

Salute for Service

Vietnam vet Doug Anderson looks back at 30 years

See Page 2



Parks & Recreation

September 2020 Programming

See Page 15



September 2020
happyvalleyor.gov



Happy Valley NEWS

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

Pamplin
MediaGroup

ClackamasReview

Living Life to the FULLEST

Irma Lee Westrell turns 100, says education shaped her life

By SHELLEY McFARLAND

Irma Lee Westrell has seen the world change in her 100 years and has lived an active life parallel to the country's history. To celebrate her milestone birthday, Westrell enjoyed listening to a brass band at her home with friends and family. Westrell was born on Aug. 15, 1920, in Paducah, Kentucky, a small town located at the confluence of the Tennessee and Ohio rivers. Three days before her birth, the 19th Amendment was ratified, giving women like her mother the right to vote in the upcoming presidential election of Warren G. Hardy.

At the time, the world was recovering from the Spanish Flu pandemic, the Treaty of Versailles had just been signed officially ending WWI, the Great Depression was 10 years away, polio was feared, infections could easily kill since penicillin wasn't in use, and newly enacted federal Prohibition laws would render America legally dry for 13 years.

Westrell credits her Kentucky town with the foresight to invest academically in students by providing an excellent education at the high school; an education that would shape her entire life. "Paducah is a small town, but an active one. Before my time, someone decided to have one good high school instead of two mediocre ones, but, of course, we did have a Black and a white high school in those days," Westrell said.

"I found out that in my high school I earned the equivalent of a college degree because the Civil Service Commission tested me with the National College Record Exam and reported I was equal to a college graduate," she said. "But this was after I had been working for years. I was fortunate to have had an A-1 high school."

Of all her extracurricular activities, Westrell stood out in debates. She was awarded the degree of Excellence from the National Forensic League and she and her partner traveled to many different states and never lost a round. "They thought my debate partner and I would both be senators, predicting I'd be the first woman senator from Kentucky," she said. "He got to be a physician, and I became a management analyst. Debating was a good experience, we dealt with national subjects, and had to learn both sides to be effective. You don't read in debates; you speak it, otherwise you'll look like a milquetoast and lose."

Although Westrell scored well on a college entrance exam, her family didn't have the money to send Westrell to college. Instead, she worked as a

debates. She was awarded the degree of Excellence from the National Forensic League and she and her partner traveled to many different states and never lost a round. "They thought my debate partner and I would both be senators, predicting I'd be the first woman senator from Kentucky," she said. "He got to be a physician, and I became a management analyst. Debating was a good experience, we dealt with national subjects, and had to learn both sides to be effective. You don't read in debates; you speak it, otherwise you'll look like a milquetoast and lose."

Although Westrell scored well on a college entrance exam, her family didn't have the money to send Westrell to college. Instead, she worked as a

See WESTRELL / Page A10



Irma Lee Westrell celebrated her 100th birthday with friends and family and a brass band. The centenarian credits her good health to finding expert doctors and minding your own business.

REMEMBERING 9.11

Two Happy Valley residents recount firsthand experience of fateful day

By SHELLEY McFARLAND

On a beautiful fall morning 19 years ago, America was attacked. Sept. 11 was a seminal moment in history and has had a lasting affect on Americans. Here are two stories from Happy Valley residents in their own words.

Kristen Mawdsley

I was 26 years old and was on my first big international vacation. I worked overtime for three months to pay for it, and I was excited. I would be joining a tour group when I got to Athens, with a tour of Greece and Egypt to follow; I had the most memorable adventures on my trip.

On Sept. 11, I boarded a Delta flight to return home from Athens, via John F. Kennedy International Airport in New York City. A couple hours before we were due to land, I noticed the plane seemed to be descending. It seemed odd, but by no means an uncontrolled descent so I didn't think much of it.

Soon, the pilot made an announcement that there had been a "security incident" and we were being diverted from JFK to Newfoundland, Canada. I figured maybe it was a hoax bomb threat and that we were being rerouted as a matter of caution.



KRISTEN MAWDSLEY

When we landed, I could see more than 20 planes parked on the tarmac nose to tail, with no space to spare. The pilot told us we would "be on the runway for a while." The crew restarted the in-flight movie, "Moulin Rouge" and offered another round of beverage service.

After a couple of hours passed

with no update, passengers became increasingly restless. I saw an elderly gentleman across the aisle pull out a small radio with an earbud — the kind you would use to listen to a baseball game while you were at a dinner party or something. Then I saw him cross himself, saying, "Oh no, my God. They blew up New York City. They flew planes into the buildings, and they collapsed."

Now when I recall his words, I have a frame of reference. I can remember the pictures of those plane crashes, the footage from witnesses; I see it all in my mind. Sitting on the plane, with no way to contact the outside world because I had left my cell phone at home for the trip, I was in an informational vacuum. I was dependent on the expressions of dismay, and sadness, and outrage by the people around me for even tiny shreds of information.

It dawned on me then, that even though my parents were picking me up from the airport, and knew what time I was due in, they didn't know my flight details and were likely worried. The plan was for me to call them from JFK Airport just before boarding my flight to Portland just in case there were any last-minute changes. We never got that far. I

started to cry, imagining how upset my parents might be if they were even remotely worried that I was on one of those planes.

I started talking with the woman in the seat next to me, and she pulled out her cell phone and offered to let me call home. I reached my dad whose relief was plainly audible when he heard my voice. I explained where I was and that, for the time being, I was stuck on the plane, and I would call when I could.

We remained on that plane for what would be a total of 13 hours. We watched "Moulin Rouge" five times. I still can't bear to watch that movie or hear the music. There was no more food, no more beverages, we were advised that the waste tanks were full and to only use the restrooms for dire emergencies and the crew opened the back doors of the plane so people could smoke.

At the 13-hour mark the plane was boarded by Canadian officials who said it was finally our turn to get off the plane and be processed through customs. We could only bring items that we carried on the plane. I had consolidated on the way home, so I had only a small purse with my camera and my wallet.

After completing the customs pro-

cess, we were bused to a hockey stadium where we checked in with the Red Cross so that our whereabouts could be tracked. All the snack bars had been opened and food was provided at no cost.

Long-distance phones were set up for us to make calls home and I called my parents to check in, saying that I was off the plane and would update again when possible. I called my best girlfriend's parents to make sure she was safe since she was a flight attendant at the time. I was a 911 operator at the time, and I called two of my best friends from work, police officers, to let them know that I was safe. One of them couldn't stop crying he had been so worried about me.

We were told to go into the stadium and have a seat to wait for next steps. Hotel and motel rooms were being reserved for elderly, medically fragile, or families with small children, since I was none of those, I figured it would be awhile.

When I sat down, I saw the first video of ground zero. It was playing on the Jumbotron in the middle of the stadium. It was dark by then and the flames were the most visible.

See REMEMBER / Page 2

Pamplin
MediaGroup

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



INSIDE

City Council 5
Clackamas Fire 11

Sudoku..... 6
Parks & Rec. 13
Library 8-9

PAMPLIN MEDIA

Advertising 503-805-9930
clackamasreview.com

PSNET STD.
U.S. POSTAGE
PAID
GRESHAM, OR
PERMIT NO. 32

21 Ichi TERIYAKI

503-454-0115

OPEN HOURS
MON-SAT 10:30 AM - 9:00 PM
SUNDAY 2:00 PM - 8:00 PM

Thank you!

To our community for supporting us & thank you Health Care Workers.

We are open to serve you.

16011 SE Happy Valley, Town Center Dr., Happy Valley, OR 97086

COUPON 20% OFF

VALID MONDAY - FRIDAY
VALID ONLY FOR TERIYAKI, COMBINATION, YAKISOBA, HOUSE SPECIALS
VALID ONLY AT ICHI TERIYAKI NO. 21 (HAPPY VALLEY LOCATION)
Expires 9/30/2020

SALUTE FOR SERVICE

Vietnam vet Doug Anderson looks back at 30 years with Air Force, numerous retirements

By SHELLEY McFARLAND

After graduating from high school in Hanley Falls, Minnesota, in 1968, Doug “Andy” Anderson decided to join the military. The Vietnam War was raging and Anderson thought enlisting would be a better option than waiting to be drafted. “I joined the Air Force, and while I was at boot camp, my mother received my draft papers. I just beat the draft,” Anderson said. “My brother was already in the Air Force at the time and he spoke highly of it. Everybody was saying they were just going to do two years in the draft, but I talked to my folks about it and decided to enlist for four and see the country, rather than the two where I would only see Vietnam. I ended up there anyway, but certainly not as bad as being out in the jungle and fighting hand-to-hand.”

Hanley Falls was a small town with a population of around 200 at that time, and Anderson’s graduating class had only 14 students. Anderson spent much of his time on his family’s farm with no running water or outdoor toilets. His brother, Donald was stationed in Hawaii, so the idea of traveling seemed exciting to him. “My whole goal was to go out, learn a job and see the world,” Anderson said. After boot camp in San Antonio, Anderson qualified to be a crew chief, a maintenance position, on the Lockheed C-130 Hercules airplane, a four-engine turboprop military transport aircraft used as troop and cargo transport, medevac and fuel tanker. During wartime, these tankers refuel helicopters midair. Anderson spent one year in Little Rock, Arkansas, training on the C-130 and was deployed to England and the Virgin Islands fulfilling his desire to travel. Even though he enlisted, Anderson still spent one year in the U.S. Before he was sent to the Vietnam theater in Southeast Asia, he went to Florida to learn the mechanics of the North American Rockwell OV-10 Bronco, a two-engine, two-person aircraft that would spot fighters.



“My whole goal was to go out, learn a job and see the world.”

— Doug ‘Andy’ Anderson

“We were sent to Nakhon Phanom, Thailand, thinking we were missing Vietnam. But as soon as we got to Thailand, we were told to pack our stuff, we were going into Vietnam,” Anderson said. “We flew with our own airplanes in and out of Vietnam, mostly staying in Thailand. They had numerous planes at the base and conducted rescues of soldiers in Vietnam and Laos, but of course, we weren’t in Laos during the war. We lost two pilots there, we were able to get one out, but the other was a POW. He eventually got out and lived in Hood River.” After returning from Vietnam, Anderson returned to Little Rock where he volunteered to be a scanner, a load master job as an assistant flight engineer, where he learned the in-flight systems. During this time, Anderson didn’t do a lot of traveling, but flew often because he was in the training squadron for the C-130s. With rank of staff sergeant and four years completed in the Air Force, Anderson “got out.” In the 11-year interim before he would join the Air Force Reserve, he and his wife, Barbara, welcomed two children, Tara and Adam, and opened a tavern in Portland called Dar-



Veteran Doug “Andy” Anderson spent a total of 30 years in the military, first enlisting in the Air Force in 1969 then joining the Air Force Reserve in Oregon. Today, he works for Happy Valley Public Works.



A Boeing KC-135 Stratotanker, a larger jet than the C-130, refuels another plane mid-air with Mt. Hood in the background.

win’s Theory.

“One day, my wife told me the Reserve base was looking for flight engineers. I inter-

viewed with the chief engineer and he found out I owned a tavern, that was a plus,” Anderson laughed. “I was hired on the

spot and went through flight engineer school in Oklahoma and again in Little Rock, Arkansas.”

As a reservist, Anderson flew with the 304th Rescue Squadron and 939th Air Refueling Wing at the Portland Air National Guard Base (the Air Force Reserve is a tenant at the base) until he retired in 2008 as chief in-flight refueling operator or boom operator with the rank of chief master sergeant in the Air Force Reserve and over 10,000 flying hours. Before he retired, the base removed the C-130 aircraft, and Anderson, once again, returned to flight school to learn the mechanics of the Boeing KC-135 Stratotanker, a larger jet than the C-130. Anderson’s group used these planes in places like Turkey to refuel large aircraft like the Lockheed C-5 Galaxy and Boeing C-17 Globemaster III, transporting planes at 30,000 feet altitude, an elevation the C-130s never reached. “It was hard because I had to go back to school after knowing so much about one job, and I’d be sitting next to kids because you could be an air refueling specialist and be right out of boot camp,” Anderson said. “I was a chief master sergeant and these kids didn’t have any

See ANDERSON / Page A10

Remember

■ From Page A1

There was no sound, just the pictures. The video then changed to footage of the tower on fire, and then the second plane’s impact. I was breathless, speechless. I couldn’t fathom that something like that would happen in my country. It was surreal and heartbreaking. I was taken to a military base and given a cot to sleep on, and that’s where I would stay for the next five nights. We had morning and evening briefings, and it was here that I saw a picture in one of the papers that was taken in Egypt. It was of children, tossing candy in the air and celebrating the attack on America. I had been in Egypt only days before and experienced nothing but warmth from the people I encountered. It was such a confusing thing to see. Our hosts took excellent care of us. However, since we were not allowed to retrieve our luggage, we all had to buy some interim outfits. I bought a nice selection of T-shirts and sweatpants, and a couple of books to keep me busy. I didn’t want to watch the news anymore. Many of those on the planes had been headed to New York and the surrounding areas. They were so close to home that I saw at least three people buy a car and just drive the rest of the way. Some rented cars, but those went fast. Most of us just had to wait it out until airspace was once again open to accommodate flights to our various destinations. One week later, we were told that we would likely fly out that day, but we would not be advised of the plane’s destination until we were in the air. Mine was the last plane to depart and would head to Delta’s hub in Atlanta where we would be booked onto flights to our ultimate destinations from there. I got off the plane in Atlanta, sprinted to customs, completed that process, and sprinted again to the Portland flight. Atlanta is a huge airport, and I was lucky to have made it. I was on the plane with a whole row to myself. I slept the whole way home, exhausted. My dad met me at the airport and I’m not sure I have ever hugged anyone so tight in my life. I was finally home. Aside from getting in trouble at work for running out of vacation time while I was in Canada for that week, I was generally no worse off. But I felt I left one world and came home to another. Air travel hasn’t been the same since. I have not



