



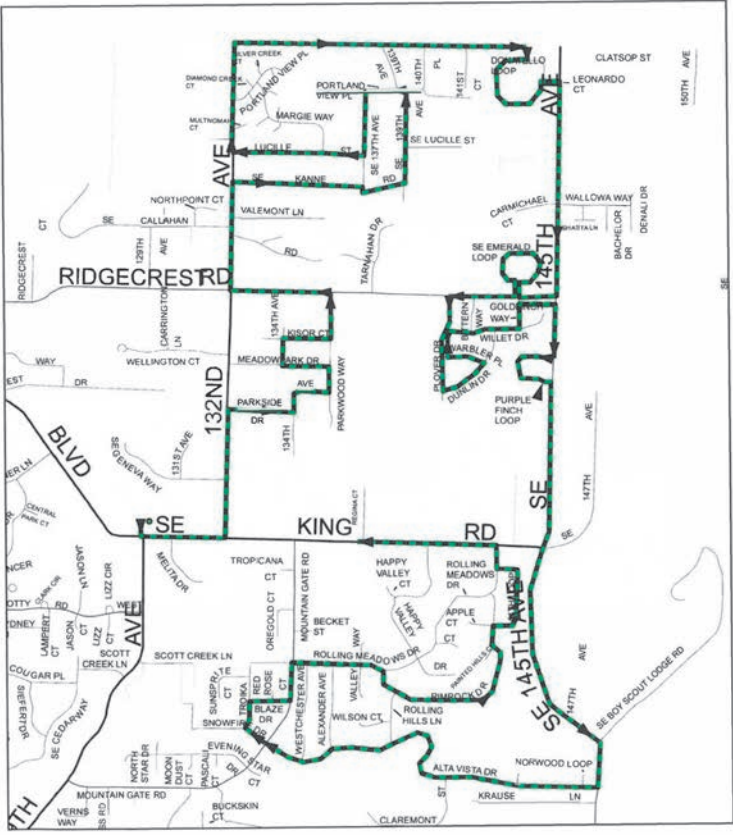
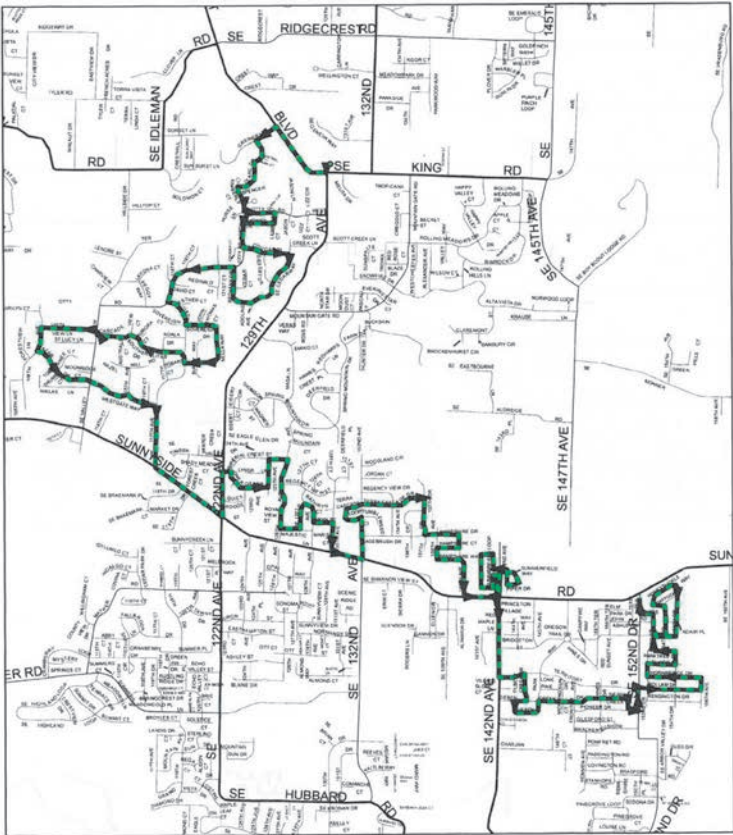
OPERATION SANTA: Clackamas Fire District 1 making a difference

■ From Page 1

57,000 pounds of food and 8,000 toys, servicing 2,000 citizens in the district.

“This long-standing community tradition allows us to continue to serve hundreds of families in need over the holiday season,” said Public Information Officer Brandon Paxton.

For more information about the Operation Santa Claus parade, call 503-742-2941. For parade route information and schedule, visit: www.clackamasfire.com/operation-santa-claus/.



Left: Operation Santa Claus rolls from Station 6–9 p.m. Friday, Dec. 7.
Right: 6–9 p.m. Saturday, Dec. 8. For all of the Clackamas County listings, visit: clackamasfire.com.

COMMUNITY CALENDAR DECEMBER 2018

Date	Event	Time	Location			
7	Operation Santa	6 p.m. - 9 p.m.	Around the City (see above)	18	City Council Meeting	7 p.m. City Hall Council Chamber
8	Operation Santa	6 p.m. - 9 p.m.	Around the City (see above)	20	Public Art Committee Meeting	5:30 p.m. City Hall
8	Leaf Drop Event	10 a.m. - 3 p.m.	Public Works Building (page 5)	24	Library, City Hall & Public Works	CLOSED
11	Planning Commission Meeting	7 p.m.	City Hall Council Chamber	25	Library, City Hall & Public Works	CLOSED
13	Traffic and Public Safety Meeting	7 p.m.	City Hall Council Chamber	26	Design Review Board	7 p.m. City Hall Council Chamber
18	*PVNC Technical Advisory Committee	3 p.m.	City Hall	31	New Year's Eve: Library, City Hall & Public Works	CLOSED
18	*PVNC Community Advisory Committee	6 p.m.	HV Library Community Room	JAN-19		
18	City Council Work Session	6 p.m.	City Hall Council Chamber	1	Library, City Hall & Public Works	CLOSED New Year's Day

*PVNC: Pleasant Valley/North Carver Technical Advisory Committee

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Cannot be used towards surgery

Free

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with purchase of a package of microneedling for the face.

\$1,000 savings

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The Clackamas High School Key Club is hosting it’s 16th Winter Rage to help others in the community. The teen organized drive helps up to 300 families yearly with clothing, toys, and food donations.

Clackamas High School Winter Rage helps families again this year

BY SHELLEY MCFARLAND

Clackamas High School Key Club presents the 16th annual Winter Rage, noon-4 p.m. Saturday, Dec. 8, at 14486 S.E. 122nd Ave., which includes a Winter Carnival where kids can play games and nibble a snack.

“Today, we help anywhere from 150 to 300 families, depending on the donations we receive. This project gives hope to the hundreds of families that depend on assistance by providing them with toys, clothes, furniture and food. Essentially, our goal is to lend a hand to struggling families so that their holidays can be bright-

er and filled with joy,” said Justin Tran, Key Club vice president.

“Unlike other service projects, Winter Rage is based on student-led community service. The need in our community has risen drastically ever since Winter Rage began. It’s estimated that one in four children in our area won’t have basic living needs met during the holidays.”

Like last year, the Lions Club will provide food boxes to those in need. Winter Rage was started in 1997 to help one family and has blossomed into a successful donation outreach project. Donations of nonperishable foods, toiletries, clothing, blankets and household items can be dropped off at CHS from 7:30-11:30 a.m. Saturday, Dec. 8, at East Cam-

pus, 14331 S.E. 132nd Ave. Families invited to Winter Rage may enter at noon.

