

FREE
Take One!

West Valley Bulletin Board

West Valley Bulletin, LLC

February 1, 2023 Weekly Publication Serving Sheridan, Willamina and Grand Ronde Vol. 8, No. 49

Staci Coker & Nicole Pugh • Email: bulletinwestvalley@gmail.com • (503) 687-3000 • 136 E. Main Street, Sheridan, OR 97378

Fire Destroys Trailer; Local Family Loses Belongings and Beloved Pets

Eric and Sharon Boekhoff's home caught fire last Thursday evening, Jan. 24. Responding firefighters were unable to extinguish the fire, thought to have started by a stand-up heater.

The Boekhoff's son discovered the fire as he entered the trailer and was met with smoke. He attempted to put the fire out, but was quickly overwhelmed by the smoke and forced to exit.

The trailer was serving a temporary home for the Boekhoff family while they worked to rebuild the home they lost to a house fire on Feb. 5, 2020.

The trailer and all contents were a total loss.

Tragically, the family also lost both of their dogs, Daisy and Jackson.

Eric and Sharon Boekhoff are parents to three boys, Aiden, 17, Nolan, 13, and Jonah, 12.

A donation account is open at First Federal bank in Sheridan. Donations can be made by referencing the Boekhoff family.



Happy Groundhog Day •• Thursday, Feb. 2 ••

Groundhog Day falls on Feb. 2 because it's what's known as a cross-quarter day, meaning it falls at the midpoint between one season and another. It was first celebrated in Punxsutawney on Feb. 2, 1887.

The roots of Groundhog Day can be traced back to a Christian holiday called Candlemas Day. Both holidays signify the triumph of light over darkness, spring over winter.

Surviving records show that the idea of weather-predicting animals was introduced during Candlemas festivities held in Germany. These animals included badgers, hedgehogs, bears, and foxes.

The Groundhog Day ceremony held at Punxsutawney in western Pennsylvania has become the most frequently attended ceremony, with visitors from all over excited to catch a glimpse of the semi-mythical groundhog Punxsutawney Phil.

Fourth of July Committee Sets Fundraisers For 2023

Willamina's 4th of July Committee has several fireworks fundraisers planned for 2023.

First up will be bingo scheduled for Saturday, Feb. 11, at the VFW, 771 NE Main Street in Willamina. Doors will open at 5:30 p.m. Games are set to begin at 6:30 p.m. All proceeds will go toward the Fourth of July expenses.

The committees will host a fundraiser dinner at the Wet Season Music concert scheduled for 7 p.m. Saturday, March 18, at the West Valley Community Campus, 266 SE Washington Street in Willamina.

On Saturday, April 8, the committee will hold its annual bake sale at Best Stop Market in Willamina. Raffle tickets to win a Pit Boss 850G pellet grill are now available at Skyberg's Lumber and Hardware in Willamina. Tickets are priced at \$5 each. Skyberg's Hardware donated the grill, and all proceeds from ticket sales will go to the committee.

The Fourth of July Committee is a 501(c)3 organization, meaning donations can be tax deductible. Cash donations can be made to the Fourth of July Committee and mailed to P.O. Box 95, Willamina, OR., 97396.

The committee meets at 6 p.m. on the third Wednesday of each month at Coyote Joe's.

Willamina's Fourth of July

FUNDRAISER

It's never too early to start thinking about fireworks!

WIN A PIT BOSS NAVIGATOR
850G PELLET GRILL

RAFFLE TICKETS: \$5 Each

Tickets may be purchased at Skyberg's Lumber and Hardware, from Fourth of July Committee members, or at advertised venues throughout Willamina.

Drawing will be held on March 8, 2023, during Wet Season Music at West Valley Community Campus. (Need not be present to win.)



Retail Value \$800

Gifted to the Fourth of July Committee by Skyberg's Lumber and Hardware

Come Craft Gnomes with Sarha Bacon from Hofenbredl Realty

Featuring Joanie's Gnomies and other Whimsical Treasures

February 11, 2023, 4 p.m.

West Valley Community Campus

266 SE Washington St., Willamina



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\$15 per person

RSVP to Sarha at (971) 237-7661



BULLETIN BOARD CLASSIFIEDS

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136 E. Main Street • Sheridan

WHAT'S UP IN WILLAMINA

by mary jane

Charities

Spirit Wine Publications™ exists to support Christ's Child Care Foundation™ in Ghana, West Africa. Will you help? SpiritWine-Pub.org and ChristsChildCare.com

Library Board

Willamina Public Library Board Vacancy - Partial Term

The Willamina Public Library is looking for an interested community member to volunteer their time with the Willamina Library Board. Become a champion and promoter of the library while meeting regularly to ensure the library stays current and relevant through mission, policies, fundraising, and advocacy.

The Library Board partial-term will expire on September 1, 2024. Applicants must be at least 18 years of age and must be able to attend one regular meeting on the third Tuesday of each month at 6:00 p.m. Additional meetings, work sessions, and events may be scheduled. Application forms are available at the Willamina Public Library or by contacting Sarah Frost, library director, at frosts@ci.willamina.or.us. Completed applications must be received by 5:00 p.m. on Thursday, February 9, 2023.

