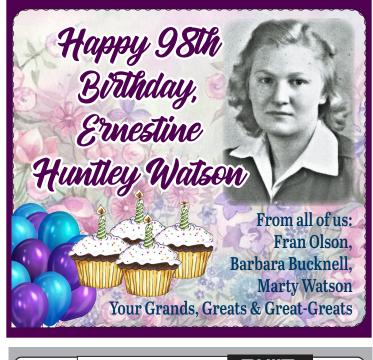


Marianne Thomson • Email: bulletinwestvalley@gmail.com • (503) 687-3000 • 136 E. Main Street, Sheridan, OR 97378





### SPRING INTO YOUR FITNESS GAME! Join now through March 31 and receive a month of unlimited classes free!

#### **Membership Options**

All Access Plus - \$55/month. Includes 24/7 access to the gym and unlimited classes at the studio

All Access - \$35/month. Includes 24/7 access to the gym and 1 free class each month

Limited Access - \$25/month. Includes 10am-4pm access to the gym and 1 free class each month



Join now: \$1 + first month dues with annual agreement OR \$60 + first month dues for monthly membership



### Inside this issue: APRIL COMMUNITY CALENDAR

### **Council to Meet April 4**

The Sheridan City Council will meet at 7 p.m. on Monday, April 4, in the Council Chambers at Sheridan City Hall, 120 SW Mill Street. For more information call the City of Sheridan, 503-843-3661.

#### Chamber Breakfast April 8

The Sheridan Chamber of Commerce will host its next breakfast meeting at 8 a.m. on Friday, April 8, at the Monroe Event Center. The Monroe Event Center will sponsor the event, which is open to all interested.



Grab a cupcake at any First Federal branch on Monday, April 4<sup>th</sup> 2022 from 11am - 2pm to celebrate our 100<sup>th</sup> birthday with the team!



### **BULLETIN BOARD CLASSIFIEDS** 503-687-3000 • bulletinwestvalley@gmail.com • 136 E. Main, Sheridan

### For Sale

Home furnishings: dining table with 6 chairs and 2 leaves; 6' oak cabinet; treadmill; new king box and mattress set; 2-drawer file cabinet; oak and marble coffee table. \$20 each. Call 971-571-0679 or 503-876-8700. (30)

**La-Z-Boy** queen size sleeper-couch. \$200. Call 503-843-4072 or 503-857-7532. (1)

Fresh eggs for sale, \$3.50 per dozen. 503-583-5582. (c)



CURLS, CUTS and MORE Call for an appointment 503-843-3737 Open Tuesday through Friday Now offering manicures and pedicures 140 E. Main Street - Sheridan

#### NOTICE OF BUDGET COMMITTEE VACANCY

The Budget Committee is appointed annually by the Mayor of the City of Willamina. The role of this committee is to meet annually to approve the City's budget for the following fiscal year. Applicants for this position must be available to attend one or more meetings during the months of April, May and / or June.

To apply, please complete a Government Office Application which can be found on the City of Willamina website or at City Hall. Applicants can submit the applications via email to meneleyb@ci.willamina.or.us or drop the application off at City Hall. Please call Bridget Meneley, Deputy City Recorder, at 503-876-2242 with any guestions. You may also email Bridget at the email address above with questions.



#### Services

Auto Car Detailing: Full detailing, interior and exterior, for cars, trucks, boats, and RVs. Offering one-year and five-year ceramic coating and glass water repellent treatments. Call Brian, 971-237-9649. (c)

I Will Sew for You: sewing, hemming, alterations and more. Call 971-203-3040. (c)



**Need help around the house or property?** Help with projects, yard debris hauling, yard work, odd jobs, pressure washing, moving, packing, etc. Dependable, reasonable rates. Call Gary, 541-731-9944. (3/30)

#### NOTICE OF WEST VALLEY FIRE DISTRICT BUDGET COMMITTEE VACANCY

The Budget Committee is appointed annually by the West Valley Fire District Board. The role of the committee is to meet annually to approve the West Valley Fire District's Budget for the following fiscal year. Applicants for this position must be available to attend one or more meetings in the months of April, May and/or June.

To apply, please complete an application which can be found on the West Valley Fire District website or at the Willamina City Hall office. Interested individuals may submit the applications via email to meneleyb@ci.willamina. or.us or deliver them to office at Willamina City Hall.

Please call Bridget Meneley, Deputy City Recorder, at 503.876.2242, with questions. Emails may also be sent to the email address above with questions.



#### Services

**Spring Cleaning Services:** Carpets; vacuum and shampooing. Rinse or pressure wash patios, driveways, walkways, decks, fences, and pavers. Some handy-man projects. Call J.C. 971-267-4931.(4/20)

#### Flawless pressure washing:

Winter specials: free driveway cleaning with purchase of soft house wash. Also offer moss removal. 503-488-0017. (c)

#### **Driver Needed**

**Route driver** for Meals on Wheels on Wednesdays only. Must have valid drivers license, be able to pass a background check, and vehicle must be insured. To volunteer or for more information call 503-843-2000.

