Library News

Giving Tree - Thank You!
The community had an overwhelming response to our library giving tree over the holidays. We collected 954 individual items for the Senior Center and delivered 105 lbs. of food to the food pantry. Thank you to Loch Lolly Christmas Forest for the tree and Mayor Lenahan for coordinating!

Annual Craft Faire – Thank you!
December’s library craft faire raised $624.40! A special thanks to community members, Friends of the Library, and the library craft guild for so many wonderful donations!

After School ‘Bingo with Brianna’
Join us is the library for after school BINGO and win fabulous mystery prizes! Kids, tweens, and teens are invited to play BINGO at 3 p.m. on the Last Friday of the month December through May. The next Bingo game time is February 28th at 4 p.m.

Artist 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 next meeting is February 20th at 5:00 p.m., and the theme is Music. The ATC exchange is free and open to the public.

In-Library Art Display
Elana Einstein is a local Portland artist and a retired preschool teacher. She is now enjoying her time dotting mandalas and other symbolic themes. She paints acrylics on canvas, wood, rocks and other recycled and natural materials. Her vibrant art decorates homes, gardens and businesses.
Mayor's Corner
By Teri Lenahan

State of the City 2020

The State of the City is one of my most enjoyable experiences as Mayor because it gives me an opportunity to speak to you and stay connected to each other. The North Plains Chamber of Commerce and the City of North Plains are partnering to present this evening to you.

I am inviting you to attend and be a part of the conversation. We will share what our City and community have accomplished in 2019, what we are focusing on in 2020 and where we are headed in the years to come. Thank you for the privilege of providing this annual update.

One thing I want to do this year, is involve our Councilors and other Committee Chairs in the evening. You will hear firsthand what our City committees have accomplished and what they are planning to do in 2020. This is an opportunity for us to recognize them in their roles and hear about how their efforts have benefitted North Plains residents. We also plan to keep our remarks brief enough where those in attendance can participate and let City Councilors know what is on their mind through Q&A.

One other topic that I want you all to be aware of is the 2020 U.S. Census. It's so important for all of us to participate in the U.S. Census. It is required by the United States Constitution. Getting an accurate count of everyone in North Plains - regardless of your citizenship - and throughout Oregon is vital to receiving federal funding for education, roads, health care, and many more important programs.

With the 2020 Census, we have an opportunity to see our Oregon values and priorities well represented in Washington, DC, by adding a sixth congressional seat in the state - if everyone is counted.

I hope to see you on Tuesday, February 18th beginning at 5:30p at Jessie Mays Community Center, 30975 NW Hillcrest St, North Plains. Reception and Light Refreshments will be provided.

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Storytimes

Storytime with Mrs. Em is back in full swing for 2020!

Book Babies (0-2 yrs.) – every Tuesday at 10 a.m.

Preschool Storytime (3-5 yrs.) – every Thursday at 10 a.m.

Bilingual Spanish Storytime continues Saturdays at 10 a.m. presented by volunteer community members. The last Saturday of the month is a bilingual social hour instead of a presented storytime.

Winter Warmer Reading Challenge

Shake off the winter chill with a toasty & fun library reading challenge. You might find your next favorite book or discover a great new author! Beginning Jan 1 and ending Feb 28th with a hot cocoa social in the library from 5-6:00 p.m.

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Saving Mother Earth

Thank you to all who have responded to my article on Saving Mother Earth. Fely and I have fifteen volunteers who have already been hard at work buying material and cutting and sewing the mesh produce bags. However, we still need your help. We are looking for more volunteers, financial donations or donations of material and/or thread. If you can help with any of these or have any questions about the project, please feel comfortable reaching out to me at teri.lenahan@northplains.org. I will get you in touch with Fely directly. The power of COMMUNITY will help us obtain our goal. Now is the time to show it.
Acting With Mo!

The City of North Plains Parks and Rec Department will be offering two acting classes for children beginning March 3rd. Classes are 10 weeks long and will be taught by Acting With Mo! Maureen and Julia will be returning to teach both classes.

