

If I were Mayor  
Contest entries  
due April 24  
See page 4



Honoring Veterans  
John Reeves: 30  
years, 3 wars and  
11,600 mission hours  
See page 7



March 2020  
happyvalleyor.gov

# Happy Valley NEWS

A city, community, a lifestyle — a place we proudly call home

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## ONE STEP at a TIME



Local firefighters from Clackamas Fire District #1 made a variety of appearances throughout the greater Happy Valley area in February in order to raise money for the Leukemia and Lymphoma Society.

At a Black Rock Coffee Stair Climb fundraising event on Feb. 15, which raised over \$500, some firefighters wore their full gear, including jackets, helmet, gloves, and boots to climb stairs in preparation for a much larger event scheduled later this month. Come Mar. 8, a team of 15 Clackamas Fire District #1 firefighters will join over 1,900 firefighters from around the

STORY BY  
CITY OF HAPPY VALLEY

world in climbing 69 flights of stairs in Seattle's tallest downtown building, the Columbia Center. The event will take the firefighters up a whopping 788 feet in elevation and a total of 1,356 steps. In 2019, the event helped raise \$2.9 million and it's likely even more will be raised in 2020. "I first got involved in this annual event as a volunteer firefighter," says Dave Doornink of Clackamas Fire

District #1. "It's a fun event to be a part of and people have been very generous in helping us give back to such a worthwhile cause."

Helping to create some additional awareness, Valley Growlers offered an opportunity on Feb. 16 for local firefighters to engage community further. The popular taphouse donated 10% of sales to the cause and set up a fun photo booth area where patrons could pose in fire jackets and helmets. Firefighters circulated throughout the venue and sold raffle tickets with many Happy Valley businesses offering a myriad of prizes for the lucky raffle winners to choose from. This year marked the

sixth consecutive year Valley Growlers owners, Brian and Ami Shannon, have opened their business to this event. They have continued to do so to help encourage awareness of this important cause and support first responders from Clackamas Fire District #1. "We have a lot of great customers who want to support community and the Clackamas Fire District, and this is a great place to bring those things together," said Ami Shannon. This event led to over \$1,000 being raised to support the Leukemia and Lymphoma Society.

Forge Hot Yoga will also donate an

Firefighters gather for a group photo at the Black Rock Coffee location off Augusta National Dr. on Feb. 15. The group is preparing for the 2020 Firefighter Stairclimb to take place in Seattle, WA later this month.

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Some heroes wear capes, Chris Hofmann-Smith wears a government-issued jacket. The Happy Valley mail carrier has helped residents including putting out a house fire.



## Mail carrier saves the day ... and the dog

By SHELLEY McFARLAND

While working his route last May, mail carrier Chris Hofmann-Smith noticed smoke coming from the roof of a home on Southeast Margie Way.

Hofmann-Smith, who once considered becoming a fire-

fighter, pounded on the front door in hopes of alerting the resident. After calling 911 to dispatch the fire department, he went around to the back of the house and worked on extinguishing the blaze with a garden hose. Soon, a neighbor came to help.

"When I got into the yard, I

found the fire at the base of the foundation, but it had been smoldering awhile and had worked its way up the wall. I put out what I could," Hofmann-Smith said. "The fire department's response time was fast, and they were able to put

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Students from Happy Valley Elementary School gather for a quick photo before utilizing one of the new rapid flashing crossings installed as part of Phase I of the Superblock project. The crossing offers more prominent visual cues to motorists and allows safer travel for those crossing the street before and after school.

## Superblock project making headway

City of Happy Valley

Phase I of the City's Superblock project is officially complete. Work included in-fill sidewalk connections on 132nd Ave. and Ridgecrest Rd. and rapid flashing crossings on 145th and King Rd.

The rapid flashing crossings are located just south of Denali Dr. as well as directly in front

of the Happy Valley Elementary/Middle schools, creating three rapid flashing crossings in total. These crossings not only provide safer travel to Happy Valley Park, but they also provide safe travel for children and families walking to and from the adjacent schools. These clearly visible crossings will alert drivers more purposefully and help

students and residents alike traverse these high traffic streets.

The Superblock project has long been something the City and residents have advocated for. "This sidewalk is the perfect example of a local government that works," says Happy Valley resident and project

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Chase Rosenberg and McKenna Phifer were recognized for their winning contest entries by City Council. The students posed for a photo with the Mayor Tom Ellis and Councilors. Elementary, Middle and High School Students are encouraged to enter the “If I were Mayor, I would...” contest and share their creative ideas about what they would do as Mayor of Happy Valley. Entries are due at 5 p.m. Friday, Apr. 24.

# What would you do as mayor?

Students get a chance to pitch their big ideas

*City of Happy Valley*

Know a student with big ideas, a compassionate heart, and interest in making the community a better place?

The City of Happy Valley is again participating in the Oregon Mayors Association (OMA) “If I were Mayor, I would...” contest. In this con-

test, students are invited to share their creative ideas about how they would govern the City of Happy Valley. Winning entries from local contests throughout Oregon are then submitted to a statewide competition. Last year, Chase Rosenberg, a fourth grader from Spring Mountain Elementary, and McKenna Phifer, an eighth grader from

Damascus Christian School, were recognized for their winning submissions. This particular contest has proven to be a great way to encourage students to take a closer look at their community and share their thoughts about safety, the environment, health, social services, youth programs and more.

## CONTEST FORMAT

There are three categories for entry based on student grade:

- Elementary School (grades 4-5)
- Middle School (grades 6-8)
- High school (grades 9-12)

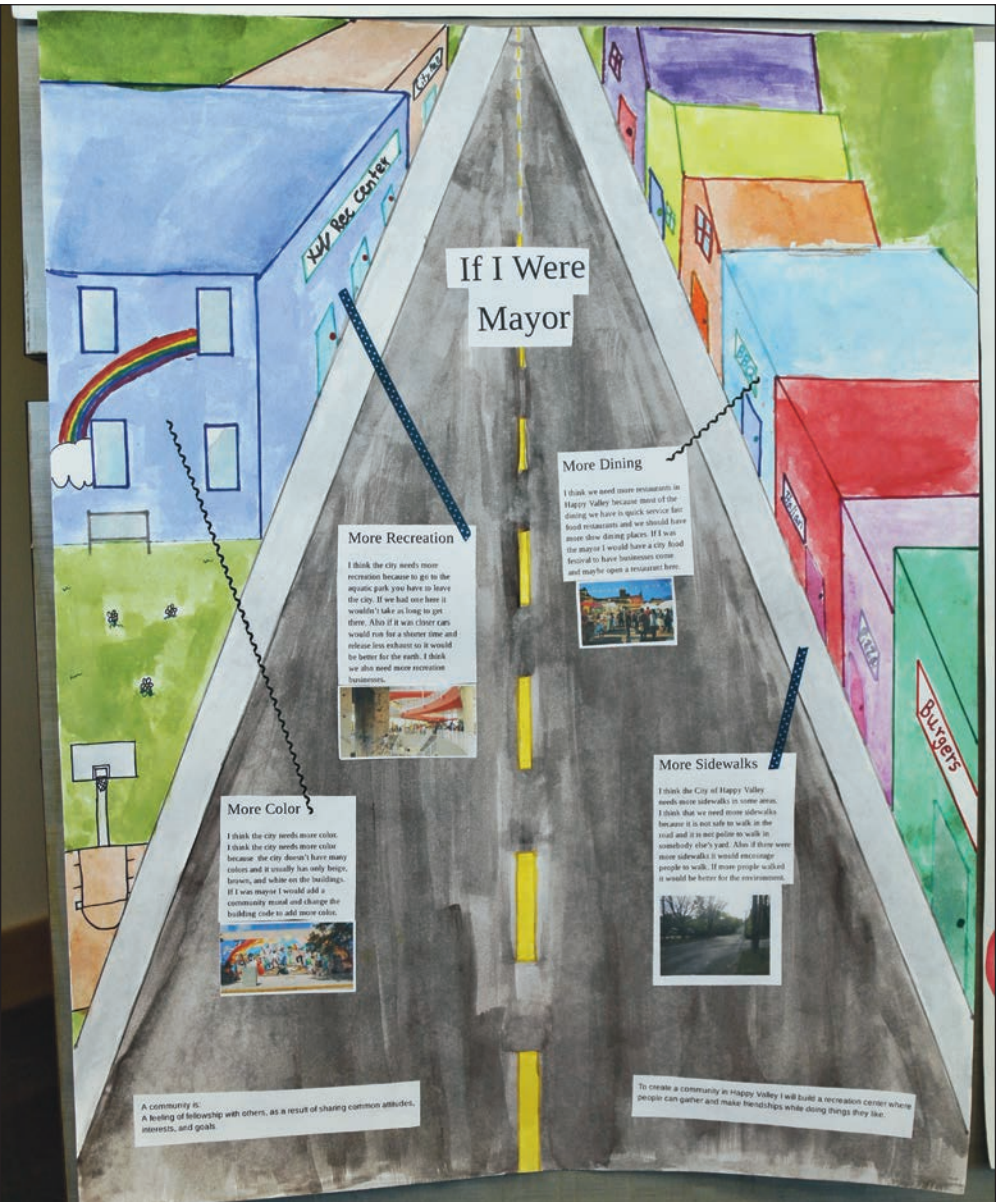
Elementary school applicants are asked to provide a 17” x 28” poster with their ideas, while middle school students are asked to write an essay, and high school students are tasked with producing a digital media presentation using video, PowerPoint, Prezi, or other application. An entry form must be included with submissions. All contest details can be found at [www.happyvalleyor.gov](http://www.happyvalleyor.gov) and [www.oregonmayors.org](http://www.oregonmayors.org)

## Need help getting started?

The Happy Valley Library is a great resource for students looking to participate.