#### Vehicles for Sale

**1998 Ford F-150** Extended Cab, 4-wheel drive Triton V-8, new brakes. Just had a tune up. Four new all-terrain tires with chrome wheels, \$3,950. Call 541-996-6336.

### **Physical Therapy**

**Bridge Street Physical Therapy:** If you need physical therapy and you have an insurance we can't take, we can evaluate and treat you for \$40 per treatment. Please inquire for details, 503-813-7617. (c)

### Announcements

Attention Sheridan High School Class of 1972 alumni: A meeting to discuss our upcoming 50th class reunion will be held at 4 p.m. on April 13 at the Monroe Event Center. The reunion will be held on June 18. Please bring your ideas! Coffee, soft drinks and snacks will be provided. If anyone wants to bring something, feel free. See you there, classmates. (c)

**FREE HOUSE:** Auto damaged house on Sheridan Road. You demo in exchange for all materials. Owner will remove roofing. There is no plaster, sheetrock, lino or carpet. All wood. Machinery available to help. 971-237-7745. <sup>(6)</sup>

### NOTICE OF PLANNING COMMISSION VACANCY

The Planning Commission is appointed by the Mayor of the City of Willamina to three year terms. If the vacancy is caused by anything but the expiration of term, the appointee shall serve the remainder of the expired term. The role of the Planning Commission is to administer the subdivision and zoning ordinances and make recommendations to the City Council concerning land use issues.

Applicants for this position must be available to attend at least one regular meeting generally scheduled in the evening, as well as other meetings and work sessions which are held during the day.

At the discretion of City Council, appointees to the Commission may reside outside the city limits, but must own a business or property within city limits, or have demonstrated through other means, such as civic or volunteer activity, that they have a sincere interest in the future of the City. At no time shall a quorum of the Commission reside outside city limits.

Other restrictions apply based upon occupation and family relationships.

To apply, please complete a Government Office Application which can be found on the City of Willamina website or at City Hall. Applicants can submit the applications via email to meneleyb@ci.willamina.or.us or drop the application off at City Hall.

Please call Bridget Meneley, Deputy City Recorder, at 503-876-2242 with any questions. You may also email Bridget at the email address above with questions.



### Legion Outreach to Help Veterans Battle Paperwork, Answer Questions, Listen

Many veterans have tangled with government forms attempting to figure out what they need to do to access their benefits. The process can be complex, time-consuming, and often lead to an unhealthy dose of frustration.

But now, all West Valley veterans and their spouses can breathe a big sigh of relief thanks to American Legion Post 75 West Valley Veterans Outreach. Help is offered every Tuesday from 10 a.m.-2 p.m. at American Legion Post 75 at 125 N. Bridge Street in Sheridan. The new service hours may increase to two days per week if additional hours are needed.

The outreach hopes to serve the people of Sheridan, Willamina, Grand Ronde, Buell, Ballston, everyone in the West Valley.

Bobby Davis, pictured right, explained that McMinnville has a service officer, but other than that, veterans have had to find their way to Salem or Portland to find these services now offered in Sheridan.

In addition to tracking down records and filling out various forms and paperwork, Zeek Linn, pictured left, and Bobby are ready to help connect veterans with services they need, such as medical, counseling, and more. Veterans should bring their identification and DD214 if they need help dealing with government agencies. However, these items are unnecessary if they'd just like



Zeek Linn, left, and Bobby Davis, right, are ready to serve their fellow veterans every Tuesday.

to talk and tell stories.

Zeek, a veteran, plans to talk with the Confederated Tribes Tribal Council to discuss the possibility of purchasing a DAV (Disabled American Veteran) van to transport veterans to medical appointments in Salem and Portland.

The current DAV vans will not come into rural areas, so veteran services must arrange transportation for rural veterans from their homes to a location where the DAV van will pick them up. The American Legion building needs a new roof. Legion members have been fundraising for this purpose for some time. However, Zeek said, once that's done, one of the large rooms upstairs will become a veteran's center, offering a pool table, television, couches, a place for veterans to gather and talk, a place to go to get out of the house.

While American Legion membership is not required for these outreach services, Legion membership is open to all honorably discharged veterans.

Bobby served three years in the Women's Army Corps. She is now a service officer with the McMinnville chapter.

Zeek served 12.5 years in the Army and is the sergeant-atarms for Post 75 in Sheridan.





Open 7 days a week 24-hour surveillance 1231 W. Main St., Sheridan **503-435-9322** 



I would like to thank all the thoughtful people who sent me beautiful birthday cards for my 95th birthday. I received 116 cards from Canada and across the United States. May God bless each of you for your kindness!

