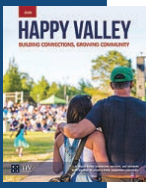




Keep the kids entertained:
Spring Break Pop Ups return!
Page 14

Grab your copy of this year's
Happy Valley Magazine
Inside



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

Happy Valley NEWS

March 2025

A city, community, a lifestyle — a place we proudly call home | Visit the city at happyvalleyor.gov

Keeping Sports 'UNIFIED'

Adrienne C. Nelson High School's Unified Basketball team, gives everyone a chance to shine on and off the court

By EMMA DAVIS
Staff Reporter

Adrienne C. Nelson High School recently launched its first season of Unified Basketball, a program that does more than just bring students together on the court—it fosters inclusion, teamwork, and a sense of belonging for all involved.

By pairing students with and without cognitive disabilities as teammates, the program creates a space where every player is valued and supported. Quickly gaining momentum thanks to the efforts of Athletic Director Dana Cappelucci, teacher Megan Oliver, and a dedicated coaching staff of Kristin Jones, Harley Quarton, and Tanner Stephens, the program has already made a significant impact on the school community. With strong participation, enthusiastic school-wide support, and a season already full of memorable moments, Unified Basketball is not just a team—it's a place where everyone gets a chance to shine.

"I love it—we're like family."
— Ashley



Teamwork! Osio Garcia assists a fellow teammate to score a basket

teachers, Megan Oliver, who really helped make it a reality."

Drawing from her past experience with Special Olympics Oregon, Cappelucci was eager and excited to bring the program to life. Oliver played a big role in putting everything together, rallying support, and building excitement among students.

"She and I met and talked about it, and she

See UNIFIED / A2



ANHS senior and team captain, Ashley Osio Garcia and another member of the team share a moment of sportsmanship before the game



The crowd goes wild as ANHS junior, Dustin, sinks a three-pointer in the team's first game



Happy Valley's Youth Council take the stage alongside City liaisons, Steve Campbell (far left) and Stephani Hern (far right).

Happy Valley Youth Council Engages in League of Oregon Cities 100th-Year Conference

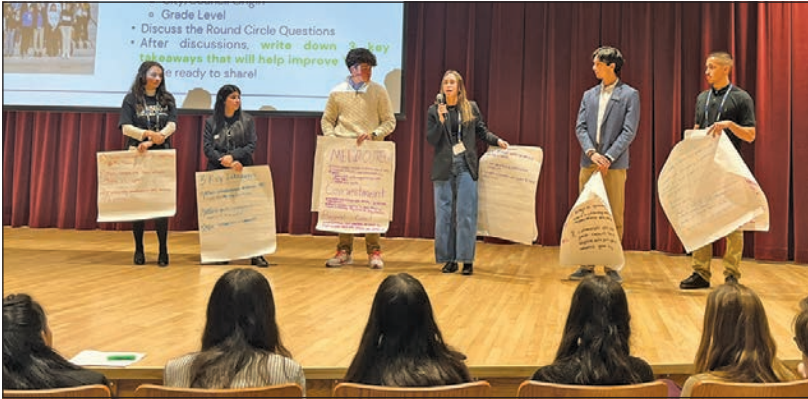
Students participate in discussions alongside state leaders

City of Happy Valley

The Happy Valley Youth Council had the incredible opportunity to participate in the League of Oregon Cities' (LOC) 100th-year conference, specifically during the City Day at the Capitol event. This year's Oregon Youth Summit was particularly special as the Oregon Youth Delegates were invited to speak and actively engage in the day's proceedings.

During the morning session, over 80 youth and their advisors from across the state gathered to hear from notable elected leaders, including Governor Tina Kotek, Senator Daniel Bonham,

See COUNCIL / A2



HV Youth Councilors Grace Bach (center) and Kierun Sarish (second from right) help lead one of the workshop exercises.

Police vs. Fire: Chief's Chili Cook-Off Brings the Heat

Friendly contest serves up community spirit while highlighting safety

The competition was tough, the chili was delicious, and after all the votes were counted, Happy Valley Police Chief Rich Sheldon took home the trophy at this year's Chief's Chili Cook-Off. The event took place at The Springs at Happy Valley on Feb. 5.

Chief Sheldon and Clackamas Fire Chief Nick Browne went head-to-head, each preparing their best chili recipes for residents of The Springs and other members of the community to taste and vote on. Beyond the competition, the event provided a great opportunity for the community to connect with local first responders. Representatives from both departments were

See CHILI / A2



Happy Valley Police Chief Rich Sheldon (left) and Clackamas Fire District #1 Chief Nick Browne raise their chili cups in good fun. Chief Sheldon was named the winner of this year's cook off.

Happy Valley NEWS

Building stronger communities through excellent local journalism

Scan QR Code to
read current &
past issues online



CONTACT US

City Hall 503-783-3800
Library 503-783-3456

Parks & Rec 503-783-3800
Visit www.happyvalleyor.gov

21 Ichi
TERIYAKI
NEIGHBORHOOD FAVORITE
2023 ★ Nextdoor
5 YEARS IN A ROW!

THANK YOU FOR SUPPORTING A LOCALLY OWNED BUSINESS!

DINE-IN or TAKE-OUT or CATERING
• TERIYAKI PLATE • COMBINATION
• YAKISOBA • HOUSE SPECIALS

503-454-0115

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

LUNCH SPECIALS 10:30 AM - 3:00 PM

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



21 Ichi **COUPON**
TERIYAKI 10% OFF

VALID MONDAY - FRIDAY
VALID ONLY FOR
TERIYAKI PLATE, COMBINATION,
YAKISOBA, HOUSE SPECIALS
VALID ONLY AT ICHI TERIYAKI NO. 21
(HAPPY VALLEY LOCATION)
Expires 03/31/25



Future leaders! The 2025 City Day Youth Summit participants.

Council

■ From Page A1

and Representative Christine Drazen. Their inspiring words underscored the importance of youth involvement in local government and the impact young leaders can have on their communities.

A special thank you goes out to the City of Salem Mayor Julie Hoy for graciously hosting us in the beautiful Salem Public

Library for the afternoon session. This portion of the summit allowed youth representatives to engage in dynamic workshops, network with other Youth Advisory Councils, and share active projects from their respective cities. Discussions focused on key issues such as mental health, community safety, education, and peer support—topics that directly affect young people and their communities.

As young adults, the Youth Council is passionate, informed, and eager to make a difference. However, creating spaces where

youth voices are truly seen and heard is essential. As a City, we appreciate the League of Oregon Cities' continued dedication to youth engagement in local government. A special thank you to LOC Director Patty Mulvihill for her leadership and steadfast support of programs that empower the next generation of civic leaders.

The Happy Valley Youth Council is proud to have participated in this milestone event and looks forward to continuing our advocacy for meaningful change in our communities.



Representative Christine Drazen took time during her day to talk with the youth.

Chili

■ From Page A1

on hand to answer questions, share safety information, and engage with attendees.

Whether they're fighting fires or keeping our neighborhoods secure, our police and fire teams are the heart of Happy Valley. Congratulations to Chief Sheldon on his victory!

Stay tuned for next year's cook-off, where the rivalry (and the chili) will only get hotter!



Residents at The Springs enjoy friendly conversation while sampling the chili recipes prepared by Chief Sheldon and Chief Browne.

Unified

■ From Page A1

works with a lot of the Unified Athletes," Cappelucci said. "So she was really able to help me get the word out and generate enthusiasm."

The planning process involved working with Special Olympics Oregon, which provided guidance and resources, as well as coordinating with other district schools—Milwaukie High School and Rex Putnam High School—that had already implemented the program. This helped with scheduling games and ensuring a strong launch. However, since it was the first year, Cappelucci and Oliver tempered their expectations.

Much to their surprise, the program got off to an impressive start, exceeding expectations. "We came out of the gates running," Cappelucci said. Even before the season began, there was significant excitement from staff and students eager to participate—whether as Unified Athletes, partners, or fans. The coaching staff, led by Kristin Jones and assisted by Harley Quarton and Tanner Stephens, played a crucial role in fostering an inclusive, encouraging, and friendly environment for all players. The team consists of four Unified Partners and ten athletes, all bringing enthusiasm and excitement to the court.

The team's schedule started small, with just four games, but excitement quickly grew.

From the very first game, the stands were filled with students, teachers, and families cheering on the players, many holding supportive signs.

"It's great—it's not just the team that's enjoying it, but our whole school," Cappelucci said. "I've had so many teachers come to the games and say how awesome it was. It's been a really positive experience."

Other school sports teams, including the varsity basketball teams, have shown their support by attending games, while the school band adds to the energy by playing music throughout. "Our boys' and girls' basketball teams have really tried to be there to support," she said. "I know our boys' basketball team has even joined some practices with them, really trying to make it a whole basketball family and embrace this team."

Rewarding Experiences

The season so far has been filled with moments that highlight the program's positive impact on students. One of the most memorable moments came when team captain and Nelson High School senior Ashley scored the first points in the program's history, kicking off an exciting season.

For her, being part of the team has been a meaningful and rewarding experience. "I love it—we're like family," Ashley said. "I like how we all communicate with each other and work together." Another standout moment was when Dustin hit a three-pointer, sparking an explosion of applause and cheers from the

crowd—perfectly encapsulating the team's energy and support.

Sportsmanship & Teamwork

Throughout the season, players have consistently cheered each other on, displaying true sportsmanship and teamwork. Beyond the highlights on the court, the program has also fostered personal growth, with Unified Athletes gaining confidence and building strong connections with their teammates. "Some of our athletes are walking with a little more swagger—they're coming out of their shells more and more," Cappelucci said. "It's also giving the rest of us an opportunity to get to know them because they're really incredible students."

Looking ahead, Adrienne C. Nelson High School plans to expand the Unified Basketball program, both in terms of its season and participation. Building on the success of its inaugural year, the school aims to schedule more games next year—and possibly even add more this season—giving athletes greater opportunities to compete. As the program continues, it will undoubtedly strengthen the sense of unity among students, staff, and the wider community, demonstrating that Unified Basketball is helping shape a school culture where every student belongs and every achievement is celebrated.

"If you're looking for an experience, something to do with your family—something that is going to be 100% positive—this will not disappoint," Cappelucci said.



The Nelson High School Unified Basketball team high fiving before versing the Milwaukie High School team



BUSINESS SPOTLIGHT

ASTRONOMY IN THE VALLEY

Community is our business
www.hvba.biz

Astronomy Evening Classes



Fall - The Planets (8 classes)
Spring - Stars and galaxies (8 classes)
Summer - Astronomy with a small telescope (6 classes)

See hv.city/parks to sign-up
See Parks & Rec Class Guide or HV News for details

No prior knowledge
Over 18 years
Mondays, 7:00 - 8:00 pm
Next classes start March 17th
Annex (behind police building)
\$100 spring, \$100 fall, \$80 summer

Happy Valley Astronomy Club



When:

- Meet monthly, first Tuesday of each month
- 6:00-8:00 pm

Where:

- Sports on Tap

How much:

- Come as a guest for first meeting
- Join for \$100 annual dues

About the meetings:


- Informal atmosphere
- Typical meeting:
- Greetings
- Astronomy news
- The night sky this month
- Speaker
- Club business (if any)

The classes are taught by Derek Sears, retired NASA scientist and university professor. He is supported by his wife Hazel who also has a long career with space and astronomy. Hazel and Derek have three children and six grandchildren and have lived in Happy Valley since 2020.

The Happy Valley Astronomy Club was founded by participants in the Astronomy evening classes who wanted to stay in touch when the classes finished. The club is open to anyone with an interest in astronomy.

www.hvastronomyclub.org





VICTORIA WRIGLESWORTH

REAL ESTATE TEAM


WHAT'S HAPPENING IN YOUR NEIGHBORHOOD?

THIS MONTH'S FEATURED NEIGHBORHOOD:

ALTAMONT

Address	Sq Ft	Beds	Baths	Status	List Date	List Price	Sold Price
9420 Southeast Wyndham Way	2797	4	3.5	ACT	8/14/2024	\$669,000	N/A
9187 Southeast Highgate Dr	4031	3	2.5	ACT	9/20/2024	\$995,000	N/A
10228 Southeast Brookmore Ct	3411	4	3.5	ACT	2/13/2025	\$995,000	N/A
9132 Southeast Wyndham Way	2437	3	2.5	PEN	1/20/2025	\$650,000	N/A
9347 Southeast Chatfield Ct	3714	4	3	PEN	9/13/2024	\$900,000	N/A
10336 Southeast Crescent Ridge Loop	4507	4	2.5	SLD	6/19/2024	\$999,900	\$1,011,000
9362 Southeast Pennington Ct	3324	4	2.5	SLD	6/26/2024	\$1,099,950	\$1,099,950

CALL ME FOR RECENT SALES IN YOUR NEIGHBORHOOD!



Victoria Wriglesworth, Broker

503-765-6693

victoria@nwhomesbyvictoria.com

- Harcourts Top Producer: 2018, 2019, 2021, 2023, 2024
- PMAR Diamond Platinum Member 2017-2024
- Victoria has been recognized within Harcourts Real Estate Network Group receiving the Top Ten sales award eight years in a row; 2017-2024
- RMLS, NWMLS, COAR Listing Services
- OAR, NAR, PMAR
- Licensed in Oregon #201213293
- Licensed in Washington #129568

Harcourts

RE Network Group **503-765-6693**

Happy Valley residents weigh in on future community park

Survey results are in!

City of Happy Valley

Happy Valley residents recently had the opportunity to help shape ideas for the new Community Park that will surround the future Community Recreation Center that is currently under design. Through an online open house and survey, the City received a total of 654 responses! The survey was available in fall 2024, and available in multiple languages, including English, Spanish, Traditional Chinese, Vietnamese, and Russian. The city promoted the survey through its website, social media, and targeted emails to approximately 150 key stakeholders, including City Committee members, Parks and Recreation partners,

school district representatives, and other community organizations.

Top-Ranked Amenities and Activities

Survey participants named their top five desired park amenities as:

1. Walking and jogging trails
2. Playgrounds
3. Sport courts
4. Tied – Forest/Wooded areas and Amphitheater
5. Tied – Splash Pad and Sports fields

For sports courts, pickleball was ranked as the top choice, followed by basketball and soccer. In open-ended responses, residents expressed a desire for expanded sports facilities. Requests for shaded and covered areas, as well as accessible programming, were also



The future site of the community recreation center and community park. The City is actively working on solidifying the designs for these future facilities with the help of the City Council, Parks Advisory Committee and resident feedback.

common. In addition to the responses from this survey, the City also received significant input in recent years on it's Parks Master Plan. Through those efforts, we heard a strong desire for all-weather soccer,

baseball, and softball fields.