Firewood

Seasoned Doug Fir. Come and get your firewood before winter. \$225/cord. You haul. Call 503-879-5146 and leave message. (23)

Firewood, barn stored. Maple/mixed hardwood, \$275/cord; \$150 half cord. Delivery available in Sheridan and Willamina. 618-751-2044. (8) *Corrected phone number

Services

Flawless Pressure Washing. Winter specials: free driveway cleaning with purchase of soft house wash. Also offer moss removal. Call 503-488-0017 (C)

Tawnya's House Cleaning. 20-plus years experience, local, 503-997-9684. (0329)

Notary service, copies (black, white, and color), bookkeeping services, typing, transcription, design services, miscellaneous office help. Check us out and book your service at www.CascadeBOS.com. 971-600-1925. Online payment, delivery available.

FILLER NEEDED

Pasture Needed

Looking for pasture to rent. Will maintain own animals. Reasonable rates, possible longterm rental. Call 503-586-9224 and leave a message (8)

Puppies For Sale

German Shepard puppies, six purebred for sale. DOB Nov. 27, 2022. \$650. Call Ivan 503-576-1058 (22)

For Sale

1968 VW Beetle with new floor pan. Runs great, needs interior and detail. \$5k OBO. Call Sam, 503-876-5111

Bowflex C6 stationary bike only used once. Need the room. For Sale, \$250. Call 971-287-9172, ask for Debi.

SMALL FILLER NEEDED



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www.hamptonlumber.com
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VETERANS OUTREACH

by Zeek Linn

Are you a veteran interested in continuing to serve?

Three local organizations doing great things for veterans and the community are looking for new volunteers and members.

Sheridan's American Legion is located at 125 N. Bridge St. Also inside the American Legion building is the Disabled American Veterans organization (DAV).

The Veterans of Foreign Wars (VFW) is located at 771 NE Main Street in Willamina.

For more information about membership and volunteer opportunities, inquire at the organizations listed above.

No need to clown around when you need extra cash

We can help you sell your unwanted items in the Bulletin Board's Classified Ads

Only 20¢ per word per issue.

West Valley Bulletin Board

136 E. Main St.
503-687-3000

bulletinwestvalley@gmail.com

Weekly Specials



4-8:00pm Fri. & Sat.

Prime Rib

\$19⁹⁵
Reg. Cut

\$25⁹⁵
Large Cut



4-8:00pm Fri. & Sat.

Shrimp Platter

Coconut, Beer Battered,
Tempura

\$19⁹⁵

142 NW Main
Willamina

COYOTE JOE'S

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Happy VALENTINE'S DAY

Valentine's Day is Tuesday, February 14

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Hurricane Coffee

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Candy... including sugar-free



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Put Your Valentine in the Paper
for Only \$5

You can add a picture with up to 30 words or a no-picture shout out to your loved one using 60 words. Valentines will be published in the Feb. 15 edition, and are available for pickup at the Sheridan Post Office, or Sheridan IGA after 4 p.m. on Feb. 14 Valentines Day.

Entries must be received by Feb. 11 at 5 p.m.
(A 50¢ transaction fee will apply if using a debit or credit card)





Members and Potential Members Meet:
4th Wednesdays, Noon-1pm - *Bring your lunch*
Sheridan Fire Hall 230 SW Mill Street
Email for further information:
SheridanChamberofCommerce@gmail.com
Website: www.sheridanchamberofcommerce.com

On the Yamhill River

Please Join Us...
**Sheridan Church
of the Nazarene**

917 S. Bridge Street
503-843-3262

Website: sheridannaz.org

Meeting Times:
Sunday Morning Worship-10:45 am



A MESSAGE FROM THE WILLAMINA SCHOOL DISTRICT

A new calendar year is the time districts start planning for the upcoming school year, adopting a calendar, projecting budgetary needs, prioritizing capital expenditures, and forecasting staffing needs.

Our district leadership team has been working on next year's school calendar, setting in-service dates, grading days, conference dates, and holiday breaks. With Christmas falling on Sunday in 2023, many districts are debating when to start winter break, Dec. 23 or Dec. 16. We have reached out to other local districts in an effort to align with our neighboring schools, and most plan to begin vacation on Dec. 23, but a few are leaning towards Dec. 16, we plan to present a finalized calendar to our board at the March meeting. If you have a preference, let us know!

The Governor's budget will be announced in early February, and this will be the starting point for building the 23-24 school year budget. We anticipate a small increase in state school funding. In the last biennium, the state school budget was 9.3 billion, and the new estimate is rumored to be 9.5 billion. However, the Oregon Association of School Business Officers estimate the cost of operating districts at the current service level would require 10.3 billion. This is due to the rising cost of materials, supplies, utilities, and wages. Education supporters will lobby for a higher budget, and we won't know the final allocation until the end of the legislative session in late June.

Consolidation of the Willamina School District from three campuses to one occurred many years ago. Through the sale of the Washington Street and Grand Ronde buildings, we were able to add several structures needed to house all students K-12 at the Oaken Hills site. Over the course of the last ten years, our enrollment has increased along with mandated school programs. In efforts to provide a well-rounded learning environment to our students, we have added classrooms and a high-quality Career Education Center. We are currently in the process of adding six new classrooms to the middle school. In addition, we hope to renew the existing general obligation bond, due to expire in May of 2024, and add more classrooms at the high school level.