S. MICHAEL DUNNING

been the same, and things that other countries experience on a regular basis came to my country. It changed my job, my life, my outlook on other people. I saw ultimate kindness on the part of our Canadian hosts and extreme hatred on the part of our attackers. It’s a hard thing to reconcile. I’m fine flying now, if I’m not on a runway for too long, and if I never see “Moulin Rouge” again. S. Michael Dunning On Sept. 11, I was residing in Jersey City, New Jersey, and regularly passed through the World Trade Centers as a part of my commute to my job at 55 Water St. in Lower Manhattan. I was running late for work and boarded the train into the WTC at the Grove Street PATH (underground train system) station with a friend. The train proceeded to the next station, Exchange Place, which was the last station before the WTC. As the train started to leave Exchange Place, it stopped and the conductor said, “What’s going on?” There was a pause and he announced that the train was not going into the WTC and that anyone trying to go to Manhattan should board the train bound for the 33rd Street Station. That day was a beautiful early fall day. There wasn’t a cloud in the sky, and it was about 72 degrees. My friend and I decided that, given the weather, it would be nice to take the ferry into Lower Manhattan rather than going to 33rd Street and taking the subway down from there. As we got to the surface, we could see a large crowd looking in the direction of the WTC. We ourselves could not see the building as there was a building between us and it. I

heard jet engines and then an explosion (at that moment I did not make a connection between the two). I saw the people in the crowd scream and run away, some of them turned back to look again. When I came around the building to look for myself, the tower, which was 110 stories tall, was about one-third blackened, charred and burning. I thought there had been a gas explosion or some other kind of accident. It was walking back to my apartment, which was a short distance away, and a man ran up telling me that he had seen everything, explaining that there had been two planes, one for each tower. I realized that, because it was such a nice day, the idea that any plane could hit those buildings, even as tall as they were, was unlikely and the idea that two airplanes could do so was unlikely to the point of impossibility. The balance of my experience that day was much the same as everyone else’s. I watched it on CNN. Later that night, I went back to the waterfront and looked out at where the towers used to stand. There were maybe 2,000 other people milling around and some people had radios playing recordings of Congress singing “God Bless America” earlier that day. Because my office was in an area below 14th Street in Manhattan, I could not go into work since the city officials had closed off that area of Manhattan. My employer at the time, the McGraw-Hill Companies, continued to pay everyone as normal through that period of closure. When we returned, the CEO personally welcomed each of us back with an American flag pin. For a few weeks after, the city had many candlelight vigils, usually by the posters of the hundreds of missing people. Over time, and it was sad to watch, those posters faded and were covered up by others that were unrelated to missing persons. Even in a city the size of New York, you will see the same people often, because they take the same train and have the same work schedule as you do. There were just some people you never saw again. For months, from my office at 55 Water St., I could see the barges being loaded with debris from Ground Zero to go to the landfill. It gave me an appreciation of the size of the cleanup and, seeing the damage to the large steel beams, the incredible forces involved in the towers’ collapse. It bears mentioning that the people of New York responded to the attack with composure, dignity, compassion and optimism about the future. It is a remarkable place filled with remarkable people.

A special message from the Mayor

Many in our community have a very personal recollection of that moment when our country was attacked. So much so that most of us likely remember exactly where we were that September day in 2001. Each year, we honor the 2,977 people lost on Sept. 11 and recognize the brave first responders who risked their lives despite the tremendous danger before them. There are simply no words to truly express the extent to what our nation experienced. In the nearly 20 years since that fateful day, one thing is certain. America is resilient and still stands as a beacon of hope. We are remind-

ed of the immense courage and strength of our nation’s people, and our ability to put aside our differences. Please consider reflecting on this important day. Together, we will never forget.

-Mayor Tom Ellis



New York City’s Tribute in Light serves as a powerful reminder of the events that transpired on Sept. 11, 2001 and celebrates the unbreakable spirit of the American people.



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.

Honoring our veterans

The City of Happy Valley would like to recognize community veterans and active military each month in Happy Valley News. If you have served or are currently serving in one of our country’s armed forces, please consider sharing your story. Articles 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 directly if interested and nominations from family and friends are welcomed. Please contact the City’s Communication Specialist, Stephanie Warneke, at swarneke@happyvalleyor.gov or our Community Writer, Shelley McFarland at shelly.mcfarland@gmail.com.



End of Summer Specials

Defy Age With Dermal Fillers:

Lift it: 10% OFF the 1st syringe

Plump it: 15% OFF 2nd syringe

Smooth it: 20% OFF 3rd syringe

20% OFF all

Microneedling Packages:

- Hylauronic • Platlet Rich Plasma Facials
- PRP Rejuvenation Injections

Emsculpt

Tone Tighten. & Sculpt

**SAVE OVER \$1,000
ON ANY AREA**

Say Goodbye to Shaving

**50% HAIR REMOVAL
PACKAGES**

503-513-5533



Follow Us On Instagram @vip.medispa



HW
Preserving
and enhancing
the safety,
livability and
character
of our
community.

Tom Ellis
Mayor
503-783-3800

Brett Sherman
Council President
503-783-3800

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
16000 SE Misty Drive
Happy Valley, OR 97086
(503) 783-3800
www.happyvalleyor.gov

Community Center Feasibility Study



TOM ELLIS

How many of you would like to see a community center in Happy Valley? Survey says, quite a few in our community would be interested in this possibility. A few years ago, as part of the Parks and Recreation Master Plan, the City did extensive public outreach via online surveys, open houses, canvassing in front of the grocery stores, and more. What we found is that the number one parks priority is a new community center.

Now that the City has officially withdrawn from NCPRD and oversees parks and recreation, the City Council and I have made this one of our top priorities. The first step is to engage in a feasibility study. Community Centers aren't new and we need to find out what works and what doesn't. How much do certain amenities cost and how would we pay for them? What

makes some centers more successful than others? How are they operated? Most importantly, what features do the residents of Happy Valley want most? Is it a pool, track, indoor courts, multi-purpose rooms, workout equipment, etc.? To answer these questions and more, we need to complete a Community Center Feasibility Study.

Just last month, the City Council and I gave direction to our staff team to begin this important work with the support of a consultant team. They will bring their expertise along with our local knowledge to examine what would work best in Happy Valley. A critical component of this work will be for us to hear directly from you. Stay tuned for online surveys and feedback forums. I hope you will participate so we can build a community center that fits our needs and is as unique and world-class as Happy Valley.



During a feedback event in 2018, residents mark with stickers the top park and recreation amenities they wish to see in the City. Overwhelmingly, residents indicated a desire to see a community center. Now that the City runs its own Parks and Recreation department, steps are being taken to see what this would entail via a feasibility study aimed at clarifying costs and operational needs.

PV/NC Comprehensive Plan continues to remain on hold

City of Happy Valley

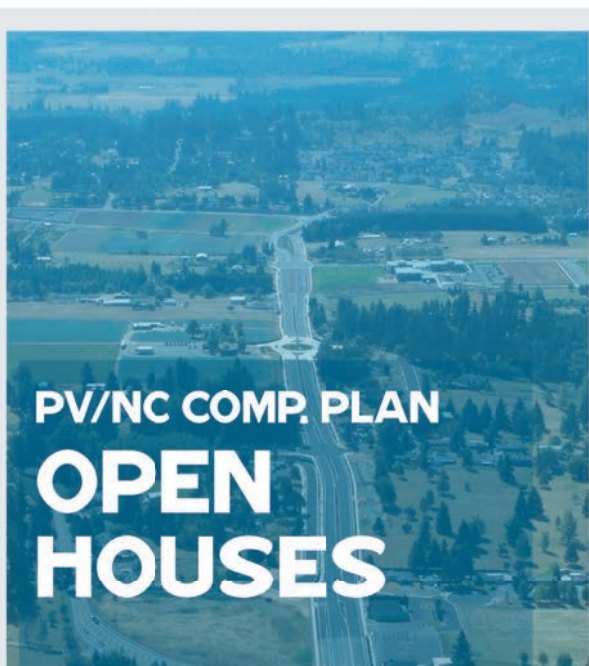
The Pleasant Valley/North Carver Comprehensive Plan provides guidance regarding such things as land use, transportation, parks, and environmental issues that will be instrumental to ensuring planning is successful in the Pleasant Valley and North Carver areas. City staff from the Economic and Community 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.



Pleasant Valley North Carver
COMPREHENSIVE PLAN

Due to the COVID-19 pandemic, the PV/NC Open Houses and Public Hearing Meetings continue to be 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 the public health crisis endures. It is

crucial members of the community have an opportunity to be part of these processes. In the meantime, City staff and consultants are continuing 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.



**POSTPONED
UNTIL FURTHER
NOTICE**

HW
HAPPY VALLEY, OR
EST. 1945

**VISIT OUR
WEBSITE
FOR DETAILS**

The City continues to 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.

All Stores Now Open!

Online Classes & Live Stream Still Available
Check website for details.

Heal. Transform. Enhance.

**Bikram
Hot Pilates (HIIT)
Vinyasa Flow
Yin Yoga**

FORGE
HOT YOGA | HOT PILATES

Happy Valley West Linn Alberta

First Month Only \$39
See store for details

FORGEHOTYOGA.COM 503-303-1466

Happy Valley 15932B Happy Valley Town Center Drive

**REGISTER
ONLINE**

**CITY OF HAPPY VALLEY
PARKS & RECREATION**

HW
HAPPY VALLEY, OR
EST. 1945

Signing up for Parks and Recreation programming is easy. Head to the City website today!

Benjamin Moore®

WHAT THE PROS TRUST

REGAL SELECT
EGGSHELL FINISH

Aura
Waterborne Interior Paint & Primer
MATTE FINISH

ben

FREE
Pint-Size Color Sample

COLOR SAMPLES
COLOR SELECTION SIMPLIFIED

523906013450

Sample offer valid for one (1) free Benjamin Moore® Color Sample. Excludes Aura® paints, Grand Entrance®, and Century®. No purchase necessary. Must present this coupon to redeem - no copies will be allowed. Offer cannot be combined with other offers, discounts or promotions, or applied toward prior purchases. Products may vary from store to store. Subject to availability. Retailer reserves the right to terminate, cancel or modify this offer at any time without notice. Coupon expires December 31, 2020.

20% OFF
Your Entire Purchase

523906013467

Discount offer valid for 20% off retailer's suggested retail price on gallons of select Benjamin Moore® paints and stains. Excludes Aura® paints, Grand Entrance®, and Century®. Must present this coupon to redeem - no copies will be allowed. Offer cannot be combined with other offers, discounts or promotions, or applied toward prior purchases. Products may vary from store to store. Subject to availability. Retailer reserves the right to terminate, cancel or modify this offer at any time without notice. Coupon expires December 31, 2020.



**POWELL
PAINT CENTER**
www.powellpaintcenter.com

Portland
5205 S.E. Powell Blvd.
Portland, OR 97206
(503) 775-3642

Beaverton
12740 N.W. Barnes Rd.
Portland, OR 97229
(503) 746-7610

Gateway
11025 N.E. Halsey St.
Portland, OR 97220
(503) 252 2440

Clackamas
14910 S.E. Morning Way, Unit 105
Clackamas, OR 97015
(503) 427-2296

Diversity, Equity, & Inclusion Task Force

A task force is being formed to better address efforts related to diversity, equity, and inclusion within the community. Goal is to form a group that truly represents a wide array of backgrounds, thoughts, and experiences. If you have an interest in being part of the task force, be sure to fill out an official application which will soon be posted on the City's website.



CITY COUNCIL

In 2019, the City Council adopted a proclamation supporting local Diversity, Equity, and Inclusion (DEI) efforts, as well as encouraging the community discussions that had been started by the United Community Alliance (UCA). Then, in March of this year, the City Council established a 2020 goal to support and foster a community and organizational culture that embraces DEI. While we have long recognized more needs to be done to support diversity and remove barriers, recent events around the country and world have put even

greater emphasis on this work. Systemic racism and inequality are harmful to the well-being of our community. We strongly believe that diverse and vibrant backgrounds, perspectives, and abilities contribute to the health, welfare, and economy of Happy Valley. We also know that no statement against hatred and bigotry is enough. This work takes consistent and thoughtful actions every day to foster a community that values equity and justice for all. Which is why we need your help serving on a newly created DEI Task Force. The City of Happy Valley, along with an external consultant, will be undertaking strategic diversity planning and imple-

menting long-term changes to become more diverse, equitable, and inclusive as an organization, and within the community. We are looking for community members who are passionate about creating opportunities for the City of Happy Valley, and those who are open and willing to challenge themselves and learn about others. Government organizations work best when they serve all community members, and this commitment to DEI work will help us get there. **Role of the Task Force** ■ Help the City identify and provide services, programs, and events to all members of the community and remove barriers to those

services ■ Assist the City's efforts to reach out to and communicate with individuals from historically marginalized groups ■ Act as a community voice in establishing a DEI Strategic Plan ■ Work with a consultant team, City staff, and elected leaders to develop a structure for DEI accountability and on-going conversations between the community and the City **Task Force Make-up** The City will strive for both compositional and organizational representation, as well as a committee size that provides effectiveness and efficiency. The DEI Task

Force will be comprised of: ■ Up to 15 Happy Valley residents ■ 2 members from the United Community Alliance ■ Liaisons from City Council In addition to the task force, there will also be regular open forums and town halls available to the general public to stay connected to the process and project. In the coming weeks, check out the city's website for an application to serve on this important task force. In the meantime, for questions or more information, please contact Ben Bryant, Assistant City Manager at benb@happyvalleyor.gov or 503-886-8440.

