

Friends of Trees
Tree Planting Events are back! Register now.
Page 4

Happy Valley boys team charity membership drive
Page 11



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

Happy Valley NEWS

February 2025

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

Happy Valley's very own PRODIGY

Nine year old Sara Suzuki and her musical triumphs span far and wide



Sara Suzuki shines on stage at Carnegie Hall in New York City
PHOTO COURTESY OF BRIAN HATTON

"Backstage, I'm so nervous, but when I'm on stage, the nervous disappears."
— Sara Suzuki

By EMMA DAVIS
Staff Reporter

At just nine years old, Sara Suzuki has already accomplished more than many could imagine with her remarkable achievements in the music world. Born in Japan and now living in Happy Valley, Sara's successes are marked by a series of impressive accomplishments in music competitions both in the United States and Japan.

Winning several prestigious awards, including the Golden Classic Music Awards which gave her the opportunity to sing at the famous Carnegie Hall in New York City. Sara's musical talents have made her a rising star in the world of classical and Broadway singing.

Sara's musical adventure began when she was in first grade at Happy Valley Arts Academy with her first vocal coach, Gabrielle Widman. She quickly found a love for performing, including Broadway songs,

Disney classics and the occasional opera. "Singing relieves stress for me and feels good," Sara said. "I sing Broadway songs and sometimes opera songs."

Her first 'First'

With her soprano voice and strong dedication to practice, Sara has seen great success in competitions. "I practice every day," she said. In 2024, she won first place singing Journey to the Past (from Anastasia) at the American Protégé International

Vocal Competition. "I picked that song because it's my voice range and has the feelings I wanted to express," she said. "It's a perfect song and it's easy to sing." That same year, she also earned silver at the All Japan Children's Songs Competition and second place at the Charleston International Music Competition.

Her most notable achievement came from the Golden Classic Music Awards singing

See PRODIGY / A2

Valentine's Day Stories from Locals

Valentine's Day traditions, stories and advice from the eyes of Happy Valley residents

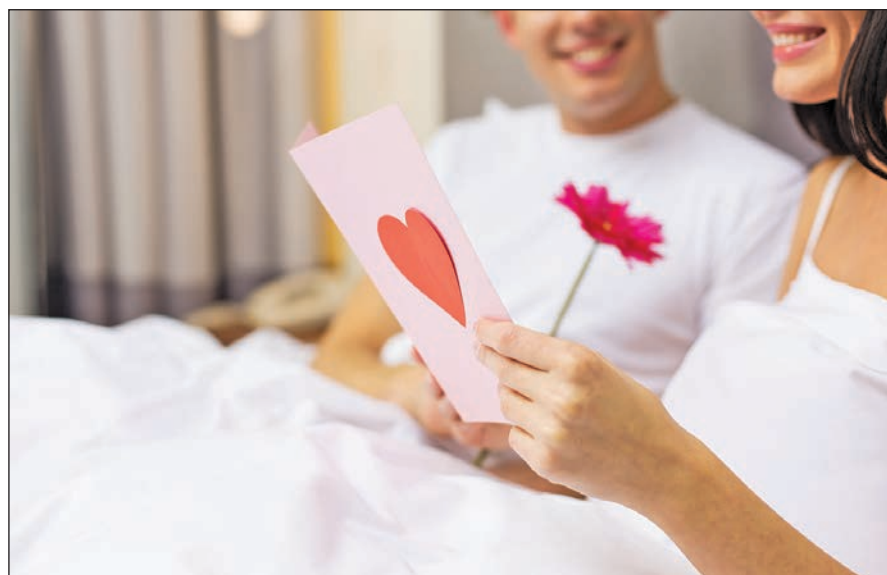
By JAMES KENNETH PRESLEY
for the Happy Valley News

Happy Valley symbolizes a melting pot of relationships, all embracing the Valentine's Day season in their own special ways. While this time of year is usually faithful to the chocolate and floral variety, others have found ways to carve out their own holiday traditions either with their significant other, family, or even friends. So, in the spirit of this loving community, let's delve into some sincere anecdotes about Cupid's favorite day and what it means for some locals whose names, for the sake of lovers' confidentiality, will be limited to just their first.

Celebration for singles, too

When it comes to Valentine's Day, many single members of the community metaphorically stick their nose against a glass window, admiring yet resentfully staring at a young couple new to the game of love, wishing for their own chance to be struck by Cupid's arrow. However, not so much so for thirty-year-old business owner Abi who resides off Alta Vista and owns her own business in Oregon City called Adore Salon & Day Spa.

"My business takes a lot of my time running it solely," says Abi. "As well, after hearing from my friends' experiences I have



Valentine's Day Morning — A card and a small gift in the morning can set the tone for a romantic holiday

"Take an interest in each other's personal hobbies, communicate about even the smallest things, and constantly support one another through words and actions."

— Nicki and Nathan

no interest in dating apps."

That being said, while buzzing through Bumble might not be a top priority these days, Abi still notes how Valentine's Day is not a day to be cast aside.

"Some core memories I have of Valentine's Day is my mom, who made every holiday special, giving us a basket of goodies," says Abi. "We also had parties at school where we gave valentines to classmates and would come home and have a nice dinner."

Abi, who's first crush came at the age of five, notes how Valentine's Day is still special to her.

"February is such a cute month and I equate it to being a 'girly month' where I always gather with my girlfriends," she says.

Abi, whose favorite Valentine's Day sweet is her mom's chocolate covered strawberries, notes how the door is not closed

See VALENTINE / A2

IF I WERE MAYOR
STUDENT CONTEST
FOR 4TH -12TH GRADERS
\$100 PRIZE WINNER
FOR EACH CATEGORY

Student contest is open to those in grades 4 through 12.

Calling all students: A cash prize could be yours!

If I Were Mayor contest entries due March 6

City of Happy Valley

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



See CONTEST / A2

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

SE 16th Ave
NEW SEASONS
21 Ichi
Parking Lots
SE Sunnyside Rd.
SE 162nd Ave

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 02/28/25

Contest

From Page A1

are then submitted to a statewide competition.

The contest gives students the opportunity to take a closer look at their community and share their thoughts about safety, the environment, health, social services, youth programs and anything else they think is vital to the City. For students, this is a great way to stay connected to learning and spark some creativity. For all the details, including contest guidelines and how to submit an entry, simply head to hv.city/student-contest or scan the QR code with your smart device. The deadline for submitting entries is 5 p.m. Thursday, Mar. 6.

GENERAL CONTEST FORMAT

- There are three categories based on student grade:
 - Elementary School (grades 4-5) – Poster
 - Middle School (grades 6-8) – Essay (500-1,000 word typed)

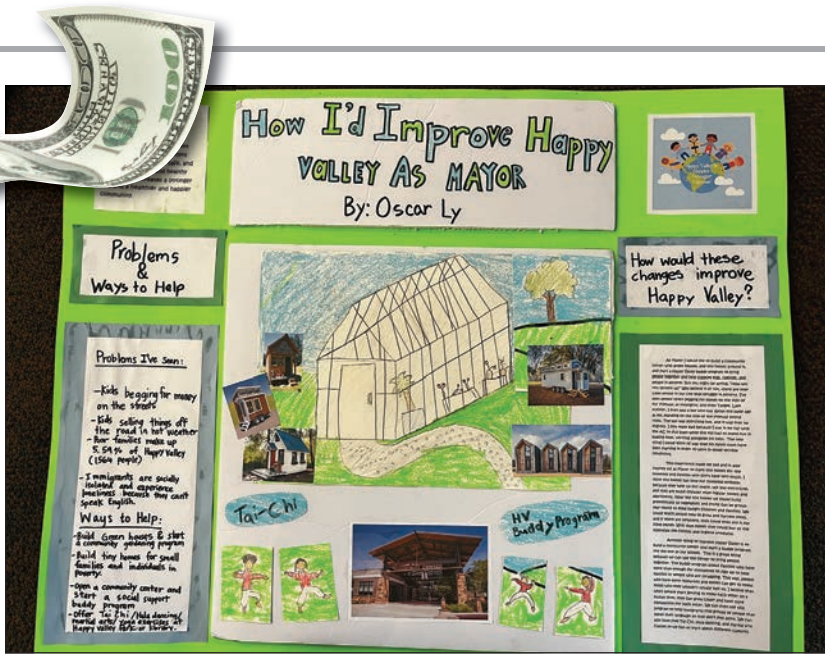


PHOTO COURTESY OF CITY OF HAPPY VALLEY

What would you do as Mayor? Head to the City website for contest information and to download your student's entry form. Last year, Scouters Mountain 5th grader, Oscar Ly, submitted this winning poster.

High school (grades 9-12) – Digital Media Presentation (1-3 min max via MP4 or online video format)

High School Shout Out

The City is particularly interested

in hearing from high school students. If you're a high school student, please consider submitting a digital media presentation. This is the perfect opportunity for tech savvy students who excel in social media and creator content.

PRIZES: The winner of each age group in the Happy Valley contest will be awarded \$100 cash and recognized at an upcoming City Council Meeting. Winning submissions will also be entered in the statewide contest where there will be a chance to compete for an additional prize.

Prodigy

From Page A1

Think of Me (from The Phantom of the Opera), winning her first place; an accomplishment that led to her performance at Carnegie Hall. "I was so happy and proud and excited," she said.

Though singing on stages such as that comes with a mix of nerves, but also a bit of excitement. "When I performed at Carnegie Hall, I was a little nervous, but I was mostly excited," she said. "Backstage, I'm so nervous, but when I'm on stage, the nervous disappears." At the iconic venue, Sara was able to see kids from around the world showcase their talents too. "It was a really great opportunity other talented kids perform at the Carnegie from all over the world," said her mother, Asae.

Going beyond

Sara also competed internationally in her home country of Japan where she took the stage with other dedicated performers who encouraged her to also pursue ballet and dance classes. "Last year, she started joining singing competition in Japan first and we met all the serious kids who want to be on the big stages," Asae said. "They told her to do jazz, and ballet because to become a musical actress, she has to be able to dance." When they came back



PHOTO COURTESY OF ASAE SUZUKI

Sara Suzuki's first place winner's certificate from the American Protege International Vocal Competition in 2024

from Japan, Sara started ballet lessons. At Happy Valley Arts Academy, Sara currently takes voice lessons from her new vocal coach, Isabella Kerr and in addition to performing in English, she also occasionally sings in Japanese and takes classes from her musical teacher, Naoko Krug in Portland, Oregon.

Between her 4th-grade studies at Mt. Scott Elementary, gymnastics, ballet, and vocal lessons, Sara's days are packed with

activities. Balancing it all is no easy task, but she manages to do it with ease.

It takes a family

Sara's family plays a huge role in her success, offering a lot of support throughout her musical journey. She often performs for them in their family room, turning it into her practice stage. "Before competition, she has her 'stage time' right before bedtime," Asae said. "The family members sit and watch her, and she would just move around, like the family room is her stage." A significant source of motivation for her is her younger brother, Kenzo, whom she has a special bond. Kenzo has Down Syndrome and ASD, so it can be hard to communicate with him, but she's able to do so through her music. "Kenzo loves Sara's singing. He gets very excited and shows a big smile when he hears Sara sing and he even tries to sing along," Asae said. "He is a big fan of 'musical performer Sara', and this is the biggest motivation for Sara to keep practicing."

As she continues to compete and perform, she hopes to reach her big dream of one day landing a Disney role and wants other kids to know that they can achieve their dreams too. "Practice, practice, practice until you're confident," she said. Sara's story has only just begun and with each step she takes, she proves that with hard work and passion, the possibilities are endless.



Chocolate and Roses – a classic pairing for an iconic holiday

Valentine

From Page A1

on love but is also not wanting it to control her life.

"I'm fulfilled by so many other relationships in my life," says Abi. "My three valentines this year are my niece and nephews: Palmer, Champ, and Hennessy."

While Abi represents many young adults in today's dating pool, prioritizing work and other responsibilities ahead of dating, others are full speed ahead in their romantic endeavors.

It began at the gym

Next, we spoke with Nicki and Nathan, currently going on three-and-a-half years on their relationship that all started when the two spotted – pun intended – each other at the gym together.

"Our first date was at a park having a picnic dinner," says Nicki and Nathan. "We love working out at the gym together."

Nathan, a thirty-one year old construction worker and Nicki, a twenty-nine year old personal trainer, share that while Valentine's Day itself may not be the biggest priority to them, it does not diminish what it stands for between each other.

"Valentine's Day is not really a big deal to us, like last year we just ordered a pie and watched a movie," says Nicki and Nathan. "We try to plan dates periodically and make quality time for each other and not just for holidays."

Lastly, both Nicki and Nathan offered this bit of advice for young couples who too are seeking a path towards relationship bliss.

"Take an interest in each other's personal hobbies, communicate about even the smallest things, and constantly support one another through words and actions," says the pair. "Also be sure to give yourself some alone time, too, as well as

quality time with one another. It's about what balance works best for you."

Now, as two people who lean heavy into the fitness world we found it superfluous to go into any talk about "sweets". However, for another Happy Valley local, sweets actually represent much more than a simple box of chocolates during this time of year.

A lifetime of love's reflection

Ken, a ninety-five-year-old Happy Valley resident off Mountain Gate, notes how most of his Valentine's Day memories have actually come later in life.

