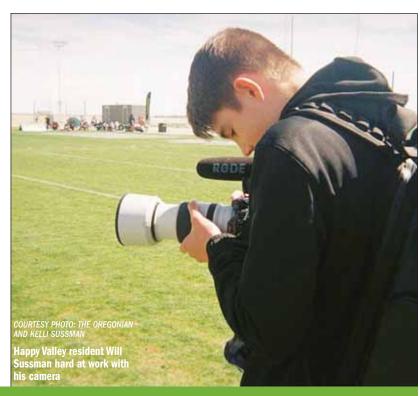
# / Happy Valley NEWS

February 2024

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# GOING FAR in Graphic



Clackamas Web Academy Senior Will Sussman is making big time moves in his creative journey

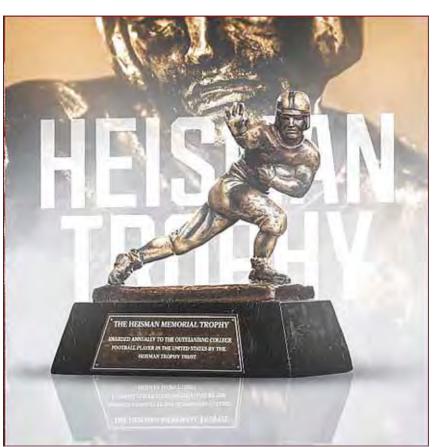
By EMMA DAVIS

Pamplin Media Group

In the bustling world of graphic design, high school senior Will Sussman stands out as a rising talent. Embarking on his creative journey four years ago, messing with Adobe Photoshop on his mom's computer during the pandemic, he discovered he had a talent for graphic design. What started as a hobby soon grew into a job and a small business. His work with programs like the Heisman over the last two years catapulted him into the world of freelance work, collaborating with various teams and companies such as Team Lillard and Church Graphic Design. Will's creative pursuits have expanded beyond graphic design, delving into video and photography.

Will has always wanted to delve into the creative world but didn't really know where to begin. From 2019 to 2020, he discovered a love for graphic design and photography. With a lot of hard work, has gotten opportunities that anyone would dream of, like working with the Heisman program. "My mom kind of brought up two winters ago in 2021, we were going to be in New York visiting at the same time as the Heisman, and I was doing design and getting into photos more, so we thought 'why don't we reach out?' and see if by chance there would

See SUSSMAN / A3



Will Sussman's design for the 2022 Heisman Trophy

### COURTESY PHOTO: WILL SUSSMAN

# **Lunar New Year 2024**

Asian and Pacific Islander clubs, library events highlights rich cultural traditions

By EMMA DAVIS

Pamplin Media Group

As the 2024 Lunar New Year approaches on February 10th, communities across the globe prepare to usher in the celebration that marks the beginning of a new lunar cycle. Rooted in rich cultural traditions, this festive occasion is observed with a variety of customs and joyful gatherings. In the North Clackamas School District, some high school students belonging to Asian and Pacific Islander clubs are



COURTESY PHOTO: WOMEN'S DAY PUBLICATION

engaging in celebrations to honor their

A traditional Chinese dragon, commonly seen in Lunar New Year celebrations

heritage. At La Salle Catholic College Preparatory Asian and Pacific Islander affinity group will be celebrating the occasion by holding a school community potluck after school on February 9th for any student or faculty member to attend. For Kayley Nguyen, a member of the affinity group at La Salle

Prep, Lunar New Year is a very special celebration for her as it gives her a chance to commemorate it with her family and honor the tradition of the occasion. "Lunar New Year holds a special place in my family's heart as we reflect on the challenges conquered in the past year and embrace hopes

See LUNAR / A3

# Valentine's Day in Happy Valley

From dining to gifts to activities together, think local this Valentine's Day!

By EMMA DAVIS

Pamplin Media Group

### **Ruby Shade Boutique**

Ruby Shade Boutique is a shop of carefully curated items, from unique jewelry and accessories to fun and trendy clothing items. With a keen eye for distinctive pieces, Ruby Shade offers a selection that caters to a variety of tastes. Whether you're searching for a thoughtful gift for your loved one or treating yourself to something special, let the allure of Ruby Shade add a touch of elegance to your Valentine's Day celebrations.

Visit: www.rubyshade.com



COURTESY PHOTO: RUBY SHADE Gift stylish clothing and accessories to someone this Valentine's Day from **Ruby Shade Boutique** 

### **Valley Public House**

With a diverse selection of local and international beers on tap, paired with a menu featuring delicious pub-style fare, Valley Public House offers the perfect blend of warmth and relaxation. Whether you're enjoying a romantic evening for two or celebrating with friends, immerse yourself in the laid-back charm of Valley Public House, where good times and great brews create the ideal setting for a memorable Valentine's Day celebration. Cheers to love and local flavor.

Visit: www.valleypublichouse.com



Grab a drink with loved ones at Valley Public House



See VALENTINE / A2

Pamplin Media Group

**Pamplin Media Group** builds stronger communities through excellent local journalism This publication is a partnership between Pamplin Media Group and the City of Happy Valley.

**CONTACT US** 

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Expires 2/29/24

A2 Thursday, February 1, 2024 Happy Valley News

### ■ From Page 1 VALENTINE: Support your local Shops this Valentines day.

### **Happy Valley Parks and Trails**

If you're more of a nature person, a walk-through Happy Valley's many parks and hiking trails is a great way to spend quality time with the one you love, your friends or yourself. Whether you're strolling along the trails, organizing a heartwarming picnic, or simply enjoying the serene surroundings, the parks offer a universal experience for all. This Valentine's Day, gift yourself and your loved ones the joy of outdoor exploration and shared moments in the heart of Happy Valley.

Visit: www.happyvalleyor.gov

### Rocky Mountain Chocolate Factory Great American Cookies Marble Slab Creamery

Whether you're surprising your loved one with a box of gourmet chocolates, sharing a warm cookie straight from the oven, or enjoying a customized ice cream creation, this trio promises to sweeten your Valentine's Day with a dash of love and a sprinkle of delightful memories. Visit this confectionery haven and treat yourself and your loved ones to a scrumptious celebration of love.

Visit: www.rmcf.com

### Terra Casa

From exquisite home decor to charming accessories, Terra Casa boasts a carefully curated selection that embodies both style and sentiment. Explore the aisles and discover the perfect token of love for your special someone or a delightful treat for yourself. With its warm ambiance and a variety of beautiful finds, Terra Casa invites you to turn Valentine's Day into a day of discovery and meaningful gifts.

Visit: www.terracasa.com

### de Fuego & the Underground

de Fuego Grill offers a delectable fusion of flavors that ignites the senses, making it an ideal destination for a romantic Valentine's Day celebration. Known for its intimate ambiance and culinary expertise, de Fuego promises a memorable dining experience. With a menu crafted from locally sourced ingredients and a curated selection of fine wines, couples can savor each moment in an enchanting setting. When you're done dining, you can head over to the restaurant's built-in speakeasy type bar, The Underground.

Visit: www.defuegogrille.com



COURTESY PHOTO: HAPPY VALLEY PARK
Visit a park or enjoy a stroll in Happy Valley.



COURTESY PHOTO: FACEBOOK
Get a sweet treat for your sweetheart at Rocky Mountain
Chocolate Factory/Great American Cookies/Marble Slab
Creamery



COURTESY PHOTO: TERRA CASA Find unique treasures at Terra Casa



COURTESY PHOTO: ANDREW WALLNER
Spend this Valentine's Day dining at de Fuego Grill

### Venvino Art Studios

This local art haven invites you to embark on a journey of artistic expression with your loved one. Explore your inner artist together at Venvino Art Studios by creating unique masterpieces under the guidance of skilled instructors. This Valentine's Day, immerse yourself in the world of art and create lasting memories at Venvino Art Studios. Plus, there are events leading up to the special day and you don't want to miss them!

Visit: www.venvinoartstudios.com

### **Sublime Clothing Boutique**

For those looking for fashionable and unusual Valentine's Day gifts, Sublime Clothing Boutique is a hidden treasure. This boutique, which is tucked away on the outskirts of Happy Valley, features a carefully chosen selection of stylish apparel and accessories. For an ideal Valentine's Day ensemble or accessory, Sublime Clothing Boutique is the place to go, whether you're buying for a special someone or spoiling yourself. It's a great spot to find thoughtful gifts that will make this Valentine's Day unforgettable.

Visit: www.sublimeclothingboutique.com

### Haven of Rest Day Spa

This Valentine's Day, treat yourself to a peaceful retreat at Haven of Rest Day Spa. This refined spa provides a refreshing array of treatments that make a great gift, as well as a pleasant sanctuary for singles and couples. Haven of Rest Day Spa is committed to offering a calm and lavish experience, from relaxing massages to luxurious facials. Treat the one you love to a day of self-care and relaxation at this peaceful hideaway this Valentine's Day.

Visit: www.havenofrestdayspa.com



Embrace your inner artist with one of Venvino's many art classes this Valentine's



Sublime Clothing Boutique



Haven of Rest Day Spa





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Thursday, February 1, 2024 A3 **Happy Valley News** 

### Sussman

■ From Page A1

be a student opportunity they might offer", he said "We sent an e-mail to Tim Henning, one of the directors at the Heisman, and he reached back out and told us that they would be more than happy to get us a pass for my time." Will did design for the trophy festivities both last year and this year.

Although making designs for the prestigious organization was an impressive opportunity for a teenager newly involved in the field, he has had other opportunities to work on his graphic design, videography, and photography skills, including standing on the sidelines filming and recording Portland area high school sports games. "I shoot for a ton of different high schools," he said. "Last football season I was mainly shooting for Nelson and then stuff kind of started to blow up from there, and then I expanded to all these different high schools across the metro

Over time, Will has grown his social media following into the thousands on both his freelance design and photography accounts respectively. Through his freelance work, he captured the attention of Alex Church of Church Graphic Design as well as a separate program, Team Lillard. "Alex Church is the owner and he's a good mentor and that's why I say about some of the people that I've met and connected with over graphic design. He helped me out a ton

with graphic design and advice in the field," he said. "And Team Lillard, is a football program here in Portland and they have been so nice, and It's it's been awesome to get to travel with them in Houston. It's another one of those opportunities that, you know, people in the community have really stepped up and made a difference for me.

Even though he has already accomplished so much in his short time in the industry, Will Sussman is just getting started. With aspirations of taking his design skills to new heights, Will envisions a future that includes a college education, brand growth, and a dedicated following. His ultimate goal? To explore positions that allow him that creativity combined with his love of sports working with renowned sports organizations, such as the NBA, and NFL, as well as college football institutions.

Considering everything he has done, he wouldn't have gotten to where he is without the support of his family, the Youth Council and the community of Happy Valley. "I really appreciate not only the Youth Council that I'm on, but just the whole city of Happy Valley and its programs," he said. "The city has supported me and has been super nice about the work that I've put in and all I've been doing, so I just really appreciate the community supporting me in this endeavor."

Will Sussman is not just a high school student with a dream; he is a budding creative force with a trajectory in the design and sports industry that will no doubt take him far.

# **YOUR HAPPY VALLEY POLICE:** A Partnership Working to Keep You Safe

City of Happy Valley

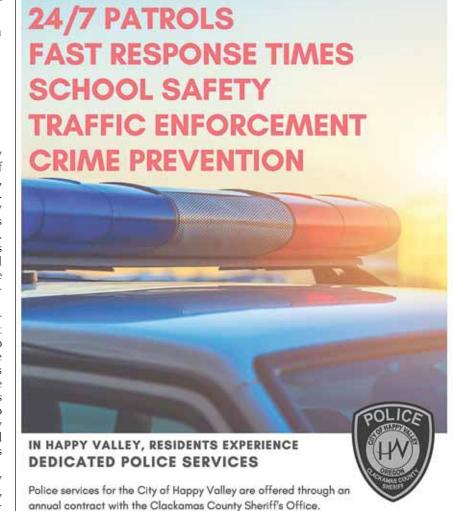
Happy Valley, residents experience dedicated police services which are offered through a contract with the Clackamas County Sheriff's Office. While many residents are aware of how this works, the details can be confusing, and it is our hope to explain more clearly how our community's police department is here for you.