Happy Valley News staff



CITY WRITER
Stephanie Warneke
SWarneke@happyvalleyor.gov



COMMUNITY WRITER
Shelley McFarland
shelley.mcfarland@gmail.com

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 and include your name and phone number for contact information.



PUBLISHER
Angela Fox
afox@clackamasreview.com



ADVERTISING
Kathy Schaub
kschaub@clackamasreview.com
503-805-9930



ADVERTISING ASSISTANT
Brittany Martin
bmartin@PamplinMedia.com



DESIGN
Molly Filler
mfiller@PamplinMedia.com

CREATIVE SERVICES:
Cheryl DuVal (manager),
Chris Fowler, Dwayne Stowell,
Linda Vondrachek, Josh Bradley

6605 S.E. Lake Road
Portland, OR 97222
503-684-0360
www.clackamasreview.com



COMING FALL 2020

SENIOR LIVING AT HAPPY VALLEY

www.miracleheights.com

- ✓ 45 spacious rooms with 1/2 bath
- ✓ Family owned and operated by RNs
- ✓ 24-hour on site care staff
- ✓ Conveniently located near a hospital and shopping mall
- ✓ Facility is right next to the library and park



13677 SE 147th Ave., Happy Valley, OR 97015



(503) 888-8155



Home: where memories are built

Whether you're just starting out, looking for more room, or downsizing — **we've got your back.**

At Clackamas, we know how much a home means. It's where you build long-lasting memories with people you love.

With us you'll work with your own **personal mortgage team** who will work to **understand your needs** and guide you through your purchase or refinance.



Clackamas Federal Credit Union is registered with the National Mortgage Licensing System (NMLS #709344).





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

CITY OF HAPPY VALLEY

- September 7**
Labor Day: City Hall and Happy Valley Library Closed

September 8
Planning Commission Meeting: 7 p.m.

September 10
Traffic and Public Safety Committee Meeting: 7 p.m.

September 15
City Council Work Session: 6 p.m.

City Council Meeting: 7 p.m.
- September 17**
Public Art Committee Meeting: 5:30 p.m.

September 23
HVBA Meeting: 8:00 a.m.

September 30
Design Review Board: 7 p.m.

October 5
Parks Advisory Committee Meeting: 7 p.m.

October 6
City Council Work Session: 6 p.m.

City Council Meeting: 7 p.m.

Want to advertise in YOUR local community newspaper, the *Happy Valley News*?

Reach over 22,000 residents and businesses every month in Happy Valley, Damascus and the surrounding Clackamas, Milwaukie, Oak Grove and Gladstone by advertising in the Happy Valley News.

Print ads or inserts!

Contact Kathy Schaub to reserve your space by **September 22**
■ 503-805-9930
■ kschaub@clackamasreview.com

Exercise your mind with some Sudoku fun

City of Happy Valley

Puzzlers, unite! Sept. 9 is International Sudoku Day, so we're celebrating with a fun brainteaser to get in the spirit. Puzzle on!

What is a Sudoku?
Sudoku is a logic-based number game.

The word itself means "single number" in Japanese. An excellent brain game, it's hypothesized that if you play Sudoku daily, you will soon start to see improvements in your concentration and overall brain power.

Instructions: The aim of Sudoku is to complete the entire grid using the numbers 1-9. Each number can only be used once in each row, once in each column, and once in each of the 3x3 boxes. Visit www.sudokuoftheday.com for more tips and help about how to play. Good luck!

See page 8 for answers.

8					5			
	7		9				4	
		9		7	8	3	2	5
3		1		9			5	
		6				1		
	9			3		6		2
2	8	3	6	5		7		
	1				2		8	
			1					9

Take a break from your busy day and see if you can solve the puzzle. Sudoku puzzle provided by www.sudokuoftheday.com – visit them and get a new Sudoku every day!

Back-to-School IMMUNIZATIONS

Give them an extra layer of protection.

Northwest
PRIMARY CARE

Make an appointment today!www.nwpc.com
(503) 659-4988

SNAP
FITNESS • 24-7™
HAPPY VALLEY

fast • convenient • affordable

Locally Owned & Operated

FITNESS SPECIAL

HALF OFF ENROLLMENT FEE

MONTH TO MONTH MEMBERSHIP, NO CONTRACT!

Expires: 9/30/20

At Snap Fitness, we are exceeding COVID required measures and taking proper precautions to keep our Staff and Members safe and healthy. We are providing a clean, safe, social distancing environment. Also offering Enviro Health Solutions with Bio-tech solutions to kill bacteria. Come by and start your Snap Journey today!

#SNAPNATION

503.741.8925

14807 Oregon Trail Dr. • Clackamas, OR 97015
www.snapfitness.com

Square peg in a round hole

Ranch Pizza joins Valley Public House to sell Sicilian-style, square-cut pies

By **SHELLEY McFARLAND**

Noted for their square-cut pies, Ranch Pizza will be joining the Happy Valley community in October.

Started in 2017 by Eric Wood and Richard Corey, Ranch Pizza was a popular ghost-kitchen, delivery-only concept.

“At the time, I was bartending after having worked in kitchens for a few years,” Wood said. “Richard had just gotten home from a yearlong backpacking trip with his wife (our wives were friends from college), and we started messing around with pan pizza at home. We were also neighbors, and we got really into it. We were both at a point where we wanted to do our own thing.”

The bar that Wood was working at, Double Dragon, had a large kitchen space that was hardly used, and the owners agreed to let the men use



Popular Ranch Pizza will keep its original menu for the Happy Valley location.

it. Wood and Corey set up a pop-up business after buying a phone, refrigerator and meat slicer. They put menus on bar tables around the neighborhood and delivered

pizza to patrons in bars that did not have their own food.

Word spread about the Sicilian-style square-pan pizza and within a year, they opened their own restaurant in the



The menu will feature two salads, breadsticks and five pizzas: cheese, pepperoni, veggie, Hawaiian and #4.

Woodlawn neighborhood on Northeast Dekum Street.

With their third location now in Happy Valley at Valley Public House on Southeast 162nd Avenue, the Ranch Pizza owners plan to keep their core menu with two salads, five pizzas and breadsticks.

There will be one to two rotating monthly specials at each location, along with brunch.

“Our pizza is unique, but it’s for everyone. We try to be a tastier version of the pizza everyone ate as a kid. For those who’ve never heard of us, it’s square, pan pizza that’s

a little Detroit style and a little Sicilian style,” Wood said. “And every order comes with free ranch for dipping, but it’s OK if that’s not your style. Be ready for leftovers, and a nap afterward.”

For more information, visit: ranchpdx.com.



ESTD 2020

VALLEY

PUBLIC HOUSE

Valley Growlers is growing!

OPENING IN OCTOBER

Valley Public House
Featuring these restaurants:
Tamale Boy, Ranch PDX,
& Whiskey Barrel Lounge

Get ready for Happy Valley’s living room to get a whole lot bigger!

12960 SE 162nd Avenue, Happy Valley, OR 97086
www.valleygrowlers.com
www.facebook.com/valleypublichouse

YOUR HAPPY VALLEY DENTISTS THAT LIVE IN THE COMMUNITY THEY SERVE

OVER 48 YEARS OF COMBINED EXPERIENCE

LISTENING & CARING. PRECISE. STATE-OF-THE-ART CARE.

DIAGNOSTIC | SURGICAL | COSMETIC | PREVENTIVE AND CONTINUING CARE
RESTORATIVE PATIENT COMFORT | WISDOM TEETH | ROOT CANALS
CONSCIOUS SEDATION | SLEEP DENTISTRY | DENTAL IMPLANTS

OPEN MONDAY - FRIDAY

Ryan Donnelly, DMD, FAGD
Craig A. Howe, DDS, FAGD
Roland Nomie, DMD
Phone: 503.353.9000
Fax: 503.786.1873
mtscottfamilydental.com

We are happy to announce the addition of our newest team member- Dr. Roland Nomie! He is a graduate of Sam Barlow High School and Midwestern University dental school.

WELCOME TO OUR NEW OFFICE!
12018 SE Sunnyside Rd, Clackamas, OR 97015 | In the Safeway Shopping Center by Starbucks

Craig Howe
DDS, FAGD

Roland Nomie
DMD

Ryan Donnelly
DMD, FAGD



HAPPY VALLEY LIBRARY

13793 S.E. Sieben Park Way, Happy Valley, OR 97015 | 503-783-3456 | www.happyvalleyor.gov/library

September 2020 Library Events

ADULT PROGRAMS

Genealogy Club

Mondays, Sept. 14 and 28, 2-4 pm

Searching for family roots? All are welcome to come and share questions, strategies, and organizing tips. Insights are discovered and pathways revealed as we attempt to solve the mysteries of our ancestors' elusive stories! Contact the library for Zoom login information.

HV Library Virtual Book Group

Thursday, Sept. 3, 6:30-8 pm

Read the book selection for the month and meet to discuss the book with other readers. The book we will be talking about for September will be *The Turner House* by Angela Flournoy. Contact the library for information on how to download the book for free from cloudLibrary and for Zoom meeting information. Ask about our weekly Short Story meetings, too!

Mindfulness for Change and Growth

Wednesdays, 6:30-8 pm

The practice of Mindfulness Meditation opens a safe path toward health, well-being and happiness. Clinical evidence shows that it can help people cope with the feelings of depression, anxiety, loss, and loneliness. What seems insurmountable inside ourselves can become more manageable. These weekly sessions include discussion, guided meditation, and Q&A led by Surja Tjahaja. All are welcome: beginners as well as those who have experience with Mindfulness Meditation. Contact the library for Zoom login information.

Trivia Tuesdays!

Tuesday evenings 7-7:30 pm

The questions are trivial, the fun isn't! Join us for a fun evening, with a different theme each week. Contact the library for Zoom login information.

Musical "Show & Tell"

Sunday, September 13, 3-5 pm

Calling all musicians! Looking to share the music you've been practicing at home for months? Pop in to our virtual studio, play some music, and hear what others have to share: whatever style, whatever instrument, whatever strikes your fancy! Contact the library for Zoom login information.



Interested in exploring your family roots? Check out Genealogy Club and let the journey begin.



Join us at Musical "Show & Tell" where you can showcase your creative side along with others. This group is a great outlet and a supportive environment.



Do you have a knack for obscure information and forgotten details? Check out Trivia Tuesdays for some healthy competition. Perhaps you'll even learn something new!

YOUTH PROGRAMS

Find musical performances, storytime songs, book reviews and more on the library's webpage, Facebook and Instagram.

Family Saturdays

Saturdays at 10 am

For K-5th graders. Drop in for family fun, games, and trivia. Email youthlibrary@happyvalleyor.gov for log in information.

Teen Meet Ups

1st and 3rd Wednesdays, 5-6 pm

You bring the snacks, we'll bring the games for a weekly virtual teen hang out in Zoom. Email youthlibrary@happyvalleyor.gov for log in information.

Online Storytimes

Thursdays, 10-10:30 am

Join Anna, Isaac and Lisa for weekly stories, songs and fun in Zoom. Email youthlibrary@happyvalleyor.gov for log in information.



Gather round and take part in Family Saturdays, a fun virtual event that includes games and trivia.



Teen Meet Ups are a great way to connect with others. Take a break and talk about music, hobbies, movies, books or and everything in between.



Read a new story or visit an old favorite – virtually! With online storytimes, little ones continue learning with the help of the youth librarians.



FISH
ON THE RUN

IRRIGATION DONE!

Doing my part to keep water in the Clackamas River.



Clackamas River Water Providers

Working together to protect and conserve our drinking water.

www.clackamasproviders.org

Sudoku solution (see page 6)

6	3	2	7	8	1	5	4	9
9	8	5	2	4	3	7	1	6
4	1	7	9	5	6	3	8	2
2	7	6	1	3	5	8	9	4
3	9	1	4	2	8	6	5	7
8	5	4	6	9	7	1	2	3
5	2	3	8	7	4	9	6	1
1	4	8	3	6	9	2	7	5
7	6	9	5	1	2	4	3	8

Protecting water quality, protecting you.

Clackamas Water Environment Services now offers safe and convenient options for you to pay your bill and manage your account.

Sign up today for our new and improved payments system at clackamas.us/wes/pay.

Be well.



CLACKAMAS
WATER
ENVIRONMENT
SERVICES

Library volunteer creates fun science series for kids

Happy Valley Library

If you follow the Library on social media, you might have seen the work of teen volunteer, Angela Zhao. Earlier this year, Angela approached the library about offering a science program for kids and was ready for a March program. Then the library building closed, kids were doing school from home, and everything changed.

Undeterred, Angela offered to continue to create programming, but this time virtually. Angela, along with fellow library volunteer and friend, Vyna Luong, created a series of craft videos using materials kids probably have at home. Then she wanted to take it a step further, creating science videos that explain complex science concepts in easy and fun ways for kids.

“Angela has done an amazing job with her Homemade Science Lab videos,” shared Youth Services librarian Anna Bruce. “Watching them with my kids, they instantly ask if they can try what Angela did. The best part is they really get how she explains the science behind the fun!”

Get to know Angela

SCHOOL: I am a rising senior at Clackamas High School
INTERESTS: I love playing the flute, I am first-chair in the varsity band. In my free time, you will find me singing, dancing, and acting in theatre. I am truly fascinated by biology and I love to promote science education as the president of the Science National Honors Society and the creator of the Homemade Science Lab videos. And of course, I am very passionate about working with, and educating my community.

Why videos for the library?

I wanted to provide resources for young kids who may be interested in science, but do not have much exposure to it. In this way, the library is an easily accessible platform where they can get engaged. And especially during COVID closures, having an easy and fun way to quench some curiosity at home was much needed. Going into this, I thought about the kinds of projects my younger self

would love and how kids can benefit from education in STEM earlier on. My goal was to enthusiastically engage viewers with experiments using visuals, music, and easy-to-understand explanations. The library has nurtured my academic growth since I was a toddler, so being able to contribute back to my community and provide resources to science is an amazing opportunity.

