now we have 85 kids attending."

Moxley takes care to craft

the camp to the needs of the campers. The goal is for the kids to enjoy themselves while not being overstimulated. Only bottom bunks are used for the kids, keeping the camp at half-capacity to ensure their comfort. Camp Odakoda recently added more yurts, which allowed them to accept more kids, including high schoolers and a teen program. Currently, Camp Odakoda is the only overnight summer camp designed for kids with autism on the West Coast.

"It's almost like two programs. With the teens, we take them to the beach for a day so they get more independence and don't have to fol-

CAMP ODAKODA

DATES: Aug. 13-17

LOCATION: Fall City

VISIT: visit: www.asdoregon.org

It's My Ability Run will be held Saturday, Sept. 1, in Boring. For more information, visit: www.runsignup.com/Race/OR/Boring/ItsMyAbility5KforAutism

low as strict of a schedule because many of them have better emotional regulation and have learned skills. They love it and have a dance party on the last night," Moxley said.

A byproduct of the camp has been the unexpected number of connections from people who want to talk and learn about high-functioning autism.

"Every year or so, we get someone at camp who discovers that they, as an adult, have autism. Sometimes everyone knows but that person," Moxley said. "Ian gets lots of dad calls, from men who want to ask questions. Lots of times the moms are getting all of the support and going to appointments, and maybe dads aren't quite as involved."

To raise funds for the nonprofit, Moxley and Dr. Raymond Harden, a Gresham dentist whose son also has high-functioning autism, organize the annual It's My Ability Run, formerly the

Harvest Hustle.

As her son grew, Moxley saw how a student with autism may need support from the school. Her son attended Portland Christian Junior/Senior High School, which lacks the resources needed to deal with autistic students. Undaunted, Moxley talked to the school, and a position was created for her as director of student support. She worked at the private Christian school for three years and was able to help numerous students.

Today, Moxley says clinicians still refer her to people, especially parents of diagnosed children, who call to ask about post-diagnosis life. Her experiences have helped numerous parents and children navigate the world of the autistic spectrum. And as her son grows, Moxley is considering a new nonprofit to help young adults with autism learn life skills, including independent living, higher education and workforce challenges.

"We get kids at camp where you automatically judge that they're not going to be smart because of their appearance, their speech, or lack of eye contact, but you don't know what's inside. You can't decide just by looking," Moxley said. "Kids with autism, especially Asperger's, deal with people who expect them to have some sort of super-smart power. Many have a hyper-focus on an area that interests them."

"IF I WERE MAYOR"

"If I were mayor, I would overall just want to make a positive change for our community."

*Kayla Magura, Quote from essay
Full essay posted on the city of Happy Valley's website*

On June 5th, Araya Ouanesiosouk, a 4th grader from Scouters Mountain, and Kayla Magura, 8th grader from Rock Creek Middle School, were recognized for their winning submissions in the "If I were Mayor."

I Would..." contest. They have been entered into the statewide contest, where a winner will be chosen in July. We wish them luck!



Both Kayla and Araya were presented with awards by the Mayor and City Council for their contest entries.

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Nicole Zhen honored at the Oregon Museum of Science and Industry



On April 30th, Nicole Zhen and 24 other "Amazing Kid" recipients were honored at a banquet at the Oregon Museum of Science and Industry. The City of Happy Valley nominated Nicole based on the leadership she has shown as a member of Youth Council, the community service programs she planned and implemented, her excellence at school, and her extensive extracurricular activities.



There is no doubt that Nicole Zhen is a force. Excelling at all that she puts her mind to, she has succeeded academically and demonstrated exceptional leadership skills throughout the years. However, Nicole truly stands out using her formidable determination to bring about positive change for others. When Nicole Zhen sees a problem or a

person in need, she cannot help but take action. Her compassionate nature combined with her dedication and determination ensures that everything she touches is improved for the better.

Now a senior in high school, Nicole Zhen has dedicated much of her youth to helping others, starting with her first volunteer position at the age of 12 at the local library. Six years later, Nicole is still a dedicated library volunteer, and now leading a program she developed that provides teen reading buddies to young, and often struggling, readers. But this is not the only volunteer role Nicole serves in.

As the chairperson of the Happy Valley Youth Council, a group committed to improving the lives of fellow teens through youth advocacy and



Nicole Zhen

the creation of safety programs, Nicole works with her council to identify key issues for teens and then develop an effective plan to create a positive impact. Through the four years Nicole has served on the Council, she has been instrumental in successful drug turn-in events, distracted driving initiatives, and teen suicide prevention. In February of 2018, she led the Happy Valley Youth Council in establishing the first-ever Oregon Youth Summit, an event in

which youth council members from 14 cities from across the state met at the capitol to discuss and share ideas to improve the issues facing teens.

