

## Strength

Chris Duffin  
takes squat,  
deadlift  
to extreme

See Page 9



## Distance learning

How teachers  
connect with  
students

See Page 13



May 2020  
happyvalleyor.gov



# Happy Valley NEWS

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

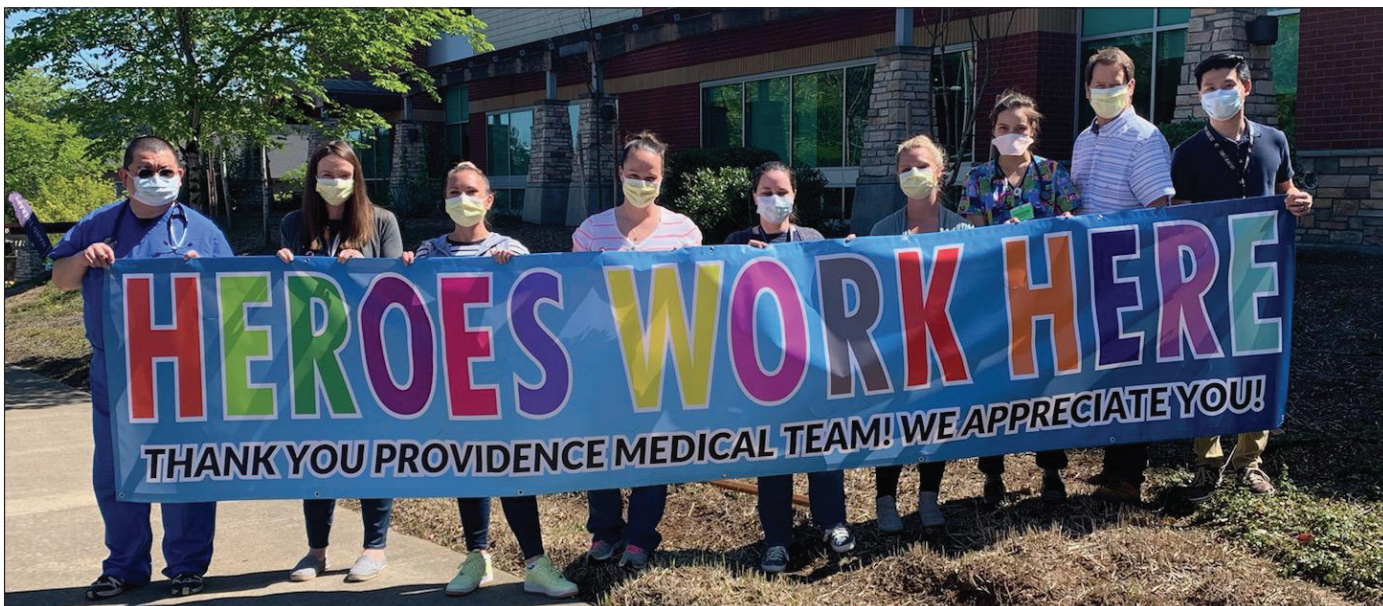
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# FRONT-LINE HEROES

## THANK YOU

To all the health care workers and public service professions on the frontlines fighting against the COVID-19 Pandemic. And to all essential businesses supporting our community.



The teams at Providence Medical Group, Happy Valley thanks their Health Care Hero's.

# A way to help others



**American Red Cross**

The City of Happy Valley has partnered with the Red Cross to offer a way for people in the community to help those in need. About thirty minutes is all it takes to save a life and your blood could mean all the difference to someone who has been in an accident or is battling a life-threatening illness. Please consider signing up and help give back to our greater community. Giving blood during the pandemic is an easy way to help others and it is completely safe to participate.

In response to the virus, the Red Cross has instituted several safety precautions including sanitizing workstations and tablets that donors can use to fill out questionnaires, practicing social distancing such as keeping people six feet or more apart, spacing out donation stations, and timing donors so they aren't huddled into one room at the same time.

Nervous about donating? That's perfectly natural, but rest assured there will be lots of friendly faces and kind medical staff available to help you feel more at ease.

COVID-19  
RESPONSE BLOOD DRIVE

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IT'S A WAY TO HELP.**

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FRIDAY, MAY 22  
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To schedule an appointment,  
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Use Sponsor Code:  
HappyValleyLibrary



Time: 11:00 a.m. - 5:00 p.m.

To schedule an appointment:  
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Tim Dallas was a 19-year-old young man when he enlisted in the Army during the Vietnam War. His experiences assigned to the MEDCAP program allowed him to help local villagers. PHOTO SUBMITTED BY TIM DALLAS

## Vietnam War seen through new lens

Tim Dallas rediscovers his wartime photos, shares them in City Hall exhibit

By SHELLEY McFARLAND

Happy Valley resident Tim Dallas' photos soon will be on display at City Hall. During his one-year tour of duty serving in country with the U.S. Army during the Vietnam War, Dallas took hundreds of photos chronicling his experience.

Southern California in the 1960s seemed like an idyllic place: the music of the Beach Boys, convertible sportscars, sun-kissed teens hanging out at the beaches, yet war in a distant land was intensifying. Tim Dallas grew up during this time in South Gate, a suburb of Los Angeles, and graduated from Warren High School in 1966.

By 1967, 500,000 military person-

nel were serving in Vietnam and from 1964-73, more than 2.2 million American men were drafted. Like many young men his age, Dallas was faced with the prospect of being conscripted into the Vietnam War, which began in 1955.

Music played a large role in Dallas' life, and after high school he enrolled at Cerritos College as a music major. There was no lottery then, and at 19 years old, Dallas couldn't afford to stay in school full-time. So, without a deferment, he was "draft bait."

In order to control where he would be assigned, Dallas decided to enlist in the Army. He admits his mother wasn't happy about it, but

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This publication is a partnership between  
Pamplin Media Group and the City of Happy Valley.



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# Vietnam

## ■ From Page 1

Dallas felt he had no other option. Moreover, his family, including his father and other relatives, had a long tradition of military service, including serving in the Civil War, WWI, and WWII.

“My best friend had looked into joining the Army and suggested we join. The deal was that if we auditioned for the Army Band and were accepted, after basic training we would attend the Army-Navy School of Music in Norfolk, Virginia, for several months,” he said. “After that, we were guaranteed a year at a stateside post of our choosing if a position was available. We hoped by that time we would not have to go to Vietnam. Maybe the war would be over by then. Being drafted seemed inevitable, and options, in that case, were pretty much limited to infantry. Enlisting sounded like a better plan.”

At that time, the war was ramping up. Dallas said he would watch TV and see bodies of soldiers being brought home. It was unnerving for the 19-year-old.

### Playing for America

Dallas, a flutist, passed the audition easily and stayed longer in the 28th Army Band at the Army-Navy School of Music longer than he had hoped after he was chosen for a select band performing at the All-Eastern Band and Instrumental Clinic. As a Spc. (E-4), Dallas was asked to replace a first sergeant (F-7), promoting him to assistant conductor and drum major for the band for the last few months he was at the school. But, two years into his three-year enlistment, Dallas was given orders to deploy to Vietnam.

“I just had to do what I was assigned to do, but in the back of my mind, I thought it might be an adventure. I was only 21, so sometimes you think that way and don’t worry about the consequences,” Dallas said.

After landing at the base in Cam Ranh Bay, in the South China Sea, he was assigned to the 25th Infantry Division, a large military unit with headquarters at Cu Chi and charged with operating from the coast

near Saigon to the Cambodian border. Ultimately Dallas would spend one year in Vietnam. While there, he still played in the military band and would perform at military ceremonies, including dignitary visits.