“By taking part in Winter Rage, volunteers learn the value of community and helping others. During the event, many volunteers will serve as guides for the families and help them carry their items. By working alongside families, the experience allows Winter Rage volunteers to see the direct impact they’re making,” Tran said.

“Other than directly assisting families, volunteers can show their dedication to Winter Rage by helping behind the scenes. From shopping for families to organizing donated goods, Winter Rage volunteers have tons of opportunities to help families.”

Farewell and Thank You!

As many of you know, this is my last month as your Mayor. I want to take this opportunity to thank all the people who helped me along the way. I didn’t do this alone. It takes a dedicated staff and committed volunteers willing to devote hundreds of hours to their community. It takes residents speaking up for a better neighborhood. It takes business leaders to open up shop, employ local residents, and offer goods and services to our community.

When I think about how far we’ve come since my time on the City Council began, I ask questions like: Can people live a good life here? Are there job opportunities? Do parents have places to take their kids? Is there balance? To me, the answers to these questions are a resounding yes. Everywhere I look, I see evidence of the opportunity we have to thrive right here, as people and as a city. None of this would have been possible with out the community support. From the bottom of my heart, thank you so much!

I can’t leave without reflecting on one of my proudest accomplishments—the creation of Happy Valley’s Youth Council. These children are focused on doing the right thing, and good things, for Happy Valley and that warms my heart. Some of the projects we started in my tenure as Mayor are still in process and will take a decade to progress from the planning stage to implementation. I used to wonder what would happen to these projects, but with such great involvement from the youth in our community, I know the torch will be passed to people who care about Happy Valley as much as I do.

Speaking of passing the torch, congratulations to Mayor-elect Tom Ellis. Happy Valley is a wonderful community. Being Mayor is a humbling experience and comes with great responsibility. I wish you well!

Thanks again to everyone who made this journey worthwhile! Special thanks to my



Lori Chavez-DeRemer during candid moments: As she wraps up her time as Mayor, she reflects about her experience and credits Happy Valley residents, staff and volunteers as integral to the City’s success.



husband Shawn for all the countless nights away from home to do what I loved. Thank you to my twin daughters Emilie and Annie, who grew up in and out of City Hall since they were 10. The last 14 years came at a time that made our family believe that public service in any community is a mutual benefit.

I started my volunteer service in 2004 for one simple reason, to make my community better for my family. I ended my service with the same heartfelt reason, making the community better for your families.

“It was an honor to serve as your Mayor. Thank you.”

— Lori Chavez-DeRemer



Clackamas Junior Baseball 2019 Registration

Registration begins January 1st!
www.clackamasjuniorbaseball.com

Clackamas Junior Baseball is proud to be the feeder program for Clackamas High School

All Kindy, 1st, and 2nd graders play at local CHS feeder elementary schools.



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Meet **Jamie Wilson**, Redline Athletics Athlete of the Month. Jamie is currently a junior at Clackamas High School and a member of the Varsity Girls Lacrosse team. She is consistently one of the hardest working athletes in the Training Center.




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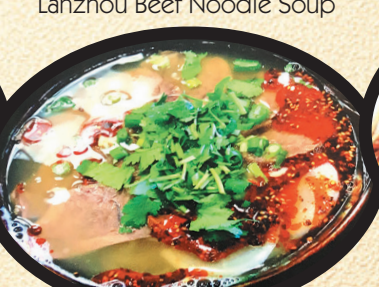


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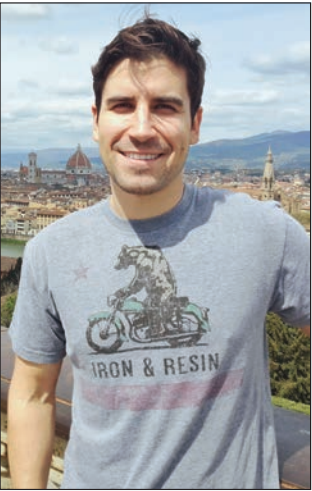
Employee Spotlight

City of Happy Valley

City Welcomes
New Planning
Manager
Joseph Briglio

Joseph Briglio is the new Planning Manager for the City of Happy Valley and brings over 15-years of public sector experience to his current role. Prior to working for Happy Valley, Joseph acted as the Southern California Association of Governments (SCAG) Regional Affairs Officer and Project Manager where he worked with local jurisdictions throughout Ventura and Los Angeles Counties on regional planning issues such as housing, transportation, economic development, sustainability, and disaster resiliency. Before SCAG, Joseph was the Senior Planner for the City of Ventura's Economic Development Division where he specialized in business retention, expansion and attraction, as well as managed Ventura Ventures Technology Center, a high-tech business incubator.

He has expertise in resiliency, city planning, afford-



able housing, natural resource/sustainability management, and entrepreneurship. He is receiving his Masters of Public Administration from the University of Southern California this fall and presently holds a B.A. in Environmental Studies and Urban Planning from Sonoma State University, an Economic Development Certificate from Fresno State, and an Incubator Management Certificate from the International Business Innovation Association. In his spare time, Joseph enjoys traveling and playing soccer.

Election Results

Thank you to everyone who voted in this last election. No matter who you voted for, we all appreciate that Happy Valley residents made their voices heard. Current City Council President, Tom Ellis, was elected to be the next Mayor. There were also two city council positions up for election and we have familiar faces returning. Both Markley Drake and Brett Sherman were re-

COUNCIL CORNER

elected to their positions on the City Council. We're all looking forward to continuing in our leadership roles in the community.

With the election of Tom Ellis as Mayor, it creates a vacancy for Council Position 4. In January, the City Council will begin discussion about the appointment process to fill the remaining 2-years of that term. If you are interested, please keep an eye out for information on the City's website.



Happy Valley residents submitted their votes this election season.

Finally, thank you to the other candidates who stepped up to show their willingness to serve the community. We look forward to your continued involvement in the community.

Need a gift for the holidays?
Check out the HV Store



Happy Valley gear is a fun gift for out-of-town friends and family, and college-bound students who want a reminder of home. A variety of items are now available for purchase including: hats, t-shirts, sweat-shirts, vacuum-insulated water bottles, bags, golf umbrellas, wine glasses, coffee mugs, pencils, key chains, USB car chargers, and more.

The store is located in the lobby of City Hall and open Monday-Friday, 8:00 a.m. – 5:00 p.m.



Located at City Hall, the HV Store offers a variety of items perfect for showing off your affinity for Happy Valley.



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



Lori Chavez-DeRemer
Mayor
(503) 367-6821



Tom Ellis
Council President
(503) 783-3800



Markley Drake
Councilor
(503) 290-6023



David Golobay
Councilor
(503) 807-2979



Brett Sherman
Councilor
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Community Involvement Requested as Pleasant Valley/ North Carver Comprehensive Plan efforts continue

The City of Happy Valley continues to make progress on a land use and transportation plan that will guide the future of the Pleasant Valley/North Carver (PV/NC) area. Because the PV/NC area is located within Portland Metropolitan Area's Urban Growth Boundary (UGB), an urban comprehensive plan is required by state law to assure needs are properly met. To assist with this process, a \$400,000 grant was given to the City by Metro to complete the necessary work.



The grant outlines eight specific "Milestones" that must be accomplished. Of these, the first three, which include creating a general project timeline, clarifying responsibilities and roles, and forecasting basic land needs have been addressed. Moving forward, more specific community engagement is needed for deeper analysis and plan shaping.