The contract with Clackamas County is all inclusive and covers the cost of deputies, training, patrol vehicles, insurance, and even detective services. These services are funded entirely by a special Public Safety Levy which is voted on by residents every five years. For a city the size of Happy Valley, this arrangement allows us to maintain local control and identity of our police, while still being fiscally responsible to budgeting needs.

Being able to utilize the service capabilities of a larger law enforcement agency ensures your safety remains top priority. Through this collaboration, the partnership ensures that police services are specifically tailored to address the unique needs of our community. This practice is actually not specific to Happy Valley. The Clackamas County Sheriff's Office extends its contracted services to other cities in Clackamas County for many of the same reasons.

The mission of the Happy Valley Police Department is to assure security, safety, and quality law enforcement services to all people of the City of Happy Valley and our local businesses. Without this contract, the Clackamas County Sheriff's Office would only be able to respond to life threatening emergency calls and even then, responses to these would be based on a sheriff deputy's availability at any given time to travel to our city. This is in stark contrast to the service you experience now, where currently there is anywhere between one to three assigned Happy Valley deputies and a supervising sergeant on duty per shift 24/7, 365 days per year. This means that without a dedicated police department, the typical Happy Valley Police emergency response time of 4-6 minutes would double, or even triple, and calls from residents in the City of Happy Valley would simply not be prioritized.

À major benefit to our partnership with the County is that Happy Valley



Police are committed to keeping the City safe with dedicated police patrols. This impact is felt throughout the City in a number of ways. For example, two dedicated traffic enforcement deputies proactively patrol City streets, responding daily to challenges and concerns. Having dedicated traffic deputies allows for more targeted outreach, specifically with respect to cracking down on behaviors like speeding, tailgating, distracted driving, DUII, and running red lights.

Our local schools also benefit from the dedicated support of a School Resource Officer who collaborates closely with educational staff, prioritizing preventative measures to promote safety within the school community. This officer's community safety.

daily presence fosters familiarity with the school environment, creating a sense of trust among students, educators, and administrators, and facilitates ongoing communication.

Happy Valley deputies also actively engage with the community by participating in events, supporting local businesses, and joining the efforts of the Traffic and Public Safety Committee.

For additional insight and information about police services in Happy Valley, residents are encouraged to visit www.happyvalleyor.gov/police. This online resource offers a deeper understanding of the Happy Valley Police Department's commitment to

### Lunar

■ From Page A1

for good fortune in the year ahead," she said. "Not only is it a significant time for family, but it's also an opportunity for rich and diverse cultures of those who celebrate it.'

In addition to La Salle's celebration, the Happy Valley

holiday. On Saturday February 3, adults, teenagers and kids 10 + are welcome to come and learn how to play an ancient Chinese board game called Go. Following on Sunday February 4, there will be a Vietnamese story time filled with songs, stories and activities for all others to learn and share the ages. On Saturday February 10, close out the Lunar New Year celebration at an all ages party for the community to attend. The event features



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A4 Thursday, February 1, 2024 **Happy Valley News** 



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DAVID **EMAMI** Council President



Councilor 503-783-3800

**DAVID GOLOBAY** Councilor



503-807-2979



**JOSHUA CALLAHAN** Councilor 503-783-3800

### **HAPPY VALLEY CITY COUNCIL**

Council Meetings are held 1st and 3rd Tuesdays of the month at 7 p.m. at City Hall 16000 SE Misty Drive Happy Valley, OR 97086 (503) 783-3800 www.happyvalleyor.gov

### COUNCIL CORNER

# Thank you, **Public** Safety Team!

City of Happy Valley

Following last month's winter storm, we on City Council would like to express our heartfelt gratitude to our Public Safety Team. Comprised of dedicated public servants from Public Works, Community Services, Police, and Code Enforcement, we recognize their efforts to ensure the safety of our City's residents.

Despite snow, ice, high winds, and power outages, the Public Safety Team operated 24/7. They worked around the clock to assess and treat roadways, respond to emergencies, and prevent challenges. Through continuous efforts in de-icing, plowing, sanding streets, and addressing incidents like fallen trees and stuck vehicles, their unwavering dedication

We also want to recognize our local first responders and partnering agencies, including Clackamas Fire. These individuals demonstrated unwavering commitment by diligently performing their duties despite challenging weather conditions and numerous closures, ensuring the safety and well-being of the community.

We'd also like to thank you, the Happy Valley residents, for your patience and kind words toward City staff who worked tirelessly to keep things as accessible as possible. Together, we weathered the storm, and your continued support is deeply appreciated.





Community Service Officers helped manage traffic challenges and keep roads clear. Here, a view of Idleman and Meadow Park which was closed due to downed power lines.



Throughout a storm that lasted a full week, the Public Safety Team helped manage multiple downed trees and dangerous road conditions. Here, a view of a downed tree blocking the roadway near 145th and Ridgecrest on Jan. 18.



The Public Works crew stayed well into the evening on Friday, Jan. 19 as they helped clear a large tree blocking Tyler Rd.





**Jaret Moss & Joe Moss** Agency Producer and Agency Owner

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## **Welcome New Committee Members**

bilities as Mayor is to appoint community members to the City's advisory boards

MAYOR



and committees. I'm constantly amazed at the passion people have for our local community. Whether people have been here for

ne of my responsi-

moved to Happy Valley more Tom Ellis recently, many

want to be part of shaping the City's future. After reviewing the excellent applications, I selected the following individuals to serve:

### **Planning Commission**

### **Reappointments:**

- Naomi Turrentine Avi Patel
- **New Appointments:**
- Mary Helton ■ Mario Musil

City of Happy Valley

**Reappointments:** ■ Jennifer Huang

**Design Review Board** 

### **New Appointments:**

- Amy Wallis
- Nicole Olson

### **Traffic & Public Safety**

### **New Appointments:**

- Banessa Verkest
- Lance Gardner Susan Kahut

### **Public Art Committee**

### **Reappointments:**

■ Janice Kiser ■ Doris Bedsole

### **New Appointments:** ■ Deeann Scott

### **Parks Advisory**

### **Reappointments:**

- Erin Bell
- Glen Sachet ■ Geri Naumcheff
- Ryan Rudge

### **New Appointments:**

No vacancies to fill

### **Library Board**

### **Reappointments:**

Al Matecko ■ Jerry Dukleth

### **New Appointments:** ■ No vacancies to fill

**New Appointments:** 

**Budget Committee** 

- Geri Naumcheff
- Mark Aasland

Please join my excitement in welcoming the new committee members and thanking returning members for their service. I'm eager to see the work they do along with their new colleagues. I'd also like to take a moment to extend my gratitude to those who have completed their terms and moved on to serving the community in other ways.

- Roland Iparraguirre: Planning Commission
- Nicole Blosse: Planning
- Commission ■ Sheila Ritz: Design Review
- Mardi Wing: Design Review

LAST CHANCE: If I Were Mayor contest entries due March 1

**Prizes** 



takes a collective vision from the community and cohesive action from our volunteer committees. The City is fortunate to receive guidance and input from our community volunteers on these committees.

- Kirk Clagstone: Design Review
- Ana Sarish: Traffic & Public
- Grant Roper: Traffic & Public
- Paul Rosenow: Traffic &
- Angela Ackerson: Traffic & Public Safety Committee
- Daria Fine: Public Art Committee
- Adam Moorehead: Parks Advisory Committee

Your contributions have been greatly appreciated. The City Council and I couldn't do our work without the guidance we receive from these residents. Thank you, volunteers!

### **HAPPY VALLEY NEWS STAFF**



Stephanie Warneke SWarneke@ happyvalleyor.gov



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



Publisher's Note: Have an idea for a story? We are always on the search for new people, places, and things to write about. If you have an idea for an uplifting story that

would benefit the community, then

we want to hear from you!

To submit your idea, please head to hvbn@pamplinmedia. com and include as many details as possible, so our publication team can review your proposal. Our best stories highlight the spirit and values of the Happy Valley community and showcase meaningful happenings in the lives of residents and local businesses. We invite you to include anecdotes in your story proposal that are funny, astonishing, heartwarming, and inspiring. If we think your story idea is a good fit, our community writer will get in contact with you to discuss the possibility of it being featured in an upcoming issue.



**Publisher** Aaron Breniman abreniman@ pamplinmedia.com 971-204-7789



Advertising Assistant **Bren Swogger** bswogger@ pamplinmedia.com



Dwayne Stowell, Megan Smith

hvn@pamplinmedia.com

Planning for the future isn't just about what the City Council thinks is best. It

- Travis Olson: Design Review Board
- Safety Committee and Budget Committee
- Safety Committee and Budget Committee
- **Public Safety Committee**

### IF I WERE MAYOR **CONTEST OPEN** TO STUDENTS IN GRADES





4TH-12TH

CITY OF HAPPY VALLEY What would you do as Mayor? Head to the City website for contest information and to download your student's entry form.



### City. For students, this is a great ideas, a compassionate heart, way to stay connected to learning and spark some creativity. For community a better place? The all the details, including contest guidelines and how to submit an

City of Happy Valley is again participating in the Oregon Mayors Association (OMA) If I were Mayor 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

Know a student with big

and interest in making the

statewide competition. If I Were Mayor gives students the opportunity to take a closer look at their community and share their thoughts about safety, the environment, health, social

services, youth programs and anything else they think is vital to the entry, simply head to happyvalleyor.gov/if-I-were-mayor or scan the QR code with your smart device. The deadline to submit entries is 5 p.m. Friday, Mar. 1.

### **General contest format**

There are three categories based on student grade:

- Elementary School (grades 4-5) – Poster
- Middle School (grades 6-8)

Digital Media Presentation

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■ High school (grades 9-12) –

group in the Happy Valley contest will be awarded a \$100 cash gift card and recognized at an upcoming City Council Meeting. Winning submissions will also be entered in the statewide contest where there will be a chance to compete for an additional prize. **High School Shout Out** 

The winner of each age

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The City is particularly interested in hearing from high school students. If you're a high school student, please consider submitting an entry. If you know of a high school student who has great ideas, please encourage them to participate.

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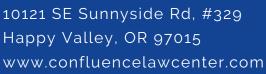
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A6 Thursday, February 1, 2024 **Happy Valley News** 

### City of Happy Valley

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 www. hv.city/notifications.

### February 2024 **Community Calendar**

### February 6

**■** City Council Work Session: City Hall, 6 p.m.

**■ City Council Meeting:** City Hall, 7 p.m.

### February 7

■ Valentine's Day Care Cards for Seniors: due by 5 p.m. return materials to City Hall or Happy Valley Library

February 19 ■ President's Day Observed: - City Hall and Happy Valley

### Library **CLOSED** February 20

- City Council Work Session: City Hall, 6 p.m.
- **City Council Meeting:** City Hall, 7 p.m.

### February 22

■ 172nd Ave. Infrastructure **Improvement Open House:** City Hall, 6 p.m.

### February 28

**■** Happy Valley Business Alliance Meeting: City Hall, 7:30 a.m.-9 a.m.

■ If I Were Mayor contest entries due by 5 p.m.

**■** Parks Advisory Committee Meeting: City Hall, 6 p.m.

### March 5

■ City Council Work Session: City Hall, 6 p.m.



# 172nd Ave. project open house set for Feb. 22

City of Happy Valley

To keep pace with the City's growth and future needs, and to reduce congestion and improve safety for vehicles, bicyclists, spring 2027 to winter 2028. and pedestrians, the City is working with Clackamas County to improve infrastructure on 172nd Ave. between Sunnyside Road and Maple Hill Lane.

the project and ask your questions at an in-person open house on Thursday, Feb. 22 at City Hall from 6 p.m. to 8 p.m.

