



The Bulletin Board

August 3, 2022

Weekly Publication Serving Sheridan, Willamina and Grand Ronde

Vol. 8, No. 24

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

West Valley Mayor and Council Candidates Urged to Submit Applications ASAP

Sheridan and Willamina need residents to get involved and take responsibility for their communities.

The mayorship of both cities will be on the ballot in the upcoming election; both towns have multiple council positions open.

The time to apply is now.

Do you live in the West Valley because you enjoy the benefits of small-town living? Did you grow up here? Did you move here because of the beautiful river? Or because it's a great place to raise kids?

Opportunities for improvement exist in all towns. Will you take responsibility for problem-solving and making improvements in the West Valley? Do you work or volunteer at local schools or fire districts? Do you own or work in a small local business? Are you involved in agriculture? Are you retired? Maybe you participate in local civic, youth, or church groups? Here's your opportunity for community representation. Young adults are welcome to apply. No fees are charged.

Do you want potholes fixed? More activities for kids and families? Access to the river for small boats, kids to play, and dogs to swim? Here's your opportunity to work toward making these things happen.

Good candidates are interested listeners who can work toward solutions and compromises with a balanced perspective.

Doing the job right includes a significant dedication of time and energy. Candidates' primary motivation should be to serve all facets of the community. The city manager and current council

members can help newcomers find the information they need.

The council and mayor positions are more or less unpaid positions with considerable reading requirements, which sometimes will not be exciting or interesting to all readers.

Candidates must be registered voters, at least 18 years old, who have lived within the city limits for at least 12 months preceding the Nov. 8 election.

While it may be nice, it is not necessary to own a business, hold a Harvard degree, be able to program all software ever invented, speak seven different languages, or to have served as a Supreme Court Justice. In other words, most citizens can tackle these jobs.

The deadline to apply in Willamina is 4 p.m. on Aug. 16, less than two weeks away. Potential candidates can find applications, instructions, and other forms at city hall or on the City of Willamina website: <https://www.willaminaoregon.gov/important-notices>.

In Sheridan, the cutoff is 4 p.m. on Aug. 29. Sheridan's easy-to-complete two-page application can be found at city hall or on the City of Sheridan's website: <https://www.cityofsheridanor.com/candidates>.

Both cities urge those seeking these offices to submit completed applications as soon as possible.

The city government significantly impacts Willamina and Sheridan citizens and businesses. A well-run, financially strong, clean local government is key to continuing our positive momentum.

Sheridan Approved for \$558,047 Grant For Improvements to South Side Park

City Manager Heidi Bell announced that the City of Sheridan received early notification of approval for a \$558,047 South Side Park grant. The City's required match of \$378,421 will be met through labor and by providing asphalt shavings the City has had in its inventory for quite some time. The total value of improvements to this park will be \$936,498.

Heidi said the City and volunteers are really going to have to step up to the plate and work together on this project.

The grant will fund two new pavilions with ADA access. "I want everybody to be able to go to their family barbecues," said Heidi.

The 30,000 sq. ft. parking area will be paved, bollards with chains added, permanent ADA restrooms constructed, and a large dog park is in the plans. The park will include a 20-basket disc golf course that will complement Grand Ronde's professional course.

The park will have new benches, and a total of three picnic pavilions. All three will have heavy-duty picnic tables and grills.

Plans include adding asphalt to the quarter-mile walking trail, and adding aerators to the pond. The Forestry Department will help pick the types of trees and the right locations to plant them. A tree planting event will be held. The new trees will offer proper shading for the pond which should result in bigger,

better fish.

Electricity, lighting, and drinking water will be added.

The project will open 34 acres of land for park use.

Heidi became Sheridan city manager last November. Since then she has landed a \$1 million grant for Sheridan Road improvements for the water department; \$185,000 grant for Sheridan's water master plan; and a grant from the Safe Routes to School Program (SRTS) to study Sheridan's needs. SRTS works to improve safety and mobility for children by enabling and encouraging them to walk and bicycle to school. Funding from this program is for projects within two-miles of primary, middle and high schools (K-12).

Revitalization Movement Meeting Slated August 4

The next meeting of the Sheridan Revitalization Movement is scheduled for 6 p.m. on Thursday, Aug. 4, at the Monroe Event Center. Revitalization meetings are open to all interested in making improvements to the town of Sheridan.

FREE 30 Day Water Challenge



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Employment



HAMPTON LUMBER
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Applications available online:
www.hamptonlumber.com

Check for openings and apply online.

The new **Riverside Cafe**, 128 S. Bridge St. in Sheridan, is now hiring for all positions. Applications are available at Hofenbredl Realty's office in Willamina. Call Barb Hofenbredl, 503-910-9261, to make other arrangements to pick up an application. (c)

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For Rent

One bedroom apartment in Sheridan, downtown, upstairs, nicely refurbished with parking for one car, \$675, includes water, sewer, garbage, and heat. Excellent credit, references, and non-smoking. Please text 971-237-7745.

Found Item



Stop by The Bulletin Board office at 136 E. Main, to identify.

Firewood

Seasoned oak, split, delivered to Willamina or Sheridan, \$350 per cord. 503-437-3442. (0803)

Free Cassettes

FREE box of cassette tapes, from bluegrass to Bach. 503-687-3000.

Found Item



Stop by The Bulletin Board office at 136 E. Main, to identify.

We're grateful to the visionary who saw beans that had only been fried one time and thought, "This isn't enough."

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, 503-843-7617. (c)

Memories:

Souvenirs our hearts collect throughout the years.

Contributed by a Bulletin Board Guest Writer

When I turned 14, my grandmother told me I was old enough to go live with my parents. It took some time for the shock to wear off, and I think she should have said my parents were old enough to raise us kids. My parents had a two-bedroom house down the road, apart from my grandparents. There were six of us children. The babies were brought from the hospital to my grandparent's home and placed on their beds. That is where we all grew up. The youngest, my littlest sister, was placed there the same. However, my mother had decided to nurse her, so she could not be left.

For years they had left us babies, so naturally, they started out the door without my sister. She started crying, and my grandmother raced to the door, saying, "Aren't you forgetting something?"