**Theatre and Acting Games Class**

*All skill levels*

*2:30-4pm every Tuesday*

This is a very fun class fit for actors of all skill levels aged 5-12! There will be weekly homework, and weekly performances on emotion stories. The April 31st class will be on improv, with professional improv actors and costumes! The final performance is on May 5th.

**Monologue Class**

*Intermediate+ skill level*

*4-5:30pm every Tuesday*

This class is for more serious actors wanting to polish a monologue for auditions. There will be guest speakers to talk to students about their dream of acting in movies, television and theatre. Portland area talent agents will also be invited to attend. The final performance of monologues will be on May 5th.

A $5 fee per child or $10 per family will be collected the first class, with checks made payable to the City of North Plains.

There are 20 spots available for the theatre and acting games class, and 10 spots available for the monologue class. Pre-registration is encouraged but not mandatory. Once the spots fill up, the class registrations will be closed. Please register at actingwithmo@gmail.com.

A canned food drive will be held for both performances with 2 cans of food per adult as the entry cost. Friends and family will be invited.

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February Calendar

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>02/03</td>
<td>Historical Society Meeting 1 p.m. at Jessie Mays</td>
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<tr>
<td>02/03</td>
<td>City Council Meeting 7 p.m. with 6 p.m. work session at North Plains Senior Center</td>
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<tr>
<td>02/05</td>
<td>Economic Development Meeting 6 p.m. at North Plains Senior Center</td>
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<tr>
<td>02/10</td>
<td>Parks &amp; Recreation Board 6 p.m. at North Plains Senior Center</td>
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<tr>
<td>02/12</td>
<td>Planning Commission 7 p.m. with 6 p.m. work session at North Plains Senior Center</td>
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<td>02/13</td>
<td>Food Pantry 5 p.m. at the Yellow House, 31311 NW Commercial St</td>
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<td>02/17</td>
<td>City Offices Closed for President’s Day</td>
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<tr>
<td>02/18</td>
<td>City Council Meeting 7 p.m. with at North Plains Senior Center</td>
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<td>02/19</td>
<td>Library Board 7 p.m. at the Library</td>
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<tr>
<td>02/28</td>
<td>Food Pantry 5 p.m. at the Yellow House, 31311 NW Commercial St</td>
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PCC Rock Creek Music

**Experience Music Series at PCC Rock Creek Presents Two Concerts in February:**

- February 18 - 7:30 pm, Salsa and More with *Son de Cuba*
- February 25 - 7:30 pm, Beautiful Brazilian Sounds with *Caminhos Cruzados*

The Experience Music Series is presented in conjunction with the Tuesday evening Music Appreciation class at PCC Rock Creek (17705 NW Springville Rd, Portland) in the Forum in Building 3. The concerts are open to the public (with an optional donation) and followed by a question and answer session with the performers.

Admission is free for PCC students. Parking is available on campus for $2.

For more information, please go to:

https://www.pcc.edu/programs/music/rock-creek/
CITY OF NORTH PLAINS
PROUDLY SERVED BY THE WASHINGTON COUNTY SHERIFF’S OFFICE

YOUR TEAM - DEPUTY PEREIRA

Deputy Mitchell Pereira joined the Sheriff’s Office over 3.5 years ago. Prior to joining the Sheriff’s Office he volunteered as a Hillsboro Police Cadet for 4 years and a Hillsboro Police Reserve Officer for almost one year. He really enjoys the variety of the job and the chance to hopefully make a positive impact on someone’s life by helping them. He enjoys being able to build relationships with the community of North Plains.

Deputy Pereira is also a trained Drug Recognition Expert (DRE). In this role, he focuses on arresting drug impaired drivers as well as alcohol impaired drivers to keep the roads safe for our community.

CRIME STOPPERS - #FINDALLYSON

The Washington County Sheriff’s Office, in partnership with Crime Stoppers of Oregon, is asking for the public’s help to locate a 20-year-old woman missing since December 22, 2019.