"Having three young daughters, my wife, Linda, always had the house decorated, dressed the girls all up, and made sure we had a nice dinner that night," says Ken. "Other than that Valentine's Day is really more of something that we celebrated more once we had grandchildren in our lives."

Sadly, the love of Ken's life, Linda, passed away back in 2015, and while he both misses and treasures the fifty-six years he had with her, Valentine's Day today is both a reminder and celebration of the love that remains in Ken's life.

"One tradition is that my youngest daughter, Kenda, always finds a way to bring me some of my favorite chocolates from See's Candies from the mall," says Ken. "I usually have dinner with her and her family, which consists of my grandchildren and now my great grandchildren."

As it pertains to today's couples seeking everlasting happiness, Ken suggests that communication is indeed the key.

"If we ever had a disagreement we always overcame it by talking," says Ken. "People are afraid to talk with each other when they're upset and that's perhaps the worst thing you can do."

Ken notes how his valentine this year, aside from his three daughters, is his "companion" Nilla, a fifteen-year-old Havanese pup that keeps him going.

Vip

MEDISPA
WELLNESS
AESTHETICS

Super Sweet Savings

Filler
Purchase 1 Syringe & Get 10 Units Of Botox **FREE!**
Purchase 2 Syringes Get 25 Units **FREE!**

Couples IV Package
SAVE **\$125**
When Booked Together

Laser Hair Removal
Purchase Brazilian Get Under Arms **FREE!**

\$125
Any Facial!

Special Savings The Week Of Valentine's Day!

Call now for your free consultation.
503-513-5533

Follow Us On Instagram @vip.medispa

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

VICTORIA WRIGLESWORTH
REAL ESTATE TEAM

WHAT'S HAPPENING IN YOUR NEIGHBORHOOD?

THIS MONTH'S FEATURED NEIGHBORHOOD:

VISTA WOODS

Address	Sq Ft	Beds	Baths	Status	List Date	List Price	Sold Price
12394 Southeast Spring Mountain Drive	3115	4	2.5	ACT	1/9/25	\$834,900	N/A
12035 Southeast Eisert Circle	2155	4	2.5	SOLD	10/7/24	\$525,000	\$515,000
12062 Southeast Thomson Court	1836	3	2	SOLD	11/14/24	\$615,000	\$618,000
12126 Southeast Wagner Street	2264	5	2.5	SOLD	10/23/24	\$665,000	\$662,500
12313 Southeast Wagner Street	2950	5	2.5	SOLD	5/15/24	\$825,000	\$840,000

CALL ME FOR RECENT SALES IN YOUR NEIGHBORHOOD!

Victoria Wriglesworth, Broker
503-765-6693
victoria@nwhomesbyvictoria.com

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

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

A well-rounded Valentine's Day

Spend Valentine's Day in Happy Valley, with or without romance!

By EMMA DAVIS
Staff Reporter

Valentine's Day isn't just for romance. Sure, it's a day that can be spent with your sweetheart, but it can also be a celebration of love in all its forms. Celebrate friendship, celebrate self-love. Happy Valley offers many activities that can make this a special day not only for those you cherish but also for yourself. If you've been needing a day to treat yourself, this February 14th, take the time to show yourself a little love as well.

Start your day with nature

Begin with a refreshing hike through Happy Valley's scenic parks and trails. Immersing yourself in nature sets a positive tone for the day, whether you're walking with friends, loved ones, or simply enjoying solitude. Take in the serene surroundings as you wander through the trees, the crisp air filling your lungs, and let the beauty of the outdoors remind you of life's simple joys. Pack a picnic to make the day even more special, perhaps some tea from Happy Valley Tea Company or a pastry from Le Petit Café or Café Le Fleur. Valentine's Day doesn't need to be grand; sometimes, it's about savoring the quiet, peaceful moments.

Relax and indulge

After your morning hike, take time to relax and indulge yourself at a local spa. Valentine's Day is an invitation to let stress melt away, and Haven of Rest Day Spa is the perfect place to do just that. With a variety of services, including massages, facials, and body treatments, this tranquil space offers an escape to rejuvenate your mind and body. Treat yourself to a solo spa day and reconnect with yourself or plan a spa outing with friends for a shared experience of pampering and relaxation. However you choose to enjoy it, you'll leave feeling refreshed and ready to take on the day.



Treat yourself to a day of relaxation at Haven of Rest Day Spa



Enjoy a yummy pastry and a coffee at La Petit Café, located at Happy Valley Station



PHOTO COURTESY OF LA PETIT CAFE

Shopping, art and more

Shopping and painting may seem like two very different activities, but they share a creative heart. Both are about self-expression. Whether you're with friends, loved ones, or on a solo adventure, picking out a new look or sitting down with a brush and canvas is a perfect way to discover your inner artist. Explore local boutiques like Mapel Boutique where their curated collection of trendy clothing, accessories, and unique jewelry makes it easy to find something that feels unique to you. Treat yourself to a token of self-love or pick out a thoughtful gift for a friend or loved one.

If you're feeling inspired to express your creativity more

directly, Venino Art Studios is the perfect destination. Their workshops invite you to paint your own masterpiece under the guidance of skilled instructors. Whether you're attending with friends or embracing your inner artist solo, these sessions are a fun and fulfilling way to spend

the day. Remember to check out their lineup of events leading up to Valentine's Day!

Of course, Valentine's Day wouldn't be complete without a special meal. Whether dining solo or with a loved one Sakura Yakitori and Sushi House offers an intimate atmosphere and a



PHOTO COURTESY OF PUBLIC HOUSE PINBALL

Venture to Public House Pinball below Valley Public House for some quality entertainment to be enjoyed solo or with friends!

menu featuring both traditional and creative Japanese dishes. Enjoy appetizers like gyoza or miso-glazed salmon before dining on sushi favorites such as spicy tuna rolls, sashimi, and vegetarian options like avocado and cucumber rolls. With locally sourced ingredients and thoughtful presentation, Sakura is an ideal spot to celebrate love in all its forms.

Or make it a friendship outing and head to Valley Public House, a laid-back spot with an impressive selection of local and international beers and delicious pub-style fare. While you're there, venture downstairs to Public House Pinball for some fun playing classic arcade games and a variety of pinball machines.

Alternatively, celebrate Valentine's Day with authentic Central Mexican flavors at Yolotl Mexican Restaurant. From enchiladas verdes to rich mole manchamanteles, each dish is crafted with care. Pair your meal with a fresh house margarita and enjoy a heart-warming dining experience.

Whether you're reminiscing over shared memories or simply enjoying good food, this is the perfect place to unwind and connect.

Valentine's Day in Happy Valley is versatile, offering activities that honor love in all its forms. Embrace the day as an opportunity to celebrate the relationships that bring joy to your life—including the one with yourself.

ARE YOU READY FOR
Inclement Weather?

Find tips for safeguarding your home, links to local resources, and the City's snow removal map online!

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.

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

<p>Stems & Sweets 11107 SE Stanley Ave. Milwaukie (503) 975-2928 stemsandsweetsmilwaukie.com</p>	<p>Forte Floral 14222 SE McLoughlin Blvd Milwaukie (503) 659-4000 fortefloralshop.com Tuesday-Thursday 10am-4pm</p>	<p>Happy Baskets happybaskets.com (503) 653-6120</p>	<p>Ruby Shade 12040 SE Sunnyside Road Clackamas (503) 577-3957 rubysshade.com</p>
---	--	---	--

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

FLEXSTEEL Industries

This Valentine's Day, give the gift that last all year!

1885

BUSCH FURNITURE

A 5th Generation, family-owned local business

804 Main Street • Oregon City
503-656-2621



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
Councilor
503-783-3800

DAVID GOLOBAY
Councilor
503-807-2979

GLENN WACHTER
Councilor
503-783-3800

HAPPY VALLEY CITY COUNCIL

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

COUNCIL CORNER

Commitment to Service

City of Happy Valley

Every two years in January, the City holds a swearing in ceremony for newly elected or re-elected members, and selects a Council President.

On Jan. 7, incumbent David Golobay took the Oath of Office and was officially sworn in for his



PHOTO COURTESY OF CITY OF HAPPY VALLEY
Councilor Joshua Callahan was unanimously voted in as Council President.

new term as City Councilor. The Oath of Office was also administered for newly elected City Councilor, Glenn Wachter. This important ceremony, which was presided over by Honorable Judge Larry Blake, marks both Councilors' commitment to uphold and defend the laws and represent all residents of Happy Valley to the best of their ability.

Additionally, Councilor Joshua Callahan, who

participated in the meeting virtually, was nominated and unanimously voted in as the new Council President. In practice, the Council President presides over meetings and events when the mayor is absent.

Want to learn more about City Council? Check out the City's website to read more about each Councilor at hv.city/council.

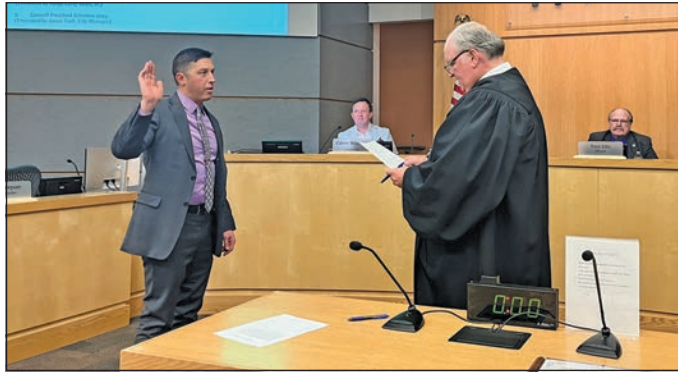


PHOTO COURTESY OF CITY OF HAPPY VALLEY
Re-elected Councilor, David Golobay, takes his oath of office.

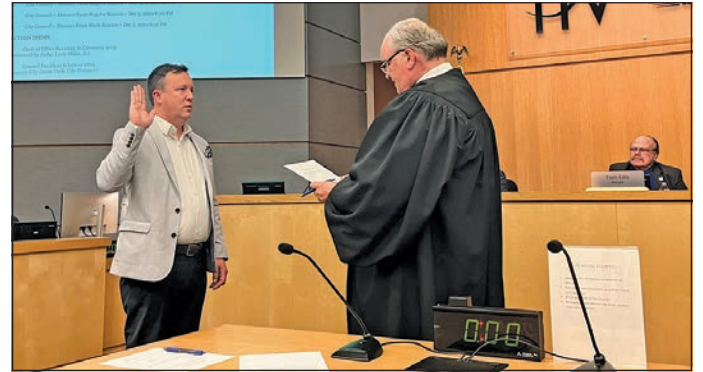


PHOTO COURTESY OF CITY OF HAPPY VALLEY
New to City Council, Councilor Glenn Wachter, takes his oath of office.

Community Tree Planting Events by Friends of Trees

City of Happy Valley

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

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

These projects not only enhance the aesthetics of the landscape, but they also create

FRIENDS of TREES
PLANT TREES
GROW COMMUNITY
VOLUNTEER OPPORTUNITIES

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

long term ecological health of our natural areas. Registering is highly recommended as this helps ensure there are enough supplies. The team at Friends of Trees will bring all the necessary gloves and tools to be used during the events.

Projects are perfect for individuals or groups. If you've been

looking for a way to give back or get involved in a worthwhile cause, assisting with a Friends of Trees project might be a great option. Volunteers under 18 years of age are welcomed, too! The organization does require a youth waiver to be filled out and any youth under 15 years of age

DID YOU KNOW?

Happy Valley is proud to be a Tree City USA. Recognized by the Arbor Day Foundation, the City has held this designation for 20 years and invests in its tree canopy by purchasing trees for replanting and partnering with local non-profits, like Friends of Trees, to offer multiple community maintenance projects that encourage resident participation.

will need to be accompanied by an adult.

Happy Valley Friends of Trees Projects

Windswept Waters Tree Planting

When: Saturday, Feb. 8, 8:45 a.m. – 1 p.m.

Where: SE Quartz Ln. & SE Windswept Waters Dr.

Plant native trees to help enhance this important natural area. This project is coordinated in partnership with Windswept Waters H.O.A.

Special Pollinator Event! Native Tree and Shrub planting

When: Saturday, Mar. 8, 8:45 a.m. – 1 p.m.

Where: Village Green Park, 13786 SE Sieben Park Way.

Help install hundreds of pollinator-friendly plants to create a pollinator garden. These plants will help create valuable habitats for native pollinators and provide seasonal beauty for park goers.

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

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

AGE PREPARED

IT'S A LIFE DESIGN!

LIVING OPTIONS, PLACEMENT, REFERRAL SERVICES, AND PARTNERSHIPS

ALL OUR SERVICES ARE AT NO COST!

VISIT US TODAY!!

