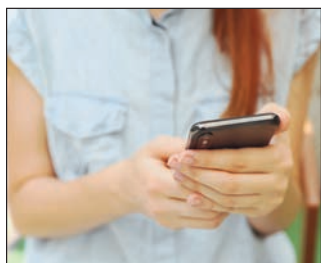


GOING VERTICAL

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Kids and smartphones

*The good, the
bad, the ugly*

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A NEW Happy Valley News

*A bigger, better
newspaper for
our community*

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HIGHLIGHTS 2018 *of*



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Medicine on the mountain

*Climber, guide and HV physician's assistant
Pearce Beissinger saves lives in wilderness*

**BY SHELLEY
MCFARLAND**

On any given day, Happy Valley resident Pearce Beissinger can be called upon to “go vertical” onto steep mountain terrain and help a climber in medical need. The physician’s assistant, part of the cardiothoracic surgical team at Portland Adventist Hospital, is a trained mountaineer with a specialized skill set to provide care to climbers in medical crisis high upon a mountain or in the wilderness.

Born in California, Beissinger grew up on the East Coast in Florida and North Carolina. While in school in Philadelphia, he met his future wife, Heather, who also was studying to become a physician's assistant. They soon moved to New England, where Heather was from, and Beissinger began his career at Dart-

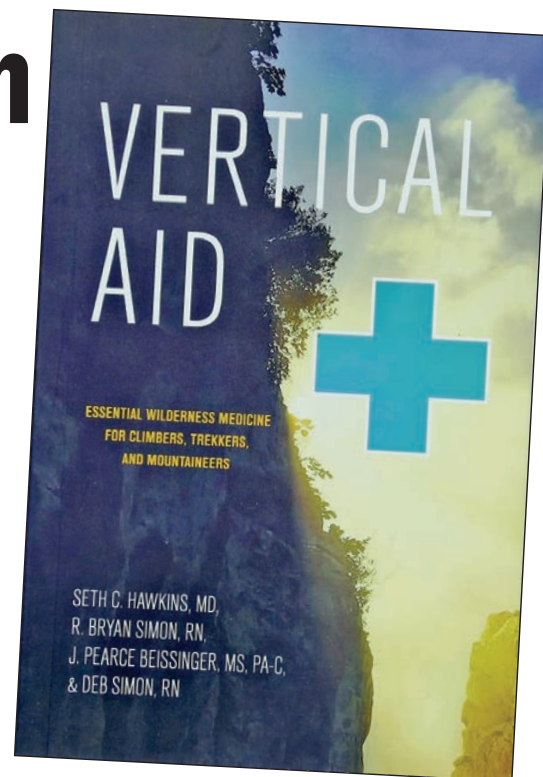
mouth College in New Hampshire.

In 2011, the couple moved from New England to Happy Valley to further their careers, Beissinger at Portland Adventist Hospital in cardiothoracic medicine and Heather in private practice orthopedics. They soon welcomed two children, daughter Micah and son Jonah.

While living on the East Coast, Beissinger became interested athletics and was a swimmer and rower in college.

"I got into climbing just as a cross-training outlet, and it was a great way to meet people because it's a social sport. My climbing initially started on rock. In New England, there's lots of rock, but lots of ice, too. So I started climbing

See MEDICINE / Page 2



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Medicine

■ From Page 1

ice, began mountaineering and joined my first search and rescue team in New England,” Beissinger said. “As I gained more experience, I was able to share that knowledge with others. I’d bring people from work or church to join me.” His climbing transitioned from rock to ice to mountaineering to earning a rock guide/instructor certification and eventually joining a Mountain Rescue Association (MRA) accredited search and rescue team in Oregon.

“The climbing community is very robust in Portland, and there are many people to serve here,” Beissinger said. “The nice thing about climbing is it’s a lifelong sport. There are kids out there or people in their 60s. I’m constantly encouraged to be out there with them.”

Beissinger has been a part of numerous dramatic rescues and body recoveries. On one memorable occasion in 2015, he and a rescue team had been on the mountain on multiple days trying to locate an injured climber.

“I was on patrol in ‘ready-teams’ position during the time of year — April and May — when there are more incidents on the mountain. We joke that no one will ever fall in a fumarole, because it’s like a golf hole-in-one event, yet here were people running down the mountain toward us telling us that a man had fallen into a hole,” Beissinger said. A fumarole is an opening in or near a volcano, through which hot sulfurous gases



SUBMITTED PHOTOS
High atop a mountain: Happy Valley resident Pearce Beissinger, an experienced climber, is often called to treat climbers in medical crisis.

emerge.

“Sure enough, we get up there and there’s a guy in the fumarole. We set up some ropes and I was lowered to rescue him. That was a dramatic rescue,” he said.

The 60-year-old climber suffered 16 fractures and no longer climbs. He recently called Beissinger to thank him again for saving his life.

As a first responder, Beissinger explains that the demands of rescue are rewarding and yet he remains conscientious about the psychological stress that many first responders deal with.

“In the middle of the event, I’m on autopilot. I’ve been trained, and I know what to do. I know my partners and team members. We all know

what to do and are ready to work together. We work to get the job done,” he said. “But at the end of the day, sometimes it hits me about the events.”

Because of his unique skill set, Beissinger has traveled extensively across the Northwest from Mount Jefferson to Tillamook and the surrounding areas. With his exhaustive training as both a climbing guide and medical guide with Vertical Medicine Resources, a medical guiding and consulting team, Beissinger has helped train other first responders nationwide about wilderness medicine.

“We consult all over the country, from West Virginia to the West Coast, and we’ve worked for the American Al-



pine Club and with the Mazamas and even at mountain shops in different cities. We’ve been to Australia, Bhutan, Nepal and Vietnam. Much of this is working with other guides by providing training about climbing medicine. How to take care of themselves and their clients,” he said.

Beissinger is one of the authors of “Vertical Aid: Essential Wilderness Medicine for



With his extensive knowledge and training about vertical medicine, Beissinger teaches others and has co-authored a book about wilderness medicine.

Climbers, Trekkers and Mountaineers.” For novice climbers, Beissinger offers simple advice: The best resource you can have with you is between your ears.

“They need to train their brains to respond appropriately to the environment and to anticipate. Along with some training, that is the best thing climbers can do to prepare. And training goes beyond learning a specific knot tie or how to use a map and compass,” Beissinger said.

People can fall into decision-making traps that ultimately will put them in peril. One such example is the Halo Effect where a less-skilled climber will not prepare properly, choosing instead to rely on a companion climber with more experience. Another trap is to underestimate the mountain and environment or overestimate your abilities. Such pit-

falls can be avoided with proper training in a vertical environmental.

Beissinger has not yet climbed the ultimate challenge — Mount Everest — but not for lack of desire or skill. He has scaled Denali, North America’s highest peak at 20,310 feet and New Hampshire’s 48 Four-Thousand-Footers which he calls “a rite of passage if you live in New England.”

