The Word on the Street

Chili Cook-Off!

Fire in the Bowl Fire in the Bowl! It is time to register for the annual North Plains Chili Cook-off on Thursday, October 18th at Jessie Mays Community Center, 30975 NW Hillcrest Street, starting at 6:30 p.m. The event will be judged by 6-7 local folks.

People who wish to enter their best chili recipe will be allowed to make their chili entries at home and serve “samples” to people attending the event. The Senior Center will be serving a main chili meal to include hot dogs (CHILI DOGS) and corn bread. Dessert will be provided as well. This event is always FREE! Trophies and at least a year of “Bragging Rights” are awarded to best chili makers for:

- North Plains Chili Cook-Off Best Traditional Chili
- North Plains Chili Cook-Off Best Nontraditional Chili
- North Plains Chili Cook-Off People’s Choice
- North Plains Chili Cook-Off Judges Choice
- North Plains Chili Cook-Off Hottest Chili

Library News

OREGON BATTLE OF THE BOOKS (OBOB) WRITERS CLUB

The OBOB Writers Club has a great lineup for the fall. The OBOB Club gathers to read, write, and discuss one book per month for both 3-5 and 6-8 grade divisions.

3rd-5th Grade Wednesday, September 26th 3:30-4:30pm Wish by Barbara O’connor.
6th-8th Grade Wednesday, September 26th 4:30-5:30pm Small as an Elephant by Jennifer Richard Jacobson.
3rd-5th Grade Wednesday, October 31st 3:30-4:30pm Nightbird by Alice Hoffman.
6th-8th Grade Wednesday, October 31st 4:30-5:30pm The Body in the Woods by April Henry.
3rd-5th Grade Wednesday, November 28th 3:30-4:30pm When the Sea Turned to Silver by Grace Lin.
6th-8th Grade Wednesday, November 28th 4:30-5:30pm *Wolf Hollow* by Lauren Wolk.
3rd-5th Grade Wednesday, December 19th 3:30-4:30pm *In the Footsteps of Crazy Horse* by Joseph Marshall III
6th-8th Grade Wednesday, December 19th 4:30-5:30pm *Absolutely Truly* by Heather Vogel Frederick

**Book Babies Storytimes**
Babies 0-12 months are invited to hear stories, enjoy finger plays, and share songs and rhymes with Early Childhood Specialist, Ms. Em, every Tuesday at 10:00am in the children's section of the library.

**Storytimes**
Children ages 0-6 are invited to participate every Wednesday at 11:30am in the children's section of the library. Here is a run-down on some of our upcoming story time themes for the next few months:
Wednesday, September 26, 2018 – No good books, with Mr. Will.
Wednesday, October 3, 2018 – Fall into fall with Mr. Will.
Wednesday, October 10, 2018 – Special Guest story time.
Wednesday, October 17, 2018 – Monkey Business with Mr. Will.
Wednesday, October 24, 2018 – Monsters are coming 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.

**October 5th 6:30pm, we will be showing**
*Paddington 2*. Paddington is happily settled with the Brown family in Windsor Gardens, where he has become a popular member of the community, spreading joy and marmalade wherever he goes. While searching for the perfect present for his beloved Aunt Lucy’s hundredth birthday, Paddington spots a unique pop-up book in Mr. Gruber’s antique shop, and embarks upon a series of odd jobs to buy it. But when the book is stolen, it’s up to Paddington and the Browns to unmask the thief.

**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.

**Canning and Preserving 101 Saturday, October 13 1:00pm North Plains Public Library**
Want to know what to do with all those tomatoes, zucchini and pumpkins? It’s not too late to save your fall harvest! Learn the basics and beyond. There will be time for questions and sharing. Staff from the Extension Family and Community Health (FCH) team of Oregon State University will share their knowledge of safe and methods for canning and preserving all types of food. Their program helps individuals, families and communities achieve healthy outcomes. Their county faculties are located in the communities they serve, allowing them to achieve these outcomes through a variety of programs delivered in all 36 counties of Oregon, supported by campus faculty expertise and local partnerships.

**A will is not enough in Oregon! Tuesday, November 6, 2018 from 2pm until 3:30pm**
Join legal assistant Laura Lindholm for a session giving practical advice about estate planning. It covers how to safeguard your assets and healthcare wishes. The presenter will share information about why a will is simply not enough for most people. There are other things that need to be addressed too such as guardianship, conservatorship, power of attorney, or even how to avoid probate. The presenter will also discuss what a Living Trust is and what people should know about it.

