Therapist Steven Sutton offers tips to help parents aid stressed youth – See page 8



Gateway Green bench honors MAX attack victim

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# April showers bring May flowers!

Residents of Happy Valley volunteered their time during a recent Friends of Trees service project. The changing season marks a time to welcome new beginnings.

# 'No better gig on the planet'

CHS's Laurie Thurston earns teaching recognition, helps kids stay on path to graduation

#### **By SHELLEY McFARLAND**

In February, Pamplin Media Group honored Oregon's best educators in a special newsprint section inserted in all its papers.

In a school year marred by a pandemic and virtual instruction, Oregon's educators stepped up to learn how to teach remotely while maintaining the precious student-teacher connection.

In the Clackamas/Happy Valley area, Clackamas High School's Laurie Thurston was honored for her work with students, some of whom are dealing with difficulties, whether at home, socially or physically. earned an under degree in psycholo graduate degree in ary English ed Poised for social w seling students.

What made Thurston

stand out from other amazing educators was her ability to connect with students in meaningful ways and celebrate their accomplishments. She is a champion for diversity, equity and inclusion and previously was awarded North Clackamas Educational Foundation grants to further her DEI instruction in class.

Thurston's foray into education started while living on the East Coast where she earned an undergraduate degree in psychology and a graduate degree in secondary English education. Poised for social work counseling she chose a career teaching students.

See THURSTON / Page 2



Clackamas High School's Roots teacher Laurie Thurston delivered bags to students which included a shirt. SUBMITTED PHOTO

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# OUL Could Le Petit Cafe serves up French pastries, more in Happy Valley

## **By SHELLEY McFARLAND**

New pastry bistro Le Petit Cafe, at Happy Valley Station, is making an impression serving La Provence's celebrated pastries, sandwiches and coffee drinks.

Santiago Yacachury may be only 22 years old, but he is accomplished. He immigrated at 16 from Argentina with his mother, who opened a translation business in Portland. Yacachury said his life in Bueños Aires was comfortable with friends and family, but the chance for an adventure spurred his decision to participate in the move.

"I started school here in Portland and took a job busing tables at La Provence," he said. "I worked hard, and I was promoted to serving, then to supervisor, then to assistant manager and finally manager. I climbed the ladder. I saw the opportunity for the Happy Valley location and, with my background in business, I took the chance.'

That opportunity was fleshed out by Yacachury who heard customers talking about the need for a boulangerie in Happy Valley. With a bit of inventiveness, Yacachury approached the owners of La Provence to inquire about being a customer where Yacachury would buy the goods from La Provence to resell at a boutique-type food booth inside Happy Valley Station's dining hall.

La Provence agreed, and Yaca-

chury started Le Petit Cafe, which he owns, along with Lucas Amuccuci, a friend from Argentina.

"As a manager of La Provence, I have a great relationship with the ownership, and I had an

idea to outsource all of the La Provence products and bring it to Happy Valley where I hear many people love La Provence," he said. "I saw the need and proposed a business plan to the owners, and it has been fun.'

Yacachury still manages La Provence's Northeast Sandy Boulevard location in Portland and is finishing his college education at Portland State University in business and finance. He said he works long hours each week but enjoys it.

"It's fun to be a student and actually apply the knowledge in the workforce," he said. "When you do something you enjoy and you're learning, it is rewarding; it pushes you to move forward," he said.

La Provence, Le Petit Cafe's supplier, currently has eight locations, the er, currently has eight locations, the flagship store in Lake Oswego opened the workforce. When you do in 1996. At 6:30 a.m. daily, Yacachury something you enjoy and you're the warehouse on Sandy Boulevard learning, it is rewarding; it out to Happy Valley, ready to start pushes you to move forward." the day with fresh pastries, breads and cookies. Because of his wholesale contacts, all the foods, including soup, meat, cheese, breads and coffee are all the same as at La Provence. "Since I've been working at La Provence, I have access to the numbers of what sells and talking with customers about what they love, and I brought the best sellers to Happy Valley. These products cannot fail," he said. Like La Provence, Le Petit's bestselling item is the marionberry cheese croissant. Other favorites include the ham and cheese croissant sandwich, breads, raspberry jam, St. Honorè desserts, French onion soup, lattes and alcoholic specialty drinks like Irish coffee.



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"It's fun to be a student and actually apply the knowledge in





started Le Petit **Valley Station in** December. PHOTO CREDIT: SHELLEY MCFARLAND

 All pastries are brought in daily from La **Provence. Favorites include** 

the marionberry cheese

cinnamon rolls

speciality drinks

and flavored

like lattes.

croissant,

Le Petit Cafe opened Dec. 17 inside Happy Valley Station's main dining area. Unlike the food carts that open

— Santiago Yacachury

at 11 a.m., Le Petit opens at 8 a.m. for the morning crowd and is the only cart serving breakfast. It stays open until 8 p.m.

"The community of Happy Valley has been supportive of us, and we appreciate the encouragement," Yacachury said.

> All pastries are brought in daily from La Provence. **Favorites include the** marionberry cheese croissant, cinnamon rolls and flavored speciality drinks like lattes.





# Thurston

# From Page 1

In Rochester, New York, Thurston helped develop and direct a program called Crossroads, for 17 years, aimed at helping high school students maintain passing grades and succeed in high school.

That experience is the basis for her Rootz program at CHS. When Hurricane Katrina slammed into Louisiana in August 2005, it completely disrupted the lives of its citizens, including schoolchildren. Thurston went to the devastated gulf to offer her services. It was a life-changing event for her

Following her work in Louisiana and two more years in Rochester, Thurston was offered a position as an instructional coach at a small school initiative called Leadership & Entrepreneurship Public Charter High School (LEP), through the Gates Foundation.

She started the creative writing program at LEP to help kids who might need an extra nudge to keep them on the path to graduation.



"Teaching is not easy, but it is always worth it. The chance to help students find their voice, develop their passions and better understand themselves and the world around them is what it's all about."

- Laurie Thurston

Thurston joined the teaching staff at CHS in 2012. The following year, the district inquired at each high school whether anyone was interested in piloting a program for freshman students to receive individualized attention to help them stay on track in all of their classes.

Thurston volunteered and Rootz was born. Rootz is part study hall, part tutoring session where the students can connect with one another, as well as Thurston, to work through challenges.

Over the past seven years, Thurston has tailored Rootz to fit the needs of her students who sometimes struggle with the typical classroom structure. While known at CHS for her Rootz Study Support program, Thurston also teaches freshman English and creative writing.

"I am truly honored to know that I'd made enough of an impact on a parent and her child that I'd even be nominated, let alone recognized. But I am not alone in going above and beyond, especially during this time," Thurston said.

"Many teachers are working harder than ever to pivot and reconstruct learning opportunities for all of our students. It's not just making and sharing Google Docs. A tremendous amount of time and effort goes into crafting lessons that engage and connect with our students, most of whom we've never even seen since the majority of high school students do not turn on cameras during

#### class," she said.

'Recognition always inspires me to raise my own bar. It's always about finding new ways to hone your craft and developing new connections in the community to support and inspire your students.

Thurston's typical day depends on what is happening in the world, from "evacuations from wildfires, navigating racial unrest, trying to understand political upheaval, grappling with the mental and physical toll the isolation from COVID has given us, or scrambling to get power and internet back following the recent ice storm, then, yeah, it's all good," she joked.

But Thurston puts success into perspective. "Truthfully, I am fortunate. I have access to reliable internet so that I can work from home, and I don't have the challenge of raising and teaching my own children while trying to teach — those teaching parents are the true heroes," she said. "I am able to support my students after school hours online in live meetings, and I respond to emails 13 hours a day. I turn it off at 8 p.m. I have to, for my sanity."

tutoring seniors on campus as part of the new limited in-person instruction.

"My current online students are rock stars, and everyone is trying the best they can each day. They are great at reaching out to ask for help, extra time or a listening ear. Some of my students have lost family members to COVID or have had COVID themselves. Many of my students are dealing with depression and isolation and a shift in their relationships with friends," she said.

"This is truly an incredibly challenging time for our students and their families. But one cool thing - my Rootz students designed their sweatshirts online this year and I just made deliveries of 'Semester 2 Swag Bags' filled with their sweatshirts, stickers, pens and pencils and snacks they asked for," she said. "I delivered them safely at a distance, and it was the best thing ever to see my kids live and in person for the first time all year."

Nearing her 30th year in education, Thurston still hopes to accomplish a few things before retiring.

"With the opening of Adri-Thurston also is part of a enne C. Nelson High School, I volunteer group of teachers am thrilled to be part of the

planning team that will help launch our mission, vision and new 'Hawk' traditions. My focus remains on providing support services for students who may be struggling emotionally or academically, but I also want to launch a creative writing club and create a school publication and opportunity to showcase the written word," Thurston said. "I am hopeful that teaching in a new, smaller school will allow that more room to grow.

"Our principal, Greg Harris, is fabulous, and he let me work with a group of teachers to provide our librarian with book requests. We got the chance to build our new library. We'll also have a say in how it is set up, so we can foster a sense of community and excitement around books and reading," she said.

"And last, of course, I want to continue to grow as a learner myself so I can continue to be a better teacher for all of my students. Teaching is not easy, but it is always worth it. The chance to help students find their voice, develop their passions and better understand themselves and the world around them is what it's all about. No better gig on the planet.'



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Council President 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



City Council met with senior staff members to discuss upcoming priorities in Happy Valley. The discussion highlighted projects that have been deemed critical to the immediate future. Pictured from left to right: Mark Aasland (Parks Advisory Committee Chair), Councilor David Emami, Mayor Tom Ellis, Councilors Markley Drake and Brett Sherman, and Council President David Golobay.

# Identifying Priorities

e hear from residents all over town about projects and ideas that could make the City a better place. As tempting as it is to try and do everything, we recognize that most of the City's resources and staff time are spent providing day-to-day servic-

es such as road maintenance, code enforcement, public safe-

ty, permitting, etc. To make the most of our limited resources, it's important for us to prioritize and establish a cohesive set of goals for our team to accomplish

Last month, we gathered with senior staff members to go over projects that are currently underway and discuss future priorities. Many of our priorities are multi-year projects that were started this last year and will continue into 2021 and beyond.

