



North Plains Connected

A monthly newsletter from the City of North Plains | February 2022

City of North Plains

31360 NW Commercial St.
North Plains, OR 97133

City Hall is open
8:30 am to 5:00 pm
Monday-Friday.



(503) 647-5555



www.NorthPlains.org



Contact Your Council:

Mayor Teri Lenahan

Robert Kindel

Russ Sheldon

Cameron Martinez

James Fage

Rickey Smith

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Mayor's Corner: *If I Were Mayor Contest*



Attention all future young leaders!

As your mayor, it is my job to represent you and your families by painting the picture of the culture, style, ideas and image of our community – what it is and what it wants to be – to the best of my abilities. Mayors keep their finger on the pulse of the community. With honor and integrity, I preside over the City Council meetings where we discuss policy, rule making and all other city business. In addition

to these duties, I collaborate with other mayors throughout Oregon and I serve as President-elect for the Oregon Mayors Association. But most important, I serve you. I want to bring your ideas and energy together at the top to make this community a better place to live for all of us.

The Oregon Mayors Association (OMA) is pleased to announce our annual “If I Were Mayor” student contest. Each year, this contest is held at the local and state level where students in grades 4 through 12 participate to share their thoughts and ideas on how to make their cities a better place to live.

One winner in each category will win a \$50 gift card from the City of North Plains. These winners will then have a chance to win at the statewide contest. First place in the statewide contest is \$500, Second place is \$300 and Third place is \$100. All the details for the contest can be found on the City’s website at northplains.org. In the search field, type in If I Were Mayor.

The three categories are:

- **Elementary School** (grade 4-5) Poster Contest (minimum size 17” to maximum 28”)
- **Middle School** (grade 6-8) Essay Contest (500 to 1,000 words)
- **High School** (grade 9-12) Digital Media Presentation (one to three minutes in length)

The local contest is open to all 4th-12th grade students within the 97133 zip code. Home schoolers are eligible to participate, too. All submissions and entry paperwork (signed by a parent or guardian) are due to the City on March 28, 2022 by 5:00 pm.

Winners will be honored at the April 4, 2022 City Council meeting. I hope you will consider participating. Here is my email if you have any questions: teri.lenahan@northplains.org. Good luck!

~Mayor Teri

News From Your Library

Storytime & 3 Levels of Kindergarten Readiness: Mrs. Emily continues to offer an online interactive storytime each Tuesday at 10 a.m. The library provides three levels of Kindergarten Readiness classes for preschoolers and kindergartners. These adaptive, live, online class are designed to help preschoolers and kindergartners whose preschool education was disrupted by COVID-19 or who desire more of a challenge. See complete events schedule on our calendar <https://www.northplains.org/calendar/month/2022-02> and sign up here at <http://wccls.bibliocommons.com/events>

Bilingual Hindi Storytime: We're excited to continue offering Bilingual Hindi Storytime Wednesdays February 2nd & 16th, and March 2nd & 16th at 10:00a.m. Kids will learn new Hindi words, enjoy rhymes and stories. Stories will be told in both Hindi and English. Register at <http://wccls.bibliocommons.com/events>

North Plains Library Presents - A New You in '22! For Adults and Teens: In January, 2022 through March, we're offering a series of exciting programs to help you with New Year resolutions: Create a vision board, start a bullet journal, introduce yourself to tai chi and mindfulness breathing, learn a healthy new recipe – and more!

Mindful Breathing: Wednesday, February 2nd at 6:30 p.m. on Zoom with Bakul. Bakul will introduce mindful breathing and share breathing exercises. Mindful breathing is basic yet powerful mindfulness meditation technique. Let's explore this idea of focusing your attention on your breath to reduce anger and anxiety, relieve stress and to bring peacefulness.