Next Steps

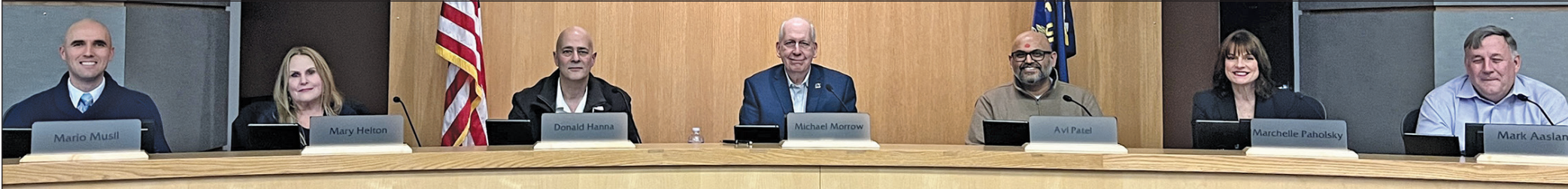
The City is combining the results from this survey with previous outreach efforts to develop potential park layout/design options that will be

presented to the resident-led Parks Advisory Committee and City Council.

More Background on Future Community Recreation Center

The survey seeking input on the future Community Park

follows years of engagement on the amenities to include in the upcoming Community Recreation Center. Through those efforts, the City is designing a recreation facility to include a multi-purpose gathering room, multi-court gymnasium, aquatics facilities, and fitness and cardio areas supported by childcare. In 2024, the City hired an architect, engineer, and contractor to assist with formalizing those plans with the goal of starting construction in 2026. Both the Community Recreation Center and Community Park are set to be located at a recently purchased 40-acre site east of 172nd Avenue. We will continue to provide you with Happy Valley Community Recreation Center and Park information and updates on the city website at hv.city/recreation-center. Thank you for helping us shape the future of the Happy Valley community!



From left to right: Mario Musil, Mary Helton, Donald Hanna, Michael Morrow, Avi Patel, Marchelle Paholsky, Mark Aasland

Meet your Happy Valley Planning Commission

Learn more about the Planning Commission and its important work in the City

City of Happy Valley

The Happy Valley Planning Commission plays a crucial role in shaping the city's growth and development. Comprised of seven to nine volunteers appointed by the Mayor, the Commission is a decision-making body for some land use applications and offers recommendations to the City Council. Guided by the Land Development Code and

Comprehensive Plan, the Commission ensures that its decisions align with the city's long-term vision and goals. Its responsibilities include reviewing development applications for compliance with the code and providing recommendations to the City Council on long-term land use plans. As the initial step in the development process, the Planning Commission holds significant weight. The Commission has

the legal authority to approve or deny certain types of development proposals outright and makes recommendations to the City Council on larger issues and land use policies. Ultimately, the Planning Commission serves as a vital link between the local government and the community, providing citizen oversight and advocating for the interests of Happy Valley residents in matters of planning and development.

Planning Commission Members:

- Marchelle Paholsky – Chair
- Donald Hanna – Vice Chair
- Mark Aasland
- Mary Helton
- Michael Morrow
- Mario Musil
- Avi Patel
- Laura Terway – City Liaison
- Cheryl Whitehead – City Liaison
- Michael Cynkar – City Liaison
- Chris Alfino – City Liaison
- Mayor Tom Ellis - Council Liaison

Thank you to the Planning Commission for helping keep the best interests of our community top priority. If you are interested in sharing your time and talents with the City, please visit the Boards and Commissions page of Happy Valley's website at hv.city/city-committees and complete a Public Involvement Application.

Thank you, Public Safety Team!

City of Happy Valley

Despite snow and low temperatures, the Public Safety Team operated 24/7 during last month's storm, continuously treating roadways, responding to emergencies, and managing traffic. Following February's winter weather event, the City would like to highlight its Public Safety Team. These dedicated individuals from Public Works, Community Services, Police, and Code Enforcement worked around the clock to ensure everyone's safety. We also appreciate YOU, the Happy Valley residents and local businesses, for your patience and support. Our communications team made sure to share all the kind words left on the City's social media channels with the entire crew.



Shop Smart

with Consumer Reports

Online access free with your library card.

GO.LINCC.ORG/HVCONSUMER

EBOOKS & Audiobooks

Free with your library card!

Find out more at: lincc.org/ebooks

HW

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

TOM ELLIS
Mayor
503-783-3800

JOSHUA CALLAHAN
Council President
503-783-3800

BRETT SHERMAN
Councillor
503-783-3800

DAVID GOLOBAY
Councillor
503-807-2979

GLENN WACHTER
Councillor
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

City Council Advocates for Community Recreation Center Funding

Efforts continue to help secure funding for the anticipated Community Recreation Center

City of Happy Valley

Last month, members of the City Council traveled to the Capitol to meet with the City's legislative representatives. Specifically, the Council advocated for funding assistance for the future Community Recreation Center. Fortunately, Representatives Dobson and Nguyen, who both represent constituents in Happy Valley, are already asking their colleagues in Salem to approve five million dollars to go toward the Happy Vally Community Recreation Center. Councillors



From left to right: City Manager Jason Tuck, Senator Mark Meek, City Councillor Glenn Wachter, Council President Joshua Callahan, and Assistant City Manager Ben Bryant.

also met with Senator Meek and staff with Senator Jama, who are supportive of the project. On behalf of the entire City of Happy Valley, the Council wants to thank the Happy Valley legislators for prioritizing

this project during the 2025 legislative session.

Meeting with local legislators is just one of the many ways the City Council represents the interests of Happy Valley. Over the next several



From left to right: City Manager Jason Tuck, Council President Joshua Callahan, Assistant City Manager Ben Bryant, and Representative Hoa Nguyen.

months, the City will continue to partner collaboratively with local legislators to preserve and enhance Happy Valley's safety, livability and unique character. The Council wishes to thank its legislators for their time and

dedication to Happy Valley's residents in pursuit of this common goal.

For more information about the future Community Recreation Center, visit hv.city/community-center.

Join the Earth Week Celebration

Friends of Trees return to Village Green Park in April

In April, City partner, Friends of Trees, will be coordinating a special mulching project at Village Green Park in celebration of Earth Week and Arbor Day. The project aims to help ensure the highest level of plant survival through the Pacific Northwest's dry summer months ahead. Volunteers of all ages and experience levels are welcome. The main requirements are to simply dress for the weather, wear sturdy, closed-toe shoes, and be prepared to have fun!

Registering for projects is highly recommended as this helps ensure there are enough supplies. The team at Friends of Trees will bring the necessary gloves and tools to be used



SPOTS OPEN!

Special Pollinator Event at: Village Green Park

WHEN: Saturday, Mar. 8,
Time: 8:45 a.m. - 1 p.m.

SIGN UP NOW!



Volunteers at a Happy Valley Friends of Trees event in February helped plant a variety of native plants.

or get involved in a worthwhile cause, assisting with a Friends of Trees project might be a great option.

Activities for this project are considered more physically demanding and would be great for folks looking for a workout!

To RSVP, register online by checking out the events calendar

during the event.

Projects are perfect for individuals or groups. If you've been looking for a way to give back

FRIENDS of TREES

IN PARTNERSHIP WITH
CITY OF HAPPY VALLEY
PARKS & RECREATION

PLANT TREES

GROW COMMUNITY

VOLUNTEER OPPORTUNITIES

EVENT SCHEDULE
SCAN HERE

Looking for a fun volunteer project that directly supports our environment? Consider signing up for a Friends of Trees event.

through friendssoftrees.org/event-calendar. Click on the project you would like to attend and fill in your information.

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

SPECIAL EARTH WEEK EVENT!

Village Green Park Stewardship

When: Saturday, Apr. 19, 8:45 a.m.- noon

Where: 13786 SE Sieben Park Way

HAPPY VALLEY, OR
EST. 1965

CLACKAMAS COUNTY

172ND AVE INFRASTRUCTURE IMPROVEMENT PROJECT

SCAN HERE

hv.city/openhouse

ONLINE OPEN HOUSE

AVAILABLE THROUGH MARCH 28TH

Nationwide

TILIKUM INSURANCE

Your Nationwide Agents in Happy Valley

info@tilikuminsurance.com
(503) 353-9900

Moiz Ali, Principal

We're here for every member of your family.

WE'RE GROWING!
New West Linn location
NOW OPEN!

nwpc.com | 503.659.4988

MAYOR’S MESSAGE

INSPIRING
the
FUTURE



In February, Mayor Ellis visited 4th and 5th graders at Verne Duncan Elementary School to promote the “If I Were Mayor” contest. A community tradition, the contest encourages youth to think about what they would do if they were city leaders.

MAYOR
OF HAPPY
VALLEY



Tom Ellis

While the role of mayor involves many important responsibilities, hearing from young residents is particularly valuable. Both I and the other members of City Council believe that engaging with the city’s youth is a priority, as listening to their ideas can offer new perspectives and encourage their interest in city happenings.

The If I Were Mayor contest, organized by the Oregon Mayors Association, offers an excellent platform for students to voice

their innovative ideas. This contest not only educates students about local government, but it also encourages them to think critically and begin imagining what they can do to make Happy Valley the best it can be.

Recently, I had the pleasure of visiting 4th and 5th graders at Happy Valley Elementary and Verne Duncan Elementary to introduce this year’s contest and inspire student involvement. This event has become a highlight of the year for me as I get to meet

the students and talk to them about what I do. It’s always exciting to think that one of their ideas could someday become a reality, or that this encounter might spark a future interest in local government.

Once again, I am grateful to the principals and teachers for their continued support in welcoming me into their schools and promoting this initiative. Together, we can encourage our youth to actively participate in shaping the future of our city.

FINAL CALL!

The “If I Were Mayor” contest is open to City of Happy Valley students in grades 4 through 12 attending home, public, or private schools. The contest is divided into categories based on grade level and one winner from each age group in the Happy Valley contest will be awarded \$100 and recognized at an upcoming City Council meeting. Submissions are due Thursday, Mar. 6 by 5 p.m. Learn more at hv.city/student-contest.

If I Were Mayor contest empowers Happy Valley's youth to share their ideas

Highlighting our community heroes

The City of Happy Valley would like to recognize our community’s veterans and active military.

To do this, Happy Valley News aims to share the story of people in our community who have served or are currently serving in one of our country’s armed forces each month.

Stories might focus on your military experience, what you’ve learned from your travels, or anything interesting or inspiring.


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

Please contact the City’s Communication and Public Relations Coordinator, Stephanie Warneke, at swarneke@happyvalleyor.gov or HV News Community Writer, Emma Davis at edavis@pamplinmedia.com.



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

HAPPY VALLEY NEWS STAFF



City Writer
Stephanie Warneke
SWarneke@happyvalleyor.gov




Community Writer
Emma Davis
Emma.Davis@yourregonnews.com

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, send an email to hvn@pamplinmedia.com and include as many details as possible, so our publication team can review your story idea. The 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
Aaron.Breniman@yourregonnews.com
971-204-7789



Advertising Assistant
Bren Swogger
Bren.Swogger@yourregonnews.com



Design
Molly Filler
Molly.Filler@yourregonnews.com

Designers:
Tiffany O’Dell, Megan Smith

Creative Services:
Chris Fowler (Manager),
Dwayne Stowell
hvn@pamplinmedia.com



READER’S CHOICE 2025

13255 SE 130th Ave. Ste. #700
Happy Valley, OR. 97015.
503.388.5431

Let us manage your single family homes, condominiums and small multiplexes

CLACKAMAS PROPERTY MANAGEMENT



What we do

- Marketing
- Rental Collection
- Financial
- Screening
- Maintenance
- Evictions

Free Rental Analysis at
www.kerrpropertiesinc.com/clackamas-property-management



NEW WINTER INDOOR MARKET

More than 100 weekly Vendors, Farms, Food, Arts, Crafts & more!

**Jan 11th and 18th | Feb 8th and 22nd
March 8th and 22nd**

9am to 1pm
Inside the Gym of the Sunnyside Church
13231 SE Sunnyside Rd, Happy Valley

Brought to you by the Happy Valley Farmers Market - now a year-round Farmers Market!

Over 100 Vendors • Farms • Foods • Baked Goods • Honey • Eggs
Artisans • Woodworking • Fresh Cut Flowers • Berries • Ice Cream • Salsa
Meat, Chicken & Pork • Wines & Distillery • Fun for the Whole Family

Support Our Vendors, Shop Local And Eat Fresh.

PET FRIENDLY!  
SNAP/EBT approved

Happy Valley Farmers Market  

13231 SE Sunnyside Road, Clackamas, OR 97015
503-504-8615 • www.sunnysidefarmersmarkets.com





ESTATE PLANS
CUSTOMIZED TO YOU.

**TRUSTS, WILLS,
PROBATE**

- Call for initial consultation
- Happy Valley office location
- Teleconferencing available



tel: (503) 616 3113
10121 SE Sunnyside Rd, #329
Happy Valley, OR 97015
www.confluencelawcenter.com



City of Happy Valley

At the time of print, the following events were scheduled. Please check hv.city 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 hv.city/notifications

March 4

■ **Joint City Council/Parks
Advisory Work Session:**
City Hall, 6 p.m.

March 6

■ **If I Were Mayor contest:** submissions due by 5 p.m. (Learn more on page 5)

March 9

■ **Daylight Savings Time Starts:**
(Spring forward 1 hour!)

March 18

■ **Joint City Council/Budget Committee Work Session:**
City Hall, 6 p.m.

March 20

■ **International Day of Happiness:** (Learn more on page 10)

■ **Public Art Committee Meeting:** City Hall, 5:30 p.m.

March 24-28

■ **Spring Break Activities:**
(Learn more on page 14)

March 26

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



Sunrise Corridor Community Visioning

*Thanks for your
feedback on the
draft plans!*

City of Happy Valley

In January and February, about 300 community members gave feedback on the Draft Sunrise Vision Action Plan and Draft Sunrise Gateway Corridor Refinement Plan.

On Jan. 23, Clackamas High School library was packed with about 150 people who stopped by the project's third open house. Another 500 people checked in to the online survey, with more than 130



Many community members participated and commented during in-person open house and online survey.



taking the time to comment. Project staff are reviewing and incorporating community and staff feedback into the draft plans, which will be discussed

and acted on by the Steering Committee in April

The draft plans include proposed improvements and investments related to jobs

and economy, open space, public health, environment, neighborhoods and places, and transportation in the Sunrise project area. For more

information on the proposed plans or next steps or to attend the April Steering Committee meeting, visit: www.clackamas.us/sunrise

The New Issue of Happy Valley Magazine Has Arrived!