- Finalize the Pleasant Valley / North Carver (PVNC) Comprehensive Plan
- Develop a Plan for a Future Downtown in the PVNC Area
- Evaluate the Framework for a Future Climate Action Plan
- Reduce Future Wildfire Risks inside the City
- Review Regulations for Short-term Rental Properties
- Complete Sidewalk Gaps Around the Super-block
- Complete a Pedestrian Master Plan
- Develop New Parks & Recreation Programs
- Start a Community Center Feasibility Study
- Finish the Turf Field Feasibility Study
- Acquire Property for future Parks/Community Center
- Design Widening of 172nd Avenue
- Continue the Diversity, Equity, and Inclusion Task Force
- Build a Veterans Memorial at City Hall

Of course, these projects are in addition to the critical tasks of keeping our city clean, well-run, and fiscally responsible. While we each have our own projects of interest, we are able to set those aside so that we can focus on this cohesive set of priorities. We have big dreams for Happy Valley. The first step is to identify and set priorities and we are excited to get to work on this list.

# **Veterans Memorial**

s a proud U.S. Coast Guard Veteran, I was excited to join my fellow City Council members for the official groundbreak-

ing of the new Veterans Memorial next to City Hall. Several years ago, the City Council asked a group of local veterans, Parks Advisory Committee members, and Public Art Committee members to develop a plan for adding a Veterans Memorial to the plaza outside City Hall. The plan developed by this ad-hoc group will utilize the labyrinth that currently exists as a "walk with veterans." Surrounding the labyrinth will be

benches and lighted flags for each branch of military. In addition, there will be a retaining wall engraved to memorialize the veteran sacrifice along with an art sculpture.

We are very appreciative of the Oregon Parks and Recreation Commission for awarding the City approximately \$75,000 in grant funds. State dollars will be used to fund

the Memorial's capital infrastructure, while City matching dollars will fund site preparation, such as irrigation and landscaping. I'd also like to thank



those who partnered in the City's grant proposal to the Oregon Parks and Recreation Commission. Letters of project support were submitted by the Veterans of Foreign Wars Post No. 1324; 364th Civil Affairs Brigade, Department of the Army, based out of Camp Withycombe; Former Senator Alan Olsen; and the City of Happy Valley advisory committees for parks and public art.

As a veteran, I have always found Happy Valley to be a welcoming and supportive community. It is my hope, as Mayor, that the Veterans Memorial will be an integral landmark in Happy Valley, ensuring that other veterans in our community are remembered. Join me in celebrating this new addition to our community!



Once completed, the Veterans Memorial will provide a place of reflection and honor.

FOR MORE INFORMATION ABOUT THE VETERANS MEMORIAL, BE SURE TO CHECK OUT WWW.HAPPYVALLEYOR.GOV/VETERANS-MEMORIAL.

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# **Student contest nears deadline:** If I Were Mayor submissions due Apr. 23

now a student with big ideas, a compassionate heart, and interest in making the community a better place? The City of Happy Valley is again participating in the Oregon Mayors Association (OMA) If I were Mayor, I would... contest. Here, students are invited to share their creative ideas about how they would govern the City of Happy Valley. Winning entries from local contests throughout Oregon are then submitted to a statewide competition.

Considering the pandemic, the contest will be carried out in virtual format. At its

# **GENERAL CONTEST** FORMAT

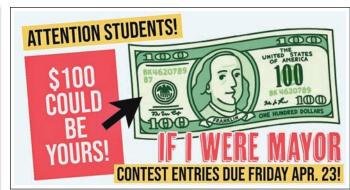
There are three categories based on student grade: **Elementary School:** (grades 4-5) - Poster \*Take a photo of your poster or

you could even create a poster on the computer - you decide!

**Middle School:** (grades 6-8) - Essay **High school:** 

(grades 9-12) - Digital Media resentation

core, If I Were Mayor gives students the opportunity to take a closer look at their



What would you do as Mayor? Deadline to submit entries to the If I Were Mayor contest is Friday, Apr. 23 at 5 p.m. Students in grades 4 through 12 are encouraged to participate.

community and share their services, youth programs and anything else they think thoughts about safety, the environment, health, social is vital to the City. For students, this is a great way to stay connected to learning and spark some creativity. For all the details, including contest guidelines and how to submit an entry, simply head to www.happyvalleyor. gov/if-I-were-mayor. The deadline for submitting your finished product is 5 p.m. Friday, Apr. 23.

The winner of each age group in the Happy Valley contest will be awarded a \$100 gift card and recognized at an upcoming City Council Meeting. The winning submissions will then be entered in the statewide contest where there will be a chance to win a grand prize of \$500.

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



Publisher's Note: Happy Valley News is always on the lookout for story ideas and suggestions from our readership. If you know of an interesting local story or a person deserving of community recognition, please forward tips to afox@clackamasreview.com and include your name and phone number for contact information.

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# **2021 RX Drug Take Back event**

#### City of Happy Valley

The Happy Valley Youth Council has organized Rx Drug Turn-In events as a part of their commitment to the well-being of the community. The previous years' efforts have in total brought in over 5,000 pounds of drug items.

Too often, unused prescriptions or over the counter medications find their way into the wrong hands. This is dangerous and can lead to tragic outcomes. Safe disposal protects our water supply and keeps drugs out of the hands of unauthorized or recreational users. The Happy Valley Youth Council will be holding their Annual RX Drug Take Back Event on Saturday, April 24 from 10:00 am - 2 pm in the City Hall parking lot. All drug materials will be accepted, no questions asked.

"We are so excited to be able to offer this event again for our residents. Last year we had to cancel due to the pandemic. Simply drive through and drop off your unwanted or outdated prescriptions, over-the-counter medications, or drugs. The Youth Council thanks you for supporting their efforts!"-Stephani Hern, Youth Council Advisor



Happy Valley Youth Council will hold its Annual RX Drug Take Back Event once again this month. This no questions asked event aims to keep unused prescriptions and over the counter medications off the street and out of the wrong hands.

#### A big thank you to our community partners for their support and assistance!

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Happy Valley Code Enforcement Providence Health

Pleasant Valley/North Carver Comprehensive Plan to reboot

City of Happy Valley

After a long pause due to the Covid-19 pandemic and based

on City Council direction, the Pleasant Valley/North Carver (PV/NC) Comprehensive Plan is anticipated to pick up where it left off. The PV/NC Comprehensive Plan was recently discussed at the Apr. 6 City Council meeting, with feedback pertaining primarily to the proposed Pleasant Valley Downtown District. The reboot will begin with a review of these downtown plans as well as a re-introduction to the PV/NC Comprehensive Plan given the long hiatus with the City's Community Advisory Committee (CAC). Once this has been carried out, the City will work on coordinating one or more Open Houses to offer the public a chance to view a variety of visual materials and information relating to the Plan.

These future meetings are expected to be held virtually via Zoom, though it is hoped that a hybrid model will allow for in-person participation as well in the spring/summer of 2021. This will depend on Clackamas County and State of Oregon in-person capacity limits and protocols. Specific dates and times for future meetings will be provided next month, along with Zoom instructions and in-person limitations.

# **Pleasant Valley North Carver** COMPREHENSIVE PLAN

The PV/NC Com-prehensive 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. Priorities from review committees; property owners; the general public; neighboring cities and counties; and other stakeholders have also been

Plan include:

Housing options and livable neighborhoods

■ A well-planned parks and trails system

Strategies for addressing congestion and road safety

■ Local employment opportunities Benefits like these often mean more marketable homes and properties, but the key to success is having the community involved in Covid-19 safe discussions. Besides future communications via the newspaper and postcards, the public is encouraged to visit https://hv.city/pvnc for updates.

included.

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**Happy Valley** 

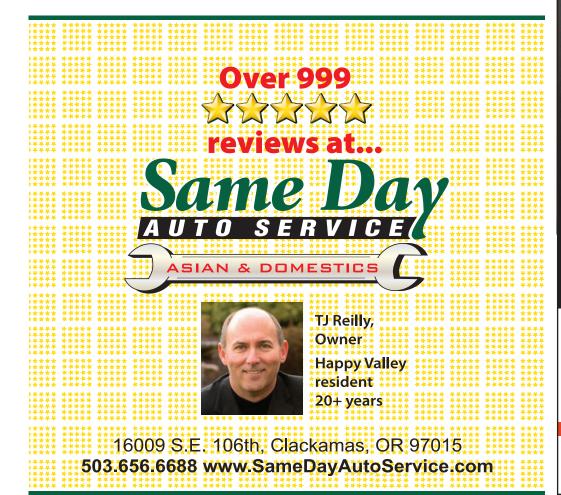




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# NCL moms and daughters at it again!

#### City of Happy Valley

On a dreary Sunday afternoon in March, a small group of National Charity League (NCL) members headed out to pick up trash along the roads in Happy Valley. The group walked from Happy Valley Middle School, up SE 145th, then back down SE 157th to the Starbucks on Sunnyside. "Our trash clean-up went great! It was a little cold and rainy, but once we got moving, we warmed up. Overall, we had fun and it was great to get out for three hours and help clean up the community."

– Ellie Sandholm

National Charity League, Inc. is a mother-daughter organization dedicated to serving local communities and fostering the mother-daughter relationships. Their goal is to promote a sense of community responsibility in our daughters and strengthen each mother-daughter relationship. The daughters along with their mothers participate in a 6-year educational program of philanthropic work, leadership training, educational activities, and cultural events.

For more information on the National Charity League Sunnyside Chapter visit their website: https://www.nationalcharityleague.org/vpage/index-sunnyside/ or find them on Facebook at @NCLincSunnyside.



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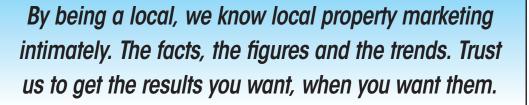
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# Farmers Market sprouts for 10th year

# Over 100 vendors to open Happy Valley booths April 24

## **By SHELLEY McFARLAND**

**Happy Valley Farmers** Market sets up for its 10th season on Saturday, April 24, and runs through Oct. 30, ending the season with a Halloween trick-or-treat market.

Owner Jamie el-Khal is looking forward to welcoming veteran vendors, introducing new items and a longer season.

"The majority of last season's vendors are returning, and this year we were able to add ice cream, roasted nuts and farm-fresh milk, meats and cheeses," el-Khal said. "We will have between 100 to 110 vendors at the market each week and have added more farms.