EMBRACESENIORADVISORS.COM

503-689-0053

VANCOUVER CLINIC

For your **best health.**

Adult Medicine for patients 65+

tvc.org/adult-medicine | 971-432-7555

MAYOR'S MESSAGE

Welcome new committee members

Volunteers contribute to the vital work of the City

City of Happy Valley

One of my responsibilities as Mayor is to appoint community members to the City's advisory boards and committees. I'm constantly amazed at the passion people have for our local community. Whether people have been here for decades or moved to Happy Valley more recently, many want to be part of shaping the City's future. After reviewing the excellent applications, I selected the following individuals to serve:



MAYOR OF HAPPY VALLEY
Tom Ellis

Planning Commission

- Reappointments:**
 ■ Michael Morrow
 ■ Donald Hanna
 ■ Marchelle Paholsky
New Appointments:
 ■ Mark Aasland

Design Review Board

- Reappointments:**
 ■ Julie Auvil
 ■ Bjorn Clouten

Traffic & Public Safety

- Reappointments:**
 ■ Marya Choudhry
 ■ Dale Guenther
 ■ Shelley McFarland
New Appointments:
 ■ Lizbeth Hale

Public Art

- Reappointments:**
 ■ Ray Fager
New Appointments:
 ■ Diane Morrow

Budget

- New Appointments:**
 ■ David Emami



Planning for the future isn't just about what the City Council thinks is best. It takes a collective vision from the community and cohesive action from our volunteer committees. The City is fortunate to receive guidance and input from our community volunteers on these committees.

Parks Advisory

- Reappointments:**
 ■ Steve Sonk
New Appointments:
 ■ Issac Charlton
 ■ Naomi Turrentine

Library Board

- Reappointments:**
 ■ Jennifer Ellis
New Appointments:
 ■ Shandra Ban
 ■ Michelle Berry

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

Naomi Turrentine: leaving Planning Commission (joining Parks Advisory Committee)

Mark Aasland: leaving Parks Advisory (joining Planning

Commission)

Mark Montalbano: Traffic & Public Safety Committee

Bill Taylor: Public Art Committee

Glenn Wächter: Parks Advisory and Budget Committees (elected to City Council)

Ray Kato: Library Board

Alan King: Library Board

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

HAPPY VALLEY NEWS STAFF



City Writer
Stephanie Warneke
SWarneke@happyvalleyor.gov



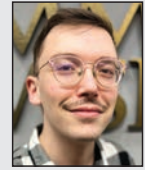
Community Writer
Emma Davis
edavis@pamplinmedia.com

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
abreniman@pamplinmedia.com
971-204-7789



Advertising Assistant
Bren Swogger
bswogger@pamplinmedia.com



Design
Molly Filler
mfiller@PamplinMedia.com

Designers:
Tiffany O'Dell, Megan Smith

Creative Services:
Chris Fowler (Manager),
Wayne Stowell

hvn@pamplinmedia.com

172nd Ave project open house set for Feb. 20

Learn more about potential road improvements and designs

Clackamas County, City of Happy Valley

To keep pace with the City's growth and future needs, and to reduce congestion and improve safety for vehicles, bicyclists, and pedestrians, the City is working with Clackamas County to improve the infrastructure on 172nd Ave. between Misty Dr. and Scouters Mountain Rd.

You are invited to learn about the project and ask your questions at an in-person open house on Thursday, Feb. 20 at City Hall from 6 p.m. to 8 p.m.

Project details include:

- Widening 172nd Ave. to four travel lanes including bike lanes, landscape strips and sidewalks
- Adding a roundabout and new culvert crossing of Rock Creek at Troge Road intersection
- Expanding the single-lane roundabout at Scouters Mountain Road to a multi-lane roundabout

- Moving existing utilities underground
- Adding street lighting
- Engineering design will continue through winter 2026. Construction is planned from spring 2027 to winter 2028.

Visit hv.city/172nd-open-house to participate virtually or scan the QR code with your smart device for updates and to sign up for the email list.

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

To request translation services at the upcoming Open House, please contact the City Recorder at 503-783-3836 or City Hall at 503-783-3800 by Feb. 13.

172ND AVE. INFRASTRUCTURE IMPROVEMENT PROJECT

INFORMATIONAL OPEN HOUSE

THURSDAY FEB. 20TH
HAPPY VALLEY CITY HALL
6PM-8PM

LEARN MORE AT WWW.CLACKAMAS.US/ENGINEERING/172ND.AVE

Save the date and consider learning more about the upcoming infrastructure project at 172nd Ave. at the open house on Feb. 20. You can also sign up to receive notifications about the project by email.

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

Introduce Yourself

to our local business community

for a strong local economy.

FEBRUARY 2025

AM Business Connection 7:30 - 9:00 AM

February 7 • Sauna Glo
 February 14 • Speed Networking @ Expedia Cruises
 February 21 • Biz Cube w/ Ribbon Cutting
 February 28 • Color Me Mine w/ Ribbon Cutting

Public Policy & GA Meeting Noon - 1:00 PM

February 4 • Chamber Office

Ambassador Meeting

February 11 • 7:30 - 8:30

Chamber 101

February 5 • Noon - 1 PM (virtual)

Upcoming Events

February 7 • Pickleball BAH @ REC's
 February 17 • President's Day--Chamber Closed

Expand Your Network, Join Today!

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

yourchamber.com

info@yourchamber.com | 503-654-7777

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, Truck Insurance Exchange, Mid-Century Insurance Company, Farmers Texas County Mutual 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.



WILDFIRE RISK MITIGATION

City to target several areas for hazardous fuel reduction

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

February Calendar

February 4

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

February 5

- **Valentine's Day Care Cards for Seniors due:** return completed cards to City Hall by 5 p.m. or Happy Valley Library by 8 p.m.

February 17

- **President's Day Observed:** City Hall and Happy Valley Library **CLOSED**

February 18

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

February 20

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

February 26

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

March 4

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

March 6

- **If I Were Mayor contest:** entries due by 5 p.m.



Scan QR code to sign up for notifications

City of Happy Valley

Happy Valley is recognized nationally as a Tree City USA and known for outdoor spaces that welcome a variety of native plants and wildlife. With wildfires and persistent drought conditions on the increase throughout the Pacific Northwest, the City Council has made it a priority to enact periodic fuels assessments to evaluate all open spaces within City limits.

The City is currently reviewing several areas in preparation for hazardous fuel reduction. Over the next couple of months, the Public Works team will be actively assessing areas near the Happy Valley Library, at Hidden Falls Nature Park, and along the pathways of Mt. Scott Nature

Trail. Residents may notice some markings and flagging, indicating where some clearing and additional follow-up work are to be done. These efforts are critical in reducing wildfire risk and maintaining the healthy vegetation of these protected spaces.

Hazardous fuel includes anything that might burn and lead to a fire spreading if a spark or flame was introduced. While deadened, dry vegetation is a predominant risk, other types of foliage can also be dangerous. Conifers like Douglas firs, cedars, pines, and spruces, for example, can easily become fire hazards due to the oils in their needles. Ensuring these spaces are well maintained and assessed regularly helps mitigate potential concerns.

The City anticipates that this current assessment project will be fully completed by early summer.



PHOTO COURTESY OF CITY OF HAPPY VALLEY

A trail segment within Hidden Falls Nature Park shows a glimpse of open space currently in review for hazardous fuel reduction. (INSET) Fluorescent flags will mark areas identified for additional follow up.

Are You Fire Safe?

Discover the Importance of residential fire sprinklers

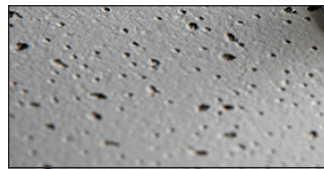


Clackamas Fire District #1

Whether you live in an apartment complex, a townhome, or a house, a well-maintained fire prevention system is essential in preventing unnecessary damage, injury, and death. A residential fire sprinkler system is easy to maintain, and surprisingly, many homeowners are unaware that they even have fire sprinkler systems within their homes.

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

1. Working smoke alarms and residential fire sprinklers increases your chances of



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

surviving a house fire by 82%.

2. Depending what is on fire inside your home, fire sprinklers will take less time to activate than it would for you to call 911.

3. Only the fire sprinkler head closest to the fire will activate.

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

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

If you have questions regarding your fire sprinkler system, please contact the Clackamas Fire District #1 Fire Marshal's Office at 503-742-2600 or visit clackamasfire.com.

Don't get left out in the cold

Sign up for weather related city E-notifications and text messages

City of Happy Valley

Stay in the loop and never miss an update! Sign up for our e-notifications and texts to receive the latest City news and important information straight to your inbox and phone. You can also elect to receive weather-related notifications for things like road closures, safety announcements, and other critical updates in the event of a storm.

Already signed up for e-notifications, but want to add or switch to texts? You can also opt for information to be delivered by text simply by updating your preferences.

Head to hv.city/notifications or scan the

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

In addition to these notifications, we encourage you to be prepared for winter weather by visiting hv.city/inclement-weather. Here, you'll find an array of helpful tips and information related to preparedness and responding to storm-related emergencies, as well as more details on what the City does when snow and ice make an appearance. Stay proactive by keeping tabs on weather advisories and ensuring you have essential items on hand to navigate the winter season safely.



Scan QR Code to sign up for community notifications
HV.CITY/NOTIFICATIONS



Whether you prefer email or text, stay in the know with notifications from the City about important happenings, upcoming events, weather related safety, and general updates.

We're here for every member of your family.



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

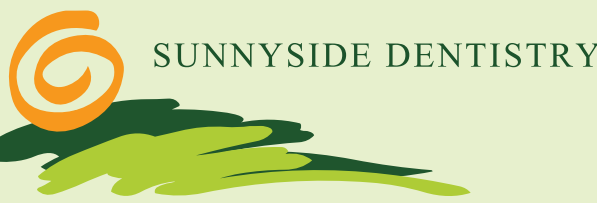


nwpc.com | 503.659.4988

Providing quality dental care for over 45 years!



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



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

sunnysidedentistry.com

CODE CORNER

Is your dog's license up to date?

Prioritize your dog's safety and that of the community.

City of Happy Valley

Happy Valley's Animal Control Services support people and animals in a variety of ways. We aim to protect pets and wild animals while simultaneously protecting people and property from challenges that can arise when animals are uncontrolled. Whether assisting an animal in distress, reuniting lost pets and their owners, or responding to animal nuisance concerns, our team helps ensure the City remains a safe place for people and animals alike.

Whether lost or abandoned, when a dog is seen roaming City streets, Community Service Officers can be called to help. We will attempt to contain the dog and reduce its chance of running into traffic or getting

further away from home should it accidentally escape. If identifying information can be obtained, we will then proceed to help reunify the dog with its owner. This is a primary reason the City of Happy Valley requires dog licensing. It could mean a world of difference, especially if your dog were to become lost.

When dogs get lost

More times than not, a dog gets out when a door is left open, or a gate latch or section of fencing becomes loose. When this happens, your pup escapes and off they go on an unplanned adventure. Our team has found dogs wandering neighborhoods and thankfully no harm is done, but most concerning is when they get near busy streets like Sunnyside and 172nd Ave. To report dogs running at-large please contact us at 503-783-3800.

How we can help

Should a lost dog be found, we can easily reference the City's licensing database to locate you for reunification if



PHOTO COURTESY OF CITY OF HAPPY VALLEY

If you have not yet obtained a license for your dog or your license has lapsed, head to hv.city/dog-licensing or use your smartphone to scan the QR code. From there, you can complete an application. Fee amounts are determined by several factors, so be sure to select the option that matches your needs. If you have questions, give us a call at 503-783-3800.

Local partners

Dogs that cannot be reunited with their owner are placed for shelter with our community partner, Clackamas Dog Services. The City's partnership with Clackamas Dog Services allows us the ability to access shelter for lost or abandoned dogs 24/7, ensuring safety, basic needs, and medical care are provided. Their team also sends us an updated document every six weeks that lists dogs in Happy Valley that have received the rabies vaccination. If those dogs are unlicensed,

our team will reach out to the owner to complete the necessary paperwork.

We've also made it a point to connect and partner with each of the Happy Valley veterinary clinics in the City. In doing so, we've provided local veterinarians with the resources needed to remind pet owners of the dog licensing requirement during routine visits. Additionally, the City reinforces compliance by cross-reporting with veterinary offices, ensuring that licensing records are consistently updated.

already, be sure to talk to your vet ASAP about microchipping your dog and keep in mind you will need to update the microchip company with any changes to your contact information if you move or get a new phone number.

Health and wellness

Another reason it is required for all dog owners, including those of service dogs, to complete the licensure process is to ensure your pup has received a current rabies vaccination. This is absolutely imperative to the health and safety of anyone, including other animals, who may encounter your dog.

it has a collar. We also have the needed equipment on hand to scan for microchips. But these efforts only go so far in helping reunite dogs with their owners if the information is up to date. That is why it is so important to keep your dog's licensure in compliance. Additionally, we can't emphasize enough just how important it is to microchip your pet. We often find dogs without an identifying collar, and it can take a long time to sift through the database if we have to search by breed alone. So, if you haven't

Black Student Union and Athletic Leadership create Black History Month shirts

Shirts will be available for purchase at all ACNHS home sporting events throughout February

Courtesy Adrienne C. Nelson Athletics

Adrienne C. Nelson High School is proud to announce the launch of special Black History Month shirts, a collaborative initiative led by the Black Student Union and Athletic Leadership Team. This collection is designed to uplift and celebrate the Black community while honoring the resilience and contributions of key historical and contemporary figures.

The designs for the Black History Month Shirts have been created to pay tribute to exemplary individuals such as Simone Biles, Malcolm X, Tupac Shakur, Kobe Bryant, and Adrienne C. Nelson. Each figure was chosen for the significant impact and inspiration they left in their legacy.