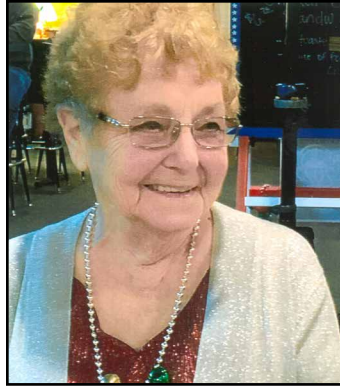
Staffing shortfalls remain a critical issue at the state and national levels. We were fortunate to have a very low turnover this school year, but a shortage of qualified substitute teachers still impacts the district on a daily basis. We hope this gets better in the near future, and we will continue to recruit local community members as substitute teachers and instructional assistants.

Just a reminder...we have a vacant school board position. If you are interested, please contact the district office; our students need you!

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

Obituary



Janice H. Wilson

Jan. 22, 1938 - Jan. 24, 2023

Jan Wilson passed away on Jan. 24, 2023. She was born on Jan. 22, 1938, in Leonard, Minn., to Harry and Ina Samuelson.

The family moved to Willamina in 1953. Janice graduated from Willamina High School in 1955. She married Bill Wilson in 1966. Jan leaves behind two children, Bill Wilson, Albany, and Tammy Wilson, Albany; sister, Jean Risseeuw, Willamina; and niece, Gayle Samuelson Carpenter, San Francisco, Calif.

She was preceded in death by her parents; brother Harry M. Samuelson, husband Bill Wilson, and nephew Merlin Samuelson. Services will be held on Feb. 1, with only family attending.

Sheridan Revitalization Meeting Planned Feb. 2

Sheridan Revitalization Movement will meet at 6 p.m. on Thursday, Feb. 2, at the Sheridan Museum of History, 142 S. Bridge Street in Sheridan.

Ruff Life Rescue Offers Free Pet Food Locally

Ruff Life Rescue, with help from community partners, distributes free pet food for those in need. Distribution of pet food is from 2-4 p.m. on the first Tuesday of each month at 421 N. Main St. in Willamina; from 2-4 p.m. on the second Tuesday of each month at 201 E. Main St. in Sheridan; and from 2-4 p.m. on the third Tuesday of the month at 29795 Salmon River Hwy. in Grand Ronde.

Provoking Hope Fundraiser Dinner Set

"A Walk To Remember" is this year's theme for Provoking Hope's annual fundraiser dinner. The dinner will be held from 5-7:30 p.m. on Saturday, Feb. 11, at The Foundry, located at 700 NW Hill Road in McMinnville. Tickets are available for purchase for \$30 for a single person, \$50 for a couple, or \$200 for an eight-person table.

To purchase tickets, go to www.provokinghope.com.

For more information, email Provoking Hope at tracie@provokinghope.com.

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.

For information on other ways to help the food bank, call Judy Adams at 503-843-3133.

The Sheridan Museum of History

Open Every Saturday

10:30 a.m.-1:30 p.m.

142 S. Bridge Street • Sheridan

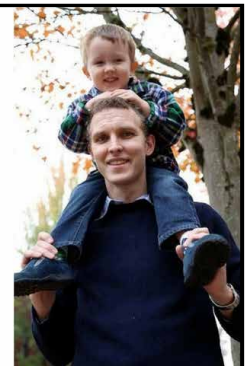


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Baby Reagan Could Not Wait To Arrive; Dad Delivers Baby at Chevron Station

Community members and Willamina Chamber President Belinda Ogle received the call; the newest addition to the family was on her way. Grandma Belinda raced to the Salem hospital. Belinda arrived to find the new parents were not there. "I panicked, couldn't get a hold of them, and did not see them pull alongside the road," said Belinda. She didn't know Meagan Gomez's water broke en route to the hospital.

Austin Gomez, a Grand Ronde police officer, and excited father, was driving to the hospital as quickly and safely as possible when Meagan said she had to push.

Austin pulled into the Chevron gas station on Highway 22, ran to the passenger door, and flipped the seat back just in time to catch his new baby girl.

Sergeant Fink with Polk County Sheriff's Office arrived and supplied them with a baby blanket until the ambulance arrived several minutes later.

Belinda was informed at the hospital that an ambulance was arriving with Meagan and the new baby. She then received a welcomed phone call from Austin where he said, "I just delivered my baby."

Tears of joy flowed as all were relieved that Reagan Lee Gomez was healthy, weighing in at 6 pounds, 11 ounces.

Baby Reagan has since been welcomed home by her big brothers, Granger and Rhett.



Do You Have Happy News ?


The West Valley Bulletin Board is always looking for stories about engagements, weddings, birth announcements (parents and grandparents are welcome to send them), and general stories about awesome people in the community.

Just send us an email with the story and as many pictures as you would like. The West Valley Bulletin likes to share positive community events and stories.

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Bulletin Board**
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rufflifekennels.com

FILLER NEEDED

The Sheridan Tree of Giving would like to sincerely thank the following people and businesses for their kind generosity during the 2022 holiday season:

Sheridan City Hall

United Way Mid-Willamette Valley

Sheridan Odd Fellows Lodge #87

Total Destruction Racing Team

Traci Weston-Toys for Tots

Sheridan Bulletin Board

Sheridan Fire District

Cosmic Designs

Riverside Café

Jeanette Jones

Hampton Lumber

First Federal Bank

Sheridan Public Library

Sheridan Tree of Giving

A 501(c)(3) non-profit

Also, we would like to thank the citizens of Sheridan and Willamina who graciously donated money, shopped for, and provided gifts to ensure each tag was filled this year. Thanks to Deborah Maselli and Angie Liedike for helping sort and wrap presents, as well as outgoing members Sandy Walker and Staci Coker for your help this year. This program would not exist without you. Your support is sincerely appreciated.