### **Project details include:**

- Widening 172nd Ave to four travel lanes between Misty Dr. and Scouters Mountain Road to include bike lanes, landscape strips and sidewalks
- Adding a traffic signal at Troge Road
- Expanding the single-lane roundabout at Scouters Mountain Road to a multi-lane roundabout
- Moving existing utilities underground

 Adding street lighting

Engineering design will continue through winter 2026. Construction is planned from

Visit www.clackamas.us/ engineering/172nd-ave or scan the QR code with your smart device for updates and to sign up for the email list.

Please note, while this is a You are invited to learn about Clackamas County project and the County manages 172nd Ave., the City of Happy Valley will assist with project coordination and review, and will fund the effort via the City's Urban Renewal District which helps ensure growth pays for growth. Clackamas County will manage and lead the design and construction activities. Together, Clackamas County and the City of Happy Valley recognize this project as a top priority.

To request translation services at the upcoming Open House, please contact the City Recorder at (503) 783-3836 or City Hall at (503) 783-3800 at by Feb. 15



Save the date and consider learning more about the upcoming infrastructure project at 172nd Ave at the open house on Feb. 22. You can also sign up to receive notifications about the project by email.

## **STAY CONNECTED: Optimize your city** experience with E-notifications and text messages

City of Happy Valley

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Head to www.hv.city/notifications or scan the QR code on the graphic with your smart device to sign up. From there, you can also manage your City notifications or change your delivery preferences.



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Thursday, February 1, 2024 A7 **Happy Valley News** 

# **Oregon** Youth Summit

6th annual event hosted by **HV Youth Council to further student** discussions on health and wellness



In 2023, over 75 Youth Council representatives, advisors, and City Council members from eight cities throughout the state united at the Oregon Youth Summit. Be sure to check out the next issue of HV News for a recap of 2024's event.

City of Happy Valley

Stay tuned for updates regarding 2024's Oregon Youth Summit as Happy Valley's Youth Council gears up for its 6th annual event on Feb. 2.

The Summit, to be held at Willamette University, will bring together Youth Council representatives from various cities across Oregon. This gathering serves as a platform for these young leaders to share insights and collaborate on statewide approaches to address the challenges faced by Oregon's youth.

This year, the focus is on youth wellness and mental health, building on the success of their Youth Town Hall event last November which offered a platform for local experts and speakers to delve into these critical issues alongside concerned

high school students.

Happy Valley's Youth Council, established in 2010, comprises student leaders from local high schools who work closely with city government representatives.

The council advocates for giving teenagers a voice and a stake in their community. Beyond the Oregon Youth Summit, the Youth Council

coordinates such initiatives as the Rx Drug Take Back program and teen driver safety events and is an active participant in various city events throughout the year.

Aspiring youth leaders interested in joining the Youth Council can submit applications during the open period in April/May. For additional information, visit www.happyvalleyor.gov/youth-council.

### YOUTH VOICE

## Youth Council Re-Emphasizes Focus on Teen Wellness Through Town Hall on Mental Health

Student journalist gives insider take on Youth Town Hall



Finnuala Christensen-McElroy

n Nov. 15, Happy Valley's Youth Council held their annual Youth Town Hall, the focus of which (tobacco, vaping, drug use, alcohol consumption, mental health, and suicide prevention) mirrored their overarching theme for the year: youth health and

The Youth Council, composed of 13 high school students and led by co-chairs Riley Thames and Ava Stahl, wanted to raise awareness about mental health struggles that teens face. Organized with the help of their two advisors, Steve Campbell and Stephani Hern, the event was a collaboration with Clackamas County Services and National Alliance on Mental Illness (NAMI), to provide a platform for local teens to hear and engage in dialogue about issues affecting dinner, giving teens the opportunity to eat and discuss the subjects highlighted in the evening's program. Shortly after, the Council welcomed and introduced everyone to the event. This was followed by a round of icebreakers, led by council member and La Salle Catholic College Preparatory student, David Sharyan. The activities allowed people to become more comfortable with the environment and engage with the council.

"We're discussing heavy topics," co-chair Thames said. "So, we wanted to start with something

Involving teens in "meaningful discussion about important topics affecting them" was one of the main goals of the event, and though a Q & A took place once the presentations were over, questions were

Oregon Student Health Surveys like those shared by Jamie Zentner, a senior program planner from Clackamas County Health — were informative and helpful in gauging the scope along with the overlap of mental health and tobacco/drug use. But what was most impactful about the event were the personal stories shared by two NAMI volunteers, Jen and Nicole.

When hearing information about complicated issues like mental health and drug abuse, it's easy to distance myself from it. Yet as I listened to Nicole and Jen open up about their own mental health journeys, from middle school, to treatment, to where they are now, I connected with what they shared, as their experiences reflected those of myself and my peers.

"No one talked about mental asked and welcomed by presenters health," Jen said, expressing how

The town hall began with a pizza as they spoke. Statistics and the lack of discussion combined with social pressure were some of the biggest challenges she faced in getting treatment, along with talking to her family and friends about what she was going through. These discussions are difficult to have, and although it's easier to overlook their importance, to myself and the people around me, both Jen and Nicole emphasized how crucial it is to reach out, even if it seems hard or awkward, because you never know what's going on in someone else's life.

"Success looks like a lot of different things," Jen said, sharing the message that stuck with me the most from the Youth Town Hall: "It gets better. That's cheesy, but true."

Finnuala Christensen-McElroy is a Sophomore at La Salle Catholic College Preparatory and staff writer for The Falconer.

### **YOUTH VOICE**

We are pleased to announce that this article is featured in the HV News as part of an exciting partnership between the City of Happy Valley, Pamplin Media, and our local high school journalism programs. This collaboration aims to amplify the student voice and provide residents with a unique opportunity to gain insights into the interests and focus of our talented local high school students. We encourage readers to stay tuned for future issues as **HV News continues** to bring a variety of compelling student pieces in the months to come, fostering a deeper connection between our residents and the vibrant student community.

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A8 Thursday, February 1, 2024 **Happy Valley News** 

# **Coming Soon!**

# New online option for many City services

City of Happy Valley

We're excited to announce that the City of Happy Valley is bringing the convenience of online services to your fingertips!

Soon, you will soon be able to apply and submit payment for City related licenses and permits from the comfort of your home, office, or even on the go. Save yourself an extra trip to City Hall and take care of a variety of tasks with just a few clicks.

Civic Access powered by EPL's online platform is designed to simplify your experience, providing a hassle-free way to take care of dog licenses, alarm permits, building permits, and more.

The service will also make applying for and renewing business licenses a breeze. Stay tuned for additional information as we get closer to the big launch by following us on social media or signing up for City notifications.

That way, you'll be the first to know about all the important updates.



Residents will soon be able to take care of a variety of licensing and permitting tasks online! Stay tuned

# Continuing to Grow

### Happy Valley's Boys Team Charity League recruitment event set for March

By EMMA DAVIS Pamplin Media Group

Happy Valley offers a plethora of opportunities for community involvement, but for boys and their parents in particular, the Boys Team Charity League is an excellent choice.

The league is the first and only chapter in Oregon beginning in 2020 that offers boys in grades 7 through 12 the opportunity to develop their leadership abilities, and social skills and give back to the community. James Sorenson, the chapter's founder, and his group give young boys the chance to take part in annual charitable events held across Happy Valley as well as the Portland area.

Being so new, the Boys' Team Charity League was (and still is) in need of new members, and over the last year, the team grew from 36 families to just over 50. Starting on March 1st, and running through the whole month, the league is looking to recruit as many members as possible to join in on all the great things that it has to offer. "We are finding so many great opportunities around the city where there's just a huge need and it gives our boys new chances to grow and learn," Jones said.

league has expanded in their philanthropic efforts as well as the district location boundaries for who is eligible to join. "Our original sort of footprint was largely the Happy Valley area, like AC Nelson and Clackamas High School," BTCL President James Sorenson said. "We also expanded out to the entire NClack school district so members can be from those two schools but also Milwaukie, Rex Putnam etcetera."

"We have really grown our philanthropy activities, and at this time last year we had completed roughly 500 hours over nine months, and this year we've done 1,144 hours. So yeah, a big growth in the impact on the community," Sorenson said. Most of the volunteer activities are done in the local community, like Oktoberfest, Dumpster Day, meals on Wheels and working with veterans. "It's great to help our local



Some of the members during the Johnson Creek cleanup

COURTESY PHOTO: BOYS TEAM CHARITY LEAGUE

In the 2023 through 2024 year, the community, but we've also expanded to impact the broader Portland area," Janelle Jones said. "It's great to have the boys exposed to the opportunity to help and contribute to other places besides the town they

> The BTCL is primarily philosophy-based, but also a community in which boys can learn new skills, develop leadership abilities, and build a foundation for their future. You get to see this development as these boys age into this more than you would see for boys who don't have these kinds of opportunities to get out into the world and get involved," Jones said. "It's not just the philanthropy, which is still so important, but also that we want to develop our boys and help them grow as people after they leave and

> Some of the philanthropy efforts added are partnering with a transition

homeless center, the Children Arts somebody's life in a small way." Program which provides art supplies for sick children or who have parents who are sick, and Portland Backpack. "The Portland Backpack is one we do a lot of and it's providing food for children who are on free lunch programs and need food on the weekends," Sorenson said. "What we do is help pack up sack lunches that are then delivered to the schools on Friday afternoons so they can take them home and have food over the weekend."

The Boys Team Charity League's ultimate goals are to help the community, impact peoples' lives and build their members from boys into young men. "There's so much negativity in the world these days and it's very easy to get beaten down by it, but we are here to help where we can," Jones said. "And it's really nice to see and watch these kids experience that what they do is changing

The league is always looking to expand its membership to boys and their families throughout the community, as well as new board members, so make sure to check its social media pages and website for updates on the league and its upcoming membership drive at the beginning of March.

"The biggest focus is philanthropy and teaching, but we want them to know that there's a bigger world out there for them to build their character and grow as people," Sorenson

For more information, contact Ana Sarish, VP of Philanthropy and Keoni McHone (incoming VP of Philanthropy), best reached at asarish@msn.com. Also, for updates about membership meetings and current events, follow us on facebook at Facebook under facebook.com/ btchappyvalley



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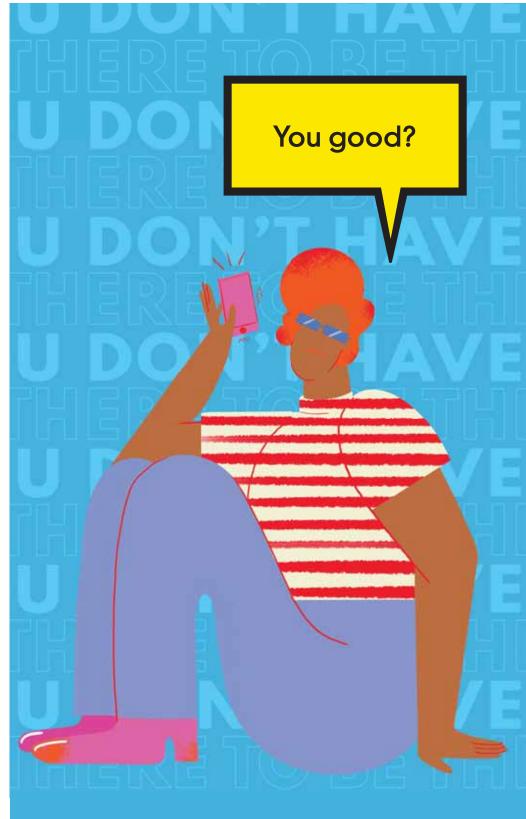
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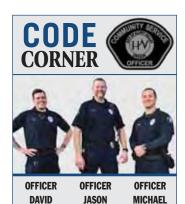
### MAKE SURE YOUR ALARM PERMIT IS UP TO DATE

City of Happy Valley

Home security systems offer protection for your loved ones and property, and often provide peace of mind whether you're home or away. Depending on the company you use and the features you select, alarm systems can be as basic or complex as you desire. With this said, it is important to keep in mind that if you have a home or business alarm system, it is a requirement that you obtain a formal permit from the City Before activating your alarm system.