**Mind Your Yoga**
Our skilled Yoga volunteer Meena will continue to guide patrons on the path to better health and flexibility. Due to the constraints of booking Jessie Mays, Mind Your Yoga sometimes meets at the North Plains Senior Center.

**September Classes**
Week 3 : September 18th Jessie Mays Community Center
Week 4 : September 25th North Plains Senior Center

**October Classes**
Week 1 : October 2nd Jessie Mays Community Center
Week 2 : October 9th Jessie Mays Community Center
Week 3 : October 16th Jessie Mays Community Center
Week 4 : October 23rd Jessie Mays Community Center
Week 5 : October 30th North Plains Senior Center
Parks & Trails Master Plan

We would like to thank all of the residents that participated and shared their opinions/feedback regarding the Parks Master Plan at the Ice Cream Social and Garlic Festival. Our Parks and Recreation Board is dedicated to developing a Parks & Trails Master Plan that will best serve our great City, so it is extremely helpful to know what our citizens want out of their parks and trails. Thank you again for all of your support!

October Calendar

10/01 Historical Society 1 p.m. at Jessie Mays
10/01 City Council Meeting 7 p.m. at North Plains Senior Center with 6 p.m. work session
10/05 Family Fun Night 6:30 p.m. at Jessie Mays
10/10 Planning Commission 7 p.m. at North Plains Senior Center
10/11 Food Pantry 5 p.m. at the Yellow House, 31311 NW Commercial St
10/15 City Council Meeting 7 p.m. at North Plains Senior Center
10/18 Chili Cook-Off 6:30 p.m. at Jessie Mays
10/24 Parks Board 6 p.m. at North Plains Senior Center
10/26 Food Pantry 5:30 p.m. at the Yellow House

Fire Department News

‘Look. Listen. Learn.’ This Fire Prevention Month

October is Fire Prevention Month, and Tualatin Valley Fire & Rescue encourages you to take three basic but essential steps to reduce the likelihood of a devastating fire in your home and escape safely in the event of one.

This year, the Oregon Office of State Fire Marshal campaign, “Look. Listen. Learn. – Be aware. Fire can happen anywhere,” focuses on the following three steps:

• LOOK for places a fire could start. Take a good look around your home, identify potential fire hazards, and take care of them.

• LISTEN for the sound of the smoke alarm. You could have only minutes to escape safely once the smoke alarm sounds. Go to your outside meeting place, which should be a safe distance from your home and where everyone knows to meet.

• LEARN two ways out of every room. Make sure all doors and windows leading outside open easily and are free of clutter.

The three most common causes of Oregon residential fires in 2017 were cooking, heating, and smoking, and the 3,282 residential structure fires resulted in 39 deaths, 130 civilian injuries, and $106.5 million in property and content loss.

The majority of people who die in a fire succumb to heat and smoke inhalation, not flames. Having working

Police Department News

As summer comes to a close and the weather begins to change, the North Plains Police Department would like to provide our citizens with a few safety reminders. Wet roads are most slick after a dry spell. Make sure and give yourself extra time to stop by increasing your following distance and adhering to the designated speed limit. This summer has been fairly dry, so it’s probably a good idea to check the condition of your windshield wipers to ensure maximum visibility while driving in the rain. Visibility is also decreasing with the waning daylight hours. Please be mindful to turn on your headlights during fog and heavy rain, one hour before sunset, and one hour after sunrise.

School is back in full swing, which means the 20-mph school zone on North Avenue in front of the elementary school is active again. Remember, traffic fines are doubled in a school zone when the yellow lights are on. More importantly, statistics show that pedestrians have a 90% chance of surviving when hit by a vehicle traveling 18 mph or less. In contrast, that survivability rate drops to 50% when the vehicle is traveling greater than 28 mph.

Our officers greatly appreciate the continued support of the North Plains community. We rely on the vigilance of you, the citizens, to assist us in identifying and addressing problems within our great city. With that, we ask that if you have an issue or see something suspicious, immediately call dispatch at 503-629-0111 for non-emergencies, or 9-1-1 for all emergency matters – “See something, Say something!”
smoke alarms in your home greatly increases your chances of surviving a fire. Smoke alarms are available for people who are deaf or hard of hearing. These alarms use strobe lights and/or vibration to alert residents. Fire is nothing like what you see on television or in the movies. It produces dark and deadly smoke that can fill your home in minutes and can confuse you to the point that you never make it out. That is why every firefighter wears an air pack before entering a burning building and uses thermal imagers to search for victims. Most fatal fires happen at night when people are sleeping. Working smoke alarms are designed to activate early to help ensure that you and your family have time to safely escape from your home. We recommend drawing a map of your home with all members of your household and marking two exits from each room and a path to your designated safe meeting place outside from each exit. One of those exits could be a window. Once you have an escape map, have a home fire drill and practice using different ways out. We recommend closing doors behind you as you leave to help slow the spread of smoke, heat, and fire. It’s important to teach children how to escape on their own in case you can’t help them. Families with infants, toddlers and loved ones with mobility needs should make special plans to ensure everyone gets out safely. Once outside, remain outside, and call 911. For more fire prevention tips and tools to create a fire escape plan, visit www.tvfr.com.