- Lois Neal Gibson



### Ease headache symptons

### A MESSAGE FROM THE WILLAMINA SCHOOL DISTRICT **Inclusive Schools**

The term inclusion captures, in a word, an all-embracing idea. Regarding individuals with disabilities and special education, inclusion secures opportunities for students with disabilities to learn alongside their non-disabled peers in general education classrooms. Honestly establishing a successful inclusive classroom varies in complexity based on the challenges created by the disability at hand. However, a knowledgeable approach and positive attitudes on the parts of parents and teachers prove vital to triumph over any obstacles which may emerge.

Willamina School District (WSD) strives to serve all resident students. Many districts have long practiced sending students with low-incidence disabilities (Autism, Orthopedic Impairment, Blind or Deaf, Intellectual, and Emotional) to specialized schools or classrooms outside the district, typically to a larger district, for their educational needs. In an effort to keep all students attending school in their community WSD has invested in professional development initiatives to strengthen the skills of our staff to support all students, especially those experiencing disabilities.

All staff has been trained in RULER, social-emotional learning (SEL) curriculum, most have completed courses in collaborative problem solving (CPS), and selected staff are trained and certified annually in non-violent crisis intervention (NVCI). NVCI certification is required for all staff working directly with children that may experience a low-incidence disability. This training prepares staff to support students that are in crisis, with an emphasis on safety and emotional regulation.

In addition to staff training, WSD has invested in staff specifically dedicated to supporting our students' mental and behavioral health needs. We are fortunate to have two Yamhill County mental health clinicians on-site, four highly-skilled behavior intervention coaches, two family advocates, and two fully staffed classrooms to support students in need of high-level support.

Keeping our resident students in our district, learning with their siblings, neighbors, and friends is a priority for WSD. We believe all students should have an opportunity to receive a quality education in their resident district, and we believe all students benefit from inclusive schools.

> With great Bulldog pride, **Carrie Zimbrick, Superintendent**

Willamina Elementary School 503.876.2374 Willamina Middle/High School 503.876.2545 School District Office 503.876.1500

### **Bingo and Silent Auction Fundraiser Set for April 9**

AGILE, a local non-profit youth organization, will host an evening of bingo and a silent auction to benefit the 14U volleyball team. The event will begin at 6 p.m. on April 9 at the I.O.O.F Lodge, 143 SW Monroe in Sheridan. Doors will open at 5:30 p.m.

Bingo packets, which include ten cards with six games on each, will be sold for \$10. Additional bingo cards will be sold throughout the evening.

The 14U Volleyball Club will use the funds to attend regional tournaments in Portland. AGILE is seeking silent auction

items and cash donations.

AGILE is reconfiguring the Tina Miller Thrift Store in Willamina. The store is now named "Agile Treasures." Earnings from the store will fund West Valley youth programs.

Emaila.g.i.l.e.organization@gmail. com for further information or to make arrangements for dropping off donations.

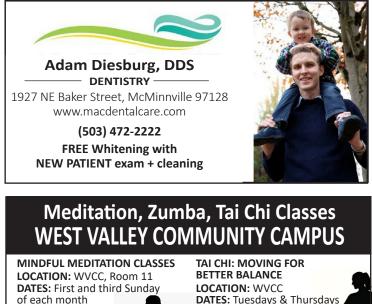
#### Willamina Library Offers Something for Everyone

Willamina Library's April calendar is full of activities with something for just about everyone.

Project STEAM for teens and youths is underway with Timbervale Academy for juniors.

Love Our Library, Civic Club, and parks programs are for all interested in fundraising, volunteer opportunities, outreach, program adoption, and other ways to help support these programs.

Join the Astronomy Club and participate in Sunset Stargazing and Citizen Science events. The Astronomy Club will meet in person with Zoom as an option. For more information about these Willamina Library programs, check out the Community Calendar in this issue of The Bulletin Board for times, dates, and locations; visit the library website: https://www. willaminaoregon.gov/library; or call 503-876-6182.



of each month TIME: 5-7 p.m. FREE DROP-IN CLASSES OPEN TO THE PUBLIC. Sponsored by the WVCC Attendees must sign a COVID-19 release form. Class size is limited, so please call Marci for space information. INSTRUCTOR: Marci Vertner, 503-508-4799

DATES: Tuesdays & Thursdays TIME: 10-11 a.m. FREE 12-WEEK CLASSES (Starts March 15) **REGISTRATION REQUIRED** Sponsored by NWSDS INSTRUCTOR: Traci Johnston, 833-673-9355 All OHA Covid guidelines observed

> **ZUMBA CLASS:** WVCC Auditorium Instructor: Cindy Houk Time: Tuesday/Thursday 5:30-6:30 PM

266 SE Washington Street • Willamina (503) 929-4037 • westvalleycommunitycampus.org

Sponsored by WEST VALLEY FUNERAL HOME 108 NW Lincoln St. • Sheridan • 503-843-2525 westvalleyfuneral.com • office@westvalleyfuneral.com

### **Yvonne Wright Memorial**

A memorial service for Yvonne Wright, a long-time Willamina resident, is scheduled for 2-4 p.m. on April 2 at Fendall School Community Center. The community is invited to attend.