The deadline for submitting contest entries is 5 p.m. Friday, Apr. 24. The winner of each age group in the Happy Valley contest will be awarded a \$100 gift card and recognized at the May 19 City Council Meeting. The winning submissions will then be entered in the statewide contest where there will be a chance to win a grand prize of \$500.

*So, if you were Mayor, what would you do?*



Chase Rosenberg created a colorful poster showcasing what he would do as mayor. His vision included more sidewalks and more recreational activities.

# Public invited to attend PVNC Open Houses



At a PV/NC Workshop held last year, a resident reviews several poster boards outlining proposed ideas. This Spring, the public will have an opportunity to review updated materials included in the PV/NC Comprehensive Plan Draft.

*City of Happy Valley*

After nearly 18 months of meetings and discussions, the Community and Technical Advisory Committees for the Pleasant Valley/North Carver (PV/NC) Comprehensive Plan have completed their final deliberations, creating a Draft Plan that outlines recommendations related to the future of these areas. This Draft Plan will be submitted to the City’s Planning Commission and City Council for final approval later this Summer.

Prior to Planning Commission and City Council’s review of the Draft Plan, the City of Happy Valley will host two informational Open Houses in the Spring, so the public can view a variety of visual materials and information relating to the recommendations. The Open Houses are primarily informational, but written comments and feedback will be accepted and incorporated, as necessary. Residents will have additional opportunities to comment during the Planning Commission and City Council public hearings.

The PV/NC Comprehensive Plan provides guidance regarding such things as land use, transportation,



**Pleasant Valley North Carver**  
COMPREHENSIVE PLAN

## Open Houses

**DATES:** April 2 and 8  
**LOCATION:** Happy Valley City Hall  
**TIME:** 6-8 p.m.  
**\*Both sessions will cover the same information.**

parks, and environmental issues that will be instrumental to ensuring planning is successful in the Pleasant Valley and North Carver areas.

City staff from the Economic and Community Development Department have been working diligently and have utilized community feedback throughout the process to help shape the direction of the Plan. Ideas from property owners, the general public, neighboring cities and counties, and other stakeholders have also been included. The upcoming

Open Houses will provide an opportunity for the ideas and concepts derived over the course of the previous months to be presented in more detail. The PV/NC Comprehensive Plan is slated to be officially completed by summer 2020.

Benefits to having a Comprehensive Plan include:

- Housing options and livable neighborhoods
- Well-planned parks and trails system
- Strategies for addressing congestion and road safety
- Local employment opportunities

Benefits like these often mean more marketable homes and properties, but the key to success is having the community be part of the planning process. Recognizing the importance of community voice, the City is hopeful that residents will attend one of the upcoming sessions.

To learn more, please visit <https://hv.city/pvnc>



Valley Growlers co-owner, Ami Shannon (left) and Clackamas Fire District #1 firefighter, Dave Doornink, let loose at the themed photo booth during the Feb. 16 fundraising event.

# Charity

■ From Page A1

additional sum at the end of March, following their own fundraiser aimed at helping the cause. All proceeds from fundraising efforts support blood cancer research and the work of the Leukemia and Lymphoma Society. According to its website, the Leukemia and Lymphoma Society is dedicated to curing leukemia, lymphoma, myeloma, and other blood cancers. It is the world’s largest nonprofit health organization dedicated to funding blood cancer research and providing education and patient services. The organization’s mission is to help find cures, but more importantly strives to instill hope, compassion, and support to those who may be struggling.

Special thanks to these local businesses for partnering with Clackamas Fire District #1 in providing raffle prize donations:

- Portland Trail Blazers
- Benchmade
- Fred Meyer
- Valley Growlers
- Starbucks
- Peet’s Coffee
- Black Rock Coffee
- Ace Hardware
- Hand & Stone Massage
- Hops n’ Drops
- StarCycle



Just keep climbing! Firefighters help raise funds for the Leukemia and Lymphoma Society through their stair climbing efforts.



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Council Meetings are held  
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month at 7 p.m. at City Hall  
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www.happyvalleyor.gov

# Thank you Legislators

For those of you who haven't heard, I want to share some exciting news! Last month, the Oregon State Legislature unanimously passed House Bill 4106 which removes the City from North Clackamas Parks and Recreation District (NCPRD). In July, Happy Valley will become its own parks and recreation provider and NCPRD will move forward with certainty in its boundary and the ability to focus on providing services to its residents. House Bill 4106 was a shared priority for both the City of Happy Valley and Clackamas County. This was an important part of a larger settlement agreement reached last December that will also return \$14.3 million to the City for future parks.

Now that the bill has passed, I want to give special thanks to Representatives Bynum and Meek who were instrumental in helping the parties reach a settlement and bringing this legislation forward. I'd also like to thank the



With the passing of House Bill 4106, the City of Happy Valley will become its own parks and recreation provider, effective July 1. Representatives Mark Meek and Janelle Bynum (center) were instrumental in bringing this resolution forward.

other sponsors of the bill, including: Senators Thomsen and Taylor and Representatives Drahan, Lewis, McLain, Neron, Reardon, and Williams.

We are excited to become the City's parks and recreation provider. Happy Valley recently completed a Parks

and Recreation Master Plan that includes development of a new community park, future community center, all-weather turf fields at Happy Valley Park, and new trails. Our team has also identified new recreation programs to provide in the coming years.

I'd like to thank my fellow City Councilors and the Board of County Commissioners for all working together to reach an amicable settlement agreement. Finally, I'm grateful for our City staff members who have worked tirelessly on this issue for several years.

While this recent step closes a contentious chapter, it opens opportunities for the City to provide new programs and services to the community. I can't wait to get our parks and recreation programs going!

**MAYOR'S MESSAGE**  
**TOM ELLIS**



# Youth Council participates in Oregon Youth Summit

## YOUTH COUNCIL

On Feb. 21, young leaders from around the state attended the third annual Oregon Youth Summit at Willamette University in Salem. It was a day for Youth Council representatives from cities throughout Oregon to come together, learn from each other and look for statewide approaches to issues Oregon youth face.

Eight cities participated in this year's event, with a variety of youth, advisors, city council members and city staff throughout the state in attendance.

The decision to create an Oregon Youth Summit originated three years ago when students from Happy Valley's Youth Council attended the National League of Cities (NLC) conference in Washington D.C. Connections the students made at

the national level were great, but Happy Valley's Youth Council advisors realized the importance of bringing all of Oregon's youth councilors together to get involved at the state level. It was at that point when Happy Valley's Youth Council advisors and teens developed the Youth Summit concept and organized the event to take place in the state's Capitol.

This year's Oregon Youth Summit again proved beneficial. The day included a surprise appearance by Governor Kate Brown, who reminded the students of their ability to make a positive difference in communities. She emphasized the power of the vote, encouraging the youth to stay active and connected to issues in order to get their voice heard. The day also included sharing between youth council representatives on programs and initiatives

See YOUTH COUNCIL / Page A13



Participants at the 2020 Oregon Youth Summit gather for a group photo. The Summit included a variety of activities that served to create opportunities for students to share ideas.

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Happy Valley boasts an abundance of trees and a commitment to keeping the tree canopy and native plant life healthy and cared for. A representative from the Oregon Department of Forestry honored the City of Happy Valley in 2019 during its fifteenth year being named a Tree City USA. 2020 marks the City's sweet sixteen designation.

# Preserving the tree canopy in Happy Valley

City of Happy Valley

Happy Valley has once again been designated a Tree City USA. 2020 marks the 16th consecutive year the City has been awarded this designation, a status cities must apply for through the Arbor Day Foundation. This national program started in 1976 and encourages cities to actively promote and expand tree growth. Being recognized as a Tree City USA is considered an accomplishment and the designation is only given to cities that have met the agency's core standards of sound urban forestry management. The City of Happy Valley believes it is important to replenish the tree canopy and has made a commitment to establish a healthy, sustainable urban forestry program. To do this, Happy Valley invests in trees in a variety of ways, including purchasing trees for replanting. This year, the City is excited to announce that Oregon Community Trees, an education, outreach, and advocacy organization, has awarded Happy Valley a



grant to be used specifically for the purchase of trees later this Spring to enhance our Arbor Day celebrations. Trees acquired through this grant will be used in communal areas, such as Happy Valley Park. The City also partners with organizations several times throughout the year to complete various tree planting and tree health projects. Friends of Trees, for example, is an organization that coordinates restoration projects in natural areas and has provided many opportunities for volunteers to take part. Projects focus on several activities, such as mulching and ivy removal, in addition to traditional tree planting. Projects not only serve to enhance the landscape aesthetics, but also create long term ecological health. With Arbor Day upon us, we'd like to invite you to help us celebrate our 16th year as a Tree City USA. Many Tree Cities will be participating in fun projects to commemorate the occasion and while Arbor Day is officially Apr. 24, Happy Valley will celebrate with two special projects during the Spring season.

## \*\*SPECIAL ARBOR DAY EVENT!

### Happy Valley Park planting

**WHEN:** Saturday, Mar. 14, 8:45 a.m. – 1 p.m.  
**WHERE:** Happy Valley Park, 13770 SE Ridgecrest Rd

Plant native trees and shrubs to restore the riparian vegetation around Mt. Scott Creek.