He also has climbed Cascade peaks, including Hood, Shasta, Jefferson and Rainier, along with numerous smaller mountains globally. His next climb will be Prusik Peak and Mount Stuart in the Enchantment area of Washington. Climbers are given a permit through a lottery system, and Beissinger is hopeful this year he will win one.

“The summit is only part of the adventure,” he said.

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A Partnership that Works

Our city is a great one, but like every city across the United States, large or small - when it comes to providing public safety, we all have different needs.

In Happy Valley, we have unique law enforcement needs, but we also have a tight budget. For that monetary reason and many others, we partner with the Clackamas County Sheriff's Office for police services. The Sheriff has provided contract police services here since 1973, making us the first law enforcement contract city in Clackamas County.

Through this partnership, the City is able to maintain local control and identity for our police, and save money through the economies of scale. The City benefits financially by taking advantage of the service functions which a larger law enforcement agency can provide.

This includes, for example, a number of specialized police services, vehicles and equipment, and necessary support functions such as record keeping. These costs are shared between the unincorporated residents of Clackamas County and contract cities, thus reducing the impact of administration, operation,



Officers from Happy Valley Police Department convene for a team meeting before heading out to neighborhoods during August's National Night Out event. Happy Valley contracts police services through our partnership with Clackamas County and works closely with the department to support community safety needs.

specialization and equipment. Further, the City retains local control and oversight of how our police services are delivered to the City.



PUBLICSAFETY
Steve Campbell

Under the police services contract, the City has the ability to place its officers in distinctive uniforms and vehicles marked with our city logo, demonstrating the geographically-dedicated services and independence of our city police department. In addition, the City determines its police staffing level needs, and has a strong voice in the selection of officers in command positions.

A Police Oversight Committee tends to the partnership between the contract cities and Clackamas County, providing a forum for the communications that are necessary to maintain a mutually beneficial relationship, and to ensure that services continue to evolve and meet the City's current and future needs.

Today, the Clackamas County Sheriff's Office serves three cities through contract police services. Besides Happy Valley, these include the cities of Wilsonville and Estacada.

I am proud of the relationship the City of Happy Valley has built with the Clackamas County Sheriff's Office, and I am confident that our citizens are receiving the very best police service through this joint partnership.

Heating Safety Tips

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening. More cost-effective methods, such as the use of wood burning stoves, space heaters, and fireplaces may be the right choice for you and your family. However, they are a major contributing factor in residential fires with half of home heating fires are reported during the months of December, January, and February. These safety tips can help you create a fire safe home this winter:

- Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected annually, especially if it has not been used for some time, and always by a qualified professional.
- Keep a glass or metal screen in front of the fireplace opening to prevent embers or sparks from jumping out, unwanted material from going in, and help prevent the possibility of burns to occupants.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel-



With the chilly winter temperatures, cozying up by the fireplace or breaking out portable heaters is expected. Make sure to maintain safety with these helpful tips.

- burning space heaters.
- Do not use flammable liquids to start or accelerate any fire.
- Before you go to sleep, be sure your fireplace fire is out. Never close your damper with hot ashes in the fireplace. A closed damper will help the fire to heat up again and will force toxic carbon monoxide into the house.
- Leave furnace repairs to qualified specialists. Do not attempt repairs yourself unless you are qualified.
- Keep trash and other combustibles away from the heating system.
- Test smoke alarms monthly.



Heating Equipment Smarts

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning. Install and maintain CO alarms to avoid the risk of CO poisoning. If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call Clackamas Fire District #1 or the gas company.



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Happy to Be Your Mayor

For those of you who I haven't met yet, I'm Tom Ellis. I'm honored to have been elected as your new Mayor and I look forward to working with you to keep Happy Valley a place we are proud to call home. My wife Jennifer and I have lived in Happy Valley for the last 16 years. We look forward to many more in this beautiful City.

Public service has always been an important part of my life. Previously, I served in the U.S. Coast Guard. Once I moved to Happy Valley, I volunteered on the Planning Commission for six years, including one year as Chair. In 2011, I was appointed to the City Council, was elected to City Council in 2012 and re-elected 2016, and served as Council President since 2017. As an appointed committee volunteer and then an elected city councilor, my interests have always been to ensure tax payer funds are well spent, growth is managed, and citizens are heard. I look forward to carrying these same values as your Mayor.

Please, come find me at community events or stop to say hi when you pass me at the coffee shop. I want to hear from you and your goals for our community.

MAYOR'S MESSAGE



TOM ELLIS

Apply to Serve on City Council

Have you ever wanted to serve on the City Council, but you weren't sure about campaigning? Keep an eye out for an upcoming opportunity.

With the election of Tom Ellis as Mayor, it created a vacancy for Council Position 4. At the next City Council work session on January 15th, we will be discussing the application and appointment process for selecting a community member to fill the remaining two-years of that term.

COUNCIL CORNER

This is an exciting time in Happy Valley's history. We have significant projects and goals to accomplish in the next few years. Everything from establishing a plan and vision for growth in the Pleasant Valley / North Carver area to running our own parks and recreation programs.

The City Council has meetings on the first and third Tuesday of every month starting at 6 p.m. In addition to the regular Council meetings, many of us serve on regional committees and act as liaisons to our local advisory boards.

If you are interested, please keep an eye out for information on the City's website and Facebook page. All of us are also open to answer questions about the time commitment. If you have specific questions about the application process, please contact Assistant City Manager, Ben Bryant at benb@happyvalleyor.gov or 503-783-3840.



Can you envision yourself in one of these Councilor seats? In the coming weeks, residents will have an opportunity to apply for one open position. This is a great way to be part of the decision-making process and represent the needs of the community.



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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Markley Drake
Councilor
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KIDS AND SMARTPHONES: The good, the bad, the ugly

According to the National Safety Council, 1.6 million car crashes are caused by cell phone usage per year; 330,000 of those are caused by texting

Smartphones are ubiquitous these days and kids are getting younger and younger to have them in their possession. Keeping track of your kids can be a challenge. Keeping kids safe can also be a challenge. Smartphones can help make life simpler and safer IF you are deliberate about how your child uses them. Here are some helpful tips:

■ Start good phone habits early. Set clear boundaries and expectations for your kids and that includes full transparency. Your kids don't need secret apps, self-deleting apps, secret contacts, etc. Just like you wouldn't allow your child to hang out with an adult you don't know down the street, they shouldn't be contacting anyone you don't know online.

■ Establish a rule about restricted activity (talking to strangers, sexting, inappropriate sites, etc.) and remind your children that having a phone is a privilege. If they want to keep the privilege, they will follow the rules.

■ You should know everyone on your kid's contact lists. If there is a contact you don't

know, ask about them, just like you would a new friend they were hanging out with.