Other projects or work/volunteerism you’d like to share?

This summer, I also worked as an intern in a Parkinson’s lab with a researcher named Dr. Charles Meshul from the VA Portland healthcare system. I was able to learn lab techniques and further explore my career interests. I am also an OMSI volunteer, a volunteer dance teacher at my church summer camp, and I have tutored kids at the library too!

Anything else?

I just love that I get to make these videos! It’s been a blast filming and editing them and the best part has been seeing the response from my community.



Local high school senior, Angela Zhao, makes science fun using everyday materials you can find at home. Check out her kid-friendly video series, The Homemade Science Lab, by following the Library’s Instagram and Facebook accounts.

Ready for some Homemade Science of your own? Be sure to check out Angela’s experiments by following the Happy Valley Library on Instagram and Facebook.



Using some shaving cream, blue food coloring and water, one of Zhao’s videos explains the concept of how rain clouds work.

Volunteers help keep program and projects in motion

Happy Valley Library

The Happy Valley Library has always had a dedicated crew of teen volunteers assisting with library programs and projects.

Even though the building is closed, teens have continued to help out - from home! Teens receive a box with project materials and instructions and get to work.

Their help has ensured that the library can provide fun crafts and projects to our many families. Thanks, volunteers!



Gabby pauses briefly while putting together kits for a children’s art project.



Madi focuses on creating elements for an upcoming program.

You’ve got mail

Receive select information right to your inbox

Happy Valley Library

With information about Library programs, services updates, and book recommendations, you’ll get library news right to your inbox. We offer four different newsletters to choose from:

- Library News and Highlights (general information)
- Play and Learn (all about ages 0-5)
- It’s Elementary (for the K-5th grade set)
- Teen Space

Find the sign-up link on our website by heading to happyvalleyor.gov/library.



NEW!

Weekly library updates, book recommendations, and more straight to your inbox.

Stay in-the-know about various Library services and programs. Select the newsletter(s) of most interest to you and your family.

It’s back to school and that means heating season is right around the corner. Get your system maintained now and be ready for another cold winter.





Keeping your home comfortable since 1972
503-253-7789

www.SunGlowInc.com

Proudly owned by Happy Valley residents David & Dawn Golobay



Don’t let the weather come inside this winter. Call today!



Serving Oregon & Washington Since 1969 | Where Quality & Price Meet!



- Tile • Composition
- Shakes • Metal
- Repairs
- Maintenance

A second generation family owned business built on over 50 years of referrals & satisfied customers

Call us today for a free estimate



www.blissroofing.com (503) 653-6100

Anderson

■ From Page A2

rank on their shoulder yet. The instructors didn't know how to deal with me because I had 8,000 flying hours more than them. They say 'Chief, what are you doing here?' I'd tell them I just have to go through school."

Anderson said the Air Reserves is the "best of the best" because the men and women who comprise it have had training and possibly years of active duty in the Air Force.

"People look at the reserves as 'weekend warriors,' but it's not true in a flying squadron. We deployed all over the world for every different skirmish including Operation Desert Storm and Operation Desert Shield," he said. "Our job during combat rescue with the C-130 was as a tanker, and we refueled helicopters in flight so the helicopters could get to anyone shot down.

"That was our wartime job, but in peace time, we did rescues like the ones on Mount Hood including the 1986 Mount Hood disaster with the Oregon Episcopal School," he said. "We were also involved with numerous civilian rescues off the Oregon and California

coasts and were tied in with rescue crews."

As training exercises, Anderson talks about flying at night over the Willamette Valley refueling helicopters with night vision goggles. The flight engineer sits in the middle of the cockpit and controls all the systems and the air refueling procedures.

He has a memorable rescue of a severely burned fisherman off the coast of Mexico. The operation involved a pararescue team of 10 with an inflatable boat, a small island with a dirt strip where the plane could land and take off with the victim, Federales, and heart-stopping moments landing the plane. The rescue was successful, and they saved the man's life. Another mission involved an aircraft overloaded with people and equipment flying out of Iraq and needing refueling.

"Out over the ocean, they were so heavy taking off they couldn't put enough fuel on to make it back, so we scheduled to meet up with them and passed them 100,000 pounds of gas in one time so they could make it all the way back. That's the most gas I've ever passed in my life," he joked.

Triumph can often be met with tragedy like the events on Nov. 22, 1996, when a C-130 conducting training exercises crashed in the Pacific Ocean off

the coast of California killing 10 Air Force reservists who were all friends of Anderson. One man survived in the tragedy known as King 56, the plane's call sign.

"It was the worst day of my life. I was supposed to be on the airplane. I couldn't be on that flight because of a medical issue, but all those guys were my friends; we were tight-knit. Worse than any war, they were going down to San Diego for the weekend, something bad went on with the airplane," Anderson said. "They think they know what happened, but I have my own opinion.

"I was chief engineer at the time and the guy who was the engineer on the plane was one of my best friends; they were all good friends," he said. "The radio operator survived because when the plane broke in half, he was ejected in his seat. He floated around in the water for about five hours until rescue got to him. I went to 11 funerals in five days."

Today, Anderson works for Happy Valley Public Works in the park maintenance department. He took the job to stay active and originally wanted to mow the grass at Willamette National Cemetery. He retired after nine years in 2018, but when HVPW called him back earlier this year asking to return to work, Anderson happily agreed.



Anderson spent 30 years in the military and today happily works for Happy Valley Public Works.

Westrell

■ From Page A1

secretary for two years before moving to Washington, D.C., to take a position as a stenographer with the Bureau of Aeronautics in the U.S. Navy. At the time, WWII was looming.

"I got a raise every time I turned around. Because of the war, I had rapid advancement in Washington, D.C., because whoever can plan work and get it done is apt to make progress if they keep their nose to the grindstone," Westrell said. "I didn't go into uniform, and my old boss came back and said, 'I thought you'd be in uniform by now.'

"I said, 'count to 10,' and he said, 'Hell, you'd be court martialed in 10 minutes.' It's why I didn't go in uniform. Some peo-

"When I asked what he was talking about and he said: 'well you do wear a skirt' and I said that's enough of that. I told him that the stodgy Navy never reminded me that I wore a skirt ..."

Irma Westrell

ple in uniform don't know what they're doing, some do. But I didn't want to get stuck with a fool who has undue powers over me."

In 1946, Westrell took a month off work to decide whether she wanted to marry a soldier who had just returned from the Burma Road experience of WWII where 700 miles were carved through the dense natural landscape of China. They decided not to marry, and Westrell's boss felt sorry for her, so he sent her to Hollywood with instructions to "tell the damned actors they're in the Navy now."

Westrell's office in the Navy

was making all the training films and needed Hollywood to make them. While at the Navy's Hollywood training film depot she was mistaken for a commanding officer.

"I thought, man, these people are bad off. They don't even know what they're doing," she said. "I didn't have particularly good instructions. I made a table of organization that told each of them who to report to. I'm out there on a lark for my boss, but as far as I'm concerned, I can see what a mess it is and I'm going to straighten it all out."

Westrell spent eight weeks in Hollywood and returned

Washington, D.C., where she joined an executive office training program, spending countless hours researching at the Library of Congress. After her training, Westrell was offered a position in the Executive Office of the President of the United States: Franklin D. Roosevelt. While talking with Harry Fife, her former trainer and head of recruiting in the executive office, she made her feelings known about the male-dominated atmosphere.

"We were having lunch over the subject of the position. Fife said he wouldn't be able to use me everywhere. When I asked what he was talking about, he said: 'Well, you do wear a skirt,' and I said that's enough of that. I told him that the stodgy Navy never reminded me that I wore a skirt and, besides that, the Navy has offered me three jobs, so I'll go back and pick one of them," Westrell said.

Westrell chose a position with the National Oceanic and Atmospheric Administration (NOAA). During wartime, NOAA's fleet of boats joins the Navy. But in peacetime, its boats and employees study the ocean currents; it also encompasses the weather bureau. During this time, Westrell also worked as a management analyst with the Marshall Plan Agency.

While at a friend's wedding, Westrell met Harlan A. Westrell who was a WWII Army war hero who earned a bronze star after saving the lives of thousands of Philippine civilians. They married in 1948 after Harlan had returned from Japan where he worked on Gen. Douglas MacArthur's staff during the Occupation.

Together the couple welcomed three children (Nancy, Karen and Kirk) within three years after the war. Westrell left NOAA to care for her children, not wanting them "raised by a maid." Harlan was a 30-year career intelligence officer, employed with the Central Intelligence Agency. As a family, they spent three years (1959-62) in Germany during the Cold War.

"Being in Germany was interesting to me because I worked for the Marshall Plan



Irma Lee Westrell spent years working for federal agencies in Washington D.C. including creating training films for the Navy and working on the Marshall Plan.

but never made it to Germany. These three years we spent there were after that time, but I could see the results of the Marshall Plan," Westrell said. "We lived in Bad Vilbel, a small village near Frankfurt. The Russian and American tanks were facing each other in Berlin at that time. If I heard tanks rolling down the street at night, I'd pick up the phone. If it was music, I'd go back to bed. If it's not music, they'll be telling me to get out of there in a hurry, get my kids in the car and run. But it was always music. I think they were probably American tanks I'd hear."

Upon her return to America from Germany, Westrell decided to return to the Washington, D.C., work pool and took a job at the Navy Medical Research Institute for two years, initially as a clerk stenographer and rising quickly to program analyst, until she was transferred to NOAA on Constitution Avenue.

"My teenagers were good people, but I wasn't totally in touch if I didn't watch out. My son was the only one who objected to my returning to work; the two girls probably thought they could get by with something," she said.

"My son told me, 'It's just like coming home to a hotel with nobody there.' I said 'Too bad! If you can't come home and let yourself in with a key and stay there for a half-hour until I come home, too bad! This just proves I need to go

back to work!' You can't have three kids without a few ups and downs."

Like previous jobs, Westrell quickly rose in position, eventually retiring from NOAA in 1982 from her role as Freedom of Information Officer and Directors Management. She also worked for her church, joined politics, took graduate-level courses in public administration at American University, championed women's rights at NOAA, and volunteered for the League of Women Voters, once even giving public testimony.

Westrell lived in metropolitan Washington, D.C., from 1940 (minus her time in Germany) until selling her house and car and moving to Happy Valley in 2019, at the age of 99, to be closer to all three children who live in the Portland-metro area.

Today, Westrell is visited by her three children, five grandchildren and six great-grandchildren. She credits her longevity to finding expert doctors, taking care of herself each day and "minding your own business and tending to things."

"It's a miracle. You don't ever think you'll live to be 100 years old. I don't worry about it, but my husband worried about it. He died at 90. Would you believe he died on his feet and dropped in his easy chair? Now you couldn't dream that up if you had it in your control. So, I found out the hard way that it doesn't pay to worry about it," she said.

EXCEPTIONAL HOSPICE CARE...
Meet some of our
Bristol Hospice Team

Darline Cutile
RN Case Manager

Bonnie Madsen
RN Case Manager

Ashley Wageman
CNA

Danny Dobra
Hospice Liaison

Mindy Nurmela
Social Worker

Noreen Lucic
Social Worker

Joanne Petrie
Chaplain
Bereavement Coordinator

Abner Naanyane
Chaplain

Hospice is...About Living

Our team's mission is that all patients and families entrusted to our care will be treated with the highest level of compassion, respect and quality of care.

Virtual visits can replace in-person visits when necessary.

Hospice Focuses on the Person, not the Disease

During this time we are STILL admitting residents to hospice care, we can STILL offer exceptional care and support through virtual methods and we can STILL safely enter your facility to provide the care that is necessary.

Do not hesitate to call us with a question or referral, we are here to help.

503-698-8911
bristolhospice-oregon.com

Bristol Hospice
embracing a reverence for life
OREGON

CHAP
Community of Hospice and Palliative Care

VVA
VETERANS VOLUNTARY ASSOCIATION
WE HONOR VETERANS

THE PLACE OF THE BRIDGE™
"Love is the bridge between you and everything."
-Rumi

ESTATE PLANS
CUSTOMIZED TO YOU.

TRUSTS, WILLS,
PROBATE

- Complimentary consultation
- Happy Valley office location
- Teleconferencing available

PAULA
WALKER
Attorney at Law

10121 SE Sunnyside Rd, #329
Happy Valley, OR 97015

www.ConfluenceLawCenter.com

TEL: (503) 616-3113

Hold ALERT!

Ready for some new reads? Your Happy Valley Librarians rounded up some books that are sure to be a hit. Be sure to place your holds at linc.org for these new titles, out soon.