Initial public outreach efforts began in October and included tabling events at Fred Meyer and the City's Harvest Fest Celebration. These events served to gather very general feedback from the public about land and transportation requests and provided opportunity for participants to give their input on what they most value when envisioning the future for the area. Property owners and interested parties are encouraged to stay informed and voice their thoughts by attending any of the ongoing public Community Advisory Committee (CAC) meetings. Future public involvement efforts will also include direct mailings to property owners within the approximate 2,700-acre vicinity of the PV/NC area and City-sponsored "Open House"



City Economic & Community Development Director, Michael Walter, talks with residents about the Pleasant Valley/North Carver Comprehensive Plan at the 2018 Harvest Fest. Feedback from the community is encouraged and requested to further planning efforts.

type forums designed to elicit resident feedback.

Past efforts by Metro, the cities of Portland and Gresham, and former City of Damascus have paved the way for much of the work the City of Happy Valley will be doing as part of this land use, natural resource and infrastructure planning endeavor. The City of Happy Valley, for example, will be evaluating plans related to production of a Local Wetland Inventory. In this case, a similar product completed by the former City of Damascus can be utilized for comparison. With these types of efficient-

COMMUNITY ADVISORY COMMITTEE MEETING

DATE: Tuesday, Dec. 18
TIME: 6-8 p.m.
LOCATION: Happy Valley Library.
For all meeting details and full list of project Milestones

cies, combined with the work completed by the City's consultant team and staff, the greater PV/NC Comprehensive Plan process is both on schedule and slightly under budget.

associated with the 2040 Planning and Development Grant, please visit:
■ www.happyvalleyor.gov/pvnc/
■ Michael D. Walter, AICP – Economic & Community Development Director at michaelw@happyvalleyor.gov or by calling 503-783-3839.

By infusing the ideas and values of the community, the City hopes to provide residents with a productive plan that fully meets the needs of the area.

FREE yard debris disposal event



Residents are invited to drop off seasonal yard debris (leaves, branches, woody debris) at the Public Works Building for free recycling.



■ Residents are responsible for unloading and de-bagging their drop-off materials on-site.
■ Remember to bring proof of residency with you to the event.

Public Works Building
13910 SE Ridgecrest Road (adjacent to Happy Valley Park)
Saturday, December 8, 2018
10:00 am to 3:00 pm

This is a residential service only — no commercial landscaping or contractor loads will be accepted.



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FEELING FESTIVE?

BY SHELLEY MCFARLAND

Tree farms

JTB Christmas Tree Farm, 18124 S.E. Richey Road, Gresham, is a family-owned, U-cut farm. Bundling is available. Bob'z U-Cut Tree Farm, 21735 S. Springwater Road, Estacada, features flocked trees, wreaths and garlands.

Outings

Happy Valley Growlers' annual Ugly Sweater Party is set for noon Saturday, Dec. 15. Wear an ugly sweater and receive a free reindeer koozie. Free pictures with Santa Claus from 6-9 p.m. See nativity lights on Stafford Road, 5-9 p.m., Dec. 7-8 and 14-15 at the Neighborhood Church, 21065 S.W. Stafford Road, Wilsonville. Event features lighted walking paths, kids indoor bouncy house, giant indoor inflatable slide, hot cocoa, cider and popcorn for \$1.

Outer East Arthouse presents "A Cratchit Christmas" at East-ridge Church, 14100 S.E. Sunnyside Road, 7 p.m. Dec. 13-15 and 20-22; 2 p.m. Dec. 15 and 22. Tickets available at <http://eastridge-church.org/event/1250073-2018-12-13-a-cratchit-christmas/>

Children's enjoyment

Wenzel Farm, 19754 S. Ridge Road, Oregon City, features a lighted Christmas fantasy trail decorated with thousands of lights in a wooded setting complete with nightly bonfires. Clackamas Town Center, 12000 S.E. 82nd Ave., hosts Discover Santa's Toy Factory where kids



Happy Valley Procrastinator's Holiday Market

Bigger and better this year, more than 230 vendors will sell specialty gifts, food, hot cocoa, handmade jewelry, decor and more from 9 a.m.-3 p.m. Saturday Dec. 15
★New Location: Clackamas High School, 14486 S.E. 122nd Ave.

test toys or design their own. To register, visit clackamastown-center.com.

Happy Valley Library, 13793 S.E. Sieben Parkway, will host a Jingle Bell party at 10:15 a.m. Saturday, Dec. 15. Bring your children to dance like a snowflake, shake sleigh bells and create holiday cheer. Happy Valley Library will host Last Minute Elves at 2 p.m. Tuesday, Dec. 18, to help children make last-minute gifts.

Happy Valley Procrastinator's Holiday Market

Bigger and better this year, more than 230 vendors will sell specialty gifts, food, hot cocoa, handmade jewelry, decor and more from 9 a.m.-3 p.m. Saturday Dec. 15, at its new location at Clackamas High School, 14486 S.E. 122nd Ave.

Religious

Pleasant Valley Church, 11125 S.E. 172nd Ave., hosts the "Home and Heart" Christmas Concert at 6 p.m. Saturday, Dec. 8. The concert will feature local musicians playing traditional Christmas music with a folksy vibe. Pleasant Valley Church also will pres-

ent a Christmas Music Service at 9:10 a.m. and 11:40 a.m. Saturday, Dec. 15.

Santa Claus

Santa Claus will be available for photos during mall hours at Clackamas Town Center, 12000 S.E. 82nd Ave., through Monday, Dec. 24.

Enjoy a free photo with Santa Claus or Darth Vader from 10:30 a.m.- 4:30 p.m. Sunday, Dec. 16, at Geeks & Games, 1656 Beaver-creek Road, Suite C, Oregon City. Donate a nonperishable food item or toy to benefit Clackamas Service Center.

School concerts

Clackamas High School will present its JV band holiday concert at 7 p.m. Tuesday, Dec. 17, and Thursday, Dec. 20, at 14486 S.E. 122nd Ave.

La Salle Prep 11999 S.E. Fuller Road, Milwaukie, 8 p.m. Wednesday, Dec. 5, Choir performance at The Grotto, 8840 N.E. Skidmore St., Portland. 7:30 p.m. Tuesday, Dec. 11, La Salle Prep's winter band concert. The hourlong program will feature holiday songs. The event is free and open to the public.

2018 winter sports schedule

** See online for additional details of location and games ■ All games are subject to change. Visit OSAA.com to confirm game times and locations or clackamasathletics.com and lasalleprepathletics.org

CLACKAMAS HIGH SCHOOL

Boys basketball

12/7	@ Oregon City	TBD
12/8	@ South Eugene	6pm
12/12	vs. Southridge	7:30pm
12/21	Mountainside Tournament	TBD
12/22	Mountainside Tournament	1:30pm
12/27	@ Newberg	7pm
1/2	vs. Jesuit	7pm
1/4	vs. Sandy	6pm
1/8	@ Centennial	7pm
1/11	@ Central Catholic	6pm
1/15	vs. Barlow	7:30pm
1/18	vs. Gresham	6pm
1/21	@ Roosevelt (Lewis & Clark College)	TBD
1/23	@ David Douglas	7pm
1/25	@ Reynolds	6pm
1/29	vs. Centennial	7:30pm
2/1	@ Sandy	7:15pm
2/5	@ Barlow	7pm
2/8	vs. Central Catholic	7:30pm
2/12	vs. David Douglas	7:30pm
2/15	@ Gresham	7:30pm
2/20	vs. Reynolds	7:30pm