Also new this year, the market is adding a Thanksgiving market in November that will be located at the current location at 13231 S.E. Sunnyside Road. The popular Procrastinator's Market will be held Dec. 18 and will return to the Clackamas High School location with over 350 vendors

El-Khal is expecting all CO-VID-19 safety protocols from 2020 will be in place. She is finding ways to help customers shop by offering a preorder app called "What's Good" where customers create an account and make their requests. Vendors fill the order, which can be picked up at the booth or the designated market pickup booth. Orders are to be submitted by 11 p.m. Thursdays.

"We opened in 2012 in this very parking lot, and we couldn't be happier to be here celebrating 10 years later. I'm looking forward to seeing everyone, being here for our community and our vendors while providing them with a wonderful venue to support each other, eat fresh and support local," el-Khal said.

'That time went so fast, and



SUBMITTED PHOTOS

The Happy Valley Farmers Market will open its 10th season with a wide variety of vendors including farm fresh produce, flowers, crafts, artisan foods and even ice cream.



The market will be extending its season and even adding a Halloween market.

wait to open for Season 10. The market means so much to me. It's also a gathering place to see each other, and one of the joys I get each week is to see we couldn't be happier with the smiles and hear laughter support we have received from throughout the market," she our customers. We just can't said. "It doesn't feel like work,

not for any of us. It simply feels like a blessing.'

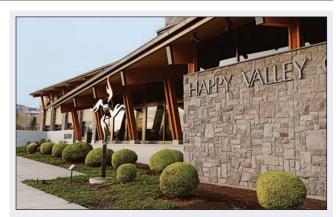
Happy Valley Farmers Market has updated its website to be interactive and includes a bulletin board for the latest information including social media page links.

# **HAPPY VALLEY** FARMERS MARKET

Where: 13231 S.E. Sunnyside Road When: 9 a.m.-2 p.m. Saturdays,

April 24-Oct. 30; rain or shine **Online:** 

sunnysidefarmersmarkets.com



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.happyvallevor.gov/signup-for-notifications/

# **CITY OF HAPPY VALLEY**

# Apr. 8

p.m.

**Traffic and Public** Safety Meeting: 7 p.m.

Apr. 12 **DEI Task Force** Meeting: 6 p.m.

Apr. 20 **City Council Work** Session: 6 p.m.

**City Council Meeting:** 7

# Apr. 28

**HV Business Alliance Meeting:** 7:30 a.m. Happy Valley Station

Apr. 28 **Design Review** Board Meeting: 7 p.m.

<u>May 3</u> **Parks Advisory** Committee Meeting: 6 p.m.

Apr. 23 If I Were Mayor contest entries due: 5 p.m.

Apr. 24 **RX Drug Take Back Event:** 10 a.m.-2 p.m. City Hall Parking Lot

# May 4 **City Council** Work Session: 6 p.m.

**City Council** Meeting: 7 p.m.

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# Pandemic's mental toll on teens Therapist Steven Sutton offers tips to help parents aid stressed youth

#### **By SHELLEY McFARLAND**

Happy Valley therapist Steven Sutton releases a regular podcast focusing on relationships and connection called Lightbulb Moments.

He recently tackled the delicate subject of how teens are affected by the pandemic with an article titled "How to Support Your Teen's Mental Health," which is available on his website and helps parents recognize warning signs of teen stress while offering solutions to navigate their struggles.

"A sense of belonging is important to teenagers. Social isolation can lead to depression at any age, but teens are particularly vulnerable to it since they are still developing independent coping skills and wish to be less reliant on their parents for solutions to their problems," Sutton said.

"That's a challenging combination during quarantine and remote schooling. Thwarted belongingness raises the risk of dying by suicide for teenagers when combined with other risk factors. If you're worried about a teenager's safety, you should not hesitate to offer them support and to seek professional intervention.

"Even those who seem to resist support benefit from knowing there are people close by who are invested in their well-being. Being willing to repeat your attempts to offer support is important when dealing with teenagers," he said.

Since March 2020, normal teen life has been replaced with distance learning, restrictions on gatherings. mask mandates and the constant knowledge that an unseen virus could physically affect loved ones. Sutton stresses that parents focus on more than just their teen — deep connections can be rewarding for all family members.

"Take care of yourself so that when you engage your teenager, you're doing so from the best in you. They need light, patient communication from the adults in their life. Pay attention to the content of your communication with your teen throughout the day. How much of what you say to them consists of reminders, requests or complaints?" he said.

"It's really easy to fall into a rapport that consists entirely of subjects that feel heavy and unwelcome to teenagers, however necessary those communications may be. Make sure you're finding ways to engage them in loving and fun conversation too.'

Sutton reminds people that teenagers are developing their own indepen-



"The crucible of the pandemic will be something that shapes the lives of teenagers in the decades to come. Going through hardship and loss, while painful, can also strengthen those who endure."

Steven Sutton, Therapist

dent personality at this life stage and to be curious about it and engage their teens on what interests them, even if they are already know.

"Demonstrate to your teen that there is room for their independent development in your relationship. Parents who pride themselves on already knowing their teenager can inadvertently send the message that they're not interested in who their teenager is becoming," he said. "Challenge yourself to explore your teenager's personality as if you're still getting to know them. Your genuine curiosity shows them respect as an individual and will improve your connection.

"Finding ways to explore challenges and adventure is a critical part of a teenager's mental health. Teenagers who are meeting challenges and practicing life skills will tend to have higher self-esteem," Sutton said. "You can get creative in developing ways for them to do so."

With teens now starting to enter hybrid, in-person schooling, anxiety can be mounting.

"If your teenager is worried about reentering school and social life, normalize those feelings for them. It can be tempting to downplay your teenager's worries or explain to them how they should see things differently. Try being an excellent listener, naming what your teen is feeling without offering solutions, and normalizing the idea that what they're going through is difficult," he said.

Sutton, a father himself, asks parents to remember that restrictions



Teen years, combined with a global pandemic and distance learning can be challenging for teenagers. Local therapist Steven Sutton offers tips to help kids who are feeling vulnerable.

related to the pandemic have stripped away many of the naturally occurring opportunities for teenagers to test their skills and independent problemsolving skills and encourages parents to help them remember their resilience.

"If it's difficult to pinpoint how they've demonstrated resilience in their lives, it may be time to develop some supported challenges for them to rise to the occasion. These adventures and challenges can be fun and ultimately low stakes. Consider having them take on logistical responsibilities like booking a plane ticket, ordering takeout, or paying the wireless bill," he said.

"Sure, they may roll their eyes or not want to do it, but once they've been successful performing life skills that are new to them, you'll see their confidence grow. Getting a taste of independent ability can buoy them through the abrupt social changes that will occur in the coming weeks and months.'

Teens have adapted to societal changes, and many have experienced loss, including the deaths of family and friends.

"Most teenagers have experienced profound loss over the past year that must be grieved. Even if they have not lost loved ones to COVID, they have missed experiences such as starting or graduating certain grades in school, various rites of passage, and the loss of privileges that they have been eagerly anticipating," Sutton said.

While missing out on such experi-

ences is not always recognized in terms of a loss, it can be helpful to see things through that lens. A loss is anything that was once important to a person that they no longer have clarified.

"So many of the school, athletic and social experiences that were once so important to teenagers have been curbed or eliminated from their life over the last year. Grief is a part of moving through those losses. Talking to teenagers about grief and treating their low mood as a manifestation of grief can be a helpful way of understanding it," Sutton said. "Of course, grief comes in waves, so do not be surprised if your teenager's mood fluctuates even more than usual."

Parents who feel concerned about their teens have numerous avenues for help.

"If you're worried about your teenager, you're not alone. Talk to trusted friends and family and ask for help, even if it's just listening to you vent if you need to. Parents who take care of themselves are in a much better position to connect with their teenagers," he said.

"Remember that connecting with teens can be difficult. After all, it's age appropriate for them to push away from their parents during high school. Hang in there and try to be at your best when you do engage them," he said.

Consider asking your teenager if they'd like to talk to a counselor. Most therapists are working online these days. Work with your health care provider to explore resources. If you Health" visit: bettermanprojects.com.

don't have coverage and you're looking for a lower cost alternative, Wise Counsel and Comfort is an affordable, local resource for finding a therapist.'

Sutton also advised exploring mobile apps that offer support. There are many "examples of mental health related apps that offer basic lessons in how to coach yourself through stress and sadness. Teenagers may be inclined to try them as they often have a comfort zone using technology."

Though many are struggling and looking for their world to return to normal, Sutton encourages parents and teens to see the value of the pandemic experience and the positive transformations it has brought into people's lives

"The crucible of the pandemic will be something that shapes the lives of teenagers in the decades to come. Going through hardship and loss, while painful, can also strengthen those who endure," he said. "I look forward to helping my own children frame the hardships they've gone through as experiences that will add to their resilience as life moves forward.

'I'm also hopeful that some of the daily joy of social connection will be valued more than it would have been otherwise. Friendships and social adventures are one of the joys of life and it will, hopefully, be harder to take them for granted once we open up and create a new normal."

Sutton hopes that as teens are reentering school, friend groups and events, they are given opportunities to reestablish interpersonal skills in order to reset their emotional foundation as they step closer to adulthood.

"My concerns are related to missed opportunities. Some of the lost experiences around people their own age cannot be replaced now that they're gone. Our teenagers will need as many opportunities to learn how to befriend, flirt, resolve conflict, develop basic ethics, and enjoy overcoming challenges as they can get. Those skills are all essential ingredients of a good life. Teenagers should be exploring them every day. The pandemic has disrupted that to a great extent," he said.

Sutton grew up in Lake Oswego, attended the University of Oregon followed by graduate school at Columbia University in New York City. He now lives in Happy Valley with his wife and two daughters and has been in private practice as a therapist and coach since 2013.

For more information and to read "How to Support Your Teen's Mental







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# Gateway Green bench honors MAX attack victim

# Friends, family recall Ricky Best with memorial at East Portland park

## **By SHELLEY McFARLAND**

Trail users at Gateway Green might notice a beautiful stone bench with a bronze plaque sitting facing the sunset.

The bench is dedicated to Ricky Best, the Happy Valley resident and father of four who died from stab wounds while trying to prevent a racist attack on two women aboard a MAX train in 2017.