Dog Man: Grime and Punishment
By Dav Pilkey
Out 9/1

American Royals II: Majesty
By Katharine McGee
Out 9/1

Kenny and the Book of Beasts
By Tony DiTerlizzi
Out 9/22

Skyhunter
By Marie Lu
Out 9/29

Becoming Muhammed Ali
By James Patterson and Kwame Alexander
Out 10/5

I Want to Sleep Under the Stars
By Mo Willems
Out 10/6

Long Way Down: The Graphic Novel
By Jason Reynolds, illustrated by Danica Novgorodoff
Out 10/13

Tales from a Not-So-Posh Paris Adventure
By Rachel Russell
Out 10/17

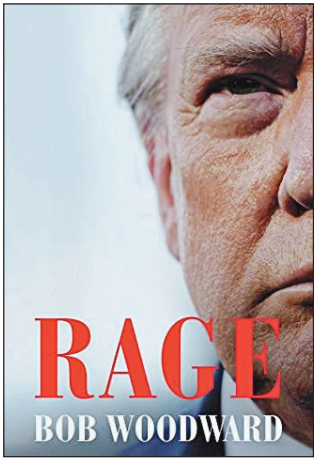
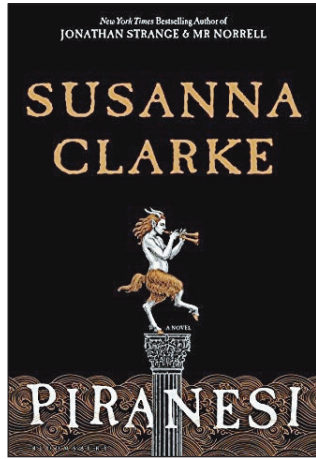
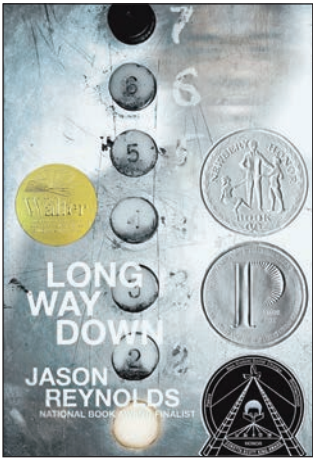
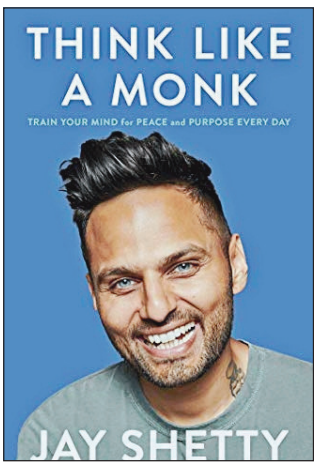
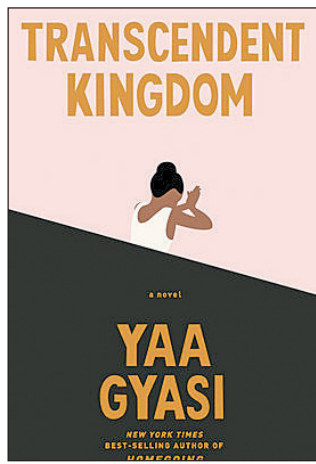
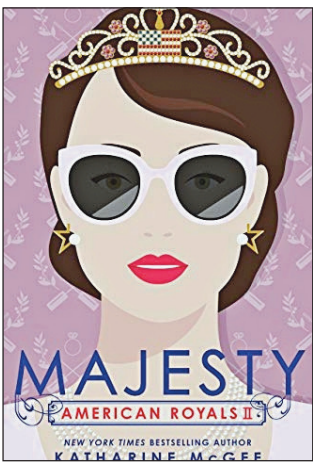
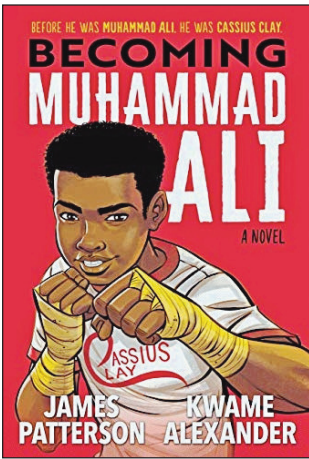
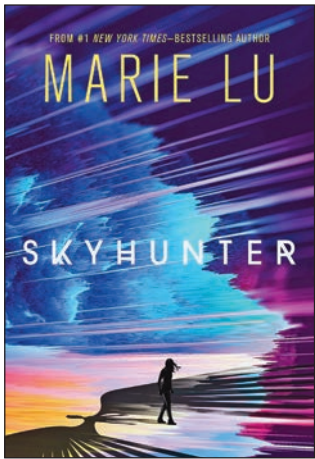
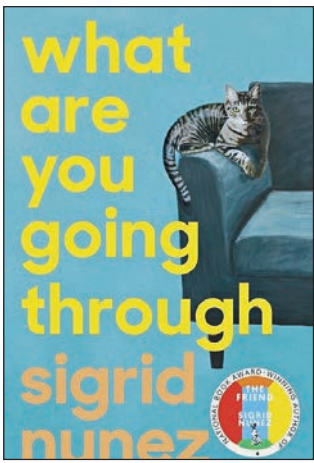
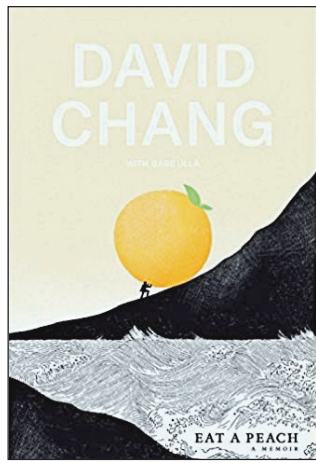
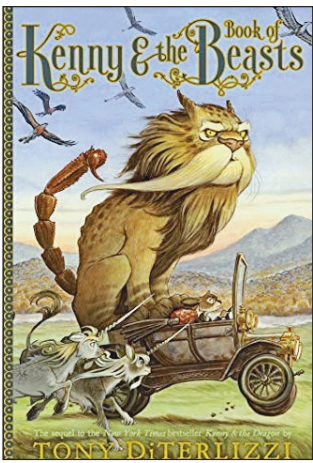
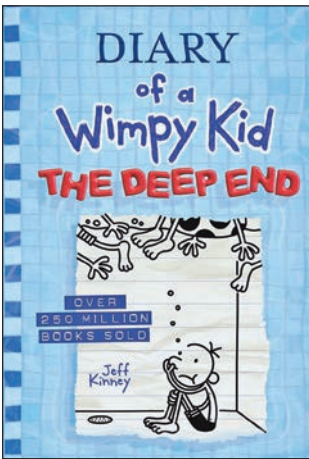
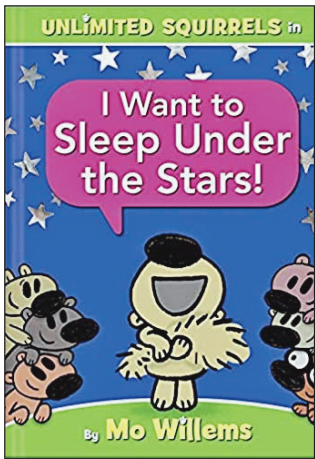
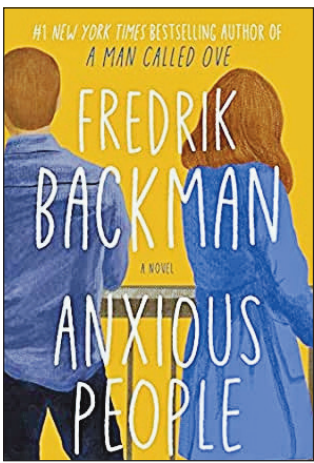
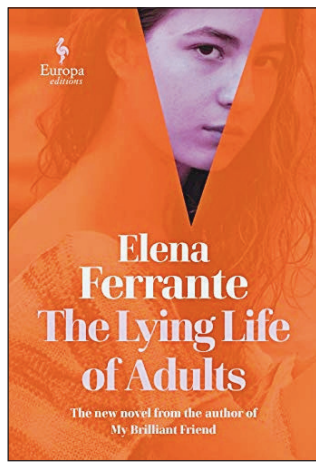
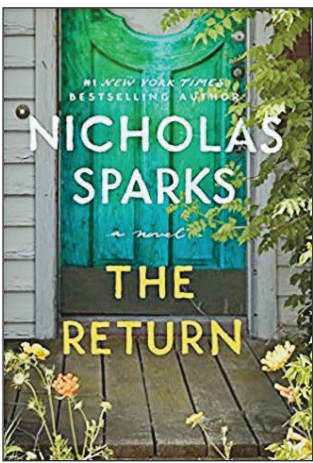
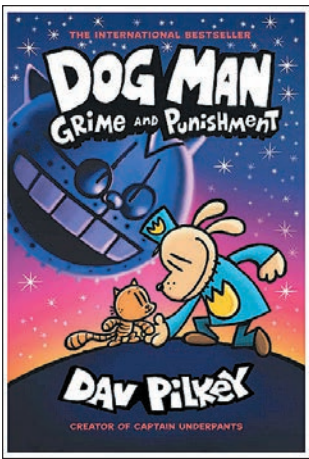
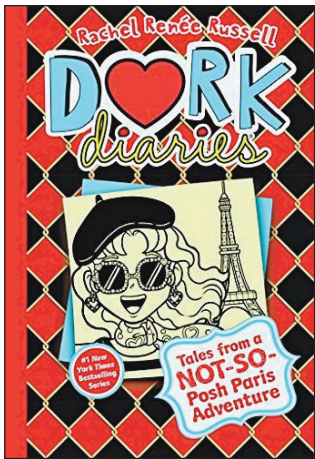
The Deep End
By Jeff Kinney
Out 10/27

The Lying Life of Adults
By Elena Ferrante
Out September 1

Anxious People
By Fredrik Backman
Out September 8

Eat a Peach: A Memoir
By David Chang
Out September 8

What Are You Going Through
By Sigrid Nunez
Out September 8



Transcendent Kingdom
By Yaa Gyasi
Out September 8

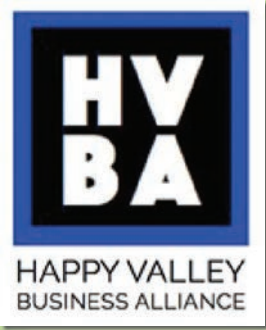
Think like a monk: train your mind for peace and purpose every day
By Jay Shetty
Out September 8

Piranesi
By Susanna Clarke
By September 15

Rage
By Bob Woodward
Out September 15

The Return
By Nicholas Sparks
Out September 29

In a reading rut? The Happy Valley librarians are a great resource for helping readers of all ages find materials of interest. Whether you are looking for recommendations on a subject, genre, or just want some help learning about something new, there are a couple things you can do. Fill out a request form on the Library's webpage or give the Library a call. Head to happyvalleyor.gov/library or call 503-783-3456.



HAPPY VALLEY BUSINESS ALLIANCE COMMUNITY IS OUR BUSINESS!

Support these local Alliance members!

Join us for a virtual meeting on
Wednesday September 30th at 8:00 AM
An email will be sent to members with the meeting link.

Pam Leone
TRUSTED ADVISOR - COACH - TEAM BUILDER
Trusted strategic advisor with 20 plus years experience across the nation. Authorized Everything DiSC partner as well as a Certified Career Coach.

Coaching Services:
Team Building Workshops
Sales Mentoring
Business Plans
Management/Individual Coaching

www.impactcoaching.us 503-577-8341

Welcoming New Members:

Hooray Yard Cards
NW Family Wellness
Swag Doctors
Headwater Development

Erin Isbell Premiere Property Group LLC,
Shampooch Dog Wash, LLC;
Northwest Love in a Box

Shampooch Dog Wash
11517 SE Sunnyside Rd
Clackamas, OR 97015
503-855-4110

- We are a self serve dog wash
- Designed for less stress on your dog
- Each station gives over 8ft of space with separation walls
- 90% of products (including tubs) are made in Oregon/Washington
- Locally owned/operated
- By appointment bath/dry service (we wash) available

find us on facebook or instagram
shampoochwash.com

CLACKAMAS LIQUOR
Serving the community for the past 50 years!

Offering Liquor, Beer, Wine, Cigars, Giftables and more!

Located across from Fred Meyer on old 82nd.
clackamasliquor.com

LIKE US ON FACEBOOK!!!
FIND US ON INSTAGRAM!!!

Open 24/7!
Half Off enrollment fee & low monthly dues!

No contracts Expires 9/30/20

14807 Oregon Trail Dr.
Clackamas, OR

503.741.8925

fast • convenient • affordable
Locally Owned & Operated

#SNAPNATION

we help you

STAND OUT

BOLD ORANGE

BOLD DESIGN | QUALITY PRINTING | EFFECTIVE MARKETING
THEBOLDORANGE.COM

SUNNYSIDE MEADOWS
a memory care neighborhood

Sunnyside Meadows provides services and amenities that are specifically designed to meet the unique needs of our memory-impaired residents.

We are not your average Memory Care Facility!

503-878-8550 • sunnysidemeadows.com
12195 SE 117th Avenue • Happy Valley, OR

VIP MEDI SPA

Offering a wide range of medical spa treatments and services

10001 SE Sunnyside Road, Suite 120
Clackamas, OR 97015
Phone: (503) 564-7909 vipmedispa.com

Harcourts

Katie Moscillo, Broker
503-381-8342
KatieMoscilloRealty@gmail.com

Helping you achieve your buying, selling, and investing goals in Oregon and Washington! Turning Your Dreams Into Addresses!

OAR Oregon Association of Realtors® LIC 201225374
WR Washington Realtors® LIC 94364

Visit www.hvba.biz for more businesses serving your community or to join the HVBA.

Distance learning provides challenges, opportunities

Students, parents and teachers prepare for different kind of school year

By SHELLEY McFARLAND

How did you feel upon hearing the North Clackamas School District would be offering only distance learning to start off the 2020-21 school year?

Many parents are stressed confronting child care issues, distance learning difficulties and unhappy kids who want to see their friends. And while this school year will be challenging, NCSd participants are gearing up with strategies to help everyone get through the hardship.

Oregon Parent Teacher Association Region Four Director Nicole Bailey is certain this year will have a different look to distance learning than last spring when schools across Oregon were shuttered due to the pandemic. “I believe the extra structure, guidance and, dare I say, grades, will all help with kids’ engagement this year,” she said.

As the mother of four, Bailey said what worked best for her kids was consistency.

“A regular start time each day, which I believe can be different for every household, but consistency is the key. For us, it was 9:30 a.m. and phones were off, computers on and studies were started. At 11:30 a.m. we had a physical movement break, followed by lunch, and during this time, phones were allowed,” Bailey said. “Then at 12:30 p.m., it was back to computers until about 3 p.m.”