But more importantly, Dallas was assigned to the Medical Civil Action Program (MEDCAP), an organization aiming to improve the health standards of the Vietnamese people by providing medical and dental services, hygiene supplies, sanitation assistance, food supplies and support at villages throughout Vietnam.

“MEDCAP was basically a recognized part of the war strategy in that just killing people doesn’t really win wars, although the big strategy in Vietnam was the body count. The more people you’re killing, the better you’re doing, but a lot of us didn’t see it that way,” Dallas said. “The MEDCAP was intended to help the local populace. Medical services were a big part of it. The villagers lived in remote areas without hospitals, so they didn’t have any medical care or dental care. We helped people, and when you’re helping people, they tend to talk to you, so we also gathered military intelligence.

“But that wasn’t why we helped; we were sincere. We were kids and didn’t care about the war strategy. Being able to interact with another culture and help them was really cool for us.”

More than just medical services, MEDCAP also provided toilets and sanitation for many rural villages. Dallas remembered instances of bringing huge bladders full of water into a village and setting up show-ers for villagers and watching as the kids splashed in the spray.

Although Dallas was not assigned to combat, he did suffer from mortar attacks and imminent danger from snipers because of MEDCAP’s constant movement through the rural landscape. Dallas volunteered for the Cambodian Incursion of 1970, where soldiers were able to capture stores of enemy supplies.

“I was a 21-year-old kid and saw all this stuff going on and wanted to get involved. I spent a month on a fire-support base called Katum with other guys from our company. We went into Cambodia and got all these

captured supplies and brought them out,” Dallas said. “Much of the stuff we destroyed, but if we found rice and it wasn’t rotting, we gave it to the refugee camps. I spent a lot of time loading rice onto trucks and planes.”

Dallas served in the incursion for a couple weeks, and while returning after a break on a helicopter flight from Katum to Cu Chi, the pilot received a radio call that he and helicopter were needed for an emergency medivac.

“The four of us had to get off at an abandoned airstrip so the helicopter could get the wounded. We had no idea where we were or when the pilot would come back. We were sitting there and started getting mortared. We jumped into an old bomb crater and didn’t have much in the way of weapons,” Dallas said. “We could hear the mortars coming out of a tube past the treeline, and we were just trying to keep our heads down. Finally, the helicopter came back and saw we were under attack. I think I set the record for the 100-yard dash.”

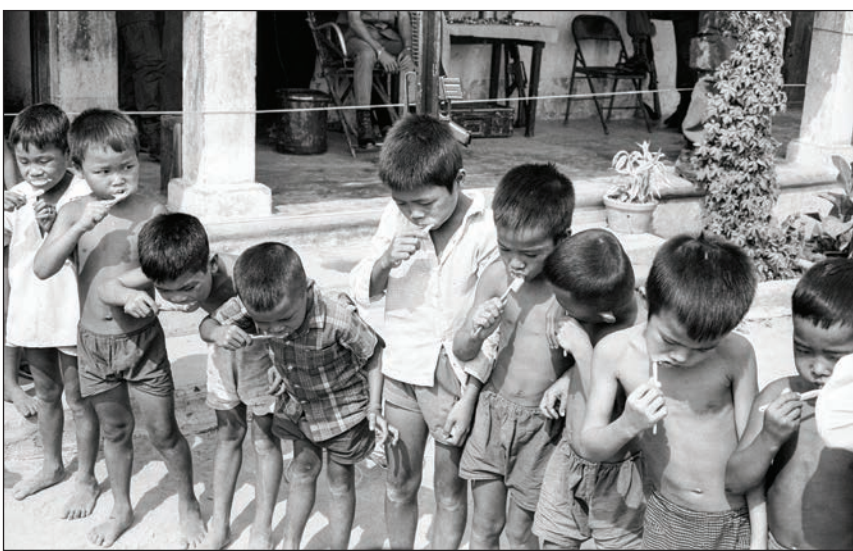
### Chronicling Vietnam

Dallas’ lifelong interest in photography began after he received a Brownie camera from his grandfather when he was a child.

“My grandfather actually worked for Kodak when he was young and had a darkroom in his garage. I was fascinated by it, and when I went to Vietnam, I had an Instamatic 100. In Saigon, I bought a nicer camera, a Konica, at the PX (base exchange) and that’s what I used mostly,” Dallas said. “I put an album together of my photos in Vietnam a couple years after I returned.”

On July 3, 1970, Dallas completed his tour of duty. He turned in his ammunition and rifle and still in his dirty jungle fatigues, Dallas boarded a jet bound for Oakland, California, along with other soldiers. Upon landing, he was served a steak dinner, took a hot shower (only his third in one year), and was issued a new dress uniform with his medals and patches. After receiving a quick physical and final pay, Dallas was given an airline ticket to fly home to Los Angeles.

“Here I am, I have nothing other than the new uniform I had on. I was afraid people might attack me or spit on me because I had heard stories.



MEDCAP helped Vietnamese villagers with hygiene and sanitation, including handing out toothbrushes and toothpaste.

Fortunately, everybody just ignored me. It was like I was invisible. I got a cab to my mother’s house where my family and girlfriend are all standing in the front yard. It was Independence Day, and we were planning on having our family barbecue,” Dallas said. “I went into my old bedroom, took off my uniform and put on my old clothes and that was it. I was done. My transition from being a soldier to civilian was stunning; I didn’t talk about my time in Vietnam.”

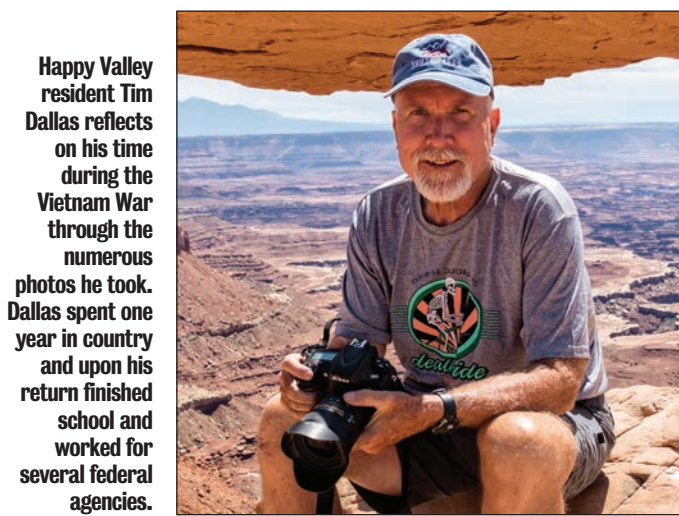
Though he had lost his interest in a music career, Dallas used his GI Bill and started college at Fullerton University followed by Long Beach State before graduating from Humboldt State University with a degree in natural resources in 1975.

For the first several years of his career, Dallas worked for several federal agencies, including with the Forest Service as a firefighter and EMT in the Sierra National Forest, but mostly as a park ranger in Yosemite National Forest from 1978-84. He married Barbara, a social worker, in 1978 and together they have two daughters, Lauren and Rachel. In 1984, Dallas accepted a position with the Environmental Protection Agency and moved to the Bay Area.

### Revisiting the past

After 33 years in government service, though only 57 years old, Dallas retired in 2006 and decided to digitize many of his film photographs. He mainly focused on his collection of nature photography, and it had been 45 years since he had reviewed his Vietnam collection.

“I decided to look at all my old Vietnam photos, and I could



Happy Valley resident Tim Dallas reflects on his time during the Vietnam War through the numerous photos he took. Dallas spent one year in country and upon his return finished school and worked for several federal agencies.

see the film was deteriorating, damaged, dirty and scratched. It was long enough after the war that I thought there might be some interest in it,” he said. “I scanned it all and cleaned it up and realized that it was interesting, thought I didn’t find it interesting back then.”