### Malfunctions and mishaps

In Happy Valley, our police patrol units respond to all home and business alarm calls, but excessive false alarms can place a significant burden on our law enforcement resources and public safety tax dollars. That's why it is the responsibility of the alarm user to be able to manage the system and use it correctly. Malfunctioning sensors and careless use can be troublesome and lead to unnecessary visits by police. Should your home or business alarm be call response



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triggered unnecessarily more than twice, you WILL be subject to penalty. Please help us keep false alarms to a minimum and be mindful of any training you, your family, or employees may require to effectively use any systems in

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- 5th false alarm in permit period \$150
- 6th false alarm in permit period \$500 and suspension of



FACT: If police respond to your alarm, and you don't have an alarm permit, you could be subject to a \$500 fine. Make sure you comply by completing your alarm application if you haven't

### Benefits to YOU when you complete the permit process:

Emergency contact numbers will be on file with the City in case emergency personnel cannot get a hold of you right

### Apply for a permit

Alarm permits are issued at City Hall and can be applied for in person or by mail. Alarm permits cover a two-year period, beginning the date the permit is issued. Users simply need to

head to happyvalleyor.gov/ alarm-systems to download the alarm permit application. Follow the directions and submit the completed application with accompanying fee (\$60 for residential, \$100 for business). Once your permit is

www.happyvalleyor.gov/alarm-systems or scanning the QR code.

received, it should be displayed physically upon the premises the alarm permitting proand available for inspection. Please note: For residents 65 years of age or over, or resident military/veteran, an alarm permit must be submitted, however the permit fee is waived.

Have questions about cess? Reach out to Code Enforcement Administrative Assistant, Christine Beltz at cbeltz@happyvalleyor.gov. You can also contact her by phone at 503-783-3800.



Do you utilize a home alarm system? Make sure you have an up-to-date permit on file with the City by heading to

# Residential fire sprinklers: Did you know?

### National Fire Protection Association tips for residential fire sprinklers

Clackamas Fire District #1

### Did you know?

The National Fire Protection Association (NFPA) Fire Sprinkler Initiative wants to bring safety home by providing helpful information regarding fire sprinklers:

1. Working smoke alarms and residential fire sprinklers increases your chances of surviving a house fire by 82%.

2. Depending what is on fire inside your home, fire sprinklers will take less



time to activate than it would for you

to the fire will activate.

4. The average time it will take to be back in your home after a fire is one to two weeks.

5. Water damage from a fire sprinkler head is minimal with 26 gallons per minute; however, the water damage from a fire hose is 250 gallons per minute.

If you have questions regarding your fire sprinkler system, please contact the Clackamas Fire District #1 Fire Marshal's Office at: (503) 742-2660 or visit our website: http://www.clack 3. Only the fire sprinkler head closest amasfire.com/fire-prevention/.



Residential fire sprinklers, like the one pictured here, are an additional safety mechanism that could help keep your family from harm in the event of a fire.

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**Public Policy & GA Meeting** Feb 5 • Noon-1 PM

**Better Homes & Garden** 

**Ambassador** Meeting Feb 13 • 7:30 AM - 8:30 AM **Chamber 101** (Virtual)

Feb 13 • Noon-1:00 PM

**Business After Hours** Feb 15 • 5:45 - 7:00 PM **Embold Credit Union - Happy Valley** 

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A10 Thursday, February 1, 2024 **Happy Valley News** 



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Thursday, February 1, 2024 A11 **Happy Valley News** 

# National Charity League, Inc. Sunnyside Chapter Annual Membership Drive

Nation's largest mother-daughter volunteer organization now accepting applications National Charity League, Inc.

National Charity League

The Sunnyside Chapter of National Charity League, Inc. (NCL), the nation's largest mother-daughter volunteer organization, is now accepting applications from women with daughters currently in 6th – 8th grades. The Sunnyside Chapter is comprised of 160 members who reside in Happy Valley, Clackamas, Damascus, Milwaukie, and surrounding areas.

The Sunnyside Chapter mother-daughter teams volunteered over 4,100 philanthropy hours in the 2022-2023 year for 23 local and national philanthropic organizations, including Oregon Humane Society, Feed the Hungry, Clackamas Bookshelf, American Cancer Society, the North Clackamas Family Support Center, and the City of Happy Valley.

The mission of NCL is to foster the mother-daughter relationship through an ongoing commitment to philanthropy, culture, and leadership. Many members are drawn to NCL as an opportunity to create meaningful experiences with their daughter. "My daughter and I joined NCL three years ago and our experience over the years has given us so many memories to cherish. As any mom knows, the middle and high school years pass quickly, and being a part of NCL allows us to spend time together in a meaningful way. Not only have we grown in our relationship as mother-daughter, but also individually through leadership opportunities in our chapter. We are fortunate to have access to wonderful speakers, webinars, toolkits, and mentors that model and teach these skills. We also love NCL because of the amazing mom's and daughters in our chapter. It really is a joy to serve alongside them," said Emily Timm, NCL President.



Members of the NCL Sunnyside Chapter gather for a photo during a service project at the Clackamas Bookshelf.

Communications.

In addition to the focus on philanthropy, NCL members also enjoy leadership and cultural activities as a whole chapter and in smaller groups based on the girls' high school graduation year. Seniors are shown special recognition at the Annual Tea held every spring, which is a favorite event for many members. All members have jobs within NCL so that the chapter runs efficiently, allowing both mothers and daughters to increase leadership skills.

Growing the chapter will allow NCL to make an even larger community impact. "The current membership drive is a time to welcome new members to NCL. NCL is always excited to introduce new mothers and daughters into our chapter and share the joy of serving the community and developing leaders," said Hill.

For more information, prospective members are encouraged to visit the Sunnyside Chapter's website at www.nationalcharityleague.

org/chapter/sunnyside or send an email to membershipsunnyside@nclonline.org.

### **Membership Drive Details:**

■ Timeline: Applications for membership are only accepted during the Annual Membership Drive from Jan. 15 – Mar. 1.

**■ Eligibility:** A prospective member shall reside within Happy Valley, Clackamas, Damascus, Gladstone and surrounding areas and have a daughter currently in 6th – 8th

**■ Prospective Member Meeting:** Interested mothers are encouraged to attend one of the prospective member meetings. To receive an invitation, please contact the chapter at membershipsunnyside@nclonline.org.

■ Applications: Completed applications are due by Mar. 1,

### **About National Charity League, Inc.**

Established in Los Angeles, California in 1925, and incorporated in 1958, National Charity League, Inc. is the nation's premier mother-daughter non-profit organization. By incorporating mission-based programming, National Charity League develops socially responsible community leaders and strengthens the mother-daughter bond through philanthropy, culture and leadership. National Charity League recognizes the importance of diverse perspectives and experiences to meet the needs of the communities

Currently, the philan-thropic organization has over 200,000 members and alumnae in hundreds of chapters across the nation. Last year, members contributed nearly 3 million volunteer hours to more than 6,000 local philanthropy partners and their chapters, resulting in a \$86 million fiscal impact. National Charity League proudly celebrates its 100th anniversary in



NATIONAL CHARITY LEAGUE

NCL is often seen at City events volunteering or hosting a community booth. At the recent Oktoberfest event, members answered questions and connected with local moms and daughters.

establish long-lasting relationships with their philanthropy partners so members can provide dependable support. "The ongoing partnership with our can really see the effect of the said Kari Hill, Vice President of

Every NCL chapter works to philanthropies is something spevalue and appreciate. Everyone learns a little more about the

volunteer hours and service. cial that mothers and daughters These ongoing partnerships rely on new members to continue providing the needed

# HAPPY VALLEY **BUSINESS ALLIANCE**

### HAPPY VALLEY BUSINESS ALLIANCE

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Join us for the next meeting, Wednesday February 28, at 7:30AM at Happy Valley City Hall (16000 SE Misty Drive Happy Valley, OR 97086)

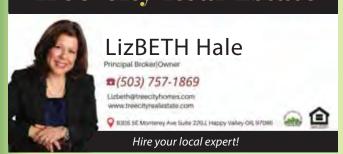
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A12 Thursday, February 1, 2024 **Happy Valley News** 

# Stickman Brewing Company - Wood Fire Pizza Awaits!

Popular brewery offers a variety of classic & unique pies

By JAMES KENNETH PRESLEY For Pamplin Media Group

s the saying goes, when pizza  $\,$ is good, it's great, and when pizza is bad... well, it's still pretty great.

This statement rings true for all who have been blessed with a palette, for pizza serves as a canvas for all culinary kinds, able to shapeshift and take form to the flavors and dietary needs that That being said, while the vibe of this

"Once

been a

came here in

**Happy Valley** 

what we're

getting on

pizza night."

best fits you to create your own flavorful masterpiece. Perhaps no place understands this concept better Stickmen than Stickmen Brewing in Happy Valley, realizing that a menu doesn't require an abundance of items to make it's never it successful, and that you only need to pick one specific question as to item and make it better than anyone else.

As Happy Valley continues to grow, we witness more and more businesses, both new and established, enter our endearing community

to convince us why they belong. Of these newer neighboring businesses is Stickmen, a well-established brewing company that recently planted their flag in Happy Valley with an aim to expose locals to their incredible craft

cooks pizzas faster than you can order

"This oven can cook a pizza in under five minutes when everything is going smoothly," says Stickmen Manager Jonathan. "We're very team oriented here and it makes the environment fun to work at.

From experience, we can attest to how the employees swinging pies and pouring brews in a fun manner rubs off on patrons and guests, as Stickmen feels more like a food hall rather than your run-of-the-mill restaurant, almost as if everybody there is celebrating something together, really driving home that idea of community.

> establishment with its openfloor seating and marble countertops may draw new faces, it's the pizza and beer that no doubt keeps them

We grabbed a seat of our own during an icy January weekday, accompanied by other surrounding guests which hints at the loy-alty Happy Valley natives already have for this establishment as they too were willing to brave the bumps and bruises of Winter. We also observed their fun and modern exposed ceiling and multi-

ple tv stations while sipping on their infamous Siren hazy IPA, capable of warming the body faster than three layers of clothing. And then, in all of its 12 inch glory,

beer while giving a pizza option that's there it was, the Banh Mi pizza, different from the standard. That's smothered and covered in cheese, right, a glorious wood fire oven that pulled pork, ham, pickled carrots, pizza, a favorite menu item says the





Wood fire pizza oven: There's nothing "low and slow" about this cooking process!

A pizza beacon: While we may avoid the patio seating this round, we'll surely be back when the ice melts!

COURTESY PHOTOS: JAMES KENNETH PRESLEY

jalapenos and garnished with cilantro. This pizza, a nod to the classic Vietnamese sandwich, was organized and chaotic all at the same time, keeping our pallet guessing with each new bite, taking on flavors that harmoniously worked to the point where we nearly finished the whole thing in one sitting. However, there was

another dish waiting, and that was

their take on the classic margherita

cheese, tomato, and basil made it feel like summer, even though it was sub 30 degrees outside. The best part? The wood fired crust, crispy and delicate with every bite, with a crunch so loud it could echo across the hall. This is our family's absolute favor-

manager. This pizza, dressed only with

ite pizza spot," says one patron who was eating with his family. "Once Stickmen came here in Happy Valley it's never been a question as to what

we're getting on pizza night."

Stickmen, early in its Happy Valley residence, already feels like it's been here for years, given the popularity you experience upon arrival, especially during evenings and weekends. It's a pizza hub where everybody belongs, a concept that leaves our hearts as warm as if it was being served to us from their wood fire oven. You simply must check them out on your next

# Looking for winter snow activities and outings?

By JAMES KENNETH PRESLEY For Pamplin Media Group

t is truly a marvel to live in the state of Oregon, given how we are gifted with such iconic scenery that keeps the adventure in us guessing year round.

From long nights on the beach in the Summer to exciting hiking trails in the Fall, we are simply overwhelmed with naturistic options that are sure to keep the entire family entertained while also taking in some fresh air. Perhaps nothing better resembles this statement than the site of Mt. Hood, which can gloriously be seen from many spots in Happy Valley. However, just what activities can the whole make Mt. Hood more than just season! a view?