Warm Fuzzies

A note to my wonderful friend Joyce Mill: I sure have missed seeing your smiling face here at The Bulletin Board since you moved. I always treasured your visits and appreciated you sharing all the "Askov" news with us. I just know that with your positive outlook on life, you are doing well in your new home.

--Marianne

Opioid Treatment Van Available in Sheridan

The Great Circle Recovery mobile unit is parked in front of the American Legion from 11 a.m. until noon Monday through Friday. The Legion is located on North Bridge Street in Sheridan. The mobile unit provides help for those addicted to opioids, such as a heroin or fentanyl who have active Oregon Health Plan (OHP) or tribal insurance. Great Circle Recovery staff is available to assist the uninsured with the OHP application process.

Great Circle staff work with individuals to determine the best course of treatment which could include Methadone, Suboxone, or Buprenorphine (which is said to be safer for pregnant women).

While the mobile unit cannot offer every treatment option, the team is ready to guide those in need in the right direction.

"Individuals can walk in without fear of judgment and begin the process of recovery," said Aaron, a licensed nurse who works in the mobile van.

For more information, stop by the van or call 503-983-9900. Peer support and case managers are available to help.

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Reduce symptoms of osteoarthritis

Obituary



Ruby Marie Christensen March 12, 1948 - July 20, 2022

Tribal elder Ruby Marie Christensen (Rife) walked on July 20, 2022, at age 74, in McMinnville, with family by her side.

Ruby was born on March 12, 1948, in Prineville, Ore. She was preceded in death by her parents, William and Beatrice Rife, sisters Marsha Bolton and Deborah Mahoney, and brother Robert Rife.

She is survived by her husband David Christensen, daughter Sheila Thompson, son Willard Thompson III, brothers Steven Rife, Michael Rife, and Ronald Rife, and sister Pearl Rife, eight grandchildren, and eight great-grandchildren.

"Ruby was a caring mother, grandmother, great grandmother, wife, sister, aunt, and friend, and we will never forget her unique, beautiful soul and fiery spirit.

"She was a strong woman with a kind heart, and many turned to her for love and support when they were in need. She was loved deeply by her family and friends and will be greatly missed," her family writes.

She spent a large portion of her life living in Waldport, Ore., with her two children, where she enjoyed gardening and her pets, including various farm animals. Later in life, she moved to Grand Ronde, to be closer to her family and tribe. She loved camping and spending time with her family.

"Until we see you again, Ruby, Dear, Grunt, Brat, Bertha. We will cherish the memories you gave us and never forget how you loved us," her family wrote.

Toastmasters to Meet

Toastmasters meet at 6 p.m. on the first and third Tuesdays of every month at Coyote Joe's in Willamina.

Grand Ronde Art Guild Extends Invitation to Join

Moms and grandmas: Do you have extra time on your hands? Are the kids off at school? Want to explore your artistic side? The Grand Ronde Art Guild is looking for new members. The current members would be glad to help new members learn new ways to paint. Call Alice at 503-879-5927 for more information. The guild meets from 10 a.m.-1 p.m. on Wednesdays at the Grand Ronde Methodist Church.

Wildwood Hotel Hosts Open Mic Nights Weekly

Wildwood Hotel and Lounge hosts open mic nights beginning at 6 p.m. every Sunday in the lounge, 150 NE Main Street, Willamina. Participation is open to those age 21 and older.

Sheridan City Council Meeting Set August 15

The next Sheridan City Council meeting will begin at 7 p.m. on Monday, Aug. 15, at Sheridan City Hall, located at 120 SW Mill Street.

MOBILE OPIOID TREATMENTS
503-983-9900

SCHEDULE Monday—Friday

Grand Ronde Health and Wellness

9605 Grand Ronde Rd, Grand Ronde

9:00 AM to 10:30 AM

Sheridan American Legion Post 75

125 N Bridge St, Sheridan, OR 97378

11:00 AM to 12:00 PM

Project Able

640 NE 3rd St., McMinnville, OR 97128

12:30 PM to 1:30 PM

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to new communities fall of 2022!

Early Intervention/Early Childhood Special Education (WESD)

A Family Place Relief Nursery

Head Start of Yamhill County

Head Start of Grand Ronde

Oregon Child Development Coalition (OCDC)

Preschool Promise

McMinnville School District

Newberg School District

Dayton School District

Sheridan School District

Increased SNAP Benefits to Continue

Most Oregonians who receive SNAP benefits will continue to receive temporarily increased emergency food benefits in August.

Approximately 430,000 SNAP households will receive approximately \$69 million in extra food benefits in addition to their regular SNAP benefits.

These emergency benefits are a temporary support that Oregon can provide because of the federal COVID-19 public health emergency.

To find resources to meet your basic needs call 2-1-1 or text your

zip code to 898-211, 211info.org, Oregon Department of Human Services COVID-19 help center.

The federal government has approved emergency allotments every month since March 2020. This gives SNAP recipients additional support during the COVID-19 pandemic.

Because the federal government approved these emergency benefits for August, Oregon will also be able to issue them in September. However, the emergency benefits are expected to end when the federal public health emergency ends.

Record High: U.S. Now Has Two Job Openings for Every Unemployed Person

Data released recently from the Bureau of Labor Statistics states that U.S. employers posted a record high of 11.5 million job openings in March. The struggle to find labor continues, and open positions continue to pile up: 11.5 million job openings were posted in March. The new data from the Bureau shows how expansive the labor shortage is, further contributing to inflation as the job market tightens.

With a tight labor market and seemingly endless openings, Americans have been quitting their jobs in droves. As many as 45 million people gave notice in March alone.

The gap between employers and the unemployed has been steadily expanding since 2020, with an average of 540,000 jobs added every month over the past year.

According to data from FactSet, the Labor Department was expected to report 400,000 jobs were posted in April, which would mark the twelfth month in a row where hiring has come in at 400,000 or more.

Many companies found themselves unprepared for the rebound of spending following the unprecedented Covid-19 affects on the economy, and have been scrambling to hire workers and meet consumer demand — resulting in significant supply-chain delays and rising wages to attract workers, which contribute to inflation.