■ **Simone Biles:** Celebrated as one of the greatest gymnasts of all time, Biles represents perseverance and excellence

in the face of adversity, inspiring young athletes worldwide

■ **Malcolm X:** A pivotal figure in the fight for civil rights, Malcolm X's advocacy for Black Empowerment and justice remains a lasting symbol of activism and resilience

■ **Tupac Shakur:** A visionary artist and activist, Tupac used his platform to address social issues and uplift the Black community through his powerful lyrics and message of hope

■ **Kobe Bryant:** Bryant's legacy as an athlete and philanthropist continues to inspire others to pursue greatness with unwavering dedication and determination

■ **Adrienne C. Nelson:** As the namesake of our school, and a trailblazer in the judiciary, Nelson's achievements as the first African American woman appointed to the Oregon Supreme Court exemplify incredible leadership

and expertise

The shirts were thoughtfully crafted to serve as a wearable celebration of these figures' remarkable legacies, aiming to inspire pride, awareness, and unity throughout the school and broader community.

The Black History Month Shirts will be available for purchase at \$20 each and can be bought at all Adrienne C. Nelson home sporting events throughout the month of February. With a size range of XS to 2XL, the collection is designed to be inclusive, ensuring everyone can participate and support the cause.

This initiative is a testament to the strength and unity within our school community, and the Black Student Union and Athletic Leadership team will continue to foster a welcoming environment and continue to empower students to move towards their future greatness.



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

We are a one-stop shop for all your commercial and personal insurance needs.

TILIKUM INSURANCE

Tel: (503) 353-9900
Email: info@tilikuminsurance.com

Moiz Ali, Principal Broker

Happy Valley Farmers Market

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

Korean-inspired flavors burst from new restaurant

Kim Jong Grillin' opens in Happy Valley Town Center

By JAMES KENNETH PRESLEY
for the Happy Valley News

Neighboring Pho Zen at the Happy Valley Town Center is a newer establishment, Kim Jong Grillin. Having opened last July to a bit of a slow start, this legacy Portland cart turned Happy Valley hub has seen an impressive overhaul in business these past several months, utilizing high quality ingredients complimented with classic Korean flavors.

With mentions in various high profile outlets including Bon Appetit and Eater Portland, King Jong Grillin and its strong reputation in the Portland area carries over to Happy Valley both an established product as well as an ambition to grow the brand. It's all thanks to mad scientist Han Ly Hwang, a culinary creative genius that Happy Valley has seemingly welcomed with open arms.

"I really got into cooking when I was fifteen in Northern Virginia, working my way through chain restaurants as a journeyman cook," says Hwang, who moved to Portland in the early 2000s. "Cooking was just sort of an easy job to get and, well, I needed a job. The passion for it didn't really come till later."

Luckily for us, Hwang would go on to open his own food cart in 2009, noting how the experience felt different than that of working on the line.

"I wanted to represent my culture and it's different to cook the food that you look like," says Hwang. "I took pride in it and that really started my journey cooking Korean food. It has taken me around the world. It has been an honor."

Thanks to his popular food cart, how he has actually made appearances on multiple popular Food Network shows, including multiple appearances on Chopped and a spot on The Great Food Truck Race. In fact, Hwang actually won an award for "Food Cart of the Year" fairly early into his business's run.



Kim Jong Grillin Favs – A melting pot of both flavors and identities

A tough turn

Sadly, in 2010 a mysterious fire took down Kim Jong Grillin's cart as well as the aspirations of Hwang to continue for the short term.

"I didn't really get the chance to capitalize on our award," says Hwang. "I quit cooking for a little bit. It actually happened the same night I got my award, and it took me down a hard road."

Luckily, Hwang recalibrated his passion, talent, and drive, noting how his first appearance on Chopped reset his mindset, specifically after one of the judges pulled him aside and told him, after years away from the game, that he needed to get back in the kitchen.

"I went from zero to a thousand," says Hwang. "It was so fun, but when the cameras weren't rolling, a judge pulled me aside and said I owed it to myself to try again. It really meant a lot to me that he said that."

In 2014, Hwang reopened his Kim Jong Grillin food cart, giving Portland foodies that Korean fix they've been so

desperately craving. However, Hwang had his sights on a new opportunity a few years later with a goal of opening an official restaurant.

"I've had opportunities in the past but have always turned them down till now," says Hwang. "The goal for me was to come up with a menu that was Korean-American, something that's very much part of my identity. I also wanted some authentic Korean too and the Happy Valley location gave me that opportunity."

The Happy Valley menu offers unique flavors and dishes that are unlike anything the community has seen before, including Korean BBQ fries, kimchi fried rice, fried chicken, and other exciting plates. That being said, Hwang notes that his two best sellers in the neighborhood are the Bibim Box and their burgers.

"Bibim Box is our take on a very traditional mixed rice Korean dish," says Hwang. "We scorch rice and potato starch noodles to make it crispy and it comes with kimchi, a fried egg, gochujang, and your choice of protein."

Korean twist on American classics

Equally as impressive are their burgers, including one called the "Hanold Mcdonald" that is Hwang's unique take on a Big Mac, featuring 1000 dressing, shred lettuce, two smash patties, pickles, and American Cheese. Other clever noted menu items feature other plays on fast food favorites, such as a "Munchwrap" and a "KFC Bowl" . . . you might be able to figure out on your own where these dishes are inspired from.

"We have a bulgogi smash burger with kimchi and cheese that's fantastic," says Hwang.

Having officially opened the day after the Fourth of July in 2024, Hwang noted that a slow start gave him some concerns early on about his footprint out here. Thankfully, in the fall, Hwang had the clever idea to invite a variety of food influencers out to the restaurant to help promote.

"They really are the new tastemakers when it comes to the food culture," says Hwang. "We're doing awesome now which is crazy and I attribute a lot of it to the social groups out in Happy



Han Ly Hwang – Owner and Chef at Kim Jong Grillin

COURTESY PHOTOS

Valley. I love the sense of community out here. Happy Valley is very forward thinking and I think represents a back-to-basics neighborhood in America." Hwang and his Korean film and anime decorated establishment welcome all locals and visitors to Kim Jong Grillin, inviting you to experience these Portland legacy flavors that have made their way around the world only to fortunately land in our own backyard.

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

HAPPY VALLEY
BUSINESS ALLIANCE
Community is our business
www.hvba.biz

BUSINESS SPOTLIGHT

**Envision yourself at
StretchLab Happy Valley**

Book an discounted introductory stretch with us today to experience 1-on-1 assisted stretching

STRETCHLAB
HAPPY VALLEY

Scan to visit online

StretchLab Happy Valley
15727 SE Happy Valley Town Center Dr.
Happy Valley, OR 97086
503-207-0111

www.stretchlab.com/location/happyvalley

Show your family
lots of love
with an estate plan created just for them

Wills ♥ Trusts ♥ Estates

www.luxlaw.us | info@luxlaw.us

Gloria Tam, Attorney at Law

A LIFE OF Service, Sacrifice and Dedication

A look at Air Force veteran, Dan Watters' time in the service

By EMMA DAVIS
Staff Reporter

Dan Watters' journey from a young man in San Diego to an Air Force veteran is a testament to resilience, duty, and adaptability. Facing the draft during the Vietnam War, Watters enlisted in the Air Force in 1968, embarking on a military career spanning two decades, multiple overseas assignments, and many personal challenges along the way.

From serving five years as a Parachute Rigger on Okinawa, New Mexico and Thailand to spending 15 years as an Automatic Tracking Radar Technician at many stateside and overseas locations, his service reflects dedication to country as well as family. Through it all, Watters has held to the values of family, duty, sacrifice, and country.

Making a choice

During the height of the war, Watters knew that military service was inevitable. Rather than waiting to be drafted, he decided to enlist in the U.S. Air Force. He wanted to pursue a technical

career, and with high scores in electrical and mechanical on the Airman Qualifying Exam, he was qualified. Unfortunately, the needs of the Air Force preempted the needs of the individual at that time, and he was assigned to parachute rigger training. Just prior to graduation, parachute training assignments were given, and as the only volunteer for overseas in his class, he was given the choice of Okinawa, Vietnam, Thailand or the Philippines. He chose Okinawa and reported to Naha AB, in August 1968.

This early role showed him the realities of military service, while also marking the start of a significant chapter in his life: meeting and marrying his wife during his time in Okinawa.

Following his time in Okinawa, Watters began his military career with extensive technical training on radar systems at Keesler AFB, Mississippi, completing a 37-week program before his first assignment to Edwards AFB, California. From 1971 to 1973, he served at Holloman AFB in New Mexico and Ubon AFB in Thailand. Following his service in Ubon, he retrained at Keesler AFB to specialize in automatic tracking radar systems. Upon completing the program, he returned to Edwards AFB, where he contributed to high-profile missions such as the A9/A10 and

F16/F17 fly-offs, the F-15 Streak Eagle time-to-climb record, and the X-24B lifting body program.

From 1972 to 1985, Watters held diverse assignments that expanded his expertise and leadership. He served at Camp O'Donnell in the Philippines, Nellis AFB in Nevada (including Tonopah), Osan AB in Korea, and the Radar Bomb Scoring Detachment in Wilder, Idaho. He returned to Korea's KOTAR range and was later stationed at Nellis AFB and KOTAR again in 1985. His final assignment brought him to Kelly AFB in San Antonio, Texas, where he retired as a Master Sergeant after an accomplished military career.

In his 20 years of service, Watters took on unique and challenging duties along with parachute rigging, Blind Bat flare missions, and radar supervision. His Blind Bat missions involved flying C-130 aircraft loaded with flares to illuminate the Ho Chi Minh Trail at night, aiding in the detection of enemy trucks. He even participated in one on his birthday. "On my 21st birthday November 4th, 1969, I flew a Blind Bat flare mission," he said, "I came back from that TDY on the 4th of December back to Okinawa."

With his frequent relocations, he sacrificed long separations from his family. Balancing his



Watters standing next to a fire captain from his trip to Okinawa in November 2023

professional duties with family life was difficult, especially during his overseas assignments. Watters also faced personal hardships, including his middle daughters battle with leukemia.

After retiring from the Air Force in 1988, Watters transitioned to a civilian career as a field engineer at General Dynamics, working on MiniMUTES radar systems in Montana and at the factory in Texas, where he prepared systems for USAF acceptance testing. From 1993 to 1995, he worked for Philips Medical Systems in Detroit, focusing on radiation therapy machines designed to treat cancer patients. "It was like that's what I was supposed to end up doing in my life," he said. During this time, he maintained machines

in Toledo, Ohio, as well as at Beaumont Hospital locations in Royal Oak and Troy, Michigan. In 1995, Watters transitioned to a position as a Radiology Engineer at University Medical Center in Tucson. He officially retired in 2011 and relocated to Happy Valley in 2021.

Looking back

Looking back at his career and life, he reflects on what his time in the Air Force gave him, including being part of the Happy Valley Veterans group. "The career in the Air Force gave me everything," he reflects. "The veteran's group is one of the best things that's ever happened to me in my survey of life." To Watters serving the country, in any form, holds great importance whether through



PHOTOS COURTESY OF DAN WATTERS
Watters (left) and his wife Mary Lynn on the day he reported to Travis AFB for his flight to Okinawa

military service or in other ways. While the sacrifice of being away from his family was one of the hardest aspects of his career, he has no regrets about serving his country. "If they look at all my assignments, they see how much time I had to spend away from the family and that veterans end up spending a lot of time away from family, and they are doing it voluntarily nowadays," he said. "In one way or another, service should be for everybody and there's all kinds of ways to serve your country."

His story demonstrates the value of embracing life's challenges, finding strength in adversity, and recognizing how opportunities, like those provided by the Air Force, can transform a life just like they did his.

Coming soon at the Oregon Military Museum

New exhibits to explore at OMM

By EMMA DAVIS
Staff Reporter

The Oregon Military Museum (OMM), located in Clackamas, offers an immersive experience into Oregon's military history, showcasing the state's contributions from pre-statehood to the present day. The museum is set to unveil a new permanent installation, inviting visitors to explore the rich tapestry of Oregon's military heritage through captivating exhibits, events, and interactive displays.

One of the primary attractions set to open is the Drill Floor Gallery. This permanent exhibit will tell Oregon's military story from its earliest days to modern conflicts. The gallery highlights



Visit the Oregon Military Museum to learn about Oregon's military history

the people, technologies, and actions that defined Oregon's military legacy, offering visitors a unique opportunity to discover the pivotal moments that shaped

the state's role in global history.

The Temporary Gallery will offer rotating exhibits, changing regularly to feature new themes and stories. These exhibits will

explore different aspects of Oregon's military past through artifacts, photographs, and traveling collections aligned with the museum's mission to preserve and share military history.

For those with an interest in military technology, the Weapons Gallery will be a must-see. Located in the museum's former indoor firing range, this gallery will showcase a wide range of small arms one of the largest publicly available collections west of the Mississippi River. The exhibits will provide a fascinating and enticing look at the evolution of weaponry and its impact on military conflicts.

Another highlight is the Hall of Valor, an exhibit honoring Oregon's Medal of Honor

recipients. This display features an interactive digital exhibit that tells the stories of individuals who performed extraordinary acts of heroism. Visitors can learn about these remarkable figures and their sacrifices, with special events and programs scheduled throughout the year to commemorate their service.

In addition to the various historical and inspirational exhibits, the museum hosts a variety of events and educational programs designed to engage visitors of all ages. Special lectures, family-friendly activities, and themed tours provide opportunities for deeper exploration into specific aspects of Oregon's military history. The museum also organizes commemorative events, such as

Memorial Day and Veterans Day ceremonies, which are open to the public. For those who want to volunteer, the OMM offers various ways to do so.