Learn more about City happenings and local highlights

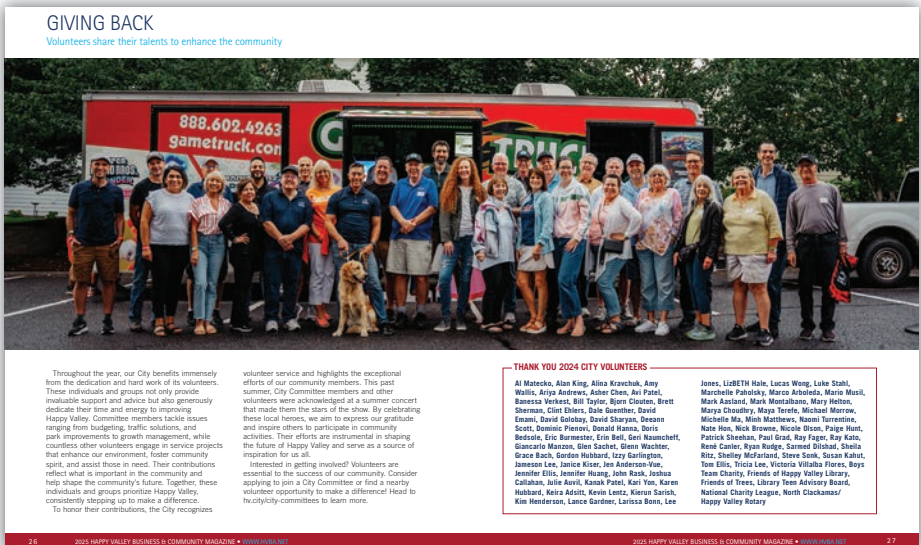
City of Happy Valley

Distributed to residents annually, the Happy Valley Magazine and Business Directory is a special publication made possible through a joint effort between the Happy Valley Business Alliance, City of Happy Valley, and CMG-Oregon.

The magazine sheds light on local events, showcases a variety of feature stories, and includes a complete directory of local businesses.

Be sure to check out this year's publication in this issue of Happy Valley News and learn more about what makes Happy Valley the best place to live, work, and play.

We hope you enjoy this complimentary resource and find it fun and informative. View it online using the corresponding QR code. Additional copies of the magazine are available to pick up at City Hall.





Bliss
ROOFING

Your Preferred Roofer Since 1969
Because Experience Matters

FREE ESTIMATES
Contact us today!

(503) 653-6100
www.BlissRoofing.com





**ROOF
REPLACEMENTS**



**ROOF
REPAIRS**



**NEW
CONSTRUCTION**



Composition



Shakes



Tile



Metal

IT TAKES MORE THAN LUCK TO BUY AND SELL HOMES



**EXPERIENCED.
KNOWLEDGEABLE.**



JUSTIN KIESZ
Principal Broker OR & WA
503.380.5543
Justin@NWNestRE.com

GREGG LEBLANC
The Running Realtor
503.888.4236
Gregg@NWNestRE.com



NWNestRealEstate.com

**EXPERIENCED.
KNOWLEDGEABLE.**



JUSTIN KIESZ
Principal Broker OR & WA
503.380.5543
Justin@NWNestRE.com

GREGG LEBLANC
The Running Realtor
503.888.4236
Gregg@NWNestRE.com



NWNestRealEstate.com

**EXPERIENCED.
KNOWLEDGEABLE.**



JUSTIN KIESZ
Principal Broker OR & WA
503.380.5543
Justin@NWNestRE.com

GREGG LEBLANC
The Running Realtor
503.888.4236
Gregg@NWNestRE.com



NWNestRealEstate.com

**EXPERIENCED.
KNOWLEDGEABLE.**



JUSTIN KIESZ
Principal Broker OR & WA
503.380.5543
Justin@NWNestRE.com

GREGG LEBLANC
The Running Realtor
503.888.4236
Gregg@NWNestRE.com



NWNestRealEstate.com

**EXPERIENCED.
KNOWLEDGEABLE.**



JUSTIN KIESZ
Principal Broker OR & WA
503.380.5543
Justin@NWNestRE.com

GREGG LEBLANC
The Running Realtor
503.888.4236
Gregg@NWNestRE.com



NWNestRealEstate.com

**EXPERIENCED.
KNOWLEDGEABLE.**



JUSTIN KIESZ
Principal Broker OR & WA
503.380.5543
Justin@NWNestRE.com

GREGG LEBLANC
The Running Realtor
503.888.4236
Gregg@NWNestRE.com



NWNestRealEstate.com

**EXPERIENCED.
KNOWLEDGEABLE.**



JUSTIN KIESZ
Principal Broker OR & WA
503.380.5543
Justin@NWNestRE.com

GREGG LEBLANC
The Running Realtor
503.888.4236
Gregg@NWNestRE.com



NWNestRealEstate.com

**EXPERIENCED.
KNOWLEDGEABLE.**



JUSTIN KIESZ
Principal Broker OR & WA
503.380.5543
Justin@NWNestRE.com

GREGG LEBLANC
The Running Realtor
503.888.4236
Gregg@NWNestRE.com



NWNestRealEstate.com

**EXPERIENCED.
KNOWLEDGEABLE.**



JUSTIN KIESZ
Principal Broker OR & WA
503.380.5543
Justin@NWNestRE.com

GREGG LEBLANC
The Running Realtor
503.888.4236
Gregg@NWNestRE.com



NWNestRealEstate.com

**EXPERIENCED.
KNOWLEDGEABLE.**



JUSTIN KIESZ
Principal Broker OR & WA
503.380.5543
Justin@NWNestRE.com

GREGG LEBLANC
The Running Realtor
503.888.4236
Gregg@NWNestRE.com



NWNestRealEstate.com

**EXPERIENCED.
KNOWLEDGEABLE.**



JUSTIN KIESZ
Principal Broker OR & WA
503.380.5543
Justin@NWNestRE.com

GREGG LEBLANC
The Running Realtor
503.888.4236
Gregg@NWNestRE.com



NWNestRealEstate.com

**EXPERIENCED.
KNOWLEDGEABLE.**



JUSTIN KIESZ
Principal Broker OR & WA
503.380.5543
Justin@NWNestRE.com

GREGG LEBLANC
The Running Realtor
503.888.4236
Gregg@NWNestRE.com



NWNestRealEstate.com

**EXPERIENCED.
KNOWLEDGEABLE.**



JUSTIN KIESZ
Principal Broker OR & WA
503.380.5543
Justin@NWNestRE.com

GREGG LEBLANC
The Running Realtor
503.888.4236
Gregg@NWNestRE.com

CODE CORNER

Parking Enforcement in the City

Following Happy Valley's parking rules improves safety and livability in the city

City of Happy Valley

Parking rules are necessary to properly manage and maximize the space available on our City streets. Safety is always the primary goal when it comes to having these rules and when adhered to, they contribute to things running smoothly around town.

When a vehicle parks in an area that is designated No Parking (i.e. in a crosswalk or facing the wrong way), it creates a hazard for other vehicles and pedestrians. The same goes for instances when a vehicle is parked for an extended period on public roads. That's why it is one of the responsibilities of Community Service Officers to help ensure that drivers comply with local parking laws and ordinances. By keeping in accordance with City rules



and working with residents, Community Service Officers aim to help keep Happy Valley chugging along.

- Areas Where Stopping or Parking is Prohibited**
- On a sidewalk
 - In a crosswalk or within 20

- feet from a crosswalk
- Wherever **NO PARKING** signs are posted
 - Next to a yellow or red curb
 - More than 12 inches from the curb
 - In the unlawful direction of traffic
 - In public parks after closing (as indicated on posted signs)
 - In a disabled space without having or displaying a disabled parking permit
 - In a bike lane
 - Within 10 ft. from a fire hydrant
 - Within 12 ft. from a mailbox

- Also Not Permitted**
- Double parking
 - Blocking driveways
 - Blocking ADA ramps
 - Parking over 72 hours

- without moving on a residential street
- Abandoned or unlicensed vehicles left for 48 hours on a residential street
 - Trailers parked on a street that are not attached to a vehicle
 - *includes utility vehicles, campers, enclosed trailers, etc.
 - Sleeping in a vehicle, recreational vehicle, or boat on a public street
- As with any City ordinance, Community Service Officers strive to help residents and visitors comply with expectations. When appropriate, officers may provide education about a potential parking related concern before issuing a formal citation, but it is ultimately the responsibility of



ADA ramps, like the one seen here, are vital to providing persons with disabilities easy access to street crossings. Bike lanes must also be free from parked vehicles. These are designated by a bicycle icon at their beginning and end but marked consistently by a bold white line.

the vehicle's owner to follow the rules. If a citation has been issued, the City's Municipal Court will be alerted, and you may have to appear in front of the Judge.

Have a question or want to let us know about an abandoned vehicle? Our team is

happy to assist or help explain things in more detail. Simply give us a call at City Hall and ask to speak to a Community Service Officer by dialing 503-783-3800. You can also learn more by reviewing Chapter 10 of the municipal code online at hv.city/city-code.

Join our team!

HV Parks and Recreation Foundation seeks new board members

Happy Valley Parks & Recreation Foundation

Are you passionate about the great outdoors and community engagement? Do you have skills and experience you'd like to share with an organization dedicated to enhancing our city's parks and recreational programs? If so, we invite you to join the Happy Valley Parks and Recreation Foundation Board!

We are currently seeking enthusiastic and committed



Last year, the Foundation presented a financial gift to the Happy Valley Youth Council for their work to enhance and promote student mental health and wellness. The Foundation has also helped supply recreational scholarships to those in need and has established programs like Buy a Brick, which helps support our local parks.

individuals to fill key roles on our board. Our foundation supports the efforts of the Happy Valley Parks and Recreation Committee by funding additional programs and hosting events that enhance the City's mission.

We are looking for At-Large members and Committee Chair positions. A committee chair

guides the team and operations related to their committee, including setting the committee's meeting agendas and providing key updates about the committee's decisions to the other board members.

Qualifications

We welcome applicants with diverse backgrounds and

experiences. Ideal members will have:

- A passion for parks, recreation, and community service.
- For Committee Chair positions, we are specifically looking for individuals with experience in one or more of the following areas: marketing, fundraising, public relations, social media and

communications, and web design.

- Strong communication and teamwork skills.
- A commitment to attend regular meetings and engage actively with the board.

How to Apply

If you are interested in applying, please send a statement of interest outlining your interest



Join us in shaping the future of our community parks and recreational opportunities by applying for a board member position.

MT. SCOTT FUEL CO.

BARK, SOIL MIXES & MORE!

1919-2025 106 Years of Service

- Many grades of bark and mulch available
- Rock & Soil mixes
- Composted cow manure
- Dirt Huggers Compost
- River rock, Crushed rock & Pea gravel

PICK UP OR WE DELIVER

PORTLAND

503-774-3241

6904 SE Foster Rd.

BORING

503-661-1414

11909 SE 282nd Ave.

Mon – Sat 8AM-5PM

MtScottFuel.com

SOMETIMES WE GET LUCKY

OFTENTIMES WE NEED TO BE PROACTIVE

Ensure your treasures are safeguarded with an estate plan tailored to you and your family.

Gloria Tam,
Attorney at Law
info@luxlaw.us
503-500-0411

WILLS TRUSTS ESTATES MEDICAID

www.luxlaw.us

Coverage for the things you care about

- Business Insurance
- Commercial Auto Insurance
- Commercial Umbrella Insurance

Joseph Edward Moss
Your Local Agent | License #1436184
joe@mossinsure.com

- Auto Insurance
- Home Insurance
- Life Insurance

Jaret Moss
Your local agent | License #19818541
jaret@mossinsure.com

Call 503-344-6513 today!

For a no-obligation quote.

Advertisement produced on behalf of the following specific insurers and seeking to obtain business for insurance underwritten by Farmers Insurance Exchange, Fire Insurance Exchange, Truck Insurance Exchange, Mid-Century Insurance Company, Farmers Insurance Company of Washington (Bellevue, WA) or affiliates. In TX: Insurance is underwritten by Farmers Insurance Exchange, Fire Insurance Exchange, Mid-Century Insurance Company, Farmers Texas County Mutual Insurance Company, Mid-Century Insurance Company of Texas or Texas Farmers Insurance Company. In NY: Insurance is underwritten by Farmers Insurance Exchange, Truck Insurance Exchange, Mid-Century Insurance Company or Farmers New Century Insurance Company. Home office: Los Angeles, CA. Each insurer has sole financial responsibility for its own insurance. List of all insurers and states where licensed at farmers.com/companies/state/. Not all insurers are authorized in all states. Not all products, coverages, and discounts are available in every state and may vary by state. Restrictions, exclusions, limits, and conditions apply. See agent for details.

Service and a Duty to be Kind

Army veteran, Gordon Hubbard, reflects on his life in the service and how he learned about himself through his experiences

By EMMA DAVIS
Staff Reporter

Gordon Hubbard’s life journey is a powerful reflection of self-discovery, service and change. Born in Hillsboro, Oregon, he spent his early years on a family farm before moving to Gresham and joining the Army when he graduated high school in 1965. Hubbard’s journey has shaped his perspective on life and the importance of kindness, personal growth, and community. From going through bullying as a kid to navigating the complexities of military life, he found that life was about finding purpose in unexpected places and discovering a path that allowed him to give back to others and continue to learn.

During his school years, Hubbard faced some challenges, particularly with academics, which made it harder for him to keep up in class. He also dealt with bullying, which left him feeling somewhat isolated. However, he found an interest in both sports and music in high school, which made a big difference. As high school came to an end, Hubbard’s academic struggles caught up with him, leaving him with very limited options for what to do next. He chose to enlist in the Army in February of 1966.

During basic training in Fort Polk, Louisiana, he faced the usual challenges of preparing for service. Once the completion of basics, Hubbard made the decision to attend Signal School at Fort Monmouth, New Jersey, straying away from the front lines. “I don’t like shooting at people, and I had never shot a weapon,” Hubbard said. While there, he learned the ins and outs of the military electronics that he would need for his assignments, including radio communication systems and signal equipment.

Two weeks before graduation from school, overseas



Army veteran, Gordon Hubbard

assignments were starting to be given out. “They wound up dividing the school in half, and they said my half of class was assigned to South Korea,” he said. However, there was an unexpected change. “They

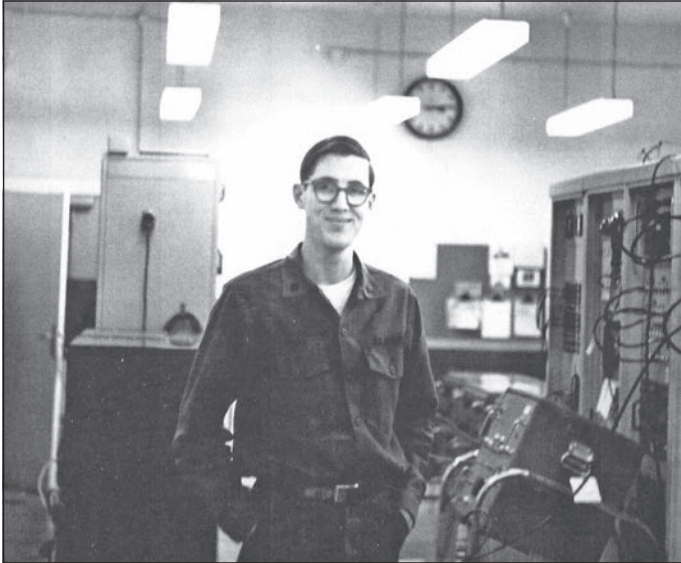
“And out of everything, I just want to be kind.”