If the Bailey children finished before 3 p.m., they were expected to log into Duolingo, a language app, or practice their musical instruments. Phones were allowed again for the rest of the afternoon.

“Consistency in routine and expectations helped the kids stay engaged during the day and also cut down on complaints and arguments,” Bailey said. “I expect the schedule will



change this year, dependent on what ‘class time’ looks like, but we will continue having the same basic schedule each day.”

High school junior Tristan McMorris agreed that consistency is a key factor for success.

“My secret? Alarms. Lots of alarms,” he said. “Whenever I started to feel the slightest bit happy ... boom! My phone alarm would go off and remind me that my homework exists. The tricky part was setting the alarms without looking. This ensured that they would always catch me off guard.”

Like many teachers, Mt. Hood Community College instructor Christine Anderson has the responsibility of her students and her own children’s distance learning. For years she has been considering whether traditional school is the most influential way for her “rambunctious children to learn.”

“I’ve decided to use a global pandemic as an opportunity to try out teaching and learning differently,” Anderson said. “While my kids will still be doing their best to learn online and complete the necessary work for school, we’re going to take the time to go out and experience more of the things they are learning about — in real time.”

“I want my kids to learn to lean into new ideas and new ways of learning. If they are talking about art and culture in school, why not go to the Portland Art Museum for an afternoon?” she said. “Let’s experiment with science in the kitchen or go out and build things.”

Anderson thinks its vital for her children to touch, feel and see more than can be accommodated at school and is planning on encouraging classmates to do the same at their own homes in a competitive manner.

“It is my weekly goal to use at least one thing each of my kids is learning in a real-world project. I may not meet this



“I’ve decided to use a global pandemic as an opportunity to try out teaching and learning differently. ... We’re going to take the time to go out and experience more of the things they are learning about — in real time.”

— Christine Anderson, parent and Mt. Hood Community College instructor

goal, but I will feel more invested in their education when I do. They may get a deeper insight into what they are learning, and maybe I’ll learn something, too. Most of all, it will be (hopefully) more enjoyable togetherness. Fingers crossed.”

Scouters Mountain Elementary School teacher Nadia Boria is setting up work stations for her own children at home. These quiet areas will allow them to listen to live lessons without distraction while having materials readily available. As a teacher, Boria wants parents to help their child by setting up a reading spot and provide structure and time for reading each day.

“Students will also need ‘just right’ books,” Boria said. “A ‘just right’ book is like a just right bike ride. If a bike ride is all uphill, it’s too hard and you tire out quickly. If it’s all downhill, it’s too easy. It’s fun for a little while, but you never have to work.”

“A just right bike ride is one where I can go for a long time. There might be some hills to

tackle, but it’s something I can do for a good stretch of time,” she said. “Same as reading. We want to find books that are ‘just right’ where readers are only making a mistake or two each page so they can really understand what they’re reading.”

Boria stressed that students should be interested in the books they are reading and “research shows when students have a choice and are interested in what they are reading, they read more.”

Parents should prepare to think and talk about the books with their children and have numerous options available for them to choose from.

“If students are reading a ‘just right’ book and are engaged for a stretch of time, they should be reading multiple books a week. Many first graders should read at least eight to 10 books a week, second graders should read four to eight books, third graders should read two to four books, and fourth and fifth graders should read one to three books

each week,” Boria said.

“Each child is in a different place, but the point is they should be getting a lot of volume in. Don’t forget about the library for books, it might be a good idea to check in with the librarians, but I’m pretty sure you can now get a card online,” she said. “I know the librarians help create bundles of books you can pick up; it’s awesome.”

Michael Ralls, social services director for the North Clackamas School District, offers resources for parents and students. First, parents may want to seek guidance from their pediatricians regarding nutrition and sleep patterns, but ultimately, consistent routines can be important to children and adults. Like Boria, Ralls stressed providing space for students to study, supporting students by checking in with their child, advocating for them with the school, and finding fun and laughter as a family.

“One change that will help as we move into the new school

year is that, unlike ‘Distance Learning for All’ in the spring, ‘Comprehensive Distance Learning’ will allow for nearly daily contact between a student and teacher,” Ralls said. “In addition, it will allow for virtual peer-to-peer interaction. Both these factors will help with student anxiety and isolation. Counselors will continue to be in contact with students.”

At least one embedded mental health therapist from an outside organization (who partners closely with NCSd) and two school-based health centers are available to any student in the district in two of the high schools. Health professionals are seeing students by telehealth appointments and in person if needed.

“We also are addressing other reasons our families are stressed from things like food insecurity and loss of housing. NCSd provided food over the summer, and nutrition services will also be providing food all year to students who qualify for the federal program,” Ralls said. “We also have a district oral health program, the Smile Squad, to assist and connect families to oral health services. This program is unique for school districts as well.”

Ralls acknowledged the district has many concerns and understands that some of what will be addressed will come as a result of unforeseen experiences throughout the school year. Ralls encourages parents and students to contact school counselors if they have a problem or need.

“Counselors know what resources are available in the county, district and in their particular school and can connect families to those. It is difficult to predict what issues will be in common by age, but our goal is to be ready to help each student and know all of the resources around to be able to help them,” Ralls said. “School staff are also having trainings on social-emotional learning strategies, and we will continue to provide our staff with training and tools, so they are as skilled as possible to support our students.”

For more information, visit: ncsd.com.

People First
Doing the Right Thing
Being Courageous
Fun and Laughter

LOTS AND LAND - Residential/Recreational
12279 SE RIDGECREST RD, Happy Valley, OR
Lot 2 RMLS# 20317535 \$349,900

By being a local, we know local property marketing intimately. The facts, the figures and the trends. Trust us to get the results you want, when you want them.

The housing market is moving fast
Don't get left behind!
Call our office today if you are interested in buying or selling.

Victoria Wriglesworth, Broker

Cell: 503-780-6607
victoria@victoriaellita.com

- Harcourts Top Producer for 2018 & 2019
- PMAR Diamond Platinum Member 2017, 2018 & 2019
- Victoria has been recognized within Harcourts Real Estate Network Group receiving the Top Ten sales award three years in a row; 2017, 2018, 2019
- RMLS, NWMLS, COAR Listing Services
- OAR, NAR, PMAR
- Licensed in Oregon and Washington

Victoria was incredible to work with. The Portland housing market was very tough and she persisted and kept me on track and engaged; especially in those times when I really wanted to give up. She is funny, warm, smart, thoughtful, knowledgeable, a great problem solver, and just a joy to work with. You want her in your corner!

— Melissa S

FINANCE of AMERICA – MORTGAGE –

CLACKAMAS BRANCH

Local Processing

Local Underwriting

Personal Service

Variety of Products

Contact me for more information on financing:

Tim Stinson

Branch Manager & Mortgage Advisor
NMLS-1075888
o: (503) 496-5702
c: (503) 819-7703
tstinson@financeofamerica.com
FOAmortgage.com/tstinson

© 2018 Finance of America Mortgage LLC | Equal Housing Lender | NMLS 1071

12550 SE 93rd Ave, #340 Clackamas 97015 | 503-344-4554 | www.realestatenetworkgroup.harcourtsusa.com



September 2020 Parks and Recreation Programming

To register for one of these featured programs, be sure to check out www.happyvalleyor.gov/services/parks/

All camps and classes will take place at Happy Valley Park, unless otherwise noted.

SKYHAWKS SPORTS ACADEMY

Tennis
Sept. 21 – Oct. 26, 1 p.m.-2 p.m.
Every Monday
Ages 6-12 ● \$84

In Skyhawks tennis programs, players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. Athletes also learn the rules and etiquette that make tennis an exciting game. Due to limited court space, these programs fill quickly.

Soccer
Sept. 23 – Oct. 28, 1 p.m.-2 p.m.
Every Wednesday
Ages 6-12 ● \$84

Developed over 30 years, this is the number one soccer camp for parents looking to introduce their children to the fundamentals of the world’s most popular sport. Using our progression-al curriculum, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer.

Mini-Hawk (Basketball, Flag Football, Soccer)
Sept. 26 – Oct. 31, 9 a.m.-9:45p.m.
Every Saturday
Ages 4-6 ● \$69

This multi-sport program was developed to give children a positive first step into athletics. Basketball, flag football and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

Flag Football
Sept. 26 – Oct. 31, 10 a.m.-11 a.m.
Every Saturday
Ages 7-12 ● \$84

Flag Football is the perfect introduction to “America’s Game.” Campers learn skills on both sides of the football including the core components of passing, catching, and defense – all presented in a fun and positive environment.

MY GYM IN THE PARK

Terrific Tots
Sept. 9 – Oct. 14, 10 a.m.-10:45p.m.
Every Wednesday
Ages 2 ½ - 3 ¼ ● \$80

Grown-up participation required. In addition to having fun with structured games, fascinating “Adventures,” and pre-gymnastics, our Terrific Tots



Skyhawks’s soccer camp is perfect for the budding athlete. Learn skills and strategy in this fun series, which meets Wednesday afternoons.



learn beginning sports skills, gain fine and gross motor proficiency, and strengthen manipulative skills. The youngsters become more independent as teachers are now interacting more directly with them. Parental involvement is gradually decreased through inviting activities with love and understanding, and the children exude pride and self-esteem as they are treated like “big kids.”

Mighty Mites
Sept. 9 – Oct. 14, 11 a.m.-11:45p.m.
Every Wednesday
Ages 3 ¼ - 4 ½ ● \$80

Some kids may require grown-up participation. With greater independence comes the ability to participate without the parent, and our Mighty Mites are lavished with positive rein-

forcement for self-reliance and following directions. Strength, flexibility, and agility are increased as our teachers introduce gymnastic skills with the safest spotting techniques and communication through language geared to build self-esteem and confidence. Sensitive to peer pressure, these 3-4-year-olds are nurtured so tenderly and always with a success-oriented approach. Relays, more complex games, and beginning sports skills lead to increased strength, en-

hanced manipulative ability, and improved hand-eye coordination.

Whiz Kids
Sept. 9 – Oct. 14, 12 p.m.-12:45p.m.
Every Wednesday
Ages 4 ½ - 6 ● \$80

These children are now ready to refine and master basic gross motor skills such as running, jumping, hopping, skipping, throwing, kicking and catching. Designed to prepare a child



Match Point! Give the kids a chance to learn about tennis and practice their footwork, volleys, and serves in this fun camp offered on Mondays.

for group sports and instill a sense of confidence in connection with physical activity, our Whiz Kids program emphasizes each of these important skills. The children build strength, balance, agility, flexibility and coordination as our instructors maintain a positive, supportive and noncompetitive atmosphere. Our Whiz Kids are showered with praise as they develop perseverance and self-control.

See PARKS AND REC / Page A18

Providing quality dental care for over 42 years!

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

SUNNYSIDE DENTISTRY

14210 SE Sunnyside Rd. #200
Clackamas, OR 97015 | office@hikadedental.com
503-558-9828 (office) | 503-558-9829 (fax)

sunnysidedentistry.com

Art helps instill valuable lessons about stream health



Even the littlest residents can get in on the fun. Strike a pose in front of the dragonfly wing mural and post to social media.

City of Happy Valley

Clackamas Water Environment Services partnered with the City of Happy Valley and Portraits in Prose, Ink. this summer to educate the community on ways to protect our streams. Using art, the aim is to help educate the public in a fun and novel way.

To do this, local artist, Sarah Miller, created whimsical scenes on catch basins and storm drains throughout Happy Valley Park to bring awareness to the impacts of stormwater on stream health and what residents can do in their daily lives to reduce these impacts. She also created a banner for the off-leash dog park, reminding dog owners to clean up after their pets, and a dragonfly wing mural on the outside wall of the restroom building, perfect for social media photo posting!

For a hands-on activity, residents can participate in a scavenger hunt as they search to find all the painted catch basins in the Park. Ready to participate? Download the scavenger hunt information and simply head to the Park. Post your photos to Instagram and Facebook using the hashtags #ClackWES #ClackCo #cityofhappyvalley and #portraitsinproseink.



Artist, Sarah Miller from Portraits in Prose, Ink. paints a colorful design on one of storm drain covers in Happy Valley Park.

Happy Valley Park Watershed Art Scavenger Hunt

Stormwater is now our number one source of water pollution. Learn how you can help.

Find all 8 storm drain and manhole cover murals throughout the park and the dragonfly mural on the restroom building. Match each mural with a fun fact about protecting our streams!



Dragonflies are fierce predators; a single dragonfly can eat hundreds of mosquitoes per day. Look for them in the wetlands along the boardwalk in summer! Visit migratorydragonflypartnership.org for identification guides and instructions on how to be a Citizen Scientist.

Plant native trees and shrubs that thrive in western Oregon's wet winters and hot, dry summers. They need less water and chemicals!

Dripping motor oil and soap from car washing can make their way into rivers and streams and harm aquatic life. Don't let run-off flow into catch basins when washing or fixing your car!

Bacteria from uncollected pet waste washes into our rivers and streams.

Protect our water by picking up after your pets!

Take the pledge today to eliminate or reduce pesticides and help keep all the inhabitants of our watershed safe!



To clean a sidewalk or driveway, sweep it up, don't hose it down. It's a small practice that can make a BIG difference to protect public health and the environment.

To keep water draining, clear catch basins by your home of fall leaves. Rake and put leaves in your yard debris bin.

Mingle flowers into your grass and you'll have the most stunning lawn in the neighborhood. Eco-lawns (or Ecoturf) require less mowing, watering, and fertilizing. Eco-lawn seed is available at garden centers.

If it's on the ground, it's in the water—only rain down the drain!