Dallas went to a couple galleries and found the curators were interested. He held his first exhibit with a couple other veterans in the San Francisco area, where he was living at the time, and was pleased with the response. Spurred by the positive feedback, Dallas created a coffee-table book of his military experiences for his two daughters and added his Vietnam photos to his photography website.

Today, Dallas resides in Happy Valley to be closer to his youngest daughter and her family and continues to stay active with cycling and photography. Over the years, he has been an avid runner, competing in 16 marathons and 12 ultramarathons, with 50 miles his longest-distance run. Dallas

looks back on his time in Vietnam with a new lens now that he is older and admits he wonders about all the people in the villages whom he befriended.

“I’ve always had a hard time being a veteran. I rarely participated in veterans’ activities and never joined veterans’ organizations. I only occasionally discussed being a veteran. I was never really into being in the Army; I did it because I had to, and I did the best I could under those circumstances. I’m proud of what I did, but there wasn’t a reason to talk about it, and so I put it behind me” he said.

“My personal relationship with people is what mattered. My departure was so abrupt, and I wonder about those people I had relationships with,” Dallas said. “On a personal level, I felt that I did some good in Vietnam and that gave Vietnam value to me.”

Dallas’ Vietnam photography will be on display at Happy Valley City Hall this summer.

For more information, visit [timdallas.com](http://timdallas.com).

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# City’s emergency planning and response efforts foster community safety

The City is determined to make every effort to help prevent the spread of COVID-19 and has attempted to be innovative and proactive throughout this unprecedented time, working closely with the City’s elected leaders for the greater good of the entire Happy Valley community.

Never before has our community been faced with something quite like this. In my role as your Public Safety Director, my daily responsibilities include working closely with law enforcement and coordinating community programs that reduce crime and increase both public safety and the quality of life for our residents, businesses, and visitors. Since the onset of this pandemic, my devotion to these areas have amplified ten-fold. The arrival of any crisis requires the ability to quickly assess, create a plan, and continually respond to critical time-sensitive tasks. The very nature of



**PUBLIC SAFETY**  
Steve Campbell

any emergency is that each is unique and carries a vast degree of variables that make planning its mitigation a constantly moving target. As a result, the City’s readiness and resilience is largely due to an Emergency Management Team being responsive, sharing knowledge in a timely fashion, and using the latest resources to develop an ongoing plan that can frequently pivot and adapt, sometimes at a moment’s notice.

In mid-March, the City activated its Emergency Operations Center (EOC) to discuss key concerns, plan and execute initiatives to help curb the spread of COVID-19, and develop in-the-moment solutions aimed at keeping City staff and residents both safe and informed. The City’s EOC has continued to meet regularly since its inception with goals to tackle pressing concerns, problem-solve issues, and proactively forecast upcoming challenges. Topics frequently focus on how

best to ensure current mandates are followed and how we as a City can continue to serve our residents and businesses despite this ever-evolving situation.

As an added measure, the City has further intensified its impact and reach through close partnerships with numerous government agencies at the local, state, and federal levels, and has been in contact with many non-profit organizations and private businesses. By working together and being proactive in connecting with these entities, the City has been able to stay on top of our residents’ most pressing needs and has developed strategies to work in tandem with a variety of community driven groups.

As this pandemic has progressed, our efforts have led to establishing a new set of ways to meet the needs of the community. We have been doing more compliance checks throughout the City to ensure our local businesses are safe for our community to visit and we have been working with business owners to make sure they feel supported in carrying out the new mandates set forth. At City Hall, we are committed to keeping our

employees safe, the majority of which are working from home, conducting businesses as usual, but in a completely different way. In many respects, a new normal has been established with phrases like social distancing now simply part of our everyday jargon.

While we have temporarily updated rules to our City parks and trails to adhere to the Governor’s Executive Orders, we have been adamant about doing what we can to keep these outdoor spaces open and safe for residents to utilize as much as possible. We have looked to you, our residents, to be partners in these efforts as we continue to navigate best practices.

I want to emphasize just how much I realize how this pandemic has caused all of us in our community to change our lifestyles. The extent to which this has happened has been both drastic and completely unexpected. I very much empathize with residents who have felt the fallout of this and can certainly imagine there are so many other realities that some might be faced with that I can’t even begin to fathom. Being exposed to the constant news cycles about this pandemic just adds to the

anxiety many in our community are facing. I recognize these pressures affect both our physical and mental health, and am being mindful of how the community’s safety is impacted by these strains on our abilities to cope. A topic that is emphasized and deliberately addressed during EOC discussions is the very notion that home might not necessarily be a safe space for everyone. While staying at home is the best way to ultimately curb the spread of COVID-19, this experience has likely magnified feelings of depression and anxiety for some in our community. To this end, we are constantly reaching out to trusted individuals and organizations who are experts in this topic so we can connect helpful resources to those who may be struggling.

While we don’t know when this situation will end, the City of Happy Valley and the EOC will continue to work on behalf of residents like you. We are committed to making safety a priority and will continue to share information with you as it comes. Thank you, Happy Valley, for all you are doing to help keep this community safe as well.



## CITY OF HAPPY VALLEY

At the time of print, the following events were scheduled. Please check [www.happyvalleyor.gov](http://www.happyvalleyor.gov) to confirm timing of events and instructions on how to participate virtually. You can also opt in to receiving notifications about upcoming meetings by visiting <https://www.happyvalleyor.gov/signup-for-notifications/>

**May 12**  
**Planning Commission Meeting**

**May 14**  
**Traffic and Public Safety Meeting**

**May 19**  
**City Council Work Session**  
**City Council Meeting**

**May 21**  
**Public Art Committee Meeting**

**May 22**  
**Happy Valley Blood Drive:**  
Happy Valley Library Community Room  
11 a.m. - 5 p.m.

**May 25**  
**Memorial Day:**  
All City facilities CLOSED

**June 1**  
**Parks Advisory Committee Meeting**

**June 2**  
**City Council Work Session**  
**City Council Meeting**

# PV/NC open houses and public hearing meetings postponed until further notice

City of Happy Valley

The Pleasant Valley/North Carver Comprehensive Plan provides guidance regarding such things as land use, transportation, 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



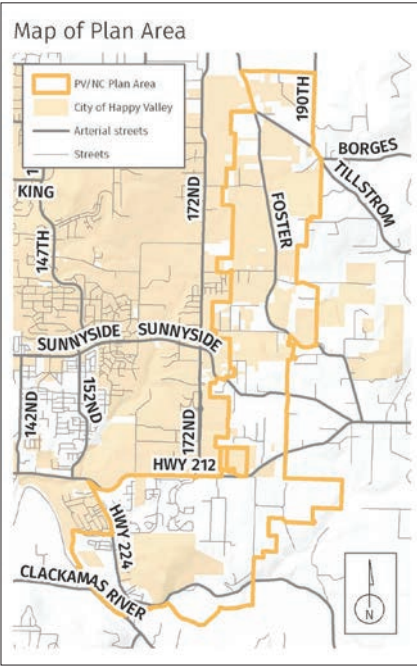
process to help shape the direction of the Plan. Ideas from property owners, the public, neighboring cities and counties, and other stakeholders have also been included.

Due to the COVID-19 pandemic, the PV/NC Open Houses and Public Hearing Meetings are postponed until further notice. These gatherings had intended to offer the public a chance to

view a variety of visual materials and information relating to the recommendations. The City’s goal was to have the plan approved by the end of the summer, but that will have to be adjusted once the current public health crisis has subsided. It is crucial members of the community have an opportunity to be part of these processes. In the meantime, City staff and consultants continue to compile comments and technical analysis in order to draft reports and findings in preparation for the upcoming meetings. Please feel free to

reach out to staff with any questions. The public is encouraged to visit <https://hv.city/pvnc> for updates.

