The Word on the Street

City Wide Garage Sale & Clean-Up Day

Garage Sale
Let’s get set for a garage sale bonanza!
The North Plains annual Garage Sale will be held on Saturday, May 5th this year. Everyone is encouraged to participate in this free event either as a buyer, a seller, or both. A list will be put together of all the garage sales in the City and surrounding area at no cost to you. If you would like to participate in this year’s event, please call Patti Burns at 503-647-2619 or send an email to lochlolly1@aol.com.

The North Plains Garden club will be hosting their annual plant sale the same day at Jessie Mays. The sale opens at 8 a.m. and closes at 4 p.m.

Clean-Up Day
Residents in the 97133 zip code are invited to bring unwanted items to the North Plains Annual Clean Up Day at Jessie Mays Community Park on May 12th. Garbarino Disposal is providing dumpsters for junk materials and recyclables. Clothes for the Cause will accept usable clothing and Habitat for Humanity ReStore will accept usable building materials.

Acceptable items (and fees) include:
- Usable items for a charitable organization - No fee
- Large appliances - $5 each
- Air conditioner, refrigerator or freezer - $25 each
- Tires - $4 per tire off the rim; $6 per tire with wheel
- Bulky wastes, furniture, scrap metal, plastics and electronics - $5 per carload, $10 per truck, trailer or van
- Heavy materials (brick, rock) - $20/half-full mid-size truck

Other items will be assessed at the event. Participants may be asked to help unload their materials.

Do NOT bring:
Household/wet garbage; hazardous waste; paint; medications; light bulbs; batteries or potentially asbestos-containing building materials such as drywall, vinyl sheet, etc.

Important Reminder:
Backflow Device testing is due by June 15th, 2018.
Police Department News
A Message from Chief Baker

In recent months, with the increasing popularity of neighborhood apps like Nextdoor, we are seeing more and more communication between neighbors and communities. While this is a wonderful tool and one of the many reasons we love our small town, we have seen an increase in reports of suspicious persons or activity via the app, but are not being informed of it through official channels. I would like to remind everyone to please report any suspicious activity or persons to dispatch either by calling 9-1-1 if it is an emergency, or the non-emergency dispatch at 503-629-0111 so an officer can respond and investigate. Help us keep our community safe by saying something if you see something!

Library News

TUTORING SERVICE
Stacie, our tutoring volunteer will provide Homework Help on Wednesday evenings from 5pm until 7 pm. Please contact the Library to schedule a no cost session. The tutor will provide help with all subjects including math from an elementary school level through calculus. Police Officer Matt Glem will offer math help, specializing in Junior High through College Mathematics including College Prep (CPM). These sessions occur on Saturdays from 3:30pm until 5pm beginning January 6. Students are welcome to come on a drop in basis or by signing up.

Volunteer Recognition

The North Plains annual Volunteer Recognition Dinner will take place on Thursday, April 12th at 6:30 p.m. at the Jessie Mays Community Hall. This is an excellent opportunity to come and say thanks to the many volunteers in North Plains who make this such a great place to live! The North Plains Senior Center will provide a free spaghetti dinner for attendees. The Volunteer of the Year and the Lifetime Achievement recipient will both be announced during the evening.
- Wednesday, April 18, 2018 – Crocodile time with Mr. Will
- Wednesday, April 25, 2018 – Earth Day with Mr. Will

**Family Fun Night**
Join us at the Library on the First Friday of each month for a free showing of a PG-rated movie, and a chance for parents to get their holds or have a quiet moment! Board games are available for older kids to enjoy.

**April 6, 6:30pm, Wonder.**
Based on the New York Times bestseller, *Wonder* tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters 5th grade, attending a mainstream elementary school for the first time.

**Super Saturday.**
Come join the library at Jessie Mays Community Center for fun performers and activities for all ages! These events occur from 1pm until 2pm. Events are always a blast, and always free of charge.