— Gordon Hubbard

negated that the last week and said the second group instead of going to Korea, they took all the [winter] gear away and said, ‘we’re going to send you to Frankfurt, Germany replacement center too,’” he said. Though his group didn’t fly over like the first half but was sent via a World War 2 ship for ten days.

Once docked, Hubbard was given orders to send him to Berlin and was given one of his first assignments as a member of the Signal Corps. “One of the first duties I had [because I was part of the Army], was I got to monitor checkpoint Charlie on a closed circuit TV,” he said. “I had a joystick that I could move the camera, which meant I was watching the TV camera that’s pointed into this no man’s land of Checkpoint Charlie on the East Berlin side.” Amidst this time, he was also sent to five weeks of school down in Bavaria.

While in Germany, Hubbard did many things. He was part of the United States Army Europe group. “Our official title for is also called the Berlin Brigade, and were 592nd signal core,” he



Hubbard inside the transmitter station



Crossing guard at Fort Polk, Louisiana

HUBBARD OUTSIDE THE TRANSMITTER STATION

said. “We maintained this transmitter station.” He did this from summer of 1966 to when he was discharged on inauguration day: January 20, 1969, as a Specialist 4th Class.

Transitioning back into civilian life proved to be slightly difficult for Hubbard. “[It was] very surreal,” he said. “None of my peers were there, people are my age were either off at college, in the military, or sadly, dead. I was kind of an orphan...I felt isolated.” Although he didn’t serve in Vietnam, the public’s

feelings toward the war left him feeling unwelcomed. “Nobody liked you, because you had been part of the military establishment,” he said. “My own country wasn’t respecting of what I tried to do and now I’m so pleased that it seems like most of the public is on board with honoring the people who have been either our active duty or they were in active duty.”

Hubbard’s time in the Army, where he found an aptitude for electronics, served as a starting point for the rest of his career.

“When I got out, I went to work for a company that made print circuit boards and that was a jumping off point,” he said. “I guess you could say really if it hadn’t been for the military, I don’t know whether I would have gone on to more training in electrical.” In 1976, he and his wife moved to Salt Lake City for her master’s program in midwifery, and during this time, he worked as an electrician at his first hospital. His career in maintenance engineering spanned nearly three decades

at Providence Hospital.

Eventually, they returned to Oregon, where he continued to build a fulfilling life, raising a family and actively contributing to the community.

Gordon Hubbard’s life today is one filled with purpose and service. “My life now is wonderful,” he said. He enjoys an active role in his community, giving his time and efforts to help those in need, including fellow veterans and local children. “My wife and I are both active in the Happy Valley library as volunteers,” he said. “And five days a week I get to be a crossing guard, and I love that.” Over the years, he has learned that meaningful change comes from everyday acts of kindness. “I commit to the community because I think it’s important to support the community,” he said. “I think it’s my unwritten duty to give.”

Hubbard’s life is a true example of how one person can make a lasting impact. His military service shaped his deep sense of duty and commitment to others and want to continue learning about life and himself, which he carries forward through his volunteer work and everyday acts of kindness. Whether serving his country or helping his community, he shows the value of service, learning, empathy, and human connection. “The human race is still growing,” he said. “And out of everything, I just want to be kind.”

IS YOUR DOG LICENSED?

If you reside in the City of Happy Valley and you own a dog, you **MUST** have a current dog license on file.

COMPLETE THE APPLICATION ONLINE





EXPLORE WITH

Cultural Passes

Free with your library card
go.lincc.org/hvcp





Homes on Parade

THURSDAY, MARCH 13 | 4:00 - 6:00 p.m.

Join us for a special showcase of newly remodeled apartments. You'll also enjoy wine tasting, hors d'oeuvres and live music. Plus, enter to win exciting prizes!

Call or text Amber at 971-336-1251 to RSVP or email info@miramontpointe.com



MIRAMONT
POINTE
Senior Living

11520 SE Sunnyside Rd
Clackamas, OR 97015
503-698-1600
miramontpointe.com

SENIOR LIVING | ASSISTED CARE | MEMORY CARE



MANAGED BY The Goodman Group

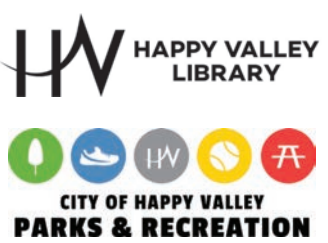


Cards of Kindness: Spreading Love on Valentine’s Day



Handmade cards bring cheer to local seniors

City of Happy Valley



To celebrate Valentine's Day, the Happy Valley Parks and Recreation team, in partnership with Happy Valley Library, once again enlisted the help of the community to bring love and cheer to local seniors. Over 700 handmade cards were delivered to memory care centers and assisted living facilities throughout Happy Valley as part of a community wide effort.

Prior to the big day, teen volunteers helped assemble card kits that could be picked up at the Library and City Hall. Anyone could take a kit, which included festive cardstock, stickers, and decorative paper. In its fourth year, this activity highlights the significance of kindness and community-building across the lifespan. Residents in care facilities often face isolation and struggle to connect with the broader community. Through Valentine's Day greeting cards, Happy Valley Parks and Recreation,

along with Happy Valley Library, provide a meaningful opportunity for community members to engage with our local seniors. To make the occasion extra special, two brothers from Happy Valley Elementary,

Miles (Kindergarten) and Blake (4th grade), helped hand deliver the cards. Happy Valley Parks and Recreation would like to extend a special thank you to the residents of Happy Valley, the Happy Valley Library,

and the students and teachers at Scouters Mountain, Mt. Scott, and Happy Valley Elementary Schools for helping make this such a fun and memorable event. The team would also like the thank the staff at Miracle Heights Memory Care,

MorningStar Assisted Living & Memory Care, Princeton Village Assisted Living, Miramont Pointe Assisted Living, The Springs Living, and Glenmoore Gracious Retirement Living for helping facilitate the deliveries.

Handmade cards created by members of the community were delivered to residents at local care facilities.

Youth Entrepreneur Program set to return this spring

Program geared toward kids and teens is back, starting with Paws in the Park on May 31

City of Happy Valley

The City's Youth Entrepreneur program returns later this year and will once again offer young business-minded individuals the opportunity to showcase and sell their handmade crafts. After a highly successful debut at last year's Happy Valley Parks and Rec summer concert series, the program is expanding in 2025 to include five specific City events: Paws in the Park, 4th of July Family Festival, one Summer Concert, Oktoberfest, and Tree Lighting Ceremony. This initiative provides young entrepreneurs with a platform to

engage with the community, gain real-world business experience, and build confidence in a supportive environment. The program will kick off on May 31 at Paws in the Park, a family-friendly community event centered around fun activities with residents and their pups. Youth will have the chance to set up shop and impress attendees with their handmade merchandise. Youth interested in participating can apply online via the City's website starting Apr. 1. Participants will be notified by mail during the week of May 5 about the events they have been selected to join.



Beginning Apr. 1, kids and teens will be able to apply online to participate in the 2025 Youth Entrepreneur Fair events.

21

Ichi

TERIYAKI

NEIGHBORHOOD FAVORITE

2023

Nextdoor

5 YEARS IN A ROW!

SE 167th Ave.

NEW SEASONS

Parking Lots

SE Sunnyside Rd.

SE 162nd Ave.

503-454-0115

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

THANK YOU FOR SUPPORTING A LOCALLY OWNED BUSINESS!

DINE-IN or TAKE-OUT or CATERING

• TERIYAKI PLATE • COMBINATION

• YAKISOBA • HOUSE SPECIALS

OPEN HOURS

MON-SAT 10:30 AM - 9:00 PM

LUNCH SPECIALS 10:30 AM - 3:00 PM

21

Ichi

TERIYAKI

COUPON

10% OFF

VALID MONDAY - FRIDAY

VALID ONLY FOR TERIYAKI PLATE, COMBINATION, YAKISOBA, HOUSE SPECIALS

VALID ONLY AT ICHI TERIYAKI NO. 21 (HAPPY VALLEY LOCATION)

Expires 03/31/25

SATURDAY
MAY 31
11AM - 3PM
HAPPY VALLEY PARK

PAWS
IN THE PARK

THE ULTI-MUTT EVENT FOR
DOG LOVERS OF ALL AGES!

Providing quality dental care for over 45 years!

Dr. Dick Hikade
Dr. Brooke Hikade-Wyatt
Dr. Chad Casebeer

SUNNYSIDE DENTISTRY

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

.....
sunnysidedentistry.com

March – A Month of Celebrations

Celebrate all that March has to offer in Happy Valley

By EMMA DAVIS
Staff Reporter

March is a month of fun festivities, with a variety of cultural, seasonal, and festive holidays to enjoy in Happy Valley. As winter fades away, the arrival of spring brings fresh opportunities to get outside, celebrate with friends and family, and embrace the changing season. There are numerous ways to mark the occasion, from the vibrant spirit of St. Patrick’s Day and International Day of Happiness to the blossoming beauty of the spring equinox. The longer daylight hours that come with Daylight Saving Time provide more chances to explore the outdoors, whether it’s hiking scenic trails, enjoying local parks, or starting a new garden. Food lovers will also find plenty to indulge in, with National Pi Day offering the perfect excuse to enjoy a slice of pie—whether sweet or savory.

Here are the best places to visit and activities to enjoy this month!

Daylight Saving Time Begins (March 9, 2025) - More Daylight, More Adventure

With longer daylight hours, it’s the perfect opportunity to spend more time outdoors and take advantage of Happy Valley’s scenic landscapes. Hiking at Mt. Talbert Nature Park provides breathtaking views and peaceful wooded trails for a refreshing outdoor experience. If you prefer a more leisurely activity, Happy Valley Park is an ideal spot for a walk, jog, or even a relaxing picnic. For those seeking stunning panoramic views, Scouters Mountain Nature Park offers well-maintained trails and a gorgeous lookout point, making it a great destination for an evening hike to watch the sunset.

National Pi Day (March 14) - A Celebration of Pi(es)!

March 14 (3/14) is a day for math lovers and food enthusiasts alike! Celebrate National Pi Day by indulging in both sweet and savory pies at some of Happy Valley’s best eateries. Stickman Brewing serves up delicious pizza pies, perfectly paired with a refreshing craft beer. Ranch Pizza at Happy Valley Public House is another fine option. If dessert is more your style, visit local bakeries or markets for classic pies such as apple, cherry, or key lime.

St. Patrick’s Day (March 17) – Celebrate with Irish Cheer

Get ready to wear your green and raise a glass in honor of St. Patrick’s Day! Happy Valley offers a variety of places to enjoy the holiday. Valley Public House & Whiskey Barrel Lounge is a fantastic venue to sip on Irish whiskey, craft beer, and enjoy a lively atmosphere with friends and fellow revelers. Happy Valley Station, a popular food cart pod, frequently hosts events, and this year they’re featuring a *Paint a Lucky Gnome* event—perfect for a creative celebration with family or friends. If you’re looking for more classic celebrations, explore local pubs and breweries, many of which will have special St. Paddy’s Day menus featuring Irish fare, festive drinks, and plenty of fun.

Spring Equinox (March 19, 2025) - Celebrate the Arrival of Spring

The Spring Equinox marks the official start of spring, making it the perfect time to embrace the beauty of nature and begin seasonal activities. Pick up fresh flowers, vegetable starts, or houseplants to bring spring into your home or garden. For an even more immersive floral experience, head to The Flower Farm at Echo Ranch, where you can stroll through vibrant blooms and take home a beautiful bouquet. As the weather warms, Happy Valley Winter Market (3/8 & 3/22) is an excellent place to support local growers, pick up fresh produce, and shop for garden essentials before the regular Farmers Market resumes in April.

International Day of Happiness (March 20)

March 20 is International Day of Happiness and where better to celebrate than Happy Valley! Be sure to check out the events that the City is holding to commemorate the joyful occasion (see page XX).

March is full of great reasons to get out, try something new, and enjoy the changing seasons. Whether you’re raising a glass on St. Patrick’s Day, hiking in the extra daylight, or indulging in a delicious pie, Happy Valley has plenty to offer this month!



Remember to set your clocks an hour ahead for Daylight Savings



Grab yourself a piece of pizza pie at Stickmen Brewing for National Pi Day



Pick up some flowers at Flower Market at that Echo Ranch to ring in the Spring Equinox



Celebrate St. Patrick's Day by painting a Lucky Gnome at Happy Valley Station from Paint with April

Celebrate International Day of Happiness with Us!

Discover the power of community

Since 2013, the United Nations has recognized Mar. 20 as International Day of Happiness, a day to embrace joy, connection, and well-being. This year, Happy Valley Parks and Recreation and Happy Valley Library invite you to join in on the celebration!

On Thursday, Mar. 20, from 3 p.m. to 4:30 p.m. at the Happy Valley Library, families can take part in fun, collaborative art activities that showcase the power of community. Kids will get to color shared art pieces and engage in a creative activity highlighting how we’re all connected. For those who prefer a quieter experience, individual activities will also be available, providing a peaceful

INTERNATIONAL DAY OF HAPPINESS

- Thursday, Mar. 20
- Happy Valley Library
- 3 p.m. – 4:30 p.m.

space to participate at their own pace. Let’s come together to spread happiness and make meaningful connections! Be sure to follow Happy Valley Parks and Recreation on Facebook for more details or check out hv.city/day-of-happiness.



Celebrated annually in the City, International Day of Happiness has become a day where the community can connect. Last year, the event was held at Village Green Park and participants contributed to the creation of a community puzzle.

Help Protect Our Watersheds!

The RiverHealth Stewardship Program Grants support community groups, businesses, and property owners who want to improve the health of watersheds within the surface water areas served by Clackamas Water Environment Services (WES).

What kinds of projects are eligible?

- Install a rain garden, swale, or porous pavement
- Replace pavement and landscaped areas with water quality facilities
- Plant and care for native trees and shrubs in streamside areas
- Create a native vegetation rain garden to attract pollinators and visitors
- Hold a watershed education or stewardship event

Who is eligible?

Community groups, businesses, schools, nonprofits, student groups, faith organizations, neighborhood or business associations, and service groups conducting projects in the WES surface water service area. Projects conducted to meet permit obligations, required mitigation, or penalty payments are not eligible.