■ If you bought the phone and pay the cell plan, you shouldn't feel guilty about telling your child you may periodically search that phone. It's a good idea to review their contacts, apps, web history, call history, Instagram feeds, Facebook, Twitter, etc. Your children should share their password with you, so you can access the phone any time. This is not spying. It's good parenting to know what's going on in your kids' life.

■ If kids know you will be going through their phone regularly, they are less likely to engage in inappropriate digital activity. If you do find inappropriate content or concerning text strings, it's a great opportunity to discuss on-line and digital responsibility. A nasty text string or inappropriate photo can be part of your digital profile forever if you're not careful.

■ Teach your kids about malware and spam. Some apps can contain viruses or malware. A good rule is to check with mom or dad before downloading ANY app or pro-

Some other resources:

www.ahaparenting.com/Ages-stages/tweens/Cell-Phone-Rules-Safe-Responsible-Kids

www.cyberbullying.org/cell-phone-safety-top-ten-tips-for-teens

www.cbsnews.com/news/cyber-safety-tips-resources-for-parents

www.focusonthefamily.com/parenting/kids-and-technology/cellphones-and-your-kids/healthy-cellphone-boundaries

gram, or before responding to text or calls from unknown numbers.

■ Teach your kids about phishing phone calls – when someone calls with a ruse to try and access your information. Make sure they know not to answer calls from unknown numbers and know how to block calls from unwanted numbers.

■ Teach your kids about Internet trolling – when folks create innocent looking online profiles to attempt to establish relationships with kids.

Apps that can help

There are several very good apps these days that can help you, as a parent, monitor your kids' Internet and phone activity, location, and help keep you in touch 24/7. Of course, there are at least as many ap-

ps that pose potential traps for young people, too. Apps like Snapchat, Kik and others allow kids to send and receive "confidential" messages, often inappropriate. There should be no reason to have such an app unless you're trying to hide something from your parents.

Remind children that EVERYTHING they receive or send could end up in public view (yes, there are ways to save even Snapchat photos). They should ask themselves if they would want their mom/coach/principal to see the text or photo they're about to send before they actually send it.

Did you know that 11% of parents believe their child has sent or received a sexual text or photo, but almost 41% of kids admit having done so. Generally, this activity starts as early as 5th grade (source: Jesse Weinberger).

In talking with our School Resource Officers (SRO's), I have learned that they spend far too much time investigating crimes related to possessing and distributing photos or videos with sexual content. Kids might not think it through before they send a nude picture of their friend, but it's illegal to possess or distribute sexually explicit images of children. It's a felony ... even if you only sent it to your boyfriend.



Learn how to navigate the benefits and risks of smartphones. By following simple safety precautions, you can help keep your kids safe.

There are several apps that allow you to know exactly where your child is at any given time. Apps like Life 360, Teensafe, and other family tracking apps will allow you to see where your child is, even if they aren't answering the phone. A good rule for children is that they MUST keep their family tracking apps activated if they want to keep a phone. Again, this is not about spying. This is about peace of mind for parents. Just remember to never share the log in information with others. These apps will also help you find your child's phone when they lose it.

Limit usage and boost overall wellness. Late night phone usage is detrimental to sleep and is harder to monitor. Set time limits and check the call/text histories to confirm your kids are following the rules. A good way to ensure this happens is to have a rule that phones will be charged outside the bedroom. If you set 10 p.m. as the cutoff, the phone should be on the charger in another room by 10 p.m. every night. They can catch up on any missed messages in the

morning!

This is an important point. Only 4% of parents believe their driving teens have texted while driving. But, over 45% of teens admit ROUTINELY texting while driving (source: Jesse Weinberger). Texting while driving KILLS. Even 1 second of diverted attention is enough to cause a crash. There are several apps for teen drivers that will offer parental control to curb this. Some automatically shut the phone off while it's moving; others report speeds driven or send alerts when your teen hits the road or drives a certain distance.

According to the National Safety Council, 1.6 million car crashes are caused by cell phone usage per year; 330,000 of those are caused by texting.

There are several online articles on cell phone safety that can help you assure your children stay safe and responsible on their smartphones. I encourage you to stay up to date on the latest apps and programs, so you know what resources are available. It just might make the difference.



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Chief Scott Anderson

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Your Father-Daughter Team
Dr. Dick Hikade and Dr. Brooke Hikade-Wyatt



The Happy Valley Newcomers group welcomes new residents to Happy Valley and anyone else who would like to enjoy a cup of coffee and meet their neighbors.

Won't you be my neighbor?

Happy Valley group connects newcomers and others

A new group recently formed in Happy Valley and welcomes others to join.

The Happy Valley Newcomers group started after Ana North moved to Happy Valley from Florence a few months ago to be closer to her daughters. She enjoyed meeting her neighbors and was interested in finding other residents to connect with.

North previously enjoyed being part of a coffee group and immediately looked for a similar group in Happy Valley. Not having any luck, North decided to post on social media app Nextdoor, which groups users together by neighborhood.

With over interested 40 responses in the first few days, North decided to start the Happy Valley Newcomers. At the first meeting, 15 people show up to chat over coffee.

BY SHELLEY MCFARLAND

“The value in this type of group is to give people a place to gather where there are no expectations — no name tags, no rules about when you’re showing up or how long you have to stay. Talk or just listen to conversations and the opportunity to slowly get to know people from a broad range of backgrounds,” she said.

The group is not limited to new Happy Valley residents, but is for anyone who would like to meet people in the area to share activities, friendship and ideas or to participate in events. Folks gather once a week to socialize, discuss a variety of topics, or to simply enjoy at the company of others interested in connecting with neighbors.

“So far, we’ve had a City Council member and a contingent from the city of Happy Valley stop by to say hello and answer questions

from a personal and professional perspective regarding current and future plans for the community,” North said.

“I’m so happy to be a part of this group where all are welcome and the friendliness of our neighbors — newcomers as well as long-time residents — can be enjoyed on a weekly basis,” she said. “I know from past experience that these ‘strangers’ coming together after a very short time begin to feel like family, and isn’t that what we all are, locally and globally? One people, one planet.”

The Newcomers meet at 9 a.m. Mondays in the community room at New Seasons Market, 15861 S.E. Happy Valley Town Center Drive. Coffee and food are available for purchase.

For more information, look for North’s weekly posts on the Nextdoor app for the Sunnyside/Happy Valley neighborhood.

Don't Miss Out!

Last Chance to Get Your HV Fitness Pass

The New Year is here and perhaps you committed to getting fit or simply taking better care of your health. As 2019 gains momentum, now is a perfect time to invest in yourself and pick up a HV Fitness Pass. It's the perfect way to keep yourself motivated and help you reach your goals.

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.

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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.

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Limited quantities remain for the HV Fitness Pass. Get yours today.