### Happy Valley Heights Natural Area planting

**WHEN:** Saturday, Mar. 21, 8:45 a.m. – 1 p.m.  
**WHERE:** 11418 SE Norwood Loop

Plant hundreds of native trees and shrubs near the headwaters of Mt. Scott Creek.

### Happy Valley Heights Natural Area Tree Care work party

**WHEN:** Saturday, Apr. 18, 8:45 a.m. – noon  
**WHERE:** 11418 SE Norwood Loop

Mulch hundreds of native trees and shrubs that were planted this past winter along the headwaters of Mt. Scott Creek.

## \*\*SPECIAL ARBOR DAY EVENT!

### Happy Valley Park Tree Care work party

**WHEN:** Wednesday, Apr. 22, 8:45 a.m. – noon  
**WHERE:** Happy Valley Park, 13770 S.E. Ridgecrest Rd.

Help mulch hundreds of native trees and shrubs that were planted this past winter. To RSVP for an event, you can register online by checking out the events calendar through [www.friendsoftrees.org/event-calendar/](http://www.friendsoftrees.org/event-calendar/) Click on the project you would like to attend and fill in your information. These projects are perfect for individuals or groups and doing something for the Earth is a great way to give back.

## Other ways the City makes trees a priority

The City has a robust tree replacement requirement and tree permits are required for any type of tree removal. Additionally, if a developer is dividing land, the City requires the developer complete a Planned Unit Development (PUD) if more than 10% of the site is in environmentally constrained areas. This ensures a minimum of 20% of the final site contains open space, which in turn results in more preservation of natural areas compared to traditional subdivisions found in other cities. To further ensure that Happy Valley's tree canopy remains healthy, the City spends \$2.99 per capita on urban forestry. Things like tree pruning, tree maintenance, plantings, and removal of hazardous trees on City property are covered by these funds. These efforts help curb erosion, aid in stormwater management, create cleaner air, and even boost property values.

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# Next Up invites teens to get involved

Happy Valley Library

Regardless how you lean politically, the opportunities seem to be numerous when it comes to ways voters can get involved and take a stand on an issue. For youth who can't yet make their voice heard at the polls, this can be trickier. Though youth are frequently bombarded with messaging, content, and opinions via the media or by other influencers, there aren't a lot of productive outlets for those under 18 to effectively and safely talk about what is important to them within the political arena. That's where Next Up comes in. The non-profit aims to give youth a voice and create opportunities for leaders to emerge and hone their skills. A non-partisan organization, Next Up helps youth find their voice, channel their strengths, and ultimately find ways to get involved in community change. It strives to be a supportive space for youth to advocate for themselves and do so in collaborative and inclusive ways. Next Up Youth Leadership Coordinator, Isabela Villarreal, is a youth advocate and educator. She will be coming to speak at the next Teen Leadership meeting at Happy Valley Library to talk more about the organization and ways local teens can get involved. Having earned a BA degree in Community Development



**TEEN LEADERSHIP**

**Next Up**  
**DATE:** Wednesday, March 11,  
**TIME:** 6-7:30 p.m.

**NEXT UP**

Teens are encouraged to join Youth Leadership Coordinator, Isabela Villarreal, for engaging conversation and idea sharing.

from Portland State University, Villarreal has always been interested in human rights, the environment, and her community. She is excited to be part of activities that encourage social justice and get youth involved in issues that are important to them. If you are a teen or you know a teen who would like to attend, considering joining this important gathering on Mar. 11.

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# 30 years, 3 wars, 11,600 mission hours

*Veteran John Reeves, 97, gave a lifetime of service*

By **SHELLEY McFARLAND**

Happy Valley veteran Lt. Col. John Reeves served in three wars and logged over 11,000 mission hours over a career that spanned 30 years. Reeves was born in 1923 in Portland but moved to Montana when he was 5 years old after his uncle died and Reeves' father was needed to work on the family farm. Reeves did not start school until he was 8 years old, but with the help of his parents and a love of cartoons, he learned to read early. He quickly skipped grades and joined his age-appropriate grade.

Because work was scarce during the Great Depression, the family spent time in both Oregon and Montana where Reeve's father could find jobs as a lather. After graduating from Missoula High School, Reeves attended Montana University for one year.

In 1941, he followed his parents back to Portland, where he found a job as a welder in the Kaiser Shipyards in the St. Johns neighborhood. Working next to him was a beautiful young woman named Jackie who repeatedly rebuffed Reeves' attempts for a date to one of the shipyard dances. Jackie finally said yes when she learned Reeves was an excellent dancer and, eventually, they married.

Reeves registered for the draft at age 20 and was immediately sent a draft board notice and conscripted into the U.S. Army. He was sworn in and sent to Fort Lewis, Washington, followed by basic training in Atlantic City, New Jersey.

Reeves was advised to apply for flight training and was accepted. He was transferred to Mississippi, Missouri, Texas and California until at Clai-borne Flight Academy in Arizona, he earned his wings and was commissioned second lieutenant.

"I was one of 500 student pilots in Santa Ana, California, where we completed cadet basic training," Reeves said. "They moved us all around. Our flight training was three phases, and we learned to fly the B-17. At the time, it was the largest plane with four engines, and they taught us to fly it in five weeks. It was the leading bomber in Europe."

While in Arizona in 1944, Reeves and Jackie married in the base chapel. After his leave, Reeves spent time in New Mexico and Florida learning to fly in formation, drop bombs and was assigned a crew for a Boeing B17 Flying Fortress.

Jackie knew Reeves would be deployed to England and she decided to join the Women's Army Corp (WAC) where she was trained as a nurse.

"When I got my orders to go overseas, Jackie asked me or told me if I had any objection with her joining the WAC. I didn't have any problem with that while I was overseas, and I told her, 'fine, wear your hat down two fingers above your eyebrow and be the best WAC in the Army,'" Reeves said of wanting his wife to look proper military.

In England, Reeves flew 17 B-17 missions, though he never had to fly a bombing raid. Instead, he was part of a nine-man



John Reeves wears his uniform at a recent Veteran's Day event in his retirement home. The 97 year old veteran flew in three wars and was stationed in Puerto Rico in the early 70s where he was a Hurricane Hunter.



LEFT: John Reeves was 20 when he joined the Army. After flight school he was sent to England where he flew B-17 bombers to gain weather information. The information was used to help plan D-Day. RIGHT: Jackie Reeves joined the Women's Army Corp (WAC) when John was sent overseas.

flight crew on meteorological missions where information gathered was used to help command decide when to launch European attacks.

"We flew out over the water for information for the coming weather over the continent and based their bombing upon the information we provided," Reeves said. "We would fly to Land's End and we had a weatherman with us to take readings flying at 2,000 feet and at sea level.

"We made 120-degree triangles and the waist gunner would drop the sensor and the tail gunner would take a reading at three different directions, and the average reading was the direction of the wind. The tail gunner and the weatherman would send the information to home base."

Information from one of these missions was used to help plan the D-Day invasion on June 6, 1944, on the beaches of northern France, considered to be a turning point for the Allies. During Reeves' deployment, Jackie worked in Vancouver, Washington, as a psychiatric-unit nurse at Barnes General Hospital, a veteran's facility, and lived with her husband's parents.

After 13 months overseas, Reeves was discharged and happily reunited with Jackie.

"As soon as I got my orders for discharge, Jackie went to her commanding officer and got her discharge, too. She was waiting for me," Reeves said.

The two moved to San Leandro, California, where Reeves became a real estate agent and

they welcomed two daughters, Carrie in 1947 and Shelley in 1949.

Reeves stayed connected with the Army and joined the Reserves. The family moved to Portland following his "father's footsteps as a lather," and in 1952 Reeves was recalled to Reserve training first as a co-pilot and later as first pilot. The Air Force had been created out of the Army Air Corps in 1947, so Reeves was now a first lieutenant in the Air Force.

After express training in Tennessee to fly the Fairchild C-119 Flying Boxcar, Reeves' unit was sent overseas to Japan to fly supply missions to Korea. Stationed in Japan for three years, Reeves was the stand-in communications officer at Ashiya Air Base and was promoted to captain before leaving the Korean War.

"It was Southern Japan and very nice. The air base was a Japanese air base, but it became our base," Reeves said.

The Reeves family lived a nomadic lifestyle due to Reeve's military service, and the time after the Korean War was no different. Reeves went to Communications Officer School at Scott Air Force Base in Illinois, spent time in Minnesota, and was stationed in Germany for three years, where he was promoted to major. The family loved exploring Europe and one memorable trip found Jackie and the girls visiting Berlin, which at the time was behind the Iron Curtain.

"Mom, Shelley and I took a bus into Berlin. Mom worked for General Electric and had se-

curity clearance and was not supposed to go to East Berlin. The guards came on the bus and checked our passports. They took Mother's and they left the bus, and they gave it back and we were able to go across, but we wondered if they were going to take her off the bus. I was in high school at the time," Carrie recalled.

Carrie was finishing her senior year of high school in Germany when Reeves was assigned stateside in New York, then California at Travis AFB where he flew supplies to Vietnam in 1964. After two years of flying transport, Reeves was stationed at Tay Hoa, Vietnam. The Vietnam War was raging, and Reeves' job was to fly a Lockheed C-130 Hercules, a four-engine turboprop plane, to refuel helicopters.

"In Vietnam we had large tanks of helicopter fuel, and we refueled helicopters in the air over the war zones. We would slow down to 90 miles per hour so the helicopter could keep up with us, and we'd connect for refueling. While refueling we'd make little circle patterns, 180-degree turns, while connected. It took about eight minutes to refuel," Reeves said.