Inflation jumped to a staggering 8.5% in March, the highest surge in 40 years, and the lopsided job market isn't helping the record-high consumer price index.

Adventist Health Offers Free Physicals Aug. 3-4

Adventist Health Sheridan will offer adolescent well-checks and sports physicals for ages 12 through 21 from 2-5 p.m. on Wednesday and Thursday, Aug. 3 and 4, at 222 SE Jefferson Street in Sheridan.

Clinic staff will provide physicals and immunizations, including lab tests, with no out-of-pocket cost. Walk-ins will be accepted, but appointments are preferred.

The clinic will also offer a backpack and swag give-away, and snacks.

To schedule an appointment or for more information, call 503-843-1535.

Marion Street Bridge Closed for Construction

The westbound Marion Street Bridge (OR 22) will be closed for construction from 8 p.m. until 7 a.m., Sunday through Friday, for the next several months.

Resurfacing the bridge began July 27 and is expected to continue into the fall.

Those traveling toward Salem on Highway 22 should expect delays and detours for on-ramps and off-ramps. During construction, the Marion Street on-ramp and the Wallace Road off-ramp will be closed to all traffic.

For the most up-to-date information, travelers can visit Trip-Check.com.

To learn more about the construction project, visit <https://www.oregon.gov/odot/projects/pages/default.aspx>.

Scouts Meet Mondays

Scouts meet at 7 p.m. every Monday at All-Prep Academy, 339 NW Sherman Street, in Sheridan. For more information about joining Scouts, call Dan Caldwell, 971-237-6469.

A Message from the Sheridan Superintendent

Sheridan Families,

It is hard to believe that August is here. I am really looking forward to the start of the 2022-23 school year!

Our community and the District have endured many challenges since the spring of 2020, navigating through many state-level requirements and learning how to adapt to the constant state of change.

Very soon, staff will return, and the preparation for the first day of school begins. I have always felt that preparing for the start of school is like jumping on a moving train. Everything must come together very quickly with schedules, school operations, transportation, nutrition services, and classroom instruction. We will have a new English Language Arts curriculum this school year and continue working on several initiatives.

The initiatives include the November Bond, expanding CTE programs, and conducting a needs assessment for a school-based health center. Each of these needs community support and involvement. The City of Sheridan, the Sheridan Education Foundation, AGILE, and Sheridan Rotary are just a few of the organizations that support our youth and vital education programs.

In the coming weeks, the District will review student assessment data from the 2021-22 school year in math and reading, along with attendance reports, and use this information to create our goals. In addition, state grants and other available resources are allocated to address the learning loss stemming from the pandemic, knowing that students need more instructional time. As the 2022-23 school year progresses, we will collect and review data, determine what adjustments need to be made, and monitor our progress. I am looking forward to diving into the continuous improvement cycle, bringing together staff, parents, and community organizations as we work to improve student learning.

The start of a new school year is exciting, and I believe this one will be even more so.

Thanks for your ongoing support of the Sheridan School District!

Dorie Vikery Ed. D,
Superintendent
Sheridan School District

School District Office: 971-261-6959
Sheridan High School: 971-261-6970
Faulconer Chapman School: 971-261-6960

Weekly Specials



4-8:00pm Fri. & Sat.

Prime Rib

\$18⁹⁵
Reg. Cut

\$21⁹⁵
Large Cut



4-8:00pm Fri. & Sat.

BBQ Chicken Thighs & Baby Back Ribs Platter

\$17⁹⁵

142 NW Main
Willamina

COYOTE JOE'S

503-876-3003



Sheridan High School's Class of 1962 held its reunion in mid-July at the home of Charlotte (Remington) Moroney. The photo above shows all who attended the get-together, including those who didn't graduate with this class. Back row, left to right: Patty (Ridgeway) Halseth, Sally (Wepster) Williams, Larry Pratt, Gary Remington, Dick Jordan, Al Lochner, and Norm Linton; middle: Rose (Schufa) Herber, Solveig (Magnuson) Holmquist, Charlotte (Remington) Moroney, Charlene (Remington) Holstad, Herald Levy, Tom Bott, Sharon (Kunzler) Klein, John Hebert, Sharon (Remington) Wright, Jim Pelzer, Marilyn (Bride) Levy, and Max Holstad; front: Dan Reynolds, Marilyn (Blanchard) Coblentz, Roy Billington, Gary Williams, Nancy (Kaufman) Lochner, Shirley Reynolds, and Richard Huntley.



The Sheridan Education Foundation Presents:

SUMMER MUSIC AND WINE

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Fat loss · gut health · corrective movement training

- Small group training (sport specific or outcome focused)
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- Lifestyle coaching
- Personal development -Mindset training





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Garage Sale Ads in The Bulletin Board are FREE!

Why go to all the work to prepare for a garage sale and then keep it a secret from Bulletin Board readers?
 The deadline is Friday for the following Wednesday's issue ♦ Email bulletinwestvalley@gmail.com

SHERIDAN FIRE DISTRICT



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*Proudly serving our
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Hello!

Our favorite local paper reminded me that it has been a long time since we said hello...

Your fire district has been extremely busy recently.

First, we at the Sheridan Fire District wanted to share with our community members a sincere thank you for passing the fire district levy. Without your support and trust, it would never have passed as well as it did. We are truly humbled.

With the levy's passing, as promised, as of July 1, 2022, we have staffed a second ambulance with a paramedic and EMT 24 hours a day, seven days a week.

We will continue to work hard every day to earn, and continue earning, respect and support from our community. You deserve the best emergency services personnel in the area, and we plan to continue to provide that to our customers.

Great news! We have moved back into the 230 SW Mill Street fire station in Sheridan. Thank you to everyone who has stopped by and wished us well, and a big thank you to the Sheridan School District for allowing us to lease space from them since November of 2021 to store the district's vehicles and staff during the remodel.

Finally, thanks to our volunteers and staff for your patience and dedication while we rebuild to serve our communities better. Your fire district personnel have continued to provide uninterrupted services with professionalism and commitment by serving others before themselves.