**Saturday April 14 come and enjoy the music of the Alphabeticians**
Adults will have as much fun as the kids listening to these funny and clever songs about such things as letters, numbers, dads, monsters, and extinct fish. The Alphabeticians includes two dads, Eric Levine and Jeff Inlay. Although they formed their duo in 2009, their combined performance experience totals 47 years. Eric Levine is a high school English teacher by day, but has been a part of numerous local rock and roll groups. A West Linn resident, Jeff Inlay has also performed with rock bands and is best known as a member of Portland 90’s sensation Hummingfish.

**ANNOUNCEMENTS: ADULT SERVICES**
Here is a rundown on the adult focused news and programs that occurred recently or are scheduled to occur next month. All are welcome at our programs.

**Culinary Literacy - Good Food, Great Medicine**
Our North Plains Library has been offering a series of talks on culinary literacy. This popular series has covered growing herbs, understanding spices, and holiday cooking to date. We are pleased to offer a presentation by author, Dr. Miles Hassell on nutritional literacy as it pertains to health. He is the co-author of *Good Food, Great Medicine*, a guide for using diet and lifestyle for optimal health. Join us at the Jessie Mays Community Center on Saturday, April 28th, 2018 from 9:30am until 10:30am for this Culinary Literacy event! Admission is free but a reservation is required for this event. Please call the North Plains Public Library to reserve your spot.

**International Movie Night**
With the kind support of the Cultural Trust of Oregon, the Cultural Coalition of Washington County, and the Abbey Creek Winery, we are able to bring you a fresh foreign film every month. All showings occur at the Abbey Creek Winery tasting room on Commercial Street. Fine wine is available for purchase. Doors open at 6pm for a short movie then the feature runs at 7pm.

**Thursday, April 19, International Movie Night will be Caravaggio.**
Fictionalized biopic of famed 17th century Italian painter Michelangelo Merisi de Caravaggio. As a young man, he gained the support of Cardinal Del Monte and Caravaggio proceeded to develop a new style of painting giving a more realistic view of the world in which he lived. He also begins love affairs with one of his models, Ranuccio as well as with Ranuccio's girlfriend Lena. Their relationship leads to murder and deceit.

**APRIL IS NATIONAL POETRY MONTH – PUT A POEM IN YOUR POCKET**
No April Fools....The North Plains Library celebrates National Poetry Month by inviting patrons to take part in our Poem in Your Pocket program. This fun program runs April 1 through the end of the month. Look for the display and choose a poem to carry around in your pocket and share with friends, coworkers and family!
Those Were the Good Old Days

Ulysses Jackson

By Melvin Van Domelen
Mountaingdale, OR

As many of you know by now, like it or not, a large housing development is in the works north of North Plains. I thought it would be appropriate to look into the history of this area a little bit.

Ulysses Jackson, 22 years of age, came out of Virginia to the Oregon Territory in 1848. He was a teamster in a wagon train coming over the Oregon Trail with little more than his rifle.

Pictured is Ulysses great-great-grandson, Robert Jackson, holding Ulysses’ muzzle loader.

Ulysses then left Oregon and got in early on the gold rush in California. There is speculation that Jackson did well in California. He was back in Oregon by 1850.

Ulysses then bought a farm from Alexander and Janette Berston. Land prices at this time were fairly cheap. A square mile, one section, could be had for $400.00 or less.

On September 4, 1851, Jackson married Lucinda Dobbins pictured. She was a daughter of John and Drusilla Dobbins who had arrived here in the late fall of 1850. John Dobbins brought four adult children with him. They lost two of their family on the Oregon Trail. John Dobbins was my great-great-grandfather.

These people that came on the Oregon Trail were a tough bunch. Many walked most of the distance. The women would sew pebbles into the hems of their skirts to keep them down when the wind blew. They buried many along the way.

I have an ox yoke that I have been told helped bring a family over that journey. In a book I have written, I refer to these folks as “They were surely best and not the worst, hallelujah, they got here first”.

Ulysses and Lucinda added to the size of their farm operation and filed for a Donation Land Claim #195 for 640 acres. We have a copy of this land claim after it was surveyed and approved. This document is signed by the then president, Ulysses Grant, June 12th, 1873. This free land was given to American settlers to try to ward off the British who were trying to occupy the area.