**The City will postpone planned PV/NC Open Houses and Public Hearing Meetings until further notice due to the COVID-19 pandemic. Residents are encouraged to visit the City website for more information and follow the City’s Facebook page for announcements related to rescheduling as they become available.**



# Happy Mother’s Day

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**Brett Sherman**  
Council President  
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**Markley Drake**  
Councilor  
503-290-6023

**David Golobay**  
Councilor  
503-807-2979

**David Emami**  
Councilor  
503-783-3800

**HAPPY VALLEY CITY COUNCIL**  
Council Meetings are held  
1st and 3rd Tuesdays of the  
month at 7 p.m. at City Hall  
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[www.happyvalleyor.gov](http://www.happyvalleyor.gov)

# Supporting Local Businesses

## MAYOR'S MESSAGE



TOM ELLIS

Like so many of our families, small businesses in Happy Valley have felt the direct impact of our nation's current pandemic. Some of our favorite storefronts have had to temporarily shut down while others have had to considerably reduce their workforce or make drastic changes to the way they operate. It's a tough time for our local businesses and now more than ever, they need our support.

Soon after this pandemic broke, the City Council began reaching out to City staff and several community members to create a Business Task Force. This task force will meet throughout this challenging time and is devoted to finding ways to help local businesses continue to thrive.

In an effort to assist our business community, we're committed to helping business owners connect with the resources they will

need to get through this incredibly uncertain time. Our team has developed a toolkit of resources that are available. We also have a couple of staff members who have been in contact with other government agencies so that we can help business owners navigate the various assistance program.

At the same time, we want to make sure our residents can help support our local businesses. To this end, the task force has created a comprehensive list of local businesses that are open and ready to serve customers. Whether you are purchasing food to go or for delivery, or ordering items online, I encourage all of us to be there for our local businesses.

We know the financial recovery from this event is going to be a challenge. Our community is strong and our local businesses contribute greatly to what makes Happy Valley special.



To learn more about how City Council and the Business Task Force is helping local businesses, or for a complete list of those still open, visit [www.happyvalleyor.gov/stayconnected/](http://www.happyvalleyor.gov/stayconnected/) and click on Support for the Business Community section.

## Happy Valley honored with fighter jet nose art

The City of Happy Valley was recognized at a special ceremony on Mar. 16 at the Oregon Air National Guard Base in Portland, Or. The 142nd Fighter Wing unit honored the City of Happy Valley and unveiled a personalized logo adorned on the nose of an F-15 fighter jet.

The artwork serves to showcase the City's support of the Oregon Air National Guard and reflects encouragement for the local men and women who serve. Known as the Cities of Honor program, the 142nd Fighter Wing began honoring cities in 2007 to highlight the outstanding support the Oregon National Guard receives from local communities. Historically, nose art was used to personalize combat aircraft and boost unit morale. World War II was an era when artwork was in high demand and extravagant creations highlighted pride. Today, the Air Force allows for specialized artwork for fighter aircraft that is distinctive, symbolic and reflects positive aspects of community.

The 142nd Fighter Wing uses the F-15 jets to guard the Pacific Northwest. It protects areas from northern California to the Canadian border.



▲ City Council President Brett Sherman, Councilor David Golobay, and Mayor Tom Ellis gather for a photograph shortly after the unveiling. Mayor Ellis said a few words, emphasizing the City's support and dedication of the many active military and veterans in Happy Valley and throughout the nation.

◀ A close-up of the F-15 jet artwork offers a nod to the Happy Valley landscape.



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# City Operations

City of Happy Valley

The global COVID-19 pandemic has changed how work gets done in many industries. The City of Happy Valley is no exception. While the City has made many adjustments to protect the health and safety of our community and staff members, we want to assure everyone that we are still providing the services you need and expect. As indicated in the Mayor's Message, we immediately established a Business Task Force to assist the local business community and provide a resource for residents to learn which businesses are still open. We also created a Recreation Task Force. The City Council recognized early in this pandemic that getting outside for some fresh air would be necessary for our mental health, so long as we continue to practice social distancing. The Recreation Task Force has found numerous local hikes you can try, free on-line fitness classes, and even uncovered some fascinating virtual tours of museums and landmarks across the world. We hope some of these ideas

## CITY COUNCIL

help you and your family get through this time. In addition to forming these new groups, our work on the day-to-day priorities and services the City provides is ongoing. Many of our staff are meeting with community members and business partners through video conferencing tools, responding to resident requests from home, and developing new virtual programs. Specifically, the City Council and other volunteer advisory groups have started video conference meetings. The Happy Valley Library has been sharing virtual story times on social media that have become recognized as a model throughout the State of Oregon. Our planners, engineers, and building inspectors are reviewing plans online and completing inspections virtually. The Public Works Department is making sure our streets, parks, and other facilities are well maintained while working staggered shifts to minimize contact. Police Deputies are still out and about keeping us safe but practicing social distancing as much as possible. Code En-

### We ♥ Happy Valley

**SUPPORT FOR YOU**

We are public servants and our residents and business communities are relying on us now more than ever. Here are some ways Happy Valley's City Council and staff are helping our community stay connected.

**SUPPORT FOR LOCAL BUSINESS**

Council has created a Business Task Force to help support local businesses thrive.

**SUPPORT FOR STUDENTS**

While the Library may be closed, you can still find a variety of services online to keep learning a priority.

**RECREATION**

The City has compiled a list of safe and engaging activities to help residents stay active.

**KEEPING YOU INFORMED**

Keep up with City news and vital information related to programs, services, and ways you can help fellow residents.

**FOR ALL THE WAYS YOU CAN STAY CONNECTED DURING THIS TIME, CHECK OUT [WWW.HAPPYVALLEYOR.GOV/STAYCONNECTED/](http://WWW.HAPPYVALLEYOR.GOV/STAYCONNECTED/)**

Follow us!   

The City of Happy Valley is committed to finding ways to keep the community connected amid this global pandemic and has made local businesses and recreation a focus. With adjustments, city services are also continuing as much as possible in efforts to meet the needs of residents.

forcement Officers are responding to calls and emails helping to maintain the quality of life in Happy Valley. Finally, most of the support staff are working remotely and busy responding to emails and

phone calls. All this to say, we want you to know that the services the City provides are still moving forward. We're going to continue to find ways to be innovative and keep our commu-

nity connected. Please check out [www.happyvalleyor.gov/stayconnected/](http://www.happyvalleyor.gov/stayconnected/) for all the ways you can stay involved in the community and please continue to do what you can to stay safe and healthy.

# Know before you vote

The next statewide election will be held May 19, 2020. While the Presidential Primary gets the most attention, there is also a local measure on the ballot for Happy Valley. Below is a brief description of the measure that voters are being asked to consider.

### MEASURE 3-558 Charter Amendment Authorizing Mayoral Stipend Covering Expenses of Holding Office

If passed, this measure would amend the Charter to provide the Mayor with a monthly stipend to cover regular and ordinary expenses of holding office. The initial stipend would be



Keep an eye out for your ballot and remember to cast your vote. There is a measure pertaining to Happy Valley, so let your voice be heard.

\$750 per month, which would be modified annually for cost of living adjustments utilizing the U.S. Bureau of Labor Consumer Price Index. In addition, the City's budget committee will provide oversight of the stipend amount every even numbered year, at a minimum. Their review will ensure the stipend amount adequately covers the expenses associated with holding office.

If the measure does not pass, the Mayor will not receive a monthly stipend. Currently, elected officials may pay for these expenses personally or seek reimbursement from the City after they have pre-paid for such expenses on their own.