**Senior Center News**

**MUSIC MONDAY:** DT & Country will be playing at the Senior Center on Monday, October 8th at 11:00 am-1:30 pm

**EXERCISE CLASS:** Every Monday, Wednesday & Friday from 9:30 – 10:30 AM, down stairs at the Senior Center, this class is FREE and open to anyone. October 6th: The Senior center is having a Holiday Bazaar from 8-2 pm. Vendor spaces still available 10.00 per table.

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**FREE Household Hazardous Waste Collection Event**

**When:**
Saturday, Nov. 3 from 9 a.m. to 4 p.m.

**Where:**
Jessie Mays Community Hall and Park 30975 NW Hillcrest Street<br>North Plains, OR 97133

**Contact:**
City Hall 503-647-5555 Option 0 info@northplains.org

**What:**
Drop off your household hazardous waste (at no cost to you) so we can dispose of it in a manner that is safer for the environment!

**What to bring**
- Pesticides and Poisons
- Thermometers*
- Thermostats
- Mercury and Mercury-containing items
- Fluorescent Lights/Ballasts
- Motor Oil
- Antifreeze
- Engine and Brake Cleaner
- Transmission and Brake Fluid
- Paint and Paint Thinners
- Automotive/Marine Paint
- Wood Preservatives
  
**Safety Tips**
- Keep products in original containers if possible
- Do not mix any products
- Keep waste away from passengers

This special event is brought to you by Oregon Department of Environmental Quality and City of North Plains

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October 2018
October 27th: Senior Center Dance at Jessie Mays with DT & Country playing from 7-11pm $5.00 per person.

**Meals on Wheels People volunteer opportunity...**

It’s called “DONATE DINNER!”

Donate Dinner provides shoppers at local grocery stores the opportunity to “donate dinner” to a homebound senior when they do their holiday shopping the five days before Thanksgiving (November 17-21 between 11am and 7pm).

**How does it work?** Volunteers greet customers and hand them a card that explains how they can “donate dinner” when they check out. Each volunteer shift is only two hours!

Please go to [https://www.mowp.org/news-events/donatedinner/](https://www.mowp.org/news-events/donatedinner/) to register. You can choose any location, but for the North Plains/Forest Grove/Banks location, Jim’s Thriftway is the place to be! We still need volunteers the 19th through the 21st; all shifts.

Bingo here on the first Wed evening of each month starting at 6PM.

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**Historical Society**

North Plains Historical Society will have a quilt show at their regular meeting Monday, October 1, 1-3 p.m. at Jessie Mays Community Center. Everyone is invited to attend and show quilts, especially old ones (wartime and before), but any quilt is welcome. Setup will be from around noon to 1 p.m. with quilts folded and laid on tables. Each quilt should have a tag stating owner, maker, pattern name, when made, and a comment. A photo of the quilt in use and its maker would be an added bonus. Program will consist of show-and-tell and viewing. Old-time needlework (fancywork) of all kinds will also be shown; just label same as for quilts.

Raffle tickets will be sold for “Millie’s Quilt, “started by the late Millie Provis and finished by NPHS members. There are several other items to raffle as well.

Everyone is welcome. The winning tickets will be drawn at the NPHS meeting December 3, which runs 1-3 p.m. at Jessie Mays. The December meeting will have a Christmas theme with story-telling of Christmases past, and goodies will be brought by NPHS members and visitors. Coffee and tea will be provided.
• Want to change the way you look?

• Worked out before but not got the results you want?

• Need results now?

I’m Levi Hobson, the Personal Trainer at Hobson 24hr Fitness. I can make results happen!

I’m ready to motivate you to get the personalized results you want. Either you want to lose weight, get stronger, lean out, or tone up, I will help you succeed! Start today!

Call today to start to getting the results you want!

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Call: 503-447-1366   Txt: 503-819-4024

Staffed Office hours: M, T, W, F 4p-6p   Sat 10a-12p

Hobson 24hr Fitness 10170 NW Glencoe Rd North Plains, Or 97133