Along with Best, Taliesin Namkai-Meche, 23, also was killed, and a third passenger, Micah David-Cole Fletcher, 21, was injured. Jeremy Christian was sentenced in June 2020 to life in prison, with no chance of parole, for the crimes

Best, 53, was a 23-year veteran of the Army where he was platoon sergeant for corps maintenance. He retired from military service in 2012 and worked as a supervisor at Portland's Bureau of Development Services.

Gateway Green is a 25-acre open space located in East Portland on the site of the former Rocky Butte Jail. It features mixed-use trails for running, walking and cycling. Considered Portland's first bike park, Gateway Green offers bikers a single-track trail, bike skills area, and a cycle-cross course along with a nature play area.

Best's death was devastating to co-workers at BDS and while trying to grapple with grief, Best's colleagues were trying to process the significance of his actions on that fateful day.

"We hired his oldest son as a part-time intern, and it was healing for him as well as for staff to be able to grieve together, while he earned some money to help pay for college," said Rebecca Esau, Portland Bureau of Development Services director. "As part of the process of grieving, his coworkers and I discussed ideas about how to honor Ricky. We put a photo and plaque up in the office.



Ricky Best and Taliesin Namkai–Meche, shown above, were killed trying to prevent a racist attack aboard a MAX train in 2017.

"We wanted Ricky to be remembered for his heroic actions on the MAX train, and for his selflessness and love to be an inspiration to others and to motivate each of us to put our love into action."

— Rebecca Esau, Portland Bureau of Development Services director

"He loved to grow white roses, so we planted several white roses in pots in an outdoor area at our office. And I began work, on behalf of BDS, to arrange to get a memorial bench with a plaque installed at Gateway Green," Esau said. "He wanted so much to be there with his kids, so this way they could cycle and rest on the bench and feel his presence with them.

"Additionally, we wanted Ricky to be remembered for his heroic actions on the MAX train, and for his selflessness and love to be an inspiration to others and to motivate each of us to put our love into action," she said. "That's what it's about."

The bench and plaque were placed in November 2020 through a collaborative effort from BDS and Portland Parks and Recreation. Due to COV-ID-19 restrictions, there has not been a dedication ceremony.

"Ricky frequently talked to his friends and co-workers about his family, and the fun things he did with them, and their adventures camping, hiking and cycling," Esau said. "One of the things he talked about was the Gateway Green project because he was looking forward to taking his kids cycling there and thought it was going to be a great place to

os- spend time with ite them." rea Numerous peo-

ple were instrumental in the process from creating the bench to finding the right placement for it. The addition of the bench was serendipitous because the stone structure corrected a slope maintenance issue. Project stonemason Michael Cates and Public Information Officer of City of Portland Bureau of Development Services Ray Ken

built the bench in fall 2020. "I worked closely with Ricky Best's oldest son and with Portland Parks and Recreation's Gateway Green project manager, Ross Swanson," Esau said. "Ross worked with Rickv's son and I through the whole process and his son selected the location for the memorial bench out of several options that were available. Also, Ross went above and beyond and instead of a standard wooden bench, they installed a beautiful basalt stone bench, and we had a brass plaque installed in it that says, 'In memory of Ricky Best, Love in Action, May 26, 2017."

The location of the bench was an important element to honoring Best's memory and said. "When we installed this



A stone bench offers refuge at Gateway Green, a mixed-use park where Best often took his children to bicycle.



the team wanted a symbolic place that users would notice.

"I worked with Rebecca Esau to discuss its placement, and we agreed on the current location. Criteria included the amount of foot and bike traffic desired for the memorial space. From there, I worked with Eric Best, Rick's son. This included a site tour during construction and a couple of follow-up FaceTime calls from the field to confirm," said Ben Ray, BDS public information officer.

"This stone and location have a unique quality. And the placement across from Gateway Green's 'skills area' was in line with how Rebecca described Rick's enthusiasm for the park. She mentioned that Rick loved to watch his kids ride at Gateway Green," he said. "When we installed this

bench, we anticipated it being one of the most popular locations for other parents to view the progress of their kids riding the skills area, and the enjoyment it gave them."

Everyone involved in the memorial process felt the weight of honoring Best as a man, but also honoring his bravery and the sacrifice of his life while trying to protect an innocent stranger. Ray called the bench endeavor an honor.

"Rick's story is, although tragic, also inspiring and brings optimism to the human condition. Portland Parks and Recreation has a lot of great parks and spaces, and at the time of the request, Gateway Green was new to the park sysThe placement of the stone bench was a collaborative effort from family, friends, and colleagues at Portland's Bureau of Development and Portland Parks & Recreation.

tem. Rebecca explained Rick's appreciation and time spent with his children there, and we remain honored to help in preserving his memory," Ray said. Esau agrees.

"The bench's beautiful strength, durability and permanence is a fitting tribute to a man we could always count on to help out, to do the decent and caring thing, and who demonstrated incredible strength and courage. His friends and colleagues at BDS will always remember him," Esau said. "I am glad we could do this for his family and for anyone who sees it and finds inspiration and peace resting there."

For more information, visit: gatewaygreenpdx.org.





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PHOTOS BY: SHELLEY MCFARLAND

# Miracle Heights gives seniors new residential option

Leonard and Millie Domingo, both experienced nurses, open Happy Valley facility

# **Bv SHELLEY McFARLAND**

Nestled behind Sunnyside Village Square near the Happy Valley Library is Miracle Heights, a new senior living community.

Owned and operated by Leonard and Millie Domingo, the couple's journey to Happy Valley is an inspiring "American dream" story many immigrants hope for. The two met while attending Central Escolar University in Manila, Philippines, where they both attended nursing school. They graduated in 1993 and married the same year.

After getting their licenses as registered nurses in the Philippines, the couple entered the medical field — Millie in an intensive care unit and Leonard in the pharmaceutical field.

"In the Philippines, it's a dream of many people to come to America. Nursing is the biggest passport to come to America," Leonard said. "The Philippines is a developing country, and many Filipinos work as nurses to come to America. We wanted to come to America to earn money and help support our family back home."

Working in the medical profession runs deep in the Domingos' families. Three of Leonard's four siblings are nurses as is his mother, and they have all lived and worked in the United States.

Millie's grandmother is a nurse, and her grandfather is a doctor. The Domingos immigrated to America in 1997, temporarily leaving their toddler daughter, Camille, in the Philippines with family.

The couple settled first in Connecticut where they were geriatric caregivers while earning their U.S. registered nurse licenses. Within the first year, they earned their RN licenses and brought Ca-

# **MIRACLE HEIGHTS**

What: Senior residential care facility Where: 13677 S.E. 147th Ave., Happy Valley Phone: 503-888-8155 Online: Miracleheights.com More: Base price starts at \$4,300/month.

"In the Philippines, we don't really have nursing homes there, we take care of our older family members. So when we came here, we wanted to care for older people because they are precious."

· Leonard Domingo



mille stateside.

"At first we worked as CNAs in a nursing home in the East. Work was hard and we were working two jobs and striving to get our licenses so we could be RNs again. After we passed the exam, we continued to work as RNs in longterm geriatric care," Millie said. "We had seven years' experience in Connecticut in geriatric care. In the Philippines, we don't really have nursing homes there, we take care of our older family members. So when we came here, we wanted to care for older people because they are precious.'



Leonard and Millie Domingo opened Miracle Heights Feb. 1. The Happy Valley couple are both RNs.



to Oregon to be closer to family. After hours of training for Leonard to become a care facility operator, they bought a care home that housed five residents. A few years later, they bought a second home

In 2003, the couple moved in Portland, along with a small, dementia-focused home

> "After the first home, we bought two other homes and after a few years, we bought another property when we were approached by the state to contract with them on a pilot program." Millie said. "It was a specialized care program and they liked that we were both RNs. It was designed to help people move from nursing homes into a homelike environment. We bought our third care home in 2006. We operated it for five years and turned it into a 40-bed residential care facility. After owning a RCF for 10 years, the Domingos sold it to build Miracle Heights, a 25.000-square-foot residential care facility licensed for 47 residents. It officially opened Feb. 1. And currently is accepting applications. area, and we found that there spite care, too."











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are no residential care facilities in Happy Valley, just assisted living, independent living and memory care," Millie said. "Residential care is between assisted living and a nursing home. We do more than assisted living and a lot of memory care University of Portland. "We searched around the here too. We can accept re-

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The couple lives in Happy

Valley with their youngest

daughter, Leslie, who at-

tends La Salle High School.

Daughter Camille is now 27

and is a practicing nurse;

their son, Leonardo Jr., is in

the nursing program at the

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"I absolutely look forward to each and every lesson I have there. They have a very organized program with skilled musicians teaching their students. It's a fun atmosphere and the staff is friendly and helpful. I highly recommend Happy Valley Arts Academy to anyone of any age wanting to learn music."

- Cathy Ricks  $\star \star \star \star \star$ 



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"My 5 year old son is enjoying his piano lessons so much. His teacher Susanna is so patient and she knows how to make the lesson interesting. Chloe (the staff at the reception desk) is so nice and very accommodating. She is really qualified to be at the front row. Overall, we love the school and my son is learning a lot."

- Juliet Panganiban  $\star \star \star \star \star$ 



# Safety first when it comes to backyard burning

#### Clackamas Fire District #1

Mar. 1 marked the first day of the 2021 residential outdoor burning season. Backyard debris burning is strictly regulated by DEQ and operation hours are updated daily by



District #1.

as open burning, backyard burning is the burn- prior to any burning being aling of organic yard debris and requires a formal permit by the City of Happy Valley. To avoid smoldering, backyard burning materials must be dried to the greatest extent possible and loosely stacked. If the smoke or odor emission affects others. the fire must be extinguished. Materials prohibited from

burning include, but are not limited to; garbage, plastic, rubber, petroleum treated materials and any material that creates dense smoke and noxious odors.

Residents must possess a minimum of one acre to be eligible for a permit and the City's Code Enforcement team Also referred to CLACKAMAS FIRE DISTRICT #1 will provide inspection of the property

lowed. Important to note, the activity is only allowed on property located outside of the DEQ Burn Ban Area and is not recommended in compact housing developments. Furthermore, all backyard burning fires must be constantly attended and extinguished by the fires-out time, which means



While Backyard Burning season has officially begun, it is important to follow current rules and ensure safety remains top priority.

