OBOB Writers Club

The OBOB Writers Club has a great lineup for the winter. The OBOB Club gathers to read, write, and discuss one book per month for both 3-5 and 6-8 grade divisions. Here are the details of upcoming OBOB meetups:

**3rd-5th Grade**

Wednesday January 30, 3:30pm until 4:30pm. *Book Scavenger* by Jennifer Chambliss Bertman

Wednesday February 27, 3:30pm until 4:30pm. *Real Friends* by Shannon Hale.

Wednesday March 20, 3:30pm until 4:30pm. *The Infinity Year of Avalon James* by Dana Middleton

Wednesday April 24, 3:30pm until 4:30pm. *Ugly* by Robert Hoge

**6th-8th Grade**

Wednesday January 30, 4:30pm until 5:30pm. *I Will Always Write Back* by Caitlin Alifirenka & Martin Ganda.

Wednesday February 27, 4:30pm until 5:30pm. *The Sword of Summer* by Rick Riordan

Wednesday March 20, 4:30pm until 5:30pm. *The Luck Uglies* by Paul Durham

Wednesday April 24, 4:30pm until 5:30pm. *Avenging the Owl* by Melissa Hart

**Story times**

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:

- January 23 – special guest mega bunnies.
- January 30 – Danko day.
- February 6 – Planes and Trains.
- February 13 – Love and Hugs.
- February 20 – Puddles and rain.

**Teen movie night hosted by the library teen council**

We will be hosting a fun movie night run by the teen council on Saturday January 26 at 5pm. The teens looked at several movies with a book tie in. Snacks and soda will be provided for the event. The movie chosen by a local vote is *The House with a Clock in Its Walls*. The movie is about a young orphan named Lewis Barnavelt who aids his magical uncle in locating a clock with the power to bring about the end of the world.

**Home Depot kids wooden models workshop** — February 9 from 1pm

Please join us for a fun modeling workshop with the crew from the Home Depot. We will be building at the Jessie Mays Community Center from 1pm until...
Mayor’s Corner
By Teri Lenahan
"If I were a Mayor..." Contest

Do you know a student with big ideas, a compassionate heart, or a mature world-view? The City of North Plains is participating in the 2019 Oregon Mayors Association (OMA) “If I were Mayor, I would...” contest. In this contest, students are encouraged to share their creative ideas about how they would govern the City of North Plains.

The City invites all 4th – 6th grade students attending North Plains Elementary and all 7th – 12th grade students residing in the City of North Plains to enter the contest. All 4th - 12th grade North Plains Homeschoolers are encouraged to participate too.

The deadline to submit your entry to City Hall is April 12, 2019 by 5:00 p.m. The North Plains Library will also accept your submissions by the due date.

One lucky winner from each age group will receive a $50 gift card from the City, recognition from the Mayor and City Council at a City Council meeting, and appear in the City Newsletter and Social Media.

All North Plains winners will go on to compete at the statewide level for prizes and an invitation to the Oregon Mayors Conference award luncheon.

There are three grade-level contest categories: Grade 4 and 5 will compete in a poster contest (no larger than 17” x 28”)
Grades 6 through 8 are asked to complete an essay (500-1,000 words)
Grades 9 – 12 will be asked for a digital media presentation (i.e. Video, PowerPoint)

For more information, please go to our website www.northplains.org and click on 'If I were a Mayor...' under the What’s New tab.

If you have questions, you can contact Mayor Lenahan at teri.lenahan@northplains.org

2pm. This is a family event allowing parents and their kids to get together to build some cool wooden project models the Home Depot way. For this event we will be helping the kids build sail boats and a mini tool chest!

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.

Let’s get serious about Pie for Pi Day
Come and join the Library staff for Pi Day happiness! We will be discussing our favorite pie recipes, and of course sampling the goods! We will meet at Jessie Mays on March 14 from 6pm. Admission is free but a reservation is required for this event, and it is recommended that you bring pie. Please call the North Plains Public Library to reserve your spot: (503) 647-5051. See you at Jessie Mays Community Center for a Pi Day of happiness.

Word Play
The library is proud to host a monthly writers group titled Word Play for patrons 18 and older. It meets once a month on the first Thursday of the month from 5pm until 7pm at the library.