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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January 2019 Library Events

The Library will be closed Jan. 21 for Martin Luther King Jr. Day

ADULT PROGRAMS

Creative Nonfiction Writers Group
Sundays, Jan. 6 & 20, 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.

Happy Valley Library Book Group
Thursday, Jan. 3, 6:30-8 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!

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.

Pinochle Club
Jan. 7, 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.

Note Night
Wednesday, Jan. 9, 6:30-7:30 p.m.
Enjoy some live music while you browse for books or sit and savor the sounds. This month features harpist Jini O'Flynn playing a mix of Celtic tunes, waltzes, bluegrass, and other familiar songs.

Classic Movie Night
Thursday, Jan. 10, 6-7:45 p.m.
Relive classic films from the silver screen or enjoy them for the first time. Casual moviegoers and film buffs alike are welcome to come and share a cinematic experience at the library. This month's movie is an utterly charming British historical drama with beautiful scenery and stunning costumes. Contact the library for movie title information.

String-Along
Sundays, Jan. 13 & 27, 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, Jan. 14 & 28, 2-4 p.m.
Searching for family roots? All are welcome to come and share questions, strategies, and organizing tips. Insights



Is opening a business on your bucket list? Attend the Going into Business presentation later this month to learn what you need to know about setting yourself up for success.

are discovered and pathways revealed as we attempt to solve the mysteries of our ancestors' elusive stories!

Oregon Ghost Towns
Tuesday, Jan. 15, 3:30 - 5 p.m.
Did you know Oregon is home to more than 250 ghost towns, the most of any state in the country? Steve Arndt, author of *Oregon Ghost Towns A to Z* and the *Roads Less Traveled* series, shares his lifelong passion for the topic with loads of fun facts that will inspire you to experience this state's ghost towns for yourself. (See page 15)

E-Books and Audiobooks Workshop
Thursday, Jan. 17, 6:30-7:30 p.m.
Wednesday, Jan. 30, 3:30-4:30 p.m.
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. Can't make the class? Stop by the reference desk any time and we will show you how it works!

Pruning Basics
Tuesday, Jan. 22, 3:30-5 p.m.
One of the more misunderstood issues in plant maintenance is pruning--both outside and inside plants. Why prune? When? How to do it so it doesn't 'wreck' the plant? Bring a photo of a plant you think needs pruning, and we'll discuss those issues and others.

Board Game Connection
Thursday, Jan. 24, 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.

Going into Business
Thursday, Jan. 31, 6-8 p.m.
Starting (or thinking about starting) a business? Before you go too far, find out what it takes to start up and successfully operate your own business in Oregon. Discover the basics of business and what resources are available for researching, starting up, financing and managing your dream business. Presented by staff from the CCC Small Business Development Center. Check out <https://bizcenter.org/centers/clackamas-sbdc/>

for more information about this resource.

CHILDREN'S PROGRAMS

LEGO Creative Building with Blair Archer
Wednesday, Jan. 2, 4-5:30 p.m.
Join Blair each month for a different LEGO challenge.



OBOB Question Prep
Saturday, Jan. 5th — 3rd-5th grade — 10:30 a.m. & 1:30 p.m. — 6th-8th grade — 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@happyvalley-or.gov by December 22.

Stretch, Dance, Play! With Iris Nason
Wednesday, Jan. 9, 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 language and play.

Homeschool Club Cars Trains Ships and Planes
Wednesday, Jan. 9, 1:30-2:30 p.m.
For K-5. We're on the move (in

the library) while we explore things that go!

Snow Crafts
Saturday, Jan. 12, 1:30-2:30 p.m.
For K-5. TBD

Komedy 4 Da Kidz
Tuesday, Jan. 15, 6:15 p.m.
It's a special family night with magician, juggler and funny man Angel Ocasio!

Music Time with Chuck Cheesman
Wednesday, Jan. 16, 10:15 a.m.
For ages 0-5. Rhythm, sound singing — make music!

Youth Music Project
Saturday, Jan. 19, 10:15 a.m.
For ages 0-5. Come sing and dance in English, Spanish and Russian with Nadya of the Youth Music Project.

Let's Lego!
Saturday, Jan. 19, 1:30-3:30 p.m.
For K-5. We'll supply the LEGOs; you bring your ideas! Build with other LEGO fans and then tear down your constructions.

Candy Science
Saturday, Feb. 2, 10:15-11:30 a.m.
For K-5. Not just for eating, turn sweet and sour treats into science fun.

Sign and Sing with Shira Fogel of Tiny Talkers
Wednesday, Feb. 6, 10:15 a.m.
For ages 2-5. Sing, dance and learn some signs with Shira from Tiny Talkers.

Sign and Play with Christina Schabow
Wednesday, Feb. 6, 1 p.m.
For ages 0-24 months. Songs, bubbles and movement make learning ASL signs fun for everyone.

LEGO Creative Building with Blair Archer
Wednesday, Feb. 6, 4-5:30 p.m.
Join Blair each month for a different LEGO challenge.

Free Educator Workshops
Contact youthlibrary@happyvalleyor.gov or 503-783-3454 to register.



Best Books of 2018
Wednesday, Jan. 9, 4-5:30 p.m.
Be prepared for booktalking awesomeness! Anna and Isaac present their favorite titles, covering everything from picture books to middle grade novels, graphic novels to non-fiction.

Teaching with Books
Thursday, Jan. 24, 4-5:30 p.m.
Whether you're looking for writing exercises, science concepts or different views of history, books can offer a great place to start your classroom topics. Find out tips and tricks, including online resources, for expanding your teaching potential.



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KISS helps fill kettle

Realtor Patrick Sheehan raises money for the Salvation Army

For a brief two hours in December, the lobby of Happy Valley Fred Meyer was witness to a musical legend, Gene Simmons from the 1970s rock band KISS. Happy Valley realtor Patrick Sheehan dressed up as the rock vocalist for a good cause — to ring the bell during the Salvation Army’s Red Kettle fundraising drive. “We’re doing everything we can to draw people in, make them smile, and get them to open their wallets,”

Sheehan said. “A 6-foot-8 Gene Simmons look-alike is the last thing people expect to see ringing bells for the Salvation Army, and it worked great!” Finishing out the day were 10 other agents from Better Homes & Gardens Real Estate who took turns ringing the bell in Santa outfits and ugly Christmas sweaters. Together, they raised \$725, nearly double the goal of the day. Sheehan has served on the Salvation Army’s Portland-Metro advisory board since 2011. “What goes into the kettles today provides year-round shelter from homelessness, hunger and violence. The red kettles are our biggest fundraiser of the year,” he said.

BY SHELLEY MCFARLAND



Agents from Better Homes & Gardens Real Estate dressed up to ring The Salvation Army’s red bell to raise money for charity. Patrick Sheehan took a step further to dress as Gene Simmons from the rock band KISS.