### **Cosmic Tubing**

Over 600,000 LED lights? Exciting music? Sounds like a party to us! Cosmic tubing is a top tier Winter experience that every family needs to experience at least once, and



family do this Winter that can Have some fun with the family on Oregon's most famous mountain this winter

just over an hour from Happy Valley is your best chance to bundle up and go tubular! By visiting skibowl.com, you can purchase tickets for cosmic tubing in advance to ensure your entire family gets to take

Mt. Hood Skibowl, located in this can't miss evening snow activity. The best part? You don't even need to hike back up to the top of the hill to take vour rental tube sledding, just hop on their human conveyer belt and ride to the top with



Tubing is a family favorite up on Mount Hood and is one of many

Tickets are released on a rolling week every Tuesday, so be sure to book ASAP if this is on your Winter activity list... tickets do go fast.

### Mt. Hood Outfitters

consider Mt. Hood Outfitters, specializing in guides, rentals,

and tours since 2005. The process is simple. First, visit mthoodoutfitters.com and click the booking button. Then, choose your family adventure! Options include a 90-minute snowmobile tour, a snowshoe tour, or a cross country ski tour.

Next, pick both your time and date, ensuring that you have a good chunk of time carved out for you and your family to experience Mt. Hood from the viewpoint that few get to take in. It's that simple! It's sightseeing at your own pace. A personalized family fare that will leave you with memories that are sure to last long after you head back home.

### **Ski & Snowboard Lessons**

The historic Timberline Lodge is home to some of the best instruction you'll receive in the Pacific Northwest when it comes to Winter sports, giving you a perfect excuse to pick up a board or a set of skis and add For those who enjoy family this fun Winter hobby to your adventure albeit at a slower athletic arsenal. At Timberline, pace, then you simply have to there are multiple options for these lessons, including but not limited to private lessons for all ages and all levels, a Kid's Club where children ages 4-12 can participate, and group lessons, where you'll be placed based on your current skill to the instruction level that best suits you. Lessons vary in price based on age and what kind of experience

you're seeking, starting anywhere from \$100 and onward by the hour (equipment price separate).

A few familyactivities on Mt.Hood this winter

### **Government Camp**

If bundling up and taking on the snow feet - or sometimes face — first isn't your thing, then why don't you and your family take it easy and spend the day at the majestic town Government Camp? From visiting Mt. Hood Cultural Center & Museum to popping in the Govy General Store, you'll get all the mountain feels without the possible bumps and bruises that come with hitting the slopes. Equally, by visiting Oregon's Alpine Village you'll also be subject to some amazing mountain eats, where you can grab a bite with your fam at places like the High Mountain Cafe, the Ratskeller, or the Glacier Public House. Burgers and pizza do seem to taste so much better when you're at 4,000 feet. Match these activities with a chance for your kids to play in the snow surrounding this village and you're sure to have a day your family will never forget.





Non-profits & Community Events can save up to 50% on promotion in the Happy Valley News with our Pamplin Partners program.



Get in touch with us at hvn@pamplinmedia.com for more info on how we help support non-profits, community organizations & events!

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

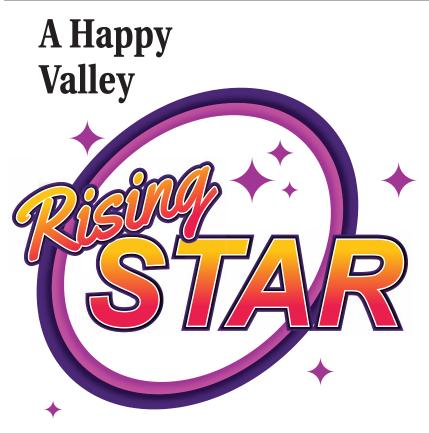




OPEN M-F 8AM TO 5PM



Thursday, February 1, 2024 A13 **Happy Valley News** 





Tyson as Buddy the Elf in "Elf the Musical"

COURTESY PHOTO: TYSON THAMES

### Nelson High School junior Tyson Thames discovers love of performing

By EMMA DAVIS Pamplin Media Group

nly being involved in theater and drama since his freshman year, Adrienne C. Nelson High School junior and Happy Valley native, Tyson Thames, has already made a name for himself. He has already performed as the lead in several shows and has recently managed to book his first professional role with the Oregon Children's Theater in the musical Percy Jackson: The Lightning Thief playing none other than Percy Jackson. From his initial start to his first big role, Thames has found confidence, affirmation, and a place of belonging through theater.

When his freshman year approached, he was encouraged by his family to do an extracurricular activity. He decided to try his hand at theater and immediately fell in love. "I didn't really want to do sports, so I decided to audition for the musical, which at the time was 'Pippin'," Thames said. "I didn't expect anything to come of it because I had never done anything like this before, but I ended up getting the understudy to the main character."

That first moment performing on stage set the scene for what Thames would soon accomplish and learn about himself. "Pippin was a character that I truly identified with because his whole thing was him wanting to find his purpose or 'his corner of the sky' and I was in the same position," he said. "For the longest time I didn't have a passion for anything, so finding a



COURTESY PHOTO: TYSON THAMES Tyson Thames as Pippin in his first ever performance at Nelson High School

character that I related to and playing him as my first performance ever was really transformative and showed me that it was something I

wanted to keep doing.' With theater, he gained confidence, purpose, community and a clearer path to his future. "Taking my first bow was like chills down my spine and when I realized that these people were clapping for me, was such a magical experience for someone who had never gotten anything like that before," he recalled. "It was life-changing." Following, he went on to perform in several different productions like Elf the Musical, A Chorus Line, Alice in Wonderland and

This last year, Thames took a chance to take his acting to the next level by auditioning for the Oregon Children's Theater production, Percy



Tyson Thames as Percy Jackson in the promotional photos for "Percy Jackson:

Jackson: The Lightning Thief. "My mantra when auditioning is like 'I want them to say no to me, not me say no to them' like a take me or leave me kind of thing," he said. "It still feels so surreal to me; I love this character and I love the books, but I'm very excited."

The Lightning Thief"

Performing in a big theater that can seat nearly 900 people can be daunting, but for Thames, it adds to the

excitement. "When the lights are down on the audience, you can't really see them, and then you start interacting with the character so much that you just forget about it all and it becomes second nature," he said. "I'm in my own little world and hearing the audience reactions, it's affirming of like 'yeah, I can do this' and it's such a cool feeling. And with that, I like making people happy with

SUNNYSIDE MEADOWS

the performance."

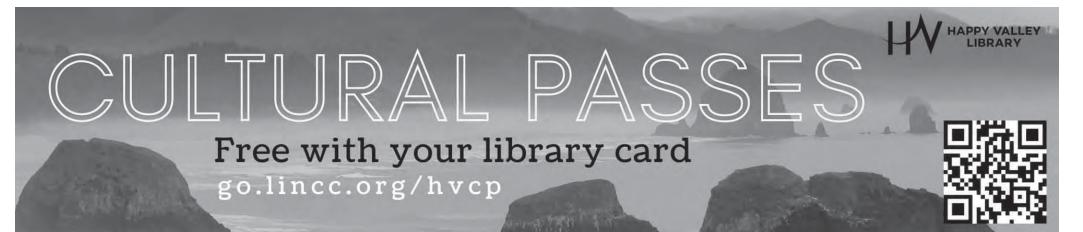
Though 16 years old, Thames is already looking to the future after high school. "I've joked about being a 'Broadway Tenor Heartthrob,' like acting on stage and getting fans and having somebody make video edits of me," he laughed. "I do have hopes to perform on Broadway at some point, but I think I also really want to become a drama teacher someday."

Finding a love for performing has been a driving force behind his future ambition, but it was the sense of community and belonging that meant the most. "What I love so much about this community is that I get to be part of something bigger than myself," he said. "Both my choir director and drama teacher are huge inspirations to me because they've given me a place that made me feel important, and I want to do the same for others."

The things that he has gained and learned since his musical beginning have shown him what he is capable of and have given him a sense of purpose and belonging. "I feel like I found out a lot about myself that I didn't realize was there and I wouldn't be where I am right now without the support of my family and my community," he said. "I found out who I was. And I finally

found my corner of the sky. Tyson's upcoming performance in Percy Jackson: The Lightning Thief will be held at the Newmark Theater from Jan. 21st to Feb. 18th. Tickets are available online at octc.org/ the-lightning-thief.

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Sunnyside Meadows is a charming and safe memory care community that is dedicated to

serving the needs of individuals with Alzheimer's disease and other forms of dementia.

A14 Thursday, February 1, 2024 **Happy Valley News** 

# Sit Still Delivers Fun, Inclusive Salon Experience for Kids

New Happy Valley location offers haircuts, party packages and more

By BREN SWOGGER Pamplin Media Group

Haircuts can be an ordeal for many kids and their parents, especially if it's their child's first time in the chair. However, Sit Still, a modern hair salon focused on kids, makes haircuts a fun experience. Now with a brand-new Happy Valley location, Sit Still is bringing their brand, focused on letting

kids express themselves through hair in a safe, inclusive, and fun environment, to the Happy Valley

community. Mellisa Muzzy, owner of Sit Still's new Happy Valley location, has a long history with the brand. "I was familiar with it from living in West Linn and taking my son there for his first haircut," Muzzy said, "and then I kept going there even after I moved to Happy Valley. I just kept driving back to West Linn because I just loved

the concept and loved the brand." Since then, Sit Still has now expanded from its original West Linn location to become a franchise with locations across the country. "As soon as they became a franchise, when I was living in Happy Valley, I was like, oh my gosh, Happy Valley needs one

Now a Happy Valley resident of 12 years and with a background in the business world, Muzzy took it upon herself to bring her favorite salon closer to home. "I have felt like a kids hair salon has been a need for years," Muzzy said. "It was also really important for me to do something that my family and my kids could be

the new location, Happy Valley's Sit Still location finally opened on December 7th last year. And since then, the community reaction has

been outstanding.

sit still.

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**HAPPY VALLEY** 

"So many families come in, and a lot of them are familiar with the Sit Still brand," Muzzy said. "But even families that aren't familiar with it, they come in and they are just like, oh my gosh, this is so great that this is here. They just want to bring their kids somewhere that is designed for kids.'

To make haircuts a fun experience for kids of all ages, Sit Still offers many accommodations and fun add-ons, like sparkle strands, glitter tattoos, color spray, feed, and braids.

"We just want kids to come in and have their own say and express themselves," Muzzy said. "At the end of every appointment, we offer

fun color spray that washes out. Do they walk out with green hair? Do they have a rainbow head? Do they have pink and blue hair? You just never know what you're gonna get."

Sit Still also aims to make getting a haircut a comfortable experience, even if it's many kids' first time, or if they may have attention or sensory

"We are all about making the experience the best it can be," Muzzy said. Some of their offerings include distractions for

kids, like iPads with Netflix, PBS Kids and other kid friendly shows, as well as quiet hours for kids that don't do well with too much going on around them. "It's really just a calm and beautiful space for them to feel comfortable and it's not too overstimulating.'

Not only does Sit Still make their experience comfortable and fun for kids, but the adults get a chance to sit still themselves.

"We want the parents to come in and just be able to relax and chill," Suzzy said. "We have cold brew, sparkling water, hot tea and other options for them to just settle in and get comfortable.'

Sit Still goes beyond just haircuts, After years of working towards offering party packages and a party room where kids can bring their friends together for a fun manicure, sparkle strands or glitter tattoos.

"They can really have a fun



**LEFT: Sit Still** makes getting a haircut fun for kids. "We have car chairs that they get to sit in so they feel like they're driving."

**BELOW: Even** after moving to Happy Valley, owner Melissa Muzzy continued to take her four kids to Sit Still's original West Linn location before opening her own location in Happy Valley.

COURTESY PHOTO:

experience here with their friends all getting the VIP treatment," Muzzy

To learn more about what Sit Still offers, to make an appointment, or to reserve a party, visit happyvalley.sitstillkids.com or call (503) 563-5957.