Nicole goes where she can affect the most change, which has led to two national opportunities over the last year. The first was as one of two Oregon representatives selected to serve as a student delegate in the acclaimed United State Senate Youth Program. The other as one of 29 students nationally chosen to be a part of the HERLead Fellowship, which partners teens with successful women mentors. Nicole will graduate this spring and will then head off to a four-year university. Her plans include earning a double major in political science and another social science discipline. She plans to follow that with law school and work in government as a policy maker or as an attorney.

Whatever road she chooses, she hopes that she will be able to affect social change and continue to help others.

"Over the years, I have been impressed by Nicole's poise, passion for service and natural leadership ability. Nicole takes her leadership to a personal level, conveying a sense of direction coupled with the dedication to follow an idea to completion." Anna Bruce, Youth Services Librarian.

"Nicole is one of the most dedicated and responsible Youth Councilors I have had the pleasure to work with. Since joining the council three years ago, she has been determined to work hard and add to its success. Her caring nature and personality allow her to work well with others in a team setting as she always respects others' opinions, even when they differ from her own." Stephani Hern, Youth Council Advisor.

Happy Valley Monthly is a special publication of ClackamasReview

Publisher's Note: Happy Valley Monthly is always on the lookout for story ideas and suggestions from our readership. If you know of an interesting local story or a person deserving of community recognition, please forward tips to afox@clackamasreview.com and include your name and phone number for contact information.



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New helmet law for skate park users

Effective July 5, 2018, all Skate Park users, all ages and at all times must properly wear a safety helmet while using the Skate Park facility. We still strongly encourage the use of additional safety equipment like; elbow pads and knee pads but the use of a safety helmet is a must.

On June 4, 2018, a discussion around Skate Park safety at the Parks Advisory meeting lead to one of the toughest policies to dis-

cuss and one that directly impacts the safety of our Skate Park users. The focus was directed towards the safety of our park users and specifically towards activities that could have a higher rate of head injury. Currently, the city maintains a set of park rules that prohibits nuisance activities or activities that could pose a safety concern. Furthermore, there are specific guidelines for park users that "encourage" the use of safety equipment but until now, those soft

suggestions have become a hard law.

Our community's safety team will be strictly enforcing this new rule in hopes that everyone will voluntarily comply for their own safety. If a person is found in violation of this new rule they could face a fine up to \$500 and/or be excluded from the facility for up to 60 days.

If you have any questions regarding this new law please call Steve Campbell, Director of Public Safety at 503-783-3800.



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July 2018 Library Events

The Library will be closed for the July 4 Holiday.

ADULT PROGRAMS

MAH JONGG: Fridays, 1-4 p.m.
Those who enjoy playing American Mah Jongg are invited to join our fun and friendly group! Be sure to bring your 2018 National Mah Jongg League cards.

STRING-ALONG: Sundays, July 8 and 22, 2-5 p.m.
Bring your acoustic guitar, fiddle, ukulele or other stringed instrument to the Happy Valley Library and share some tunes with other musicians. Adults of all skill levels are invited to drop in and play some American traditional Bluegrass or Folk music in a casual, jam-style setting. Bring a song you know to share.

GENEALOGY CLUB: Mondays, July 9 and 23, 2-4 p.m.
Searching for family roots? All are welcome to come and share questions, strategies, and organizing tips. Insights are discovered and pathways revealed as we attempt to solve the mysteries of our ancestors' elusive stories!

BOARD GAME CONNECTION: Thursday, July 26, 6-8 p.m.
Gather around a table and connect with friends new and old over board games. Learn a new game or bring a personal favorite and teach someone else! New games will be featured every month.

LIBRARY CHILDREN PROGRAMS

FIELD DAY: Thursdays, July 5 10 a.m.-12 p.m. @ Village Green Park
Crafts, sports and games with the Library in the park.

LET'S LEGO (Ages 5 and up): Saturday, July 21 1:30-3 p.m.
We'll supply the LEGOs; you bring your creativity!

PARTY IN THE PARK: Sunday, Aug. 12, 1-4 p.m.
Live music, balloon animals, booths and games!

VIDEO GAME TOURNEY (Ages 10+): Thursday, July 5, 4-5:30 p.m.
Bring your skills to Super Smash Bros Brawl to win the prize.

ROCK ART (Entering grades 6th-12th): Tuesday, July 10, 4-5:30 p.m.
Transform ordinary rocks into incredible works of art using paint or markers and plenty of awesome tidbits.

EXPLORING ANCIENT ENGINEERING (Ages 10+): Thursday, July 12, 4-5:30 p.m.
Find out how high tech the past was with interactive challenges from the University of Oregon's Museum of Natural and Cultural History.