# end of the established burn hours.

Please be aware that health concerns may be relevant for some community members nesses. Responding to out-ofwhen it comes to backyard control burns and smoke com-

no flames or smoke beyond the burning. Smoke inhalation can cause upper respiratory symptoms, which may worsen the recovery of someone with CO-VID-19 or that of similar ill-

plaints also distracts from first responders' ability to provide emergency medical care. As a result, the City encourages residents to be mindful of these concerns. Perhaps consider an alternative to burning your onsite debris. This might include composting yard debris or hauling debris to a recycling site.

For more information on Backyard Burning, associated rules, best burning practices, and all other types of regulated burning, please visit the City's website at www.happyvalleyor.gov/backyardburning for details. Residents are also encouraged to contact the Clackamas Fire District #1 Burn Line at 503.742. 2945 to confirm if burning is allowed.

Open burning season will run tentatively until June 15.



# Backyard **Recreational Fires**

Please note, backyard burning permits do not apply to recreational fires (campfire, cooking fire or warming fires). Recreational fires are small and to be no larger than three feet in diameter and two feet high. As always, please exercise caution when enjoying fires of a recreational nature.

# **HONORING OUR VETERANS**

#### City of Happy Valley

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

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 com.

armed forces, please consider 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 shelley.mcfarland@gmail.



Mark your calendars and start sorting your stuff because Dumpster Day returns to Happy Valley on Saturday, June 12 from 8am-noon. This event is the perfect opportunity to dispose of items you have been meaning to discard as it includes drop off stations for junk, donations, paper shredding, and even tires.

Due to collection volume and space limitations, this event is limited to Happy Valley\* residents. (\*97086 zip code is not always within City boundaries. Bring I.D. for address verification within City boundaries.) For more information about this and to confirm your address is within City limits, head to www.happyvalleyor.gov/city-limits-explained



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.



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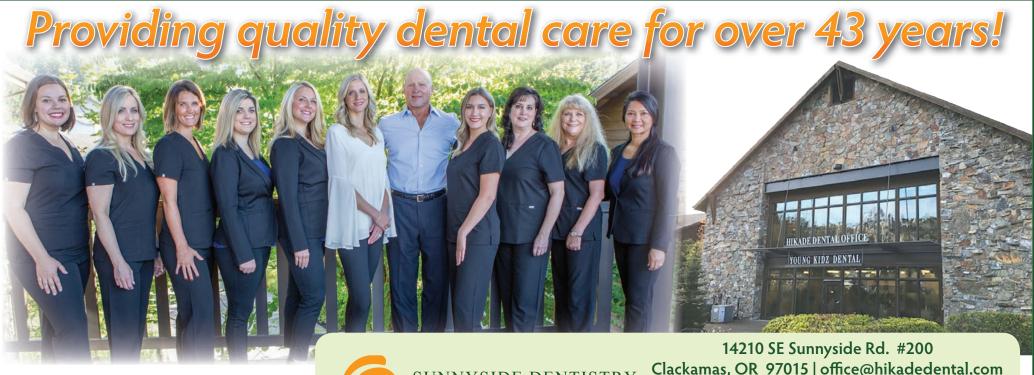
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# Free Master Gardener series continues online

Sign up to view webinar classes at noon through June

## **By SHELLEY McFARLAND**

The 10-Minute University webinar series through Oregon State University's Extension Master Gardener program are being held virtually in hopes to continue to educate Oregonians about gardening.

The OSU Extension Master Gardeners program, in 27 counties across the state, is conducted by volunteer educators, researchers and gardeners

The free classes will in-



to grow vegetables or flow- corded and available in the ers, combat disease and insects, keep soil pH balanced, 30-minute presentation, and downloadable handouts are transplant, grow in raised beds or containers and attract pollinators.

Those wanting to attend answer box to pose questhe noon webinar events are tions, which will be answered clude step-by-step gardening asked to register with a valid by the speaker after the pretips and information on how email. Every class will be re-sentation.

virtual, Oregon **State University** Extension Master Gardener program will help gardeners with a wide array of gardening topics through June 9. future. The format is a 20- to

available. During the talk,

there will be a question-and-

Though currently

#### For registration and more information visit cmastergardeners.org/10-minute-university. June 2 May 5 April 6 **Year-Round Vegetables Tomatoes: Planting Ornamental Garden Tasks** Jane Collier Amelia Wilbur Laura Ever Leah, Priscilla Sherry Sheng Priscilla Robinson **June 9** <u>May 12</u> April 7 **High-Impact Tomatoes: Best Practices Clav Soil Plant Combinations** Amelia Wilbur Sherry Sheng Laura Eyer Sherry S, Priscilla Leah Puhlman Shawn, Priscilla April 14 <u>May 19</u> **Pests and Diseases Pretty and Delicious** Jane Collier **Containers** Shawn VanDoren Priscilla Robinson Laura Eyer April 20 **Shade Garden May 26** Laura Eyer **Best Bee Flowers** Shawn, Priscilla Sherry Sheng Leah, Priscilla April 21

**Pollinators** Sherry Sheng Leah Puhlman





PHOTO BY: SHELLEY MCFARLAND Same Day Auto owner TJ Reilly stands in front of the 2006 Chevy Aveo he is giving away.

# Same Day Auto to give away used car April 17

2006 Chevy Aveo will go to someone based on need

# **Bv SHELLEY McFARLAND**

Same Day Auto Service is giving away a 2006 Chevy Aveo, a four-door automatic, economy car that seats four people.

Why? Because Same Day Auto Service owner TJ Reilly knows that people are struggling during the pandemic and economic downturn and he wants to help improve the life of someone who needs a car.

The clean-titled car, valued at \$1,279, is in Same Day Auto Service's fleet of loaner cars and all maintenance has been performed by the auto shop.

"As a business owner, we've had a tough year. This has been our worst year ever and my employees have had less income; we all feel it," Reilly said. "The car isn't worth a ton, but there are other people hurting just like us, and we can afford to give the car away. I've been thinking about this for a while, and we are ready to rotate the car out of the fleet

"I thought it was the perfect time. We know the history of the car because we've maintained it for the last 10 years, and it will be given away based on need.'

Anyone 18 and older can apply to receive the car and will be asked to show financial need, a valid Oregon driver's license and ability to obtain insurance coverage. The selection process may include an in-person interview and background check.

Applicants are asked to apply online, and people can apply on behalf of someone else. New Hope Church will act as the independent selection committee to decide the winner. Applicants must be available April 12-15 to answer questions and available April 17 for the reveal of the winner. Same Day Auto Service was

started in 1988 by Reilly whose

# **CAR GIVEAWAY DETAILS:**

Where: Same Day Auto Service

16009 S.E. 106th Ave., Clackamas, OR97015

When: 11:30 a.m. Saturday, April 17

Phone: 503-656-6688

Online: samedayautoservice. com/car-give-away

interest in the industry began at his father's gas station in Southern California. Same Day Auto Service repairs Asian and domestic automobiles.

Currently, because of COV-ID-19 restrictions, the company is offering pick up and delivery, no-contact key drop, phone payment, gloved employees and sanitized car surfaces. Customer service is their priority, and they offer a computerized appointment system to schedule needed maintenance.







# HAPPY VALLEY LIBRARY

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

# April 2021 Library Events

Please check our website for the most up-to-date hours and services.

# ADULT PROGRAMS

14

All programs are online. Email library@happyvalleyor.gov for login information, or with questions.

# **HV Library Short Story Group**

Thursdays, Apr. 8, 15, 22, and 29, 7-8 pm Join us for a casual discussion of a short story every Thursday night that we don't have a Book Group meeting. Find out the title of our next read on the Adult Programs page on the Happy Valley Library website. You'll also find links for a free download of the selection for the week and all the previous stories

#### **Genealogy Club Meeting**

Mondays, Apr. 12 and 26, 3-5 pm (Note the time has changed) 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!

#### **Spring Gardening Tips and Hints** Sunday, Apr. 18, 3-4:30 pm

Wondering what thoughtful gardeners are doing in their gardens this time of year? Members of Clackamas County Master Gardeners will share the projects and tasks they are tackling in their yards and gardens this spring and will answer gardening questions of all sorts.

# YOUTH PROGRAMS

All programs are online. Email youthlibrary@happyvalleyor.gov for login information for youth programs or with questions.

## **Baby and Me Time**

Tuesdays, 10 - 10:30 a.m. Songs, lap bounces, and stories that are just right for babies.

#### **Family Storytime** Thursdays, 10-10:30 a.m.

Enjoy stories, songs, puppets, and fun.

## **Teen Meet Up**

1st and 3rd Wednesdays, 5-6 p.m. Hang out with other teens for games, puzzles, and more,



Thursday nights are perfect for a short story. Check out the Adult Programs page on the Library's website to find out the title of the next quick read.





Let the giggles and wiggles commence with Baby and Me Time, perfect for little ones.

# **ACTIVITY:**

Popular in the 19th century, a thaumatrope is a basically a disk with a picture on each side attached to string. When the ends of the string are twirled quickly between the fingers, the two pictures appear to blend into one image due to an optical illusion.

# **Directions:**

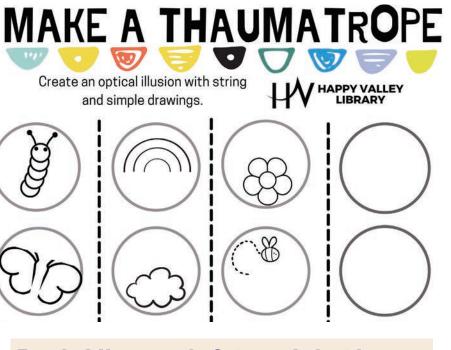
1. Color the images if you'd like. One set is blank for you to create your own design.

2. Cut around each circle. You'll need one pair for each thaumatrope.

- 3. Glue the two sides together (make sure they are lined up).
- 4. Punch a hole on either side of the image and thread the string through.
- 5. Pinching the string between your fingers, twist it quickly.

#### Need help?

Find a video on how to make a thaumatrope in our Create videos at happyvalleyor.gov/library/ video-collection



# **Eureka! Homemade Science Lab videos**

Looking for simple science experiments to do at home?