Girls Basketball

11/28	Jamboree (Newberg High School)	
11/30	@ Oregon City	EBD
12/1	TBD	TBD
12/7	@ Tualatin	TBD
12/11	@ Roosevelt	7:15pm
12/14	vs. Sheldon	7:30pm
12/20	vs. Westview	7:15pm
12/27	PIL Holiday Classic	TBD
12/28	PIL Holiday Classic	TBD
12/29	PIL Holiday Classic	TBD
1/2	@ Jesuit	7:15pm
1/4	Sandy	7:30 p.m.
1/8	vs. Centennial	TBD
1/11	@ Central Catholic	7:30pm
1/15	@ Barlow	7pm
1/18	vs. Gresham	7:30pm
1/23	David Douglas	7:30 p.m.
1/25	@ Reynolds	7:30pm
1/29	@ Centennial	7pm
2/1	@ Sandy	5:45 p.m.
2/5	vs. Barlow	7:30pm
2/8	Central Catholic	6 p.m.
2/12	@ David Douglas	7 p.m.
2/15	@ Gresham	6pm
2/20	vs. Reynolds	6pm

WRESTLING

12/13	6:30 pm
Reynolds vs. Clackamas Dual WRE Meet (Clackamas)	
12/15	7:00 am
Liberty Invitational (Liberty)	
12/20	6:00 pm
Clackamas vs. Centennial Dual WRE Match (Centennial)	

LASALLE PREP

Boys basketball

12/7	vs. Black Hills (WA)	7:30pm
12/13	Les Schwab Tournament	TBD
12/14	Les Schwab Tournament	TBD
12/15	Les Schwab Tournament	TBD
12/19	Capitol City Classic	TBD
12/20	Capitol City Classic	TBD
12/21	Capitol City Classic	TBD
12/22	Capitol City Classic	TBD
12/27	@ Seton (WA)	7pm
1/5	vs. Ridgeview	6pm
1/8	vs. Parkrose	7:15pm
1/11	@ Putnam	7:15pm
1/15	@ Wilsonville	7:15pm
1/18	vs. Milwaukie Acad. of the Arts	7:15pm
1/22	@ Scappoose	7:15pm
1/25	@ Hillsboro	7:15pm
1/29	vs. St. Helens	7:15pm
2/1	@ Parkrose	7:15pm
2/5	vs. Putnam	7:15pm
2/12	vs. Wilsonville	7:15pm
2/15	@ Milwaukie Acad. of the Arts	7:15pm
2/19	vs. Scappoose	7:15pm
2/22	vs. Hillsboro	5:30pm
2/26	@ St. Helens	7:15pm

Girls basketball

12/8	vs. Springfield	7:15pm
12/11	@ Southridge	7:15pm
12/19	Nike Tournament in Phoenix	TBD
12/20	Nike Tournament in Phoenix	TBD
12/21	Nike Tournament in Phoenix	TBD
12/22	Nike Tournament in Phoenix	TBD
12/27	Holiday Tournament in Summit	TBD
12/28	Holiday Tournament in Summit	TBD
12/29	Holiday Tournament in Summit	TBD
1/5	vs. Ridgeview	4:30pm
1/8	@ Parkrose	7:15pm
1/11	vs. Putnam	7:15pm
1/15	vs. Wilsonville	7:15pm
1/18	@ Milwaukie Acad. of the Arts	7:15pm
1/22	vs. Scappoose	7:15pm
1/25	@ Hillsboro	5:45pm
1/29	@ St. Helens	7:15pm
1/31	vs. Parkrose	7:15pm
2/5	@ Putnam	7:15pm
2/12	@ Wilsonville	7:15pm
2/15	vs. Milwaukie Acad. of the Arts	7:15pm
2/19	@ Scappoose	7:15pm
2/22	vs. Hillsboro	7:15pm
2/26	vs. St. Helens	7:15pm

1/31	6:30 pm
Gresham vs. Clackamas Dual WRE Meet (Clackamas)	
2/1 - 2/2	TBD
Clackamas Tournament	
2/1 - 2/2	F/9:00 am
Woodburn vs. Clackamas Dual WRE Match (Clackamas)	
2/15 - 2/16	TBD
Mt. Hood Conference District Meet (Sandy)	

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Simple Safety Precautions May Help Limit Holiday Theft

The holiday season is in full force and that means holiday shopping is at the top of many people’s to-do lists. Finding the perfect gift may feel like a daunting task, but safeguarding your purchases shouldn’t. Happy Valley is generally a very safe community, but we are not immune to theft and protecting yourself is crucial during the holidays as crimes of opportunity often peak during the season.

Here are some helpful tips on how to celebrate safely over the next few weeks:

If You Are Traveling

- Get an automatic timer for your lights.
- Let your neighbors know you’ll be gone. If they are aware of your absence, it’s more likely they will notice something amiss.
- Have mail and any deliveries stopped. If items pile up, it’s a sure sign you’re not home.

If You Are Out for the Evening

- Turn on lights and a radio or TV, so it looks like someone is home.
- Be extra cautious about locking doors and windows when you leave, even if it’s just for a few minutes.
- Don’t display valuables or gifts where they can be seen from outside. Make sure blinds and window coverings conceal views.

Protect Your Vehicle

- Always lock your vehicle and store all items out of sight. Anything left in plain view—from your holiday gifts to spare change, sunglasses, CDs, cell phones or tools – could motivate a break-in. Remember to unload items every time you get home from an outing.



PUBLIC SAFETY
Chief Scott Anderson

Protecting Your Package Deliveries and Mail

- Ship your package to a location where someone you know will be available to receive it, whether that’s your house, a neighbor’s house, or your place of employment. If you have a neighbor who is home during the day, ask them to pick up packages at your house whenever they see them and do the same for your neighbors. Don’t let packages pile up.
- Require a signature for deliveries if you don’t have a secure place to leave packages.
- Track your packages online and request a text or other alert about delivery status.
- Sign up for Informed Delivery via www.usps.com. With this free service, you can opt in to receive digital previews of general mail that is scheduled to arrive that day.
- Doorbell cameras and other security cameras are getting more affordable and often give you a real-time view of your porch and/or property. Many have two-way audio, so you can talk with the delivery person (or thief) on your porch even while you’re sitting on the sand in the South Pacific.

After You've Opened the Gifts

- Thieves know that after the holidays, many households will have new and often desirable items in their homes. Residents make it easy for burglars to figure out which homes to target by putting boxes that identify their new gifts in plain view with their other garbage and recycling. Consider keeping broken-down boxes inside until the evening before or even the morning of your regular garbage pick-up. Sometimes, even the best safety practices still lead to an unwanted break in. Be a good neighbor



Don’t let theft ruin your holiday season. By following some basic precautions, you can help deter thieves and strengthen your neighborhood’s safety.

and remain alert as you look out for one another. Getting to know your neighbors is often the best way to help prevent crime. Of course, always report suspicious activity to the police by calling 9-1-1 for immediate threats to life or property, or crimes in progress. For suspicious behavior that isn’t an immediate threat to life or property, call the police non-emergency number at 503-655-8211.

Happy Valley Monthly
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***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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December 2018 Library Events

The Library will be **CLOSED** Dec. 24, 25 and Jan. 1

ADULT PROGRAMS

Writing Group

Sundays, Dec. 2 & 16; Jan. 6, 3-4:30 p.m.

Looking for advice, support, or encouragement with your writing project? This group of writers meets to exchange critique pages, receive feedback, and ask questions. There will also be opportunity to discuss goals and share insights into the writing process. Sign up at the reference desk.

Pinochle Club

Mondays, Dec. 3 & 17, 1:30-3:30 p.m.

Join our friendly group on the first and third Monday of the month to play this fun and challenging card game.

Crafternoon: Felted Mistletoe

Tuesday, Dec. 4, 3:30-5 p.m.