EN TAIKO DRUMMING (Entering grades 6th-12th): Tuesday, July 17, 4-5:30 p.m.
Experience taiko drumming with a performance and then a chance to try it out yourself.

FOOD SCIENCE (Ages 10+): Thursday, July 19, 4-5:30 p.m.
From a banana piano to a marshmallow catapult, we'll be playing with our food...scientifically.

SUSHI FEST (Entering grades 6th-12th): Tuesday, July 24, 4-5:30 p.m.
It's all things sushi - minus the fish! Craft candy sushi, take a sushi quiz and create felt sushi with artist LeBrie Rich.

COMIC BOOK WORKSHOP (Ages 10+): Thursday, July 26, 4-5:30 p.m.
Comic book enthusiast (and librarian) Brad Clark shares all things comic books.

HALF BLOOD CAMP (Entering grades 6th-12th): Thursday, August 2, 7:30-10 p.m.
The ultimate demi-god camp experience...at your library. Check-in from 7:30-8; the Library will be closed and doors locked at 8 p.m.

Has your child or teen met their reading goal?

Be sure to bring in their completed reading log starting July 15 to get their prizes, including a free book, tickets to the Oregon State Fair, a coupon for a discounted ride bracelet for Oaks Park and a ticket to a Portland Trailblazers game. Haven't signed up yet? There's still time! Signs up end August 7, with August 31 being the last day to pick up prizes.

Happy Valley Library
2018 CONCERTS IN THE PARK

Bring a picnic, a blanket or chair, and join us for a music-filled evening!

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 July 27: No Time 2 Lose
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 August 10: Rich Gritty Band
 August 17: Rae Gordon Band
 August 24: Rhythm Culture

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'That ain't a story, that's the truth'

Chef Mayeux honors his Louisiana roots by dishing up Cajun comfort food at the Happy Valley Farmers Market

BY SHELLEY MCFARLAND

With his beaming smile and hearty laugh, Theron Mayeux serves up delicious dishes from his food cart, "Right Bayou Cajun," stationed at the Happy Valley Farmers Market. He is happiest when serving up a hot bowl of gumbo to his customers or chatting with shoppers in the produce department of New Seasons Market where he works.



New Orleans native, Theron Mayeux, serves Cajun goodness from his food cart. ▼ Bayou, at Happy Valley Farmers Market. Below, Mayeux, seen with his father, Basil, also a chef and Vietnam Veteran.

Born in New Orleans, Mayeux grew up in a culture steeped in oral history food, and music. Family get-togethers focused on food, and stories were told into the early morning hours about the Mayeux family, whose heritage centered on cooking.



"He taught me don't throw away nothing, everything is used. When it comes to the pig, you can eat everything but the oink."

— Theron Mayeux

"In New Orleans, everybody always was gathering and food was the main thing for the celebration. My daddy was the chef. When he cooked, everybody stepped aside, you can look and learn, he's the alpha and omega," Mayeux said. "I love all that when it comes to food and cooking. Growing up in New Orleans, if you smell something good and say 'Oh, that smell good,' the cook will say, 'You hungry, baby?' It's easy, everybody is eating."

Mayeux learned to cook from his family, especially his father, Basil, a Vietnam veteran who served two tours and was a chef in New Orleans and Europe. Mayeux says people tell him that his dad has the best stories. "That ain't a story, that's the truth," he responds to them.

"My daddy has stories about food and how it was associated. People would say that's 'n-word' food, but then they'd taste how good it was, and my dad said a lot of people worked with white families, that's how they learned," Mayeux said. "New Orleans is a melting pot, that's the beautiful thing about it. Every culture brought something. The Italians, and the Germans had the sausages, Spaniards, Native-Americans, it's all of the influences, and it's a mixture of culture. The food is going to be unique or have a certain taste that you can't get somewhere else."

In New Orleans, Mayeux worked with racehorses, and also as a longshoreman on the river. Eventually, he attended the Culinary Institute of New Orleans where he knew "this

was my way to see the world and to travel." In 2003, Mayeux moved to Oregon to be near his daughter, Ivy, who now is a sophomore at Clackamas High School.

"The one thing that sold me on Oregon was the U-pick raspberries. We'd go out and pick raspberries, and put the money in the jar. Such honest people. I had to learn to put my guard down and trust people of different races and ages. I can always get along with people. Everybody in Oregon is nice. When I saw the mountain, I was blown away," Mayeux said.

For 10 years he worked at Jake's Famous Crawfish, in Portland, as lead-line chef, where he met his wife, Kaylee, who was a server.