We will bring back some traditions from Sheridan Fire District's past. Our grand re-opening will coincide with our September 2022 pancake feed. In addition, we will have a traditional fire station opening ceremony with a flag dedication, and an honor and remembrance ceremony for our past members. We will announce the time and date shortly.

I recently traveled to Texas for my son's wedding, and it was a breezy 106 degrees. I told my Texas family and friends that my Oregon home is a paradise. I bragged about the beautiful cool days, occasional rain, and mild sunshine. I will now accept responsibility for the current heat wave in our area. My Texan grand-paw would have said to me, "That's what you get for braggin'!"

All joking aside, please check on your neighbors and family during extreme heat. Unfortunately, some of our older and less fortunate neighbors may be unable to stay cool or hydrated.

The Sheridan Library is now open as a cooling station from 10 a.m.-5 p.m. every day except Friday at 142 NW Yamhill Street.

Finally, on behalf of your fire district, we sincerely thank our friends, neighbors, and soon-to-be friends and neighbors for allowing us to serve you.

Also, a huge thank you to Center Market in Sheridan for donating spare change from customers for our volunteers. The monies raised from these gracious donations will help buy wildland gear needed for our crew.

Please know that even though we have moved back into the Sheridan Fire Station, we still have tons of work to improve your organization.

We are excited about our potential to better serve each of you.

**Respectfully,
Fire Chief Les Thomas
Sheridan Fire District**

Ads for Cattle Feed Below Market Prices? Stop. Check It Out. That Could be a Scam.

Widespread drought, rising prices, and feed shortages in the Great Plains and West have created a fertile field for cattle feed scammers to take advantage of ranchers working to protect their livestock and their bottom line.

In Montana, authorities are warning ranchers to treat with suspicion ads offering cattle feed at below-market prices. Ranchers report that shady dealers promising grain hay, barley straw, and wheat straw at low prices are collecting hefty advance pay-

ments, but never deliver. People have reported losses as high as \$120,000, the state Office of Consumer Protection says.

Investigators warn that bogus ads from feed scammers may show up in agricultural publications, on radio, and on social media. Dishonest sellers also may create professional-looking websites and videos to convince you that they're legitimate.

To help protect yourself from losses:

- Check out a seller before you buy. Search online for the company's name plus words like "review," "scam," or "complaint."
- Consider how you're asked to pay. Don't deal with a seller who requires payment by wire transfer, cryptocurrency, or gift card. That's sure to be a scam.
- Go slow. Avoid high-pressure sales pitches that require you to "lock in" prices by paying for all or part of your order before getting delivery, particularly if you don't know the seller.
- Talk with someone you trust. Before you pay, tell someone such as a friend, family member, or neighbor, about the deal. Talking about it could help you realize it's a scam.
- Contact your state's U.S. Department of Agriculture Farm Service Agency office. Learn about USDA programs to help ranchers and farmers affected by drought and other natural disasters.

Free Live Music at Grange Features Joe and Janet

Local favorites Joe Justin and Janet Kay play toe-tapping dance music from 5-8 p.m. every Thursday at the Buell Grange, 5970 Mill Creek Road in Sheridan.

All ages are welcome and no admission is charged. (Donations are accepted for expenses and insurance, etc.)

Free Sunday Sandwiches Available in McMinnville

McMinnville Public Library, 225 NW Adams Street, offers free sandwiches, fruit, cookies and coffee or water for the unsheltered or those in need from 1-3 p.m. on Sundays. This program is operated by a private citizens group.

Poetry Reading Planned August 4 at Senior Center

The McMinnville Senior Center will host a poetry reading by a Michael Berton, a featured published poet, at 6 p.m. on Thursday, Aug. 4, at the McMinnville Senior Center, 2250 NE McDaniel Lane. An open mic by the audience will follow.

The poetry events are held monthly beginning at 6 p.m. on the first Thursday of every month. The readings will be broadcast on Zoom. Call 503-435-0407 for the Zoom link and other information.



Sheridan Rotary's FREE Movie!

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The Truth Behind Weight Loss Ads

It would be nice if you could lose weight simply by taking a pill, wearing a patch, or rubbing in a cream, but claims that you can lose weight without changing your habits just aren't true, advises the Federal Trade Commission's (FTC) Consumer Advice Division. They said some of these products could even hurt your health. FTC advises learning to recognize false claims in weight loss ads and false online stories about weight loss products. Dishonest advertisers will say just about anything to get you to buy their weight loss products.

Here are some of the false promises you'll often see in weight loss ads:

- Lose weight without dieting or exercising. (You won't.)
- You don't have to watch what you eat to lose weight. (You do.)
- If you use this product, you'll lose weight permanently. (Nope)
- To lose weight, all you have to do is take this pill. (Not true.)
- You can lose 30 pounds in 30 days. (Nope.)
- This product works for everyone. (It doesn't.)
- Lose weight with this patch or cream. (You can't.)

Here's the truth:

- Any promise of miraculous weight loss is simply untrue.
- There's no magic way to lose weight without a sensible diet and regular exercise.
- No product will let you eat all the food you want and still lose weight.
- Permanent weight loss requires permanent lifestyle changes, so don't trust any product that promises once-and-for-all results.
- FDA-approved fat-absorption blockers or appetite suppressants won't result in weight loss on their own. Those products need to be taken with a low-cal-

orie, low-fat diet, and regular exercise.

- Products promising lightning-fast weight loss are always a scam. Worse, they can ruin your health.

- Even if a product could help some people lose weight in some situations, there's no one-size-fits-all product guaranteed to work for everyone. Everyone's habits and health concerns are unique.

- Nothing you can wear or apply to your skin will cause you to lose weight. Period.

Recognize Fake Stories Online

Scammers place false stories online through fake news websites, blogs, banner ads, and social media to sell their weight loss products. For example, they create so-called "news" reports about how an ingredient - like garcinia cambogia or gongji - found in a diet pill is supposedly effective for weight loss. But there's no new discovery. The stories are false.

Know that

Scammers often use the stolen logos of real news organizations, or they use names and web addresses that look like those of well-known news websites. They may even add public photos of reporters to make you think the report is real.

Scammers write glowing online reviews themselves or pay others to do it, or they just cut and paste positive comments from other fake sites.