Thursday, February 1, 2024 A15 **Happy Valley News** 



The Happy Valley Middle School advanced choir, with Angela Hjertstedt smiling in front of them

COURTESY PHOTO: ANGELA HJERTSTED

# Making Music Matter

Trio of Happy Valley educators bring passion for music and teaching to the classroom

n the North Clackamas School District, there is a trio of music educators — Angela Hjertstedt (choir), Connie Lorimor (orchestra), and Kevin Winston (band) whose passion for music and commitment to music education show in their teaching.

They take pride in nurturing the musical talents of their students and

seeing their growth. Hjertstedt, Lorimor, and Winston all STORY BY emphasize the **Emma** significance of Davis maintaining music education in the lives of students, recognizing its transformative

power. Beyond the classroom, they highlight the crucial role played by community support in the continuation of musical education for all.

Angela Hjertstedt first found her love for music at four years old when she took piano lessons. She went on to participate in music all through middle and high school and then later in college at Portland State University; she then went on to get her education degree. She has been in her career for 12 years and currently teaches choir and general music at Happy Valley Middle School.

For her, her job is very rewarding because she can inspire young students and give them the same love for music that she has.

"I love just seeing the light bulbs go on and like sparking something, seeing them discover their voice," she said. "Even in general music, they don't think they have any interest in the subject, but they come in and find that they do. A lot of why I love what I do is because I get to show that music is fun."

Kevin Winston started music at five years old, also playing piano. He played in the Reedsport School District Band Program from grades six to 12 and attended Lewis and Clark College graduating with a BA in Music; he has been teaching band in the NCSD for 21 years and works with both Happy Valley Middle School and Rock Creek Middle School band programs.

He finds great love for what he does by helping his students grow as musicians and people from the first time he meets them.

me years later and share their memories

Lorimor jumped into music in the

sixth grade playing the cello and

immediately found immense joy in

our class," he said.

"I love taking a student who knows very little or absolutely nothing about playing a band instrument and





**ABOVE: A Terrific** Trio: Kevin Winston, Angela Hiertstedt **Connie Lorimor** (right). COURTESY PHOTO: ANGELA HJERTSTEDT

LEFT:"Connie Lorimor conducting one of her orchestra classes concerts.". COURTESY PHOTO:

helping them develop their skills," he "Seeing that love for music and art and knowing how important it said. "I enjoy watching them develop as musicians and as people and being is in development and supporting the whole child, is something able to recall the 'I remember when ...' moments as they continue to evolve." that I love; and I love letting kids leave and walk out with that." "I also love it when they come back to

- Connie Lorimor, orchestra teacher

through college at both Mount Hood of the enjoyment they experienced in University. She has been teaching in the NCSD for 24 years with both Happy Valley Middle School and Nelson High School music programs.

What Lorimor loves about her job is Community College and Oregon State being able to share that love of music and watch students grow to appreciate everything they learned and translate

that into their futures. "I like instilling that love for it



COURTESY PHOTO: CONNIE LORIMOR **HVMS and ANHS orchestra teacher, Connie** 

because as they get older, then they can support it in our culture and our community since they know how important it is for students from when they were younger," she said. "Seeing that love for music and art and knowing how important it is in development and supporting the whole child, is something that I love; and I love letting kids leave and walk out with that.'

All three of them see the value of music education from the lessons they teach and the experiences they can give their students, like the All-State honors music programs. "We have kids performing at very high levels in our All-State orchestras and choirs at the middle school and the high school level," Lorimor said. "It's a big deal."

The three teachers also frequently collaborate. Every year, they bring all of their classes on a "tour" of the elementary schools in the district to perform all together for the students.

One big thing that the three have in common is their shared opinion of the significance of music education in schools. "These classes are important to the success and development of students and in many ways, are the reason that the majority of students enjoy school," Winston said. "Our classes give them the opportunity to thrive and achieve success by learning skills that will make them more rounded human beings.'

With continued support from the community, music will continue to ring in the halls of every school in the North Clackamas School District for years to come.

"We want to thank all of our community voters for the support because that continues our levels at what they are right now," Lorimor said. "It is a huge vote of confidence for our programs and what we do is huge and impactful. And we really hope that support continues."



A16 Thursday, February 1, 2024 **Happy Valley News** 

# **Clackamas Fire crews** see positive results from increased staffing

"This was a perfect

example of how

voter support for

us to save lives."

our levy empowers

- Curtis Guttman, Clacka-

**By RAYMOND RENDLEMAN**Pamplin Media Group

Clackamas Fire officials credited community support of a May 2023 staffing levy with positive effects.

responded to an apartment fire on Causey crews in various areas.

Avenue in unincorporated Clackamas County. Two minutes after their arrival, firefighters discovered a resident in the apartment near the front door, and were able to remove him and minutes later had him transported for treatment. Initial search of all adjacent apartments was completed within seven minutes of crews arrival and the

fire was declared "under control" within the difference between life and death." 10 minutes.

Guttman was the first arriving officer to determine the cause.

on scene along with his three other crew members from Station #1, which had been operating with only three-person crews after budget cuts in March 2022. Voters approved increased tax rates to take effect in the second half of 2023, allow-On Jan. 13, Clackamas firefighters ing Clackamas Fire to restore four-person

> 'This was a perfect example of how voter support for our levy empowers us to save lives," Guttman said. "With four firefighters on the engine, we didn't have to wait for a second unit to arrive in order to enter the burning building, find and remove the victim. Having mas County fire captain one more crew member on the engine can literally be

The fire was kept to the apartment of Clackamas Fire Captain Curtis origin and investigators will be working



Clackamas Fire officials said that a four-person crew may have been difference between life and death during a recent apartment fire.

### Clackamas County offers online ordering of vital records



Pamplin media group

Clackamas County has now made it easier for residents to order vital records.

The county's Public Health Division recently partnered with Permitium to bring residents a secure online option to manage the processing, payment and issuance of birth and death certificates, called VitalDirector.

Clackamas County is the first public agency in Oregon to offer this online option that modernizes and streamlines the vital records ordering process. The reason for making the online system available was convenience.

"Clackamas County has a large geographic footprint, making it tough for everyone to easily make it into the county offices in Oregon City to order vital records," said Philip Mason-Joyner, the county's Public the Clackamas County website.

Health Division director. "We wanted to make it easier for residents to take care of business in a timely, efficient way.'

The county's Public Health Division partnered with the county's Treasurer's Office to make this option available beginning on Jan. 2.

Each copy of a death and birth certificate costs \$25. Residents still also have the option to order in-person. We are thrilled Clackamas

County is offering a fast and more convenient way to get vital records certified copies," said Paola Soles, office supervisor for the county's Public Health Division. "Ordering these certified copies through the Permitium portal really streamlines vital records requests for the community."

Information about how to order birth certificates and death certificates online is available on

Clackamas County's Public Health Division has partnered with Permitium to allow people to order birth and death certificates via an online platform.



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Thursday, February 1, 2024 A17 **Happy Valley News** 

### Friends of Trees projects coming soon to Happy Valley

Volunteers can register online to participate in local projects

City of Happy Valley

stablished to improve the urbantree canopy and restore natural areas, Friends of Trees has helped over 750,000 trees and native plants take root and flourish. What started out in a small Portland neighborhood now spans over 120 neighborhoods in six counties across two states

In 2024, Friends of Trees will be coordinating two projects in the Happy Valley area to encourage restoration of natural areas and habitats and improve watershed health. Volunteers of all ages and experience levels are welcome at these community events. The main requirements are to simply dress for the weather, wear sturdy, closed-toe shoes, and be prepared to have fun!

Depending on the project, volunteers will help plant native trees and shrubs, or take part in special ecological activities that will help protect and nourish the earth. These projects not only enhance the aesthetics of the landscape, but they also create long term ecological health of our natural areas. Registering for projects is highly recommended as this helps ensure there are enough supplies. The team at Friends of Trees will bring any necessary gloves and tools to be used during the events.

Projects are perfect for individuals or groups. If you've been looking for a way to give back or get involved in a worthwhile cause, assisting with a Friends of



Trees project might be a great option. Volunteers under 18 years of age are welcomed, too! The organization does require a youth waiver to be filled out and any youth under 15 years of age will need to be accompanied by an

Getting involved in an upcoming Friends of Trees project is simple. To RSVP for any of the dates scheduled in Happy Valley, you can register online by checking out the events calendar through www.friendsoftrees.org/ event-calendar or scanning the QR code with your smart device. Click on the project you would like to attend and fill in your information. That's it!

If you have any questions or would like more details, Email volunteer@ friendsoftrees.org or call 503-595-0213. The team at Friends of Trees can assist with any special accommodations you might have as well.



Snag a spot at one of the upcoming Friends of Trees community events and help our local ecosystem thrive.

CITY OF

HAPPY VALLEY

### **HAPPY VALLEY FRIENDS OF TREES PROJECTS**

■ Windswept Waters Tree Planting What: Plant native trees to help enhance this important natural area. This project is coordinated in partnership with Windswept **When:** Saturday, Feb. 17, 8:45 a.m. – 1 p.m. Where: SE Quartz Ln. & SE Windswept Waters Dr.

■ Special Pollinator Event!

What: Join the fun and help plant a pollinator garden at Village Green Park! These plants will help create a habitat for a

variety of insects integral to the upcoming

When: Saturday, Mar. 2, 8:45 a.m. - 1 p.m. Where: Village Green Park, 13786 SE Sieben Park Way.

### K-12 students invited to submit art for Safe Routes to School poster art contest

April 1 deadline for art contest offering cash prizes

By Pamplin Media Group

Clackamas County's Safe Routes to School Program has announced its sixth-annual poster art contest.

Students in schools within Clackamas County are invited to submit their original artwork

themes: Always be visible; always wear a helmet; always use crosswalks; always be aware; always travel safely.

Artwork will be considered for prizes based on creativity, clear originality, overall design and focus on safety. Prizes are \$100 for first place, \$50 for second and \$25 for third. They will be awarded to students in the following categories: grades K-2, grades 3-5, grades 6-8 and grades 9-12.

The winning artwork may be

based on one of the following used in traffic safety promotions. Artwork must be submitted by April 1 in one of the following ways:

> ■ Email a high-resolution photograph or scanned JPEG or PNG image to srts@clackamas.us

> ■ Mail or drop off a paper copy to Clackamas County Development Services Building, third floor Engineering Division, 150 Beavercreek Road, Oregon City, attention Scott Hoelscher

To learn more, visit the county



COURTESY PHOTO: CLACKAMAS COUNTY

Clackamas County once again asks students to participate in the annual Safe Routes to School poster art contest.

# Now Enrolling Our New Milwaukie Campus!

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### FEBRUARY 2024 LIBRARY EVENTS

The library will open at f 1 p.m. on Thursday, Feb. 8. The library will be closed on Monday, Feb. f 19.

**MORE LIBRARY STORIES** 

- See page 20

### FEBRUARY 2024 LIBRARY CALENDER/PROGRAMS

### All Ages

All Together Now programs are designed as intergenerational programs, with people of all ages coming together to create and play

### **Board Games**

Tuesday, Feb. 6, 3 p.m.-4:30 p.m.

So many board games to choose from - with options for all ages!

### **Giant Coloring Sheets**

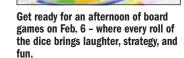
Monday, Feb. 26, 3 p.m.-4:30 p.m.

We'll have big pieces of paper, markers, pencils and crayons

### **Youth Programs**

### **Storytimes**

To see our full listing of storytimes and playtimes for ages birth to five, visit our website or go.lincc. org/hvbirthto5



### Sign & Sing

Friday, Feb. 9, 10:15 a.m.

For 2-5-year-olds and their caregivers. Sing, dance, and sign with Shira Fogel of Tiny Talkers.

### Cuentos, música y manualidades / Spanish Storytime

Saturday, Feb.10, 10:30 a.m.-11:30 a.m.

¡Los invitamos a la Biblioteca de Happy Valley a disfrutar de una hora de cuentos, música y manualidades en Español!

We invite you to Happy Valley library to enjoy stories, music and crafts in Spanish!

### Let's Build

Tuesday, Feb. 13, 4 p.m.-5:30 p.m. Saturday, Feb. 24, 10:30 a.m.-noon

For K-5th graders and their caregivers. Drop in for some free LEGO building fun.