Whether you are a history enthusiast, a family looking for an educational outing, or someone interested in Oregon's military contributions, the Oregon Military Museum offers something for everyone. From permanent exhibits to rotating collections, engaging events to interactive displays, visitors can expect an enriching and memorable experience.

For more information on upcoming events, exhibits, and visiting details, check out the museum's website at oregonmilitarymuseum.org.



HAPPY VALLEY BUSINESS ALLIANCE

COMMUNITY IS OUR BUSINESS!

Support these local Alliance members!

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

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



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

New Members:

- Armadas Exterior LLC
- First Class Property Tax Appeals
- Face It Aesthetics LLC
- Reza Navidi Root Executives LLC

Renewing Members:

- Embold Credit Union
- Wendi Mueller - Premiere Property Group, LLC Real Estate
- Therapydia Happy Valley
- Miramont Pointe/Goodman Group
- JonDorr Custom Barn Doors
- Root Mortgage
- Bartlett Tree Experts
- Root Mortgage
- Point Echo Solutions LLC
- BSM CPA Group, LLC

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

Providing quality dental care for over 44 years!



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, & lifestyle — a place we proudly call home

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

Having Fun & BUILDING RELATIONSHIPS

Happy Valley Middle School's new principal, Michelle Doyle, leads with students at the forefront of everything she does

By EMMA DAVIS
Staff Reporter

Michelle Doyle, the new principal of Happy Valley Middle School, brings a passion for education, student success and building authentic relationships. Growing up in Portland with two aunts who were educators, she knew from an early age that she wanted to be a teacher.

From playing school with her dolls and stuffed animals to working with kids throughout high school and college, her journey has included roles as an elementary teacher, a mentor for new educators, and an assistant principal, all of which shaped her belief in the importance of building relationships and fostering a sense of belonging.

Since she was a child, she knew that being a teacher was her calling. While her academic path wasn't always the easiest, she loved going to school. "I loved going to school, probably because of the social aspect of it and the connection I had with teachers and with peers," Doyle said. "School, though, I thoroughly enjoyed. I struggled academically at times, but with my family support and advocacy, I was able to be successful."

Keeping it local

Her enthusiasm led her to Portland State University through the Portland Teachers Program, which aimed to recruit a multicultural, multi-ethnic, culturally responsive teacher workforce that could advocate educational equity.

"I completed the Portland Teachers program, which was beyond a school scholarship [for me]; it was really about a cohort of people that I was able

to connect with or go through a teacher education program," she said. "It was an additional opportunity for us to have connections with other educators of color and to be able to share life experiences about navigating a profession that's predominantly white."

Her early teaching career began in elementary education, focused on fostering a love of learning where she helped young students develop their reading skills. "I spent most of my years in second grade," she said. "I was really drawn to that grade level because that was a time where I was really able to support early readers." After eight years in the classroom, she became interested in addressing challenges within the education system, leading her to a role as a Talent Acquisition and Retention Specialist in the North Clackamas School District.

Three years into that job, she realized she wanted to be back in a school setting. "I felt the heart of education for me, personally, was working with students, and that was something I was missing," she said. "There was something that was really drawing me back in the building and so that led me to pursuing my administration degree."

"I got my first administrator job at Rowe Middle School for the 2021 - 2022 school year and fell in love with the middle school age," she said. "I realized that working in secondary education was something that I wanted

to stay in." Her unexpected love for working with this age group grew as she realized the unique opportunities middle school provides. "I think some of my reason for being a middle school administrator is to create years that students find joy, connection, fun and expand their love of learning," she said. "My goal as a principal is to create a space that students want to come to and are inspired to be innovators, creators, learners as well as just have fun."

Passionate, dedicated & encouraging

Doyle is passionate about creating a space where they feel seen and celebrated. As a principal, it is important for her to be involved in the students' daily lives at school. "I greet students every single morning. Say goodbye to them on the way out. I think that's just important to be seen and present," she said, "I want to spend time with my students, get to know them."

Doyle is dedicated to being an advocate and biggest cheerleader for all her students. "I want to be my students' biggest hype person," she said. "Any and everything deserves to be celebrated." She puts great value on social-emotional development too, noting that middle school is a time of emotional and personal challenges, so it is important for her to let students know that they have someone who has their back. "I want to be someone that's approachable to them and

I want to be that person that I sought, and like the teachers that I had that supported and uplifted me.

— Michelle Doyle



Doyle (second from left) with a group of 8th grade students discussing how they will celebrate school-wide student growth points on the winter Fastbridge assessment.

that they feel that they can seek as a support," she said. "I'm real with them and want to provide a space where they can talk if they need to."

She also encourages students to have a voice by giving them an opportunity to lead clubs and events that appeal to their interests. "I think honoring student voices, seeking the perceptions and opinions and value what students value, is really important," she said.

Doyle is a strong believer in collaboration, believing that leadership is a team effort. "This job can't be done alone and like I have a huge team of people that also want to collaborate and do what's best for kids," she said. "I'm constantly asking for teacher feedback and support so that their voices are heard as well." It is important to her that she build a supportive and cohesive team at Happy Valley Middle School where everyone's thoughts and opinions are valued and heard for the school's success.

Doyle's educational journey has been shaped by a commitment to developing strong relationships with the community and creating spaces where everyone feels important. Looking ahead, she is



PHOTOS COURTESY OF MICHELLE DOYLE

Doyle (right) enjoying Crumbl Cookie with Makayla Borski who was one of 10 students acknowledged for the month of December that demonstrated courage and showing the power of gratitude!

excited to continue growing as a leader and to be a mentor who sees potential in every student, makes them feel truly valued, and helps them overcome any challenges to achieve their best.

"My sole purpose as an educator is to be an advocate for kids

and I want them to feel seen and celebrated and when I was a young child, [being a teacher] is something I knew I wanted to do," she said. "And I want to be that person that I sought, and like the teachers that I had that supported and uplifted me."

HVBA MEETING Invitation

FEBRUARY 26, 2025 | 7:15AM - 9:00 AM

Happy Valley City Hall
www.hvba.net

HVBA HAPPY VALLEY BUSINESS ALLIANCE

BUYING OR SELLING IN 2025?

Schedule A Free No-BS Consultation
NOW IS THE TIME TO START PLANNING

PURCHASING A HOME	SELLING A HOME
Determine the Budget Review Credit Score - Down Payment	Establish the Price Competitive Market Analysis
Loan Preapproval Shop for a Mortgage Lender	Maximize on Curb Appeal Putting a Positive Light on Your Home
Location, Location, Location Determine the Ideal Neighborhoods	Strategic Marketing Listings, Open Houses & More
Home Wants & Needs Search by Type, Size, & Style	Constant Communication Expect Weekly Updates
Home Sweet Home The Work Starts After Finding THE Home Negotiating the Offer -> Closing	Choosing an Offer Negotiating Terms From Inspection -> Close

~ Let NW Nest Earn Your Business ~

GREGG LEBLANC
The Running Realtor
503.888.4236
Gregg@NWNestRE.com

JUSTIN KIESZ
Realtor® OR & WA
503.380.5543
Justin@NWNestRE.com

10151 SE Sunnyside Rd. Suite 495
Clackamas, OR 97015
NWNestRealEstate.com

EXPERIENCED. KNOWLEDGEABLE.

REALTYONEGROUP PRESTIGE

"I feel like I'm living in a resort hotel..."

All your needs are met. Beautiful dining room, great food, top nursing care, so many life activities to choose from.

The search for senior living is about finding a new home, building new friendships, rediscovering purpose, and enriching one's life. As you explore your options, we're here to guide you through this important process. Together, let's move toward a brighter future for you or your loved one.

- Month-to-month rentals with no "buy-in" fees
- Maintenance-free lifestyle
- Chef-inspired meals
- 24-hour on-site staffing
- Meaningful activities and opportunities to learn, connect and engage with others
- Personalized care when needed



Call or text Amber at 971-336-1251 to schedule your tour today!



MIRAMONT POINTE
Senior Living

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

SENIOR LIVING | ASSISTED CARE | MEMORY CARE



MANAGED BY The Goodman Group



Statement provided by a resident at a senior living community managed by The Goodman Group, which might not be the managed community referenced in this advertisement.

URINETOWN: The Musical

The musical is helmed by new drama director, Louis Kruse

By EMMA DAVIS
Staff Reporter

The stage is set for an exciting new chapter at Adrienne C. Nelson High School, as its drama department, now under the guidance of new director Louis Kruse, prepares to present *Urinetown: The Musical*. This production marks Kruse's musical directorial debut at Nelson while also working as the choreographer, backed by a dedicated team of educators and a cast of talented and enthusiastic students. A seasoned performer with a BFA in musical theater and an impressive career, Kruse brings a lot of professional experience and a passion for the arts.

Urinetown: The Musical is a witty, satirical comedy set in a dystopian future where water is a limited resource, and residents must pay to use public toilets. The show explores themes of resource management, personal freedom, and societal control through clever humor and enticing music. With its quirky characters and unexpected turns, it combines a playful tone with meaningful messages, making it both fun and thought-provoking.

For Kruse, *Urinetown* holds special meaning. The musical,

though not well known by the public, played a big role in his own theater journey.

"I am very attached to this show, having done it as a freshman in high school," Kruse said. "That was the musical my college did my senior year, so it's followed me through a lot of pivotal moments in my life." Now, with this production, he comes full circle, using his connection to the material to guide his cast through the show's unique and captivating themes.

"When we had that meeting to discuss shows and John [Donnelly, Nelson's band director] said, 'my topic is 'Urinetown', I said 'heck yes' because that's such a show that I love," he said. Though he was a bit skeptical about it. "I had some hesitancy at first, only because I know the show so well that I wanted to make sure it had been thought through," he said. "But as soon as I had that conversation with the rest of the team they were like 'This is a show that we can do.'"

From the very first read-through, it was clear that the students were not only excited about taking on the material, but also fully dedicated to giving their all to the production. They have worked on the complex



The cast of *Urinetown: The Musical*!

music and words with great skill, impressing Kruse at every turn. "As soon as they learned about what the show is and they listen to it and they start getting a sense of what the show is, their excitement is palpable," he said. "I've been genuinely impressed with the dedication that these Nelson kids have."

A collaborative effort

One of the notable aspects of the show is Kruse's collaboration with his musical team, including choir director Allison Lee, band director John Donnelly. "I have really great musical team," he said. "And humblebrag, with the exception of our piano player, the entire orchestra students." The musical is a large project, with

over 35 cast members, but Kruse is especially proud of the broad variety of kids involved.

"I have kids who have become friends through this program. I have kids that are bringing new friends into it," he said. "I have a fair handful of freshmen in this production, some of which who are under studying some roles, who really just have blown me away with their talent and desire to be pushed and challenged in a way that's going to be meaningful." In addition to the talented cast, the show would not go on without the work of the student tech crew running things behind the scenes.

Kruse is beyond excited for the show to finally hit Nelson's stage and is optimistic that

the audience will be treated to moments of both laughter and real emotion that will stick with them. "I have worked with so many different students, but the caliber of passion and talent at Nelson is something else," he said. "It's like lightning in a bottle."

A final curtain call

For many of these students, this will be their final performance at Nelson High, especially the seniors, some of whom hope to take their talents to bigger stages in the future. "The seniors that are about to graduate, who have a lot of the starring roles in the show is going to be their last chance to see them," he said. "I guarantee you a lot of them are going to be on Broadway. So, get



PHOTO COURTESY MICHAEL VERITY
New Nelson High School Drama department director, Louis Kruse.

to come and see them now." Kruse reflects on his journey and the opportunity to direct *Urinetown: The Musical* at Nelson High. "Finally getting the chance to bring to life a show that has lived with me for a very long time is kind of a dream come true especially for my first outing as the Nelson drama director," he said. "It just kind of feels like the way it was supposed to be."

Mark your calendars for Feb. 28 to Mar. 2 and Mar. 7 to Mar. 9, and get ready to support the Nelson High School production of *Urinetown: The Musical*. Witness the hard work and dedication of the cast and crew, and enjoy a night of unforgettable theater.

Happy Valley Boys Team Charity League kicks off membership drive in March

Make a meaningful impact in the community

boys team charity

The Happy Valley boys team charity league (btc) is thrilled to announce its upcoming membership drive, starting Mar. 5. boys team charity offers a unique opportunity for young men entering grades 7 through 12 in the upcoming school year and their families who live within the North Clackamas School District boundaries to make a meaningful impact in the community. While members don't need to be enrolled in district schools, they do need to share a passion for giving back and a desire to grow as leaders.



PHOTO COURTESY OF BOYS TEAM CHARITY

to inspire an altruistic spirit in young men through collaborative philanthropic projects involving both parents and teens. By emphasizing service, personal growth, and community impact, the organization creates meaningful opportunities for families to connect while making a difference.

"At btc, we believe that shaping young men into compassionate leaders starts with giving them the opportunity to serve others,"

says Angi Frary, President of the btc Happy Valley League. "Our mission is about fostering a lifelong commitment to community, leadership, and teamwork. Watching our members grow into socially responsible young men is the most rewarding part of what we do."