Applications Due April 17, 2025

All funds (\$30,000 maximum) per applicant must be spent between July 1, 2025 and June 30, 2026
Get program details and application at clackamas.us/wes
Questions? Contact Gail Shaloum at gshaloum@clackamas.us



CLACKAMAS
**WATER
ENVIRONMENT
SERVICES**

ADVENTURE IS OUT THERE

Happy Valley resident, Virginia Getz, reflects on her various adventures throughout 2024

By EMMA DAVIS
Staff Reporter

For Virginia Getz, the Pacific Northwest isn't just home—it's also her gateway to endless adventure. A resident of Happy Valley for the past decade, she developed a love for exploring the region's forests, mountains, lakes, and coasts, immersing herself in nature's beauty. Getz has always had a fascination with the outdoors, and since moving to Oregon 15 years ago, her love has only grown. From hiking among lush trees and following the wildflower bloom cycles to her more recent passions for indoor pickleball and birdwatching, adventure for Virginia is limitless.

Originally from Southern California, she moved to Oregon with the sole purpose of being closer to nature. "I had a cabin in Big Bear for a little over 10 years, and I decided that I wanted to be in the woods all the time," she said. "I decided to move to Portland without ever coming here, and I love it." Her life is full of a multitude of outdoor (and indoor) hobbies that keep her active, social, and connected throughout the year in all seasons. She enjoys hiking and exploring scenic locations, especially those with waterfalls and wildflowers, both locally and out of town.

During the winter months, Getz breaks out her winter gear and takes on a different adventure. "I like to snowshoe up at Mount Hood, and I love Sisters and Mirror Lake," she said. She also occasionally skis. "When I was over at Smith Rock, I took my friends up skiing at Mount Bachelor," she said. "A nice snowshoe around, and then I went to Smith Rock that day."

During the pandemic, she



Getz (left) with a few friends from her birdwatching group



The Skagit Tulips

discovered new passions, such as birdwatching, camping, and pickleball, all of which have provided fun and social ways to stay active. "I got heavily into birding during the pandemic, and I also got heavily into pickleball," she said. Getz's interest in birding has taken her to some of the most scenic and wildlife-rich areas in the PNW, which she visits in every season. "I have favorite birding places like Fern Hill Wetlands in Hillsboro or Sauvie Island," she said. "I was just up in the Gorge, hiking at Dry Creek Falls, and we saw a couple of bald eagles up there."

Though she loves outdoor adventures, one of her favorite activities is an indoor one. "The thing I enjoy the most out of all my numerous hobbies is playing pickleball, and that's indoors," she said. "I've got a group of gals that I play with that are amazing." What



Adventures await! Getz enjoys taking her kayak out on a cruise in the warmer months



Play ball! Getz enjoys playing with her pickleball group on a regular basis

started as a simple way to stay active during uncertain times has now become a regular part of her weekly routine. "When I'm playing pickleball with friends who really love to play, that's awesome," she said.

Getz has also developed an affinity for camping, which allows her to blend several of her favorite outdoor activities into one immersive experience. Her camping trips have taken her to picturesque locations across Oregon and Washington, where she enjoys hiking, kayaking, and birdwatching amid the Pacific Northwest's vast wilderness. "Last summer, I camped on Orcas Island up in Washington, and that was amazing," she said. National Parks and scenic campgrounds provide the perfect backdrop for her adventures, allowing her to fully connect with nature. She has plans and goals for where she wants to camp in the coming years. "I'm

going to go back to camp this year on Friday Harbor, which is on San Juan Island," she said. "My goal is to visit all the inhabited islands."

Among her adventures, she seeks out the vibrant and beautiful flowers across the region. Each year, she visits the Woodburn and Skagit Tulip Festivals, as well as the Crystal Springs Rhododendron Garden. She even recently started a women's group called Water, Wildflowers, and Waterfalls for those who want to follow the blooms and chase one of Earth's many wonders. "I lean towards the wildflowers and the waterfalls," she said. "I love Rowena Crest, where the wildflowers bloom pretty early in the season. There's also Dallas Mountain Ranch, Catherine Creek, and the Lyle Cherry Orchard." Whenever she's out and about—whether birding, exploring waterfalls, or admiring



Virginia Getz snowshoeing in the mountains

I decided to move to Portland without ever coming here, and I love it."

— Virginia Getz

flowers—Getz brings her camera along to capture the scenery.

She's also fostered community through nature by organizing more than 450 meetups, bringing together people who share a love for outdoor adventure. One of her most significant contributions is leading weekly hikes with the Happy Valley Women's Group, offering members the chance to connect both with nature and one another.

She also shares her newfound interest in stargazing and astronomy, which she discovered through taking Derek Sears' astronomy classes and joining an astronomy club. This has created additional opportunities for people to gather and appreciate the night sky together.

Among her favorite places are Mount Rainier, the Hood River Fruit Loop, Sauvie Island, and the Columbia River Gorge, each offering unique landscapes and

seasonal beauty. "I try to go to the Hood River Fruit Loop every year," she said. "And I try to go to all the cool stuff at Sauvie Island, like the pumpkin patch in the fall."

Getz's love for outdoor adventures—from hiking and kayaking to birdwatching and camping—reflects her deep connection to the beauty of the Pacific Northwest. Despite her busy career as a managing principal real estate broker, she finds balance by making time for nature, which offers both tranquility and a sense of community.

Whether she's sharing moments with friends during outdoor activities or immersing herself in the peacefulness of nature, Virginia encourages others to explore their local surroundings, reminding us that even small outdoor adventures can bring joy and connection to the world around us.



HVBA
HAPPY VALLEY
BUSINESS ALLIANCE

HAPPY VALLEY BUSINESS ALLIANCE

COMMUNITY IS OUR BUSINESS!

Support these local Alliance members!

Join us for the next meeting, Wednesday, March 26 at 7:30 AM
at Happy Valley City Hall (16000 SE Misty Drive Happy Valley, OR 97086)

New Members:
Marchelle Paholsky Happy Valley City Council Candidate
Mt. Scott ENT & Sleep Medicine

Renewing Members:
Pdx Cleaning LLC
Premier NW Insurance
HER Roofing



MEXICAN RESTAURANT & CANTINA
DINE-IN, TAKE OUT, AND CATERING SERVICES

Sunnyside
14626 SE Sunnyside Rd.
503-658-6778
www.lacostita.com

GROCERY OUTLET
bargain market

Locally Owned by Mike & Tiffany Shaffer

Name Brands,
Farm Fresh Organics,
Large wine selection!

14800 SE Sunnyside Road
503-855-3534
Happy Valley, OR 97015



LA SALLE PREP

Exceptional Academics • Inspiring Core Values
Transformational Opportunities

Discover yourself at La Salle!

Just off I-205 at Sunnyside • www.lsprep.org



SUNNYSIDE DENTISTRY

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

sunnysidedentistry.com



LAW

PAULA WALKER
Attorney at Law

T: 503.616.3113
F: 833.801.1091
10121 SE Sunnyside Rd, #329, Happy Valley, OR 97015
paulawalker@confluencelawcenter.com
www.confluencelawcenter.com



Tree City Real Estate

LizBETH Hale
Principal Broker|Owner

(503) 757-1869
Lizbeth@treecityhomes.com
www.treecityrealestate.com

8305 SE Monterey Ave Suite 220J, Happy Valley OR, 97086

Hire your local expert!

Locally owned by a Happy Valley Resident

ACE Hardware

14718 SE Sunnyside Rd • Happy Valley, OR 97015
(503) 563-6665

HOURS: Monday-Friday 9-7 • Saturday 9-6 • Sunday 9-5



HVBA HAPPY VALLEY
BUSINESS ALLIANCE

Do you want your business
to be featured here, for FREE?

JOIN THE HVBA TODAY AT HVBA.BIZ

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

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

A Fusion of Music, Food, and Community

Conway's House of Jazz combines live music, homemade comfort food, and a rich local legacy to create a unique new family-friendly venue

By EMMA DAVIS
Staff Reporter

Conway's House of Jazz is more than just another venue; it represents decades of passion, history, and experience, as well as a love of music, excellent food, and community. Owned and operated by Jim and Barbara Conway, this warm and inviting jazz club brings a taste of New Orleans to Portland, offering an unforgettable blend of rich local musical history and homemade, made-to-order comfort food. With a dedication to excellence in food, service, and entertainment, the Conways have built an atmosphere where every guest is treated like family and every night feels like a special occasion.

Jim Conway's journey to opening the club in Greenhouse Square on 82nd Drive is rooted in his knowledge of the bar and restaurant industry and his love of music. He began his career in business long before his first venture as a radio DJ. "I got involved with being in a big venue or just a nightclub, emceeing for a band, and we met some great people, but all those times I was watching the bartenders and thinking this could be fun," he said. "One day, I got an offer to be a bartender. That's when I switched from being on the radio to being in the restaurant business."

Serial entrepreneur

Since then, he has owned three businesses: Galway's Pub, Conway's Restaurant and Nightclub, and the most recent, Doc George's Jazz Kitchen, where he decided to trade his rock 'n' roll background for jazz. He opened the business with Doc George, his close friend who played a role in his continued appreciation of the genre.

After Doc George passed away, Jim decided to sell the club in 2012. However, he was repeatedly asked by friends, musicians, and longtime patrons if he would ever open another jazz venue. "People kept coming up and asking Jim about it," Barbara Conway said. "Barb and I talked about it for many months and thought, 'Maybe it's time to recreate Doc George's Jazz Kitchen,'" Jim said.

With Jim's passion for live music and hospitality, and Barbara's background as a classically trained musician and career educator, the two combined their talents to make their vision a reality.

Guests aren't just entering a jazz club with a lineup of talented musicians; they're stepping into a space that reflects decades of local history. The ambiance is intimate, warm, and inviting, with artwork that showcases the region's rich musical heritage, from iconic local musicians to historical moments in jazz. "A lot of the photographs that are framed are pictures I took along the way at either Doc George's or other venues over the last 15 to 20 years," Jim said. "When people walk around the room, they see Portland history. They see music history."

"Jim really has curated the art," Barbara said. The thoughtful touches, like the vintage jukebox that's free to



Owners of Conway's House of Jazz, Barbara and Jim Conway.

"When people walk around the room, they see Portland history. They see music history."

— Jim Conway



Mel Brown Trio performs during a recent gig



Pick from a selection of jazz classics in the complementary jukebox.

use and framed photographs from the local music scene, provide a feeling of nostalgia and pride.

Jim also has a dedicated space on the

wall for veterans. "In the back corner of the bar, near that green neon sign, is our veterans' corner," he said. "I used my dad's funeral flag as the centerpiece, and



The Taylor Arko Quartet performs during a recent Young Musicians Showcase

the pictures underneath are of family, friends, and Doc George."

More than just music

One thing to note is the high-quality, made-from-scratch food with a home-cooked feel. "A lot of thought went into the menu," he said. "Instead of just calling up a food vendor and ordering everything in, we make it from scratch." The menu includes dishes from Doc George's, featuring robust flavors. "We recreated the entire menu from Doc George's," he said. "We just rewrote it." The standout, however, is Jim's mom's meatloaf, known for its juicy, savory texture.

The menu also features items that pay homage to Creole cuisine from New Orleans, Louisiana, with classics like gumbo, jambalaya, and shrimp étouffée. Additionally, the drink menu enhances the experience with cocktails including The Hurricane and an Espresso Martini. The dedication of the talented and hard-working staff to delivering a memorable dining experience shines through in every plate.

The jazz club also hosts various events throughout the month, including a weekly Mardi Gras celebration every Tuesday with performances from The Big Easy Band.

Aspiring artists' opportunity

One of the most special aspects of Conway's House of Jazz is the Young Musician's Showcase, a program that gives music students the chance to showcase their talents. "Kids who are going to schools like Mount Hood Community College or Clackamas Community College and are in the jazz programs there—they're not just in a classroom performing; they're on a real stage, in front of a real audience," Jim said. The showcase supports local arts while giving back to the next generation of musicians. "Supporting the arts is very important, and it's nice to see young people embracing live music and learning jazz," he added.

At the heart of Jim and Barbara Conway's vision for their business is the desire to create lasting memories and a sense of community through music, incomparable food, and shared moments—offering a one-of-a-kind experience that blends great food, exceptional live music, and a warm, welcoming atmosphere.

"You can't find it anywhere else," Jim said. "If we walk away with memories of making people happy—something unique, special, and memorable—we've done the right thing."

STAY
IN THE
KNOW

RECEIVE CITY NEWS,
IMPORTANT ALERTS,
AND OTHER
ANNOUNCEMENTS
BY TEXT OR EMAIL.

SCAN

WWW.HV.CITY/NOTIFICATIONS

POLICE
HAPPY VALLEY
OREGON
COMMUNITY
POLICE

REPORT IT
BEFORE YOU POST IT

Social media can be a great tool for communicating,
but it isn't always the most efficient.

To report a general safety concern,
please call non-emergency dispatch at 503-655-8211.
Call 9-1-1 if there is immediate life-threatening activity.

Call Sun Glow today to make sure that your systems are ready for the summer weather.

Scan for Easy Scheduling!

SUNGLOW
HOME SERVICES
HEATING • COOLING • PLUMBING • ELECTRICAL

Proudly owned
by Happy Valley
residents David &
Dawn Golobay

Now
Plumbing
Too!

Keeping your home comfortable since 1972
503-253-7789

SunGlowInc @SunGlowInc www.SunGlowInc.com

SUGARINGNYC
ORGANIC WAXING & LASH STUDIO

100% Natural Hair Removal
+ No Ingrown Hair + No Irritation + No Burns

First Time Guests
Get 50% OFF
ANY SUGARING SERVICE

USE CODE: 50OREGON

West Linn, OREGON
5656 Hood St, Suite 104,
West Linn, OREGON 97068
 (971) 867-0511
 SugaringNYC

Happy Valley, OREGON
13180 SE 172nd Avenue, Suite 142,
Happy Valley, OREGON 97086
 (971) 363-5065
 SugaringNYC

Happy Valley City Council Meets with North Clackamas School Board

Connecting and collaborating for the future of local education

City of Happy Valley

On Jan. 30, a joint meeting brought together the Happy Valley City Council and the North Clackamas School Board. It served as an opportunity for both entities to connect, discuss current happenings, and work collaboratively on a range of initiatives aimed at enhancing the educational experience for students in the City.

Local schools play a crucial role in the Happy Valley community, and both the City Council and the School Board are dedicated to ensuring that communication remains open and productive. These joint meetings are just one way City leaders and the North Clackamas School District can ensure Happy Valley students are represented and have access to essential services, programs, and opportunities that support their growth and development.

The City of Happy Valley is committed to its partnership with the North Clackamas School District. These efforts include:

- **Supplemental Instruction:** Offering youth an opportunity to learn about local government and civic engagement via City Hall tours, Junior Achievement lessons, and visits to the classroom with City leaders and other community helpers.
- **Library Programming:** Providing educational resources that specifically support student learning and the work of educational staff.
- **Youth Council Involvement:** Engaging local high school students in civic leadership and community outreach activities.
- **Public Safety Interventions:** Ensuring the safety and well-being of students and educational staff as it relates to traffic control in school zones, police and school resource officer involvement, and general safety needs.
- **Long Term Planning:** Sharing a broad overview of City growth and trends that may impact educational needs and school accessibility in the future.