"I learned a lot about pace and volume of a restaurant. I can go anywhere now and deal with the stress. We had a strong team at Jake's," Mayeux said. "I understand Oregon now, like hiking. I thought why would people go somewhere a bear could eat him? And I moved here, and now I see the peace of mind. The forest and everything was so different from New Orleans, it slowed down. Oregon did that for me, I appreciate small things now."

After Jake's, Mayeux accepted a position at New Seasons Market in Happy Valley, which improved his family life with better work hours and less driving.

"I love it. I get to deal with all of the fresh, organic vegetables every day, and I've formed relationships with different farmers who come through, the vendors and the customers. I love working here. Wednesdays are my favorite day because it's senior citizen day. I get to talk and learn from the elders," Mayeux said. He even has cooked for a few of his customers.

Mayeux and Kaylee enjoy their own big family, Ivy, 15, Ruby, 11, Tana, 3 and Ravi, 2. Together, they often accompany Mayeux to festivals where he sets up his food cart. When Mayeux moved to Oregon, he was immediately impressed with the food cart scene in Portland. After he found a cart to buy four years ago, Mayeux and Kaylee worked together to set it up and create a menu while applying to work different festivals in the area.

"It was perfect timing, and it all fell into place," said Kay-



SUBMITTED PHOTO: KAYLEE MAYEUX

Right Bayou foot cart is a family affair. Mayeux's mother, Deanie, comes from New Orleans to help in the summer. Daughter Ivy, left, and Mayeux's wife, Kaylee (not pictured) help to make summers a family affair.

lee, who works as a private in-home caregiver.

Right Bayou Cajun has been at numerous events, including West Linn's Old Time Fair and Music in the Park series. At the festivals and farmers market, Mayeux finds the biggest compliments come from children or seniors.

The menu at Right Bayou Cajun varies, but the flavors of New Orleans come through. Cajun is a style of cooking named after the French-speaking Acadian people who were deported by the British from Canada and resettled in Louisiana. Andouille sausage, shrimp and crawfish are com-

mon ingredients, along with rice, and the holy trinity of vegetables: diced green bell peppers, onions and celery.

"My daddy always said 'You've got to be known for something.' People know me for my jambalaya and my fried shrimp or fried oyster po' boy sandwiches and the pulled pork sandwiches," Mayeux said. "I get requests for gumbo. Growing up in New Orleans, we'd eat gumbo when it was cold. I like the whole concept in Oregon of using seasonal food, but I use recipes from New Orleans. I try to keep it authentic."

Two years after Mayeux

moved to Oregon, Hurricane Katrina hit New Orleans, debilitating the city with \$108 billion in damage and over 1,800 deaths.

"We were there before the hurricane for Jazz Fest, and we went after the hurricane. For me, having only been there once before, I could feel how the city had changed," Kaylee said. "Basil moved here, to Portland, and has never gone back, and Theron's brother and his family moved to Corvallis for a couple years while New Orleans settled down. Basil lost his house, which had been in the family since the 1930s."

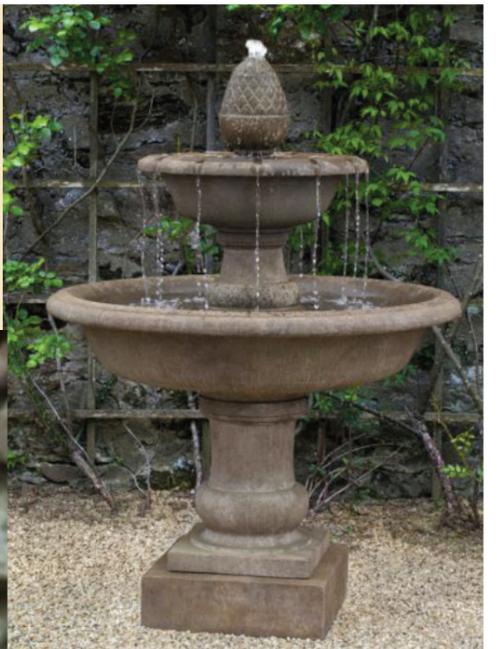
Mayeux's extended family still lives in New Orleans, including his mom, Deanie, who comes to Oregon to visit during the summer and helps with the children during festivals. Deanie's father was a baker in New Orleans, making wedding cakes. Mayeux would go to the weddings with his grandfather, who was known as "Cakes Man."

"When you're cooking, you're using all of your senses. I can listen to the food and know when it's ready. I've always had an open mind. I have an appreciation of food from my daddy," Mayeux said. "He taught me don't throw away nothing, everything is used. He would say, 'When it comes to the pig, you can eat everything but the oink.'"

Right Bayou Cajun will be at Happy Valley Farmers Market on Saturdays. For more information, visit: www.rightbayoucajun.com.