### Sweeney's Poker Run and Bike Show Planned May 28

Sweeney's Pub will hold its sixth annual poker run and bike show on Saturday, May 28, at 117 E. Ellendale Avenue in Dallas.

Registration will begin at 8 a.m. with kickstands up at 10 a.m. The last bike will be out by 11 a.m.

The buy-in is set at \$25, with \$10 for additional hands. The first 200 buy-ins will receive a free event shirt. The poker game high hand prize will be \$1,000, and low end \$500.

Free donuts and coffee will be available along with breakfast specials.

A barbecue with live music will be held after the run.

Trophies will be awarded for

first, second, third and most patriotic in the bike show.
Trophies are custom, handmade, and donated by Gordie.

All bikes are welcome. All proceeds will support local veterans. For more information contact Gordie, 503-857-6689.



Image: Note of the sector of



### Household Garbage Dumped in Recycle Bins May Stop Service

The City of Sheridan's convenient recycle area, located at Cherry Hill and Balm Street, is open 24 hours a day, seven days a week. Preferred hours range from 30 minutes before dawn until 30 minutes after dusk.

This free service helps Sheridan residents recycle yard debris, glass, and cardboard. Commercial use is not allowed.

However, this service may not last long if those uneducated in the ways of recycling continue to throw household garbage in these three containers meant only for glass, cardboard, and yard debris.

No trees larger than 8-inches in diameter are allowed in the yard debris containers. Leaves in plastic bags must be opened and leaves emptied into the yard debris boxes. Plastic bags should never be tossed into the

vard debris containers.

No household garbage is acceptable in any of the recycling containers. Plastic items, plastic bags, or electronics may not be discarded in any recycle containers. Mixing these unacceptable items into recycling contaminates the entire load, and Recology will charge the City of Sheridan to sort the garbage and other inappropriate matter out of the bins.

City of Sheridan Public Works Director Kie Cottam said, "This service is already being abused. If this continues, we will shut it down. This service is provided at no charge for the convenience of Sheridan residents. If the City has to pay large fees because of those who won't follow the rules, the service will go away quickly."







503-843-2211



### **Kick Back and Relax in Your Private, Secure Backyard Get-Away**

Sheridan Building Materials carries everything you need to build your dream deck surrounded by a beautiful fence for added privacy. We carry quality Japanese cedar and Durawood (sunwood) decking. Six-foot cedar fencing boards, both dog-earred and flat are only \$3 per board. And, we're stocked up on all the 4x4s and 2x4s you'll need to complete your project.

### SHERIDAN BUILDING MATERIALS

345 S. Bridge Street • 503-843-7150



### Cheerleading Team's Parents to Meet; K-8 Cheer Clinics, Tryouts Scheduled

West Valley Cheer will host a parent meeting from 7-7:30 p.m. on Wednesday, March 30, at West Valley Community Campus (WVCC).

The cheer program is open to kindergarten through eighth grade students in Sheridan, Willamina, and Grand Ronde.

West Valley Cheer will attend local events, camps, athletic games, and cheer competitions throughout the state during the upcoming season.

Tryout clinics will be held from 6-7 p.m. on Monday, Wednes-

**3 FREE** SPECIAL CARDS

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LEGION

Doors open 5:30pm • Bingo 6:30pm

125 N. Bridge Street Sheridan

SEEDLESS

**RED GRAPES** 

Email Coach Sarah or Coach Kelsey at westvalleycheer@hotmail.com for more information.

April 8, at WVCC.

day, and Friday, April 4, 6, and

mail.com for more information, or visit the West Valley Cheerleading Facebook page.

### Berschauer Recall Attempt Unsuccessful

Yamhill County Commissioner Chair Lindsay Berschauer successfully avoided a recall attempt presented to voters on the March 22 ballot, according to results reported from the Yamhill County Clerks' office.

The report shows that votes came in from all 23 precincts. Out of 74,316 registered voters, 33,046 ballots were received, making the turnout less than 50 percent of voters.

Yes ballots, in favor of the recall, totaled 15,714 which accounted for 47.57 percent, and 17,320 no votes made up the balance for 52.43 percent of votes cast.