Celebrating a Year of Impact

Since the 2025 service year began in May, btc members have partnered with over 20

local organizations and contributed more than 1,200 volunteer hours. Highlights include organizing food drives for the St. Francis Center, supporting animal welfare groups such as the Oregon Donkey Sanctuary and Oregon Dog Rescue, and leading park and event cleanup initiatives with the City of Happy Valley.

Beyond the tangible results, btc's work creates lasting memories and strengthens family

NEW MEMBER ENROLLMENT OPENS MARCH 5TH

- Are you curious about btc Happy Valley? Join one of their upcoming informational nights to learn more.

Happy Valley Police Annex
12915 SE King Road
Sunday, Mar. 2 | 5 p.m. - 6 p.m.
Thursday, Mar. 6 | 7 p.m. - 8 p.m.

Leeding Library in Milwaukie
10660 SE 21st Ave
Sunday, Mar. 9 | 4 p.m. - 5 p.m.

together while teaching life lessons and making a difference in our community."

Join the Movement: New Member Enrollment Opens Mar. 5

Families considering joining the btc Happy Valley League are encouraged to visit their website at btcHappyValley.org or follow their social media channels for the latest updates. Information about upcoming meetings will be announced soon. In the meantime, you can email happyvalley@boysteamcharity.org for additional details.

With a steadfast commitment to service, the btc Happy Valley League is transforming the community through meaningful projects that make a lasting difference. Together, they are fostering a legacy of compassion and impact that will inspire generations to come.

Get a Library Card - unlock magic!

HW HAPPY VALLEY LIBRARY

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

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

OPEN HOURS
MON-SAT 10:30 AM - 9:00 PM
LUNCH SPECIALS 10:30 AM - 3:00 PM

21 Ichi COUPON 10% OFF TERIYAKI

VALID MONDAY - FRIDAY
VALID ONLY FOR TERIYAKI PLATE, COMBINATION, YAKISOBA, HOUSE SPECIALS
VALID ONLY AT ICHI TERIYAKI NO. 21 (HAPPY VALLEY LOCATION)
Expires 02/28/25

503-454-0115
16011 SE Happy Valley Town Center Dr., Happy Valley, OR 97086

Don't get caught in the cold, call Sun Glow today to get keep your furnace up to the task this winter!

SUN GLOW HOME SERVICES
HEATING • COOLING • PLUMBING • ELECTRICAL

Keeping your home comfortable since 1972
503-253-7789

Now Plumbing Too!

SunGlowInc @SunGlowInc www.SunGlowInc.com

MAKING YOUR PARTY SUPER FOR ALL!

Here are some activities and recipes to make your Super Bowl gathering fun for everyone

By JAMES KENNETH PRESLEY
for the Happy Valley News

On Sunday, Feb. 9, sports fans and foodies alike will all sit down to take in Super Bowl LIX, live from the Caesars Superdome in New Orleans, Louisiana.

While many viewers will be sitting in utter distress as their teams battle for football's greatest prize, other viewers will be sitting casually, taking in the surprise commercials, upcoming movie previews, and even the halftime show by this year's performer, rapper Kendrick Lamar. However, while many will be glued to the television for these aforementioned reasons, both the hosts as well as those not too concerned with the game's results will be scrambling for activities to keep themselves busy.

Fun beyond the pigskin

Whether it be due to having to watch children, keeping your babies away from the noise, or even entertaining guests who couldn't care less about the big game in the other room then worry not, for there are plenty of things to keep both yourself and your guests busy while staying away from the television.

"There are plenty of things to keep both yourself and your guests busy while staying away from the television."

First off, grab a fun puzzle! Let's be real, there's always a room available that's away from the main football hub and the all-you-can-eat spread, just begging from some peace and quiet. So, why not work a puzzle either by yourself or with guests? It creates a sense of community that becomes a fun competition in and of itself. Work together to find the right pieces and celebrate a touch-down through the form of a



Party time! Friends gather for the big game!

completed puzzle by the time the big game is over!

If you're more keen about watching some of the commercials and previews while not necessarily enthralled with the game itself, then have everyone who's interested play a game of "rate the commercials" where guests keep track of their top three favorite commercials from kickoff till the Lombardi trophy is hoisted high. Then, before guests leave, compare notes and determine what was the best commercial at your party.

That being said, what about the kids? What if some of your party goers are too young to be sitting in silence or even too impatient to work on a puzzle? Well then, we introduce to you Super Bowl Bingo! This is a great way to entertain not only your young ones but all guests! Head on over to gridiron-games.com/football-pools/

super-bowl-bingo/. Here you will find a bunch of ready-to-go Bingo cards with an option to create your own! From big plays to spotting a Clydesdale horse to guessing which companies will have a commercial to spotting a celebrity in attendance, this is a fun way to see who's paying most attention throughout the party's duration. To make it even more fun, have some visible prizes ready to go and make it a tradition for Super Bowl parties to come!

Spread out the enjoyment

Now, while all of these are viable options, let's be real, not everybody enjoys sitting on a couch for a four-hour period. So, instead of putting out all of the food and letting most of it go cold by halftime, why not lay out a tasting menu and put new munchies at the start of each quarter.

Whether your guests are tackling those nachos like a linebacker, blitzing through the buffalo wings, or downing all of the sideline snacks, there is

no question that, amidst a great party and good company that guests will be snacking throughout the course of the entire game. This will also help keep you busy and you can spend most of your time in the kitchen, just far enough removed from all of the hustle and bustle but close enough to keep an eye on all of the excitement.

With that being said, here are a couple of clever snacks you might want to consider!

Kick it up in the kitchen!

While many hosts will be leaning on some of the big game day favorites, ala pizza, 6 foot long subs, nachos, and wings, consider wowing your guests with some impressively easy and unsurprisingly delicious pulled pork potato skins!

Prepare some pulled pork the day before by purchasing a pork shoulder, giving it a good rub and either smoking it or, even easier, setting it in a dutch oven and letting it go in the oven all night long at a very low temp. The next day, bake



Pulled pork potato skins – A #1 draft pick for you Super Bowl Party buffet



Taco Salads – Bigger isn't always better

some potatoes and hollow them out to where the skins become available. Set in a baking tray and load them up with some of the delicious pulled pork, bathed in bbq sauce. Finish with some cheese and some jalapeno peppers or chives and stick back in the oven for about 12 min at 400 till the cheese melts. Add some sour cream as a garnish!

Another fun consideration would be to make some mini taco salads. But how? First, lay out on a serving platter a bunch of those "scoops" tortilla chips. Then fill each one with some cooked taco meat, either beef or turkey, and then garnish each one with a small sprig of iceberg lettuce, a small spoonful of salsa, a bit of shredded cheese and a cilantro leaf. Feel free to also include a squirt of your favorite salad dressing! This is a great way to incorporate game

day favorites albeit in a smaller quantity to not overthrow other dishes.

While the day might seem to be just about football, it's also about connection, creativity and much more. Try something new this year and ensure everyone's a part of the fun!

GRAB A SUPER BOWL BINGO CARD HERE:



gridiron-games.com/football-pools/super-bowl-bingo/



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

Salvation Army Bell Ringing Day Breaks Records in Happy Valley

Local businesses help set new benchmark for generosity

City of Happy Valley

The holiday spirit was on full display at the Happy Valley Fred Meyer as Better Homes & Gardens Realty Partners and their community partners came together for the annual Salvation Army Bell Ringing Day.

Led by organizer Patrick Sheehan, the team set a new benchmark for generosity, raising an incredible \$1,495.99 in just one day—more than quadruple the typical daily total for bell ringers.

This year's event combined festive fun with a powerful purpose, drawing support from local luminaries and residents alike. Estacada Mayor Sean Drinkwine stopped by to make a donation, as did Fadi Arnout, the well-known restaurateur from the Mediterranean Grill.

A particularly memorable moment came when a donor from Welches drove into town to capture her annual Christmas card photo with



her dog and Patrick Sheehan, dressed as Gene Simmons of KISS. Her contribution—a \$500 check—highlighted the spirit of generosity that defined the day.

The event featured an all-star lineup of volunteers, including:

- Roger Hough and Wendy Wilson (Better Homes & Gardens Realty Partners)

- Shelly Kivett and Kathy Layton (Better Homes & Gardens Realty Partners)

- Patrick Sheehan (Better Homes & Gardens Realty

- Partners) ■ Jiansheng Wu (Better Homes & Gardens Realty Partners)

- Derek and Tracy Peterson (Better Homes & Gardens Realty Partners)

- Becca Gordon and Gennyfer Santel (Borrow Smart Mortgage)

- Dodie Schmaltz and Gretchen Lee (Ticor Title)

Patrick Sheehan, in his signature KISS "The Demon" costume, and Dodie Schmaltz,

bouncing around in her Elf on the Shelf outfit, brought holiday cheer to the event. Their enthusiasm was infectious, helping to draw in donations and energize the community.

"All these funds go toward the Salvation Army's critical, year-round work providing shelter from homelessness, hunger, violence, and addiction throughout the Portland metro area," said Patrick Sheehan. "This event is a true team effort, and we're so thankful to everyone who



LEFT AND ABOVE: Led by organizer Patrick Sheehan (dressed as Gene Simmons of KISS), volunteers set HV record for daily bell ringing at HV Fred Meyer.

donated, volunteered, or just stopped by to share a smile and some holiday cheer."

Photos from the day showcase the camaraderie and creativity of the participants, as well as the

generosity of the community. Whether posing with festive outfits or ringing the iconic Salvation Army bells, every moment captured reflects the joy and purpose of the season.

HV Women's Group gives Back

Group holds 2nd annual holiday fundraiser

By EMMA DAVIS
Staff Reporter

The Happy Valley Women's Group celebrated the holiday season by hosting its second annual toy drive in collaboration with Les Schwab in Happy Valley. This heartwarming event took place at the group's annual holiday party, held at Stanford's Bar and Grill in Clackamas, where members came together to donate and collect more than 60 toys for children and families in need.

Mardi Wing, the founder of the Happy Valley Women's Group, expressed her gratitude for the community's generosity and the opportunity to contribute to such a meaningful cause. "To my understanding that many of the toys donated will come back to the area for those in need," she shared.

The partnership with Les Schwab began last year, marking the group's first venture into organizing a holiday toy drive for the Happy Valley community. The success of that initial effort inspired them to continue supporting the drive, now making it an annual tradition.

George Kreger, Les Schwab assistant manager, made sure all the toys were picked up for to ensure that the families in need

are able to have a memorable holiday with the donated toys. The contributions collected through the Women's Group's efforts play an important and impactful role in brightening the holiday season for families in the Happy Valley area.

As the group reflects on another successful year of giving back, members are already looking forward to continuing their partnership with Les Schwab for the 2025 toy drive. "We are fortunate to be able to help with the drive and look forward to the next toy drive in 2025," said Wing, emphasizing the group's commitment to supporting their neighbors and fostering the spirit of giving.

With community involvement and collaboration at



its heart, the Happy Valley Women's Group demonstrates the power of coming together to make a difference during the holidays.

The Happy Valley Women's Group gathers for their 2nd annual holiday fundraiser with Les Schwab. PHOTOS COURTESY OF MARDI WING



KERR
PROPERTIES, INC.

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
- Rent Collection
- Financial
- Screening
- Maintenance
- Evictions

Free Rental Analysis at
[www.kerrpropertiesinc.com/
clackamas-property-management](http://www.kerrpropertiesinc.com/clackamas-property-management)

Haven of Rest
Day Spa

**CELEBRATING
21 YEARS!**

Providing you with a place of tranquility and
quality services right here in your own backyard

Show your love with a Spa Gift Certificate

Chocolate Cherry Valentine's Pedicure
Includes a warm neck wrap, cup of tea, Sugar Scrub &
Hot Towel Wrap on feet included.
60 min \$53. February only.

Valentine's Facial
With a combo of Microcurrent and Microdermabrasion this
Facial will smooth, firm and lift your skin.
60 min \$110. Now through February.

View our website for details & other specials.

13159 SE 132nd & Sunnyside Road • Happy Valley
503-698-1357 • www.havenofrestdayspa.com

GIFT CERTIFICATES AVAILABLE

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**

**SCAN
ME**



HAPPY VALLEY PARKS AND RECREATION

TO REGISTER, CHECK OUT WWW.HV.CITY/PARKS

FEBRUARY 2025 PARKS AND RECREATION PROGRAMMING

To register for one of these featured programs, be sure to check out www.hv.city/parks

TO REGISTER



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



Field Trip Fridays

Field trips depart from Happy Valley City Hall, 16000 SE Misty Dr.

Enjoy a new experience and leave the driving to us! Hop on the RecMobile to enjoy an afternoon exploring a handful of Oregon's social, educational, and inspiring gathering spots, all while getting to know members of your community! Spots are limited. To check out featured field trips, visit: hv.city/parks



Guided Snowshoe and Timberline Lodge Tour

Friday, Feb. 21, 8:30 a.m.-4:30 p.m. Ages 18+ • \$65

Join us for an adventurous day exploring the beautiful Mt Hood Wilderness. Experienced guides from Mt Hood Outfitters will lead us on a story-filled 3-mile snowshoe tour on the Crosstown trail! Discover the rich history of the area, learn survival skills, and find animal tracks. Then cozy up in the warmth of Timberline Lodge and grab a bite to eat before being led by an interpretive ranger on a captivating walking tour of this majestic and historic lodge.