Thank you from the Sheridan Tree of Giving Board:

Kira Sandoval, Rubi Ramirez, Liz Hodgins & Jessica Ingles

Recycle or Not?

*Small plastic bottles/lids,
Clamshells, To go Containers*



Answer: Not curbside

Many of these plastics are too filmy, too small or have too much food debris on them to be recycled in curbside recycling, therefore NONE of them are accepted for curbside recycling.

The Plastic Recycling Project in McMinnville is collecting these items at their drop off event coming up on February 11, 2023 from 10am-1pm at the First Baptist Church

Please have items bagged to according item type and rinsed of drink/food. \$4 per bag for disposal

Contact for more information at:

THE PLASTICS RECYCLING PROJECT

(503)207-5482 or email

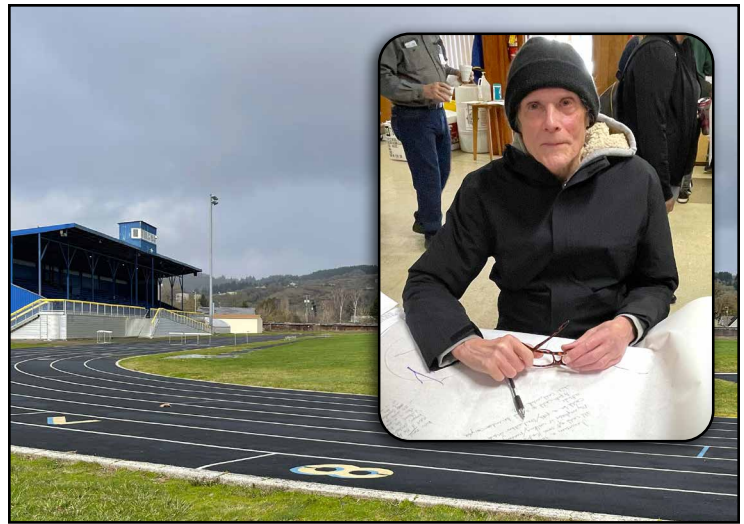
theplasticprojectzwm@gmail.com



Ashley Watkins, Yamhill County Solid Waste & Recycling Coordinator

watkinsa@co.yamhill.or.us
503-434-7516

Rethink, Refuse, Reduce, Reuse, then Recycle!



Ron Reid of Sheridan attended the West Valley Athletic Complex open house last Saturday at the American Legion. He was there to support the project, especially a running track available for public use. Ron celebrates his birthday every Oct. 14 by running one lap around a running track for every year he's been alive. Last October, he got permission to run his 76 laps around the Sheridan High School track. Ron hasn't missed his birthday laps for the past 39 years. He seeks sponsors for his run and donates all proceeds to his favorite charities, such as the American Diabetes Association, Juvenile Diabetes Research Foundation, Puppies Behind Bars (PBB trains incarcerated individuals to raise service dogs for wounded war veterans and first responders and facility dogs for police departments), and Running Strong for Indian Youth (Billy Mills.)

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

Green Crest Memorial Park

Email:
office@greencrestmemorialpark.net

(503) 379-1969

WEST VALLEY COMMUNITY CAMPUS February Schedule

Call or visit our website calendar for more info and sign-up details.

TUESDAYS & THURSDAYS, 10:30 - 11:30 AM, AUDITORIUM

TAI CHI : MOVING FOR BETTER BALANCE

FRIDAYS, 5:15 - 6:00 PM, AUDITORIUM

ZUMBA WITH CINDY H.

FRIDAYS, 9:30 AM - 12:30 PM, ROOM 7

COASTAL HILLS QUILTERS: FREE QUILTING INSTRUCTION

FEB 11, 2ND SATURDAYS, 4:00 - 6:00 PM, BAND ROOM

SING ALONG MUSIC GROUP

FEB 11, 2ND SATURDAYS, 4:00 - 6:00 PM, ROOM 6

CRAFT WITH SARHA BACON FROM HOFENBREDL REALTY

FEB 18, 3RD SATURDAYS, 7:00 - 9:00 PM, AUDITORIUM

WET SEASON MUSIC SERIES: JOE JUSTIN & JANET KAY

FEB 25 - APR 1, SATURDAYS, 10:00 - 11:30 AM, GARDEN

GARDEN TO TABLE COURSE

Want to get involved? Come by Volunteer Work Day on 3rd Saturdays!

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West Valley Envisions New Athletic Complex / Community Center



Eager anticipation is evident as raffle winners names are drawn.



Parks and Recreation members point out possible complex locations.



Gary Brooks, standing left, discusses the project with Ernie Hebert, right.



Heidi Bell happily accepts her raffle prize hat from volunteer Lecia Myers.

The City of Sheridan invited all West Valley residents to share their ideas for the concept and design of a new community/sports complex under consideration for construction on city-owned property in Sheridan. The City of Sheridan hosted the open house last Saturday morning at American Legion Post 75. Parks and Recreation, Sheridan High School Cheer Team, Baseball Bob and Little League Lori and her husband joined City Manager Heidi Bell and city staff, the mayor, city council, and others to host the event.