Training to succeed

To achieve long-term fitness, start with healthy mind-set

BY SHELLEY MCFARLAND

It’s been said that New Year’s resolutions are like babies: fun to make, but difficult to maintain. If a new fitness plan is one of your 2019 resolutions, it may be easier than you think.

Personal trainer Matt Del Garbino, owner of My Home Fitness Plan, offers solutions for common fitness pitfalls.

1. Be able to articulate your reason. For example, losing weight or running a marathon are outcome goals. Those are great, but the step that’s most often left out is a process goal — two or three behaviors to move you toward that outcome goal. Process goal steps would include work out regularly, adjust your eating habits, and have an accountability friend or coach. You need both outcome and process goals.
2. Be realistic about your results; it takes time to change. Focus on the process. Measure success one choice or one meal at a time.
3. Be kind to yourself. People talk all the time about “falling off the

wagon.” Newsflash: There is no wagon. Life happens, perfection is not the goal. One day at a time.

How to minimize frustration

1. This is not a linear process. Look for an overall positive trend, especially when you step back and look at where you started and where you are now.
2. Not every meal will be perfect; reflect and learn for next time. There is no failure, only feedback.

Key components to a healthy lifestyle

1. Make healthy choices easier by preparing nutritious snacks or meals in advance to grab and go.
2. Limit vegetable oils and refined sugar.
3. Eat more colorful fruits and vegetables.
4. Drink a glass of water with each meal instead of calorie-laden beverages.
5. Slow down when you eat: Aim for at least 15 minutes per meal.

Five things to remember about fitness

1. It’s about you. Your friend’s workout is not your workout. Instagram is not real. You are an individual.



Matt Del Garbino specializes in 30-minute strength training sessions. Most clients see results with a two-session per week routine. He also is a fitness and nutrition coach. For more information, visit myhomefitnessplan.com.

2. Add safe strength training to your fitness plan. It is the foundation for any activity. It is the most important thing you can do for your overall health.
3. Soreness is not an indicator of a quality strength training session.
4. Adequate sleep is the best recovery tool.
5. Like nutrition, changes don’t happen overnight, but committing to two to three training sessions a week, you will see changes.

COMMUNITY CALENDAR JANUARY 2019

1	New Year's Day	CLOSED	City Hall and Library
7	Parks Advisory Committee Meeting		
8	Happy Valley Garden Club	9:30 a.m.	Happy Valley Baptist Church
9	Happy Valley Youth Council Meeting	6 p.m.	City Hall Council Chamber
10	Traffic and Public Safety Meeting	7 p.m.	City Hall Council Chamber
15	City Council Work Session	6 p.m.	City Hall Council Chamber
15	City Council Meeting	7 p.m.	City Hall Council Chamber

17	Public Art Committee Meeting	5:30 p.m.	City Hall
21	Martin Luther King, Jr. Day	CLOSED	City Hall and Library
22	Library Board Meeting	6 p.m.	HV Library Community Room
23	HV Business Alliance Meeting	7:30 a.m.	City Hall Council Chamber
24	PVNC Technical Advisory Council	3 p.m.	City Hall
24	PVNC Community Advisory Council	6 p.m.	City Hall Council Chamber
30	Design Review Board	7 p.m.	City Hall Council Chamber

*PVNC: Pleasant Valley/North Carver Technical Advisory Committee

Bliss Roofing partners with Habitat for Humanity

Bliss Roofing, a partner with the National Women in Roofing, raised the roof on the Culley triplex! “Everything out here is 100% donated: all the materials, all the labor. It was really a joint effort. We are honored to be out here with Habitat for Humanity,” said Stephanie Baird, General Manager of Bliss Roofing, representing National Women in Roofing, Oregon Council.



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HIGHLIGHTS of 2018

2018 was full of fun events and good times. We hope everyone had a good year and is ready for the year ahead!



ABOVE CIRCLE: Happy Valley celebrated International Day of Happiness with complimentary shaved ice from Kona and smiles all around.

During First Responder Night, summer concert goers learned Hands Only CPR, helping Clackamas Fire meet their goal of training over 50,000 people to use this life saving resource.



◀ Families and friends celebrated the 4th of July with a parade, community activities, and a beautiful fireworks display.



Teens gathered to discuss issues meaningful to them and brainstorm ways to bring those concerns to the forefront during the City’s annual Youth Town Hall event.



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In addition to several sports camps offered during the summer for youth, the City coordinated a group hike on the Pacific Crest Trail.



Neighborhoods mingled with the Fire Department and Happy Valley Police during National Night Out. McGruff gave high fives and posed for photos with the kids!



Residents of past and present shared their memories of Happy Valley at the first ever Resident Reunion during a summer concert.



Between the City's Harvest Fest and Happy Valley Library's Monster Mash event, residents celebrated Fall with enthusiasm.

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Tree Lighting Event Brings Joy to the Community

It was a packed house at City Hall on Dec. 2nd as the community once again came together to celebrate the holiday season. Cheerful music, warm cocoa and an abundance of cookies got everyone into the spirit of the event. The beautiful lights and festive decorations added to the family friendly celebration.

The Rock Creek and Happy Valley middle school bands and choir filled City Hall with beautiful holiday tunes and the anticipation of Santa's arrival kept everyone excited. Horse drawn carriage rides added to the fun.

This annual event serves as a favorite tradition for many Happy Valley families and generates a lot of joy. It would not be possible without our Community Involvement Specialist, Stephani Hern, who ensures every detail is executed to perfection.

Thanks to our Public Works crew who put up all the pretty lights, Happy Valley Library who helped children make mementos that will last for many holiday seasons to come, and Clackamas Fire who provided Santa's sleigh for the night.

Finally, a big thank you to our business sponsors New Seasons Market, Peet's Coffee, Kona Ice, and Creative Minds. We hope everyone enjoyed their holiday season with loved ones.



Music, treats, and visits with Santa were highlights of the Tree Lighting event.

A Glimpse at Current local Projects

When driving through town, you may have questions about construction projects you see. You may wonder, “What is the new building on Sunnyside going to look like when it’s finished?” or “How many lots will be in the new subdivision?” Now you can find out.

The City updates a Projects Map page on the Happy Valley website in efforts to help inform residents about construction happening around town. The City's Planning Division ensures land uses throughout the city comply with the Oregon Department of Conservation and Development's Statewide Planning Goals; Metro Functional Plan; City's Comprehensive Plan policies and Land Development Code; Council policies, direction and decisions; and Planning Commission and Design Review Board decisions – including conditions of approval.

How the Projects Map Feature Works:

Head to www.happyvalleyor.gov and scroll down to the bottom of the home page.