On Jan. 30, City Council and the North Clackamas School Board gathered for a joint meeting.



Happy Valley City Councilor Glenn Wachter and NCSD Chief of Operations Teresa Neff-Webster participated in the meeting.



Council President Joshua Callahan and NCSD Board Member Mitzi Bauer engaged in discussion during the meeting.

Smoke alarms save lives

Clackamas Fire District #1

Properly maintained smoke alarms are crucial for preventing fire deaths and injuries. In a fire, smoke spreads rapidly, and alarms give you time to escape.

Here are some important guidelines for the use of smoke alarms to ensure the safety of you and your family:

- A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms in every bedroom and outside each separate sleeping area. Install smoke alarms at every level of the home.
- Smoke alarms should be interconnected. When one sounds, they all sound.
- When smoke alarms sound, get outside, and stay outside.
- Test smoke alarms once a month to ensure they are functioning properly.
- Replace all smoke alarms in your home every 10 years.



TEST YOUR ALARMS TWICE A YEAR!

A good habit is to test your smoke alarms each year when you adjust your clocks for daylight savings. This year, on Sunday, Mar. 9, when you turn your clocks forward, test your alarms.



Make sure your smoke alarms are functioning properly.

Introduce Yourself

to our local business community

for a strong local economy.

MARCH 2025

AM Business Connection 7:30 - 9:00 AM

March 7 • Ruzzo's Retreat

March 14 • Portland Cider Co.

March 21 • Small Business Development Center @ CCC Harmony Campus

March 28 • Ruby Shade

Public Policy & GA Meeting Noon - 1:00 PM

March 4 • Chamber Office

Ambassador Meeting

March 11 • 7:30 - 8:30

Chamber 101

March 5 • Noon - 1 PM (virtual)

Expand Your Network, Join Today!

8305 SE Monterey Avenue, Suite 104
Happy Valley, OR 97086

yourchamber.com
info@yourchamber.com | 503-654-7777

MEMBERS MEETING

HAPPY VALLEY CITY HALL

- Molly Hogan - March Speaker
Executive Director - Welcome Home Coalition
- Dan & Melissa Appelton - March Spotlight
Home Team Inspection Service

MOLLY HOGAN

DAN & MELISSA APPELTON

DATE
March 26th

TIME
7:30-9 am

ATTENDED BY

The North Clackamas Chamber of Commerce...
Connecting the Community to Local Businesses

iQ Credit Union
13220 SE 172nd Ave Suite 168
Happy Valley OR 97086
503-909-0754
iqcu.com

Adventist Health
Adventist Health Women's Center
10151 SE Sunnyside Rd, Ste 100
Clackamas OR 97015
503-261-4423
adventisthealth.org

Clackamas Water Environment Services
Contact us at 503-742-4567
Clackamas.us/wes

Bytagig LLC
4211 SE International Way, Suite B&C
Milwaukie OR 97222
503-465-5913
bytagig.com

Support these local businesses for a strong community.

8305 SE Monterey Ave., Suite 104, Happy Valley, OR 97086

yourchamber.com | info@yourchamber.com | 503-654-7777

Spring break pop-up activities are back!

Get ready for spring break fun!

Staying in town for Spring Break and wondering how to keep the kids busy? You're in luck. Happy Valley Parks and Recreation and the Happy Valley Library have some exciting activities up their sleeves. From creative crafts to physical activity options, the City aims to keep students engaged during the upcoming break.

What to expect

Throughout the week, kids and families can meet up with either the Parks and Rec crew or the Library staff for a scheduled activity. The line-up ensures different experiences each day, keeping things fresh and accommodating to many family schedules and ages. From Lego building and crafting, to a nature hike, sports-themed activities, video gaming, and even hula hooping, these City teams will help keep the kids from saying, "I'm bored."

Schedule of Events

Monday, Mar. 24

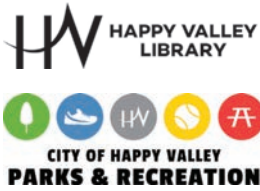
- **Hoops & Hula:** 1 p.m.-1:30 p.m., Library
- **Family Movie — Moana 2:** 1:30 p.m.-3:15 p.m., Library

Tuesday, Mar. 25

- **Bookmarks & Buttons:** 10:30 a.m.-noon, Library Lounge

Wednesday, Mar. 26

- **HV Hikers Community Walk:** 9 a.m.-10 a.m., meet at City Hall
- **Let's Build:** 10:30 a.m.-noon, Library



Get out and about with a hike or scavenger hunt.



Creativity abounds with Lego building and crafts.

Thursday, Mar. 27

- **Jordan Kent Sports:** 10 a.m.-11:30 a.m., Pleasant Valley Villages Park
- **Tween/Teen Gaming:** 3 p.m.-4:30 p.m., Library

Friday, Mar. 28

- **Scavenger Hunt:** 1 p.m.-3 p.m., Hidden Falls Nature Park



Get those muscles moving with active sports games.

Happy Valley Elementary and Middle School holds a Lunar New Year Celebration

By EMMA DAVIS
Staff Reporter

Happy Valley Middle School hosted its first Lunar New Year event on Monday, January 7, bringing together students, families, and the community for a night of celebration, cuisine, and cultural activities. The middle school's Asian Pacific Islander Student Union (APISU) collaborated with Happy Valley Elementary School to organize the event, which featured a potluck, games, and craft stations, making it a memorable experience for all guests.

The Lunar New Year celebration came together through months of planning and teamwork. Advisors Mindy Stutzman, a teacher at Happy Valley Middle, and Joni Kawasaki, a teacher at Happy Valley Elementary, along with other staff members, helped organize the event.

"We were able to start thinking about it in September and October, so we had some time to actually plan and didn't feel as rushed," Stutzman said. "It was something we wanted to do for a while, but it just worked out this year."

Students from the middle school's APISU group played a major role in developing the event's activities, while members of the high school Key Club provided additional support.

"The middle school APISU did a lot of the planning," Stutzman said. "We had some high school Key Club members come out and help run the activities, along with some leaders from the middle school APISU." The school administration was also very supportive, giving students and advisors the time and resources they needed. "We had an exceptionally supportive admin this year that really gave us time to plan and occasionally pull kids out of class to help get things going," she said.

One of the highlights of the Lunar New Year family night was the potluck, where



Happy Lunar New Year!

families contributed a variety of dishes. This collaborative effort allowed everyone to enjoy a diverse selection of meals, from main courses to side dishes and desserts. The celebration featured activities for people of all ages. Children and teenagers played volleyball in the gym, while a game area offered cultural games for both entertainment and education. A craft room featured stations for calligraphy, origami, and coloring snake masks. One example of a game included in the event was Bàu của tôm cá, a traditional Vietnamese game that immersed attendees in cultural traditions.

The response to the event was overwhelmingly positive, with roughly 150 guests in attendance. Families from both elementary and middle schools came together to participate in the cultural experience, and their enthusiasm was clear throughout the evening.

"I heard comments about how great it was to all come together and do an activity like this for the family," Stutzman said. "I think the parents and families really enjoyed it." With such positive feedback and enthusiasm, the Lunar New Year family night was deemed a success.

The event also brought a sense of accomplishment and joy to the students who helped organize it. "[The kids] really like having these events and



PHOTOS COURTESY MICHELLE DOYLE
Students playing a the "Chopstick Challenge" game at the celebration.



There were plenty of crafts to make to celebrate the event.

creating these things, so the ones who planned it really enjoy having a role in it," Stutzman said.

Looking ahead, Stutzman and Kawasaki plan to continue the event in the coming years, hoping to make it an annual tradition for an even wider audience. One idea being explored is the possibility of community

sponsorship. "We talked about how it would be fun to get more community involvement and sponsorships," Stutzman said. "So that it would be more than just the school—maybe the whole Happy Valley community—and also bring consistency as it becomes something that we do every year."

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

CLACKAMAS
WATER
ENVIRONMENT
SERVICES

KEEP CALM AND PROM ON!

The Art (and Pressure) Behind a PROMposal

By JAMES KENNETH PRESLEY
for Carpenter Media group

It's no secret... asking somebody to prom might be the most important decision of your late high school career, perhaps only succeeded by which college you plan to attend. In fact, thanks to years of tradition mounted with the pressure of social media, executing the perfect Promposal is both an exciting and pressure exuding experience that can shape the way your big dance pans out.

March 11th is National Promposal Day, encouraging high schoolers all across the country to get creative and bold with how they plan to ask that one special person to the biggest dance of the school year.

That being said, thanks to a wide variety of social media trends, like people asking celebrities to their dance or even golden-spoon students dropping big bucks on epic promposals, kids today are forced to think beyond the simple gesture of asking someone to prom and are instead tasked with the burdens of reputation, notoriety, or even going viral.

To learn about promposals and some of the pressures behind it, we surveyed a small variety of local high school students to see what their thoughts are on the matter.

"I have been with my girlfriend now for three years" says one Nelson High School senior who opted to go with the codename 'Maverick'. "We went to Prom last year together and I actually used my dog to ask her. I put a sign around his neck and when she opened the front door it completely surprised her."

Maverick did note, however, the pressure that comes with a promposal during their senior year.

"How I am going to ask is already for sure in the back of my mind," says Maverick. "Prom isn't till May so I still have some time but yeah, I'm thinking about it."

We can't blame Maverick for looking ahead this far, as many of today's social media trends and the "viral" era have no doubt mounted pressure on today's teens. In fact, another Nelson senior, codenamed "Mr. Anonymous", noted how planning so big for something so small might have some backfiring consequences.



Pull quote: "You only get two shots at it, junior and senior year, so it is kind of a big deal and you want to make the most of it."

— "Maverick", a senior at Adrienne C. Nelson High School



"There is a fear of rejection or things just not going right," says Mr. Anonymous. "Plus all the girls seeing these social media proposals puts more pressure on us to give them what they want."

Now, one thing to remember is that there should be a realistic budget for a high school teenager, and that most online promposals they see are pretty unrealistic when it comes to Gotti cars, helicopters, and celebrity cameos.

"There's no shot I can make a \$1,000 promposal happen but sometimes you do get people who try to top each other based on things they see on Instagram or TikTok," joked Maverick. "That being said you only get two shots at

it, junior and senior year, so it is kind of a big deal and you want to make the most of it. It's the last big hang out with friends before college for a lot of us."

A "last big hangout" is the perfect way to describe prom! In fact, recent data shows that prom numbers in terms of eligible attendees have actually gone up due to more inclusive policies, highlighting the social milestone or even crown jewel for many seniors' final months in high school.

So, while working within a reasonable budget, maybe avoid some of the overused cliches such as writing "PROM" in big letters or food and strive for something a bit more personal.

First off, while puns might be an overused tool they can certainly work depending on the sense of humor your hypothetical date may have. If they like cheesy rom coms then they'll for sure like a cheesy promposal! From "breaking the ice" as they hammer and chisel their way to the big question to hitting an exploding baseball that follows with a "swinging for the fences" joke, incorporating your personality and hobbies while factoring in a good bit of cheese might just be the cheapest and sweetest way to go.

Equally, much like Maverick people love animals, so feel free to get cute and creative with your pets or even take them somewhere like the zoo or humane society if you believe their animal "soft spot" will work in your favor.

Another way that leads heavy in the romance is by "leading" them to their promposal. While they'll see it coming it will surely tug on their heartstrings by utilizing things like candles, florals, balloons, and other unique items and you walk them down a cleverly designed path that demonstrates just how important they are to your life.

Sites like Pinterest are also good at providing inspiration that works within a reasonable high school budget.

Remember, a promposal is both a time that feels inconsequential long term but also a memory you'll never forget, so make sure to balance needs, wants, and reality when planning your big ask. You only get a couple of shots at it. Make it special, make it matter, and make it count... just don't make it too expensive!

International Day of HAPPINESS

MARCH 20TH

CITY OF HAPPY VALLEY
PARKS & RECREATION

HAPPY VALLEY
LIBRARY

Come celebrate with a community art project!
Thursday March 20th, 3pm-4:30pm
@ Happy Valley Library

SUMMER CAMP EXPO

- **FREE Event**
- **Explore a variety of children's summer camp options**
- *Meet vendors from across the county*
- *Discover fantastic camp programs*
- **Receive giveaways & Prizes**
- *Engage in unique event activities*

SATURDAY
05 APRIL 2025
11:00AM-3:00PM

HAPPY VALLEY LIBRARY

National Dentist’s Day: Tips from the Pros to Protect your Oral Health

By JAMES KENNETH PRESLEY
For Carpenter Media Group

March 6th is National Dentist’s Day, a day where we both show appreciation to our oral care team while also bringing awareness to dentistry in general

James Kenneth Presley for Carpenter Media Group

The Happy Valley News sat down and spoke with a pair of important members at Sunnyside Dentistry in Dr. Chad Casebeer and Jeanna who manages their office.

Oral care is a prominent field that has seemingly continued to evolve over the years, from QVC products that clean your gums to high-tech devices that can reach where floss cannot. Make no mistake, while visiting your neighborhood dentist multiple times a year is a great start to both clean and inspect your mouth, there are a variety of at home tools and practices that are also accessible in protecting your oral health.

“I’ve been practicing dentistry since 2023 since I graduated from OHSU,” says Dr. Casebeer, DMD. Originally from Salem, OR, Dr. Casebeer went on to give some helpful tips for the



Dr. Chad Casebeer, DMD - Fighting the front lines to protect your oral health

Happy Valley community to enhance their oral health.

“There’s a few things that we always recommend,” says Dr. Casebeer. “Brush twice daily for two minutes and, preferably, use an electric brusher as it does all the hard work for you. Equally, I love the little handheld floss picks and it’s way easier to use and more effective than regular floss. Throw them in your purse, car, backpack, pocket, anywhere where you have quick access.”

Dr. Casebeer also underscored limiting the sugar and acidic foods we eat. “Anytime we eat something that’s not water we create an acidic environment in our mouth,” says Dr. Casebeer. “Constantly snacking can create



Jeanna - Sunnyside Dentistry's amazing office manager

“We’re just so better educated today than ever thanks to our wonderful dentists in the world.”

— Jeanna

an environment in our mouth that creates cavities.”

Now, one cool thing Dr. Casebeer mentioned was how, thanks to NBA athlete Steph Curry, mouthguards have become more prominent in today’s youth. “That just wasn’t seen in sports and now kids see it and want it to help protect their teeth in sports,” says Dr. Casebeer. “I highly recommend

making custom made mouthguards for each student-athlete.”

Next, Dr. Casebeer touched on some of today’s more popular dental trends. “Water picks are a great tool that have sort of made a resurgence,” says Dr. Casebeer. “It does a great job of blasting all the junk and bacteria from your mouth that flossing or brushing may not get.”