Portland's Duchess of Felt, LeBrie Rich, will show how to use a combination of crafting and hand-felting to make some festive holiday decor!

String-Along

Sundays, Dec. 9 and 23, 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.

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.

E-Books and Audiobooks

Saturday, December 8, 11-12pm

Did you know that the library has books that you can download for free to your Kindle, tablet, or phone? Stop in for a demonstration and learn all about it. Feel free to bring your device and we will help you get started.

Genealogy Club

Monday, Dec. 10, 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!

Note Night

Wednesday, Dec. 12, 6:30-7:45 p.m.

Enjoy some live music while you browse for books or sit and savor the sounds. This month features violinists Lisa and Crystal Hanson performing traditional Celtic music along with some classical and seasonal favorites.

Classic Movie Night

Thursday, Dec. 15, 6-8 p.m.

This month's movie is a cherished holiday classic with a big heart. Contact the library for movie title information.

Combating Stress, Cultivating Resilience

Thursday, Dec. 20, 10:30 – 12:00 pm

When was the last time you looked forward to the holidays without some amount of STRESS? Join Dr. Vicki Schmall, nationally renowned gerontologist and speaker on issues of self care and managing stress during the holidays. Dr. Schmall will share practical tips and ideas on how you can combat stress and cultivate resilience beyond the holidays.

Board Game Connection

Thursday, Dec. 27, 6-7:45 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.

Happy Valley Library Book Group

Thursday, Jan. 3, 6-8 p.m.

Read the book selection for the month and come to the library to discuss the book with other readers. This month we're reading *Lost Lake* by Sarah Addison Allen. Did you like it or not? Did something surprise you or make you think twice? Come share your thoughts!

CHILDREN'S PROGRAMS

Science Saturdays: Water & Ice

Saturday, Dec. 1, 10:15-11:15 a.m.

For K-5. Water, water everywhere... with plenty of experiments as a liquid and a solid.

Play & Learn: Sign & Sing

Wednesday, Dec. 5, 10:15 a.m.

For ages 2-5. Sing, dance and learn some signs with Shira from Tiny Talkers.

Build with Blair

Wednesday, Dec. 5, 4-5:30 p.m.

For K-5. Join Blair each month for a different LEGO building challenge.

Craft Club: Mega Crafts

Saturday, Dec. 8, 1:30-2:30 p.m.

All ages. It's a crafty extravaganza! We'll have all the supplies for you to make something special for your someone special.

Homeschool Club: Art Investigation

Wednesday, Dec. 12, 1:30-2:30 p.m.

For K-5. Just for homeschoolers! Each month explore something different with activities, crafts and games.

Play & Learn: Stretch, Dance, Play

Wednesday, Dec. 5, 10:15 a.m.

For ages 2-5. Kick off your socks and shoes and join Creative Movement educator Iris Nason as you explore dance, yoga singing, sign



Join us for the best LEGO group there is and let's see what you can build!

language and play.

Dance Time: Jingle Bell Party

Saturday, Dec. 15, 10:15 a.m.

Get up, shake some bells and dance with Shira Fogel of Tiny Talkers!

Let's LEGO

Saturday, Dec. 15, 1:30-3 p.m.

Join us for the best LEGO group there is and let's see what you can build! We'll supply the LEGOs; you bring your creativity!

Last Minute Elves

Tuesday, Dec. 18, 2-4 p.m.

Drop in for some just-in-time gift making fun.

Play & Learn: Music Time

Wednesday, Dec. 19, 10:15 a.m.

For ages 0-5.

Teen Winter Party

Thursday, Dec. 20, 6-8 p.m.

Cozy in with a movie, crafts and games to kick off the Winter Break.

Dog Man Party

Thursday, Dec. 27, 2-4 p.m.

For ages PreK-5. Part man, part dog, total fun! Drop in for super silly crafts and games to celebrate the newest Dog Man book *Brawl of the Wild*.

Build with Blair

Wednesday, Jan. 2, 4-5:30 p.m.

For K-5. Join Blair each month for a different LEGO building challenge.

Oregon Battle of the Books (OBOB) Question Prep

Saturday, Jan. 5; 3rd-5th grades: 10:30 a.m. & 1:30 p.m. 6th-8th grades: 3:30 p.m.

Get ready for OBOB battles with practice questions. Also hear tips and tricks from other students who have battled. Please register by emailing youthlibrary@happyvalleyor.gov by Dec. 22.

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Stay safe this winter with these candle safety tips...

Candles are the leading cause of fires, especially during winter weather months and the holidays. Statistics show that most candle fires start when candles are left unattended in the home.

- Here are some helpful tips to keep your family safe when using candles...
- Never leave candles unattended.
 - Make sure a grown-up is always in the room when a candle is burning.
 - If a grown-up leaves the room, make sure he or she puts out the candle first.
 - Set up a “kid-free” zone around burning candles – no playing with or near candles, with candle wax, or with items that could catch fire near candles.
 - Keep candles at least 12 inches away from anything that could catch on fire.
 - Don’t put candles in windows or doorways where the wind could knock them over.
 - Keep matches and lighters up high, out of children’s sight and reach, preferably in a locked cabinet.
 - Make sure to use candles and candle holders that are sturdy and won’t tip over easily.
 - Consider using flameless candles to replace real flame candles.
 - Develop and practice your home escape plan.
 - Make sure your home is equipped with working smoke alarms.



Candles are the leading cause of fires during the winter months. Utilizing these safety measures can help curb catastrophes and allow you to enjoy your favorite seasonal candles.



Use candles with care

When you go out... blow it out!

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Celebrates its 30th Season

Established as a way to improve the urban tree canopy and restore natural areas, Friends of Trees has helped over 750,000 trees and native plants take root and flourish. What started out in a small Portland neighborhood now spans over 120 neighborhoods in six counties across two states.

During the 2017-2018 season alone, more than 7,000 volunteers donated over 40,000 hours to plant 56,000 trees and native



shrubs. That equates to filling 482 basketball courts, or 50 soccer fields. Did you know Happy Valley has benefitted from Friends of Trees? Happy Valley Nature Park has been a project site and local residents have pitched in to support this non-profit, too.

If you would like to learn more about Friends of Trees, check out their website and consider signing up for one of their local projects at www.FriendsofTrees.org/event-calendar.



Friends of Trees helps revitalize neighborhoods and natural areas through local projects. Whether it's a large community project or a simple tree planting on a quiet street, the organization aims to give back to others and the earth.



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Joule rides new wave of nutrition

BY SHELLEY MCFARLAND

Happy Valley residents Jennifer and Eric Post have opened a unique restaurant in Portland: Joule Crafted Nutrition.

The couple view food as medicine. Together with chef and partner Paul Arnold they have created a menu with tasty, nutritional, organic food free from corn, sugar, gluten, soy and GMOs. They don't carry any foods from the nightshade family, such as garlic or peppers, which can trigger gut issues. Their menu is friendly to paleo, Whole 30, Gut and Psychology Syndrome (GAPS) and Weston A. Price Foundation (WAPF) diets.

In a chance meeting two years ago, Eric, co-owner of a real estate company, met Arnold at a Sellwood smoothie bar. The two strangers started a casual conversation. Arnold revealed he had a dream of opening a small restaurant with nutritional foods, and Eric was interested in investing in small businesses. After numerous conversations and experimental meals, they opened Joule in September in Portland's Hollywood District.

Arnold, a chef with 20 years restaurant experience, worked with the Posts to create a menu with locally sourced foods. The Posts follow a clean-eating lifestyle and focused on sharing their knowledge, along with Arnold, with the Portland food scene. There is no cooktop in the establishment.