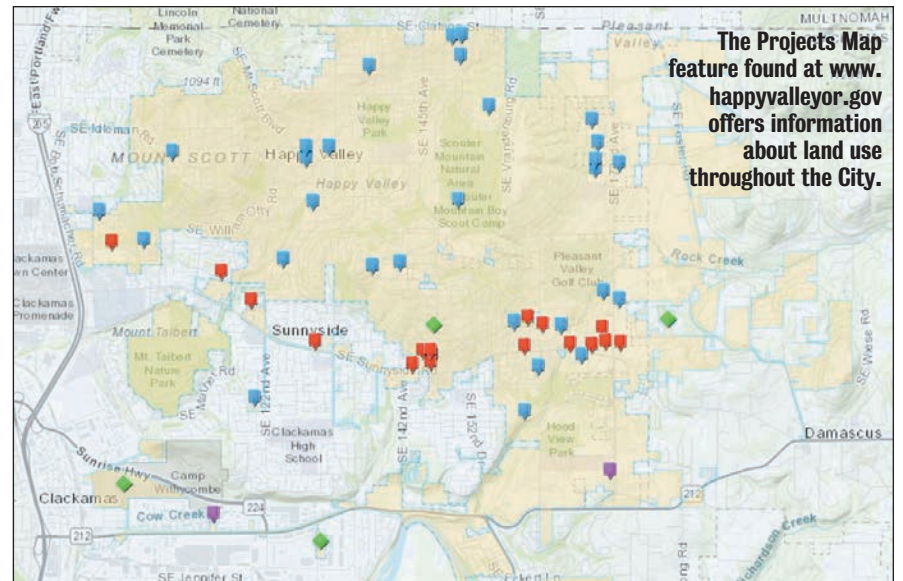
Look for the orange box on the right-hand side.

Click on the Projects Map button and click OK when prompted.

You will see a map of Happy Valley displaying colored markers. These markers represent individual projects and correspond to the following key:

- Blue – Residential Projects
- Green – Institutional and Public Use Projects
- Red – Commercial Business Projects
- Purple – Industrial Projects

If you click on these individual markers, you will see a snapshot with more information. Details include the project's name, a brief description, square footage and status. By clicking on more info, you can also see architectural drawings of what the space will look like. Some drawings are more finalized than others, but they all provide a general visual of what is to come. As status or information changes, the Projects Map is updated.



The Projects Map feature found at www.happyvalleyor.gov offers information about land use throughout the City.



Art rendering of self-storage building currently under construction near SE 130th and Sunnyside Road.



Preliminary design of a building under construction at Christilla Commons, a mixed use commercial and residential development located off 162nd Ave and Sunnyside Road.

The Projects Map feature is a great way to stay in-the-know about upcoming changes. If you have questions about the Projects Map, please contact either Joseph Briglio, Planning Manager

at 503-783-3845 or e-mail at josephb@happyvalleyor.gov or Michael D. Walter, AICP – Economic & Community Development Director at 503-783-3839 or e-mail at michaelw@happyvalleyor.gov.

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A professional headshot of Brett M. Sherman, a middle-aged man with short, graying hair, smiling. He is wearing a light blue dress shirt, a dark patterned tie, and a gray suit jacket. The background is a soft, out-of-focus brown.



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Community Input Requested Let Your Voice Be Heard

As our City and community grows, you have the opportunity and ability to help shape what it will look like. The Pleasant Valley/ North Carver (PV/NC) Comprehensive Plan provides the perfect occasion for participating in the next chapter of Happy Valley history. 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 current and future housing, employment, and infrastructure needs are properly considered and planned for. At this stage of the process, more specific community engagement is needed to deepen understanding and vision planning.

The City is encouraging residents and interested parties to stay informed and voice their ideas by attending

ADVISORY COMMITTEE

Attending the Community Advisory Committee meetings are an excellent way to stay involved. Community members can provide input on how police, transportation, schools, parks and public services should be provided in the Pleasant Valley / North Carver area.

The next Community Advisory Committee meeting is set for Thursday, Jan. 24, 2019 from 6-8 p.m. at City Hall.

For meeting details and general Comprehensive Plan questions, please visit: www.happyvalleyor.gov/pvnc/ or contact Michael D. Walter, AICP – Economic & Community Development Director at michaelw@happyvalleyor.gov or by calling 503-783-3839.



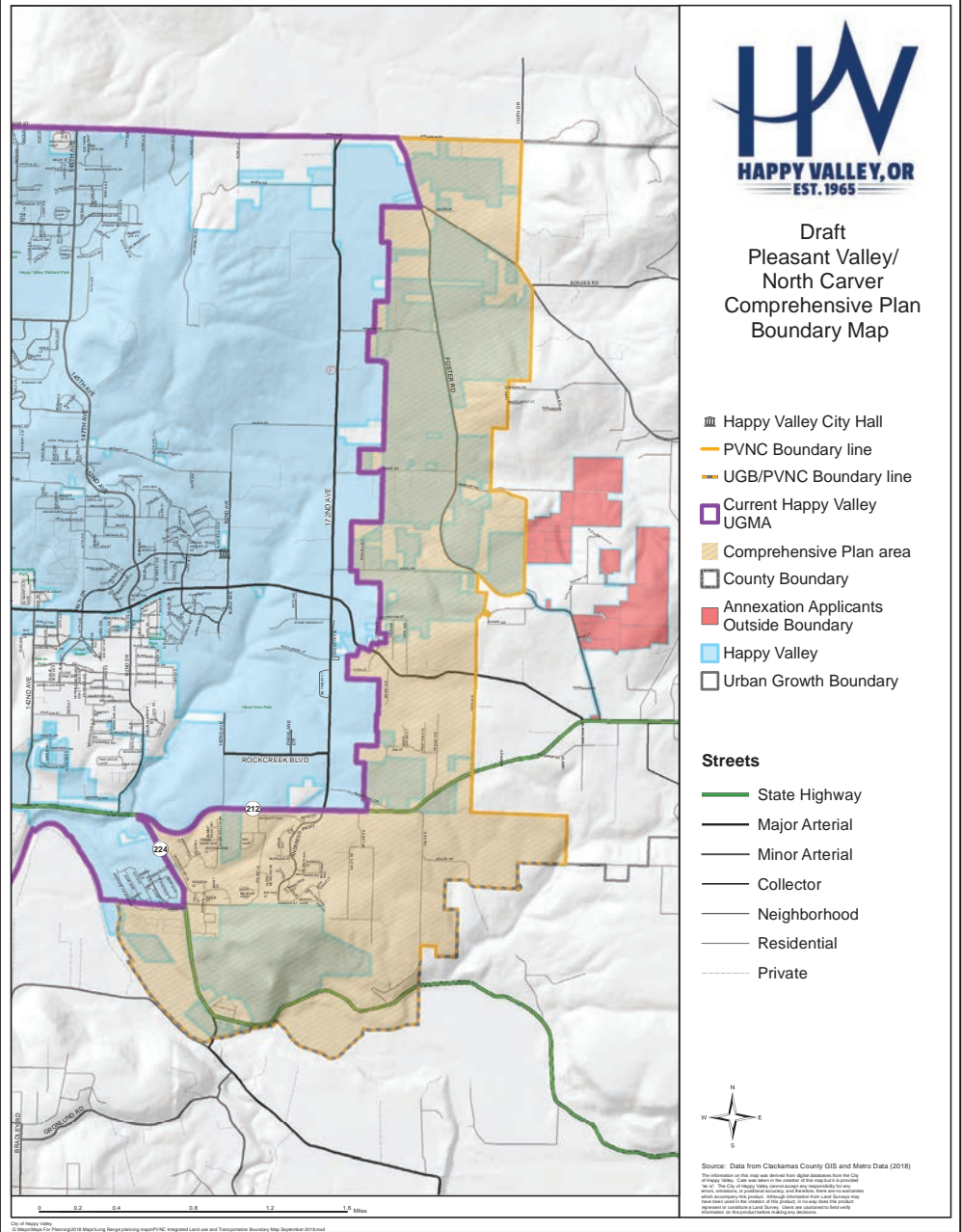
any of the ongoing public Community Advisory Committee (CAC) meetings. These meetings cover topics related to what residents wish to see as this Comprehensive Plan unfolds and provide opportunities for open dialogue and questions.