More information about the election can be found through the Clackamas County Elections department, 503-655-8510, or by visiting [www.clackamas.us/elections](http://www.clackamas.us/elections).

## MEMORIAL DAY

REMEMBER AND HONOR

The City of Happy Valley would like to extend its deepest gratitude to those who have served and protected our nation.

We are grateful for their selfless sacrifices and vow never to forget the men and women whose lives were lost in their efforts to protect us.

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This publication is a partnership between Pamplin Media Group and the City of Happy Valley.



**Publisher's Note:** Happy Valley News 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](mailto:afox@clackamasreview.com) and include your name and phone number for contact information.

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## Trash it, Don't Flush it!

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**CLACKAMAS WATER ENVIRONMENT SERVICES**

Clackamas Water Environment Services (WES) reminds customers to avoid flushing hand wipes, baby wipes and all "flushable" wipes and other materials down the toilet as they can clog pipes, cause sewer backups and damage wastewater treatment equipment. The only thing you should ever flush down a toilet is toilet paper.

WES recommends throwing all wipes in the trash. So-called "flushable" wipes do not disintegrate in water like toilet paper. The vast majority of these products stay fully intact after being flushed and often get stuck in sewage lines that connect homes to main sewer lines and cause raw sewage backups.

When flushed wipes are carried into sewer systems, they often get tangled in and damage pump stations and vital equipment at wastewater treatment facilities, which can disrupt service and cost thousands of dollars to repair or replace. WES provides wastewater treatment services for 190,000 people in northern Clackamas County.

"WES is grateful to customers who help us spread the word about only flushing toilet paper, which protects the equipment we use to protect public health and the environment," said WES Director Greg Geist. "The last thing we all need during the current public health crisis, is another crisis created by



damages to wastewater treatment equipment. Fortunately, we can easily prevent that by working together to raise awareness about wipes."

No wipes are flushable, even though the packaging often claims they are.

To avoid these problems, dispose of wipes in the trash along with the following: surface cleaning wipes, paper or cloth towels, cotton balls, swabs, dental floss, disposable contact lenses, sanitary napkins, diapers, swiffers, toilet bowl scrub pads, and mop refills.

## Remember: SAVE OUR SEWERS!

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**Find out more at [clackamas.us/wes](http://clackamas.us/wes)**

# Adjusting to life under Quarantine

By SHELLEY McFARLAND

The quarantine spurred by COVID-19 has put a wrinkle in most people's lives. In order to help save lives and stop the spread of the virus, Happy Valley residents have hunkered down, stayed home, and followed state guidelines for social distancing, wearing masks in public and only venturing out for essential reasons.

Unemployment, distance learning for students, shortages of essentials, work-from-home situations and, of course, illness or loss can create high levels of stress.

We can joke about who hoarded all the toilet paper, but during the pandemic, people are wary and fearful, yet still plucky. Making lemonade from lemons, many residents found ways to reestablish deep family bonds. From baking bread to teaching children life skills, painting rocks to shopping for an elderly neighbor, making fabric masks to home projects. Happy Valley residents share their quarantine moments:



▲ Assistant City Manager, Ben Bryant, hangs out with son, age 1, while working from home.



Nearly every Happy Valley elementary school had a teacher parade where cars and signs were decorated in celebration.



◀ Sixth-grader Kyle McFarland is distance learning for class Science in the Kitchen by making homemade bread. He even cleaned up.



Numerous residents are painting rocks and leaving them as little treasures around the city.



Local resident, Mike Boddington, captures a beautiful wildlife photo right here in Happy Valley.



Sapana Patel's family has been enjoying the warm weather and spending time as a family outside grilling.



Program Technician, Ashley Degner, with baby Jade, works on a project from home.



The Bolanos family has been raising abandoned baby turkeys during their time in quarantine.



Anh Le is keeping her littles Drake and Brooklyn busy in the kitchen and teaching them how to cook. They even enjoyed their goodies outside at a tea party.



Sidewalk chalk art can be seen throughout the city.

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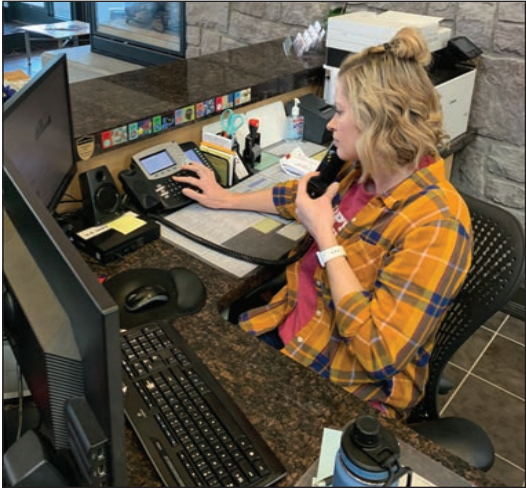
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Local resident and radio personality, Gustav, snaps a photo with his dog, Charlie, while they practice social distancing in front of an HV Scavenger Hunt sign.



Brooklyn Le is learning to prep her own lunch.



Administrative Assistant, Brionna Neeley, manages incoming calls at City Hall's reception desk.



Ella Dankenbring has been enjoying finding the Little Free Libraries around Happy Valley.



The Abbasov family is keeping musical with Zoom guitar lessons from Happy Valley Arts Academy. The family also stays fit by live workouts from gym EForce.



Henry Iltz is learning his lessons with distance learning. The first grader has also been taking family walks with his family and creating sidewalk art masterpieces.



Eva Stimac finds a quiet spot to read. The seventh-grader also decorated her front yard tree with ribbons to honor healthcare workers, including her mother Wendy.



Kona Ice is making the rounds to keep residents happy with shave ice and a smile.



Many kids created signs to show their teachers their love during the teacher parades.



Children's Librarian, Isaac Fellows, preps for a virtual storytime at his makeshift home office with some help from Mr. Lion and Chicken.



The Brownlee girls paint rocks to share with others.



Happy Valley resident Bill Higbee, 91, makes birdhouses from reclaimed cedar wood and gives them to neighbors.

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May 2020 Library Events

The Library is closed at this time in efforts to help slow the spread of COVID-19. Be safe and stay healthy.

The Happy Valley Library is here for you

Despite the Happy Valley Library being physically closed to the public, the staff have been hard at work finding ways to deliver their top-notch programming in creative ways.

■ Check out helpful online resources, enjoy some engaging story times with the kids, and even learn about a variety of topics.

■ Check out happyvalleyor.gov/library for all the ways you can stay connected. And be sure to follow the HV Library on Facebook and Instagram!

## Happy Valley Library

### SUPPORT FOR YOU

We know our patrons rely on us for information and enrichment. Here are some ways the Happy Valley Library is helping our community.

#### BOOKS TO READ

Readers of all ages can access FREE books to read or listen to on a tablet or phone. Contact us or see our website for assistance.

#### RESOURCES FOR STUDENTS

Find a variety of services online to keep learning a priority and your studies on track. Just check out refweb.lincc.org.

#### VIRTUAL ENRICHMENT

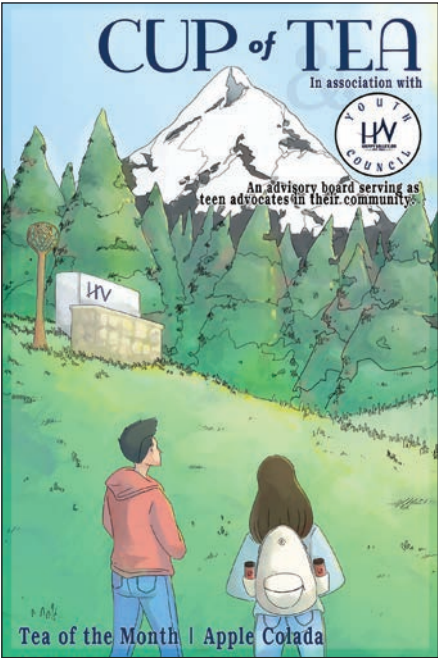
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#### STAY INFORMED

Check back frequently and keep up with news and vital information related to programs and services for library patrons.