Check out the library's collection of Homemade Science Lab videos that use household materials to understand big concepts. Great for a variety of age groups, most of these



Watch how fun science can be with Homemade Science Lab Videos, created by a local teen volunteer.

experiments were created and filmed by teen volunteer, Angela Z. Whether your kid is curious about the weather (how does a thermometer work?) or animals (how does a shark float?), there are plenty of videos to explore! Find the full collection on the Kids page of our website: happyvalleyor.gov/ library

# **April is National Poetry Month!**

Get into the groove and keep the celebration of poetry going with these special vir-tual events. Email library@happyvalleyor. gov for login information, or with ques-

## The Best Words, the Best Order

Sunday, Apr. 11, 3 p.m.-4:15 p.m. Happy Valley

Library invites readers and writers of poetry to join Carolyn Martin for a lively, interactive discussion of poems by Billy Collins, Walt Whitman, Mary Oliver, and James Wright. You'll enjoy the beauty of language and surpris ing imagery and may even be inspired you to

write poems of your own. Blissfully retired in Clackamas, Oregon, Carolyn Martin is a lover of gardening and snorkeling, feral cats and backyard birds,

Join us on Apr. 11 for an interactive discussion of poems. Find out

more about local resident and published poet, Carolyn Martin. at www.carolyn martinpoet.com

writing and photography. Her poems have appeared in more than 130 journals throughout North America, Australia, and the UK. She is currently the poetry editor of Kosmos Quarterly: journal for global transformation

#### **Happy Valley Library Presents Poetry Live!**

Tuesday, Apr. 27, 7p.m.-8 p.m. Join the members of the Happy Valley Poetry Society for a live reading of original poetry as they celebrate their second anniversary as a workshop group. Their presentation will be followed by an "open mic." Members of the community are invited to read a favorite poem or one of their



Get in on the fun and take part in the Happy Valley Poetry Society's special event. Listen to original poems and perhaps share one of vour own.



**EXCEPTIONAL HOSPICE CARE** IN YOUR LOCAL COMMUNITY

# **SENIOR LIVING AT HAPPY VALLEY**







First 10 **Residents Receive** 1/2 OFF Community Fee! Call today to schedule a tour!

- ✓ 45 spacious rooms with 1/2 bath
- Locally owned by Happy Valley RN's Millie and Leonard Domingo
- ✓ 24-hour on site care staff
- Conveniently located near a hospital, shopping mall, library and park

13677 SE 147th Ave., Happy Valley, OR 97015 (Across the street from the Happy Valley Library) 503-888-8155 · miracleheights.com

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Jennifer Berlingen, Sarah Nichols, Vanessa Noonan, Chelsea Smith, Dana Miller, Beth Keown, Joseph Croft

# 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

THE PLACE OF THE BRIDGE"

"Love is the bridge between you and everything." -Rumi



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

# **Books to** read during **Poetry Month**

April is National Poetry Month, a time to celebrate and increase appreciation for poets and their craft. Take a moment to revisit a favorite poem or discover something new. Not sure where to start? Below are some recommendations for inspiration.

MARGARET

ATWOOD

DEARLY

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EDITED BY JOY HARJ

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2

18

# Adult Poetry

**Dearly: New Poems** by Margaret Atwood The internationally

acclaimed author presents her first collection of poetry in over a decade that addresses themes such as love. loss, the passage of time, nature, and --zombies

#### Home Body by Rupi Kaul

Rupi Kaur walks readers through a reflective and intimate journey visiting the past, the present. and the potential of the self. home body is a collection of raw honest conversations with oneself - reminding readers to fill up on love, acceptance, community, fami-

ly, and embrace change. When the Light of the World Was Subdued, **Our Songs Came Through: A Norton** Anthology of Native Nations Poetry Edited by Joy Harjo, LeAnne Howe and Jennifer Elise

Poet Laureate Joy Harjo gathers the work of more than 160 poets representing nearly 100 indigenous nations, into the first historically comprehensive Native poetry anthology. This collection offers an extraordinary sweep of Native litera ture, without which no study of American poetry is complete.

#### **Together in a Sudden** Strangeness: America's Poets Respond to the Pandemic Edited by Alice Quinn

In this urgent outpouring of American voices, our poets speak to us as they shelter in place, addressing our collective fear, grief, and hope from eloquent and diverse individual perspectives.

# Novels in verse

Novels in verse are a hybrid of poetry and long form fiction. Some writers take advantage of the form to tell intimate first-person stories, while oth ers use it to present multiple viewpoints, and still other writers gravitate to the novel in verse to showcase wit, wordplay, and innovation. They are quick, rewarding reads. Yet another way to celebrate National Poetry Month!

# Kids

#### **Grasping Mysteries: Girls** who Loved Math

by Jeannine Atkins, illustrated by Victoria Assanelli

A biographical novel about seven girls from different time periods who used math to explore the mysteries of the universe and grew up to do innovative work that changed the world.

# Love, Love

by Victoria Chang, illustrated by Lorraine Nam Frances Chin struggles to

adapt to life in America, and to help her older sister who is dealing with hair loss and bullying.

# Young Teens

# Before the Ever After

ZJ's friends help him cope when his father, a beloved professional football player who suffers severe headaches and memory loss that spell the end of his career.

## Land of the Cranes by Aida Salazar

Betita and her parents sought political asylum and safety in California, but now her father has been deported, and Betita and her mother are being held in a family detention camp.

# Teens

#### The Black Flamingo by Dean Atta

A lyrical coming of age story that follows a mixed-race queer kid in London from childhood to the joyful discovery of drag in college.

**Beauty Mark: A Verse Novel** of Marilyn Monroe by Carole Boston Weatherford

Marilyn tells her own story here: it begins. "Marilyn Monroe was their golden girl; / I was trapped inside her'

#### **Every Body Looking** by Frances Iloh

In her freshman year at a Historically Black University, Ada discovers the joy of dance, independence, and new relationships while grappling with childhood abuse and trauma.



ACQUELINE

WOODSON

# Audiobooks: Find your next great listen

More and more people are discovering the joys of listening to audiobooks. They can be a wonderful way to experience literature and have someone read you a story. Listening to a talented narrator performing a book can make house chores enjoyable, road trip hours fly by, and get you through an assignment. We are highlighting just a few audiobooks for a wide variety of ages.

# **ADULT FICTION**

## The Lying Life of Adults

by Elena Ferrante, narrated by Marisa Tomei Italian teenager Giovanna searches for a sense of identity and clear perspectives when she finds herself torn between the refinements and excesses of a divided

## Such a Fun Age

by Kiley Reid, narrated by Nicole Lewis Seeking justice for a young black babysitter who was wrongly accused of kidnap-ping by a racist security guard, a successful blogger finds her efforts complicated by a video that reveals unexpected connections.

#### The Mountains Sing by Nguyên Phan Ouê Mai.

narrated by Quyen Ngo

Years after a family is forced by Vietnam's Communist Land Reforms to abandon their farm, a granddaughter comes of age as her loved ones depart for the Ho Chi Minh Trail. A first English-language translation from a celebrated Vietnamese poet.

# Deacon King Kong

by James McBride, narrated by Dominic Hoffman In the aftermath of a 1969 Brooklyn church deacon's public shooting of a local drug dealer, the community's African-American and Latinx witnesses find unexpected support from each other when they are targeted by violent mobsters.

# **ADULT NON-FICTION**

#### Sigh, Gone written and narrated by Phuc Tran

For anyone who has ever felt like they don't belong, Sigh, Gone shares an irreverent, funny, and moving tale of displace-ment and assimilation woven together with poignant themes from beloved works of classic literature.

#### More Myself written and narrated by Alicia Keys

The 15-time Grammy Award-winning music artist traces her journey from selfcensorship to full expression, describing her complicated relationship with her father, the people-pleasing nature that characterized her early career and her struggles with gender expectations

#### Wow, No Thank You written and narrated by Samantha Irby

A new collection of humorous and edgy essays from the author of "Meaty" and "We Are Never Meeting in Real Life" that highlight the ups and downs of aging, marriage, and living with step-children in small-town Michigar

#### **Hidden Valley Road**

by Robert Kolker, narrated by Sean Pratt The heartrending story of a midcentury American family with twelve children, six of them diagnosed with schizophrenia, that became science's great hope in the quest to understand the disease.











# MORE MYSEL





# CHILDREN'S **CHAPTER BOOKS**

Ben Yokoyama and the Cookie of Doom by Matthew Swanson and Robbi Behr

An alarming fortune inspires Ben to live today like it's his last in this funny, quirky story,

young Somali refugee to

The List of Things That

Will Not Change

Bea's life is turned

parents announce

has a boyfriend.

Kent State

by Deborah Wiles

upside down when her

they're getting divorced,

by Rebecca Stead

When Stars Are

Ómar Mohamed.

Scattered



by Nnedi Okorafor. Will a magical object that enables superpowers allow Nnamdi to avenge his father's death?

libbv

ooks? Free

From the Desk of

Zoe Washington

Avid baker Zoe's

life changes when

she receives a let-

ter from her incar-

cerated father

Ikenga

by Janae Marks

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Learn more at

incc.org/ebooks



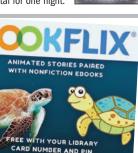
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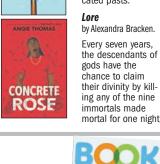


Every seven years, the descendants of gods have the chance to claim their divinity by killing any of the nine immortals made



LINCC.ORG/BOOKFLIX

Bookflix is a program that pairs popular children's books with a corresponding animated feature and nonfiction eBook.







SINC







audiobook features a full cast, representing the different viewpoints of the historic, deadly protest in 1970.

**Concrete Rose** by Angie Thomas Maverick feels strongly about family ties, doing what he needs to do to support his mom and



heListon Things

WILL Not Change









# **Engage readers** and support literacy with **Bookflix**

# Would you like to hear a story?

If you go to lincc.org/bookflix and enter your library card number and PIN. you can sit down and watch animated versions of excellent children's books like Kate DiCamillo's Bink & Gollie, Mo Willems's Don't Let the Pigeon Drive the Bus, Jacqueline Woodson's The Other Side, and many more, Each animated story is paired with a nonfiction eBook to extend the learning experience. What will you discover?





# ou Can Help Prevent ater Pollution

# Keeping your lawn free of weeds involves many choices-some are hazardous to our families, pets, and waterways.

# Safest

Annually aerate, de-thatch and over-seed bare spots in spring. This will keep the lawn dense and healthy, which keeps out weeds. Use a long-handled weed removal tool for easy weed removal. Fertilize only in fall with a slow release fertilizer, if at all.