Attendees voted by placing sticky dots on their preferences at stations around the room. A 17-acre parcel of land between Sheridan and Willamina was the hands-down favorite location for the complex.

Voters placed dots to indicate activities they wanted to see included. Ideas presented were tennis, soccer, pickleball, basketball, archery, rock wall climbing, a playground, skateboard park, equestrian and walking trails, RC car track, mini golf, softball and baseball fields, and a multi-purpose field and a track. Additionally, participants were urged to write down other activities suggestions and express any concerns, pro or con. The votes regarding preferred activities were not tallied during the event but will be available soon.

The City of Sheridan also provided 11x17-inch paper for those willing to sketch and submit a drawing to illustrate their ideas about what they'd like to see included in the complex and how they'd like to see it laid out. It's still possible for those unable to attend the open house to offer their ideas. The public may drop off sketches and written comments at Sheridan City Hall.

Raffle tickets, sold for \$1 each, allowed purchasers the chance to win one of several prizes donated by generous businesses and individuals. The grand prize, a \$300 Traxxas radio-controlled Flash vehicle, was donated by Erik Hanson. Lecia Myers won this exciting prize and generously donated it back for a future fundraiser. Other raffle donors included Figaro's Pizza, West Valley Mercantile, artist Sandy Walker, Kira Sandoval, Sheridan Library, Sheridan High Cheer, and West Valley Cheer.

The City of Sheridan is looking to fill this proposed complex with the most inclusive activities that will best benefit and enhance the quality of life for all ages.



Baseball Bob



Little League Lori and husband



Michelle Anderson, City of Sheridan



Kathie Byers wins a painting donated by artist Sandy Walker.



Katina Mayrose
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**Tri-Cities Little League
Registration Scheduled**
Tri-Cities Little League is preparing for its 2023 season. Registration will be offered on the following dates:
10 a.m.-2 p.m. on Saturday, Feb. 4, at the Sheridan Library.
9 a.m.-2 p.m. on Saturday, Feb. 11, at the Tina Miller Center.

**Safe Shelter Available
For Homeless Youths**
Youth Outreach offers a safe free place for runaway, kicked-out, and homeless youths ages 11-17. Safe Shelter keeps youths safe, clean, fed, and warm while they try to help them work things out at home. The outreach program offers short-term emergency shelter for up to 21 days. They are state licensed and operate 24 hours a day, 365 days a year. The program can also provide transportation to a shelter from anywhere in Yamhill County. For more information, call or text 503-550-9638

New owners, same traditions West Valley Bulletin Board

On Feb. 11, 2015, the first issue of The Bulletin Board was delivered to Sheridan, Willamina and Grand Ronde. Our paper is about to begin its ninth year. We'd like to thank everyone who makes it possible to continue publishing the paper, even during trying times. We offer heartfelt thanks to our advertisers and readers, and those who share news, information, community interest items, photos, and so much more. We also thank those who allow us to distribute the paper through their stores, offices, schools, and other places of business. We are grateful to those who lend a hand and those who brighten our days with words of encouragement and support. We feel extremely fortunate to live and work in the West Valley among such kind and supportive people.

ENTER TO WIN \$50

- | | |
|----------------------------------|---|
| 1 2 3 Word Search Puzzle | 1 2 3 Random facts and humor |
| 1 2 3 Crossword Puzzle | 1 2 3 Church events |
| 1 2 3 Finding "Corky" | 1 2 3 School Board Reports |
| 1 2 3 Classified Ads | 1 2 3 City Council Reports |
| 1 2 3 Monthly Community Calendar | 1 2 3 Obituaries |
| 1 2 3 Archive page | 1 2 3 Anniversary stories |
| 1 2 3 Local photos | 1 2 3 Birthday stories |
| 1 2 3 Local people stories | 1 2 3 Activity notices |
| 1 2 3 Local business news | 1 2 3 Fundraiser information |
| 1 2 3 School news | 1 2 3 Information about services
and food for those in need. |
| 1 2 3 Recipes | Suggestion? _____ |
| 1 2 3 Crafting ideas | _____ |
| 1 2 3 Live music events | _____ |

Name _____ Phone _____

The fine print: One entry per reader. Entries may be dropped off or mailed to 136 E. Main in Sheridan, or snap a photo of your entry form and email it to: bulletinwestvalley@gmail.com. Winner will be drawn on Friday, Feb. 10, 2023, and announced in the Wednesday, Feb. 15, 2023, issue of West Valley Bulletin.

FILLER NEEDED



**BABY PEELED
CARROTS**
\$1.49
16oz Pack



LAYS CHIPS
2/\$5



**HEIRLOOM
NAVAL ORANGES**
\$1.29
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(503) 843-3374



Erik Hanson, a Sheridan resident who owns RC Plus Hobbies in Salem, generously donated the radio-controlled vehicle pictured above. This RC racer, valued at \$300, was the grand prize at last weekend's open house at the American Legion. The City of Sheridan sponsored the event to seek public opinion on a proposed community center and athletic complex that could be built on city-owned property.

RC Vehicle Club Forming in Sheridan

Eric Hanson is working with Faulconer Chapman School to launch a radio-controlled car building and RC racing club.

Eric said that kids who join the group would build cars like the model pictured above.

Grant funding will allow all kids to join the group at no cost to their families.

Eric said most schools use the program as a positive reinforcement tool. To participate, students must have good attendance and keep their grades up. In the process of building the models, the kids discover their mechanical aptitude, diagnosing mechanical issues, and troubleshooting, along with a slew of other skills that go along with this hobby.