A single person could claim 320 acres; a married couple could be given 640 acres. One half of the 640 was recorded in the woman’s name to protect her. A single woman in the Oregon Territory was a prized item, 320 acres.

The area taken in by the Ulysses and Lucinda land claim went up from North Avenue. It took in Lakeview Farms, the Ardell Goeden farm and the entire Pumpkin Golf Course. The N. E. corner of the 640 acres touched Pumpkin Ridge Road, 1 & 6/10 miles up from the power station corner, end of North Avenue. Huge old-growth fir trees once grew here and they covered much of the golf course space.

A rare wild flower called a Lady Slipper could be found here. There were some open spaces in the golf course area where wild apple trees grew. We would go get apples for cider, having to watch out for the tall ant hills.

The first recorded road in Washington County, numbered A-1 ran from St. Helens to Centerville and crossed Ulysses’ land. I have a copy of the notes the surveyor kept. “Most landowners were cooperative with the survey crew in allowing the first county road to cross their property. An exception was Ulysses Jackson. He wanted the road to follow the boundary of his property rather than cut across it. The surveyor compromised with Jackson, left his improvements
intact, but did cross his land.” A section of this early
dirt road still exists today, 2018, leading off of North
Avenue.

Over the years, Ulysses and his wife invested the
profit of their farm back into real estate holdings.
They had produced nine children along the way.
When their parents died, each of their children
received a sizeable farm.

Ulysses Jackson died December 22, 1882 at the age
of 58. During his time in Oregon he had acquired
2,680 acres of land. He also had properties in
Portland, Hillsboro and Glencoe. His net worth then
was around $120,000.00.

He was then recognized as the largest land-owner
and tax payer in Washington County, which then was
much larger than it is today. The headstone that
marks the resting place of
Ulysses and Lucinda
Jackson is huge in size. It
is made of Greek marble,
crafted in the East and
brought here by sailing
ship around Cape Horn.

Robert Jackson has
offered this summary of
Ulysses’ life as “Not too
bad for a young man
coming to Oregon with
little more than his rifle”.

*Note: Much help coming from Robert “Bob” Jackson

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**April Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>04/02</td>
<td>City Council Meeting</td>
<td>7 p.m.</td>
<td>North Plains Senior Center</td>
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<tr>
<td>04/06</td>
<td>First Friday Flick</td>
<td>6 p.m.</td>
<td>Jessie Mays</td>
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<td>04/11</td>
<td>Planning Commission</td>
<td>7 p.m.</td>
<td>North Plains Senior Center</td>
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<td>04/12</td>
<td>Food Pantry</td>
<td>5:30 p.m.</td>
<td>the Yellow House, 31311 NW Commercial St</td>
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<tr>
<td>04/12</td>
<td>Volunteer Recognition</td>
<td>6:30 p.m.</td>
<td>Jessie Mays</td>
</tr>
<tr>
<td>04/14</td>
<td>Super Saturday</td>
<td>1 p.m.</td>
<td>Jessie Mays</td>
</tr>
<tr>
<td>04/16</td>
<td>City Council Meeting</td>
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<td>North Plains Senior Center</td>
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<td>04/25</td>
<td>Parks Board</td>
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<td>04/27</td>
<td>Food Pantry</td>
<td>5:30 p.m.</td>
<td>the Yellow House</td>
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**Fire Department News**

Everyday Choices Can Improve Your Odds
By TVF&R Captain Mick Carey

Tualatin Valley Fire & Rescue cares about your
health. This month, we encourage you to fight stress
and serious illnesses by embracing healthy habits that
will improve your overall quality of life.

TVF&R offers the following tips to help you enjoy a
heart-healthy lifestyle.

- **Enlist a partner:** Talk to loved ones, neighbors,
  and friends and invite them to participate in
  physical activities, share a balanced meal, and
  have a fun adventure. Everyday activities are
  always more fun with a partner — someone
  who will keep you company, inspire you to
  stick with a new routine, and encourage you
  on your journey to a healthier you.