Evergreen Aviation & Space Museum Tour

Friday, Mar. 21, 10 a.m.-4:30 p.m. • Ages 18+

\$38- Resident / \$57- Non-Resident

Join us for a special visit to the renowned Evergreen Aviation & Space Museum in McMinnville, Oregon! Soar through decades of aerospace innovation on this trip that includes movie admission and private guided tours of both the Aviation and Space exhibits, where you'll discover incredible aircraft and spacecraft, including the iconic "Spruce Goose."

Community Activity

International Day of Happiness

Thursday, Mar. 20
Family Friendly Event

SAVE THE DATE! Help us celebrate International Day of Happiness. Event details are coming soon! Follow us at hv.city/parks for more info.



Astronomy Classes

Location: Happy Valley Parks and Recreation Annex, 12915 SE King Rd.

Astronomy II: Stars and Galaxies

Mondays, Mar. 17 – May 5, 7 p.m.-8 p.m. • Ages 16+ • \$100

Join Derek Sears, an Emeritus professor and NASA scientist, for an exciting 8-week course on astronomy. Learn about the stars, the Earth, and the universe in this interactive class that includes lecture, conversation, and stargazing. No prior astronomy knowledge required. Content will focus on the stars and galaxies. Scholarships available through the Happy Valley Parks Foundation: www.hvprf.org



Tippi Toes Dance Classes

See program descriptions for locations.



Valentine's Parents Night Out

Thursday, Feb. 14, 5 p.m. - 8 p.m.

Ages 5 - 12

Cost: \$45 per child, with a \$5 sibling discount
Location: Happy Valley Parks and Recreation Annex, 12915 SE King Rd.

Enjoy a night out with your sweetie while the kids have a blast! With Tippi Toes, kids will dance, play games, get creative with arts & crafts, and enjoy a fun pizza party.

Baby Ballet

Mondays, Mar. 17-June 2, 5 p.m.-5:45 p.m.

Location: Happy Valley Parks and Recreation Annex, 12915 SE King Rd.

Tuesdays, Mar. 18 to June 3, 9:30 a.m. - 10:15 a.m.

Location: Sunnyside Grange, 13130 SE Sunnyside Rd. Ages 2-4yrs • \$225

In this class, children will explore music, movement, balance, and basic dance steps in a welcoming and upbeat atmosphere. Designed for children to engage independently, parents won't be joining them on the dance floor. Instructors will ensure a lively and positive experience, keeping the music and curriculum flowing.

Ballet, Tap & Jazz

Tuesdays, Mar. 18-June 3, 5 p.m.-5:45 p.m., Ages 3-5yrs

Tuesdays, Mar. 18-June 3, 6 p.m.-6:45 p.m., Ages 6-8yrs

Thursdays, Mar. 20-June 5, 6 p.m.-6:45 p.m., Ages 3-5yrs • \$225

Location: Happy Valley Parks and Recreation Annex, 12915 SE King Rd.

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

Toddler and Me

Thursdays, Mar. 20-June 5, 5 p.m.- 5:45 p.m. • Ages 1.5-3 • \$225

Location: Happy Valley Parks and Recreation Annex, 12915 SE King Rd.

This class includes mom, dad, or another caretaker participating along with the little dancer. Teachers keep the music & curriculum moving while parents actively encourage, support, and keep little dancers on track.

Venveno Art Studios - In-Studio Classes

Location: Venveno Art Studios, 13329 SE Misty Drive

Create and Learn Series - Intro to Procreate

Mar. 16, 3 p.m.- 5 p.m. • Sunday • Ages 12+ • \$35

In this introduction to Procreate, students will learn the basics of the program, including navigation, essential tools, and how to create a digital canvas. They'll explore character design fundamentals, such as shape language, proportions, and adding personality, while sketching their own unique character.

Create and Learn Series - Textile Art

Apr. 13, 3 p.m.-5 p.m. • Sunday • Ages 12+ • \$35

In this class, students will dive into the art of textile and yarn painting, exploring how to use yarns and fabrics to create textured, visually striking artworks. Students will learn techniques to transform simple materials into vibrant, tactile pieces.

Create and Learn Series - Acrylic Painting Technique

May 18, 3 p.m.-5 p.m. • Sunday • Ages 12+ • \$35

This course will introduce students to fundamental acrylic painting techniques. They will learn how to work with different brush types, layering methods, and color mixing to enhance their paintings.



Journey to STEAM

Location: Happy Valley Library, 13793 SE Sieben Park Way

LEGO Game Developers Spring Break Camp

Monday-Friday, Mar. 24 - Mar. 28, 9 a.m.-noon
Ages 6-11 • \$215

Become game developers, crafting games and competing in a week focused on teamwork, communication, and problem-solving. Integrate STEAM principles to develop essential skills while creating and playing your own Lego-based games. Topics include game design, cause and effect relationships, and user experience.



Skyhawks Sports Camps

See online listing for program location.



HoopsterTots (Froggies)

Tuesdays, Feb. 18 - Mar. 18 (No class Mar. 4), 3 p.m.-3:40 p.m. • Ages 2-3 • \$69

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized.

HoopsterTots (Kangaroos)

Tuesdays, Feb. 18 - Mar. 18 (No class Mar. 4), 3:50 p.m.-4:30 p.m. • Ages 4-5 • \$69

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized.

Basketball

Tuesdays, Feb. 18 - Mar. 18 (No class Mar. 4), 4:40 p.m.-5:40 p.m. • Ages 6-12 • \$69

This fun, skill-intensive program is designed for the beginning to intermediate player. Using our progression curriculum, staff focus on the whole player, teaching

respect, teamwork and responsibility. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs.

Skyhawks Sports Spring Break Camp

Monday-Friday, Mar. 24 - Mar. 28, 9 a.m.-noon, \$165

Mini-Hawk: Ages 4-6

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

Multi-Sport Camp: Ages 6-12

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

Soccer Shots Clinics

Location: Camp Withycombe, 10101 SE Clackamas Rd.

Soccer-Mini

Thursdays, Mar. 20 - May 29, 3:30 p.m.-4 p.m., ages 2-3

Saturdays, Mar. 15 - May 17, 4:45 p.m.-5:15 p.m., ages 2-3 \$210

This high-energy program introduces children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

Soccer-Classic

Thursdays, Mar. 20 - May 29, 4:15 p.m.-4:50 p.m., ages 3-4

Thursdays, Mar. 20 - May 29, 5:05 p.m.-5:45 p.m., ages 4-5

Saturdays, Mar. 15 - May 17, 3:55 p.m.-4:30 p.m., ages 3-4

Saturdays, Mar. 15 - May 17, 3 p.m.-3:40 p.m., ages 4-5 \$220

This clinic uses creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation.

Soccer-Premier

Thursdays, Mar. 20 - May 29, 6 p.m.-6:45 p.m., ages 5-6

Saturdays, Mar. 15 - May 17, 2 p.m.-2:45 p.m., ages 5-6

\$230

This program focuses on individual skill, fitness, and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction. Children will also be introduced to competition in a developmentally appropriate manner.



Kidokinetics

See registration pages for program locations.

Sportsplay Clinic

Sundays, Jan. 12 - Mar. 16, 4 p.m.-4:45 p.m.

(No class on Feb. 9) • Ages 3-7 • \$175

A fun introduction to sports designed to help kids get moving and build confidence! Each week features a warmup, an introduction to a new sport or activity, free play, cool down, and an age-appropriate anatomy and physiology lesson.

Sportsplay Fun Day Camp

Monday, Feb. 17, 10 a.m. -noon, ages 3-7 • \$50

This no school day minicamp is a fun introduction to sports designed to help kids get moving and build confidence! Our camp will feature a warm-up, an introduction to 2-3 sports/activities such as (lacrosse, volleyball, pickleball and others!), cool down, and an age-appropriate anatomy and physiology lesson.



Spring Break Nothing But Nets Camp

Monday & Tuesday, Mar. 24 - Mar. 25, 1 p.m. - 4 p.m., ages 5-10 • \$105

Kids will spend their days off school getting active! The camp will include a variety of fun organized games and will teach several net sports such as tennis, pickleball, volleyball, badminton, basketball, and lacrosse. Additionally, there will be age-appropriate lessons on muscles and bones to provide a well-rounded experience.

In partnership with the Happy Valley Library

Valentine's Day Care Cards

Completed card drop off locations

■ Happy Valley Library: 13793 SE Sieben Park Way

■ Happy Valley City Hall: 16000 SE Misty Dr.

All ages

Show a senior you care this Valentine's Day by making a Valentine's Care Card! While complimentary supply kits have been claimed, you can still participate in this meaningful activity by making your own festive cards at home. Get creative with construction paper, crayons, pens, and stickers, and write a kind message like "I hope you have a nice Valentine's Day!" or "I'm sending you love and happiness." Return completed cards to the Happy Valley Library or Happy Valley City Hall by Wednesday, Feb. 5. All cards will be delivered to local senior living facilities and homebound seniors to show them some extra love this season.



Spring Break Pop-ups

Monday - Friday, Mar. 24 - Mar. 28

SAVE THE DATES! Throughout the week, kids and families can meet up in various locations around town for a themed activity. The line-up ensures different experiences each day, keeping things fresh and accommodating many family schedules. Details coming soon! Follow us at hv.city/parks for more info.



Providence's Basecamp Prevention + Wellness

Classes are held virtually.

Affiliated with Providence Heart Institute, Providence's Basecamp Prevention + Wellness programs offer free movement and education classes so that everyone can live their best, healthiest lives. Take the next step and register for FREE today!

Tai Chi: Moving for Better Balance (Beginners)

Tuesdays/Thursdays, 8:30 a.m.-9:30 a.m. • FREE

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

Tai Chi: Moving for Better Balance

Tuesdays/Thursdays, 9:30 a.m.-10:30 a.m. • FREE

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

Chair Yoga

Tuesdays/Thursdays, 9:30 a.m.-10:30 a.m. • FREE

A wonderful chair-based yoga practice for those who prefer to stretch and move their bodies while staying off the floor. Classes combine gentle movement and intentional breath in both seated and standing poses. www.welcometobasecamp.org/chairyoga

Gentle Yoga

Wednesdays at 10 a.m. • FREE

The practice of gentle yoga combines mindful movement and breath with standing, seated, and restful floor-based practices to nourish the body, mind, and heart. www.welcometobasecamp.org/taichi

Let's Connect!



hv.city/parks



@cityofhappyvalley



@happyvalleyparksandrec



HAPPY VALLEY LIBRARY

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



FEBRUARY 2025 LIBRARY EVENTS

Please note the library will be closed on Monday, Feb. 17.
Please visit go.lincc.org/hvupdates for any additional impacts.

Teen Artist Creates Big Art



TRICIA LEE

By City of Happy Valley

Every few months, the bulletin board in the Children's Room at the Happy Valley Library gets some special treatment. Local teen artist, Tricia Lee, brings her creations, complete with shading, personality, and eye-catching detail to the big boards.

While she excels at creating these big pieces, they are different from her usual work. "I love working with all kinds of mediums! Digital, pencil, pen, paint, etc.!", shared Tricia, adding, "I do digital art the most due to convenience." As a lifelong artist, she turns

to her family for opinions and help. Her brother Jameson helps her put up the new artwork and even lent his hand to create calligraphy on the Lunar New Year display.

"I learned how important drawing in an order is since drawing large scale works could cause there to be smears if done in a random, unmethodical order," Tricia notes about the challenges of making such oversized pieces.

In addition to sharing her work with the library, she creates plenty of art for herself. "I keep the art I create on my wall (if they are on paper)," remarked Tricia, "and I post most of my drawings on social media!"



Tricia's current artwork celebrates the Lunar New Year's year of the snake with humor and beauty. PHOTOS COURTESY OF TRICIA LEE

Reaching Out to Local Seniors

City of Happy Valley

With visits to each facility every two weeks, they can ask for certain books ahead of time, browse the selection of books brought, or ask the staff for recommendations based on authors and titles they have enjoyed in the past.

"Doing this outreach over the past years has been one of the highlights of the job. I have gotten to know so many kind and interesting people that can't normally come to the library and access the materials and programs we have to offer in our building," shares Librarian, Isaac Rains. "By getting out of our building and bringing the library to them, we can serve a population that we generally can't. It never fails that one or many of the folks we see mention how much they appreciate this service. I also never fail to let them know that it is truly is our pleasure to be there."

And all those visits add up! Last year, the Library made 100 visits, reaching an average of 100 patrons per month.



Librarian Isaac brings books and a friendly smile to area senior centers each week.



With over 10 years and more than 100 books, the Happy Valley Library Book Group is going strong. PHOTO COURTESY OF CITY OF HAPPY VALLEY

BOOK GROUP GOALS!

City of Happy Valley

The Happy Valley Library Book Group has been meeting on the first Thursday of every month for over 10 years. This group has read everything from short stories to memoirs, magical realism

to mysteries, with great discussions regardless of whether they loved the books or not.

You can add to your TBR (to be read) pile by checking out the full selection of all the books they've read over the last twelve years at go.lincc.org/hvbg.

Have a new year's resolution to read more or hang out with fellow readers? New participants are always welcome! You can sign up to get the Book Group newsletter on the webpage to get information about next month's read and other book related news.

PROGRAMS



Chinese Mah Jongg

Wednesdays, 12:30 p.m.-3:30 p.m.
Meeting Room

Those who enjoy playing Chinese Mah Jongg are invited to join our fun and friendly group! Contact the library if you would like to learn to play.