Tai Chi & Qigong: Wednesday, February 16th at 6:30 p.m. on Zoom with Christina. This introduction to Qigong and Tai Chi combines breathing and movement exercises from Qigong and elements from Yang-style Tai Chi. The program includes Shibashi Set One, which has been described as a gentle, beautiful and flowing Qigong exercise that is very relaxing, and the Yang-style Tai Chi 8-Form. Both are suitable for all ages and has been shown to increase energetic vitality, rejuvenate the mind, body and soul, and improve agility and flexibility. In addition, both require very little space. If you can stretch your arms out to the side and turn full circle, you have enough room to practice. Launch into the New Year by registering at <http://wccls.bibliocommons.com/events>

Everyone Can Cook: Sheet Pan Dinner Night! Virtual Cooking Class: Wednesday, February 23rd at 5:00p.m. We will make a sheet pan dinner with two variations -all live from our kitchens! One pan cooking makes meal prep easy and clean up even easier! Plus, you will have two dinners ready to serve, save or share at the end of our session. Don't miss out! Register at <http://wccls.bibliocommons.com/events>

OBOB Virtual Book Club 3rd-5th Grade: Tuesday, February 22nd at 4:00 p.m. Join us to discuss The Bookwanderers by Anna James. We will create some art, discuss the book, AND THEN BATTLE - all virtually on Zoom!

Zoning & Development Code Update

The City is updating the Zoning and Development Code and Planning Commission will hold a public hearing on **Wednesday, February 9, 2022, at 7 pm.**

The North Plains Zoning and Development Code is the main tool for implementing land use regulation in the City. The Code is updated on a fairly regular basis to keep zoning regulations consistent with current planning practice, clean up small inconsistencies in the current code language, clarify the review and permitting process for land use applications and prepare for upcoming changes in the City, such as future expansion of the Urban Growth Boundary (UGB).

At the Feb. 9 public hearing, the Planning Commission will review and discuss the proposed code changes, listen to public comments, and make a recommendation to the City Council. City Council will review the Planning Commission's recommendation, listen to public comments, and make a final decision at their meeting on February 22.

You can get more information and access the meeting Zoom link on the City's website: <https://www.northplains.org/planning/page/zoning-and-development-code-updates-public-hearing-feb-9>.



Chief's Corner: Theft Prevention

Over the last few months, there has been an increase in vehicle crimes in Washington County. Our community has experienced thefts of property left inside cars, thefts of vehicles left running unattended to de-ice or warm-up, and even thefts of car parts such as catalytic converters. We at North Plains Police Department want to remind our community how you can help curb these crimes by adhering to the following precautions:

- Park in well-lit areas and leave outside lights on at night.
- Install anti-theft devices or audible car alarms.
- Use a camera to help catch and identify thieves.
- Please do not leave your vehicle running unattended; remain with it as it warms up.
- ALWAYS lock your vehicles.
- Never leave valuables inside your car.

If anyone or anything seems out of place, is suspicious,

or disconcerting, report it to non-emergency dispatch (503-629-0111) so law enforcement is aware and can respond accordingly.

Work with your neighbors to identify suspicious behaviors, promptly report pertinent information to law enforcement, and reduce opportunities for criminals.

Contact your North Plains Police Department if you have questions or are interested in working together to reduce crime through a Neighborhood Watch program – visit bit.ly/NorthPlainsPD_NW to learn more.

If you witness a crime in progress, call 9-1-1 immediately, or if you discover you are a victim after the fact, call non-emergency dispatch to report at 503-629-0111.



Chief James Haxton

TVF&R News: American Heart Month

If you think it's a heart attack, call 911 right away.

During American Heart Month, Tualatin Valley Fire & Rescue 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're not aware you're 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 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 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.

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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.

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, visit www.tvfr.com.

February Calendar

Items on this calendar are taking place virtually and as possible in-person (subject to change).








Please visit www.northplains.org/calendar for information on how to join in.