Here is a statement from the organizer Marie Buckley: “If you like to write and would enjoy meeting with others to exercise your creative muse, this is the opportunity! Come and play with words at the library! Each meeting will begin with a short shared writing warm-up and then move into the monthly topic. We will discuss the topic, brainstorm ideas, and spend 20 to 30 minutes writing. After that, we will take turns sharing what we wrote by reading aloud. Participants will gain new ideas to write about and commit memories and life experiences to paper. This is not a critique group, but rather a time to create, move words around, and have fun”.

Library Book Club
New members are always welcome to join in the monthly discussions. The group meets regularly once a month, usually on the last Wednesday of each month at 7pm at the North Plains Public Library. The book group is currently working on its new list for 2019.

Mark your calendar
May 4 Art of the Story blues event at the Jessie Mays center.
May 10 A Mother’s Day celebration with Latin flair.

**Artist’s Trading Cards**

Each month Marie Buckley and other local artists meet to share Artist Trading Cards (ATCs). These miniature works of art are designed to match a set theme and are about the size of a baseball card. The event occurs at 6pm on the third Thursday evening of each month. This is a fun way to meet other artists and exchange art creations. The ATC exchange is free and open to the public.

Our ATC topics for 2019 are as follows:
January is Hats, February is Red. March is Opposites, April is Shoes, May is Candyland, and June is Organic. For the second half of the year topics will include Vintage for July, Bugs for August, Proverbs for September, Disasters for October, Horses for November, and Stars for December.

**Artist Trading Card Workshop**

The workshop will take place on Wednesday, February 13 from 6pm until 8pm at the Jessie Mays Community Center. It would be helpful, but not necessary, for participants to bring scissors, special paper, buttons, ribbons and other materials you may want to use. Registration is required, and the workshop is limited to 20 people. Call the library at 503 647-5051 to sign up.

**In library art display**

In January and February the Library will be featuring the art of Jake Johnson aka Jaker. Here is what the artist had to say about his background:

“Jaker is an artist and art enthusiast. Jaker’s artistic aesthetic is informed by a formal training in painting, drawing, printmaking and graphic design. As an art enthusiast Jaker is committed to studying art history as well as following trends in the contemporary art world and world events. You can find more of Jaker’s art on Instagram”.

**Craft Guild meeting**

Join our informal group of knitters and quilters from 6pm until 8pm on the first Wednesday evening of each month. Anyone interested in gathering for camaraderie as you work on your individual projects is welcome to do so at the library. This is intended to be an informal get-together of crafters, with no formal instruction.

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**February Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>02/04</td>
<td>City Council Meeting</td>
<td>7 p.m.</td>
<td>North Plains Senior Center</td>
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<tr>
<td></td>
<td>City Council Meeting (work session)</td>
<td>6 p.m.</td>
<td>North Plains Senior Center</td>
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<tr>
<td>02/11</td>
<td>Parks &amp; Recreation Board</td>
<td>6p.m.</td>
<td>North Plains Senior Center</td>
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<tr>
<td>02/12</td>
<td>State of the City Address</td>
<td>11:30 a.m.</td>
<td>Jessie Mays Community Center</td>
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<tr>
<td>02/13</td>
<td>Planning Commission</td>
<td>7 p.m.</td>
<td>North Plains Senior Center</td>
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<tr>
<td>02/14</td>
<td>Food Pantry</td>
<td>5 p.m.</td>
<td>the Yellow House, 31311</td>
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<td>NW Commercial St</td>
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<tr>
<td>02/16</td>
<td>Tualatin Soil &amp; Water Conservation Free</td>
<td>2 p.m.</td>
<td>Jessie Mays Community Center</td>
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<tr>
<td>02/18</td>
<td>City Offices are closed for Presidents Day</td>
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<tr>
<td>02/19</td>
<td>City Council Meeting</td>
<td>7 p.m.</td>
<td>North Plains Senior Center</td>
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<tr>
<td>02/20</td>
<td>Economic Development Meeting</td>
<td>6 p.m.</td>
<td>North Plains Senior Center</td>
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<td>02/22</td>
<td>Food Pantry</td>
<td>5 p.m.</td>
<td>the Yellow House, 31311</td>
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**Acting With Mo**

Acting With Mo! is back the first Monday in March 2019, and then for the next 10 weeks (taking off Spring break week) from 3 to 4:30 at Jessie Mays Community Hall.