CLACKAMAS WATER ENVIRONMENT SERVICES

HV HAPPY VALLEY, OR EST. 1965

Download details for the scavenger hunt at www.clackamas.us/wes/whats-happening-in-happy-valley-park

ENVISION

A BETTER TOMORROW

2020

MOVE-IN SPECIAL

\$20 community fee, \$20 first month's rent, and lock-in your monthly rent at the current rate for your first two years of residency.*

Looking for peace of mind during these trying times?

Our team at Miramont Pointe is here for you and welcoming new residents. The safety and security of residents remains our top priority. We invite you to see all that our community has to offer, including:

- Serving a wide range of lifestyle preferences and continuing care needs
- Spacious floor plans along with a maintenance-free lifestyle
- 3 chef-inspired meals daily

- Life Enrichment team members committed to keeping residents connected and engaged
- 24-hour on-site staffing
- Serving the Clackamas community for 18 years



MIRAMONT POINTE

Senior Living

Call Amber or Colleen 503-698-1600 to ask how to lock-in your monthly rent for two years!

SENIOR LIVING | ASSISTED CARE | MEMORY CARE | RESPITE CARE

503.698.1600 | miramontpointe.com

MANAGED BY

The Goodman Group





EOS

Eastside Orthopedics and Sports Medicine

Experienced Board Certified Orthopedic Care

Helping Patients Move...Live...Enjoy Life



One Patient • One Orthopedist • Superior Outcomes



Akash Gupta, MD



Bret T. Kean, MD



Paul D. Ruesch, MD



Heather Beissinger, MS, PA-C

Eastside Orthopedics and Sports Medicine

eosdocs.com 503-659-1769

MILWAUKIE 6542 S.E. Lake Road, Just off Hwy 224

GRESHAM 25050 SE Stark St. Bldg 4, #301 Mt. Hood Medical Center

‘Big Truths from a Bad Mom’

Happy Valley’s
Arianna Bradford
pen book
about motherhood

By SHELLEY McFARLAND

From a small town in Florida, Arianna Bradford found her way to Happy Valley in 2017 by way of Austin, Texas, and Seattle, and has established herself as a stand-out writer/speaker with an Instagram presence, blog and now a book.

After a few painful encounters in school, Bradford was homeschooled from the eighth grade, an experience she appreciates.

“I was the one who asked to be homeschooled, and it was good for me,” Bradford said. “I was bullied in middle school, and I’m thankful for my mom because she raised me to be self-aware. I could tell I wasn’t getting the grades I could be getting or doing as well as I should have. She was already homeschooling my brother. I stayed with homeschooling through the rest of my school career.”

During those years, Bradford joined a dual-enrollment program allowing her to quickly receive an associate degree from Polk Community College. She then earned a bachelor of arts in English from the University of South Florida in 2007.

“I bought the belief that you should just major in whatever you like. I told my mom I was majoring in English and she said ‘you do that,’ and now sometimes I’ll call her and ask her why she didn’t tell me no and to major in something that is a skill, like computer science,” Bradford said. “I love writing — it’s fun — but maybe I shouldn’t have done it.”

Bradford said her hometown was not only small, but also small-minded, placing immense pressure on women to marry and have children, rather than self-enrichment. She married young and divorced young, before she met her current husband, Mark Bradford, a sales software manager, in Austin, Texas.

“Six weeks into our relationship, I found out I was pregnant,” she said. “Luckily enough, we had this weird, meant-to-be, kismet-y connection where he had just been



Local resident Arianna Bradford released her new book “Shame on You: Big Truths from a Bad Mom” which examines the journey of parenthood in a world of social media. Formatted in a collection of essays, Bradford talks candidly about serious parenting issues in an uproariously funny manner.

divorced earlier that year, too. We had both been engaged and married young, and he, too, was homeschooled through high school. We had life parallels and because of those, it set us right, and we each knew what we wanted then. So, when I got pregnant, we had already decided at that point that we knew we wanted to be together.”

The couple welcomed their son, Miles, in 2014 followed by daughter Charlie in 2016. A month after Charlie was born, Bradford started the Not Your Average Mother project, an online blog that focuses on motherhood through photographs, writing and podcasts.

“I was mad about a bunch of stuff that had occurred where it became clear to me that people judged parents without understanding where the parents are coming from,” Bradford said. “Don’t get me wrong. I was one of those people who thought they were going to be an amazing mom. You’re always the best at parenting before you have kids. I put Martha Stewart to shame, but then I had kids and I thought, ‘oh!’”

Bradford, who grew up before the influx of internet information, says people tended to keep their opinions to themselves.

“Back then, we were in an age where people would think things, but keep quiet. Now with the internet, we say it. We have come to this point where

we expect our opinion is needed for everything. I got sick of it,” she said. “We shouldn’t constantly be afraid of being judged; we’re still people, we never stopped being people after we had kids. I started NYAM as a photojournalistic project and used friends of mine with before-and-after stories about parenthood.”

NYAM further evolved into the social media world of Instagram where she was encouraged to post daily. In order to post daily content, Bradford reluctantly started introducing her own life.

“The only stuff I had to talk about on Instagram initially were things I had gripes about,” she laughed. “I started adding that and it snowballed. People reached out thanking me for talking about things and commiserating. The photojournalism fell by the wayside as the podcast picked up and I started more writing. It grew. Instagram was never my full hope, but I used it to connect with people and to have them trust me enough to where we could build a community to talk about issues. I want them to all start talking.”

Bradford was surprised during the initial stages of NYAM that there was an overabundance of judgment regarding parenting and worked to counteract the negativity. And though Bradford envisioned a community of women, men have been welcomed and are

joining the support-driven conversation.

“Initially I was talking to people who weren’t parents, and I realize we have an internal issue of judging people really hard — like really hard — and it’s because we are so afraid we are doing it wrong ourselves that it feels better to say, ‘at least I’m not doing that,’” she said. “NYAM is more about not isolating yourself when talking to others about hard stuff and not being afraid when you get angry with your kids or maybe not enjoying the whole parenting gig. You’re raising another human being, and they can be irritating.”

Through her work, Bradford tries to shatter the concept of the perfect mother, especially when the internet and television shows promote unrealistic expectations of parental perfection.

“When I was a kid, the show ‘Home Improvement’ was popular. Even when the husband changed into a buffoon who is constantly tearing things apart, the wife was still expected to be a long-suffering, understanding, tough woman who puts up with everything and, at the worst, is mad at the dad for an episode. Then she’s back to being supermom and superwife,” Bradford said.

“It’s not fair. We are literally told from everything we look at that mom doesn’t feel feelings. Instead, she absorbs everyone

“Great moms are not always happy and don’t always like being a parent, but more people need to hear that than don’t.”

— Arianna Bradford

else’s feelings. When kids are having a bad day, mom is to be their safe space, even if the kid has been mistreating mom all day long. She is to be the equanimity, the calm, the one who understands and is always loving,” she said. “It’s not fair because we are human and have been since before we had kids. I’m always reminding people that you’re going to get mad at your kids. Great moms are not always happy and don’t always like being a parent, but more people need to hear that than don’t.”

Bradford’s book “Shame on You: Big Truths from a Bad Mom” which was released in June, took two years to write and is a further exploration of motherhood in a society struggling with social media and information overload. She chose to self-publish her first book in order to retain control over it.

“I made sure I set realistic expectations for myself, but I’m not going to lie, I’ve had those daydreams of it getting into the right person’s hands and hitting the New York Times best-seller list,” she said. “It’s been great going on this journey by myself and figuring out what it’s like to write and publish a

book. It’s been a cool experience. I classified it under the parenting category, but it’s not really a parenting book because it’s more about parenting yourself.”

Today, Bradford is looking forward to speaking engagements, events to promote her book, podcasts, writing a second book and continuing to grow her online community of people who want to talk about parenting, the good and the bad. And of course, parenting Miles and Charlie.

“What keeps me up at night is being terrified of learning someday that I messed my children up. But I think that is every parent’s fear. I joke that I fear one day I’m going to find out my son is getting his own Netflix special ‘Behind the Murders,’” she joked. “But seriously, from just what I can see, I am proud my kids are showing empathy and a level of emotional intelligence that I had hoped for. They are comfortable with their own emotions, and that is important.”

For more information or to order the book, visit wearenyam.com or follow Arianna Bradford on Instagram and Twitter.

Are you prepared?

Planning now could mean all the difference

Clackamas Fire District #1

September is National Preparedness Month, which is a nationwide coordinated effort sponsored by the Federal Emergency Management Agency (FEMA) each year to encourage Americans to prepare for emergencies in their homes, business, and schools. This year’s theme is: “Disasters Don’t Wait. Make your Plan Today.”

Clackamas Fire District #1’s theme for National Preparedness Month is slightly different than the national theme, which is: “Remember the Water.”



CLACKAMAS FIRE DISTRICT #1

The purpose of the month-long messaging is to create public awareness towards an important opportunity for residents to prepare for such emergencies as, natural disasters, terrorist threats, and epidemics.

When residents take the time to invest in their personal and community preparedness, it reduces injuries, fatalities, and economic devastation within our community and in our nation.

Clackamas Fire encourages residents to visit our website and social media platforms during the month of September to learn ways on how you can prepare for disasters.



**Disasters Don’t Wait.
Make Your Plan Today**



National Preparedness Month 2020

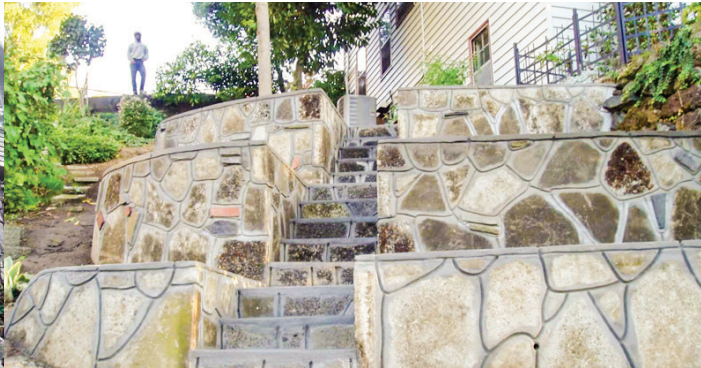
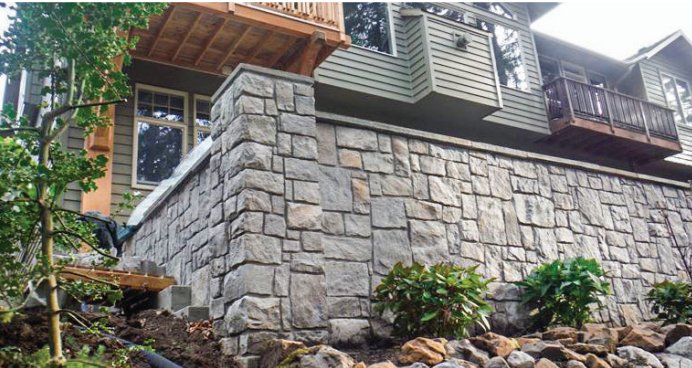


Make plans now that will help you remain safe should a major disaster strike.

Remember the water! You should have one gallon of water per person per day, for drinking and sanitation.

RETAINING WALLS | CONCRETE WORK | DESIGN | OUTDOOR LIVING

NATURAL BEAUTY IS WHAT WE’RE ALL ABOUT



THE

A PREMIER RETAINING WALL & CONCRETE CONTRACTOR SINCE 1985!

WALL

Locally owned by a Happy Valley Resident

WE ARE OPEN FOR BUSINESS

Call us today to schedule your appointment for a free estimate and design consultation!

503-735-9255 | ByTheWall.com

TAMALE Boy grows up

Mexican eatery to open third location in the Portland-metro area, combining tastes of many regions

By SHELLEY McFARLAND

Set to open in October as its third location in the Portland-metro area, Tamale Boy will offer its classic dishes along with seasonal fare and brunch at Valley Public House.

Owner Jaime Soltero Jr. has a long history in the community; he attended Sunnyside Elementary School, Ickles Junior High and graduated from Clackamas High School, and continued his education at the University of Oregon and Portland State University.

In the late '80s, Soltero's parents became restaurateurs, so it's no surprise Soltero followed their lead.

"I grew up in the business starting at Azteca and later helped my parents start their own restaurant business, La Costa in Southwest Portland, and soon thereafter opened La Costita on Sunnyside Road in Happy Valley," Soltero said.

"After years of operating and growing their businesses, I felt the pull to start something of my own. I started my catering company named Mayahuel Catering after the Mayan and Aztec goddess of food and nutrition. After a few years operating the catering business, I was dubbed 'Tamale Boy' by the community, since no one could remember or even pronounce Mayahuel," he said.

Soltero adapted and reinvented his business as a food truck. Then when his catering business grew, Soltero realized he needed a permanent home for Tamale Boy and opened the first brick-and-mortar location in Northeast Portland. As with the other two locations, Soltero's priority is to provide a safe dining environment during the pandemic. The restaurant also fo-

Tamale Boy has a variety of Mexican foods from regions like Norteno and Oaxaqueno.



Look for classic dishes like tamales made from corn masa, fresh meats and vegetables steamed in banana leaves.

Tamale Boy offers vegetarian dishes like cauliflower and Brussel sprouts along with favorites such as tinga de pollo, mole negro, slow roasted pork chili verde.



FOR MORE INFORMATION, VISIT: [TAMALEBOY.COM](https://tamaleboy.com)

Tamale Boy will be located on Southeast 162nd Avenue across from Happy Valley City Hall.