- 2/2 Economic Development Committee - 6 pm
- 2/7 City Council - 7 pm with 6 pm work session
- 2/9 Planning Commission - 7 pm
- 2/14 Parks and Recreation Board - 6 pm
- 2/21 City Offices & Library closed for Presidents Day
- 2/22 City Council - 7 pm

North Plains Underground - Decoding Utility Markings

Ever wondered what those mysterious spray-painted markings on city streets are all about? They look like some sort of secret code until you start to decipher their meaning and critical importance.

Spray-painted markings on city streets, sidewalks, and rights-of-way are color-coded and indicate the location of underground utilities that workers need to take into account while doing digging or roadworks.

-  Red: electric power lines, cables, conduit, and lighting cables.
-  Orange: telecommunication, alarm or signal lines, cables, or conduit.
-  Yellow: natural gas, oil, steam, petroleum, or other flammables.
-  Green: sewers and drain lines.
-  Blue: drinking water.

You might also see notations like arrows or numbers as part of markings. These are necessary to keep track of the locations, widths, and depths of conduits, cables, and pipes and identify the associated utility company.

All of this is done with a specific type of temporary, environmentally-friendly paint that vanishes within a month.

How did this begin?

In 1976, construction workers in Culver City, California accidentally hit a petroleum pipeline running under a street, resulting in a fatal explosion that leveled half of a city

block. It wasn't the first or last accident of its kind, but it helped spur the creation of the critical color-coded utility markings called "Uniform Color Codes." These codes were developed by the American Public Works Association.

Homeowners Dig Safely

Before you do any type of digging on your property, call 811 or visit digsafelyoregon.com to ensure there aren't utilities below that you might hit, such as natural gas pipelines, electrical utilities, telecommunication systems, and sewer and water lines. This is a free service to homeowners, contractors, and other excavators, informing them of any buried facilities in the area where they are planning to dig.

If you notice markings on your lawn and didn't know about it, it's most likely that either your neighbors are planning some work, a utility operator is planning maintenance or repair, or the City or County is planning excavation work. Utility operators mark any underground line that is directly in the way of construction, or even near it.

Utilities such as telecommunications mark all the way to the house, but utilities such as water, PGE, and NW Natural only mark to their meters. City water will not mark from the meter box near the street to the house, as our jurisdiction ends at the back of the water meter box.

If there are City-related topics you've wondered about and would like to suggest for an upcoming City 101, please let us know.

North Plains Parks Foundation Seeks Board Member

Are you interested in volunteering for your community? Would you like to help support the development and improvement of the park and trail system in North Plains?

The North Plains Parks Foundation, a 501(c)(3) non-profit organization, is looking for one at-large community member to join its Board of Directors.

Potential nominees may be invited to attend the next Board meeting as a way of meeting Board members and gaining exposure to the Foundation's strategic issues and ways that issues are addressed.

To learn more about the Foundation and the open Board position, contact Cindy Hirst at 503-314-5065 or admin@npparksfoundation.org for more information on the Foundation and the materials for applicants. Individuals may reside in the greater North Plains area.

The North Plains Parks Foundation is independent of the City of North Plains and its employees.



MISSION STATEMENT: *The North Plains Parks Foundation, Inc. is a community-driven foundation focusing on identifying and acquiring financial resources that support and expand the parks, trails and recreational programs of North Plains to enhance the quality of life for current and future generations.*

VISION STATEMENT: *The North Plains Parks Foundation, Inc. accomplishes its mission by creating and nurturing innovative partnerships, administering strategic grants, and establishing special funds to ensure a thriving system of parks, trails and recreational programs for the City of North Plains, Oregon.*

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Apply for openings on the City's Boards & Commissions

We are searching for interested residents who are passionate about making our community the best it can be to fill these current openings:

- Planning Commissioner
- Parks & Recreation Board Youth Advisor (age 15-17)



Get involved and make a difference in North Plains - apply today!

Find an application online at www.northplains.org
or email lori.lesmeister@northplains.org