Another benefit, said Eric, is that it gets kids off the computer, off the couch, and outside running around and having fun.

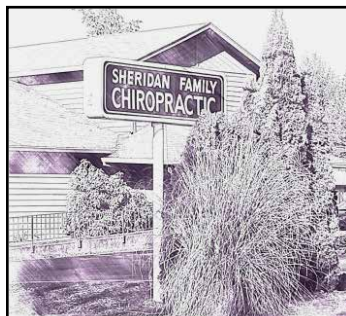
Erik attended the open house

last weekend and proposed an outdoor RC racetrack for the new complex. However, the Sheridan club is currently forming and will not wait for the complex to be constructed.

The track in Salem, which measures 75 feet x 35 feet, hosts races once or twice a week. Erik said they usually host 40 or more racers every time. He would like the Sheridan track to be 100 feet x 75 feet. He said this hobby attracts a wide age range, from toddlers to 90-year-olds.

FCS Principal Adam DeLatte agrees that the club would be a welcomed educational opportunity for middle school students. He said the kids had expressed an overwhelming interest in RC car building and racing.

The principal requested a \$500 community development grant from the City of Sheridan, which the Sheridan City Council approved at its Jan. 17 meeting.



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Salt Dough Hand Bowl

What you need:

- Salt dough (any recipe)
- A small oven-proof bowl
- Acrylic paint
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What to do:

1. Make a salt dough using the recipe of your choice. Most recipes use only flour, salt, and water which means this bowl is an inexpensive and easy craft to make.
2. Flatten the salt dough using a rolling pin. The salt dough should be about one centimeter thick. Press your child's hand firmly onto it to create an imprint of their hand. Then, press down on each finger to make a good print.
3. Use a sharp knife to cut around the hand print's edge carefully.
4. Put a small oven-proof bowl upside down on a baking tray and place the salt dough hand print on top of the bowl. This creates the shape of your hand



print bowl. Take your time to ensure you are happy with the shape of the salt dough hand.


5. Bake the hand print in the oven at a low temperature (about 100 degrees Celsius) for three hours.

When you remove it from the oven, check that the salt dough is completely hard on both sides. If it isn't, place it back in the oven for a little longer.

6. When the hand print bowl is completely cool, use the acrylic paints you chose to paint and decorate the bowl.

7. Use Mod Podge all-in-one glue and sealer to coat the finished bowl to protect and preserve it.

I will add another craft here in the morning - I have a couple ideas picked out.



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February Programs

Adult Program:

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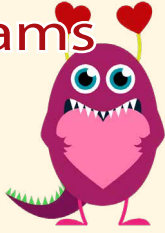
For individuals 16 and older
February 1-28

1. Choose a wrapped book from the display.
2. Bring the book to the front desk for checkout.
3. Once home, unwrap to see if you have possibly found your perfect match.
4. After getting to know your match, fill out the Blind Date with a Book bookmark.
5. Return the book and bookmark to the Sheridan Public Library between February 1 and 28 to receive a small gift and entry into a gift basket drawing.

Children's Programs

In-Person Storytime
Tuesdays at 10:30am

Feb. 4 – Kids craft10:30am-1pm
Feb. 11 – Kids craft10:30am-1pm
Feb. 18 – Kids craft10:30am-1pm
Feb. 25 – Movie with the family 2pm



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	<p style="background-color: yellow; color: red; font-weight: bold; padding: 5px;">SOLD</p>  <p style="color: red; font-size: 2em; font-weight: bold; transform: rotate(-15deg);">SOLD! Thank you Phill! 1/23/23</p> <p>Another near new 1250 sq ft manufactured home in the newest subdivision in Sheridan. Many upgrades since new. Ductless heating & air unit, counter tops, laminate flooring and more. Stackable washer and dryer and ADA certified ramp, all stay. \$77,000.</p>
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Dennis Wolfenbarger, a long-time employee and manager of Sheridan's Davison NAPA auto parts, has owned "Jarvis," a 1998 Jeep, for the past two years. Dennis searched for six months before finding this car in Longview, Wash. Jarvis is not a road queen; it is built for fun in the snow. The Jeep sports a four-liter straight six-cylinder engine with an automatic transmission, Walker rear end, four-inch lift, and after-market wheels mounted to 31-inch off-road snow tires. (Photo and information provided by Gary Meyer.)