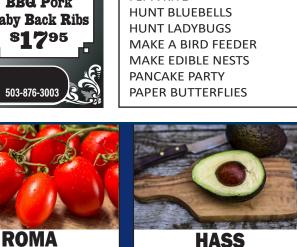
The Bulletin Board's Email: bulletinwestvalley @gmail.com Phone 503-687-3000 Open noon-6pm Mon-Fri

**TOMATOES** 

99¢







**AVOCADOS** 



VISIT A PET STORE

VISIT THE WOODS

WATCH A CHICK HATCH

WATCH A FUN MOVIE









246 S Bridge Street P.O. Box 156, Sheridan 97378 (503)843-3811 Office Hours: 9am-5pm Monday-Thursday; 9 a.m.-6 p.m. Friday Drive-up Hours: 8:30am-5pm Monday-Thursday; 8:30am-6pm Friday



### Western Yamhill Medical Center James P. Molloy III, MD, FAAFP

Personalized Health Care

- Pre-employment, DOT & Sports Physicals
   Medical Massage Therapy
- Appointments available Monday thru Friday as well as some evenings and Saturdays

(503) 843-4071 149 NW First • Street • Willamina

### West Valley Mercantile

Quality Animal Feed • Baby Chicks Clothing for Men & Women Hunting & Fishing Gear Flowers, Vegies, Herbs

Monday-Friday 9am-6pm; Saturday 8am-5 pm

Located in the old Wilco Building on S. Bridge Street across from Sheridan Building Materials





April 2022

Sunday		•	
April 3	11am-3pm	Project STEAM - for teens	Willamina I
Monday	rram opin		vvinarinia i
April 4	6pm	Astronomy Club Hybrid	Willam
•	6-7pm	WVCC Cheer Clinic	vvillalli
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April 4	7pm	Sheridan City Council	Council Cl
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April 5	2-4pm	Pet food distribution (Ruff Life	e Rescue) 421
Wednesday-			
April 6	8am	Willamina EID	Соус
April 6	2pm	Willamina Library Story Time	
April 6	6-7pm	WVCC Cheer Clinic	
Thursday			
April 7	6pm	Revitalize Sheridan	MEC, 121 S
April 7	6pm	Toastmasters	Coyo
Friday			, 
April 8	8-9am	Chamber Breakfast	MEC, 121 S
April 8	6-7pm	WVCC Cheer Clinic	
Saturday	o /piii		
April 9	9am-1pm	WVCC Cheer Tryouts	
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April 9	10am-4pm	Yamhill County Farm Fest	11275 SW Durhai
Sunday			
April 10	noon-2pm	Project STEAM - for youths	Willamina Librar
Monday			
April 11	7pm	Willamina School Board	
April 11	7pm	American Legion Post 75	125
Tuesday			
April 12	2-4pm	Pet food distribution (Ruff Life	e Rescue) 20
April 12	6pm	Willamina City Council	WVFS, 825 I
April 12	6:30pm	Sheridan Fire Board	MEC, 121 S
Friday			-, -
April 15	7pm	Amazing Grace Easter Musical	Sheridan Bantist
Saturday	, p		Sheridan Baptist,
April 16	9am-2pm	Easter Bake Sale - 4th of July C	ommittee Best St
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April 17	9-11:30am	AGILE Easter Egg Hunt	Sheridan Hij
April 17	10:40 a.m.	Amazing Grace Easter Musical	Sheridan Baptist,
April 17	around 11:30	Easter Egg Hunt (ages 12 and unde	er) Sheridan Baptis
Monday			
April 18	7pm	Sheridan City Council	Council Cl
April 18	7pm	VFW	VFW, 771
Tuesday			
April 19	6pm	Willamina Library Board	Willam
Wednesday-			
April 20	4-5pm	Timbervale Academy - juniors	Willamina Libra
April 20	6-8pm	Sheridan School Board	
Thursday	•		
April 21	6pm	West Valley Fire Board	WVFS, 825 I
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April 22	8-9am	Chamber Breakfast	Sheridan M
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Saturday		Storgoning and Cities Colors	
April 23	sunset	Stargazing and Citizen Science	e Lar
Sunday			
April 24	2pm	Love our Library, Civic Club, an	nd Parks
Monday			
April 25	6pm	Sheridan City Council	MEC, 121 S
April 25	6 pm	Willamina Planning Commiss	ion WVFS, 825 I
Wednesday-			
April 27	noon	Rotary and Chamber Joint Mee	ting MEC, 121 S