In Vietnam, Reeves was promoted to lieutenant colonel, and in 1971 he was assigned to Puerto Rico as assistant to the commander, often taking charge when the commander was gone. With their girls grown and living elsewhere, the couple lived in Puerto Rico for two years as Reeves ended his military career the way it started, with meteorological survey flights. Reeves' weather reconnaissance squadron was known as the "Hurricane Hunters" and flew 14 C-130 missions into cyclones to gather scientific data. "When I was a Hurricane Hunter, the plane would be heavy with a lot of fuel, and we would be gone for eight or nine hours and make two entries into the storm. We got bounced around quite a bit until we got into the eye and it was calm," Reeves said. "At 10,000 feet we would descend in a spiral to practically sea level about 200 feet above the water."

After serving in three wars

## HONORING OUR VETERANS

### Highlighting our heroes

The City of Happy Valley would like to recognize our community's veterans and active military on a more regular basis. To do this, Happy Valley News aims to share the story of people in our community who have served or are currently serving in one of our country's armed forces each month. Stories might focus on your military experience, what you've learned from your travels, or anything interesting or inspiring.

The City is encouraging you to reach out to us directly if interested and we additionally welcome nominations from family and friends.

### Please contact

**CITY'S COMMUNICATION SPECIALIST:**  
Stephanie Warneke, at  
swarneke@happyvalleyor.gov

**COMMUNITY WRITER:**  
Shelley McFarland at  
shelley.mcfarland@gmail.com.



The service and sacrifice our military community members make is important. With the support of Mayor Tom Ellis and City Council, the City of Happy Valley would like to share the stories of those who have served or are actively serving. Please contact us so we can highlight our local heroes.

over 30 years and logging 11,600 flight hours, Reeves retired as lieutenant colonel in 1972. He and Jackie returned to the Portland area, eventually settling in Damascus where they had property for their numerous animals.

Reeves, not one to sit idle, continued to work for a small airline and volunteered for the Boring Fire Department. He also worked for the Damascus Water District and became superintendent of Mount Scott Water District. During this

time, Jackie worked for Clackamas Community College. Because of Jackie's ailing health, the couple moved to Arizona where Jackie died 17 years ago.

Today, Reeves lives in Happy Valley and is an active member of his retirement home enjoying poker, Wii bowling and bunco. He is even in charge of a coupon-clipping group for military families and recently celebrated his 97th birthday.



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March 2020 Library Events

Spring Break is March 23-27



Get a jump on next month's Book Group selection with The Bird King.

ADULT PROGRAMS

**Pinochle Club**  
Monday, Mar. 2 and 16, 1:30-3:30 p.m.

**Happy Valley Library Book Group**  
Thursday, Mar. 5, 6:30-7:45 p.m.

► **Selection for March:**  
How to Walk Away by Katherine Center  
► **Selection for April:**  
The Bird King by G. Willow Wilson

**American Mah Jongg**  
Fridays, 12:30-3:30 p.m.

**Genealogy Club**  
Mondays, Mar. 9 and 23, 2-4 p.m.

Searching for family roots? All are welcome to come and share questions, strategies, and organizing tips.



**String-Along Acoustic Jam**  
Sundays, Mar. 8 and 22, 2-5 p.m.

Bring your acoustic guitar, fiddle, ukulele or other stringed instrument to the Happy Valley Library and share some tunes with other musicians.

**Note Night**  
Wednesday, Mar. 11, 6:30-7:30 p.m.

Enjoy some live music while you browse for books or sit and savor the sounds. This month features guitarist Chuck Bolsinger playing an eclectic mix of blues, folk, and country as well as a few originals and a bit of harmonica thrown in for good measure.

FEATURED ADULT PROGRAMS



**Craft Night: Creative Papermaking**  
Tuesday, Mar. 3, 6:30-7:30 p.m.

Learn how to turn shredded paper into something funky and fun.

Ruth from Talk about Trees will show you how to recycle junk mail and paper scraps and make beautiful handmade paper. Space is limited. Contact the library to reserve a seat.

**From Radical Idea to Ratification: Women's Voting Rights in Oregon**  
Tuesday, Mar. 10, 6:30-7:30 p.m.

American women organized, lobbied, and campaigned for the right to vote on a national and state level for 72

years. Oregon extended voting rights to women in 1912, and then the 19th Amendment did the same nationally in 1920. This illustrated talk will explore all of these engaging aspects of woman suffrage history.

**Classic Movie Night**  
Thursday, Mar. 12, 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 film is a Technicolor 1954 murder mystery. Contact the library for movie title information.

**How about that Weather?**  
Wednesday, Mar. 18, 3:30-5 p.m.

Former Air Force Meteorologist and Department of Defense Master Instructor Rafael Kaup returns to present a plain language guided Q & A session on newsworthy weather in our area and beyond.



**Summer and Fall Blooming Bulbs**

Saturday, Mar. 14, 2-3:30 p.m.

It's spring, and bulbs planted in the fall are blooming, but did you know you can plant bulbs now that will bloom in the summer and fall? Come learn about the possibilities, from Agapanthus to Tuberous Begonias!

YOUTH PROGRAMS

**Stretch, Dance, Play! With Iris Nason**

March 11; at 10:15 a.m., for ages 2-5.

**Homeschool Club: Signs of Spring**  
March 12; at 10:15 a.m., for grades K-5.

**Music Time with Chuck Cheesman**  
March 18; at 10:15 a.m., for ages 0-5.

**Let's Lego!**  
March 21; at 1:30 p.m., for grades K-5.

**Sign and Sing with Shira Fogel of Tiny Talkers**  
April 1; at 10:15 a.m., for ages 2-5.

**LEGO Creative Building with Blair Archer**  
April 1; at 4:00 p.m., for grades K-5

FEATURED YOUTH PROGRAMS

**Sign & Play with Christina Schabow of Portland Early Learning**

Wednesdays, March 4, 11 & 18 at 1 p.m.

For ages 0-24 months. Songs, bubbles and movement make learning ASL signs fun for everyone.

**Teen Advisory Board Meetings**

Wed., March 11; at 5-6 p.m. For 6th-8th graders.

Thurs., March 5 & 19; at 5-6 p.m. For 9th-12th graders.

Plan programs, make decisions and hang out with other teens.

**Teen Leadership**

Wednesday, March 11, 6-7:30 p.m.

Join youth leaders from Next Up to learn how you can organize, lead, and make the change you want to see.

**Teen Mario Kart Tournament**

Tuesday, March 24; 2:30-4:30 pm

Race your way to victory! It'll be bananas.



**Birds!**

Saturday, March 7; at 10:15 a.m.

For K-5th. Explore the wild side of birds with hands-on activities.



**Make a Zine**

Saturday, March 14; at 10:15 a.m.

For K-5th. Make your own magazine with drawings, writings and other materials.



**Move Like a Mammoth**

Tuesday, March 17; at 6:15 p.m.

Can you pounce like a saber tooth cat, lift like a mammoth, or stroll like a giant ground sloth? Join the University of Oregon's Museum of Natural and Cultural History as you discover how these and other amazing ancient animals ran, swam, leaped, climbed, and ate their way through Oregon's history.

**Tallulah's Daddy**

Saturday, March 21; at 10:15 a.m.

Rock out with one of the library's favorite kiddie musicians!



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# Weather expert to present at Happy Valley Library



Rafael Kaup has forecasted the weather all over the world and will present at Happy Valley Library later this month. Join him for a fun science lesson that anyone can follow along with.

## Happy Valley Library

Rafael Kaup’s military service is quite interesting. Originally from Aschaffenburg, Germany, he became a military dependent, or “Army Brat” as he describes himself. He joined the U.S. Air Force as an Operational Meteorologist in 1994, spending the next 20 plus years living in and forecasting for both terrestrial and space weather in the U.S., Europe, SW Asia, and Australia. He later became a meteorological instructor and instructor supervisor for seven years while stationed in Biloxi, Mississippi. He spent much of his time forecasting and sheltering for many hurricanes while there, including covering Hurri-

cane Katrina, which dominated the news circuits. He ultimately became the TV weather forecaster for the American Forces Network (AFN) in the Azores, a Portuguese archipelago in the central Atlantic, where he finally retired from active duty service. A father to two boys, ages 16 and 10, Kaup today views himself as your typical “Army Dad.” Given Kaup’s career history, it’s safe to say he probably knows a thing or two about weather. His experience as a meteorologist for the military has provided a wealth of opportunities to learn the details of the industry and understand the ins and outs. At an upcoming presentation at Happy Valley Library, Kaup will share some of the things he has learned along the way.

Appropriate for all ages and levels of interest, the presentation is a great way to gain understanding about simple concepts and learn how earthly elements interact to produce the weather we see. He will also touch on why even the best forecasting can go awry despite the simple science used to predict it. “Lots of folks take advantage of TV weather, a weather app, or online forecasts, but have questions about the symbols or terminology being used,” says Kaup. The upcoming presentation is a perfect forum to ask some of these more straightforward questions, but Kaup says attendees can expect much more. “We can go into other aspects, too, like why local weather differs so much from one location to another, de-

HOW ABOUT THAT WEATHER?

**Date:** Wednesday, Mar. 18

**Time:** 3:30 p.m.-5 p.m.

**Location:** Happy Valley Library Community Room

bunk myths, and even talk about some of the history of our understanding and concepts.” Kaup is quick to add that his presentation is rooted in developing a love for natural science and encouraging questions about how the natural world works, versus trying to get equations to calculate specific weather phenomena. He hopes to instill a love of science and encourage those interested in the topic to have fun and think creatively.