"When we started, it was all a build-your-own menu where you pick the foods in your bowl. But we've expanded to help people who need a bit of guidance. So now, we have features on the menu to start the process and people can become more adventurous with what they order,"



Joule serves nutrient-dense foods like this bone broth, yam bowl.



Smoothies are a staple at Joule and draw a morning crowd.



Seasonal specials are on the menu as featured selections.

WHEN: 7:30 a.m.-5 p.m. daily

WHERE: 4516 N.E. Sandy, Blvd., Portland

CONTACT: 503-609-0375; joulecraftednutrition.com



Happy Valley residents Eric and Jennifer Post opened Joule in September with their co-owner/chef Paul Arnold.

Jennifer Post said. The menu features bone broth congee, acai bowls with hemp and gluten-free waffles, crafted skillet with braised lentils, sausage, cured salmon, cassava flatbread and eggs, and teas and CBD-infused kombucha. Though Joule is only 750 square feet, the owners have grander plans for the business that caters to nutritionally conscious customers. "We're opening a nutrition business; it looks like a restaurant, but

this is just phase one of a larger view. Phase one is Joule, with food service and catering with nutrition, and the second phase will be Joule Nutrition,

with a focus on education, accountability. We're focused on people who want to eat this way," Eric said. Joule sees a variety of customers

from CrossFit athletes to cancer patients to notables. Recently, musician Matt Nathanson ate at the restaurant when he was in town for a show, and soccer player Meleana Shim has become the Joule brand ambassador. Moreover, the restaurant sees customers with dietary restrictions.

"People with dietary issues suffering from celiac or Crohn's disease, this is their heaven. We have had people come in crying, telling us that they can't eat anywhere else. A lady came in today and wanted to try meat for the first time. She chose us because she knew we'd have the purest, most nutrient dense," Eric said. Jennifer, a graphic designer, maintains a gluten-free diet due to a recent Hashimoto's diagnosis, yet admits eating clean can be difficult with children.

"There are a few things on the menu they like," Jennifer said, speaking of her kids, Owen and Alyssa. "We have things on the menu like eggs and chicken, because we don't want to dictate to others what healthy is. Our kids love the chicken and the acai bowl with their established palates."

Currently, the trio is investing in their customers and the Hollywood community with seven employees who have a passion for clean eating and can help customers create delicious meals. They make their own almond milk and sell elderberry jam, too.

"When Paul came to our house to cook for us, we agreed that we didn't want customers to be intimidated by these foods. They are delicious, and we don't want customers to shy away from something that is wonderful because they're intimidated. We all have something to add to the concept," Jennifer said. "We're listening to our customers and learning from them, too. We're prioritizing what they are wanting."

The rain has arrived... Don't let the weather come inside!

Photo by Justin Krug

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Local Holiday traditions preserve cultural diversity

BY SHELLEY MCFARLAND

Traditions root us to our heritage. Many families have cultural or religious holiday customs, while others enjoy whimsical practices. Either way, these traditions keep us connected while preserving our diversity.

Learn the traditions of your community neighbors:

“Every year, we get a special family Christmas ornament, many of which include a family picture. We put them on the tree, and it is fun to see how we’ve all changed over the years. We also wear matching family pajamas on Christmas Eve, and the kids receive a movie that we watch that night with popcorn. And as Romanians, we go caroling on Christmas Eve, all night long. Our fellow church family stays up for the caravan of youth to arrive and carol at their doors, invite them inside for delicious treats while we celebrate fellowship and continue to carol inside.”

— Rebecca Forton

“Diwali is India’s most celebrated festive holiday of the year and named after lamps, called diyas that families light outside their homes. Diwali is also known as the ‘festival of lights.’ Diwali celebrates the victory of light over darkness, knowledge over ignorance, good over evil, and hope over despair. It marks the end of the Hindu calendar year. We celebrated Diwali this year on Nov. 7 with family gatherings, wearing traditional clothing, lighting diyas and lanterns, fireworks, drawing rangolis, exchanging gifts, sharing sweets and offering prayers.”

— Kaajal Shah



REBECCA FORTON

“As a kid, we would get a music box and ornament every Christmas. We are continuing the tradition with our kids. Bringing out our Christmas decor every year is extra fun because of the fun memories from the ornaments and music boxes from years past.”

— Jenee Hilliard

“The pajama elf leaves jammies on Christmas Eve, every year. The pajamas just miraculously appear in a gift bag every year when the kids aren’t looking.”

— Tara Bragg Jablonski

“We celebrate the winter solstice with our children by taking the day off of work and going on a family adventure, usually a snowboarding trip to the mountain or a weekend getaway. Christmas involves large and multiple family functions, so the solstices are our immediate family’s quality time. We always make sure to celebrate outside in nature.”

— Tanya Love



KAAJAL SHAH

“My kids and I go out for dim sum on Christmas Day.”

— Gwen Montoya

“I buy my kids each an ornament with the theme from their previous birthday party. We have lots of princesses, and I just bought a Buzz Lightyear ornament for my 2-year-old. I also get an ornament from wherever we went as a family during the year. This year, we have Disneyland, Merida, Moana, and Boss Baby ornaments.”

— Christina Bayley

“Each night, we unwrap a new ornament and place it on our mini tree. It coincides with ‘Jesse’s Tree Ornaments’ book that has Scriptures to go with each ornament. Ornaments are each different and tell the Bible stories from creation to the birth of Jesus.”

— Crystal Simpson Sletmoe



Committees are a great way to get involved and help shape future planning. Residents who are interested in joining a committee are encouraged to review the criteria and formally apply.

Committee Volunteers Needed!

Do you care about future growth or design standards? Do you have an interest in improving public safety? What are your thoughts on public art?

Happy Valley is always looking for volunteers who are interested in their neighborhoods and their community to join one of the eight advisory boards. Dedicated citizens meet on a regular basis to address current issues and look for ways to make the City an even better place to live and work. Currently, we have three committees with volunteer positions available, including:

- Design Review Board
- Planning Commission
- Traffic and Public Safety Committee
- Public Art Committee

These committees provide strategic guidance to the City Council. The com-

munity volunteers on these committees chart a path for implementing a consistent design style for commercial developments, create traffic solutions at key bottlenecks, and select artwork to be featured in the community.

Planning for the future isn’t just about what the City Council thinks is best. It takes a collective vision from the community and cohesive action from our volunteer committees. The City is fortunate to receive guidance and input from our community volunteers on these committees.

To apply for one of these appointed advisory board positions, complete and submit the Public Involvement Application. For more information and an application, visit <http://www.happyvalleyor.gov/city-hall/boards-commissions>.



More on Design Review Board (DRB)

Four of the seven DRB positions include targeted occupations, in this case, the vacancy is for the certified engineer position (preferably a Civil Engineer). The Members of the DRB are asked to review certain types of land use applications submitted to the City by private parties, and the DRB meets on an as-needed basis – if a project is submitted, a hearing date is set, typically on the fourth Wednesday evening of any given month. If you should have questions about the role or responsibilities of a Design Review Board member, contact Michael D. Walter, AICP at 503-783-3839, or e-mail michaelw@ci.happy-valley.or.us.

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HONORING ALL WHO SERVED

Local WWII Veteran Laid to Rest

Finis “Bud” C. Coleman passed away at the age of 92 on Nov. 6, 2018, but his bravery and service to our country will never be forgotten. Mr. Coleman served in the Air Force and was a tail gunner on a B-29 Superfortress/Master loader in WWII. He later worked in life support for the 304th Air Force Reserve Squadron at Portland Air National Guard Base, where he retired. He loved to golf and fish, and was full of amazing stories about his life adventures.