Whether you feel strongly about this plan and want to express your ideas, or simply

want to be in the know about what is in the works, getting involved is key. Everyone's voice matters. Ultimately, the goal is to create a space that allows for healthy discussion, open communication and understanding. By infusing the ideas and values of the community, the City hopes to help come up with solutions and plans that meet the needs of the people.



▲ Residents can help provide feedback and ideas during Pleasant Valley/North Carver Community Advisory Committee meetings. These gatherings focus on how police, transportation, schools, parks and public services should be provided in the PVNC area. ▼ This map shows the area encompassing the Pleasant Valley / North Carver Comprehensive Plan area. To learn more about the future of this land, residents and other community members are encouraged to take part in advisory meetings aimed at gathering feedback.



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– Michael Morrow
Longtime Happy Valley Resident & WES Advisory Committee Member

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Imagine a garden filled with color and vibrant plant life. Happy Valley's Community Garden plots come in two sizes and can accommodate a variety of flowers, vegetables or seedlings.

These dreary skies and dark mornings will be a thing of the past come Spring. Imagine flowers, vegetables and lush plants ready to welcome the new season. Perhaps you enjoy gardening or would like to get involved in the activity, but don't have the space to delve into your passion. Or, maybe you simply want to help create an area that is rich with color and life. If this sparks your interest, Happy Valley's Community Garden might be for you!

Located behind the Public Works shop that adjoins the southeast border of Happy Valley Park, the City's Community Garden consists of 29 raised plots that are all free from chemicals and dedicated to organically grown items.

The Community Garden is open to all residents of Happy Valley who are 18 years or older and residents can apply for a garden plot to nurture and tend

to. There are two sizes of plots available (5'X 5' or 5'X 10). Between Feb. 1-14, current community gardeners in good standing are eligible to renew their plot, however a renewal application MUST be received by the February 14th deadline or those plots will be re-leased and reassigned to residents looking to join Happy Valley's Community Garden.

The Happy Valley Community Garden will be accepting new applications starting February 15th (no earlier) thru March 15th or until all plots are filled. Applications must be filled out completely to be considered and plots will be assigned on a first come, first served basis following that February 15th open application date.

For many, gardening is therapeutic, provides a sense of purpose, and is a satisfying activity that brings about a tangible result. Consider community gardening and together, let's grow!



COMMUNITY GARDEN

The Happy Valley Community Garden next to Happy Valley Park at 13770 Southeast Ridgecrest Road.

There is no fee, however each approved gardener will need to follow a list of general guidelines and rules.

For further information about the Community Garden, contact Sheri Bartholomew at (503) 783-3844 or email her at sherib@happyvalley-or.gov.

Application forms, gardener expectations, and a garden plot map can be found on the city website at www.happyvalleyor.gov/community/programs/community-garden. You can also pick up an application at the front desk at City Hall.



Happy Valley Youth Council pose for a fun group photo with their advisors at last year's Oregon Youth Summit in Salem.

Happy Valley Youth Council Takes Part in Oregon Youth Summit

On January 24th, the Happy Valley Youth Council will travel to Salem to convene with other youth councils from around the state. The occasion marks the second annual Oregon Youth Summit, an event where youth councilors learn about different political initiatives, discuss issues meaningful to their age group, and hear from local leaders. This year, the group will join the Oregon League of Cities for a portion of their meetings and presentations. This will give the teens even further insight into government processes.

The idea for the Youth Summit came about in Washington D.C. in 2016 when Happy Valley's Youth Council attended the National League of Cities conference. The connections made at the national level were great, and it struck Happy Valley's Youth Council advisors that the Oregon teen delegates could work together throughout the year to get involved at the state level.

The Happy Valley Youth Council is comprised of 12 teens from the area – all attend

either Clackamas High School or La Salle Catholic College Preparatory and apply to serve of the council via a formal process. The group prepares for the Oregon Youth Summit by helping coordinate discussion topics and planning activities that encourage sharing between youth council representatives.

Many of the students on the Happy Valley Youth Council aspire to make positive differences in the community far beyond their high school careers. Their involvement in such events as this one helps prepare them for more active leadership positions post-graduation and exposes them to the political arena. This invaluable experience also creates benefits for the local community. Happy Valley's Youth Council consistently develops timely and worthwhile initiatives that support youth right here in the City. Through their Prescription Drug Take-Back event, their focus on teen driver safety, and emphasis on mental health, the students are truly leading the charge when it comes to creating a healthy place to live, work, and play.



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Taking the Road Less Traveled:

Oregon author to give insight into some of the best kept secrets of our state

BY SHELLEY MCFARLAND

Steve Arndt grew up in rural Independence, Oregon during the state's centennial, a setting that kindled his curiosity about the region's history.

His uncle, William Gilbaugh, now a retired Washington State park ranger and noted northwest photographer, further ignited his passion by occasionally taking Steve on tours of Oregon and Washington back roads and byways.

After earning a degree in elementary education from Oregon College of Education (now Western Oregon University), Steve completed advanced degree coursework in special education at OCE, school administration at Portland State University, and his school superintendent credentials at the University of Oregon. In his 40-year career in education, Steve served various Oregon public schools as teacher and administrator, and completed his last nineteen years in higher education (Warner Pacific College) as senior associate professor of teacher education, including ten years as a department chair. Arndt is the only Warner Pacific professor in school history to earn both faculty of the year awards, one for excellence in teaching (1996), and the other for outstanding research (2004).