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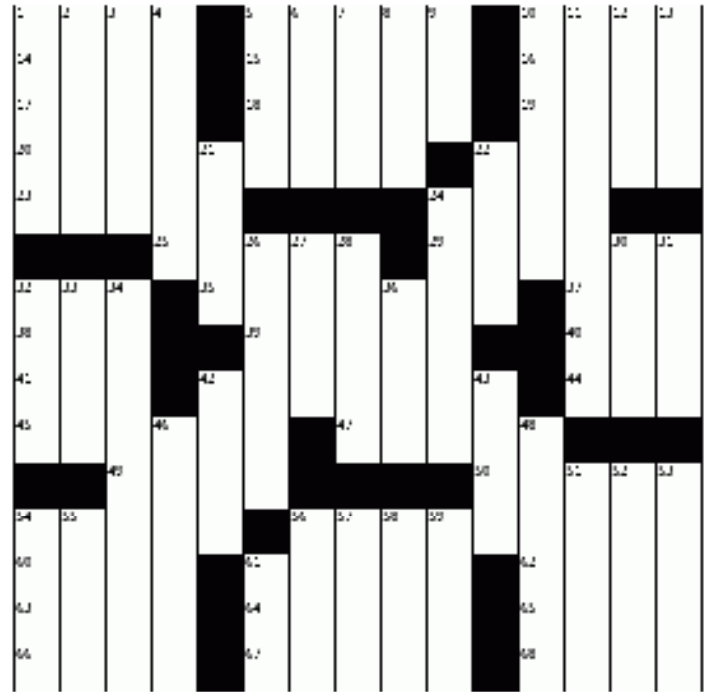
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 17. Beck
 18. Fix
 19. Minute particle
 20. Butt in
 22. Short distances
 23. Outdated
 24. Commotion
 26. Baker's need
 29. Restaurant
 32. To's partner
 36. Idealist
 37. Sticky stuff
 38. Paddle's kin
 39. Is bold
 40. Young's opposite
 41. Coffee server
 42. In the middle
 44. Dead ___ scrolls
 46. President Ronald ___
 47. Underground drain
 48. Love feathers
 50. Truckers' vehicles
 54. Iron setting
 55. Aide
 56. Color
 57. Deep fear
 58. Novelist ___ Rice
 59. Poker bet
 64. San ___
 66. Leg hinge
 66. Army camp
 67. Artist's tripod
 68. Old West lawman



- Down**
1. Undress
 2. Sports venue
 3. Beaches
 4. Religious dissent
 5. Goof off
 6. Zenith
 7. Antlered animal
 8. Rural road
 9. Pinch
 10. Out lost (2 wds.)
 11. Inseparable friends (2 wds.)
 12. Bow's chew
 21. Critic Rex ___
 22. Big Dipper component
 24. Playground feature
 25. Eager
 27. Actor ___ Penn
 28. Small pastries
 30. Part
 31. Jedi master
 32. Querk court
 33. Undercooked
 34. Decorations
 38. Insignificant
 43. Not so much
 44. Pointed beard
 48. Selze beck
 51. Biblical food
 52. Not outer
 53. Sharply sloped
 54. Pierce
 58. Vocalist ___ Turner
 58. Opera solo
 57. Notices
 58. Wise
 58. False god
 61. Ace's monogram

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Learn About The Link Between A Healthy Diet and A Healthy Heart

Heart disease is a leading cause of death across the globe. According to the World Health Organization, ischaemic heart disease is responsible for 16 percent of the world's total deaths. The WHO also points out that, between 2000 and 2019, deaths due to ischaemic heart disease rose by more than two million. Though not all deaths due to heart disease are preventable, many are, and researchers have discovered various ways individuals can reduce their risk for heart disease. One way individuals can protect their heart health is to eat a healthy diet. The link between diet and heart health is significant. Recognition of that link can help people concerned about heart disease develop a dietary plan that reduces their risk for this all-too-common killer.

A healthy diet, weight and heart health

The Centers for Disease Control and Prevention note that a healthy diet is balanced and includes a variety of nutritious foods. In fact, one easy way to determine if a plate is healthy is to see how colorful it is. The CDC notes that "eating the rainbow" means a plate is filled with an array of colors, which typically means an individual is eating healthy foods. Such a plate may include dark, leafy greens; bright red tomatoes; colorful fruits like oranges; and even fresh herbs. Such foods tend to be loaded with vitamins, fibers and minerals and low in added sugars, sodium, saturated fats, trans fats, and cholesterol. That makes it easier for individuals to achieve and maintain a healthy weight, which in turn reduces their risk for heart disease. A recent study from researchers at Johns Hopkins found that obesity itself can lead to heart failure, even in the absence of markers for heart disease like high blood pressure, diabetes and elevated cholesterol that have long been used to determine an individual's risk for heart disease. So by using a nutritious diet to maintain or achieve a healthy weight, individuals are thus lowering their risk for heart disease, even if they do not presently have any of the established markers indicating that risk has been elevated.

A healthy diet, cholesterol and heart health

Of course, many people already have learned that they are at an elevated risk for heart disease due to certain lifestyle choices, in-

cluding poor diet. A poor diet can cause a host of health problems, including elevating cholesterol levels. According to the Heart & Vascular Center at Valley View Hospital in western Colorado, a diet high in saturated fat can lead to heart disease because it can increase cholesterol levels. The Mayo Clinic notes that, when a person has high cholesterol, fatty deposits can develop in the blood vessels. Those deposits eventually grow, making it difficult for sufficient blood to flow through the arteries. The deposits also can break and form clots that can cause heart attack or stroke. Though Harvard Health notes that some people are genetically predisposed to high blood cholesterol, a diet that limits intake of saturated fat can help most people maintain healthy cholesterol levels, thus reducing their risk for heart disease. Foods high in saturated fat include pork, beef, lamb, cream, butter, and cheese. Heart disease claims the lives of millions of people across the globe every year. Diet is an undeniable ally in the fight against heart disease, and individuals who commit to eating right can greatly reduce their risk for heart disease.

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Sheridan's Heider Building Named After its First Owner

Otto W. Heider • 1890-1978 • A Legendary Figure in Sheridan History

With the community keeping a close eye on the reconstruction of the Heider building in downtown Sheridan, we wondered if anyone was curious about the person behind the building's name.