Scammers use images showing dramatic weight loss, but these images are just stock or altered photographs, not photos of people who actually used the product they want you to buy.

Coiled Basket Class Planned at Senior Center

A coiled basket class for ages 16 and older is scheduled 10 a.m.-3 p.m. on Wednesday, August 10, at the McMinnville Senior Center, 2250 NE McDaniel Lane. The \$50 cost includes all materials. Advance registration is required.

Terry Filer will lead the class in making a coiled flat basket using a filler cord and colored yarns. The class is expected to take all day, so those attending are welcome to bring a snack or sack lunch. All materials are included. Class registration in advance is required.

For information and registration, call the Senior Center, 503-435-0407, or email scoffice@mcminvilleoregon.gov

Garage Sale Ads
in The Bulletin Board
are FREE!

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125 N. Bridge Street Sheridan

Recycle or Not?

Sharps-Needles-Lancets



Answer: DO NOT RECYCLE

**DO NOT SNIP THE METAL NEEDLE
OFF TO RECYCLE.**

**THIS IS MEDICAL WASTE
AND MUST BE DISPOSED OF
IN AN APPROVED SHARPS CONTAINER.**

Places to dispose of needles/sharps:

- Recology McMinnville Office
- Waste Management Newberg Transfer Station
- Metro South Hazardous Waste Facility, Oregon City
- Research mail-back programs online such as: Sharps Assure, Stericycle, Sharps Inc., etc.



Yamhill County Solid Waste will be doing a monthly Recycle or Not article. Submit suggestions or ask questions at watkinsa@co.yamhill.or.us or call 503-434-7516

**Rethink, Refuse, Reduce, Reuse, then
Recycle!**

The Sheridan Museum of History
 Open Every Saturday
 10 a.m.-3 p.m.
 142 S. Bridge Street • Sheridan
*Stop by for an abundance
 of Sheridan history
 served with small town hospitality.*



*Arrr-gust is
 International
 Pirate
 Month!*

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 O L A N D L U B B E R M A R O O N E D S
 S K U L L A P M P O K C A J I H Z B N H
 N N O I R A I M C T O P I R A T E H A T
 J Z A S R R E G O R Y L L O J V H X W Y
 O S A R U I X W Z E K L U U I H E J B N
 R N O D I U C M G A S A S U U H Y R Y N
 D T A G N H J U P S W C N I G Y M E T A
 A P P F U Q P M X U A R I M N U C D T U
 O O U S N A O S P R S O O U I V A N R T
 F R P S F K W F J E H W C T R D P U A I
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 H E D D P I A Y X K C E O Y E G Z S C L
 O V Y G S E H M C A K S G U Q M E R A J
 T E M T U O K O O L L T R S M B S G L E
 Q I P I L L A G E C E G M Y O H A S B W
 D H C B E P B P C J R D L L Y T O O B E
 G T C B Q P P P I R A T E D V V L U T L
 Y R X J B W J C N A G T Z Y P F T H G S

- | | | |
|------------|-------------|--------------|
| AHOY | JEWELS | PIRATE |
| BLACK BART | JOLLY ROGER | PIRATE HAT |
| BOOTY | LANDLUBBER | PLUNDER |
| BUCCANEER | LOOKOUT | SCURVY |
| CAPSIZE | MAROONED | SKULL |
| CROWS NEST | MAST | SWASHBUCKLER |
| EARRING | MUTINY | SWORD |
| GOLD COINS | NAUTICAL | THIEVES |
| HIJACK | PARROT | TREASURE |
| HOIST | PILLAGE | UNFURL |

WHAT'S UP IN WILLAMINA

by mary jane

It seems that everyone is looking for volunteers. It doesn't matter if it's the church you belong to or the school you or your child attends. The Chamber of Commerce needs them, too, as do several other organizations. I came across this in an old file of mine, and I think it suits this situation really well:

"I am only one, but still, I am one I cannot do everything, but still, I can do something And because I cannot do everything, I will not refuse to do the something that I can do.

- Author Unknown

Many organizations, including the library and other groups could use a hand. How about it? It's a fun time, won't take hours and hours of your time, and the community will have a great time getting to know one another.

Looking for ways to volunteer is "What's Up in Willamina."

Kindergarten Transition Camp Set August 22-25

The Faulconer-Chapman School kindergarten transition camp will be held from 9 a.m.-2 p.m. on Monday, Aug. 22, through Thursday, August 25. Registered kindergartners are invited to attend for four days of fun, learning about school routines and expectations. Lunches will be provided.

Registration forms are available on the school district website <https://www.sheridan.k12.or.us/>. Completed forms may be dropped off at the district office, emailed to Miss Young at chandler.young@sheridan.k12or.us, or dropped off on the first day of camp.

Students who need transportation will need to provide their addresses for pick up and drop off no later than Aug. 6. Transportation will be provided if needed.

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 865 NE OR-99W Ste F
 McMinnville, OR 97128 • (503) 472-4596

Meditation, Ukulele, Zumba Classes WEST VALLEY COMMUNITY CAMPUS

Six Horseshoe pits open from dawn to dusk, by the baseball field. Open pits for practicing or friendly competition.

MINDFUL MEDITATION CLASSES:
 WVCC, Room 11
Instructor: Marci Vertner, 503-508-4799
Time: First and third Sunday of each month 5-7 p.m.
FREE DROP-IN CLASSES

WET SEASON MUSIC LINE UP
 Oct. 15: New Iberia
 Nov. 19: Johnny Wheels
 Dec. 17: 99W Jazz Band
 Jan. 21: Robert Sarizin Blake
 Feb. 18: Joe & Janet
 Mar. 18: TC & The 3 Kings

BASIC UKULELE PRACTICE
 WVCC Band Room
Instructor: Recca Maze
Time: Tuesday 10-11 AM
 Open to all 12 and older.
 For more information call 503-929-4073.

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

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Rock of Ages Fun Festival

August 13, 2022



3 Heath Brothers



The GillyGirls Band



The Cragun's



Bethel Mountain Band



Gospel Echoes NW



Concerts and activities are FREE!