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Web meeting

Web meeting

Weekly

Narcotics Anonymous	
339 NW Sherman St, Sherida	an7pm
Tuesday	
Provoking Hope (Alcohol and D	rug Abuse Recovery)
Odd Fellows Bldg, Sheridan	10am-5pm
Grand Sheramina Food Bank,	
Bridge Street, Sheridan	2-4pm
Wednesday	
Willamina Chamber of Comme	rce
Coyote Joe's, Willamina	8am
Provoking Hope (Alcohol and D	rug Abuse Recovery)
Odd Fellows Bldg, Sheridan	10am-5pm
Sheridan Rotary Meeting	
Monroe Event Center, Sherio	danNoor
Willamina Food Pantry, Civic Cl	ub,
340 B Street, Willamina	
Celebrate Recovery, Sheridan	
Sheridan Nazarene Church	
Alcoholics Anonymous,	F
339 NW Sherman, Sheridan	
Thursday	······································
Provoking Hope (Alcohol and D	rug Abuse Recovery)
Odd Fellows Bldg, Sheridan	
Sheridan Nazarene Kids Story T	
Email for link: sheridannazaren	
Bingo	
VFW Hall, Willamina	5:30pm
Friday	[-
Provoking Hope (Alcohol and D	rug Abuse Recovery)
Odd Fellows Bldg, Sheridan	
Grand Ronde Food Bank Distrik	
9765 Grand Ronde Rd, Gran	d Ronde 10am-2pm
Grand Ronde Community Cloth	
9765 Grand Ronde Rd, Grand R	
American Legion Bingo	
125 N Bridge St., Sheridan	
Celebrate Recovery, Willamina	
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Saturday	
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Narcotics Anonymous	ia
Crossroads Church	Inn
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Open Mic Night Wildwood Hotel & Lounge	Ciana
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Sheridan



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### NOTICE OF COUNCIL VACANCY

On December 14, 2021, the Willamina City Council declared a vacancy on the City Council.

To be eligible for the open position, applicants must be:



1. A Registered Voter;

2. A Resident of the City of Willamina (i.e. live within the city limits); and

3. Have resided within the City during the twelve months immediately preceding appointment.

To apply, please complete a Government Office Application which can be found on the City of Willamina website or at City Hall. Applicants can submit the applications via email to meneleyb@ci.willamina.or.us or drop the application off at City Hall.

Please call Bridget Meneley, Deputy City Recorder, at 503-876-2242 with any questions. You may also email Bridget at the email address above with questions.

### Fentanyl Overdoses on the Rise in Oregon

Illicit fentanyl, found in powder forms and counterfeit prescription pills, has been linked to many fatal overdoses in Oregon, including the recent deaths of two Portland teenagers, according to the Drug Enforcement Agency.

There were 472 unintentional opioid overdoses in Oregon in 2020, and 473 in nearly half that time from January to August of 2021. With the number of illicit fentanyl overdoses and deaths rising exponentially, now is time to raise awareness about this crisis; educate parents and teens about the dangers of taking any non-prescription substances; and inform of the tools available to help prevent fentanyl poisoning and death.

"Fentanyl is everywhere. We're more than a year into this cri-



A potentially lethal dose of fentanyl is shown next to a penny. Photo from the U.S. DEA.

sis, and the tragic overdoses we're seeing here in Oregon and around the nation are heartbreaking, said Dr. Sarah Leitz, Chief of Addiction Medicine for Kaiser Permanente in Portland. "We have to increase awareness to keep our communities safe. Just 2mg of fentanyl is considered a potentially lethal dose, so teenagers who may think they are just experimenting can take one pill, overdose and die."

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Adventist Health, Sheridan, hosted the March 25 Sheridan Chamber Breakfast held at the Monroe Event Center. They provided a wonderful continental breakfast, swag bags, and fun prizes for a drawing and for the winner of the "shout it out" trivia contest filled with questions about Sheridan businesses. With at least 22 people attending the breakfast meeting, laughter filled the room as everyone battled to be first at getting their guesses out.

Guests thanked the Adventist Health staff for their excellent patient care. "If you're looking for whole-patient care, from head to toe, mental and physical health, they take the time to listen and offer personal service," said Staci Coker, whose grandmother is one of their satisfied customers.

City Manager Heidi Bell also thanked Adventist Health for their recent contribution of a much-needed AED for City Hall. (First Federal also generously contributed an AED.) John Stanislaw, Air Safety Northwest, said his company will offer a reduced price to furnish these life-saving devices. Chamber and Rotary get-togethers have lead to many positive accomplishments for the community.



Egads! Talk about "sticker shock," though it's more like "sign shock." Maybe you haven't noticed the price of gasoline these past few weeks. I remember when it was under \$1 per gallon. Then it went to \$2 per gallon and the rest is history... as they say. It's now closer to \$5 than \$4.

I've heard from friends in bigger cities, that gas is now close to \$6 per gallon.

At this rate, we may have to start planning on carpooling to go to Sheridan to the pharmacy.

Holding our breath that the price of gas doesn't go toooo much higher is "What's Up in Willamina."



**IOIN OUR TEAM** 

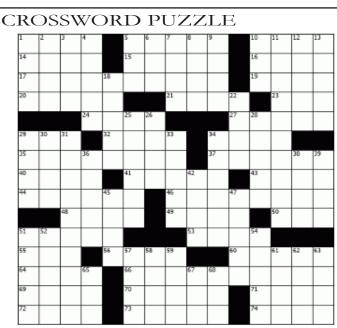
Applications available online: www.hamptonlumber.com Check for openings and apply online.