TAMALE BOY

EDUCATION IS A PASSPORT TO THE FUTURE

SCHOOL SUPPLY DRIVE

ENDS SEPTEMBER 30

MOST NEEDED ITEMS

backpacks	highlighters
colored pencils	loose-leaf paper
composition books	pencils
crayons	pens
erasers	rulers
folders	scissors
glue	spiral notebooks
glue sticks	

WHAT WE DON'T ACCEPT

computers	furniture
3-ring binders	rolodexes
indv. stacking trays	adding machines

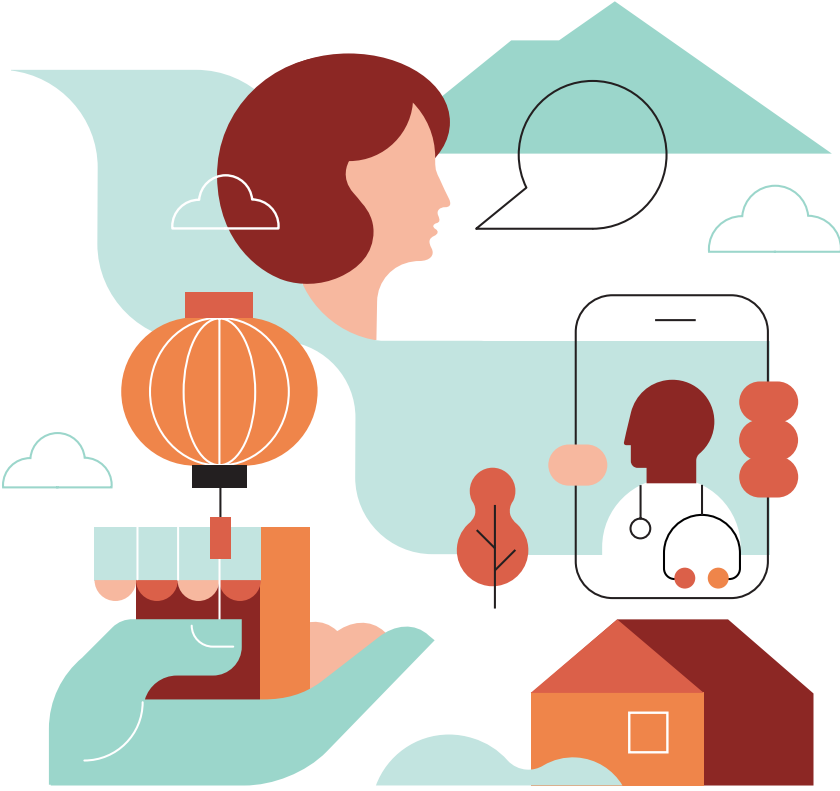
Donate new and gently used supplies which will be distributed through Portland Schoolhouse Supplies (helping students in need achieve success). For quick and safe drop-off, use the donation bin at our front door. Must receive by September 30.

 **MorningStar**
ASSISTED LIVING & MEMORY CARE of HAPPY VALLEY

503.506.2891 14391 SE Princeton Village Way | MorningStarSeniorLiving.com

Together, we can do so much more.

Adventist Health Portland is part of OHSU Health.



We're here to serve the community of East Portland, inspiring wellness and whole-person health. That won't ever change. And now that we've partnered with OHSU, our patients have access to more specialists and more advanced care, in more places than ever before.





Williams was a stand-out swimmer at Gladstone High School and now attends George Fox University.

Swimmer sets sights on Tokyo paralympics

Five U.S. gold medals earn Adin Williams chance to compete on world level

By SHELLEY McFARLAND

Happy Valley resident Adin Williams has returned home after training for the upcoming 2020 Summer Paralympics at the Olympic & Paralympic Training Center in Colorado Springs, Colorado. The games have been rescheduled for Aug. 24-Sept. 5, 2021, due to the COVID-19 pandemic and will be held in Tokyo, Japan.

Williams, a sophomore at George Fox University studying accounting, earned a spot on the U.S. Paralympic National Team last December when he won five events at the U.S. Paralympics National Para Swimming Championships in Lewisville, Texas. Williams set two American records: the long course record in the men's 400-meter freestyle S6 class, with a winning time of 5:32:40, and in the 100-meter freestyle, with a winning time of 1:12:39.

Aside from his two U.S. records, Williams won three more gold medals in the 50-meter butterfly, 50-meter freestyle and 100-meter backstroke. He also took second place in the 200-meter individual medley.

"Winning those medals and breaking those records were huge achievements for me. Even though I was swimming longer hours than I had been before attending George Fox, winning the medals and breaking the American records was never a guarantee," Williams said. "I feel like training here in Colorado Springs is helping me to prepare, not only for my swim season at George Fox, but also for the road to the paralympics in Tokyo. I'm training longer hours than I would have back home and at a higher altitude."

Williams, a 2019 graduate of Gladstone High School, was born with dwarfism. While in high school, he and his parents, Steven and Shonna Schroedl, petitioned for the inclusion of disabled and non-full-bodied prep athletes in OSAA events.



Local resident Adin Williams earned a spot on the U.S. Paralympic Nation Team last December when he won five gold medals at the U.S. Paralympics Swimming Para

"Adin is not just a good swimmer, but he is a fantastic teammate."

— Natalie Turner, coach

Today, his coach, Natalie Turner, swimming director at George Fox University, calls Williams a fun athlete to train.

"He came to us with a lot of untapped potential, which means every day with him is a new learning experience for us both," Turner said. "He is an incredibly determined individual and listens to what his coaches ask him to do. He

has made huge changes to his strokes and his training during his time at George Fox, which have really shown in his results this past year. Adin is not just a good swimmer, but he is a fantastic teammate. He gets along with every person on the team, and he is always on the side of the pool at meets cheering for everyone in the water."

Turner is confident in Williams' ability and drive for success and hopes he gets "to enjoy his time in the water and to love his second year."

For now, Williams is happy to put the time in the water to prepare himself for upcoming swim events. He realizes other kids might look to him for inspiration. To them he says, "You can do anything you set your mind to."

That's a WRAP!

Parks & Recreation

Summer Camp Wrap-Up!

As summer winds down, our Parks and Recreation department can't help but reflect on the fun we've had bringing summer camp programming to the Valley! We are extremely grateful to our program partners for working with us to offer a range of recreational opportunities including arts & crafts, hip-hop dance, multi-sports, LEGO engineering and rocket launching!



Big thanks to our Parks and Recreation partners who helped make the City's first summer season a success.

Be sure to check out the City's website for new Parks and Recreation programs each season!

We make auto insurance

Simple as 1,2,3

1. Just give us a call. We set you up in no time.
2. Good drivers save over \$750 a year.
3. 24/7 customer support, and a local agency with knowledgeable and friendly staff for all your insurance needs.



Proudly selling Progressive Insurance products

(503) 353-9900
info@tilikuminsurance.com

Moiz Ali
Insuring Happy Valley Since 1995

Low payments for the road ahead.

Our **low rates** help your monthly payments stay low. So whether you're looking to refinance a loan from another lender, need a new ride, or something used — we've got your back.

We are your **easy-to-use, local solution** that helps get you on the road without breaking your budget.



Superblock project continues to move forward

City of Happy Valley

Phase I of the City’s Superblock project was completed in the Spring with work that included in-fill sidewalk connections on 132nd Ave. and Ridgecrest Rd. and rapid flashing crossings on 145th and King Rd.

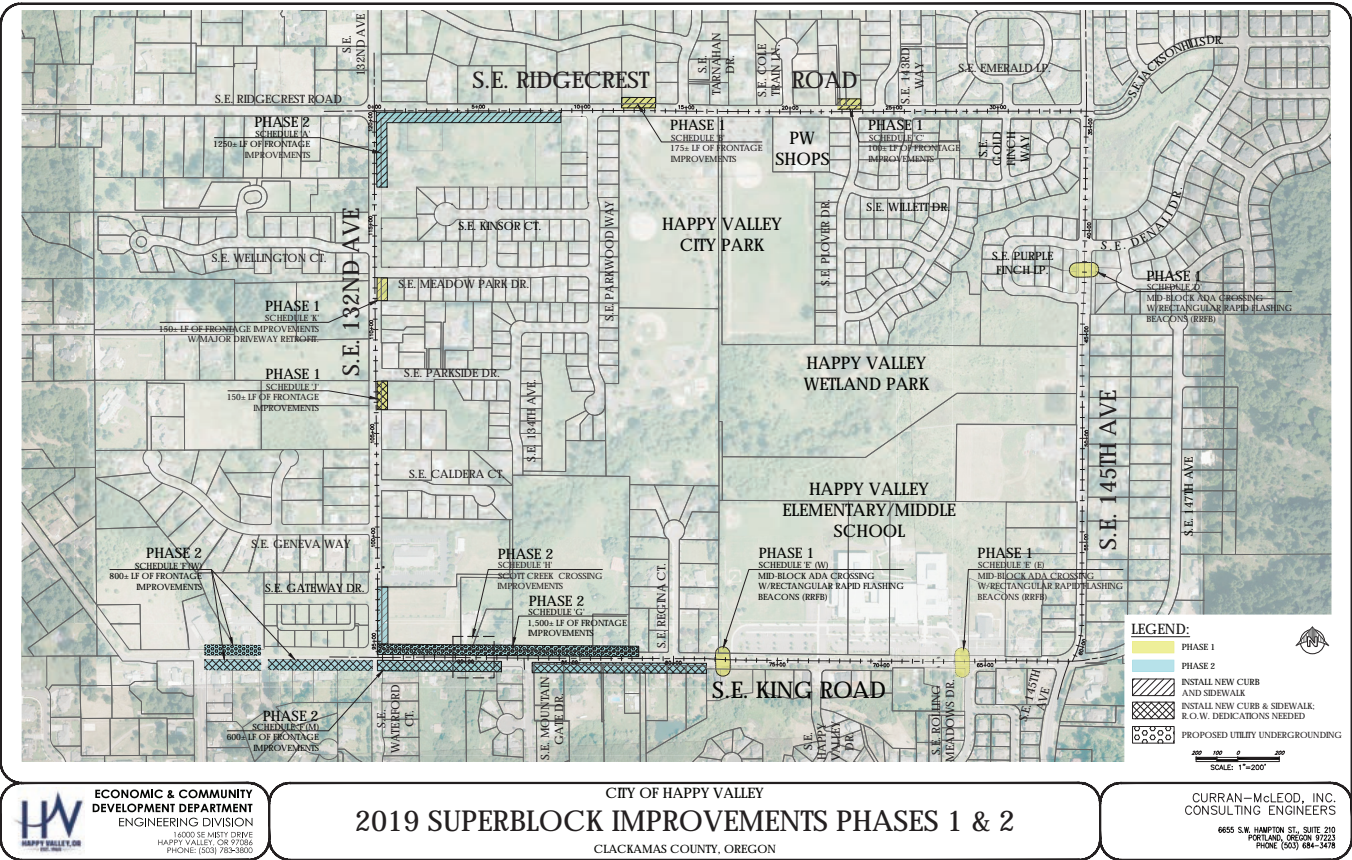
Since then, the City has been working to finalize the right of way acquisition along King Rd, complete the design set for the next phase (King Rd sidewalk (south-side) and the interior corner of 132nd/ Ridgecrest), and coordinate underground power design for King Road with PGE.

Next phase efforts are now nearly complete with an expected bid date of late-August. This work will nearly complete the project’s intent for providing contiguous interior sidewalks along the entire length of the Superblock (145th, King Rd, 132nd and Ridgecrest Rd).

The final work (or phase) will be the underground utility work on the King Rd (north side) section which is expected to be under final review this fall and under construction shortly following.

Overall the project has been a success and is on time based on the variables associated with right of way acquisition.

As these tasks are completed, the City will continue to provide ongoing updates about the status of this project.



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



HVBA
HAPPY VALLEY
BUSINESS ALLIANCE

Community is our business
www.hvba.biz

BUSINESS SPOTLIGHT

Patrick Sheehan
Executive Residential Broker
Better Homes & Gardens Real Estate
503-734-0337 Mobile
patrick@patricksheehan.com
Oregon Broker: 200506399

Better Homes and Gardens

REAL ESTATE

I spend the money to package your home to sell for more money in less time!

- ✓ 16-page glossy brochures
- ✓ High-end photography with aerial drone
- ✓ High-end videography
- ✓ Matterport 3D tour
- ✓ Digital remarketing campaigns
- ✓ Facebook promoted posts for opens

For examples of videos, 3D, and digital marketing visit:
PatrickSheehan.com

*Recipient of the Better Homes & Gardens marketing excellence award:
Top marketing plan out of 12,000 agents nationwide.*





Can't make it to the Park? My Gym is excited to follow many of its classes online so you and your child can participate from the comfort and safety of your own home. Get ready to move, shake, and build strength with some fun activities.

Parks and Rec

■ From Page A13

Super Kids
Sept. 9 - Oct. 14,
1 p.m.-1:45p.m.
Every Wednesday
Ages 6-10 • \$80

These high-energy classes are designed to be so much fun while giving kids a safe heart-beat-raising workout. Classes focus on developing strength, stamina, and agility with conditioning exercises, yoga, sports skills, martial arts, and ninja training prep activities. Kids will be challenged mentally and physically while having a blast!



The City is proud to partner with My Gym this Fall and encourage youth to stay active. These courses are a great way to help kids stay fit, healthy, and ready for fun.

My Gym LIVE!
My Gym is excited to offer its amazing classes online, from the comfort of your own living room, backyard, or home dojo! Children will get to move along with your local teachers as they lead interactive classes streaming LIVE online via Zoom. Try a class for free! Select and class with “LIVE” in the name for Zoom classes. Class schedule available through Happy Valley Parks & Recreation website!

WE'RE YOUR NEW NEIGHBOR

NOW OPEN





Tires LES SCHWAB

STOP BY AND SAY "HI!"

STORE HOURS:
MONDAY - FRIDAY
8 AM - 6 PM
SATURDAY
8 AM - 5 PM
CLOSED SUNDAY

ROBERT HERBEL
STORE MANAGER

13254 SE 169th Ave.
503-427-0448