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New lineup for the Youth Council

New Members

On May 16th, the Youth Council members interviewed eight new member applicants. The applicants were asked questions and presented why they wanted to be on the Happy Valley Youth Council. After the meeting adjourned, the YC voted and selected two new members for the vacant seats. These two newly sworn in members rose to the top and we are excited to have them be a part of the Youth Council Family:

■ **BRENNAN KELLY:** will be a Freshman at Clackamas High School.

■ **COLIN WONG:** will be a Sophomore at LaSalle

Thank you, Seniors!

■ **NICOLE ZHEN:** Happy Valley Chair. She was on the Youth Council since she was a Freshman. She will attend Yale University, New Haven Connecticut, and study Political Science. She started the Teen Tutoring Program at the Library.



■ **ANNA TERVEEN:** Happy Valley Co-Chair. She has been on the Council since her Sophomore year. She will attend Westmont, Santa Barbara California, and enter their Pre-Med program. Facilitated the Kevin Brooks Assembly at Clackamas High School.



Congrats to Anna and Nicole! Good luck on your next adventures.

Welcome to the Youth Council family, Brennan and Colin!

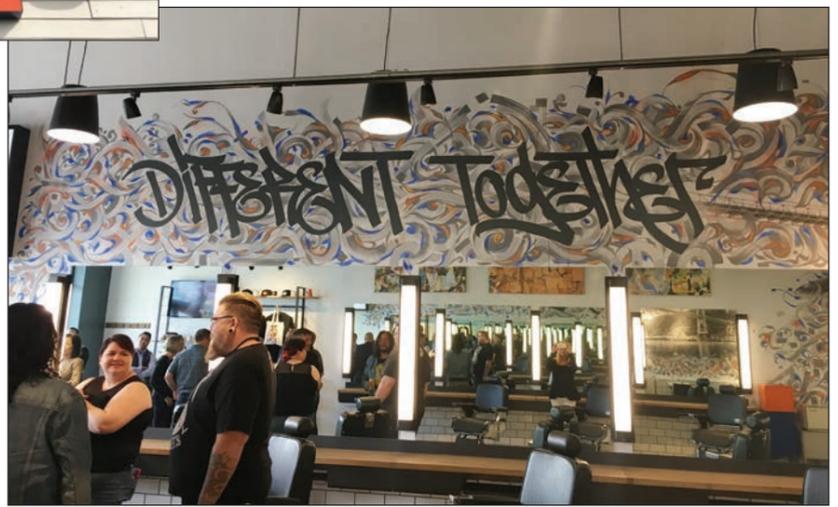


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SUMMER

FUN SAFETY RULES

The smell of fresh cut grass, the sound of children laughing, and the feel of the warm sun and gentle breeze are all reasons why our memories of parks are so strong.

In Happy Valley, we take great pride in our park areas being places where people can come together, make memories, spend quality time with friends and take part in healthy activities.

There are a few rules that we ask all visitors to follow in order for everyone to have a good experience.

1. Be nice to the neighbors. It is important to remember that most parks are surrounded by neighborhoods. This is not by accident; we want our parks to be convenient for residents to use. We ask all visitors to conduct themselves as they would if they were in their own neighborhood. Please be respectful when parking, playing music, disposing of trash, etc.

2. The park is closed from dusk to dawn. If it is dark out, and the park is not open as part of a permitted event, the park is closed and trespassers can be ticketed.

3. Keep it clean. During the summer there are park employees on duty seven days a week, emptying garbage cans and restocking restrooms. Visitors are expected to properly dispose of their personal garbage or take it with them when they leave. If the restrooms or another facility in the park need attention, please call 503-783-3800.

4. Mind your animals. All animal waste must be placed in a bag or container and disposed of. There are bag dispensers for animal waste at most parks. Pets cannot be left unattended for any time. People with

animals that act aggressively, or bark continuously will be required to leave. All animals in the park must be on a leash except if they are in one of the designated dog park enclosures.

5. No tobacco use or smoking of any kind is allowed on park property. This includes cigarettes, chewing tobacco, or any inhalant delivery system such as e-cigarettes and vaping devices.

6. Leave the adult beverages at home. Alcohol possession and consumption is prohibited at the park, unless permitted at a City sponsored event, and distributed by an OLCC approved vendor.

7. Rules of the road apply. The speed limit through the park is 10 mph. It is unsafe to go any faster than this speed. Motor vehicles must be operated in accordance of the law. Keep them off paths, grass, and trails unless you have express permission from the City. This includes ATVs, motor bikes, other recreational vehicles.

8. Stay above ground. To protect the park's irrigation system, prevent uneven ground, avoid equipment being left behind, stakes and posts may not be pounded into the ground.

Have fun making new summer memories in our local parks. We will do our best to ensure the park rules are followed for everyone's safety and enjoyment.