Adventist Health staff, left to right, Sarah Mansfield, x-ray technician and phlebotomist; Damon Hays, director of several clinics, including Sheridan; and Andrea Nutt DNP, FNP-C. Shown right, enjoying a good laugh, is John Stanislaw of Air Safety Northwest.



- 56. Comic \_\_\_\_ Carvey
- 60. Deposes
- 64. Attract
- 66. Strong belief
- 69. Penn or Connery
- Consumed
- 71. Aware of
- Martial \_\_\_\_
- 73. Actor Martin \_\_\_\_
- 74. Distort



#### Down

- 1. Showy flower Small wagon 3. Biblical prophet Raises children
- Friend (Fr.)
- 6. Ghost's shout
- 7. Fido's treat
- Spoken
- Tattle
- Radio spots
- Huge fruit 12. Thrill
- 13. Phonograph
- records
- 18. Piece of land

O'Brien 29. Operator 30. Hoard 31. Member of the

22. Calcutta dress

Make less tight

Roman garb

28. TV Host \_

- nobility
- 33. Cyclist \_\_\_\_
- Armstrong
- 34. Blood component
- Foreigner
- Flaring star
- 39. Don't go
- 42. Bath powder
- 45. Ownership paper

- 47. Civic gp.
- 51. Mexican sauce
- 52. More loyal
- 54. Detroit products
- 57. High cards
- 58. Ark patriarch
- 59. Opening bet
- 61 Basin
- 62. Shopping bag
- 63. Winter flakes
- 65. Navy officer (abbr.)
- 67. Victory letter
- 68. Country hotel



### CITY OF SHERIDAN NOTICE OF PARKS AND RECREATION COMMITTEE VACANCIES

#### What is the role of the Parks and Recreation Committee?

The purpose of the Parks and Recreation Committee is to make recommendations to the City Council as to the needs of the city for recreational programs, and for the improvement of the city's parks, and for such other matters that will increase the enjoyment and recreational opportunities for the people of the city.

#### **General information**

The Parks & Recreation Committee consists of six members appointed by the mayor. Parks & Recreation Committee members shall choose their terms of office by consensus or by lot as follows: two for one year; two for two years; and two for three years. The committee shall select a chairperson.

#### Background and experience that might be useful

- General knowledge and interest in the City's parks.
- Effective communication skills and a sense of humor.

#### Application and additional information:

If you have questions, please contact the city manager or city recorder prior to submitting a Parks & Recreation Committee application.

Applications are due by 4:00 p.m. on April 13, 2022. They may be returned by email to yhamilton@cityofsheridanor.com; faxed to 503-843-3661; or dropped off in person at City Hall.

### **April is Child Abuse Prevention Month**

Carole Joa, Stewards of Children program director for Juliette's House, reminded Sheridan City Councilors that April is Child Abuse Prevention Month. The Council unanimously agreed to adopt a proclamation that recognizes that every child has a right to live a safe life and that it is up to adults to recognize and help children in these horrible situations.

Citizens are encouraged to wear blue every Friday in April in support of child abuse prevention. Pinwheels will be displayed throughout April to show support for children who need our help.





## FamilyCore

Raising a family can be tough. Asking for help shouldn't be.



FamilyCore is a broad support system for families in Yamhill County, Oregon. If you are pregnant or have children under age 6, fill out the confidential form at the website below and we'll connect you with personalized, local resources.

**Request services at** yamhillfamilycore.org

Yamhill COMMUNITY CARE Early Learning



Edward Jones MAKING SENSE OF INVESTING Mplimentary Consultation





### •••••• Business Directory ••••••





April 12, 6:30 p.m. Monroe Event Center 121 SW Monroe St. Sheridan, OR 97378 Learn more about the proposed levy and have your questions answered.

April 19, 6 p.m. Buell Fire Substation 5985 Mill Creek Sheridan, OR 97378

Sheridan Fire District is holding publice meetings to discuss measure 36-211. All are invited to attend.

Meetings are in person and online. For online information go to https://www.sheridanfd.org.

### **FEDERAL TAXES DUE APRIL 18**



### EXP REALTY



Looking for a place for your dream home with beautiful views of the valley. The home site is at elevation providing sweeping views, and there is some flat level pasture land below with room for a few animals. Septic is approved, and Grand Ronde Community Water hookup is available. 10 Acres - \$245,000.



Souvenirs our hearts collect throughout the years. **Contributed by a Bulletin Board Guest Writer** y cousin came from Portlan

€Memories:

My cousin came from Portland to my home in Salem. She said, "Let's go visit your favorite teacher." We liked to go to the elder center, where she had lunch daily. We arrived, settled ourselves into a couple of chairs around the table, hung our jackets on the back of our chairs, placed our purses under the table, when a woman approached us and asked who we were guests of. Obviously, we were too young to have a meal. She points to a table in the corner for us to sit. We gathered ourselves up and moved just as my teacher arrived. She was surprised and happy to see us. She explained the seating. Everyone has their place, and we were in it. Later in life, we learned the importance of this ritual when we became Bingo players. Heaven forbid we should ever commit that Cardinal sin.