9:00am –McMinnville Aircraft Modelers

Car Show

Kids Village

10:00 - Puppet Show

11:00 - Candy Bomber

11:30 - Second Winds Band

2:00 - Gospel Echoes NW

3:00 - Puppet Show

4:00 - Bethel Mountain Band

5:00 - The GillyGirls Band

6:00 - 3 Heath Brothers

7:00 - The Cragun's

Food available (at a minimal charge)

Valley View Retirement Village

15600 SW Rock of Ages Road

McMinnville, OR 97128

503-472-6212

www.rockofagesvalleyview.com

Visit us on Facebook!

**Your donation of canned food
for local food banks is
appreciated.**

Directions: Old Sheridan Road to Peavine Road, turn left on Youngberg Hill Road, continue to Rock of Ages entrance and concert site. Follow the signs!

..... Business Directory



PHIL'S FELLING LLC
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 Timber Cutting,
 Tree and View Enhancement
PHIL LYBARGER
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 Willamina

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YAMHILL COUNTY CULTURAL COALITION

The Yamhill County Cultural Coalition is composing a comprehensive list of all cultural resources and assets in Yamhill County.

musical-culinary-dance-painters-historians
 writers-animators-theater-jewelers-sculptors
 photographers-pottery-poets-woodworking

All artists are asked to contact YCCC:
 Website: yamhillcountyculture.org
 PO Box 493, McMinnville OR 97128




DAVISON AUTO PARTS

Monday-Friday 8am-5:30pm
 Saturday 8am-4pm

317 S. Bridge St. • Sheridan
503-843-2211

Weekly Meetings:
 Noon • Wednesdays • Monroe Center



Sheridan Rotary Club
 P.O. Box 322 • Sheridan

WILLAMINA COASTAL HILLS

CHAMBER OF COMMERCE

EID meets at 8 a.m. on the first Wednesday of Every Month
 Chamber meets at 8 a.m. all other Wednesdays

503-876-4222 • PO Box 411 • Willamina



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Please Join Us...

Sheridan Church of the Nazarene

917 S. Bridge Street
 503-843-3262

Website: sheridannaz.org

Meeting Times:
 Sunday Morning Worship-10 am




CHAMBER OF COMMERCE SHERIDAN

Members and Potential Members Meet:
 4th Wednesdays, Noon-1pm - Bring your lunch
 Monroe Event Center

Email for further information:
SheridanChamberofCommerce@gmail.com
 Website: www.sheridanchamberofcommerce.com

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Space available

Sheridan Peak Ventures
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Hebert Plaza is again a wonderful place to enjoy lunch with friends or take your kids for an afternoon of sun, fun, and a picnic in the park. It can also be a great place to join friends for games like checkers, chess, or cards. Thanks to the City of Sheridan, Rotarian Zeek Linn was able to round up four picnic tables and, with the help of his son, haul them to the plaza and set them up for public use. This public park will continue to undergo several changes and improvements as time and funding allow. The Rotary Club's Hebert Plaza Subcommittee has been working with the City of Sheridan and the City of Sheridan Parks and Rec Committee on the three riverfront parks, the Hebert Plaza, Morgan Street Park, and Chester Moore Park (next to the IGA).

Read Beyond the Beaten Path Sheridan Public Library

Summer Programs • Schedule of Events •

~Crafts ~

Mondays 1-2 p.m.

August 8: Three Little Pigs theme
August 15: Survival theme

~Programs ~

Saturdays 2-3 p.m.

August 6: Terrific Trees theme
August 13: Three Little Pigs theme
August 20: Survival theme

~Performers~

August 11, 7 p.m. Sheridan City Park
Coventry & Kaluza, (clowns, juggling, and more!)



**Hours: Monday-Thursday 10am-6pm;
Closed Friday; Sat-Sun 10am-1pm & 2-6pm**

Sheridan Rotary's FREE Movie!
Shang-Chi
FREE WALK-IN MOVIE
Sheridan High School
Saturday, August 20
MOVIE WILL BEGIN AT DUSK
Concession Stand
Popcorn • Goodies • Drinks

Legion Outreach Ready to Help Veterans

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


Angel
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Shang-Chi
FREE WALK-IN MOVIE
Sheridan High School
Saturday, August 20
MOVIE WILL BEGIN AT DUSK
Concession Stand
Popcorn • Goodies • Drinks

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Deputy Brady Walters Presents Stroke Information

Deputy Brady Walters is a Yamhill County Sheriff's Office (YCSO) paramedic, deputy, and Polk County Fire District volunteer firefighter and paramedic. He made a presentation about strokes at the Rotary Club's July 27 meeting at the Monroe Event Center.

He said that stroke is the fifth leading cause of death in the U.S. for men, and the fourth for women.

Brady explained that a stroke, medically known as a cerebrovascular accident (CVA), can cause the death of brain tissue. Plaque buildup can block arteries, resulting in a stroke. A ruptured artery results when a blood vessel is broken and leaks blood to the brain. They both deprive oxygen to the brain. The third type of stroke is called



a transient ischemic attack, a mini-stroke, or a temporary stroke where symptoms last for an hour or two and then go away. Brady said that some people don't do anything about it but should be aware that this is a huge red flag that a real stroke may be imminent.

He explained that the leading causes of stroke are obesity, chronic alcoholism, heart disease, brain aneurysms, genetic predisposition, diabetes, smoking, stress, high cholesterol, and aging. He noted that the best way to prevent stroke is to give up smoking and alcohol, maintain a healthy diet, reduce salt intake, maintain a healthy weight, and exercise.

Strokes are a medical emergency, and 911 should be called immediately. Every minute counts. Every second, brain cells die during a stroke.

Swiftly identifying a stroke can save a life. Symptoms include a sudden loss of balance; sudden loss of vision in one or both eyes; a face that looks uneven;

one arm that drifts down when attempting to hold up both arms; a severe headache that comes on suddenly; and speech that sounds strange.

What's the difference between heat exhaustion and Heat Stroke? Signs of heat exhaustion include dizziness, thirst, heavy sweating, nausea, and weakness.

Heat exhaustion can lead to heat stroke. To assist a victim of heat exhaustion, move the individual to a cooler area, loosen their clothing and provide sips of water. Seek medical help if symptoms don't improve.