On Monday, December 23, 2019, Washington County Sheriff’s Office deputies received reports of a missing woman in a wooded area near the City of North Plains. Allyson Joy Watterson, 20, was last seen during the day on Sunday, December 22, while she was with 21-year-old Benjamin Garland.

After Allyson was reported missing, Garland was arrested for multiple charges unrelated to the disappearance of Ms. Watterson. One of those charges included auto theft, as he was driving a stolen red 2001 Ford F-150 pick-up around the time of Allyson’s disappearance. The truck was recovered by law enforcement.

Allyson is described as a white female, 20 years old, with brown hair and blue eyes. She is approximately 5’7” and 120 lbs. Allyson has a tattoo of an eye on the front left shoulder area along with a tattoo of a fairy sitting on a spider web on her left forearm. She was last seen wearing an orange/yellow-colored hooded sweatshirt, black jeans and white and blue Adidas sneakers. She was also carrying a red backpack.

Investigators and search and rescue volunteers have spent thousands of hours searching an area of approximately 1,600 acres and did not locate Allyson.

Tips can be submitted to Crime Stoppers through their website - www.crimestoppersoforegon.com.

BATTERY THEFTS

There has been an increase of thefts specifically involving batteries from recreational vehicles and boats. North Plains Police Department has taken several reports regarding these thefts, and they are mainly occurring between NW Main Street to NW 311th Avenue and NW Cottage Street to NW Pacific Street. Please consider storing batteries inside your garage or locking the battery box itself if possible.

If you find your battery has been stolen or you have information on potential suspects, please call the Non-Emergency number at 503-629-0111.

NEIGHBORHOOD WATCH

Neighborhood Watch can be a great way to prevent crime, improve safety and build a stronger community. Getting started is easy:

- Get to know your neighbors - say hello!
- Establish a communication network - this could be through text message, social media or whatever works for your group
- Identify trends for your neighborhood - what is considered suspicious?
- Secure valuables and protect personal property - make your neighborhood less attractive to criminals
- Recognize and report suspicious activity
  - Emergency (crimes in progress) call 9-1-1
  - Non-Emergency call 503-629-0111

WASHINGTON COUNTY SHERIFF’S OFFICE | NORTH PLAINS
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.
Throughout the months of February, March and the first half of April, tax professionals from AARP will be preparing taxes every Thursday, for free, in the lower level of the North Plains Senior Center- by appointment only. You can call the North Plains Senior Center at (503) 647-5666 to set up an appointment. Open to everyone- regardless of age or income.

Come join us for BINGO! Always the first Wednesday of the month. For the month of February, it falls on the 5th from 6 pm- 8 pm. $5 at the door buys your first card. Every card, thereafter, is $1/per card. Hot dogs, soda, and chips will be available for a separate fee.

For the month of February, Bunco will be held on the 13th and 27th. Begins promptly at 1pm.

DT & Country will be singing at the senior center on Monday, February 10th during our lunch service. DT & Country is planning a Valentine’s dance at Jessie Mays on February 15th from 7:00-10 pm. Cost is $5 at the door. Snacks and beverages will be available for a small, additional fee.

The North Plains Senior Center and Meals on Wheels People will be closed Monday, February 17th in observance of President’s Day.

Liver and onions will be served on Tuesday, February 18th as the second entree. Usually, it falls on the 3rd Monday, but we will be closed Monday the 18th in observance of President’s Day.

EXERCISE GROUP—The Exercise Group, open to the public and not just for seniors, meets Monday, Wednesday and Friday from 9:30 to 10:30 a.m. in the lower level of the Senior Center. New cardio exercise included. Work at your own level. Bring a friend and enjoy the fun!
North Plains hired architects to design future city facilities

WHAT DO YOU VALUE IN YOUR CIVIC FACILITIES?

Share your thoughts with architects and city leaders

COMMUNITY MEET-UP

FEB 3, 5:30-7 P.M.

HITS THE SPOT CAFE