FIND OUT MORE AT [HAPPYVALLEYOR.GOV/LIBRARY](http://HAPPYVALLEYOR.GOV/LIBRARY) OR LEAVE A MESSAGE AT 503-783-3455.

Follow us!



Cup of Tea is donating 10% of its Apple Colada loose-leaf sales to the Happy Valley Youth Council during the month of May. The Youth Council, made up of teens from Happy Valley, are committed to helping the community through positive initiatives.

Local business gives back to community youth

City of Happy Valley

At Cup of Tea, we believe in the growth of our local community. Each month we donate 10% of the loose-leaf sales of the selected Tea of the Month to a local youth organization. This month we are supporting the Happy Valley Youth Council.

Their motto is PEER2 which stands for “positively influence, protect, empower, enrich, encourage, engage, represent and respect” the teens in their community. Ongoing community goals include drug and alcohol abuse awareness through annual Rx Drug Turn-in Days and an Anti-Bullying campaign with its cornerstone Bully Block Day event. To identify other current teen issues, they continue with the founding activity of a yearly Youth Town Hall where they work with other local teens to develop new ideas for projects to enhance their community.

The Tea of the Month for May is Apple Colada. A lively, fresh, and fruity taste is thanks to appetizing apples, and a hint of cream. The fine coconut aroma is the secret of this very delicious tea.

Made with apple pieces, hibiscus blossoms, rosehip peel, candied pineapple cubes, and coconut shreds.

LIBRARY BRIEFS

Library offers helpful academic resource opportunity

If you're looking for support with your child's education right now, check out LearningExpress Library!

Their School Center has a wide range of skill-building resources for classroom and homework success for students in grades 4-12. For 4th

and 5th graders, there is math and reading help.

For middle schoolers, there is help with math, language arts, and social studies. For high schoolers, these basic subjects are also covered, plus there is science, technology and many others. LearningExpress also has help preparing for exams like the ACT, SAT, AP Tests and more.

Just go to refweb.lincc.org and select “Homework Help.” There you will find a number of recommended resources. Once you select “School Center,” you will be prompted to enter your library card number and PIN. That's it! Feel free to contact the team at Happy Valley Library if you need assistance.

eCards to the rescue

Even though libraries are closed across the county, patrons can still access free books and audiobooks online with their library cards through the library's downloadable services.

For those without a library card, libraries are helping residents access these same online resources in the absence of a physical card. Just apply online at lincc.org. Simply click the eCard registration link, fill out the form, and get instant access to items.

eCards are available for all Clackamas County residents,



An eCard allows those without a physical library card the opportunity to delve into thousands of titles that can be downloaded to your smart device.

ages 5 years and older, who don't already possess a library card. When libraries reopen, eCard holders will be able to head to their local branch to receive a physical card. It's that easy!

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# STRONGMAN lifts 1,001 pounds, sets record

*Kabuki Strength owner Chris Duffin takes squat, deadlift to extreme*

By SHELLEY McFARLAND

On March 21, Chris Duffin lifted 1,001 pounds at his gym, Kabuki Strength Lab. Though not officially recorded, Duffin thinks he likely holds the world record as the first person to both squat and deadlift the massive weight.

Duffin grew up homeless in the Pacific Northwest wilderness with an abusive father and spent his days foraging for food, studying, participating in athletics, and trying to survive. While in college on scholarship and working full time, he took custody of his three younger sisters.

In 2014, Duffin quit his career as a corporate executive to open Kabuki Strength Lab to focus on

strength equipment, education, coaching and charity.

Duffin started lifting weights in 1988 “to provide some balance to my intellectual side and for self-confidence.” The exhibition powerlifter currently holds the Guinness World Record for the heaviest sumo deadlift of 1,001 pounds in two repetitions in October 2016. He has been ranked No. 1 in various powerlifting categories.

Then in March, Duffin was scheduled to compete in the Fitness Expo in San Diego when he learned the event was canceled due to the COVID-19 pandemic. Duffin had been training for four years and instead of feeling disappointed, he decided to go ahead with his competition in a slightly different format. With five spotters, Duffin livestreamed three repetitions of both squats and deadlifts to bring awareness and inspiration to the charities he supports, including the Leukemia & Lymphoma Society.

“It felt amazing to complete what I said I was going to do”

Chris Duffin, with four spotters, lifts 1,001 pounds in an unofficial world record. SUBMITTED PHOTOS



Duffin said. “I do these performances to show people what can be done if you move and train with sound principals. Our educational platform and principals are why we work with so many professional and collegiate sports as well as clinical rehabilitation facilities. Testing these methods at the extreme limits of human poten-

tial is both a demonstration, but also a rapid learning environment of putting theory to work.”

The Happy Valley resident now will shift his focus in the coming months.

“This was my last major feat of strength. I will now focus on education content, my businesses and other goals outside



Duffin is considered the first person to both squat and deadlift the record-setting amount.

of the lifting area to provide outlets for challenge and accomplishment. I will also be assisting my wife in building her

healthy-lifestyle cooking brand,” he said.

For more information, visit kabukistrength.com.

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## Reminder to play it safe in the water



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

- Swim in designated areas supervised by lifeguards.
- Never leave a child unattended near water; don't trust a child's life to another child; teach children to ask permission to go near the water.
- If you're not planning on swimming, be cautious around ocean shorelines, rivers and



Spending time in the water is a great way to get some exercise and relieve stress, but remember to follow basic safety guidelines this Spring and Summer.

- lakes. Remember that cold temperatures, currents and underwater hazards are dangerous.
- Be aware of underwater obstructions in low water levels.
- When boating, always wear a life jacket!
- Avoid alcohol use, which impairs judgment, balance and

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

- Install and use barriers around your home pool or hot tub.
- Enroll in home pool safety, water safety and CPR/AED courses to learn how to prevent and respond to emergencies.

## Census efforts officially in motion

City of Happy Valley

Last April, homes across the nation should have received an invitation to participate in the 2020 Census.

Taken every 10 years, the census provides vital data that serves to determine an official, complete count of the country's population. It also serves as the basis for ensuring an appropriate distribution of federal funds and political representation. Depending on the Census data, the number of seats each state possesses in the U.S. House of Representatives may be reapportioned or perhaps congressional, state or local district boundaries may need to be redrawn. Funding amounts for hospitals, fire departments, schools, roads, and other public services are also derived from the Census data.

According to the U.S. Census Bureau website, your privacy and security is a top priority. By law, the U.S. Census Bureau must protect your responses and keep them completely confidential. It may not release any of your information



**Taking part in the 2020 Census is critical. Responses help create a statistical measure that ensures all communities receive the resources they need.**

and your responses cannot be used against you in any way. Quite simply, the information you provide is only used to develop statistics and your identity is kept completely anonymous.

To make things as easy as possible, people can respond to the questionnaire in one of three ways: online, by phone, or by mail.

### Avoiding frauds and scams

Unfortunately, thieves looking to get hold of personal information may attempt to take advantage of residents by posing as a U.S. Census Bureau representative. True representatives will always have a valid ID badge that includes their photograph, a U.S. Department of Commerce watermark, and an expiration date. Residents can also verify if a representative is valid by calling 1-800-923-8282.

For privacy information and to see a list of answers to frequently asked questions, head to [www.census.gov](http://www.census.gov).