# Celebrating a milestone, 100 years in the making

## Happy Valley Library

2020 marks the 100th anniversary of the passage of the 19th Amendment, which guaranteed and protected women’s constitutional right to vote. According to local historian, Janice Dilg, the history of women gaining the right to vote is long, complicated, and completely fascinating. “Most Oregonians, and probably most Americans,” says Dilg, “do not know that women did not always have the right to vote.” Dilg goes on to point out that the vote was not equally shared across race and ethnicity in those early days, and that voting struggles encountered 100 years ago are still very much apparent today. With 2020 being a general election year, there are sure to be endless headlines and nonstop coverage. Ultimately, who gets to vote, whose vote is being suppressed, and why voting matters, says Dilg, will be hot topics in the upcoming news cycles. Dilg, who will be presenting on the topic of women’s suffrage at the Happy Valley Library, uses a metaphor to describe her love for history. As a cabinetmaker, Dilg honed her craft by separating pieces, fitting them together, and building them into a cohesive whole, and she equates this to being able to understand and preserve history. For Dilg, history is alive, it breathes, and it fills the cracks and foundations of our lives and our communities. She won’t stop until the full story is revealed. Abigail Scott Duniway, perhaps one of the most well-known suffragists, is just one of the important historic figures that attendees will learn about at Dilg’s upcoming presentation. “Women worked to gain the right to vote for 40 years in Oregon, so there are many stories of intrigue, hard work, and persistence spanning the course of four decades before voting rights were achieved.” Dilg will also include history about the people and groups that opposed suffrage, as there were many women and men alike who disagreed with the idea of women voting at all. Providing parallel histories, Dilg’s presentation will aim to weave together Oregon woman suffrage history with that happening on the national level. “My wish is that young, soon-to-be voters and political activists will attend and learn history that might inspire



Oregon suffragists visit New York in 1912.

## FROM RADICAL IDEA TO RATIFICATION:

**Women’s Voting Rights in Oregon**  
**Date:** Tuesday, Mar. 10  
**Time:** 6:30 p.m.-7:30 p.m.  
**Location:** Happy Valley Library Community Room



Janice Dilg has immersed herself in the history of women suffrage and will be speaking on the topic on Mar. 10.

them,” emphasizes Dilg. “One of the hallmarks of the successful 1912 campaign for women’s access to the ballot was that young suffragists took over from the first generation. Those in their 20’s and 30’s took over from those in their 70’s, which helped the movement progress. Where earlier campaigns had been more se-date and quiet, these young women, and even men, wanted direct action, public speaking and debates, parades, and used mass advertising to make their case,” Dilg says with enthusiasm. Dilg’s goal is to show that history can be exciting and relevant to our current times. “The 1912 campaign was truly a statewide campaign and rural as well as urban communi-

ties were involved. While Happy Valley did not exist as a municipality in 1912, the people that lived in the area whether members of the grange, a local church, or met at the public school, likely participated in the 1912 campaign in some way,” she contends. An experienced and captivating speaker, Dilg will tell the story of this exciting time that is truly cause for celebration.

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CITY OF HAPPY VALLEY

- Mar. 8**  
**Daylight Savings Time Starts:**  
Spring forward 1 hour!

**Mar. 10**  
**Planning Commission Meeting:**  
7 p.m. at City Hall

**Mar. 12**  
**Traffic and Public Safety Meeting:**  
7 p.m. at City Hall Council Chamber

**Mar. 14**  
**Friends of Trees Service Project:**  
8:45 a.m.-1 p.m. at Happy Valley Park sign up at [www.FriendsofTrees.org](http://www.FriendsofTrees.org)

**Mar. 17**  
**City Council Work Session:**  
6 p.m. at City Hall Council Chamber

**City Council Meeting:**  
7 p.m. at City Hall Council Chamber
- Mar. 19**  
**Public Art Committee Meeting:**  
5:30 p.m. at City Hall

**Mar. 20**  
**International Day of Happiness:**  
see page 11 for more details

**Mar. 21**  
**Friends of Trees Service Project:**  
8:45 a.m. -1 p.m. at Happy Valley Heights Natural Area. Sign up at [www.FriendsofTrees.org](http://www.FriendsofTrees.org)

**Mar. 25**  
**HV Business Alliance Meeting:**  
7:30 a.m. at City Hall Council Chamber

**Mar. 25**  
**Design Review Board Meeting:**  
7 p.m. at City Hall Council Chamber

**Mar. 31**  
**Library Board Meeting:**  
6 p.m. at HV Library Community Room

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# Foam fight

In latest event at Bow + Arrow Coffeehouse in Damascus, latte artists compete

By SHELLEY MCFARLAND  
Inside Bow + Arrow Coffeehouse the aroma is rich with the smoky, nutty smell of roasted coffee.

With 63% of Americans drinking coffee daily, according to National Coffee Data Trends, the cafe in Damascus is kept busy. And recently it held a competition for baristas skilled in creating latte art.

Originally opened in 2013, Bow + Arrow changed hands last September. New owners Happy Valley residents Ashley and Lindsey Butler and Sarah Reseburg are working together to retain the charm of the coffeehouse, while adding menu items and focusing on community events.

The partnership began when a mutual acquaintance introduced the Butlers to Reseburg, who worked at Bow + Arrow and was interested in buying it from the previous owner. The Butlers own Brown and Carter Management Group LLC, which invests in small, local businesses and offers consulting services.

“Our goal is to support the business owner. We’re like family; we stay and check up on the business and make sure they have all the tools they need, including leadership support to business development to growth and expansion into the marketplace,” Lindsey Butler said. “I was here at 5 a.m. helping Sarah open and working on our expansion into beer and wine while writing training materials to help carry our brand throughout Oregon.”

Along with coffee from Stumptown Coffee Roasters, Bow + Arrow has added locally made pastries from Petunia’s Pies & Pastries and Marsee Baking, rotating Oregon beers, wine from Buddha Kat Winery and on-site crafted sandwiches and soup. Numerous events are being planned, and the coffeehouse owners hope to interest groups, such as book clubs, to meet at their space.

“We want everyone to feel welcome here. We’ve learned



Serving muffins and mochas, new owners of Bow + Arrow Coffeehouse Lindsey Butler and Sarah Reseburg, are adding community events at the Damascus coffeehouse.

IF YOU GO

**WHAT:** Bow + Arrow Coffeehouse

**WHEN:** 6 a.m.-7 p.m. Monday-Friday; 8 a.m.-2 p.m. Saturday-Sunday

**WHERE:** 19880 S.E. Highway 212, Damascus

**MORE:** 503-658-1920, [www.bowandarrowcoffeehouse.com](http://www.bowandarrowcoffeehouse.com)

about the community,” Butler said. “We’ve really enjoyed getting to know our regulars and the people who support us. We made some changes, but we listened to our customers.”

“We want to offer vegan and gluten-free foods, but other foods, too. We want people to stay and relax, but we also understand the customers who want to get their order and need to go.”

The Latte Art Hoedown Throwdown was held Jan. 25 where six baristas competed against one another creating rosettes in the foamy surface of a latte. Three judges were on



At a recent event, Latte Art Hoedown Throwdown, baristas competed to see who could create the most artistic foam.

hand to award the winner while more than 30 customers drank coffee, beer and wine while listening to local DJ Redeye-Jedi. Barista Lili Kharitonenko of Babushka’s Cafe in Wood Village won the contest.

“The latte art competition was such a fun way to bring the local coffee community together and showcase the spirit and skills of our favorite baristas. It was a success,” Butler said.



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Mark your calendars and get ready for International Day of Happiness in Happy Valley! Kona Ice will be serving all the fun shaved ice flavors.



CITY TO CELEBRATE



City of Happy Valley

Friday, Mar. 20 is International Day of Happiness, a day to celebrate and do something that brings cheer and joy to the community and those we love most. This year's theme is Happier Together, focusing on what we have in common instead of what divides us. While life is certainly not all unicorns and rainbows, the City hopes to encourage everyone to enjoy some positivity on this day and will be visiting several locations around town with the help of Kona Ice and a very special mystery guest. Follow our celebration of happiness journey on Facebook and Instagram to see how the day unfolds.

Schedule of Events

- Noon**  
Clackamas County Dog Services
- 1 p.m.**  
New Seasons Market (Happy Valley)
- 2:30 p.m.**  
Morningstar Assisted Living and Memory Care
- 4p.m.**  
Happy Valley Elementary CARES (after-school care) Everyone deserves a little happiness, so let's do something positive, together!

A resident shows off her silly side during 2018's International Day of Happiness.



Even pups get in on the fun! The City will visit Clackamas County Dog Services once again to bring cheer to staff and the canines.



Happy Valley Park can be a busy place, especially during summer months, so make your reservation early to secure your spot.

2020 Happy Valley Park reservations now open

City of Happy Valley

Picnic season is right around the corner and if you're in charge of planning an outdoor birthday party, reunion, or simple family gathering, Happy Valley Park is a great option to consider.

The Park has four areas that can be reserved, seven days a week, from 8:00 a.m. until dusk. Each area has a special feature that will make your event stand out, and includes a covered picnic area, which comes in handy given the unpredictable Oregon weather.

Park areas can be reserved in four-hour blocks of time and fees for use vary based on the number of guests in attendance and whether or not you are a Happy Valley resident.

Area A is a large covered area complete with a BBQ. Located near the south parking lot and main children's play structure, there is also a sand volleyball court nearby that groups can reserve for free for a two-hour period.