Equally, tongue-scraping is another interesting tool that has grown over the years. “There are millions and millions of bacteria that grow on our tongue that can be associated to things like bad breath,” says Dr. Casebeer. “Tongue scraping with a tool or even a spoon is an awesome way to treat problems like halitosis.”

Dr. Casebeer also preached against aggressive handheld brushing, noting how putting too much pressure on your teeth and gums with a handheld or standard toothbrush can actually negatively impact our enamel and tooth structure.

“Oral health is connected to overall health,” he said. “Poor oral hygiene can lead to gum disease which has been linked to heart disease, diabetes, and even Alzheimer’s disease. It’s so important to take care of our mouths.”



Sunnyside Dentistry - Your mouth will never feel better

For more info, visit: sunnysidedentistry.com

Lastly, Dr. Casebeer spoke on the Happy Valley community and what they have meant to both him and Dr. Brooke Hikade-Wyatt’s practice. “It’s so special out here because it is indeed a community,” says Dr. Casebeer. “Getting to know everyone including the other amazing dental providers in the area has been a wonderful experience. I love hearing what people are doing, what vacations they’re going on, etc.”

Echoing the sense of community is office manager Jeanna, who has been a part of the team for the last twelve years. “Caring for people and being available is what’s most important to us,” says Jeanna. “We are a small family-owned business so family is obviously a huge part of who we are and who we service. We’ve

seen multiple generations of the same family over the years and it’s been a treat to see all these kids grow up.”

Jeanna, who has two boys of her own, notes how sometimes she has to bring work home with her.

“We’re just so better educated today than ever thanks to our wonderful dentists in the world,” says Jeanna. “Brushing and flossing has been a non-negotiable in our household over the years and it’s something I can’t stress enough when it comes to simple things we can do.”

Sunnyside Dentistry, located off 142nd and Sunnyside next to the Happy Valley food carts, service their clients in areas such as teeth cleaning, preventative dentistry, restorative dentistry, and cosmetic dentistry.

Students invited to enter ‘Safe Routes to School’ art competition

Contest open to entries from around Clackamas County

By MAC LARSEN
Staff Reporter

The way to school can provide numerous opportunities for artistic inspiration: What you see, where you go and how you get there.

For the seventh year in a row, Clackamas County has announced its “Safe Routes to School” art competition for local K-12 students.

Students can submit original artwork focused on the following themes: Always be visible, always wear a helmet, always use crosswalks, always be aware and always travel safely.

Artwork should fit on a piece of 8 1/2-by-11 paper. Submittals may be made with

any medium including digitally created art. Students need to include their name, grade, school, phone number and email address as part of the submission.

The art should highlight the benefits of getting to school in a safe and active way. Submissions should be sent by post or email by Tuesday, April 1.

High resolution pictures, JPG or PNG, can be sent to srts@clackamas.us or by post to Clackamas County Development Services Building, third floor Engineering Division (ATTN: Scott Hoelscher), 150 Beavercreek Road, Oregon City, OR 97045.

Visit www.clackamas.us/engineering/srts.html for more information.






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

North Clackamas Chamber of Commerce presents...

Explore Tuscany

October 8 – 16, 2025



Book Now & Save \$200 Per Person:

Double \$4,199;
Single \$4,399;
Triple \$4,169

Double \$3,999*
Single \$4,199;
Triple \$3,969

Book Now & Save \$200 Per Person


INFORMATIONAL SESSIONS

MARCH 11TH 5:00 - 6:15 PM

AND

MARCH 24TH 4:00 - 5:30 PM

CHAMBER OFFICE



EXPLORE TUSCANY

OCTOBER 08 — OCTOBER 16, 2025 • 9 DAYS • 10 MEALS


STARTING AT \$3,999 PP

HIGHLIGHTS

MONTECATINI TERME, LUCCA, FAMILY-OWNED WINERY EXPERIENCE, FLORENCE, PISA, COOKING CLASS, SIENA, CHEESE FARM AND SAN GIMIGNANO

MORE INFORMATION AT YOURCHAMBER.COM

OR CALL (503) 654-7777



YOUR CHAMBER
North Clackamas
8305 SE Monterey Ave Ste 104
Happy Valley, OR 97086

Vip

MEDISPA
WELLNESS
AESTHETICS

Bloom Into
The Best
You



SUMMER'S
ALMOST HERE!

CUSTOMIZED SLIMSHOT
WEIGHT LOSS MEMBERSHIPS

\$100 OFF YOUR FIRST MONTH!

PURCHASE A MICRONEEDLING PACKAGE
& GET A FREE PCA PEEL!

PURCHASE HALO OR FRAXEL
GET BBL PHOTOFACIAL
FREE!

IV THERAPY

\$100 OFF

A PACKAGE OF 3! *TERMS APPLY*

503-513-5533

 Follow Us On Instagram @vip.medispa

Hours: Monday - Friday 9am - 6pm • 10001 SE Sunnyside Road, Suite 120, Clackamas, OR • vipmedispa.com

Every Cent Counts

Happy Valley Elementaryl holds fundraiser raising money for California wildfires

By EMMA DAVIS
Staff Reporter

Last month, Happy Valley Elementary School hosted its second annual Penny Challenge fundraiser, an exciting and competitive event designed to encourage students to give back to those in need. This year, the funds raised were donated to support individuals affected by the devastating California wildfires. The fundraiser, originally conceived by the 5th grade leadership team last year, returned due to popular demand from the 5th grade Green Team.

The Penny Challenge worked like this: each morning, students placed coins or bills into grade-level buckets. Every coin carried a positive value (e.g., a quarter was worth 25 points), while each dollar bill had a negative value, subtracting points from the respective grade level. This led to a fun and strategic element, as students could boost their own grade's standing while strategically deducting points

from others. The competition was fierce, with all grades enthusiastically participating. By the end of the challenge, the final point standings were as follows:

- Kindergarten: 11,646 points
- 1st Grade: -627 points
- 2nd Grade: 3,231 points
- 3rd Grade: -6,642 points
- 4th Grade: -7,421 points
- 5th Grade: 33,254 points
- Teachers: -576 points

The dollar contributions told a different story, with 5th grade collecting the highest amount at \$919. In total, the school raised \$3,036 to aid wildfire victims.

One of the most memorable moments was watching students drop large bills into competing grade-level tubs, eliciting shouts as they realized the negative impact on the score. The daily tally updates kept students, teachers, and families engaged, with some parents even reaching out in the evenings to check on the latest results.

Principal Sarah Jones and Administrative Assistant Tami Holen noted that while the



Happy Valley Elementary students donating their change to help those affected by the California wildfires

daily counting process was challenging, the excitement and community spirit made it worthwhile. The overwhelming participation from students, teachers, and families showcased the generosity of the school community.

Given the fundraiser's success, it seems likely that the Penny Challenge will become an annual tradition at Happy Valley Elementary—though as Holen pointed out, “You never know what a 5th grader will come up with next!”

Watershed grants awarded

Applications for the 2025-2026 year are now being accepted

By EMMA DAVIS
Staff Reporter

The RiverHealth Stewardship Program Grants for 2025–2026 are now accepting applications through April 17, 2025.

This program has included outreach to community groups, schools, and stream-side landowners, as well as volunteer efforts to promote watershed health through riparian planting projects. Up to \$30,000 in grants are available to eligible groups to help with efforts that improve watershed health in Clackamas Water Environment Services (WES) service areas.

Community groups, businesses, schools, nonprofits, student organizations, faith-based organizations, business or neighborhood associations, and service organizations are all invited to apply.

The program's goal is to enhance watershed health by:

- Improving the streamside vegetation through planting native plants in place of invasive ones and/or increasing stream buffer width
- Decreasing pollutants and amount of runoff from paved areas
- Using Low Impact Development Approaches (LIDA) to control storm water
- Educating people who work and reside in WES's surface water districts on what they can do to improve water quality
- Giving watershed health education and collaboration opportunities to

historically underserved and left out communities

■ There were many accomplishments from the Grant recipients for the 2023-2024 year

■ Planted 3,847 trees, 8,425 shrubs, and 275 herbaceous vegetation

■ Removed 34 acres of invasive plants and added 12 acres of new plants

■ Utilized the help from 1,265 volunteers with a total of 2,354 volunteer hours

■ Improved 12,987 linear feet of streams

■ Provided people with 87 lessons, field trips and tours

■ Offered 1,818 students and 461 adults watershed health education

■ Held 35 events open to the public

Agricultural landowners have been assisted by the Small Grant Program in abiding to Agricultural Water Quality Management Area Plans, which are intended to guarantee that agricultural activities safeguard water quality. Over 75% of the program's initiatives have provided support for the plans.

Before applying, candidates should refer to the Grant application and guide for forms and details to see if they are eligible and for project ideas if so. Applicants should also speak with Gail Shalom, the Clackamas Environment Services Grant Program Manager.

For more questions and details, contact Gail Shalom at (503) 793-4264 or gshaloum@clackamas.us



NCEF Grant Update 2024-25

This 2024-25 NCEF awarded \$10,029.62 to fund 13 projects in 7 schools

By EMMA DAVIS
Staff Reporter

Here are the projects and purposes funded for schools Happy Valley:

Elementary School Projects

- Collaborative Public Records, Barb Stephens, Cannady Elementary School- \$449.97
- Purpose: Purchase of three sets of Wipebooks (large whiteboard posters.) They create opportunities for ELLs and/or striving students to have a voice because it opens multiple processes. This curriculum ensures that every

student has the opportunity to thrive and succeed.

■ High Interest Decodable Readers in 1st Grade, Anna Tsoi, Cannady Elementary- \$500.00

■ Purpose: Purchase highly solvable books for early readers to practice phonics. These books encourage students to sound out words using decoding strategies opposed to guessing from pictures or other cues.

■ Puzzle Project, Laurie Foote, Sunnyside Elementary School- \$531.79

■ Purpose: Purchase of jigsaw puzzles and puzzle table. The puzzle project will give students the ability to have an continuing



puzzle table in the classroom. This would be a space for students to work independently if they need a break or a calming corner activity to help them self-regulate.

High School Projects

■ Symmetry in Motion, Ashley Snyder, Clackamas High School- \$600.00

■ Purpose: Partial funding to purchase turntables for creating hand-built pottery in the art

classes.

■ Textile Arts Maintenance & Expansion, Kate Moore, New Urban High School- \$1,000.00

■ Purpose: The grant will cover the service and repair of classroom sewing machines, the purchase of an adjustable dressmaker's dummy for alterations and sewing projects (there is currently have a male dummy, but need a female one), and the buying of assortment such as zip-pers, thread, and sewing scissors.

Be prepared before the next power outage.



It's not just a generator.
It's a power move.™

Receive a free 5-year warranty with qualifying purchase* – valued at \$535.

Call 503-765-9198
to schedule your free quote!

*Terms and Conditions apply.



Today’s Recovery *for* Tomorrow’s Health

Restore Hyper Wellness offers a variety of recovery and wellness treatments to support personal health

By JAMES KENNETH PRESLEY
for Carpenter Media Group

There have been many impactful fitness trends over the years, giving individuals the workout that best fits their schedule and personal preferences within an environment that makes them comfortable. That being said, equally as important and advanced are today’s recovery standards, giving people modern and ample treatment to not only recover from an intense workout but preparing them for future ones.

The idea of recovering your body to treat issues such as soreness, fatigue, and mobility is a growing practice that many have subscribed to, and at the forefront of these recovery services is Restore Hyper Wellness, pioneering affordable recovery and wellness treatments that cater to the every man and not just professional athletes or the super rich.

To learn more about Restore and its services, we sat down and spoke with Ryan Shervey, the Regional General Manager at Restore Hyper Wellness in Happy Valley.

“I’ve been in the health and wellness space for almost twenty years, working for franchises like 24-Hour Fitness in the Portland market and doing some purchases of Bally Total Fitness locations on the East coast,” says Shervey. “I got a little bored after early retirement and missed the impact I was able to make on people’s health goals.”

Shervey would then seek a new opportunity, this time with Restore Hyper Wellness after a pursuit of a cost-effective biomarker assessment test which led him to a job posting.

“That’s what piqued my interest with the brand,” says Shervey. “Restore has so many tools to help people in their health and recovery and that reignited the passion I had to help others.”

Today, Restore has over 220 locations across the US, including franchise owned and company owned. The Happy



Compression: Squeeze away those aches and pains.



Cryotherapy: Cold recovery for redhot results.



IV therapy: Not the cocktail you ordered but the one you need!

“We really want to look at what clients want to address.”
— Ryan Shervey - Regional General Manager at Restore Hyper Wellness in Happy Valley

Valley location, located across the street from Fred Meyer off 172nd and Sunnyside, first opened its doors to guests in Summer of 2022, inviting all to come and experience the power of their modalities.

“Restore has done more cryotherapy sessions than any other business in the country,” says Shervey. “We have the right people in place that understand that both impact and education matters when it comes to communicating the modalities we service to our clients.”

Specifically, as it pertains to the Happy Valley market, Shervey noted this as to why Restore has seen early success.

**RESTORE HYPER WELLNESS
HAPPY VALLEY**
13140 SE 172nd Ave #130,
Happy Valley, OR 97086
www.restore.com
(503) 855-4695

“It’s an incredible demographic and we have great employees that understand that and communicate based on who comes in our doors,” says Shervey.

When it comes to membership options, Shervey says that there are a wide variety of membership options that cover modalities across the board,

from IVs to redlight to sauna to compression to skincare, clients can tailor packages and memberships based on their health and wellness needs. Equally, a la carte for each service is always an option, too.

Now, let’s delve into some of the services offered at Restore, including cryotherapy. “Cryotherapy offers multiple benefits across all demographics, including stress relief, enhances healing, boosts mood, reduces inflammation, etc,” says Shervey. “It takes anywhere from 2-3 minutes and is comparable to the benefits of a cold plunge or ice bath... just not as tortuous.”

Another great service is their

30-min compressions, which can be fitted for the legs, hips, and arms. “Compression can help with flexibility, improve lymphatic function and circulation, eases aches and pains, and reduces recovery time,” says Shervey. “The one nice thing about compression is you can do an IV session simultaneously.”

When it comes to Restore’s IVs, clients will first need to consult with a staff nurse to determine needs, risks, and goals. “We really want to look at what clients want to address,” says Shervey. “A nurse practitioner and an RN are involved early so we learn what we can do and what we should stay away from. We also offer multiple blood tests that test the white blood cell to see where someone’s nutrients are and give us intel on the body’s needs. We get a lot of clinical insight from these

tests that really guide us in your wellness journey.”

Other IV options include mixes and matches of ingredients that can help with energy, recovery, immunity, with some additives even helping provide age defying results.

Other services at Restore include red light therapy, designed to increase collagen production and skin health, infrared sauna, which can boost metabolism and enhance circulation, as well as their Hyperbaric chamber, famously used by celebrities like LeBron James.