Maureen and Julia are back to teach acting to children ages 8-12 who live in North Plains. A new play has been written, roles for 10 children, called "Mustache". Two cans of food per adult will be collected the last day of the classes which will be the play performance. The canned food will benefit the North Plains Food Pantry.

If interested, show up with your child on March 4th at 3 pm at the Jessie Mays Community Hall for auditions.

This is a City sponsored event and is free to all children who reside in North Plains.

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**Fire Department News**

You can be a vital link in the chain of survival for cardiac patients

As part of Tualatin Valley Fire & Rescue’s commitment to create safer communities, our team
continues to work with community partners to strengthen the chain of survival for cardiac patients. TVF&R remains dedicated in its efforts to work with community groups to teach hands-only CPR, encourage law enforcement partners to respond to cardiac emergencies equipped with automated external defibrillators, and invite community members willing to perform CPR to download TVF&R’s free PulsePoint smartphone app so that they can be alerted when someone is in need of this lifesaving assistance.

We believe that the strength of an entire community fighting side by side will ultimately prove to be more powerful than the nation’s No. 1 killer — heart disease.

Now is the time to learn about your risks for heart disease and stay “heart healthy” for yourself and your loved ones.

During American Heart Month, TVF&R invites you to join us in raising awareness of the signs and symptoms of a heart attack and the importance of immediately calling 911 in the event you or someone nearby experiences symptoms.

Unlike a sudden cardiac arrest that strikes suddenly and includes a loss of consciousness, a heart attack can develop slow enough that you are not aware you are having a medical emergency. A heart attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely.

Symptoms typically include:

- **Chest discomfort** in the center of the chest that lasts for more than a few minutes or goes away and returns. It can feel like uncomfortable pressure, squeezing, fullness, or pain.

- **Upper body discomfort**, such as pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

- **Shortness of breath** before, during, or after other discomforts.

- **Other signs**, including breaking out in a cold sweat, nausea, or lightheadedness.

The most common heart attack symptom for women and men is chest pain or discomfort. However, women are more likely to experience other symptoms, particularly shortness of breath, nausea or vomiting, back or jaw pain, pressure in the lower chest or upper abdomen, dizziness, fainting, or extreme fatigue.

The heart is a muscle. It can deteriorate with each passing minute you delay medical treatment. Don’t ignore your symptoms, and don’t drive yourself to the hospital.

Firefighters often hear heart attack patients say, “I wasn’t sure it was a heart attack,” or “I didn’t want to bother anyone.”

Remember, TVF&R crews are here for you. Our highly trained firefighter paramedics can diagnose a heart attack and start treatment right away. Crews can also relay your EKG information to the hospital, enabling its staff to activate special heart teams and prepare for your arrival.

A heart attack can cause sudden cardiac arrest, when the heart malfunctions and stops beating unexpectedly. Sudden cardiac arrest leads to death when the heart stops working properly. This can be reversed if CPR is performed and a defibrillator is used to shock the heart and restore a normal heart rhythm. Studies show that CPR can double or triple a cardiac arrest patient’s chance of survival, but only 46 percent of those who suffer cardiac arrest outside of a hospital get bystander help, according to the American Heart Association.

Every minute CPR is delayed, the chance of survival decreases by 10 percent. Your assistance in performing hands-only CPR until crews arrive can make a difference. Hands-only CPR has just two easy steps: Call 911 and push hard and fast in the center of the chest to the beat of the disco song “Stayin’ Alive.” For more information about PulsePoint, symptoms of cardiac emergencies, and CPR training, visit www.tvfr.com. Thank you for your willingness to team up with our crews to save more lives and create a safer community.

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**Planning Commission Vacancy**

Interested in volunteering for your community? The Planning Commission has a vacancy. The Planning Commission meets once a month on the 2nd Wednesday at 7 p.m. The Commission reviews

**Woodstove Exchange Program**

In Washington County, Oregon, one-third of households rely on burning wood stoves as an essential heat source. Many of them use older and uncertified wood stoves, which produce a high level of fine particle pollution which would lead to poor health outcomes for our citizens and that is especially dangerous for young children and people with existing respiratory conditions.