Area B is located in the southwest corner of the park. It has a large covered picnic area and BBQ. A sand volleyball court, horseshoe pits, and



The Gazebo is a popular spot to reserve. Birthday parties, family gatherings and even weddings utilize this feature as an event backdrop.

parking is nearby.

Area C is the covered area adjacent to the Splash Pad. This is a great choice for children's birthday parties on hot summer days. The Splash Pad operates during the summer months, typically from Memorial Day to Labor Day. When reserving, please confirm the Splash Pad will be open on the date of your party.

The Gazebo, the most recognizable landmark of Happy Valley Park, can also be reserved. Its central location within the park and attractive

design make it a popular choice for parties.

If you are interested in holding an event at Happy Valley Park this year, a map, area pictures, and the application form can be found online at [www.happyvalleyor.gov/community/parks-trails/happy-valley-park/](http://www.happyvalleyor.gov/community/parks-trails/happy-valley-park/). To check park site availability, visit the Park Reservations Calendar at <https://www.happyvalleyor.gov/events-calendar/category/park-reservation/>. If you have any questions, call 503-783-3800 to learn more.

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BE A BUDDY

NCS D Lunch Buddy Program seeks mentors to pair up with Happy Valley kids

**By SHELLEY McFARLAND**

The North Clackamas School District's Lunch Buddy Program is looking for volunteers in the Happy Valley area.

Currently the program has 85 volunteers throughout the district, but only one or two at each Happy Valley elementary school. Program coordinator Rachel O'Doud-Vega would like to see that number increase to five mentors at each.

The Lunch Buddy Program pairs positive and reliable adult mentors with elementary-school students to forge connections, improve social interactions with peers, and foster a positive community within the school.

Buddies meet weekly to eat lunch together, talk and play games. The program is valuable to the students who gain better relationships with peers and enjoy the company of a trusted adult. Mentors often feel rewarded for spending time interacting with children in a positive setting.

Karen Miller, an adult mentor whose daughter, Katie DeSantis, is a second-grade teacher at the school, started volunteering in October.

**MORE INFORMATION**

**Visit:** [www.nclack.k12.or.us/cgr/page/lunch-buddy-program](http://www.nclack.k12.or.us/cgr/page/lunch-buddy-program)

**Contact program coordinator:**  
Rachel O'Doud-Vega at 503-353-5663 ext. 33737

**"The program helps students grow socially, academically and emotionally in countless ways."**  
— *Gianna Bargetto, school counselor at Oregon Trail Elementary School.*

Miller already was volunteering in classrooms when she decided to give the Lunch Buddy Program a try and quickly realized the value of the program. She enjoyed her volunteer time and decided to mentor a second child during the week.

"I enjoy seeing the kids being interested. I was nervous at first, but it's been rewarding to find a connection, and we can talk together," Miller said.

School counselors agree that the program benefits the students partnered with an adult buddy.

"The Lunch Buddy Program is incredibly valuable to our school. The program not only provides one-on-one support to students, but also positively connects students to their community. The program helps students grow socially, academically and emotionally in countless ways," said Gianna Bargetto, school counselor at Oregon Trail Elementary School.



The Lunch Buddy Program partners local adults with elementary school children once a week.  
PHOTO BY: SHELLEY McFARLAND

Is Real ID a real thing?

YES. YES, it is.

*City of Happy Valley*

Beginning Oct. 1, 2020, every adult aged 18 and older flying within the United States will be required to show a Real ID compliant driver's license or other approved form of identification. This means your current Oregon DMV issued driver's license will no longer work when you present it in the airport security line.

Unfortunately, Oregon is playing catch up and will not be rolling out Real ID compliant driver's licenses until July 6, 2020, which means even longer lines projected at the DMV for those who need one. Thankfully, a US Government issued passport or passport card is an acceptable alternative in its place. While a passport book covers just about all travel needs, be it domestic or international, a passport card is a great option for those who anticipate only needing to fly between the states or have plans to travel by land (i.e. vehicle) to Mexico or Canada. The passport card may also work for some cruises, but you will need to double check to determine if yours is included.

The City of Happy Valley offers passport services that may be a convenient choice for you and your family. Passport agents at the City can help walk you through the process of applying for either a passport book or passport card and get you on your way. Check out <https://www.happyvalleyor.gov/services/passport-service/> for all the details about everything you will need including official forms and fees due at time of application.

**City Hall Passport Services are available on the following days:**

Monday, Tuesday, Thursday, and Friday – no appointment needed, 9 a.m.-2:30 p.m.

**Wednesday by appointment ONLY**

Please call 503-783-3800 to schedule

A great resource to refer to is the Department of Homeland Security's Transportation Security Administration website [www.tsa.gov/real-id](http://www.tsa.gov/real-id). There is lots of information about what to expect and a listing of Frequently Asked Questions to help.



Are you Real ID compliant? Learn the facts and prepare for that Oct. 1 deadline.



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Happy Valley Youth Councilors, Mitchel Dorn (left) and Brennan Kelly listen to ideas while participating in a group activity.

# Youth Council

■ From Page A4

happening in the students’ re-  
spective cities and a meaning-  
ful presentation on the power of  
hope and resilience by Dan  
Devaney and Walter Bailey.  
The former athletes talked  
about their experiences bat-  
tling addiction and rising  
above adversity. Topics revis-  
ited throughout the day includ-  
ed increasing mental health  
awareness, protecting the en-  
vironment, and finding ways  
to bring the youth voice to the  
forefront. Moderating the  
day’s event was motivational  
speaker and local Happy Val-  
ley resident, Eric Post. He re-  
minded students of their abili-  
ty to enact change through  
their leadership and compas-  
sion for the world and those  
around them.

Happy Valley’s Youth  
Council was started in 2010  
and is comprised of student  
leaders from local high  
schools. Local students are se-  
lected to work under the guid-  
ance of city government rep-  
resentatives to give teens a  
voice and a stake in their com-  
munity. Happy Valley’s Youth  
Council sponsors drug and al-  
cohol abuse awareness pro-  
grams, aims to reduce teen  
suicides, provides teen driver



Summit moderator, Eric Post, encouraged student sharing and provided inspiring stories of his own trials and tribulations.



Governor Kate Brown talks to students and answers questions from the audience.

safety events, and are in-  
volved in many city events.  
Happy Valley Teens interest-  
ed in joining the Youth Coun-  
cil are invited to submit an ap-

plication in April/May. For  
more information, visit <https://www.happyvalleyor.gov/city-hall/boards-commissions/youth-council/>.

# Premonition CrossFit flexes its muscles while building clientele



At an early morning workout, Wendy Lunan, inspires her clients to get fit and make time for themselves. The CrossFit gym offers classes six days a week. PHOTO BY: SHELLEY MCFARLAND

**By SHELLEY MCFARLAND**  
During a rough patch in her life nine years ago, Wendy Lunan found CrossFit. The fitness regimen gave her strength and confidence and soon Lunan earned a Level 1 Coaching certification in order to bring the sport to others.

Since then, Lunan, a Happy Valley mother of four, has obtained CrossFit Level 2 and Kids certificates and has opened Premonition CrossFit.

Weekdays, Premonition CrossFit offers seven classes, and there’s a kid’s class on Saturday where Lunan can be found encouraging and pushing her clients. She stresses that anyone can succeed at CrossFit regardless of age or level of physicality.

CrossFit is more than just a branded fitness regime; it’s now considered a sport, with competitions worldwide. Aside from coaching CrossFit, Lunan competes and is passionate about her clients’ journey in the contest world.

“You need to have fun and where you feel comfortable with the community, or you won’t feel motivated to go. I tell people I’m a single mother and your health is important. You are an example to your kids. Kids need to see that mom and

## IF YOU GO

**What:** Premonition CrossFit  
**When:** 6 a.m.-6:30 p.m. Monday-Saturday  
**Where:** 16069 S.E. 98th Ave., Clackamas  
**Cost:** Unlimited membership \$150 per month (additional household member \$100), punch cards 10 classes/\$150, drop-in \$20. Discount given for military and first responders.  
**More:** 503-784-3029; [www.premonitioncrossfit.com](http://www.premonitioncrossfit.com)

dad are making time for themselves and exercise isn’t a bad thing, it’s fun,” Lunan said. “We are showing kids that CrossFit isn’t a ‘drop and give me 20 burpees’ kind of negative atmosphere. We’re teaching adults and kids that CrossFit is fun and it’s good for us.”

Lunan’s client base ranges from families and veterans to people curious about fitness and those who might not have thought CrossFit was for them. Ona Schneider, a 73-year-old Happy Valley resident decided to try Lunan’s gym after a shoulder injury.

“I was falling down a lot. As you get older, you start to lose your balance and I injured my

shoulder. Surgery did not work for my shoulder and I no longer have use of the arm now. I’m Wendy’s one-arm bandit,” Schneider joked.

“I’ve known Wendy for years, and I knew it was the perfect match for me. If you have an injury, she works with it and modifies the exercises so you can do it and not feel different from anyone else,” she said. Schneider now works out four days a week.

Currently Premonition CrossFit is engaged in a 90-day challenge where clients are encouraged to change eating habits and focus on workouts. Max Muscle brought a body scanner to the gym to kick off the challenge with a muscle and fat analysis.

“We have 90 days to make good choices and hold each other accountable, and we even share recipes. It’s a positive thing; it’s not meant to say, ‘look at how fat I am.’ It’s meant to focus on positive changes, and when you do it in a group of people who are not intimidating, you’re more apt to be successful,” Lunan said. “Here, you don’t have to know what is programed or planned, you show up and work out. Once you walk in this door, you want to stay, and you won’t want to walk out.”