“The chamber takes 60-90 minutes, where you breathe in 98% oxygen but, more importantly, you’re at 4-psi so you’re under pressure,” says Shervey. “This helps with brain trauma and full body recovery. It’s great for cognitive clarity while repairing muscles.”

MT SCOTT
EAR, NOSE AND THROAT,
& SLEEP MEDICINE

Adult & Pediatric ENT Care

Allergy Shots

Hearing Aids & Tests

RhinAer® & VivAer® Procedures

Custom Molds & Earplugs

CPAP Supplies

FREE ONLINE HEARING TEST

Call us to schedule an appointment
today 503-233-5548
mtscottent.com

SCAN ME

9280 SE Sunnybrook Blvd., Suite 300, Clackamas, OR 97015

HV Dance Academy NOW OPEN!

HVDance Academy
Happy Valley

Ballet • Lyrical • Hip Hop
Contemporary • Acrobatics
• Ballroom • Jazz • Tap

HVDA is a high-quality dance studio dedicated to training all ages, including adults - where you come as you are, and do your best! Discover all of our studio’s offerings here

“Great dancers are not great because of their technique, they are great because of their passion.”- Martha Graham

At Happy Valley Dance Academy, we’re offering a wide range of dance classes to meet the needs of our community. Something you’d like to see added to our list? Submit a request.

Register now for your free trial class!
14863 SE Oregon Trail Dr. Clackamas, OR 97015
360-909-3945 • www.happyvalleydanceacademy.com

Make the smart and ONLY CHOICE when tackling your roof!

Before

After

Erie Home is trusted by homeowners nationwide to provide a level of value on new roofing that other home improvement companies simply can’t match. Erie Home’s metal roofing system is designed to provide the ultimate defense against everything from hurricane-force winds to hail while also boosting energy efficiency and curb appeal. It’s not only the best protection you can get for your home, but it’s also designed to last a lifetime.

Choose from 3 styles with multiple color options:

WOODEN SHAKE

DIMENSIONAL SHINGLES

SPANISH TILE

LIMITED TIME OFFER! SAVE!

UP TO 50% OFF INSTALLATION

FREE ESTIMATE 1.866.992.1260

Expires 4/30/2025

New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Erie Construction Mid-West, Inc. ("Erie"). Offer terms and conditions may apply and the offer may not be available in your area. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Erie or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on homeservicescompliance.com. All rights reserved. License numbers available at eriehome.com/erie-licenses/

MADE IN THE U.S.A.



HAPPY VALLEY LIBRARY

13793 S.E. SIEBEN PARK WAY, HAPPY VALLEY, OR 97015 | 503-783-3456 | WWW.HAPPYVALLEYOR.GOV/LIBRARY



MARCH 2025 LIBRARY EVENTS

For the latest updates on closures and hours of operation, please visit go.lincc.org/hvupdates.

Women’s History Month

The Happy Valley Library has collected books for kids, teens, and adults, both fiction and nonfiction that chronicle the lives of extraordinary women, examine historical movements, and address feminist issues.

You can find the lists at: go.lincc.org/hvwh.

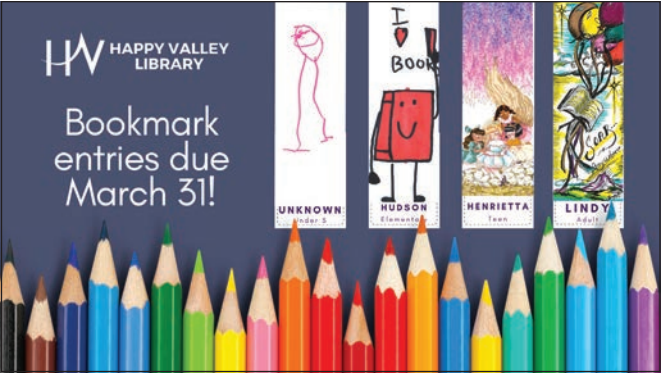


Celebrate Women's History month by reading about the lives of women past and present.

Bookmark Contest

We’re celebrating our birthday with custom book-marks created by our Happy Valley Library community! Artists of all ages, including grown-ups too, are invited to submit an originally designed bookmark for consideration. Library staff will review the submissions and pick at

least one bookmark design from each age group. We'll print all those selected and hand them out in the library. You can pick up an entry form in the library or download it from our webpage. All entries are due by 6 p.m. on Monday, Mar. 31. We can’t wait to see what you create!



Last year more than 30 bookmark entries were selected to be printed and handed out at the library.

New Cultural Passes!

Want to explore and save money? Use your library card to visit area attractions for FREE! Explore a state park, enjoy a garden, or stand in awe at a museum with Cultural Passes from the library. You can be spontaneous and see what's available for the day or plan ahead by

booking a pass for a future date. You now have 17 options to choose from, including new additions like Leach Botanical Gardens, End of the Oregon Trail Interpretive Center, and Portland Art Museum. Find out more and check out your passes at: go.lincc.org/hvcp.



Check out passes for free to area museums, gardens, and more.

Thank you, Ray and Alan!

In February, the Happy Valley Library said thank you to two retiring Library Board members, Ray Kato and Alan King. Both served eight years on the board, advising the planning and construction of the library expansion. In addition to their time volunteering on the board, Ray and Alan also volunteer their time helping with library tasks like shelving and pulling holds. Along with plaques commemorating their service, Ray and Alan also received a custom cookie prepared by Library Board president Al Mateko. Thanks, Ray and Alan, for all you’ve done and continue to do to support the Library!



Former Library Board members, Ray Kato and Alan King, pose with their plaques after 8 years of service.

PROGRAMS

Spring BREAK at the library

Family Movie: Moana 2 Monday, March 24 1:30 pm	Library Lounge Tuesday, March 25 10:30am-12pm	Let's Build Wednesday, March 26 10:30am-12pm	Tween/Teen Gaming Thursday, March 27 3-4:30 pm
---	--	---	---

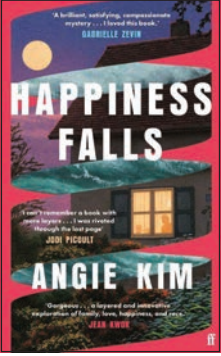
Spring Break Programs

- Family Movie: Moana 2**
Monday, Mar. 24, 1:30 p.m.
Community Room A&B
Drop in at 1 pm for a special Hoops & Hula play time with HV Parks & Rec before the movie starts!
- Library Lounge**
Tuesday, Mar. 25, 10:30 a.m.-noon
Community Room A
Everyone's invited for puzzles, crafts, and other fun!
- Let's Build**
Wednesday, March 26, 10:30 a.m.-noon
Community Room A
Drop in for some free building fun with LEGO and Duplo blocks.
- Tween/Teen Gaming Lounge**
Thursday, Mar. 27, 3 p.m.-4:30 p.m.
Community Rooms A&B
Board games, video games, puzzles and more, just for teens and teens, ages 10+.

- American Mah Jongg**
Fridays, 12:30 p.m.-3:30 p.m.
Meeting Room
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 play.
- Prepare to Care**
Friday, Mar. 7, 10:30 a.m.-noon
Meeting Room
During this session, AARP volunteer presenter Robin Bacon-Shone will share a framework to help you make plans to care for friends, family members, or loved ones. You will have the opportunity to connect with other family caregivers, exchange tips and advice, and learn about resources available to you and your loved ones. RSVP available.
- Genealogy Club**
Tuesday, Mar. 11, 1 p.m.-3 p.m.
Meeting Room
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!

- Note Night: Jini O'Flynn**
Wednesday, Mar. 19, 6:30 p.m.-7:30 p.m.
Enjoy some live music as you browse for books or sit and savor the sounds. This month features harpist Jini O'Flynn playing a mix of Celtic tunes, waltzes, and more.
- Adventures in Respected LadyLand**
Thursday, Mar. 20, 6 p.m.-7:30 p.m.
Community Room A
Respected LadyLand Radio Show host DJ Action Slacks commemorates Women's History Month with a special presentation. With three decades of experience in the music and nightlife industry, she will share reflections on her journey as well as pay tribute to some of her favorite women performers in mid-century dance music. Join us for a celebration of women's contributions to the music and record scene! RSVP available.
- Nowruz: A New Year Celebration**
Saturday, Mar. 22, 1 p.m.-2:30 p.m.
Community Room A
For over 5,000 years, the Persian New Year, or Nowruz, has marked the arrival of spring and the start of the new year on the Vernal Equinox (March 20-21). Join Professor Ali Esteghlalian for an exploration of the rich history, cultural significance, and vibrant traditions of Nowruz, celebrated across the Iranian cultural plateau and beyond. RSVP available.

- Happy Valley Book Group**
Thursday, April 3, 6:30-7:45 pm
Community Room A
Read *Happiness Falls* by Angie Kim 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!



- 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.
 - Giữ Kề Chuyện/Vietnamese Storytime**
Sunday, Mar. 2, 2:30 p.m.-3:30 p.m.
Community Room A
Hãy đến thư viện vui hát, kể chuyện, làm quen với văn điệu thơ tiếng Việt và cùng làm thủ công với nhau nhé.
Enjoy Vietnamese stories, songs, rhymes and make a craft together as a family.
 - Stretch, Dance, Play**
Thursday, Mar. 6, 10:15 a.m.
Community Room A
For 2-5-year-olds and their caregivers. Join Iris Nason for dance, yoga, singing, sign language and play!
 - Cuentos, música y manualidades / Spanish Storytime**
Saturday, Mar. 8, 10:30 a.m.-11:30 a.m.
Community Room A
¡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!
 - Chinese Storytime / 中文故事时间**
Saturday, Mar. 8, 2 p.m.-3 p.m.
Community Room A
欢迎加入我们特别为孩子们举办的中文故事时间，用普通话呈现适合所有年龄层的故事、歌曲和活动
Join us for a special Chinese Storytime presented in Mandarin with stories, songs and activities for ages 0-10.

- Homeschool Club**
Thursday, Mar. 13, 10:15 a.m.-11:30 a.m.
Community Room A
Hey homeschool families! Bring the whole family for a morning of fun with crafts and games.
- Sign & Sing**
Friday, Mar. 14, 10:15 a.m.
Community Room A
For 2-5-year-olds and their caregivers. Sing, dance, and sign with Shira Fogel of Tiny Talkers.
- On the Move!**
Thursday, Mar. 20, 10:15 a.m.
Community Room A
For 3-5-year-olds and their caregivers. Join Maria Fe Picar for a special story, songs and games that encourage creative movement.
- Tweens & Teens**
For teens in grades 6-12.
- Manga and Anime Club**
Thursday, Mar. 13, 6:30 p.m.-7:30 p.m.
Community Room A
Hang out with fellow manga and anime fans. February, we'll do some Kandi crafting! Chat about favorites, browse new number ones, eat snacks, and watch anime. For teens in grades 6 - 12.
- Teen Library Group**
Tuesday, Mar. 18, 6:30 p.m.-7:30 p.m.
Meeting Room
Hang out with new friends, share ideas, and help with a project. A safe space for all to be themselves.



For over 5,000 years, the Persian New Year, or Nowruz, has marked the arrival of spring and the start of the new year on the Vernal Equinox (Mar. 20-21).



ATHLETES OF THE WEEK



Clackamas High School

Adrienne C. Nelson HS



Cadence Payton, Sophomore

Varsity Girls Wrestling

Cadence Payton is the girls wrestling pick for the SunGlow Athlete of the Week. Cadence's hard work and dedication have paid off tremendously. Cadences has placed in every tournament she has wrestled in and she finished the last tournament, our Clackamas Geister tournament, with a first place finish. She continues to grow in her skills and toughness and we are very proud of her.

Congrats, Cadence! Go Cavs!

--- Proudly Sponsored & locally owned by David & Dawn Golobay ---



Dominic Macon, Senior

Varsity Boys Wrestling

Took 1st place at the Joe Stewart Invitational and was awarded Most Outstanding Wrestler in the heavy weight division. Dominic also won the Canby Boys Wrestling Tournament earlier this season.

Way to go, Dominic! Go Hawks!

--- Proudly Sponsored & locally owned by David & Dawn Golobay ---



Emmajade Cammack, Sophomore

Varsity Cheer

Clackamas Cheer sophomore Emmajade Cammack is our Cavalier Player of the Week! Emmajade (known as EmJ on the mat), shows commitment to her team that is evident in every practice and performance, and her dedication is apparent both on and off the mat. She embodies what it means to be a student-athlete, balancing both academics and cheer with grace and determination. We look forward to seeing EmJ's continued growth in the years to come!

Congrats, EmJ! Go Cavs!

--- Proudly Sponsored & locally owned by David & Dawn Golobay ---



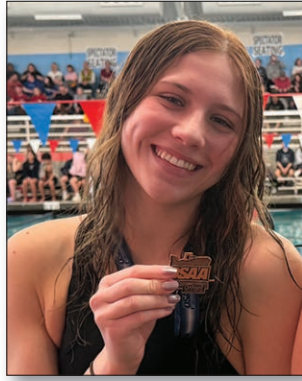
Abbi Alexander, Senior

Varsity Girls Wrestling

At the Wilsonville tournament she finished in 4th place after wrestling 5 hard matches against some tough opponents.

Way to go, Abbi! Go Hawks!

--- Proudly Sponsored & locally owned by David & Dawn Golobay ---



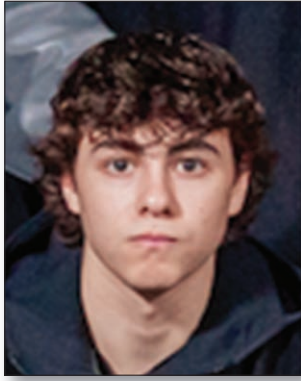
Tessa Aberle, Sophomore

Varsity Girls Swimming

Clackamas sophomore Tessa Aberle competed in the state swim meet this past weekend and took 4th in the 50 Free and 5th in the 100 Backstroke. Tessa continues to work hard and excel as an amazing swimmer and teammate. She also swam on the 200 Freestyle relay team that took second at districts and the 400 Freestyle relay team that also took second at districts and 14th at state. Congrats to Tessa on being a Cavs Athlete of the Week!

Congrats, Tessa! Go Cavs!

--- Proudly Sponsored & locally owned by David & Dawn Golobay ---



Connor Wren, Junior

Varsity Boys Wrestling

Took 1st place at the Joe Stewart Invitational and was awarded Most Outstanding Wrestler for the lightweight division.

Way to go, Connor! Go Hawks!

--- Proudly Sponsored & locally owned by David & Dawn Golobay ---



SUNGLOW HOME SERVICES
HEATING • COOLING • PLUMBING • ELECTRICAL

Now Plumbing Too!

Proudly owned by Happy Valley residents David & Dawn Golobay

Keeping your home comfortable since 1972
503-253-7789

Scan for Easy Scheduling!