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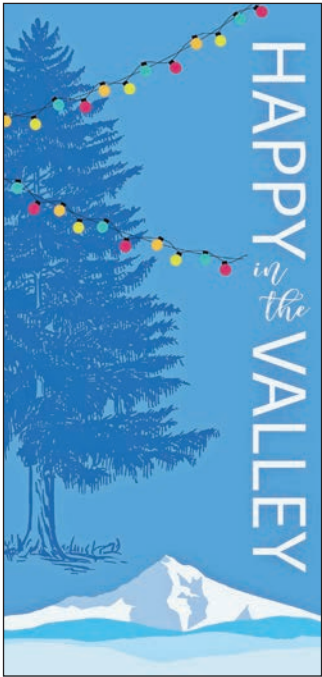
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City to install decorative banners on Sunnyside Road

Sunnyside Road is about to get a bit brighter! One of the City Council’s long-standing goals has been to foster a safe, livable community with a sense of pride and strong identity. When the Public Art Committee presented a recommendation to add decorative banners on Sunnyside Road, it made perfect sense. Public art can change a city into a home and a street into a neighborhood. Public art, such as these new banners, helps to make Happy Valley a welcoming place for residents and businesses.

As envisioned, the Sunnyside street banners will be located between 152nd Ave. and 162nd Ave. The banners will feature local art and be rotated quarterly to reflect the changing seasons. One side of the banners will feature graphic art designs by Andrea Gander, a Happy Valley resident. Ms. Gander’s designs incorporate elements from major City events, such as the Happy Valley Tree Lighting Ceremony. Each seasonal design also includes a silhouette of Mount Hood. The mountain landscape, and its specific colors, is inspired by the view from Ms. Gander’s living room window. “I love living in Happy Valley, which inspired the slogan, “Happy in the Valley” with artwork depicting the



Happy Valley resident, Andrea Gander designs graphics like this one, with elements from local events and landmarks infused. Mt. Hood will be featured in each season’s installment.



Artist Beverly Nordstrom offers watercolor designs to the opposite side of each season’s banner as a nod to the community’s diverse wildlife and agricultural heritage.

4th of July, Harvest Festival, Tree Lighting, and the Farmers Market,” Ms. Gander said. “I was also inspired by the ever-changing view from my front porch of Mt. Hood and the foothills; orange and brown in fall, spring greens, summer is indigo, and blue shadows on snowy hills in winter.”

The reverse side of each banner will feature watercolor paintings by Ms. Beverly Nordstrom of Oregon City. Ms. Nordstrom’s art celebrates the community’s diverse wildlife and agricultural heritage. Throughout the calendar year, residents will see colorful impressions of birdlife, the return of spring

foliage and fall harvest. “As an artist, I am attentive when my heart is stirred by nature’s inspiration. Much like nature, watercolor offers a medium that you don’t want to fully control,” Ms. Nordstrom said of her painting style. “Since my style is halfway between loose and realistic, I let my subject matter dream.” Ms. Nordstrom hopes her paintings will inspire viewers to walk Happy Valley’s many trails at a slower pace, observing the hidden wildlife and greenery. Street banner designs were selected in coordination with the Happy Valley Public Art Committee. The Committee serves in advisory capacity to the City Council. Designs were solicited in the springtime through a countywide Call to Artists. Banner designs are anticipated to be in rotation for approximately four to five years, after which new banner designs may be solicited. The City extends its gratitude to Portland General Electric, Ms. Gander and Ms. Nordstrom for their contributions to the Sunnyside Banner project. For questions about the banner installation, please contact Ben Bryant, 503-783-3840, benb@happyvalleyor.gov.

Support Happy Valley Youth Council Get Your HV Fitness Pass in Time for the Holidays



Looking for a unique holiday gift and enjoy supporting local businesses and groups? Consider the HV Fitness Pass and help strengthen the community!

Now is the best time to purchase a HV Fitness Pass. Whether you’re purchasing for yourself or a loved one, the HV Fitness Pass is the gift that keeps on giving.

Those who purchase the pass have an opportunity to try two classes each at StarCycle, Aspire Total Fitness, Club Pilates, HV Bootcamp and Forge Hot Yoga. Proceeds from all sales support the efforts of the City’s Youth Council.

Consisting of 12 teens from Clackamas High School and LaSalle Catholic College Preparatory, the Happy Valley Youth Council leads projects that have a significant impact on the community. Their initiatives include the Prescription Drug Turn-In event, teen driver safety, and suicide prevention awareness. The group travels to Salem for the annual Youth Summit, where they converse with other youth councils throughout the state, and even ventures to Washington, D.C. to participate in the National League of Cities Conference.

Not sure if the Pilates re-

former is your thing? Feeling nervous about cycling in the dark? Hesitant to put weights on the barbell? Don’t worry! With the HV Fitness Pass, purchasers can even pair up with a buddy and share the classes. The HV Fitness Pass ultimately lets you mix up your fitness routine and gives you a chance to break out of your comfort zone. The City is only selling 150 passes, so people are encouraged to act quickly before they sell out.

Where to purchase: To register and purchase an HV Fitness Pass: **Visit:** www.happyvalleyor.gov **Cost:** \$100 per card That’s a \$200+ value! Only one pass may be registered per person; individual gym information and rules can be viewed online before purchasing. Purchases may also be made at Happy Valley City Hall.

Participating Gyms:

- StarCycle
- Aspire Total Fitness
- Club Pilates
- HV Bootcamp
- Forge Hot Yoga



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Friday: 7:00 a.m. - 5:00 p.m.

Gift-giving guide

This year, buy local and support Happy Valley businesses

BY SHELLEY MCFARLAND

Happy Valley is a community rich with crafts people, writers, manufacturers and designers. This year, consider supporting your neighbors when shopping for holiday gifts. And don't forget the independent restaurants, spas, bars, bakers and shops.



Friend or Faux

How well do you know your friends? Created by Happy Valley mom, Colleen Stalwick and her girlfriends, their game, Friend or Faux (\$20, available at www.amazon.com), is a hilarious way to learn new details about your friends. Answer questions — from mild to cheeky to raunchy — and enjoy an evening with your crew. Makes a wonderful gift for those friends who know too much about you.

Grandma Ida's Kitchen

Food always is a welcome gift and Grandma Ida's Kitchen is always open. Choose from scrumptious sweets like fudge or M&M cookie dough, or dinner entrees like huli-huli chicken or beef pot pie (\$18.50, available at www.facebook.com/grandmaidaskitchen.com). Happy Valley resident Arielle McCormick's family-owned business offers gluten-free options, too.



Girl in the Pearl

Heather McMaster is a pro at creating gorgeous handmade jewelry. Her creations include a creamy white freshwater pearl and hematite necklace with an oxidized, sterling silver toggle clasp, 7 1/2 inches long but can be customized (\$128 shown; available at www.girlinthepearl.com). Although pearls are her signature, she has dozens of beautiful necklaces, bracelets and earrings.



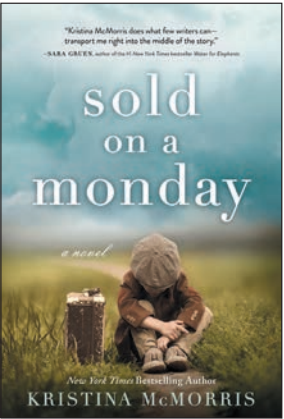
Stumptown Soaps

Due to the demand for sustainable, ethically sourced, natural soaps, Happy Valley's Tiffani Cenicerros created Stumptown Soaps (\$8/soap, available at www.stumptownsoaps.com). All soaps are handmade in small batches. Choose from luscious combinations like sage and green apple or almond and cherry.