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Calm amid chaos

Chris Trani volunteers to teach mindfulness to women inmates

**By SHELLEY MCFARLAND**

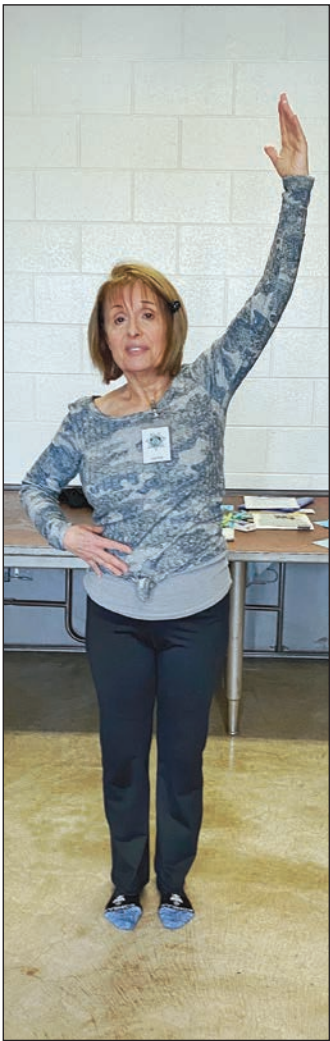
Chris Trani had been practicing yoga for year when an opportunity was presented to her over 10 years ago. She was living in Colorado and what followed set the course of her volunteer life.

“A friend of mine was a deputy at the county jail in Boulder. She knew I had done a yoga teacher training and she asked me to teach some yoga classes for some female inmates,” Trani said. “I did it and loved it.”

In 2010, Trani and her husband, Mike Freeborg, moved to Utah where she joined a group that was offering mindfulness instruction at the county jail. It was a perfect fit for Trani who helped the program integrate mindfulness with yoga for female inmates.

So, when Trani later moved to Happy Valley, it was no surprise that she once again found herself teaching yoga to female inmates. After a chance encounter with a Clackamas County lieutenant, Trani was put in contact with Clackamas County Jail Lee Eby who supported her program proposal.

“I went to meet with Capt. Eby, and I asked him what compelled him to say yes to meet with me, and he said he had been thinking of bringing yoga to the jail for a while and didn’t know who to contact,” Trani said.



Happy Valley resident Chris Trani teaches yoga to female inmates at the Clackamas County Jail through a pilot program. The classes have been popular with the inmates and jail staff.

PHOTOS BY: SHELLEY MCFARLAND

“It was cool because I didn’t have to go in with a sales pitch,” she said. “I told him I had already taught in previous jails. We decided on a pilot program and he predicted that the women inmates would want it.”

Since last October, Trani has been teaching twice monthly to Clackamas County Jail female inmates who generally are housed short term. After each session, she collects feedback about the women’s experiences in class and the value it provides.

During each class, Trani hands out a packet of cards with mindfulness techniques to help “untangle the knots” of daily experiences. She encour-

ages the women to reference the cards when released to help find constructive calming patterns to deal with problems.

“I’m told the average length of stay is 10 to 14 days, so it’s rare that I have women more than once. I didn’t want to just give them a cool experience for an hour and make it about me coming in and doing it for them,” she said.

“Instead, I want to teach them some principals they can take with them and either do in their housing units as groups or take with them wherever they go,” Trani said. “The women tell me it helps them relax and understand more of what drives their anx-

ety or whatever emotional state they’re in. They say it’s a moment of peace.”

Currently the classes are limited to 10 women, but Trani has lined up Eva Tseng, another Happy Valley yoga practitioner, in hopes of adding more classes to the jail schedule. The two met at Forge Hot Yoga & Pilates where Tseng is a yoga instructor.

“I mentioned it to her one day after class and her mouth dropped and she told me she had been wanting to do something like that. I connected her with the jail, and she had to fill out the volunteer application, which is pretty extensive, but she was approved,” Trani said. “Our goal is to offer a class

weekly, and some of the women ask me to be here every day.”

Trani’s first career was as a registered nurse specializing in oncology. From there, she went into nursing management where she managed an oncology unit in a hospital. It was there Trani learned invaluable knowledge that would help her in the future.

“The principals of management and techniques I used for psychosocial support for my cancer patients were not too different supporting my staff to feel good about their jobs,” Trani said. “So, I went back to school and received a master’s degree in counseling psychology. I did my internship at an employee assistance program where 30 to 40 companies would come in for counseling.”

Trani was meeting employees from all types of industries, including banks, schools and insurance companies and noticed commonalities among people.

“People have the same issues. Nobody wants to talk to

each other or deal with conflict, nobody likes to give or receive feedback, and nobody knows how to deal with trust when it’s been broken,” Trani said.

After working 11 years as vice president of Leadership and Communications Coaching in a corporate setting, Trani shifted her focus into her own small coaching and consulting business, Another Possibility LLC, where she helps people, including couples and businesses, navigate difficult conversations. Recently, Trani helped Clackamas County government merge the Oak Lodge and Gladstone libraries.

Trani’s people skills have helped create a supportive culture at the Clackamas County Jail where administration is encouraging of the yoga program and has even brought in supplies, like yoga mats, to make the experience better for the women.

“The Clackamas County Jail is very excited to be able to offer this yoga class to the inmates,” said Sgt. Jennifer

Freeman. “The class allows for inmates to learn valuable skills to cope with their past trauma and their current incarceration. Our hope is that the inmates can also use these mindfulness skills once they are released to help them build better lives.

“We are extremely grateful to our volunteer, Chris Trani, for offering to bring this program into the jail. It has been a great addition to our jail’s rehabilitative and educational programs.”

At the jail, Trani strives to help give the women a sense of humanity while incarcerated.

“They’re aware there might be more pleasant places I can be volunteering, but the fact that I choose to come there and be there with them is very meaningful and we laugh, and I include myself in the jokes, because we are all human and just trying to figure it all out,” Trani said. “These ladies are just like everyone else. They just made some different choices.”

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Proposals Due by 4pm, April 30, 2020

WATER ENVIRONMENT SERVICES



Trani leads stretching before yoga class.

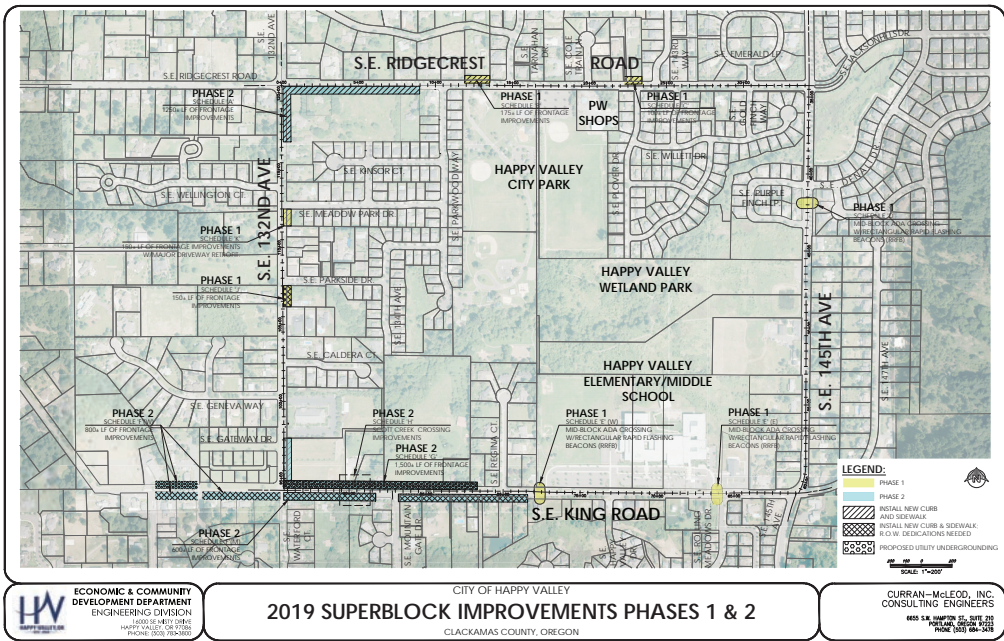
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Corresponding map shows completed Phase I as well as forecasted Phase II plans in the Superblock project.

Superblock

■ From Page A1

proponent, Irene Scruggs. “The City staff, Council members, and the Mayor really sought to understand our concerns, were diligent with their questions, and most importantly, focused on finding solutions.”

Before the next wave of installations can commence, the City must finalize the right of way acquisition and underground power design for King Road. The City must also finalize a subdivision development agreement at the corner of 132nd and Ridgecrest Road. These efforts could take up to a year to complete given the extensive coordination required between entities like PGE, developers, and property owners. As of current, each of these tasks are in varying stages of completion, but once these negotiations are complete, the City will move forward with completing the much anticipated sidewalks for these sections.

As tasks are completed, the City will continue to provide ongoing updates about the status of this project. The City is optimistic about next steps and with the support and recommendations from the Traffic and Public Safety Committee as well as Council, the City is excited to be one step closer to bringing the Superblock to fruition.



Mayor Tom Ellis (far left) and Councilors (Brett Sherman, David Emami, and David Golobay) take a stroll along a new section of sidewalk installed on Ridgecrest, across from the Public Works Building.

Saves

■ From Page A1

it out completely while I went back to work. I forgot to turn off the water, so I went back to tell the firefighters. They told me that I saved the home, because in a few minutes, the fire would have reached the attic and gone up like a tinderbox. My putting water on the fire gave the firefighters time to respond and properly put out the fire.”