Heat Stroke symptoms include confusion, dizziness, possibly unconsciousness. Call 911. Then move the person to a cooler area, loosen clothing and remove extra layers, and cool with water or ice. Heat stroke can cause death or permanent disability if emergency treatment is not given.

The CDC advises, "Stay cool, stay hydrated, stay informed."

Bingo and Silent Auction Fundraiser Set Aug. 13

The Sheridan Tree of Giving organization will host bingo, a silent auction, and raffle fundraiser on Aug. 13 at the Oddfellows Lodge, 143 SW Monroe in Sheridan. The doors will open at 5:30 p.m.; bingo will begin at 6:30 p.m.

A silent auction and raffle will be offered throughout the evening. A bingo pack may be purchased for \$10. Extra games will cost \$1 each.

Funds raised will help provide Christmas gifts for up to 200 children from 50 to 80 Sheridan families.

Sheridan Tree of Giving is a 501 c3 organization. For further information email sheridantreeofgiving@gmail.com.

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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, oak and some fir trees on property. Sheridan.

FOR SALE



3.15 acre. Three bed, one bath fixer upper. Great investment opportunity. Shop #1 30'x60'. Shop#2 19'x50'. Dallas.

FOR SALE



Three bed, 2.5 bath home with big fenced backyard. Covered back patio, Gas f/p in living room, Oak cabinets in kitchen, skylights in full bathrooms, walk-in closet in master, two car garage. Nice neighborhood on a dead end street. Willamina.

FOR SALE



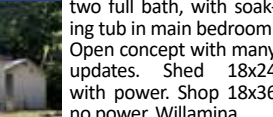
Beautiful three bedroom, two full bath, with soaking tub in main bedroom. Open concept with many updates. Shed 18x24 with power. Shop 18x36 no power. Willamina.

FOR SALE



Updated, secluded, 2-story lodge/chalet/cabin style house on huge corner lot. Perched above the heart of downtown Willamina. All-New Bathroom and hot water heater.

FOR SALE



Beautiful three bedroom, two full bath, with soaking tub in main bedroom. Open concept with many updates. Shed 18x24 with power. Shop 18x36 no power. Willamina.

SALE PENDING



1950s Ranch style 3 bedroom 2 bath home with arched hallways on a large fenced corner lot. Double car garage with additional storage space/work shop area. Spacious living room with gas fireplace. Formal dining room, kitchen has granite counter tops, large laundry room. Back patio and plenty of space to make this hidden gem your own. McMinnville, \$475,000.

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Sheridan Fire Hosts Chamber Breakfast at New and Improved Fire Hall

The Sheridan Fire District welcomed Chamber members to its recently renovated fire hall for the July 29 Chamber breakfast.

Coffee, tea, hot pancakes, and parfaits were a hit with everyone at the meeting.

While enjoying breakfast, the traditional "shout out the answer" trivia game got underway. The trivia questions focused on local businesses and events.

Next, a round-robin allowed everyone around the table to talk about their businesses and announce upcoming events or other matters of interest to the group.

Lucy Hebert talked about Sheridan's SDC (Service and Development) rates. She said the cost to developers in Sheridan is \$9,986. She noted that surrounding towns of comparable size, including Willamina, have a rate of \$25,000. Lucy clarified that increasing the SDC rates does not effect taxpayers. More information will be available at a later date. Lucy said the city intends to include the SDC rate increase issue on the May 2023 ballot.

Amanda Widemark, WVCC's new executive director, introduced herself to the group. Amanda has been in the area for about two weeks. She moved to Willamina from Phoenix. She said she is looking forward to bringing additional resources into the West Valley.

Marilyn Levy announced that the Sheridan Museum of History would bring back its speaker program and is planning to host its annual wine tasting again this fall. Fire Chief Les Thomas, the meeting host, explained how the \$2.1 million seismic grant was used to renovate and update the fire-house.

The chief said he hired additional staff since the levy passed, resulting in the ability to staff two ambulances "24/7." However, he noted, Sheridan still needs volunteers. He discussed the importance of a positive culture within the department.

The meeting concluded with a fire hall tour and an introduction



to Tilly, the fire hall dog. Sheridan Chamber members are welcome to host a Chamber breakfast meeting to showcase their business. Breakfast meetings are held every other Friday.

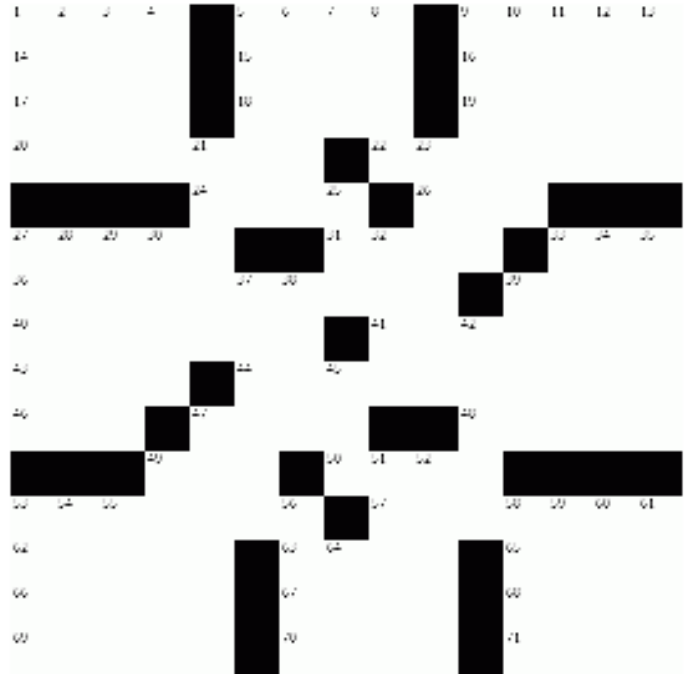
The Sheridan School District will host the next meeting set for 8-9:15 a.m. on Aug. 12. The superintendent will announce the location next week.