The full list of park regulations can be found at: www.happyvalleyor.gov/services/parks and rules for using the off-leash area, splash pad and skate park are posted at each site.

BE SAFE,
Steve Campbell



PUBLIC SAFETY
Steve Campbell

PREMIER FITNESS

thanks the community

On May 27, after being a community landmark for the last 10 years, Premier Fitness put away their weights for the last time.

Premier opened in 2008 as a boutique training gym, one of the first around. It filled a niche in the area and quickly gained loyal members and dedicated employees. What started as a place focused on taking personal fitness to the next level soon became a gym for the community.

"I loved having such a large fitness facility right here in Happy Valley. When the rainy weather hit, it was always nice to know I could get in a long run on one of their treadmills and watch the traffic stream by on Sunnyside Road. It became part of my daily and weekly routine, and I will really miss that. I'm sad to see it go." Says Curtis Long, long time member.

A large factor in the gym's special feel is gym manager, Leanne Gillies. Gillies began helping the gym owners almost immediately after it opened with membership management. While she admits she was a little green about the fitness industry, she took her experience in real estate and created something special – a gym family.

With a focus on relationship building, the gym soon became a place where people felt at home.

"It was a huge family; a lot of personal relationships were formed over the years. Members and employees knew each other by name. We had many members who would come in for an early class, and then have a cup of coffee, and watch the news or read the paper before 'starting' their day," said Gillies.

The high employee retention helped create an environment that was familiar and constant.

"The employees were the best, and many of them have been here nearly since the beginning, like Bob and Melissa. I've built unbelievable relationships here. This job kept my



"I hope our members find a new cozy home; a place where they can continue their friendships. They were so loyal and committed until the end, and it really meant a lot to me."

— Leanne Gillies



love tank full."

With the gym now closed, Gillies will focus on her real estate business full time and spending more time with her family, husband Justin, and her two children, a senior and sophomore at George Fox University.

When asked what her hopes are for the members she has served for so long, she responded "I hope our members find a new cozy home; a place where they can continue their friendships. They were so loyal and committed until the end, and it really meant a lot to me."

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Isaiah Preuitt is making his mark as a team builder and creative problem-solver.

Isaiah, a seventh-grader at Happy Valley Middle School, recently competed at the Destination Imagination Global Finals with teammates Deon Best and Ben Snyder.

The international event, held at the University of Knoxville, in Tennessee, brought together top teams from each state and 20 countries. There were 15,000 teams at the event, and as team TF (The Future), the three boys participated in the STEM-based competition, vying against 60 other teams in their bracket. To reach the global finals, TF took first place in the Oregon Destination Imagination finals.

Destination Imagination is an educational nonprofit learning program designed to complement K-12 education with a creative process to acquire diversified skills necessary for success in school, career and beyond. To that end, DI participants compete annually in contests based on STEM (science, technology, engineering and math) principles. STEM-based programs use these subjects together as an interdisciplinary applied approach



Isaiah Preuitt recently competed at the Destination Imagination Global Finals in Knoxville, Tennessee. The Happy Valley Middle School seventh-grader also plays basketball and volleyball. SUBMITTED PHOTO: ERIKA PREUITT

to learning with the intent of achieving real-life application. At the finals in Knoxville, TF competed in the engineering field with a project they had worked on all year. The team took 29th place.

“We built a structure that was as light as possible, made out of balsa wood that could hold mass weight while dropped from heights, and we had to make a storyline to go with it,” Isaiah said.

Isaiah was approached by his basketball coach to join DI where he could bring his team-building skills and maturity. The TF team brainstormed the project, created the storyline, and used project-management skills — rarely taught in schools but a part of the STEM program — to build and execute it.

“The best part was being able to travel and see the mini-city of the university and meeting all the different people from the 20 countries and Canadian providences,” Isaiah said. “It was a good experience.”

“Isaiah brings a strong work ethic, humor and original thinking to my classroom,” said Drew Perse, who was Isaiah’s sixth-grade language arts teacher and will be his seventh- and eighth-grade AVID teacher. “He was a leader during Socratic Seminars on a variety of topics, and I expect this to continue in AVID.”

Not only is Isaiah an academic star, earning all A’s this semester, but an athlete as well. He plays basketball and is a middle blocker on a 14-and-under boys’ volleyball team. He also volunteers at Abundant Life Church in youth ministry, helping younger children during services. In the future, Isaiah would like to play professional volleyball but would be happy to be an orthodontist if that doesn’t work out.

“The sky is the limit for Isaiah. He is surrounded by a fantastic family that’s a terrific support system for him. I expect big things for him in life. He’s a hard worker who can, and will, achieve whatever he puts his mind to. I cannot wait to watch this kiddo soar,” Perse said.