- **Fuel your body:** Eating balanced meals helps
  your body better fight off sickness and recover
  more quickly when you are sick. Drink plenty
  of water. Enjoy fruits and vegetables
  throughout your day as snacks, toppings, side
  dishes, or in your main meal. A healthy diet
  also includes whole grains, fat-free or low-fat
dairy products, lean meats, fish, beans, eggs,
and nuts. Limit the saturated fats, trans-fats,
cholesterol, salt, and added sugars in your
diet.

- **Get moving:** It’s never too late to start being
  active every day. As little as 30 minutes of
  exercise a day can help keep your body fit to
  fight off illness and prevent injury. You can
  even do simple exercises at home. Consult
  your physician to see what exercises will
  benefit you most. Carving out time to exercise
  has been shown to increase your energy level,
  reduce health risks, lower stress, improve your
  mood, and boost your productivity. Regular
  physical activity is important for your overall
health and fitness. It can also be a great source of fun.

- **Get enough sleep:** Physical activity can improve your quality of sleep. Try to get six to eight hours of sleep each night to re-charge your body.
- **Ditch bad habits:** Limit your alcohol and caffeine consumption, and quit smoking for good. Set healthy goals for yourself and celebrate when you achieve them.
- **Team up with your doctor:** Doctors can help you with prevention, screening, and treatment. Don’t wait until you are sick to schedule an appointment. They can help you prevent health problems or catch them early enough to help you beat them. Ask your doctor to check your blood pressure and cholesterol numbers.

Everyday choices can improve your odds of fending off serious illnesses. These choices also pave the way for a happier, healthier life.

For more information about adopting a heart-healthy lifestyle, visit www.tvfr.com.

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**School Field Clean Up**

North Plains Elementary Youth Sports Programs need YOUR help! They are having a Sports Fields Work Day at the North Plains Elementary School on Saturday, April 7th from 9am-4pm. The improvements will give North Plains residents access to safe and accessible sports fields for multiple sports programs. Even if you are not a skilled laborer, we can use your help. Please sign up here: http://www.signupgenius.com/go/30e0449afa62fa3fd0-north.

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**Nuisance Complaints**

Have you noticed an abandoned vehicle, blackberries impeding pedestrian traffic, noxious vegetation, or other nuisances as defined in chapter 4 and 5 of the North Plains Municipal Code? Please call City Hall and we would be happy to investigate the complaint further. Please note, abandoned vehicles are described as having stayed in the same location for more than 24 hours AND a) the vehicle does not have an unexpired license plate lawfully affixed to it, b) the vehicle appears to be inoperative or disabled, or c) the vehicle appears to be wrecked, partially dismantled or junked. If you have questions about whether or not a nuisance exists, please call 503-647-5555 and we will advise if there is code pertinent to your complaint.

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**Mayor’s Corner**

Do you love living in a small town? Would you like to get to know some new people in town, or do you have a special interest in something happening within the City? Did you know that it takes thousands of volunteer hours to successfully put on events? In April we will be hosting the Volunteer Recognition Night. We invite you to join us for a Free Spaghetti dinner prepared by the NP Senior Center. Come and learn about all the different committees and groups that are run entirely by volunteers. Following the dinner, we ask that you stay and witness and applaud the recipients of the 2017 Volunteer Recognition Awards. We hope we can add your name to the 2018 list of award winners in April 2019. If you would like to volunteer, please email volunteeryourtime@northplains.org!
HOBSON 24HR FITNESS’

1 YEAR GYM ANNIVERSARY SALE!

JOIN US APRIL 2ND - 14TH FOR $1 SIGN UPS (SAVE $59)!

M,T,W,F 4P-6P | SAT 10A-2P
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10170 NW GLENCOE RD NORTH PLAINS, OR 97133
$4 off ANY X-LARGE PIZZA
$3 off ANY LARGE PIZZA
Cannot be combined with any other offers Expires 6/31/2018.

$12.00 LARGE PEPPERONI PIZZA
Thick Crust will be an additional $1.50
Cannot be combined with any other offers Expires 6/31/2018.

Buy any XL or Large Pizza and receive a free Dessert Cinnamon Streusel

Now offering your choice of three pizza crusts!!
Light-N-Crispy
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