But she sat with us that day. I made a habit of visiting her and taking books for her to read, also candy. I like to read while having a piece of candy, and she enjoyed the luxury of that, too. When she told me she couldn't read anymore, I read to her for a while. Then she said she wasn't up to it anymore. I still brought her pretty scarves, etc.

One day we were visiting, and she leaned over and, in her soft voice, said, "You know all my life, they called me 'Miss Goody Two Shoes.' I hated that so much and got so tired of it that I decided to do something about it. Know what I did? I got drunk." When they arrived home, they were so shocked. But it worked; they never called her that again. We looked at each other and laughed until we cried.



Well maintained home on 2.3 acres. Beautiful park like settings. Won't last long. located minutes from the casino and 30 minutes from Lincoln City. Ramp & accessibility to 3rd bedroom. 5 bay shop & 8x12 shed insulated & has a light. Concord/green grapes, blackberries, and raspberries. Sprinkler system in flower beds & green house. Come build your dream home or put a manufactured home. Beautiful views of the valley, hills. Grand Ronde Community water is available for \$3800, \$1000 has already been paid by seller. Road is in and there are two carports. River Frontage no water rights. Buyers to do their own due diligence. Willamina \$245,000.





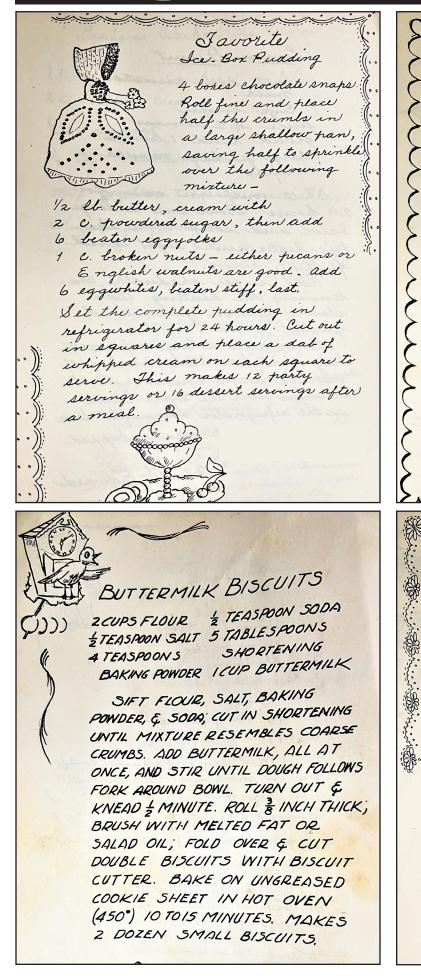
Semi-secluded with shop. Come build your dream home/ manufactured home okay with county. PGE, NW Natural and phone are to the property. Perc testing done standard septic approved. Seller to install 1500gal holding tank. Grand Ronde \$235,000.

Beautiful area to build your dream home. Perrydale water, two wells, seasonal creek, shop is around 50x36, manufactured home no value, no value on old barn, some fencing for animals. Could plant filberts, grapes or Christmas trees, etc. Apple trees, oak trees and some fir trees on property. Sheridan.





### Recipes from Days Gone By



and Noodles Scalloped Chicken 1 C. milk 4lb. chicken 5T. flour 12 gts. boiling water 2 cans creat ofmushroom 1 medium onion of soup Stalk celery 1 4-02. can 6 C. cooked noodles pimiento 2 C. chicken broth 1 C. buttered crumbs salt, pepper to taste Cook chicken in boiling water, with onion, celery until tender. Season. Remove meat from bones and cut in smaller pieces. Oil a large baking dish. Place in one-half of noodles, then the chicken. Thicken broth and milk with flour. Add soup and stir until well mixed. Season with salt and pepper. Bur one-half of sauce over chicken. Add pimento chopped. Alternate remainder of noodles and sauce mixture. Cover with crumbs. Bake in moderate oven (350°F.) until brown, uncovered. Yield : ten servings. Sugar Bun Loaf 1/2 cup hot potato water 1 teaspoon salt 3 tablespoons Shortening

18 cup sugar 1 coke yeast 14 cup Tukewarm water 1 well beaten egg 3'18 cups flour

Knead and let rise for 2 hours. Shape into small balls and roll in a mixture of 1/2 cup chopped pecans, 1/2 cup brown sugar, 1/4 cup melted butter, and a clash of cinnamon. Place in. rows in buttered angel cake pan and let stand for two hours. Bake in preheated oven for one hour at 350.





# Why vote yes?



Hire additional life-saving staff



Replace expired equipment

Help fund general operations

**VOTE YES on 36-211** HELP SAVE LIVES! Better service. Safer Sheridan.



Paid for by Friends of Sheridan Fire District.