KICK IT! Break a board for Greyson Mbock



Greyson Mbock spent 9 days in intensive care and trauma recovery unit after he was hit by a speeding motorcyclist. He suffered numerous injuries including torn ligaments in his knee requiring extensive rehabilitation.

On June 3, while crossing the road in the crosswalk at Southeast 148th Avenue and Sunnyside Road, Greyson Mbock was hit by a speeding motorcyclist. The Clackamas High School graduate suffered numerous injuries.

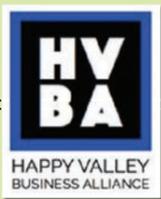
“Greyson came home from the hospital after nine days in intensive care and trauma recovery unit. He has to stay completely off his right leg for more one month until his next surgery. He needs 24-hour care and has to ask for, and accept lots of help. Greyson is a very independent person, so it’s not easy for

him, but he is doing his best to focus on his safety and healing,” said Clair Parker, Mbock’s mother.

Mbock, a rugby player, graduated in 2017 from CHS and attended Clackamas Community College. He plans on attending the University of Oregon in the fall, if he recovers enough from his injuries.

“I am planning on recovery. Perhaps I will do some fun things this summer, but this whole event hit me like a train and I had to change all my plans. I was planning on going to basic training this August.

Continued on next page



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Mbock

■ From Page A12



PHOTOS SUBMITTED BY CLAIRE PARKER
Mbock graduated from Clackamas High School in 2017. He plans to attend University of Oregon in the fall.

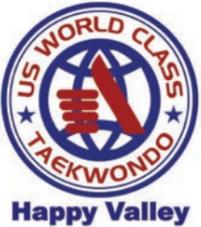
With all my accommodations I just really want to heal and get back to sustaining my life with exercise and doing activities. I have many things to do however like read and learn so I imagine my summer will be grand," Mbock said.

U.S. World Class Taekwondo-Happy Valley and Happy Valley Station are working together to sponsor a Kick-a-Thon event to raise funds for Mbock. It will be held from 5-6 p.m. Saturday, July 7, at the first Night Market event at Happy Valley Station, 13551 S.E. 145th Ave.

Boards and instruction will be available (for a donation) so attendees can experience the thrill of board breaking while helping Mbock. All proceeds will be donated to the Mbock family to pay for Greyson's medical, rehabilitation and education expenses.

The goal is to break 1,000 boards for Mbock. Organizers are asking for a donation of \$5 for one board, or \$10 for 3 boards.

"Most of our family is grateful that Greyson is still here and that his injuries were not even worse than they are. His younger sister cancelled her travel plans for the summer to stay and help take care of Greyson. His father flew in from Cameroon right after the accident to be here to support Greyson. His



whole family has rallied together to support him in his healing" Parker said. "The community has been a m a z i n g. There has been an incredible outpouring of concern and support. Greyson has been so touched and it has meant so much to our whole family. Having something like this happen can be overwhelming but we never felt alone because of the wonderful people of Happy Valley."

How can we help with behavioral health issues and harmful threats



Anthony Bourdain, Kate Spade, Robin Williams, Junior Seau, Chris Cornell, Mindy McCready, Kurt Cobain, Chester Bennington: Some of the recent celebrities who have committed suicide.

There is concern that suicide deaths increase after highly publicized celebrity suicides. After Robin Williams' suicide in 2014, the US suicide rate increased by 10% and there was a 32% increase in suicide by hanging (method used by Williams). (1)

Suicide is the 10th leading cause of death in the US. Every day an average of 117 Americans dies by suicide. Did you know that Clackamas County, Oregon sees an average of 52 deaths by suicide each year? This year, there have been 19 suicide deaths between January and April. If that trend continues, Clackamas County will far exceed the average number of suicides per year.

Or, did you know that Oregon has a suicide rate higher than the national average for the last 3 decades?

According to the US Center for Disease Control (CDC), the US has seen a 30% increase in the suicide rate since 1999. In 2016, 45,000 Americans committed suicide. (2)

For reference; that is the population that live in Canby and Tualatin combined. People from all walks of life commit suicide and there is no sure-fire indicator to look for. There are, however, some factors common to many suicides that you can watch for.

Some factors often seen in people before committing suicide:

- Substance abuse
- Stress from a relationship
- Legal, financial or work stress
- Physical health concerns (new diagnosis or terminal diseases)

■ Untreated mental health concerns
Some specific signs that someone may be contemplating suicide include:

Threats of suicide

- Thinking about suicide or death (evidenced by talking about it, doing research on suicide methods, or fixating on subjects related to death or suicide)
- Increased or reckless substance abuse
- Stated feelings of purposelessness, anxiety, hopelessness
- Withdrawing from friends and family or social activities
- Expressing unusual anger, recklessness or mood changes.