The owners were out of state visiting relatives and their dog sitter was at her other job when mulch in the yard caught fire. It was serendipitous that Hofmann-Smith saw the smoke because the house is up the street from the curbside mailboxes where he was delivering letters.

“Our pets were saved, and the damage was minimized. Because of Chris, the structure fire

stayed contained to one room of the house. We still had to move out for five months for repairs, but if the fire had any more time, it would have been a disaster,” homeowner Rachel Pierson said.

The fire is not the first time Hofmann-Smith has been called a hero while delivering mail in Happy Valley. While on his route on Southeast Poppy Hills Drive, he noticed a dog sitting in front of a parked car. Sensing something was amiss, Hofmann-Smith took the husky and began canvassing the neighborhood looking for its owner.

After approaching numerous residents and posting a photo of the dog on a local lost dog page, he was informed the dog had been loose the day before.

One resident took a photo of the dog and posted it to the Happy Valley Moms Facebook page and 20 minutes later, while delivering mail, Hof-

mann-Smith was flagged down. Word had spread, and the owner was found. Hofmann-Smith delivered the dog to the home where it had managed to escape the yard.

Hofmann-Smith, a four-year mail carrier, grew up in the Portland area attending school in the David Douglas School District. One highlight working his Happy Valley route is that his former choir teacher’s home is on his route.

“My middle school teacher is on my route, and I absolutely love her. She was an amazing teacher, and I would do anything for her,” Hofmann-Smith said. “She was a really great teacher. Dealing with a room full of teenagers can be very trying, and she’s one of those teachers who (left) a lasting impression.”

With only one year working on his Happy Valley route, Hofmann-Smith has made a lasting impression, too.

Roundabouts 101

City of Happy Valley

Roundabouts can be tricky, but they don’t have to be. They efficiently facilitate traffic flow, increase road capacity, and studies show they are safer than a traditional stop sign or traffic-signal-controlled intersection. Happy Valley currently has three roundabouts in the City which help alleviate high traffic areas that are more prone to congestion. Oregon law is straightforward about how to utilize a roundabout, but sometimes it’s worth repeating some quick tips.

The following are simply meant to be a refresher to us all.

When approaching a roundabout

- Slow down and make sure you are driving along the designated pathway. If you’re going too fast, you’re likely to encroach on the truck apron, which is that slightly raised area of concrete that is there to help larger vehicles navigate the turn.
- Be prepared to stop if a vehicle is already on the roundabout and headed toward you. Don’t just enter. YOU must yield to circulating traffic on the left.
- Scan for vehicles/pedestrians/hazards to the left and to the right of your entry point.



Happy Valley Police are especially cautious during peak travel times. To reduce traffic collisions and injuries, traffic deputies intervene swiftly in order to address driving behaviors that could affect resident safety.

- At night, never outdrive your headlights. Maintain a speed that allows you time to react to any roadway changes within the span of your headlights.

- Watch for pedestrians and bicyclists.

When using a roundabout

- Do not stop, except to avoid a collision or allow a pedestrian to cross.
  - Always keep to the right of the central island and travel in a counterclockwise direction.
  - Exiting a roundabout: ■ Maintain a cautious speed upon exiting the roundabout.
  - ALWAYS indicate your exit using your right turn signal.
- Beyond the roundabout: Keeping roads safe in Happy Valley
- Now that days are getting longer and people are out and



PUBLIC SAFETY Chief Scott Anderson

about more, my hope is that you continue to be mindful of your surroundings and heed the laws of the road. While our current traffic deputy will continue to monitor driving behaviors during peak times in the mornings, starting April 2020, the Happy Valley Police Department will see a second traffic deputy added to support the afternoon/evening commute. Our goal is to address problem areas and provide a dedicated traffic deputy during all high-volume travel time. A traffic deputy’s ultimate responsibility is to keep our roadways and walkways safe. We do that by patrolling trouble spots on City roads, educating the public and enforcing traffic laws. In Happy Valley, having a deputy assigned specifically to this task has proven to curb dangerous behaviors and reduce vehicle crashes.

While no one particularly enjoys being cited for a traffic infraction, please remember that it is imperative we all do our part to help keep this community safe. As always, please look out for one another and let us know if you notice suspicious activity. Call 9-1-1 anytime you see a crime in progress or call the non-emergency number at 503-655-8211 to provide information or make a report.



Roundabouts, such as the one near Scouters Mountain, permit traffic to flow in one direction by allowing drivers to follow a gentle curve. By following the basic rules related to roundabouts, motorists and pedestrians alike can benefit from increased safety when using local roads.



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## CLACKAMAS

FEDERAL CREDIT UNION

# Mixing up magic

*We Are Cake sets up shop in Happy Valley*

**By SHELLEY McFARLAND**  
After 10 years of selling cakes online, We Are Cake opened a quaint, custom-cake shop in the heart of Happy Valley on March 3. Angela and Jim Morando moved to Happy Valley from California's Silicon Valley 23 years ago and fell in love with the community atmosphere and affordability of the area. Jim, a graphic designer, continued to work freelance with his California accounts while adding local clients to his portfolio. Angela worked for LSI Corp. (now ON Semiconductor) in Gresham until she developed two tumors in her pituitary gland. Undetected for five years, Angela had surgery in 2009 to remove the tumors. The mother of four boys,

Angela started her baking career after being disappointed by the commercial birthday cakes offered at grocery stores. "I hated the way people would decorate my kids' birthday cakes. I didn't like frosting sticking to the top of my mouth and tasting like Crisco, so I thought I would try to make something for them," Angela said. "I wasn't a baker yet, but I thought I could decorate my kids' cakes, so I'd go to Costco and order a plain cake and do the rest. Basically, I taught myself and YouTube was my friend. There are numerous online teaching groups and tutorials," she said. "I needed to do something that wasn't stressful because of cortisol levels, and it was therapeutic making cakes." What started as a stress-relieving hobby has turned into a successful business for the Morandos. Angela bakes her cakes at night at the Portland

## IF YOU GO

**What:** We Are Cake - Custom Cake Shoppe  
**When:** 11 a.m.-4 p.m. Tuesday-Saturday  
**Where:** 13175 S.E. Sunnyside Road, Suite D  
**More:** 503-922-9083; [www.wearecake.com](http://www.wearecake.com)  
*Basic cakes start at \$45 for a 6-inch, three-layer cake (feeds 12)*

Mercado and Jim, who was telecommuting to California monthly, now works for We Are Cake bringing his graphic design skill set to create graphics, signage and marketing paraphernalia. Jim has become a jack-of-all-trades at We Are Cake by helping to build out the shop and create the cakes. "I really like it," Jim said. "It's challenging and I never



PHOTOS BY: SHELLEY MCFARLAND  
Happy Valley residents Jim and Angela Morando stand in front of retail cake accessories in their new storefront business We Are Cake.

know what Angela is going to ask for. I've gotten good at armature. Sometimes creating the structures can be complicated, like the cake we created for a combined father-daughter birthday that featured an 18-wheeler semi-truck hauling unicorns. That was interesting, it seems we're always fighting gravity. Angela makes really yummy, soft, delicate, airy cake that takes support." One memorable cake took Jim six times to build, and the couple recently created a large cake for Kaiser Permanente. They also bake wedding cakes, too. Currently, We Are Cake is scheduling custom cakes five weeks out and reservations are required. For customers who find themselves needing a cake immediately, We Are Cake offers cake toppers and decoration at their store. The most popular cake flavors are in-season fresh strawberry, cookies-n-cream and chocolate ganache. We Are Cake also offers cake and cupcake decorating classes either at private residences or in partnership with Venvino Art Studios. "We now have monthly events at Venvino. The last one was Date Night. Instead of couples painting, they were able to decorate a cake while drinking wine. The best part is they get to take it home and eat it," Angela said. "It's like the show 'Nailed It!' on Netflix where bakers are given a cake style they are to duplicate. We provided the cakes and all the decorating supplies, and everyone had a fun time," she said. "We will have a cupcake decorating night in March. Attendees need to sign up early because these events are becoming



Angela, who has been selling her delicious creations online for 10 years, now has a shop for consultations and a place to sell treats daily.



popular." The couple, who met at a Dairy Queen 32 years ago, even though they went to high school together, will celebrate their 28th wedding anniversary and welcomed their first grandchild in December. "We are still a custom cake shop. We want customers to come into We Are Cake and have a consultation about what cake you'd like for your event. But at the shop, we have treats for sale and retail items, too," Angela said. "It's important, above everything else, that our cakes taste good. We won't compromise on flavor."



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## BUSINESS SPOTLIGHT



Dana Miller, RN -Director of Patient Care Services  
Vanessa Noonan, RN -Executive Director

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## A Jewel in Happy Valley



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Fitting your child for a bike helmet is an easy task that can literally save his or her life. Make sure your kids have a helmet and use it!

# How to fit your child for a bike helmet

City Fire District #1

Clackamas Fire wants children and families to ride their bikes as much as possible and to make sure you'll be safe while doing so.

According to Safe Kids Worldwide, properly-fitted bike helmets can reduce the risk of head injuries by at least 45 percent – yet less than half of children 14 and under usually wear a helmet. Here are a few tips on how to fit a bike helmet.

- The helmet should sit level on the head

and low on your forehead – one or two finger-widths above your eyebrow. It shouldn't be tilted forward or backward.

- Center the buckle of the strap under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps.
- Buckle your chin strap. Tighten until it is snug, so no more than one or two fingers fit under the strap.
- Open your mouth wide...a big yawn. The helmet should pull down on the head. If not, readjust for a good fit.



CLACKAMAS FIRE DISTRICT #1