During his sabbatical in 2003, Arndt began writing a series of books, that linked out-of-the-way places together on self-guided tours, focus-

OREGON GHOST TOWNS

Happy Valley Library

Tuesday, Jan. 15, 3:30 p.m.-5 p.m.
Interested in learning more about Mr. Arndt and his books? Check out www.roadslastraveledoregon.com for details.

On January 15th, Steve will be presenting at the Happy Valley Library, sharing his lifelong passion for taking the road less traveled and uncovering the lesser known gems of Oregon.

ing on history and things to see and do that most people overlook. Chapter tours are full day events, experienced via family car, motor home, or motorcycle. He shares information about each out-of-the-way community, explaining how places were named, when they were settled, historical sites and events, and common and unusual things about cities and settlements on the back roads of our state. There are currently 8 books in the Roads Less Traveled series, each showcasing a different geographic region.

Steve, his wife Diane, and their now-grown children have spent many weekends and school vacations exploring Oregon back roads and off-the-beaten path places. Today, their car is filled with child safety car seats for three young granddaughters



that have begun road-trips with Grandma and Grandpa. Both Steve and Diane fill important roles at the Woodburn United Methodist Church and enjoy volunteering in the Woodburn community and participating in various philanthropic groups and endeavors.

Although Diane, a retired music educator and professional singer, has no formal training in photography, she

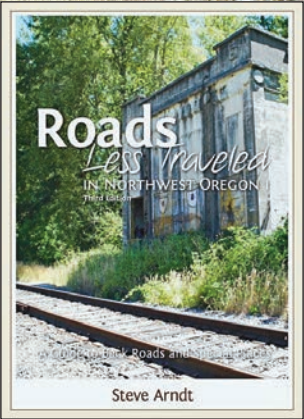
enjoys her role as photographer, organizer, and proofreader of Steve's book series.

Other Books by Arndt

Steve has also released three new books – Ghost Towns in Oregon, A – Z, Volumes I, II, and III. Each book contains information on 50 ghost towns, including its location in the state, its county, driving directions, and ghost town classification. His latest



Ever wondered the history behind the old buildings you see during back road adventures? They all have a story.



book, A Compendium of Oregon Ghost Towns, was released in August of 2017. Two more books – Beyond the Roads Less Traveled and Oregon Facts and Trivia are slated to be released later this year.

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A mission to Honduras

CHS senior Chloe Benson brightens Christmas for children in need

Clackamas High School senior Chloe Benson recently returned from a philanthropic trip to Honduras to donate gifts to children there. She was part of an eight-member group affiliated with Hope Teams International, a charitable organization that helps underprivileged kids in Central America.

BY SHELLEY MCFARLAND

"In preparation for this trip, I reached out to my teammates, friends and soccer coaches to collect donations, including socks, shorts, cleats, jerseys and soccer balls. I received an overwhelming amount of support, including generous donations from my club coach, Fraser Morrison, and my high school coaches, Manuel Martinez and Andy Dueker," Benson said. "I was able to take four checked bags containing four complete sets of uniforms, 32 soccer balls, and many random clothing items and cleats."

Benson, an avid soccer player, also gave each child a soccer-related jersey or shirt. Over the next few days, Benson and the Hope Teams members created Christmas-related crafts and read stories to the children to "spend quality time furthering my relationships with all of the kids on site." She also donated jerseys and balls to a local soccer academy that many of the kids participate in.

It was Benson's second trip to the country. She stayed at Proyecto Manuelito, a ministry dedicated to street kids who have been abandoned by

their parents or who have been impacted by abuse, drugs, illness or violence. At the small site where she stayed, roughly 40 street kids from the capital city, Tegucigalpa, and neighboring town of Talanga are taken in and given food, shelter and education. During Benson's first trip, the foundation of the new school was under construction.

"One of the most memorable moments came from a little boy who has severe autism. He came running up to me, gave me a big hug, and pointed at his new shirt. He was so grateful for this seemingly small gift, and it was very special to see how much he enjoyed it and us being there while we were kicking the soccer ball around," Benson said.

"Another special moment was when we were riding home on the bus. I had four of the kids crammed near me. They were all so excited to be able to talk to me because I speak a little bit of Spanish and could communicate well with them," she said. "By the time we got back to the project I had one little girl sleeping on my lap and two little boys leaning against me."

Benson became involved with Hope Teams International because of her special friendship with Executive Director Cindy Larvick. Both attend the same church where Larvick was Benson's youth leader. Benson also was inspired by her older sister, Emma, who had joined previous mission trips to Proyecto Man-



On a recent trip to Honduras, Clackamas High School senior, Chloe Benson, brought soccer gear and jerseys to children in need.

uelito with Hope Teams International.

"Chloe did a fantastic job! She was able to donate two complete team sets to the Soccer Academy at Proyecto Manuelito. She had four duffle bags of donated things. It was such a successful drive she did, and so many people responded. Plus she's a great student," Larvick said.

Benson plans to attend Pacific Lutheran University in the fall, majoring in business and minoring in Spanish and plans to continue playing soccer.

"This trip allowed me to share both my faith and my passion for soccer with these amazing kids. I am forever grateful that I had the opportunity to go on this trip and spend time serving them and creating friendship," Benson said.



In Honduras, Benson made numerous friendships with children living in Proyecto Manuelito, a ministry that helps orphaned children. Benson went with Hope Teams International, a local nonprofit.





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HAPPY VALLEY BUSINESS ALLIANCE

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BUSINESS SPOTLIGHT

HAPPY VALLEY BUSINESS ALLIANCE

As a community focused organization, the Happy Valley Business Alliance partners with the City of Happy Valley to support and connect business owners and bring attention to their businesses, attractions and upcoming special events. The HVBA strives to promote a healthy business network, sustainable relationships and economic growth with our community partners who share in our interest of making Happy Valley a great place to live and work.

If you look closely at local events you will probably see our members' fingerprints on it. It might be through participating, volunteering, sponsorship, promoting or donating resources. Any way you look at it the members of the HVBA take tremendous pride in our community and love to show it.

Our general membership meetings are held on the **fourth Wednesday of every month (except December)** at 7:30am at Happy Valley City Hall. Our monthly meeting gives our members the opportunity to network, get updates from community leaders, the City of Happy Valley, public service providers and other businesses. In addition to the great updates we have guest speakers that talk on a variety of topics geared towards business, economy and even individual growth. **If you would like more information you can go to our website www.hvba.biz or join us at our next meeting, January 23rd.**

— James Maciokas, HVBA Board President



Your HVBA Board and City of Happy Valley partners; Kathy Schaub, Stephanie Hern, Alisa Pompetti, James Maciokas, Laura Gonzales, Janice Kiser, David Redick, Kevin Moran, Ana Sarish, Patrick Sheehan, Steve Campbell & Fred Charlton