If you know someone who demonstrates any of these signs or anything else that causes you to wonder if they're depressed, hopeless or even suicidal, YOU can do something.

Several experts agree, it's best to ask them straight up if they are thinking of hurting themselves. Do not worry about offending someone. This simple question often opens up a dialogue in which you can address any concerns and talk about ways to get help.

Some excellent ideas for seeking help with depression or thoughts of suicide are:

- Call 911 if you suspect someone is actively considering suicide.
- Happy Valley Police and Clackamas County Sheriff Deputies are trained in Crisis Intervention (CIT) and can facilitate the safety of suicidal people and make referrals to mental health professionals.



Happy Valley Police and CCSO Deputies also work hand in hand with Clackamas County Behavioral Health Unit (BHU). BHU consists of 3 full-time mental health clinicians employed through Clackamas County's Behavioral Health Department.

BHU clinicians provide follow-up, community outreach and respond to mental-health crises on-scene to individuals who have had contact with law enforcement and may be in need of mental-health services. BHU responded to 596 calls in 2017.

■ Here's a link to Clackamas County Behavioral Health. www.clackamas.us/behavioralhealth Or you can call their hotline for those in crisis at (503) 655-8585.

■ Riverstone Crisis Clinic is local and a good resource. Reach them here: www.clackamas.us/behavioralhealth/riverstone.html

■ If you're concerned about a student or student-aged person, SAFEOREGON.com is an excellent resource that can connect students in crisis with a variety of resources from school counselors to professional therapists. Learn more at: www.safeoregon.com

■ There are plenty of national suicide hotlines as well. CDC or National Suicide Prevention Lifeline can both be accessed online or by phone and can be good resources.

Suicide leaves a wake of grief and loss behind. Often there are feelings of guilt or even anger. These are all normal. We owe it to each other to do everything we can to prevent a suicide. The best way to

do this is to be alert for the signs above and have the courage to ask the person and/or make a referral to a professional.

(1) - CNN Susan Scutti 02/18/18
(2) - Anne Schuchat, MD, Deputy Director CDC, 2016

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- Clackamas Down the River Cleanup
Sunday, Sept. 9
- Lower Sandy River Floating Cleanup
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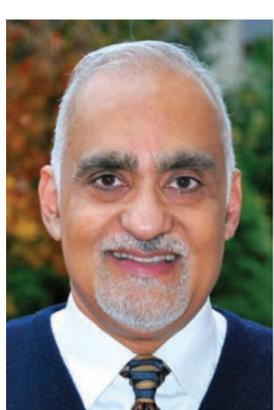
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COMMUNITY CALENDAR JULY 2018

Date	Event	Time	Location
7	Happy Valley Farmers Market	9 a.m. - 2 p.m.	Eastridge Church*
9	City Blood Drive Challenge	12-5 p.m.	Happy Valley Library
9	Parks Advisory Committee	6 p.m.	City Hall
11	Traffic and Public Safety Meeting	7 p.m.	City Hall Council Chamber
12	Concerts in the Valley — Dancehall Days	6:30 p.m.	Happy Valley Park **
14	Happy Valley Farmers Market	9 a.m. - 2 p.m.	Eastridge Church*
17	City Council Work Session	6 p.m.	City Hall Council Chamber
17	City Council Meeting	7 p.m.	City Hall Council Chamber
19	Hearings Officer Meeting	9 a.m.	City Hall
19	Public Art Committee	5:30 p.m.	City Hall
19	Concerts in the Valley — Britnee Kellogg Band	6:30 p.m.	Happy Valley Park **
21	Happy Valley Farmers Market	9 a.m.-2 p.m.	Eastridge Church*
25	HV Business Alliance Meeting	7:30 a.m.	City Hall Council Chamber
25	Design Review Board	7 p.m.	City Hall Council Chamber
26	Concerts in the Valley — Nu Wavers	6:30 p.m.	Happy Valley Park **
27	Concerts in the Park — No Time 2 Lose	6:30 p.m.	Village Green Park***
28	Happy Valley Farmers Market	9 a.m.-2 p.m.	Eastridge Church*

August

2	Concerts in the Valley — My Happy Pill	6:30 p.m.	Happy Valley Park **
3	Concerts in the Park — Big Yellow Taxi	6:30 p.m.	Village Green Park***
4	Happy Valley Farmers Market	9 a.m. - 2 p.m.	Eastridge Church*
6	Parks Advisory Committee	6 p.m.	City Hall
7	National Night Out Block Parties	6 p.m.	

* Eastridge Church is located at 14100 SE Sunnyside Road

** Concerts in the Valley (Happy Valley Park) — See PAGE 2

*** Concerts in the park (Village Gree Park/Library) — See PAGE 8



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