# Next Best

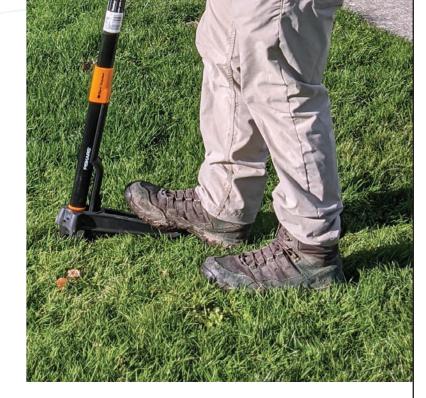
If you choose a weed or insect control product, look for the OMRI label which helps identify less hazardous chemicals. Always read and follow the label, as even natural/ organic products can be harmful. Only apply products when multiple dry days are forecast. Spot spray only the individual weeds you really can't live with!

# **Important Measures You Can Take**

Do not apply pesticides, herbicides or fertilizers under windy conditions, or when rain, snow or hail is predicted within the next 48 hours.

Consider hiring an ECOBIZ certified landscaper! See www.ecobiz.org

For the more than 190,000 people living and working in Clackamas County, Clackamas Water Environment Services produces clean water and protects water quality. Providing innovative resource recovery services, stormwater management and environmental education, it's our job to ensure that residents and visitors enjoy the benefits of safe, healthy water for generations to come.





Learn more at clackamas.us/wes/education



one of these

VENVINO ART STUDIOS

All art camps will be held at Happy Valley Park

Each day kids will do several take-home art

small snack. We will also play games, read sto-

camp artist and possibly a helper. Camp artists

sure kids have a packed lunch or snack, a water

bottle and light jacket. Prompt pick-ups are ap-

preciated. There may be a fee for late pick-ups

well, please keep them home. No fees will be

charged for missing camp and credits may

of \$15 per 15 minutes. If campers are not feeling

ries, and socialize. Each camp will be led by a

have been background checked. Please make

projects. There will be time for lunch and a

located at 13770 SE Ridgecrest Rd.

SUMMER ART CAMPS

be issued.

featured programs,

www.happvvallevor.

gov/services/parks

be sure to check out

HAPPY VALLEY PARKS AND RECREATION

To register, check out www.happyvalleyor.gov/services/parks



# April 2021 Programs and Events In accordance with the Governor's Executive Orders, participants in all Parks and Recreation programs will be asked to practice physical distancing

and stay home when they are sick. Participants ages 5 and older must also wear a face mask when 6-foot distancing cannot be maintained.

# **VENVINO ART STUDIOS WEEKLY ART CAMPS**

All art camps will be held at Venvino Art Studios located at 13329 SE Misty Drive.

Give your kids an opportunity to get out of the house, socialize, and get creative, while you give yourself a few moments to work, relax, or just take a moment to breathe! In each camp, participants will complete around five art projects in addition to some drawing and coloring pages. Campers are asked to bring a water bottle and lunch or

> snack as there will be a 20-minute break. Masks are required for kids 5+ as social distancing will be en-



maximum of 5 kids per class, so register early to save your spot! **APRIL** 

forced. Registration is limited to a

# Let's Grow our Creativity

Apr. 7 - May 2, 9 a.m. - 1 p.m. Every Wednesday and Sunday Ages 5-11 \$220 for the month (4 days) \$60 daily

# MAY

**Creating Our Own Sunshine** 

May 12 - June 6, 9 a.m. - 1 p.m. Every Wednesday and Sunday Ages 5-11 \$220 for the month (4 days) \$60 daily





## **Happy Campers Art Camp**

Jun. 28 & 29, 9 a.m.-1 p.m. Ages 5-12 • \$125

We will spend the week making art that is inspired by the outdoors. Kids will paint a birdhouse, learn about animal tracks and make their own animal tracks book, binoculars, story stones, bug crafts, and color their own iron on patches. Your kids are sure to love this creative outdoorsy mini-camp at the park!



# MOTHER'S DAY PADDLE BOARD TRIP

Willamette Park- West Linn, OR

May 08, 10 a.m. - 2 p.m. • Saturday Ages 6+ • \$83

Looking for an awesome way to spend Mother's Day with your adventure mom? Join AWL for a day of paddling, bird watching, and a re-

laxing day on the water. Along the Willamette River lies a hidden island paradise accessible only by boat. Enjoy the tour as AWL's expert guides lead you from West Linn's Willamette Park





to Rock Islands. Explore basalt islands and narrow channels lined with Madrone and Fir Trees while we keep our eyes peeled for Osprey and shorebirds. For more detailed trip information, visit: www.happyvalleyor.gov/parks Includes: Interpretive tour and all necessary paddling equipment, including safety gear and life jackets.

# FATHER'S DAY KAYAK TRIP

Willamette Park- Portland, OR

Jun. 19, 10 a.m.-2 p.m. • Saturday Ages 6+ • \$83

Looking for an awesome way to spend Father's Day weekend with your adventure dad?

Join Adventures Without Limits (AWL) for a beautiful day on the water enjoying the sights and sounds of the city from vour kavak! Paddle the Willamette River, explore the house boats along the water's edge, and watch as raptors circle Ross Island. Commuting in the city has never been so fun! Includes:

Interpretive tour and all necessary paddling equipment, including safety gear and life jack ets.



# Snack Attack MINI ART CAMP DATES: DATES June 14 & 15, 2021 LOCATION: AGE: COST: \$125

## **Snack Attack Art Camp**

Jun. 14 & 15, 9 a.m.-1 p.m. Ages 5-12 • \$125

This mini-camp is inspired by all our favorite snacks! We will be making deliciously creative things. Campers will get a chance to do some fun crafs at the park and play some games. If your little sweetheart craves some creativity this summer, then register them for this deliciously fun mini-camp!



Fun in the Sun Art Camp Jun. 21 & 22, 9 a.m.-1 p.m. Ages 5-12 • \$125

**Venvino Art Studios** 

Paint & Play

We are taking full advantage of the sun during this mini-camp. Kids will get to play and create in the sun at the park! We'll design our own beach balls, paint with bubbles and squirt guns, color our own kite and frisbee, and so much more! We can't wait to play and create with your kids during this summery summer camp!

# **10% OFF RENTALS** AT NEXT **ADVENTURE!**

The City of Happy Valley Parks and Recreation is excited to partner up with Next Adventure to offer residents 10% off their next rental! Whether you are looking for snowshoes, ski's, or snow boots, as you plan your next trip up the mountain, make sure to scan the QR Code shown here to take 10% off one rental item and secure them for pick-up. Discount offer available at:

# **Next Adventure Sandy** store location at:

38454 Pioneer Blvd. Sandy, OR 97055

# HEADED TO MT. HOOD? VISIT NEXT ADVENTURE'S SANDY STORE! ENJOY



- This store is open 7 days a week,
- Mon-Fri: 7:30 a.m. 7 p.m.
- Sat-Sun: 6:30 a.m. 7 p.m.

# **COYLE OUTSIDE** SUMMER CAMPS

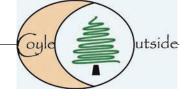
All camps held at Happy Valley Park.

## **Intro to Wilderness Survival Camp**

Jul. 5 - Jul. 9, 9 a.m.-2:30 p.m. • Monday - Friday Ages 6-9 • \$234

No prerequisites needed. Full day of building survival skills and testing yourself against survival scenarios! Skills taught/practiced will include shelters, fire safety/ building, knife safety, tracking, foraging teamwork, traps,

orienteering, cordage and knots and primitive skills. We will not get to all of them but will get in a lot based on instructor and student preference. Our goal is building initiative, self-control and judgement skills while connecting with the natural world and having fun. We use teaching scenarios based on real life survival and play survival themed games. The week ends with an exciting final scenario and a certificate of achievement. No pre-



requisites. Bring appropriate clothing, snacks, and lunch. Call Coyle Outside for details about curriculum 541-760-0774 - Coyle Outside donates 10% annual profit to causes that benefit youth and nature.

# **Advanced Wilderness Survival Camp**

Jul. 26 - Jul. 30, 9 a.m.-4 p.m. • Monday - Friday Ages 9-14 • \$264

No prerequisites needed. This camp goes in depth into critical survival skills using fun, challenging scenarios. Participants work on their own and in teams to problem solve various skills challenges such as shelter, fire, tool use, knife safety, traps, rope and knots, plant uses, animal tracking, primitive skills, navigation and more (we cannot cover all of it in one week!) Instructors help partici-

pants build initiative, self-control, confidence, and communication skills while making new friends. We play survival themed games, and the week ends with an exciting final scenario and a certificate of achievement. Bring appropriate clothing, snacks, and lunch. Call Coyle Outside for details about curriculum 541-760-0774 - Coyle Outside donates 10% annual profit to causes that benefit youth and nature.



Now open in

EDERAL CREDIT UNION

Stop by our newest branch located in Oak Grove! We have been passionately serving our members and community for over 60 years and are dedicated to improving people's lives.

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> > — We've got your back.



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# HAPPY VALLEY PARKS AND RECREATION

# IN-PERSON SPRING PROGRAMS!

All in-person camps/classes held at Happy Valley Park.

# **Mini-Hawk Class**

(basketball, flag football, soccer) Apr. 10 - May 8, 9 a.m. - 9:45 a.m. • Saturday Ages 4-6 • \$75



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

Apr. 10 - May 8, 10 a.m. -11 a.m. • Saturday Ages 7-12 • \$89

Skyhawks Flag Football is the perfect introduction to "America's Game" or a great refresher those who want to brush up on their skills preparing for league play. Through our "skill of the day" exercises, campers will learn



skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning - all presented in a fun and positive environment. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron!

# **Mini-Hawk Class** (baseball, basketball, soccer)

May 15 - June 26, 9 a.m. - 9:45 a.m. • Saturday (No class 6/12) Ages 4-6 • \$75

This multi-sport program was developed to give children a positive first step into athletics. Baseball, basketball, 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.

# **Multi-Sport Class** (baseball, basketball, soccer)

May 15 - June 26, 10 a.m. - 11 a.m. • Saturday (No class 6/12) Ages 7-12 • \$89

Our multi-sport program is designed to introduce athletes to a variety of different sports in one setting. For this program, we combine soccer, baseball, and basketball into a series of clinics. Athletes will learn the rules and essentials skills of each sport along with vital life lessons such as respect and teamwork.