CROSSWORD PUZZLE

Across

1. Summit
5. Not up yet
9. Dairy product
14. Furnace fuel
18. Speak indistinctly
19. Rusty fence
27. Mound
28. Age attire
29. Ardent
30. Mrs. Roosevelt
32. Come before
34. Frozen
38. NH time zone
37. Traditional saying
39. Roof edge
39. Health club
39. Delicious
39. Opinion ____
40. Ingest too much
41. Arms depot
43. ____ pudding
44. Maika holy
48. Overhead railways
47. Cowboy's gear
48. Ohio city
48. Actor ____ Robbins
50. Sed drop
53. Educational meeting
57. More sharply inclined
62. Horse's gaits
63. Moreover
68. City transportation
68. Church walkway
67. Look
68. Thunder sound
68. Positive replies
70. Cobra's comment
71. Silt edges



Down

1. Hurt
2. Bedspring
3. Masculine
4. Jazz singer ____ Fitzgerald
5. Organization (abbr.)
6. Trumpet's sound
7. Spain's cont.
8. Plumbing problem
9. Bria, e.g.
10. Respond
11. Brink
12. Mellowed
13. Insignificant
21. Female relative
25. Worship
26. Society gal
27. Worship
28. Satan
29. Baldwin and Guinness
30. Actor Richard ____
32. Woeful word
34. Sub finder
34. Secrete's student
38. Comic Tim ____
37. Washington seaport
38. Upon
39. Prigs benefit
42. Startle
45. Fishermen's swear
47. Gets the soap off
49. Name
51. Some curves
52. Small particles
55. Linger
54. Toledo's lake
55. Rock growth
56. Impetuous
56. Enginee
59. Colorless
60. Checkup
61. Shreds
64. bland garland

BINGO • THURSDAYS

Doors Open: 5:30pm
Bingo: 6:30pm

EVERY
THURSDAY
VFW



771 NE MAIN • WILLAMINA

FOR SALE



Affordable in Sheridan! Open floor plan provides plenty of space in this 3 BD, 2 BA manufactured home, 1296sf, air conditioning, vaulted ceilings and very well taken care of. Master suite with walk-in closet & private bath. Kitchen includes an island/eating bar, plenty of storage, appliances, including washer/dryer, are included. Fenced yard, corner lot, well maintained mature landscaping & plenty of on-site parking. 1 year new: exterior paint, laminate flooring, H2O heater & both bathrooms. Only \$259,900.



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NEW LISTINGS WANTED



Harvest Fest Returns to Heritage Center With New, Fun, Activities for Everyone

Harvest Fest is back with new events this year from 10 a.m.-4 p.m. on Saturday, Aug. 20, and from noon-4 p.m. on Sunday, Aug. 21, at the Yamhill County Heritage Center, 11275 SW Durham Lane, McMinnville.

General admission is \$8, and kids 12 and younger are free.

The "Everyday Chores" exhibit in Heritage Hall is new to the Harvest Fest activity lineup this year. Traditionally, certain "woman's chores" were assigned a day of the week. For example, Monday was wash day, Tuesday was for ironing and sewing, and so on throughout the week. This exhibit shows how household chores have changed over the years. You can see what it was like to cook, clean, sew and do laundry in the early years.

Other activities include demonstrations of antique farm equipment harvesting the seven-acre

oat field. The equipment used will include a 1927 Advance Rumely threshing machine, a 1925 John Deere horse-drawn binder, a 1926 John Deere stationary baler, a 1950's Allis Chalmers round baler, and a 16-foot-tall derrick used to lift and relocate straw or hay, plus several mules and tractors for added horsepower to get the job done.

Activities will also include pioneer kid's activities, petting animals, pedal tractors, vendors, local authors, and non-profits. In addition, demonstrations of sawmills and blacksmiths.

Stagecoach rides will be available for \$1 per person. An adult must accompany children 12 and younger.

Hamburgers, hot dogs, pulled pork sandwiches, root beer floats, and homemade cobbler will be available for purchase.

Bootleg Jam will play live music from 11 a.m.-1 p.m. Saturday. Freddy and the Stump Jumpers will follow from 2-4 p.m.

From noon-1:30 p.m. on Sunday, old-time music is on tap, followed by the Allie Washburn band from 2-4 p.m.

Pets are not allowed at this event with the exception of service animals.

For more information, visit www.YamhillCountyHistory.org or call 503-472-2842.

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Coastal Hills Art Tour Seeks Interested Artists

The 30th annual Willamina Coastal Hills Art Tour is scheduled for Nov. 11 and 12, 2022.

The annual "Call to Artists" is underway and will continue through Aug. 31. The show is open to all professional artisans, artists, and crafters from the West Valley area.

The Coastal Hill Art Tour sponsorship has changed from the Willamina Economic Improvement District (EID) to the West Valley Community Campus (WVCC).

All art must be the artist's original work and be for sale. Entry fees vary depending on individual or group participation.

Those interested can find further information and guidelines in the application and prospectus available at Willamina City Hall, Sheridan City Hall, and the WVCC.

Information is also available by calling or emailing Cris Darr at 503-876-3843 (crisdarr06@gmail.com) or Charlyn Pranger at 503-348-8428 (charlynpranger@gmail.com).

The deadline to submit applications is Wednesday, Aug. 31, 2022.

Grand Sheramina Collects Cans and Bottles

Grand Sheramina Food Bank collects recyclable cans and bottles to raise funds to help feed our neighbors in need. They also collect heavy-duty plastic bags to use for distributing food.

Food Bank Manager Judy Adams also asks people to consider selecting Grand Sheramina Community Services, Inc., as their charity of choice on Amazon Smiles. Amazon will give the food bank 5% of the shopper's total Amazon order at no cost to the shopper.

Here's how: open the Amazon app on your phone and select Main Menu (=) and tap Amazon Smile within programs and features. Select Grand Sheramina Community Services, Inc., as your charity. Follow the on-screen instructions to activate Amazon Smile in your mobile app.

Sheridan Rotary's FREE Movie!

Shang-Chi

FREE WALK-IN MOVIE

Sheridan High School

Saturday, August 20

MOVIE WILL BEGIN AT DUSK

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Sheridan Business Photos Taken Before the 1913 Fire

