

## Stay home for the holidays or get tested twice, CDC urges

By Lindsey Tanner  
The Associated Press

Health officials are urging Americans to stay home over the upcoming holiday season and consider getting tested for coronavirus before and after if they do decide to travel.

The federal Centers for Disease Control (CDC) and Prevention said that the best way to stay safe and protect others is to stay home.

That's the same advice they had over Thanksgiving but many Americans travelled anyway. With COVID-19 cases and deaths continuing to rise, the CDC added the testing option.

The CDC says even if few people became infected while travelling over Thanksgiving, that could still result in hundreds of thousands of new infections.

During a news briefing, the CDC said travellers should consider getting COVID-19 tests one to three days before their trips and again three to five days afterward. They also recommended reducing non-essential activities for a full week after travel or for 10 days if not tested afterward.

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## Indians in Harris' ancestral home woke up to her victory

Continued from page 4

rights violations in Indian-controlled Kashmir, where insurgent groups have been fighting for independence or merger with neighboring Pakistan since 1989.



Photo: Smithsonian's National Zoo

## Panda cub named Xiao Qi Ji — "little miracle"

Continued from page one

would all shut down indefinitely as the virus continues to spike locally and around the country.

The Smithsonian first shut down all its facilities in mid-March. But the zoo reopened on July 24 and other museums gradually reopened with timed entry passes to keep the crowds low.

Even if the zoo were open, the indoor panda house would have remained closed to the public, making the zoo's popular panda-cam the only way to view the baby bear, who doctors say is up to 10.4 pounds and starting to crawl.

## Indonesians collect old phones to help students get online

Continued from page 16

life, Maghribi was falling behind in his studies, which along with taking care of his sick mother was causing him stress.

But a big smile appeared on Maghribi's face when he received the mobile phone sent by Ghaliya's group.

"I will use the phone to do online school every day," Maghribi said.

*"One Good Thing" is a series that highlights individuals whose actions provide glimmers of joy in hard times — stories of people who find a way to make a difference, no matter how small.*

## Five displays featured as part of Beaverton Winter Lights

Five locations in Beaverton have become tapestries of color inspired by the magic of the season and the breathtaking beauty of winter in the Pacific Northwest. The outdoor light displays — Candy Cane Lane, Sycamore Tree Sparkle, the Enchanted Lightshow, the Whimsical Winter Wonderland Lightshow, and Illuminated Pacific NW — will be aglow nightly from 4:30pm to 10:00pm through January 3, 2021.

For the safety of the community while enjoying Beaverton Winter Lights, all visitors are asked to please wear a face covering and practice safe social distancing.

The featured winter light displays are:

### Candy Cane Lane

Located at Beaverton City Park, Candy Cane Lane (12500 S.W. 4th Street, Beaverton, OR 97005) allows visitors to stroll along a brick path-way while viewing festive colorful lights wrapped around the birch trees.

### Sycamore Tree Sparkle

Near Beaverton City Library, light-seekers will find the Sycamore Tree Sparkle (12375 S.W. 5th



**BEAVERTON WINTER LIGHTS.** Five outdoor light displays — Candy Cane Lane, Sycamore Tree Sparkle, the Enchanted Lightshow, the Whimsical Winter Wonderland Lightshow, and Illuminated Pacific NW — are now on view as part of Beaverton Winter Lights. The displays are aglow nightly from 4:30pm to 10:00pm through January 3, 2021. (Photo courtesy of the City of Beaverton)

Street, Beaverton, OR 97005), a huge sycamore lit with thousands of lights. Also at this stop is a sparkling six-foot ornament, which is a great place to take a selfie.

### Enchanted Lightshow

The Enchanted Lightshow at The Round (12600 S.W. Crescent Street, Beaverton, OR 97005) will dazzle young and old. While viewing the beautifully lit trees, the amphitheater comes alive with an enchanting lightshow projected onto the surrounding surfaces.

### Whimsical Winter Wonderland Lightshow

At the new Public Safety Center (6125 S.W. Hall

Boulevard, Beaverton, OR 97008), the Whimsical Winter Wonderland Lightshow features images of a winter wonderland projected onto the building.

### Illuminated Pacific NW

Light-goers visiting the Illuminated Pacific NW display (5915 S.W. 170th Avenue, Beaverton, OR 97007) at Mountain View Champions Park will marvel at the illuminated pavilion and custom light pieces celebrating Mount Hood.

Beaverton Winter Lights are free to view and will be lit through January 3. To learn more, visit <[www.beavertonoregon.gov/winterlights](http://www.beavertonoregon.gov/winterlights)>.

# Staying healthy is more important than ever

## Get free health screenings

During the coronavirus (COVID-19) pandemic, it's even more important to take care of your health. Now is the time to get screened for one of many common health issues. Being screened by your provider — even when you're not feeling sick — is important. Screenings help find problems sooner, so you can start dealing with them. They can also give you peace of mind, when a health screening shows you're fine.

CareOregon covers routine exams with your provider and many types of health screening tests. Don't wait — schedule a visit or a screening today.



### Types of screenings

CareOregon covers many types of screenings, including these:

- ▶ Flu shots
- ▶ Mammograms for breast cancer screening
- ▶ Cervical cancer screening
- ▶ Colon cancer screening
- ▶ Prostate cancer screening
- ▶ Depression screening
- ▶ And more...

**Contact CareOregon Customer Service to find out how to get a screening or enroll in the Oregon Health Plan.** Reach us 9 a.m. to 5 p.m. Monday through Friday at 800-224-4840 or TTY 711. Or visit [careoregon.org/outreach](http://careoregon.org/outreach) to learn about about virtual events, including flu shot clinics.



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