Radius Furniture Design

Looking for a unique gift? Consider a Shadowplate from Radius Furniture Design (from \$89-99, available at www.radiusfurniture.com). Lit Shadowplates make a design statement in a foyer or as an address on the outside of your home. Happy Valley residents Don and Joanne Faris created the company to showcase the beauty of functional art.



'Sold on a Monday'

Tired of orphan stories? Then consider Kristina Morris' "Sold on a Monday," which was inspired by a real photo of a woman offering to sell her children. The New York Times bestselling book (\$15.99, available Barnes & Noble Booksellers, 12000 S.E. 82nd Ave.; 503-786-3464) tells the fictional story of a Depression-era journalist who changes the course of two children's lives after he publishes a photo of them being offered for sale.



Olivia Grace Paper Co.

Olivia Grace Paper Co. owner Courtney Gelbrich started her company after making decorations for her daughters' birthday parties. Explore hand-crafted party decorations, wood signs and personalized gifts available through Etsy at www.oliviagrangepaper.etsy.com.

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New approaches to animal ailments

BY SHELLEY MCFARLAND

A local veterinarian has created a unique clinic to treat animals. Dr. Cinda Scott opened Springwater Animal Wellness Center three years ago with the intent to heal animals with medicine, whether Western or alternative therapy.

A love of animals runs deep in Scott's heritage, her grandfather, Bill Scott, was foreman at the Oregon Zoo and was present for elephant Packy's birth in 1962. Besides caring for the elephant, Bill tended to numerous zoo animals during his years there. So, it was no surprise when Scott, after a tenure in fisheries with the Bureau of Land Management, opted for a new career as a veterinarian.

Scott grew up on a five-acre farm in Orient where it was her job to take care of the animals.

"We enjoyed a simple, rural life growing up, and we took care of many veterinary services for our own animals when we couldn't really afford it. I know what it's like to grow up on a budget and take care of animals," Scott said.

She attended Sam Barlow High School and Mt. Hood Community College and earned a degree in biology from Oregon State University. Scott eventually worked in fisheries for five years in Prineville. During



PAMPLIN MEDIA PHOTO: SHELLEY MCFARLAND
Luna the chihuahua greets patients at Springwater Veterinary Wellness Center.



DR. CINDA SCOTT

this time, she volunteered as an ambulance driver with basic EMT certification and as a paramedic firefighter with Level 1 certification.

With a desire to become a veterinarian, Scott returned to Oregon State University where she earned

her degree in veterinary medicine and worked at a fast-paced, high-volume clinic for five years. She spent another eight years doing relief work while raising her two daughters.

During this time, Scott realized that many animals were not benefiting from Western medicine. To broaden her understanding of medicine and healing, she received training from the International Veterinary Acupuncture Society.

"I love being back here. I knew I wasn't going to do a typical veterinary clinic with a surgical suite right away. I wanted to fill in where Western medicine isn't able to offer, like geriatric patients. We work with older dogs or rehabilitation patients who benefit

WHAT: Springwater Veterinary Wellness Center

WHEN: 10 a.m.-5 p.m. Monday-Thursday, by appointment Friday-Saturday

WHERE: 16265 S.E. Highway 224, Damascus

CONTACT: 503-908-6492, www.ourfamilyvet.com

from acupuncture," Scott said. "Yet we offer most other services, too."

For now, Scott sees one patient at a time in her clinic which has two exam rooms, one for dogs and one for cats, though she also sees reptiles and rodents. Scott, along with her three employees, keeps the center calm and controlled, eliminating chaotic waiting rooms, which can be stressful to animals.

Scott sees many animals with a wide range of ailments, yet she takes personal pride in cases where an animal needs more than what a fast-paced, formula-based clinic can offer. Many times, pet owners are being told to euthanize an animal that could benefit from an alternative therapy. In one notable case, Scott helped a dog, whose owner had been told to euthanize the animal.

"Brody is a 7-year-old Rottweiler who was cautious and aggressive if anyone tried to handle him, but he was fine at home on his farm. He developed sudden lameness in one leg. The owner came to me for a sec-

ond opinion. It was extensive, I had to go to the owner's home to sedate the dog and relieve his bladder and start work with him.

"Gradually over the next three weeks, we treated Brody with acupuncture, laser treatments, vitamin B12, and supplements, and he's walking fine now. That was two years ago," Scott said. "He doesn't immediately growl at me now, so I feel like I passed his bar."

Scott diagnosed Brody with a fibrocartilaginous embolism, which, with treatment, can be resolved. His case had a happy ending, but not all cases are the same. The caveat, Scott explains, is whether an animal is in pain or has extensive trauma or damage. If the pet is suffering, then euthanizing is the humane choice, a difficult decision she helps her clients deal with.

Along with traditional medicine, Scott uses alternative therapies such as acupuncture, supplements, vitamins, CBD and essential oils to treat her pet clients. She continually researches how nonsurgical alternative therapies are changing the landscape of medicine for the better.

"We're here as an advocate for the animal, but we're here for the owner, too," Scott said. "There is room for more for the animals, we all have concern for our pets. I will go to the ends of the Earth for some of my clients."

For more information, visit: ourfamilyvet.com.



Troop 611 Tree Recycling

Christmas Tree Recycling Once Again Offered by Scout Troop 611

For those in need of safely disposing their trees and wreaths post holiday, the scouts from Troop 611 will be on hand to help. Residents are encouraged to schedule a pick up or visit the selected drop off site on one of the scheduled recycle dates.

Donations are recommended and all proceeds benefit the efforts of local Scout Troop 611.

Recycle Dates for both drop off and pick up:

- Saturday, Dec. 29th, 8-4pm
- Sunday, Dec. 30th, 9-2pm
- Saturday, Jan. 5th, 8-4pm
- Sunday, Jan. 6th, 9-2pm

Drop off location: Rite-Aid at SE 122nd Ave. & SE Sunnyside Rd.

To schedule a pick up, go to www.t611recycles.net and complete the on-line form or Email t611recycles@gmail.com with your preferred date, address and contact number.

Recommended Donation

- \$10 for trees up to 8'; additional donation appreciated for trees larger than this size.
- \$8 for wreaths



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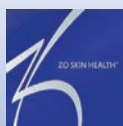
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Members of the Happy Valley Youth Council coordinate the Youth Town Hall event with help from council advisors. Their hope is to inspire other local teens to get involved in the community and share their concerns about topics meaningful to youth.

YOUTH TOWN HALL RE-CAP

The mission of the Happy Valley Youth Council's annual Youth Town Hall is to inspire high school students from throughout the Clackamas/Happy Valley area by introducing them to other teen leaders and provocative thinkers. This evening event encourages them to think beyond their reality by interacting with other youth and hearing their own personal stories. Many strong topics are discussed and talked about during the town hall. The Happy Valley Youth Council continues to look for new and important ways to make a positive peer-to-peer impact.



Members of the Happy Valley Youth Council talk with Town Hall moderator, Eric Post.

year's event on Wednesday, November 14th at City Hall. Eric Post, an engaging and energetic moderator, did a fantastic job with the kids. Mental health awareness, depression and stress among teenagers was a common topic during the evening. Stress to fit in, homework load, sports involvement and the expecta-

tion to fit in are strong contributors. From this night, the Youth Council will continue to work on strong issues with other local teens to develop new ideas for projects to enhance their community.

Many thanks to those teens that participated and help to make their community a better and safer place to live!

More than 50 high school students gathered for this

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