# Mini-Hawk Camp (baseball, basketball, soccer)

Jun 21 - June 25, 9 a.m.-noon • Monday - Friday Ages 4-6 • \$149

This multi-sport camp was developed to give children a positive first step into athletics. Baseball, basketball, 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.

## Multi-Sport Camp (baseball, basketball, soccer)



# **MY GYM IN THE PARK!**

All classes held at Happy Valley City Park.

# **Gymsters/Terrific Tots**

Apr. 7 - Aug. 25, 10 a.m.-10:45 a.m. • Wednesday Ages 23 months - 3 ¼ • \$80

Grown-up participation required. We will have fun with structured games, fascinating "Adventures," pregymnastics, and beginning sports skills while gaining fine

and gross motor proficiency and strengthening manipulative skills. The youngsters become more independent as teachers interact 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**

Apr. 7 - Aug. 25, 11 a.m.-11:45 a.m. • Wednesday Ages 31⁄4 - 41⁄2 • \$80

Some kids may require grown-up participation. With greater independence comes the ability to participate without the parent. Our Mighty Mites are lavished with positive reinforcement 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, enhanced manipulative ability, and improved hand-eye coordination.

# Learn and Play Mini-Camp

Apr. 7 - Aug. 25, 12:30 p.m.-2:30 p.m. • Wednesday Ages 3-5 • \$220

Potty training required. This program marries the best of My Gym's games, relays, and physical fun with STEAM project-based learning (Science, Technology, Engineering, Art and Math)! No two classes are the same, as themes and project focus change weekly. Kids will love exploring outer space, superheroes, under the sea, Jurassic times, and more!

## Whiz Kids

# ENGINEERING FOR KIDS SUMMER CAMPS

All camps held at Happy Valley Park.

Junior Mechanical Engineering: Widgets & Gadgets

Jun. 14 – Jun. 18, 9:00a.m.-12:00p.m. • Monday Friday Ages 4-7 • \$168

This camp introduces our youngest engineers to fundamental concepts of energy, materials, and movement. Through open and focused exploration, students explore and construct their own roller coasters, catapults, cars, and more!!



# LEGO<sup>®</sup> EV3 Robo Olympics

Jun. 14 - Jun. 18, 1:00p.m.-4:00p.m. • Monday - Friday Ages 7-12 • \$168

The LEGO® EV3 Robotics Program is designed to introduce students to both robot building as well as programming. The students will build robots to accomplish a specific task while using their imagination to make their robot better than the basic robot. Students build and program robots to face off in a series of competitions including basketball, tug-of-war, and wrestling.

# MAD SCIENCE CAMPS

All camps & classes held at Happy Valley Park.

# Brixology LEGO<sup>®</sup> Engineering

Apr. 10 - May 15, 10 a.m.-11 a.m. • Saturday Ages 7-12 • \$90

Brixology sets the foundation for our next generation of makers! Learn about the exciting field of engineering as a Mad Scientist guides you and your team to accomplish engineering-themed projects

using LEGO® bricks and other materials. Aerospace, structural, water, learn about engineering the Mad Science wav!

# In the Garden

Jul. 12 - Jul. 16, 9 a.m.-noon • Monday - Friday Ages 4-6 • \$200

A fun and hands-on introduction to basic environmental science. Your budding scientist will explore how living things grow and how they in-

teract with the environment around them. They will discover how, why and where things grow, how weather affects our gardens, the basic science of seeds all while exploring leaves, flowers and the creatures that live in our gardens.

Daily Topics: Soil & Seeds / Sun, Wind & Rain / Plants & Leaves / Flowers, Fruits & Veggies / Butterflies, Bees & Ladybugs

# **Creative Contraptions**

Jul. 12 - Jul. 16, 1 p.m.-4 p.m. • Monday - Friday Ages 7-12 • \$200

Creative contraption warning! Junior inventors go on a journey of discovery from the real-life inventions of DaVinci, Edison and the Wright brothers to Isaac Asimov's dreams of future inventions. Each day campers are given a series of challenges which must be overcome using basic materials, simple machines, tips from famous inventors and the most important thing of all... their mind. With a little bit of ingenuity, they will construct catapults and forts and then lay siege, fab-



17



Jun 21 - June 25, 9 a.m.-3 p.m. • Monday - Friday Ages 7-12 • \$179

Our multi-sport camp is designed to introduce athletes to a variety of different sports in one setting. For this program, we combine soccer, baseball, and basketball into a camp series. Athletes will learn the rules and essentials skills of each sport along with vital life lessons such as respect and teamwork.

## **STEM & Play Soccer Camp**

Jun 28 - Jul 02, 9 a.m.-noon • Monday - Friday Ages 6-12 • \$159

This program combines strategic STEM-based activities with traditional Skyhawks soccer instruction and a focus on life skills such as teamwork and sportsmanship. STEM Sports® soccer curriculum gives students the opportunity to get behind the sport they love with modules on soccer ball design, throwin science, angles, goal-line technology! Participants will also learn the fundamentals of passing, shooting, dribbling and defense through skill-based drills and scrimmages. Skyhawks puts the Sports in STEM.

#### **Tennis Camp**

#### Jun 28 - Jul 02, 9 a.m.-12 p.m. • Monday - Friday Ages 6-12 • \$149

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.

# Apr. 7 - Aug. 25, 3:30 p.m.-4:15 p.m. • 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 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.

## Super Kids

# Apr. 7 - Aug. 25, 4:30 p.m.-5:15 p.m. • Wednesday Ages 6 - 10 • \$80

These high-energy classes are designed to be so much fun while giving kids a safe heartbeat-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!

ricate innovative flying contraptions, design their own gizmo proto types and will even assemble a working light saber.

Daily Topics: Rock, Paper, Scissors / Wiz Kids / Shipwrecked / Think Fast / Science Fiction

# VIRTUAL RECREATION CENTER & RESOURCES

## Happy Valley Parks and Recreation Website

Make sure to check out the City of Happy Valley Parks and Recreation's new Virtual Recreation Center & Resource section of their webpage! Here you will be able to scour through handfuls of virtual recreation activities for youth, teens, adults, and seniors.



# A Beautiful Smile Begins With Taking Better Care of your Teeth!

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# Help distracted driving take a back seat

#### City of Happy Valley

April is Distracted Driving Awareness Month and safety organizations across the nation are encouraging people to commit to keeping our roads safer.

According to the National Safety Council, more than 700 people are injured in distracted driving crashes every day. Distractions range from talking on a cell phone (both hand-held and hands-free), texting, eating, applying make-up, and anything else that diverts your attention away from driving.

To prevent tragedies due to distracted driving, the U.S. Department of Transportation urges motorists to do the following

Turn off electronic devices and put them out of reach before starting to drive.

■ Be good role models for young drivers and set a good example. Talk with your teens about responsible driving.

■ Speak up when you are a passenger and your driver uses an electronic device while driving. Offer to make the call for the driver, so his or her full attention stays on the driving task.

■ Always wear your seat belt. Seat belts are often the best defense against unsafe drivers

Additionally, all pedestrians and bicyclists are reminded to focus on their surroundings and not on their electronic devices.

Many people think of texting or talking on a cell phone as distracted driving, but it really can be anything. Scanning ra-

Distracted driving can have a lasting impact. Please remember to focus on the road when driving and encourage loved ones to do the

thing behind you, adjusting than driving are all examples of your car's control knobs, talk- distractions. In order to keep ing to a passenger, or simply Happy Valley's roads safe, we

dio stations, reaching for some- focusing on thoughts other

conscious decision to focus on the road ahead.

Unfortunately, cell phone use while driving is rampant and one of the main causes of distraction. To make matters worse, phone use is usually seen as the cause of an auto accident AFTER it has already occurred, although we've all probably seen our fair share of motorists using their phone in plain sight.

Happy Valley Police use education and enforcement to address traffic violations. Distracted driving is a cause of many of the crashes we investigate, so we are asking YOU to help us get the word out about distracted driving. We would much rather you (our community) do this education BEFORE a crash than us having to do

must all do our part to make a education or enforcement AF-TER a crash.

The Happy Valley traffic team has also identified areas of the City with the most traffic crashes and will be engaging in a year-long enforcement mission at those specific locations to help reduce the number of collisions. We will specifically focus on driving behavior that has proven to be a cause of crashes. This includes general distracted driving, speeding, and running yellow or red lights.

We all want to be able to drive, bike and walk safely in Happy Valley. Ultimately, distracted driving is preventable and sometimes we all just need a reminder of the risks and dangers. Please join us this month and commit to helping keeping our community's roads safe.

# TRILLIUM LAKE SNOWSHOE **TOUR IS A HIT!**

Snowshoe trip will take place at Trillium Lake on Mt. Hood.

Last month, the City of Happy Valley Parks and Recreation took registered participants up to Mt. Hood for a snowshoe adventure to Trillium Lake! The group met at the Trillium Sno Park where they were greeted with sunny skies, Joe's donuts, and tour guides ready to educate and explore! After a quick safety talk, participants tightened the straps on their snowshoes and headed out on the 2-mile trek to Trillium Lake. Immersed in a peaceful winter wonderland, participants listened to faint bird songs and snow laced streams trickle as they made their way to the day use picnic area.

On arrival at Trillium Lake, the group was welcomed by a warm campfire, ready for hot cocoa and smore's. Once warm and cozy from the fire, snowshoers adventured down to Trillium Lake just in time for morning clouds to disappear, revealing spectacular views of Mt. Hood. The group completed the day trekking across the lake, as guides led them back up the roughly 2-mile journey to the trailhead. After snapping a group photo, participants shared moments from the enjoyable day, eager to get out and explore with us again. What an amazing day!

Special thanks to our volunteer guides, Rob Hamrick and Glen Sachet, for providing their experience and education, along with Next Adventure - Sandy for outfitting the group!

Interested in joining a group on a similar adventure? Be sure to follow us on Facebook and stay up to date on all class and event listings online at www.happyvalleyor.gov/services/ parks



A snowshoe adventure created a fun experience for residents last month. The group explored Trillium Lake.



Moving forward, together. The group traversed the snowy ground amid tranquil surroundings.



During the break, participants had a chance to connect and make new friends.



Parks and Recreation staff member, Ashley Degner, takes a break by the campfire with a s'more. Both amenities were included as part of the activity experience.

Not valid with other offers

Expires 4/30/21



Community Services Director, Steve Campbell, addresses the group before embarking on the tour.







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