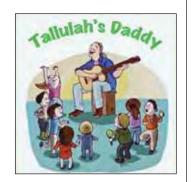
### Tallulah's Daddy

Saturday, Feb. 17, 10:15 a.m.

For ages 2-6 and their caregivers. Drop in for some musical fun with our favorite bass playing dad!

### **Duplo Play**

Monday, Feb. 5, 10:15 a.m.-11:30 a.m. For ages 0-5. Let's build together with Duplo blocks! Drop in to play and see what we can make.



Get ready to dance and sing with Talullah's Daddy.

Manga and Anime Club meets once

MERCURY

PICTURES

PRESENTS

Get a jump start on next month's

**Book Group selection.** 

again on Feb. 15.

### **Tweens & Teens** For teens in grades 6-12.

**Teen Advisory Board** Saturday, Feb. 3, 1 p.m.-2 p.m.

Support the library while earning volunteer hours. Hang out with new friends, share ideas, and make stuff. A safe space for all to be themselves.

### **Manga and Anime Club** Thursday, Feb. 15, 6:30 p.m.-7:30 p.m.

Hang out with fellow manga and anime fans -- chat about favorites, browse new number ones, eat snacks, make stuff, and watch anime.



Register or RSVP for programs at https://go.lincc.org/hvsignup

### **Mah Jonng**

Fridays, 12:30 p.m.-3:30 p.m.

Those who enjoy playing American Mah Jongg are invited to join our fun and friendly group! Be sure to bring your current National Mah Jongg League cards. Contact the library if you would like to learn to

### **Happy Valley Book Group**

Thursday, Mar. 7, 6:30 p.m.-8 p.m.

Read the historical fiction title Mercury Pictures Presents by Anthony Marra and discuss it with other readers. Did you like it or not? Did something surprise you or make you think twice? Come share your thoughts!

### Genealogy

Monday, Feb. 12, 3 p.m.-5 p.m.

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!

### **String Along**

Sunday, Feb. 11, 2 p.m.-5 p.m.

Bring your acoustic guitar, fiddle, ukulele or other stringed instrument to the Happy Valley Library and share some tunes with other musicians. Adults of all skill levels are invited to drop in and play some music in a casual, jam-style setting. Bring a song you know to share.

### **Mental Health Matters**

Thursday, Feb. 29, 6:30 p.m.-7:30 p.m.

Not very familiar with mental health conditions, but want to know more? This presentation is the perfect entry point. It will cover myths about mental health and suicide, current statistics regarding mental health, tips and tools for managing mental health, and information about free NAMI Clackamas services.

This presentation will be instructed by the National Alliance on Mental Illness (NAMI) Clackamas

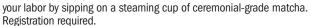
### Mix Up Some Matcha

Saturday, Mar. 2, 10:30 a.m.-noon

Have you been curious about matcha? Join tea enthusiast Caitlin Lushington in celebrating and learning about this 2,000-yearold tea. You'll hear about matcha history, ritual, and growing practices as you learn to make matcha with three of the traditional Japanese tools, including the chasen (whisk), chawan (bowl), and chashaku (scoop). Then enjoy the fruits of



Discover the art and science of matcha tea with tea enthusiast Caitlin Lushington.







Celebrate the Lunar New Year with the Happy Valley Library!

Happy Valley Library

### **Lunar New Year**

While we have just finished celebrating the solar new year (all about the sun's rotations!), the Lunar New Year follows the cycles of the moon. Lunar cycles don't follow a calendar pattern, so the exact date of the Lunar New Year can fall anywhere between mid-January to mid-February. The Lunar New Year is an important holiday (actually holidays – since it encompasses 15 days of celebrating) in many cultures

Celebrate with your library at one of our featured songs and activities for all ages. programs!

### Learn to Play Go

Saturday, Feb. 3, 10:15 a.m.-12:15 p.m.

For adults, teens, and kids ages 10+. Go (aka Weiqi and Baduk) is an ancient Chinese board game that is over 2,500 years old. In Go, two players compete to surround

a strategic battle of minds. Learn the simple rules of the game from members of the Portland Go Club and play games against other new players. Register at go.lincc.org/ hvsignup

### Giờ Kể Chuyện / Vietnamese Storytime Sunday, Feb. 4, 2:30 p.m.-3:30 p.m.

Hãy đến thư viện vui hát, kể chuyện, làm quen với v ần điệu

thơ tiếng Việt và cùng làm thủ công với nhau nhé. Join us for a special storytime in Vietnamese with stories,

### **Lunar New Year Celebration**

Saturday, Feb. 10, 1:30 p.m.-3 p.m.

For all ages. All are welcome to celebrate the Lunar New Year with crafts, games, and food.

Continue the celebration with books! See our list of suggested titles at go.lincc.org/hvLNYbooks or stop in to both territory and sometimes their opponent's stones in check out a book from our Lucky Day holiday collection.

### **BLACK HISTORY MONTH**

To honor Black History Month, we're celebrating Black culture and history, through programs and books. RSVP for any of these programs at go.lincc.org/hvRSVP

### **Third Eye Books**

Thursday, Feb. 8, 6:30 p.m.-7:30 p.m.

As Oregon's largest Blackowned independent bookstore, Third Eye Books has a unique perspective on the publishing world Hear from Charles Hannah one of the co-owners of the store, as he shares information about the creation of their bookstore. trends, and other obstacles/discoveries in the book industry.

### **Oregon's Black History** Tuesday, Feb. 20, 6 p.m.-7 p.m.

People of African descent have lived and worked in Oregon since before the founding of the earliest English-speaking settlements in the Americas. Despite this, the popular narrative of our state's history excludes the experiences of African Americans before the mid-20th century. This erasure is the result of historic legal and social marginalization that contributes to the ignorance of Oregon's Black heritage. and influences contemporary disparities in housing access, community investment, and

policing.

For this presentation, Mariah Rocker of the Oregon Black Pioneers will attempt to correct the record by highlighting key individuals and events that characterize Oregon's unique and centuries-old Black history.

### A Kids Book About Being an Author! Saturday, Feb. 24, 3-4 pm

Author and publisher Jelani Memory visits our library! He'll talk about his story and his first book A Kids Books About Racism. Jelani will also share why it's important to have big conversations with kids, as well as why they decided to create the book series.

### **Beatrice Morrow Cannady Film**

Tuesday, Feb. 27, 6 p.m.-7 p.m.

Join the library for a viewing of the OPB Oregon Experience documentary on Beatrice Morrow Cannady. As a writer, lawyer, lecturer, radio show guest, civil rights advocate, and publisher of a weekly newspaper, Cannady was an important figure in Oregon history. At a time when racial discrimination was commonplace, Cannady worked to secure equal rights for African Americans.



Mariah Rocker of the Oregon Black Pioneers will share some of the individuals and events that characterize Oregon's unique Black history.



**Author and** publisher Jelani Memory shares his story and first book "A Kids **Book About** Racism, on Saturday, Feb. 24. 3 p.m.-4 p.m.

### WINTER READING 2024

### Teens and adults can cozy up and read for a chance to win prizes during the Winter Reading program.

Have you been reading this winter? The Happy Valley Library has enjoyed seeing entries from teens and adults during the first two months of our Winter Reading program. There's still time to participate!

Submit an entry for every book you finish reading between now and Feb. 29. Enter at least once a month to get that month's special button. Prize drawings will be held at the end of each month, with final drawings on Feb. 29. Area residents ages 13 and up are eligible to participate. Visit https:// go.lincc.org/hvwr to submit your entries.

Here are some of our favorite reviews from our readers:

### Teen

Daughter of the **Pirate King** 

by Tricia Levenseller

"Top notch! It is just incredibly written and has strong female characters. Perfect plot twists."

### The Woods are **Always Watching** by Stephanie Perkins

"Hardcore spooky 10/10, but I will NOT be sleeping, LOL!'

### **Adult**

### None of This Is True by Lisa Jewell

"I listened to this book and WOW it was such a great listen. It had a full cast with music, news reports, and podcasts. It had me on the edge of my seat, and I thoroughly enjoyed it."

### **Sober Curious** by Ruby Warrington

"A very light, not judgmental, book on exploring being sober, including its benefits and challenges."

# Woods ALWAYS

WATCHING

EPHANIE PEREN

LISA

JEWELL

NONE OF

THIS IS

SOBER

CURIOUS

### Mister Magic by Kiersten White "A creepy story about

by Ivan Doig

an even creepier children's story."

**The Whistling Season** 

"Doig used evocative

oped characters, and a plot

that seemed simple on the

surface but had depth and

nuance. A great read!"

language, had well devel-

### **Bad Blood**

by John Carreyrou

"This book is wild! I highly recommend reading this and streaming the series based on this true story (renamed as The Dropout)."

### The Man Who Died Twice by Richard Osman

"Rarely do I find a sequel that I prefer to the original, but this is one of those. The same charming cast of characters tackles a new mystery, and I loved being along for the ride."











### HAPPY VALLEY PARKS AND RECREATION

TO REGISTER, CHECK OUT WWW.HAPPYVALLEYOR.GOV/PARKS

### FEBRUARY 2024 PARKS AND RECREATION PROGRAMMING

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

More Parks & Rec Stories: See page 20

**CITY OF HAPPY VALLEY** 

**PARKS & RECREATION** 

### **REGISTRATION**



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



Blood Drive - Happy Valley City Hall

Location: 16000 SE Misty Dr. Monday, Mar. 11, 11 a.m.-4 p.m. Register online: www.redcrossblood.org **Sponsor Code: Happyvalley** 

### **Venvino Art Studios -In-Studio Classes**

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

**Create and Learn Series** - Acrylic Painting How to **Paint Birds** 

Feb. 2, 6 p.m.-7:30 p.m. ● Friday ● Ages 16+ \$25/ 1.5hour session

Learn how to paint birds with guided instruction. You'll learn the basics of using acrylic paints, brushes, and techniques as you create beautiful birds in a tree. Each registration includes a 1.5-hour lesson and an 8" x 10" canvas panel.

### **Create and Learn Series -Acrylic Painting How to Paint Flowers** Mar. 1, 6 p.m.-7:30 p.m. ● Friday ● Ages 16+ ●

Learn the basics of using acrylic paints, brushes, and techniques for creating a beautiful painting of flowers in a vase. Each registration includes your 1.5-hour lesson and an 8" x 10" canvas panel.

### **Lunar New Year Dragon Hunt**

**Location: Happy Valley** Continues through Feb. 9 ● FREE • All ages

In partnership with the Happy Valley Library, help us celebrate Lunar New Year and the Year of the Dragon with a dragon hunt throughout Happy Valley! In the weeks leading up to Lunar New Year, see if you can spot the dragon hidden in various locations throughout the valley. Follow us on Facebook and Instagram for a new clue each week. To participate, simply download



Venvino Art Studios

a dragon hunt gameboard online or pick one up at either Happy Valley City Hall or the Happy Valley Library. Fill out the gameboard by writing in the dragon's hidden location each week. Once complete, turn your gameboard back into City Hall for a prize.

More details online at www.happyvalleyor.gov/parks. \*Don't miss out on the Lunar New Year Celebration at the Happy Valley Library on Saturday, Feb. 10 from 1:30 p.m. - 3 p.m. Details on page 19.

### RECS Pickleball

Location: RECS 17015 SE 82nd Dr. Clackamas, OR 97015

**Open Play** Monday - Friday, 1 p.m.-3 p.m. ● Ages 65+ ● \$2

Are you age 65+ and looking for others to play pickleball with?

Join the fun at RECS as you learn the game, perfect your skills, and meet other residents interested in this popular sport.

Classes are held virtually.

FREE today!