## Birthday celebrations during a pandemic



Beloved Happy Valley principal Curtis Long waves to his birthday parade on April 11. More than 80 cars, some elaborately decorated and numerous smiling children hanging out the windows, drove past Long's home.



Ann Wood took to social media to ask for residents to help her wish her father a happy birthday 95th while in quarantined. Daniel Zdanowicz, a WWII veteran who ran ground-to-airplane radar in the Air Force, received over 200 cards from strangers." Wood was shocked with the response and said her father loved each card.

## Residents asked to reconsider backyard burning

City of Happy Valley

The City of Happy Valley is requesting all Burn Permit Holders voluntarily stop outdoor burning to help protect vulnerable populations during the COVID-19 pandemic. This is in support of a state-wide initiative by the Department of Environmental Quality, Oregon State Fire Marshal, Clackamas Fire District #1 and the Oregon Department of Forestry.

Reasoning for this request stems from the concern that smoke inhalation can cause upper respiratory symptoms, which may worsen the recovery of someone with the virus. Responding to out-of-control burns and smoke complaints also distracts from first responders' ability to provide emergency medical care during the pandemic.

Instead, please consider an alternative to burning your on-site debris. This might include composting yard debris or hauling debris to a recycling site.

Please note this request does not apply to recreational fires (campfire, cooking fire or warming fires). Recreational fires are small and to be no



Residents are being asked to refrain from backyard burning in attempts to help protect vulnerable populations amid the COVID-19 crisis. Exposure to smoke may exacerbate symptoms commonly experienced with the virus.

larger than three feet in diameter and two feet high. As always, please exercise caution when enjoying fires of a recreational nature.

# HAPPY VALLEY BUSINESS ALLIANCE

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Contact these HVBA Members for Gift Certificates, a meal or Shaved Ice party for Mom for Mother's Day!

Visit [www.hvba.biz](http://www.hvba.biz) for a full list of your HVBA Members serving your community.

# ‘Poetry is passion’

**The Stream**  
by Sam Cole  
This month gurgling  
around  
mossy green rocks and  
boulders  
sparkling by day and  
moonlight  
shoulders caressing  
ferns and old tree roots  
calm for its water  
skippers  
white lichen oaks,  
elms, and alders  
shadow it.

But next month riches  
of forest rain  
fill its one deep pool  
no longer home to  
minnows and summer  
camp kids  
now ready for spawning  
salmon to rest  
before their final  
moments upstream.  
Here, room waits for all.  
No questions asked.

Local society members inspire one another in good, bad times

By SHELLEY McFARLAND

Last year, Carolyn Martin offered a workshop for poets. Eleven students attended over three weeks, and when the workshop was done, seven of the poets wanted to continue — and the Happy Valley Poetry Society was born.

Martin, a former high school and college English teacher, who also spent years teaching management, retired in 2008 and gravitated toward Portland’s rich literary scene.

“I started to go to readings and got involved with organizations and went back to poetry

because I had written business books and business articles for 24 years. I went back to my love of poetry,” Martin said. “I have my fifth book of poetry ready for publication. Poetry is passion, and the lovely people in the Happy Valley Poetry Society are keeping the passion alive.”

The small group is diverse, and includes one high school student, two SMART educators, a Romanian immigrant, retired health care professional, stay-at-home mom and a public-school educator. But what they have in common is their desire to create using the voice that poetry gives them.

“For me, it’s a way to express how I feel. Yes, there is a certain amount of words or a certain format you follow, but you can break the rules and that’s what I like about it. I can express myself,” said Cody Morgan, a freshman at Clackamas High School. “It’s a form of art for me. We are all here for a purpose, we found



Though their group is small, they are mighty like their pens. The Happy Valley Poetry Society meets monthly to discuss their poetry.

this for a purpose, and we are going to work together to work through some stuff.”

Led by Martin, the monthly group members share their work, critique others’ efforts and learn from other poets.

“These folks have been really dedicated. I have all their work, and they’ve really produced and should be proud,” Martin said. “The output has been astonishing for people who are working, or taking five AP classes, viola lessons and baseball, so it’s really dedication. It’s been edifying. I’d go anywhere with these folks.”

At the January meeting, the society wondered why one member, a prolific poet, Sam

Cole, hadn’t shown up. After all, he had submitted work to Martin earlier in the day. Cole’s style of poetry always made the society members laugh, yet his poem on that January day seemed contemplative without his trademark twist. They read Cole’s poem at the scheduled meeting, not knowing he had unexpectedly died that afternoon.

Cole’s death resonated deeply with the close-knit society members, who found solace expressing themselves through poetry. Many of the members attended Cole’s memorial where the poem he had just written was read.

“We are all just heartbroken because we got to love this

man,” Martin said.

Currently, the society is getting ready for a public reading to be scheduled at a later date at the Happy Valley Library where each member will read a selection of their own work, including poems about Cole, and poems written by Cole.

“What I like about our group is that our age doesn’t matter so much. It’s that we have this love for words. And we completely love being here, and that’s why we all loved Sam because he totally loved being here,” society member Diane said.

**For more information, visit:** [www.happyvalleyor.gov/community/happy-valley-library/](http://www.happyvalleyor.gov/community/happy-valley-library/)

# Grocery stores adjusts to ‘new normal’

By SHELLEY McFARLAND

In the first few days of the novel coronavirus crisis hitting the United States, it seemed the rush on toilet paper was an indication of the uncertainty facing citizens.

Photographs of bare aisles, where paper products and sanitizer normally were stocked, were showing up on social media across the nation, including Happy Valley. Now, weeks into the new normal, state and federal guidelines for social distancing and crowd limits have been set, and grocery stores are leveling off in their ability to stock their shelves. But some obstacles remain.

“One of the biggest challenges has been keeping everything in stock at our normal high standards due to the massive increase in demand. That said, everyone is working hard to make sure we are doing all we can to be in stock for our customers, whether it be our distribution center associates, truck drivers or our store associates,” said Jeffrey Temple, director of corpo-



PHOTO BY SHELLEY McFARLAND  
This has become a common scene at grocery stores around the country.

rate affairs at Fred Meyer Stores.

Temple said sanitizers, including wipes, are still in high demand but Fred Meyer is working with vendors to ensure products are being produced and shipped as efficiently as possible.

Besides procuring essential supplies, grocery stores across the region are working to ensure the safety of both customers and

staff. Many stores are regulating customer counts, including Fred Meyer. The retailer is limiting the number of customers to 50% of its international building code capacity from a ratio of one person per 60 square feet ration to one person for every 120 square feet. Temple said the store can keep tabs on the number of customers through its internal

QueVision surveillance system. Costco and Trader Joe’s have adopted similar protocols, along with sidewalk place markers spaced 6 feet apart for customers to stand on while waiting to enter the store.

Safeway has instituted one-way floor directions to limit face-to-face interactions, and New Seasons Market is requiring all employees to wear masks. Along with place markers inside stores, plastic partitions at checkout stands, limiting returns, and the encouragement of wearing face masks and gloves, grocery stores also have added employees to clean carts, shelves and other areas of human contact. At Fred Meyer, temperature checks at distribution centers have been put in place.

“We are super proud of the great work our associates are doing to provide safe, clean and stocked stores for our customers. They are working with a greater sense of purpose and responsibility toward the communities we serve, now more than ever,” Temple said.

**HAPPY VALLEY'S NAME THE STREET SWEEPER CONTEST**

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DEADLINE TO ENTER IS MAY 19TH



## New Memory Care Community in Happy Valley!

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# Students, teachers navigate uncharted waters

Distance learning, socializing provide connection during pandemic

By SHELLEY McFARLAND

On April 13, due to the executive stay-at-home order issued by Gov. Kate Brown, all Oregon schools rolled out distance learning standards. In the weeks before, the North Clackamas School District worked to set up new protocols, including the delivery of nearly 6,000 Chromebook computers to students.