American Mah Jongg

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

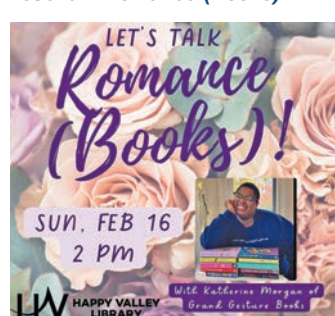
Those who enjoy playing American Mah Jongg are invited to join our fun and friendly group! Be sure to bring your current National Mah Jongg League cards. Contact the library if you would like to learn to play.

Genealogy Club

Tuesday, Feb. 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!

Let's Talk Romance (Books)!



Sunday, Feb. 16, 2 p.m.-3 p.m.
Community Room A

No need to feel guilty! From why she loves the genre to favorite authors, chat all things romance books with Grand Gesture bookstore owner Katherine Morgan. Whether you're a romance reader newbie or seasoned veteran, all are welcome! RSVP available.

Note Night: Trandinh Family

Tuesday, Feb. 18, 6:30 p.m.-7:30 p.m.
Community Room A

Enjoy some live music as you browse for books or sit and savor the sounds. This month features the Trandinh Family sharing traditional Vietnamese music and instruments

Struggles and Successes: Chinese Communities in Oregon

Thursday, Feb. 20, 6 p.m.-7:30 p.m.
Community Room A

Join Michael Wong of the Portland Chinatown Museum of a discussion of the difficulties Chinese immigrants found being accepted into communities and the successes of individuals in forging a new path. RSVP available.



Brian Ó hAirt

Irish Music with Brian Ó hAirt

Wednesday, Feb. 26, 6 p.m.-7 p.m.
Community Room A

Enjoy an evening of traditional Irish music from acclaimed singer, musician, dancer, and Irish Gaelic speaker Brian Ó hAirt.

What's Talking Books?

Thursday, Feb. 27, 10:30 a.m.-11:30 a.m.
Community Room A

Join us to learn about what the Oregon Talking Book and Braille Library does, and how you can become a member and have access to over 150,000 braille and audio-books for free! Anyone in Oregon with a print disability (blindness, low vision, dyslexia, other physical or cognitive impairment) qualifies. RSVP available.

Film Talks: The Logger's Daughter

Wednesday, Feb. 12, 6:30 p.m.-7:30 p.m.
Community Room A

This OPB Experience film (28 min) explores the journey of Gwen Trice, an African-American woman born and raised in Eastern Oregon, as she uncovers her family's past in the logging town of Maxville. A short conversation follows the viewing of the documentary. RSVP available.

Happy Valley Book Group

Thursday, Mar. 6, 6:30 p.m.-7:45 p.m.
Community Room A

Read *Inheritance* by Dani Shapiro 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.

Giờ Kể Chuyện/Vietnamese Storytime

Sunday, Feb. 2, 10:30-11:30 a.m.
Community Room A

Hãy đến thư viện vui hát, kể chuyện, làm quen với vần 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, Feb. 6, 10:15 a.m.
Meeting Room

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, Feb. 8, 10:30 a.m.-11:30 a.m.
Meeting Room

¡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, Feb. 8, 2 p.m.-3 p.m.
Meeting Room

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段的故事、歌曲和活动

Join us for a special Chinese Storytime presented in Mandarin with stories, songs and activities for ages 0-10.



Loggers daughter

Valentine's Play Time

Sunday, Feb. 9, 2:30 p.m.
Meeting Room

Hãy đến thư viện Happy Valley để cùng nhau vui chơi và làm thủ công cho ngày lễ Valentines.

Drop in for a family play time with crafts and games in Vietnamese.

Homeschool Club

Thursday, Feb. 13, 10:15 a.m.-11:30 a.m.
Meeting Room

Hey homeschool families! Bring the whole family for a morning of fun with crafts and games.

Sign & Sing

Friday, Feb. 14, 10:15 a.m.
Meeting Room

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

On the Move!

Thursday, Feb. 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.

Teen Library Group

Tuesday, Feb. 11, 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.

Manga and Anime Club

Thursday, Feb. 13, 6:30 p.m.-7:30 p.m.
Meeting Room

Hang out with fellow manga and anime fans. December we'll enjoy hot cocoa! Chat about favorites, browse new number ones, eat snacks, and watch anime. For teens in grades 6-12.



Valley Strength & Fitness

One-on-one training helps to keep fitness goals going strong

By JAMES KENNETH PRESLEY
for the Happy Valley News

As many members of the Happy Valley community continue to fulfill their New Year's resolution of a healthier physique, plenty of motivated individuals do oftentimes find themselves struggling to take it to the next level, often due to the poor weather or, even more common, lack of knowledge. While many are able to find that motivation as well as comradery in a more group oriented setting, some might prefer a one-on-one approach with an experienced trainer that will tailor fit a program of workouts based on your needs.

Valley Strength & Fitness, located off 82nd, is a gym rat's paradise, all owned and operated by personal trainer Ryan Achenbach, whose credentials in the world of fitness are as impressive as they are detailed. From holding records in powerlifting events to earning certifications in nutrition and weightlifting, Achenbach has truly immersed himself in this world and has willingly shared this knowledge and passion with clients who are wanting to learn.

"My dad got me into working out when I was 12-years old," says Achenbach. "I did well on a report card so he bought me a weight set at the old Sports Authority at the Promenade. I started getting serious about it as the years went on."

Achenbach, an Oregon City native, would discuss how he would spend his summer's riding his bike to the library and reading books about Arnold Schwarzenegger and other bodybuilders. Between that, his subscriptions to various muscle magazines as well as an appetite for weightlifting, Achenbach would return to school in his early teenage years with a physique that alarmed many.

"People thought I had taken steroids that summer," says Achenbach. "There were a lot of rumors going around, but

VALLEY STRENGTH & FITNESS
10729 S.E. 82nd Ave,
Happy Valley, OR, 97086
503-995-7976
www.earnthosecarbs.com

the truth is I wasn't playing any sports, so all I did was workout my arms and chest every other day for the entire summer."

By age 15, Achenbach actually became a sponsored teenage bodybuilder. However, once out of high school and after one sponsorship for competitive weightlifting fell through, Achenbach turned to the world of personal training, quickly realizing that, while working out was still a key part of his life, the social aspect was a bit much.

"I went from being a line cook to a bouncer to managing a warehouse in my 20s," says Achenbach. "At the time I was doing some MMA to stay active but was just adding up the injuries, so I decided to go back to school to become a physical therapy assistant because you can't put a price on pain relief."

To work his way through college, Achenbach went back to personal training at 24 Hour Fitness, racking up the clientele and leading all other trainers in sessions, giving Achenbach the epiphany to open up his own spot in 2019 with the support and encouragement of his clients.

Today, Valley Strength & Fitness remains one of the premier options for one-on-one personal training in the area, earning the title from one trainer association as the 'Top Trainer in Happy Valley'.

"I work seven days a week and really don't go on many vacations," says Achenbach. "I believe that anybody can make you sweat but that doesn't impart any knowledge or give you any awareness of how to use and control your body."

So, how would one's first day at Valley Strength & Fitness go?

"Day one, I always say that we're going to go over the three basic lifts which are bench

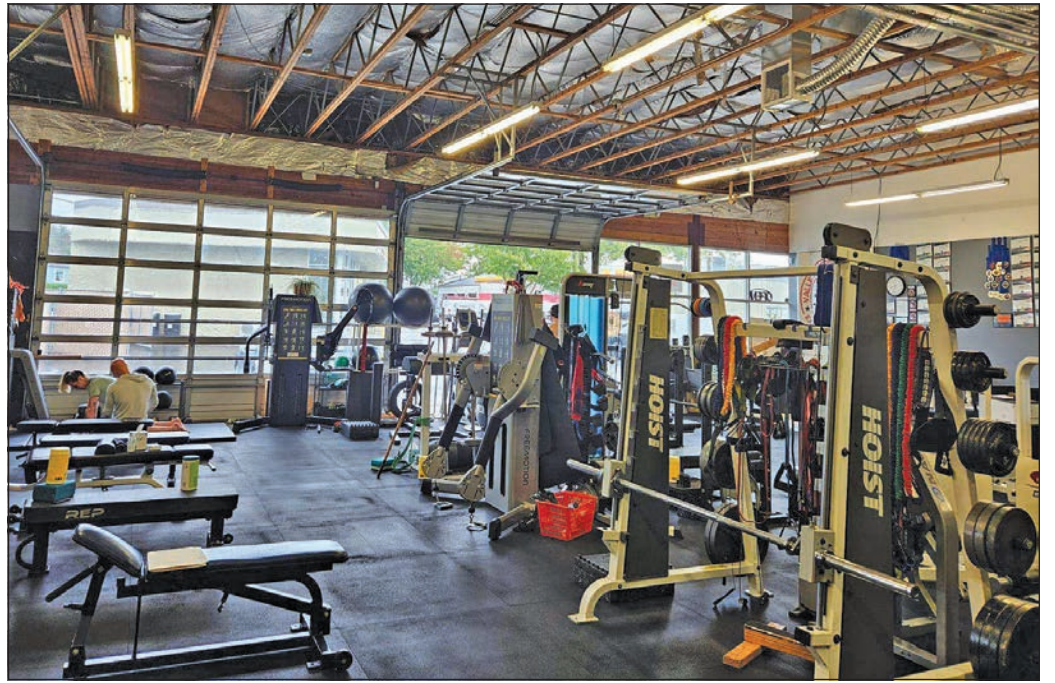


"I believe that anybody can make you sweat but that doesn't impart any knowledge or give you any awareness of how to use and control your body."

— Ryan Achenbach,
Owner and Personal Trainer at
Valley Strength & Fitness

press, squat, and deadlift," says Achenbach. "Powerlifters know how to lift the heaviest weight safely so it's the safest way to train in my opinion. Then, depending on your experience with weights, we build a circuit where every session builds on each other and do things like lat pulls, curls, extensions, all very easy motions to pick up. We'll go through general metabolic conditioning for the whole body. Of course, we will discuss goals during the initial consultation and your availability for one-on-one sessions to help create a schedule to achieve those goals."

One thing to note is that Valley Strength & Fitness is not available for open gym public membership or day passes. However, Achenbach is always open to qualified trainers to rent or lease time to train others in



Valley Strength & Fitness — A powerlifter's paradise

PHOTOS COURTESY OF JAMES KENNETH PRESLEY



Achenbach clocking in — Anybody has the ability to be strong with the right guidance

his 2,400 sq ft private studio, so long as they're compliant with Achenbach's vision of a welcoming and private training environment where clients can achieve their goals.

"I actually have these trainers put me through a personal workout, just to make sure they know what they're doing," says

Achenbach.

Equally, Achenbach charges by the session with his clients and does offer training packages depending on both budget and availability, with of course a better deal being offered for those willing to purchase a larger bulk of sessions.

"I'm servicing anywhere from

about 53-61 sessions a week," says Achenbach.

To learn more about Achenbach and his location, visit www.earnthosecarbs.com where you can discover more about Ryan, his gym, and hear from his clients through multiple testimonies and powerful stories.



SUN GLOW
HOME SERVICES
HEATING • COOLING • PLUMBING • ELECTRICAL

ATHLETES OF THE WEEK



Clackamas High School



Caleb Enoch,
Sophomore
Wrestling

Caleb Enoch continues to turn heads this wrestling season. The sophomore from Clackamas took the Oregon Classic by storm the week of January 13th, finishing with a perfect 6-0 record in the 113-pound weight class. With his impressive performance, Enoch's season record has soared to 34-1, reaffirming his status as a dominant force on the mat. As the season progresses, it's clear that this young wrestler is one to watch. Congrats to Caleb for being a Cavs Athlete of the Week!

Congrats, Caleb! Go Cavs

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



Dylan Mogel,
Senior
Girls Basketball

Girls Varsity Basketball team captain Dylan Mogel is the Cavalier Player of the Week! With her consistency and leadership Dylan is a valuable asset to the team. She provides the Cavaliers with defensive connectivity and offensive cohesiveness. Dylan has averaged 7 points 5 rebounds, 6 assists, and 3 steals.

Congrats, Dylan! Go Cavs!

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



R.J. Barhoum,
Sophomore
Boys Basketball

Cavs boys basketball player R.J. Barhoum continues his strong sophomore campaign. He recently helped Clackamas to a win vs Reynolds, scoring 20 points, grabbing 5 rebounds and dishing out 4 assists. This followed up another strong performance against Sandy where R.J. scored 30 points and 4 steals. His versatility and scoring has helped Clackamas with a strong first half to the season.

Congrats, R.J.! Go Cavs!

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



Riley Meyer,
Senior
Girls Swimming

Senior Riley Meyer has been an essential member of the CHS girls swim team the past four years. Riley was instrumental in the Cav's victory over Nelson High this past week. Riley won the 200 IM and the 100 freestyle as well as swimming in the first place 200 medley and 400 freestyle relays.

Congrats, Riley! Go Cavs!

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



Proudly owned
by Happy Valley
residents David &
Dawn Golobay

Now
Plumbing
Too!



SUN GLOW
HOME SERVICES
HEATING • COOLING • PLUMBING • ELECTRICAL

Keeping your home comfortable since 1972

503-253-7789



Scan for Easy Scheduling!