Affiliated with Providence Heart Institute, Providence's Basecamp Prevention

everyone can live their best, healthiest lives. Take the next step and register for

+ Wellness programs offer free movement and education classes so that

**Providence's Basecamp Prevention + Wellness** 

**Crochet with Passion Classes** 

Crochet with Passion classes teach patience and promote positive self-talk through the challenges and mistakes encountered during the

All classes are held at the HV Annex located at 12915 SE King Rd.

crochet learning process. Register online at: www.happyvalleyor.gov/

### **Beginning Crochet I**

Feb. 12, 5 p.m.-6 p.m. • Monday • Ages 12+ • \$45 / class

This is an introductory class designed to teach individuals the fundamental skills and techniques required to start crocheting. This class is perfect for those who are new to the craft and want to learn the basics of crocheting.

### **Beginning Crochet II**

Feb. 15, 5 p.m.-6 p.m. ● Thursday ● Ages 12+ ● \$45 / class This is a follow-up class that builds upon the foundational skills taught in Beginning Crochet I. This class is designed for individuals who have already completed a basic crochet course or have a basic understanding of

### **Intermediate Crochet I**

crochet fundamentals.

Feb. 19, 5 p.m.-6 p.m. • Monday • Ages 12+ • \$45 / class

This is designed for individuals who have already mastered the basics of crochet and are ready to explore more advanced techniques and projects. This class typically builds on the foundational skills learned in Beginning Crochet I & II and delves into more intricate patterns and stitches.

### Intermediate Crochet II

Feb. 22, 5 p.m.-6 p.m. ● Thursday ● Ages 12+ ● \$45 / class

This is a continuation of crochet instruction designed for individuals who have completed Intermediate Crochet I or have a solid foundation in intermediate-level crochet techniques. In this class, participants will build upon their existing skills and explore more advanced crochet patterns, stitches, and projects.

### **HV Hikers – Get out and Move!**

HV Hikers are always on the move exploring within the valley! Their goal is to encourage you to experience

the beauty of the area, to get a little exercise, and to make new friends. All hikes are free. no RSVP required. Be sure to visit the HV Hikers newly updated webpage for a calendar view of all upcoming





**Tippi Toes Dance Classes** Location: Sunnyside Grange 13130 SE Sunnyside Rd, Clackamas, OR 97015

### **Toddler and Me**

Jan. 30 -Mar. 19, 9:30 a.m.-10:15 a.m. Tuesday◆ Ages 18 months - 2yrs \$165

Music, movement, balance, and basic dance steps are introduced in a fun, friendly and positive manner. This type of class includes mom or dad, or another loved one participating alongside the student. Teachers will keep the music and curriculum moving while parents actively encourage, support, and keep the little dancer on track.

### **Ballet, Tap & Jazz** Jan. 30 -Mar. 19, 10:30 a.m.-11:15 a.m. ● Tuesday ● Ages 3-5yrs ● \$165

All three types of dance are incorporated during class time using high-energy music. Students learn choreography to multiple dances throughout the year and get to show off their moves at recital time. Original music separates Tippi Toes® dance classes from all the rest and fun is guaranteed! Students will be grouped by age.



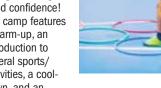


### **Kidokinetics Camps**

Location: Dalzell Community Gym - 17951 SE Hemrich Rd, Damascus, OR 97089

**President's Day Camp** Feb. 19 • 3-4yrs - 10:30 a.m.-12:30 p.m. • 5-6yrs - 1 p.m.-3 p.m. • Monday ● \$55

A fun introduction to sports designed to help kids get moving and build confidence! Our camp features a warm-up, an introduction to several sports/ activities, a cooldown, and an



### **Adventures Without Limits**

Location: View registration for meeting location details.

age-appropriate anatomy and physiology lesson.

### **Cross Country Ski Trip** Feb. 10, 10 a.m.-2 p.m. • Saturday • Ages 6+ • \$115

Lace up your boots,

strap in your skis and join expert guides as they provide a lesson on cross country skiing and share a day full of adventures along their favorite



**KidoKinetics** 

trails. No experience necessary. \*AWL provides all the equipment necessary, including winter attire upon request. Participants are asked to bring water, lunch, and appropriate clothing for the day.

### **Full Moon Snowshoe Tour** Feb. 24, 3 p.m.-5 p.m. • Saturday • Ages 6+ • \$105

Explore Mt. Hood National Forest under the light of

the full moon. No experience necessary, just a sense of adventure and a love for being outdoors! \*AWL provides all the equipment necessary, including winter attire upon request. Participants are asked to bring water, lunch, and appropriate clothing for the day.

Valentine's Day

Cane Cands

### Valentine's Day Care Cards

Card kits can be picked up from the Happy Valley Library: 13793 SE Sieben Park Way & Happy Valley City Hall: 16000 SE Misty Dr.

**Valentine's Day Care Cards** Card kits are available for pick-up starting Jan. 3 • All ages Show a senior you care this Valentine's Day by

making a Valentine's Care Card! Pick up your supplies

and return your cards to either location. All cards will be

at the Happy Valley Library or Happy Valley City Hall

delivered to local senior living facilities and homebound seniors to show them some extra love this season! Write them a kind message like "I hope you have a nice Valentine's Day!' or "I'm sending you

HAPPY VALLEY LIBRARY

CITY OF HAPPY VALLEY

love and happiness." **PARKS & RECREATION** All completed cards must be returned to either the Library or City Hall by Wednesday, Feb. 7.

What's inside: TWO blank cards, heart stickers, heartshaped doilies, crayons, and construction paper.

Want to make your own card? Great! A kit is not needed to drop off a Valentine's card. Just make sure to turn it in by Feb. 7.

### First Aid/CPR/AED Training

Classes are held at Happy Valley City Hall

### Feb. 23, 9 a.m.-2:30 p.m. ● Friday ● Ages 15+ ● Resident \$70 / Non-Resident \$105

Our in-person CPR/First Aid Training course combines lectures with

hands-on skills sessions. Students will learn how to recognize and care for a variety of first aid emergencies and how to respond to breathing and cardiac emergencies.



available through the Happy valley Parks Foundation: www.hvprf.org

### **Owl Prowl**

\*Scholarships

Event held at Scouters Mountain Nature Park -11000 SE Honorable Wv.

Mar. 14, 7 p.m.-8:30 p.m. ● Thursday ● Ages 10+ \*Minors must be accompanied by a registered adult. FREE - Registration required

As the sun sets over Scouters Mountain at dusk, join us for an Owl Prowl with naturalist, Elaine Murphy. Learn about the different kinds of owls

found in the area and how to identify them. What to bring: warm layers and a raincoat, if necessary, as well as a headlamp (ideally with a soft light or red light setting). Details online: www.happyvalleyor.gov/parks

### Field Trip Fridays

Meeting location: HV City Hall - 16000 SE Misty Dr. Enjoy a new experience and leave the driving to us!

The group will meet at Happy Valley City Hall where participants can hop on the

RecMobile to enjoy an afternoon exploring a handful of Oregon's social, educational, and inspiring gathering spots, all while getting to know mem-



community! Spots will be limited. To check out featured field trips, visit: www.happyvalleyor.gov/parks

### **Oregon Coast Aquarium Day Trip** Mar. 15, 8 a.m.-5 p.m. ● Friday ● Ages 18+ ● \$36-Resident / \$52-Non-Resident

While visiting the Oregon Coast Aquarium we'll journey from seafloor to shore! Shake hands with a

moon jelly, hug an urchin, and get splashed by a puffin! The Aquarium is home to some of Oregon's most unique wildlife and experiences. Afterwards we

will head to

**Public House** 



for delicious lunch and beverages amidst beautiful views of the Bay.



Participants will build upon their knowledge from our Tai Chi Beginners class and continue to gain confidence, stability, strength, and mobility in a fun and supportive environment. https:// welcometobasecamp.org/chairyoga



mindful movement and breath with standing, seated, and restful floor-based practices to nourish the body, mind, and heart. http://welcometobasecamp.org/



Health & Services

### **Chair Yoga** Tuesdays/Thursdays 9:30 a.m.-10:30 a.m. ● FREE



# The practice of gentle yoga combines

gentleyogaonline



### **Balance (Beginners)** Tuesday/Thursdays, 8:30 a.m.-9:30 a.m. ● FREE This introductory class welcomes

those wishing to learn the initial forms of the Tai Chi practice with a desire to gain confidence, stability, strength, and mobility in a fun and supportive environment. https://welcometobasecamp. org/taichibeginners



### **Tai Chi: Moving for Better Balance (Advanced)** Tuesdays/Thursdays, 9:30 a.m.-10:30 a.m. ● FREE

Participants will build upon their knowledge from our Tai Chi Beginners class and continue to gain confidence, stability, strength, and mobility in a fun and supportive environment. Class powered by Basecamp Prevention + Wellness, part of Providence Heart Institute. https:// welcometobasecamp.org/taichi

20 Thursday, February 1, 2024 **Happy Valley News** 

# **CHECK** IT OUT

City of Happy Valley

Did you know local artists can have their work featured at places like the **Happy Valley Library?** Through the Clackamas Arts Alliance, public spaces like hospitals, libraries, and county buildings can provide the backdrop for artists to showcase their work.

The Alliance's Artist Exhibit Program connects public spaces with rotating exhibits that change every three to four months. Art spans a spectrum of mediums, including photography, watercolor, colored pencil, and mixed media.

This collaborative initiative aims to foster a collective appreciation for art and culture, offering a dynamic experience for residents and visitors alike.

Access to the work of local artists is crucial for a community as it enriches cultural identity and promotes a sense



of connection. Local art reflects the unique perspectives and stories of community members, fostering a deeper understanding of shared experiences. Additionally, it provides economic support to artists, as artwork featured through the program is often available for sale.

Artists can apply to participate in the Artist Exhibit Program online during specific times of year. For more information, head to www. clackamasartsalliance.org.



**Former ENG** photographer turned artist, Kevin Felts, carefully preps his artwork for display at Happy Valley Library. Transitioning from the fast-paced world of local news stations, he now channels his expertise into creating compelling photographic art that tells unique visual stories. His work will remain at Happy Valley Library through Apr. 9.

### **HEADED TO MT. HOOD?**

VISIT NEXT ADVENTURE'S SANDY STORE



### **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! Whatever your needs might be as we head into winter, 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 the Next Adventure Sandy store location at 38454 Pioneer Blvd. Sandy, OR 97055. This store is open 7 days a week, Mon-Fri: 7:30 a.m. - 7 p.m. & Sat-Sun: 6:30 a.m. - 7

### Let's Connect!

www.happyvalleyor.gov/parks



# Library expansion **UPDATE**

Happy Valley Library

**Construction continues** to progress at the Happy Valley Library. The new addition saw its basement begin to take shape as a vapor barrier and reinforcing steel (rebar) were installed as a foundation for pouring the concrete floor. While the inclement weather in January temporarily led to a cease in work, crews were able to resume efforts with only minor interruption.



Construction teams will soon shift their attention to framlibrary visitors will observe the installation of floor joists, providing crucial support for the upcoming floor construction.

The library will continue to remain open throughout the construction process, though some interruptions and/or



ing. Over the next few weeks, The Happy Valley Library's expansion project continued to progress this past month. Here, the new addition sees its basement slab prepared.

temporary closures or reduced Learn more about the expanhours may be necessary from sion project online at www. time to time. Completion of happyvalleyor.gov/library-exthe library expansion project pansion or by scanning the QR is anticipated in Fall 2024. code with your smart device.

# **Clear Storm Drains to Protect Your Property** and Our Water

Regularly clearing your storm drains of leaves and debris helps reduce flooding and property damage while protecting watershed health and the quality of our drinking water. **Follow these tips:** 

- Find the storm drain grates in the street by your home or business and clear them of leaves and debris.
- Use a rake or pitchfork to clear leaves, limbs, and debris from the storm drain. Do not try to remove the grate, only the debris on top of it.
- When leaves fall into the street, rake them at least one foot away from the curb so they won't block the path of rainwater. Please do not rake or blow leaves from your yard into the street.
- Never dump anything into a storm drain.

Clackamas Water Environment Services produces clean water, protects water quality and recovers renewable resources. We do this by providing wastewater services, stormwater management, and environmental education. It's our job to protect public health and support the vitality of our communities, natural environment, and economy.

Learn more at clackamas.us/wes/education