Through an online statement, NCSD said at-home learning will look different for each grade level with different amounts of time intended for instructional learning as provided by the recommendations of the Oregon Department of Education.

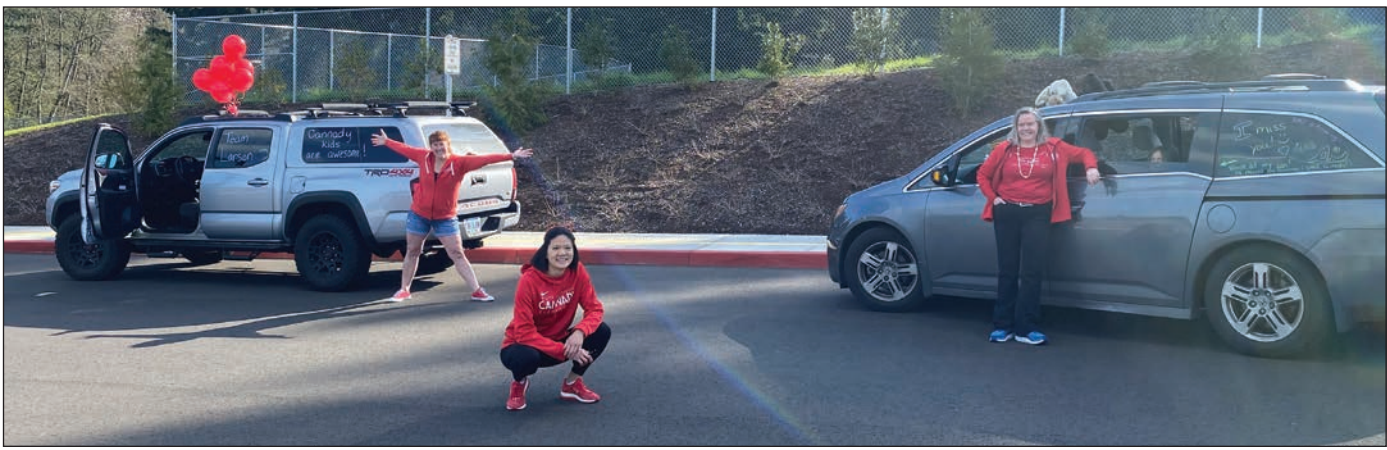
Kindergarten through fifth grades are advised to work on instructional material 45 to 90 minutes (45 minutes at the primary grades and 90 minutes at the intermediate grades). For sixth through eighth grades, 120 minutes per day (combined for all classes) is recommended and up to three hours at the high school level (combined for all classes).

At home, parents are helping their children with distance learning while feeling the pinch of COVID-19 challenges, including caring for older parents, working from home, or loss of employment.

“We have a few families who have reached out with difficulties around the internet. Our PTA is working to help support those families,” said Spring Mountain Elementary School Principal Jessica Son. “This has been an ever-evolving situation. We are working as a staff to remember to give ourselves, each other and our families

“It’s incredibly inspiring to see how kids can adapt to change.”

— Audra Brown, Spring Mountain Elementary fourth-grade teacher



Dianna Ngai kicks off the Beatrice Cannady Elementary School parade with her staff.



Teachers have loved the parades as much as kids and elaborately decorate their cars.



For many students and parents, the parade was a way to stay connected during the distance learning program. PHOTOS BY SHELLEY MCFARLAND



Numerous parades, including birthday parades, have been held in Happy Valley. Left, the coronavirus makes a special appearance in one parade.



grace. This has helped us approach each problem as it comes to us.”

Teachers immediately were put to task with creating online classrooms and learning new systems.

“Teachers are amazing people. It has been a big shift from in-person meetings to Google Hangouts with one another. We meet as a whole teaching staff once a week, and each grade-level team invites me to at least one of their meetings weekly,” Son said.

“It has been difficult, but what I’ve learned about educators is that when presented with a problem, they will tackle it to support kids and families. As a staff we have decided to focus on care and relationships first,” she said.

“Teachers are worried about families who have lost jobs, income and/or have rent and food insecurity. We are working with our district partners and outside resources to support families as we can.”

Fourth-grade teacher Audra

Brown said instructors attended several hours of training in distance teaching and spent hours calling and conferencing with families to understand their needs and how best to accommodate them. To make matters trickier, curriculum materials or equipment was left in classrooms along with students’ supplies. Teachers are designing lessons with both these challenges in mind.

“I would say that staying connected has been the biggest challenge. As a classroom teacher, I’m trying to balance communicating with my students and families as well as my commitments at home. This can be trying at times. We are working to meet kids and families where they are at,” Brown said.

“With parents, I am sending

out surveys every few weeks to see what’s working, and what isn’t. I’ve gotten some great feedback and am working to improve our distance learning strategies every day,” she said. “It’s been more difficult to connect with families that speak English as a second language, but our district has been

supportive of us working through interpreters.”

Happy Valley educators are trying to find ways to stay connected with their students. Numerous Happy Valley schools held parades in their respective neighborhoods, and social media has been used extensively.

Son reads books to her Spring Mountain students, as do other teachers, and still recognizes students’ birthdays. Scouters

Mountain Elementary School has created videos — one popular one shows teachers tossing toilet paper to one another from their own homes. All teachers are finding ways to connect with their students.

“I’ve sent postcards to each student letting them know they are loved. I’m trying to provide positive feedback to students who are attempting digital learning,” Brown said. “For some students, I’ve created ‘re-teach’ video lessons. All of this takes 10 times longer to implement and was easier in a classroom setting. It’s incredibly inspiring to see how kids can adapt to change.

“Even with all of this, the reason I became an educator is for the human connection. I’m proud of the work we’ve done in this unprecedented time in history to connect with our learning community, but I have had many sleepless nights knowing this isn’t the same as it was before,” she said.

Through all the challenges of distance learning and socializing, the educators also miss their students. In her 16 years as a teacher, Brown said nothing ever really goes according to plan when she shares a room with 30 children, yet the abrupt change to distance learning has been the biggest challenge of her teaching career.

Brown feels an end-of-the-year loss. This is the time when her class typically has learning celebrations, field trips, dance performances, plays and enjoys the completion of projects. Teachers and students didn’t get to say goodbye, because they didn’t know the year was over until the kids already were home.





“Teachers are grieving, too. We want families to know we love them and want to meet them where they’re at during this time. Our biggest priority is for students to have basic needs met, to feel loved, and to feel supported,” Brown said. “Learning from home isn’t an even playing field — and we know this. We want kids to participate in the best way they can, given the circumstances. We’re all doing the best we can with what we’ve got.”

For more information, visit [nclack.k12.or.us/district/page/remote-learning-resources](http://nclack.k12.or.us/district/page/remote-learning-resources)

## Keep it up, Clackamas County! Staying home is saving lives.



By working together to stay apart, we’re helping lower the transmission of COVID-19 in Clackamas. We can’t stop now! As the weather gets nicer and the days wear on, don’t forget that it is still crucial to follow these life-saving steps:

-  **Stay home** except for critical trips like to the grocery store and pharmacy. Exercising around your neighborhood is fine.
-  Keep at least **6 feet of space** between yourself and the people around you in public.
-  If possible, **wear a mask** when out in public. Reserve the medical masks for professionals, you can use a scarf, t-shirt or homemade mask.
-  Remember the basics! **Wash your hands** often with soap and water for at least 20 seconds. Cover your mouth with a tissue, sleeve, or elbow — not hands — when you cough or sneeze.

[www.clackamas.us/coronavirus](http://www.clackamas.us/coronavirus)