Since implementing the wood stove exchange program in August 2016, over 300 old wood stoves have been replaced, preventing the emission of over 150 tons of particulate pollution, harmful gases, volatile organic compounds and hazardous air pollutants.

The Washington County Wood Stove Exchange Program offers rebates and grants to residents who replace their old wood stoves with new and cleaner burning devices.

If you use an old wood stove for heat, with tiered rebates ($1500, $2500, $3500) depending on income, you may be able to trade it in for a new, more efficient and cleaner heating device. And depending on income, some households may be eligible for a full cost replacement (up to $5000). Apply today at www.WoodStoveExchange.com!

**Phone Scams: Tips from NPPD**

With great technology comes great scams. Living in the digital age, there are many more ways that scammers are targeting people. Phone scams and robocalls have increased in popularity recently, so we want to give you some tips to avoid being taken advantage of!

Here are some common characteristics that an email or call might be a scam:

- You’re asked to wire money to someone you don’t know personally.
- You’re pressured to “act now!” or comply immediately.
- You’re threatened over the phone with arrest.
- You’re told to pay bills or fines using a money wire service or via gift cards.
- You’ve won a contest or sweepstakes you never entered.
- You have to pay a fee to receive your “prize” or payment up front for investments or winnings.
- You’re being asked by a foreign dignitary to hold or transfer money in exchanged for a reward.
- You’re personal information, especially your social security number, is requested over the phone or email.

If you suspect that you are being scammed, ask a lot of questions. Scammers are often reading from a script or are taking verbal cues from you. Your next step is to call the institution in question. Call and ask if an agent called you regarding your account. Lastly, check online! The Federal Trade Commission keeps a list of common scammers and there is a variety of tools to help consumers identify and report scams. Start with a general internet search for the call/email in question, and that should help decipher if others have been targeted with the same tactics.

A few things of note:

- Law Enforcement agencies do not call you if you have a warrant. They will also not ask for payment over the phone.
- Look at the email address the email was sent from. Often times they are very long and do not match who they said the email is coming from.
- Scammers use “local” phone numbers to try and look legitimate. Call the number back and see if the agency/organization who the person said they are from answers.
- Register your phone number with the National Do Not Call Registry. This will help decrease the amount of calls you receive.
Valentine’s Day Dinner
CHAMPIONS GRILLE
Take your sweetheart out for an unforgettable night
Appetizer, Salad, Entree & Dessert for Two
February 14th, 2019
$35 per person
Reservations start at 5pm

Please RSVP: Anna Crawford (503)647-5964
Ancrawford@pumpkinridge.com

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North Plains, Oregon
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NOTICE OF FEBRUARY & MARCH
PUBLIC HEARINGS

Wednesday, February 13, 2019 – 7:00 PM
The Planning Commission of North Plains will conduct a public hearing:
1. A public hearing to review the proposed Parks Master Plan.

Wednesday, March 13, 2019 – 7:00 PM
The Planning Commission of North Plains will conduct a public hearing:
1. A public hearing to review the proposed Transportation System Plan (TSP).

The Parks Master Plan, City File 18-214, initiated by the City, is a ten-year guide and strategic plan for managing and enhancing park, trail and recreation opportunities in North Plains.

The Transportation System Plan (TSP), City File 18-215, initiated by the City, provides a long-range vision for the City’s transportation system and provides guidance in prioritizing and budgeting for transportation needs through year 2040.

Questions and/or comments regarding the applications can be directed to City Manager Andy Varner andy.varner@northplains.org (503) 647-5555 or City Hall, 31360 NW Commercial Street, North Plains, OR 97133.

The public hearings will be conducted according to the process identified in Development Code Section 16.170. Public oral and/or written testimony is welcome at each hearing or in writing in advance of the hearing. The application and all evidence relied upon by the City to make this decision is in the public record and is available for inspection at North Plains City Hall during regular business hours for no cost. Copies can be provided at a reasonable cost. The City’s staff report will be available for review at no cost at City Hall or www.northplains.org one week prior to each hearing.

Failure to raise an issue in sufficient detail during the comment period or at the public hearing may preclude an appeal to the Land Use Board of Appeals or Appeals/Circuit Court on said issue.

Notice to mortgagee, lien holder, vendor or seller: If you receive this notice it shall be promptly forwarded to the purchaser.