Otto Heider was born in Sheridan in 1890, grew up in Sheridan, and died in Sheridan in 1978 at age 87.

He served as the city attorney for many years but never threw his hat in the ring for mayor or council.

Otto's older brother was Sheridan High School's first graduate, with Otto among other students in Sheridan's second graduating class.

During World War One, Otto served in the U.S. Army.

He married Callie B. Beck in 1918 in Sheridan. The couple had two sons, Wallace B. Heider and Otto W. Heider, Jr.

A friend described Otto and his wife as lifelong non-smokers and non-drinkers who were both early risers, up at 3:30 a.m. daily, typically completing a day's work by the time most folks were starting the day.

Otto, a charter member of Sheridan's American Legion, was also active in several other civic groups.

His philanthropy benefitted the Methodist Church, Scouts, Sheridan Rodeo, and other causes he found worthy.

The Heiders lived in a large home on East Main Street for several years before building their new six-bedroom, three-bath, 5,088 sq. ft. home at 1330 W. Main (shown right) in 1941. This home is now the Sheridan Country Inn. Otto was considered one of the wealthiest people in the area, some speculating he was worth nearly a million dollars. However, many believed much of his wealth came from making high-interest loans and foreclosing on property and equipment when a payment was missed.

A friend describing Otto said he was the type of man who, if he thought a person was okay, would go to bat for that person on just about anything. However, if Otto felt a person was no good, 'watch out.'

Although his friend said he'd never heard of Otto turning down a leniency plea. It was only the ones who did not go to him and ask.

However, Otto ran into many se-



Shown above, right, is the Heider Building in its early days. Otto Heider purchased the property from John R. Ivie who operated a hardware store at this location until the building burned in Sheridan's 1913 fire that swept through downtown. Otto Heider contracted the construction of his new building between 1923 and 1928. (Notice the old steel bridge and the Grand Theater in the background.)



Shown above, the Heider family home shortly after it was constructed in 1941. The original property has been subdivided several times and the spectacular home is now the Sheridan Country Inn.

rious legal problems of his own along the way. In 1964, Chief Judge Solomon wrote in United States V. Heider: "Otto Heider and his confidential secretary, Irene Lawrence, were indicted for wilfully filing false and fraudulent income tax returns on behalf of Heider for the years 1953 and 1954 in their attempt to evade income taxes owing by Heider in the amounts of \$141,252.04 and \$131,646.38 respectively.

"Defendants are residents of the town of Sheridan, Oregon, where Heider was engaged in the practice of law for many years until his disbarment in 1959. Heider's primary occupation, however, was money lending. He made some real estate loans, but primarily he made loans on motor vehicles and heavy equipment. In addition, he engaged in some flooring arrangements with local retailers, and he handled rental properties. Heider also received

income from a garage and repair shop, which he operated primarily to make serviceable the equipment he repossessed.

"Heider's books and records concerning the prosecution years were in bad shape. His accountants, as well as the accountants for the government, were required to construct a set of books, partially from the records which Heider kept but primarily from the original contracts, deposit slips, and canceled checks. During the two years in question, there were more than 300,000 entries. Subsequent to the indictment, the attorneys and accountants for the defendants spent many months with the attorneys and accountants for the government in an effort to agree upon the authenticity of documents and entries. The schedules on vehicular inventories may best illustrate the results of such meetings. These lists contained

1,700 items. They agreed on the correctness of all but 16 of them. Had there been no such cooperation, this case probably would have required at least a year to try. Actually, it was tried in 11 trial days.

"The evidence showed that Heider was under investigation for tax deficiencies from 1939 through 1951. These deficiencies were settled, and the defendant paid approximately \$300,000.00 in taxes, interest, and penalties. Thereafter, an investigation of Heider's tax returns for the years 1952 through 1954 was commenced. However, prior to the indictment in this case, the statute of limitations for the year 1952 ran out. Thereafter, the defendant, for the first time, disclosed a group of contracts totaling \$268,000.00, which had existed in 1952.

"Defendants Heider and Lawrence kept incomplete books and records; they maintained their own methods of accounting which were often unintelligible to anyone else; they deliberately omitted receipts; and they wrote checks in greater amounts than the payees actually received, and yet recorded the higher amounts as disbursements in their books. "In my view, if a taxpayer reports a large loss when he has a net taxable income which he wilfully failed to divulge, he is guilty of a violation of the income tax law even though the amount of his net taxable income is comparatively small. I find the defendants guilty of the crimes charged in Counts I and II of the indictment."

A charter member of American Legion Post 75, Otto Heider served as the post commander in 1927.

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3 shrimp, fries or JoJos and 1 sauce.

Shrimp Box: 4 shrimp, fries
or JoJos and 1 sauce.

Only \$5.99

Only \$5.99



**DRIVE-THRU NOW OPEN
6AM-7PM**

Sign up for Marathon Rewards!



129 W. Main • Sheridan • (503) 843-3722

NEW LISTING



Country setting 1.5 acres Main part of house 4 bed, 1 bath, living room and kitchen open concept, kitchen has new stove and refrigerator, large utility room. House has some upgrades new paint, new roof, new siding, vinyl windows, flooring. Addition to house that could be family room, office or rec room with a wet bar and refrigerator. Deck off back 10x13, Metal shed 12x12. Room to build large shop or barn for animals. Sheridan \$465,000.

NEW LISTING



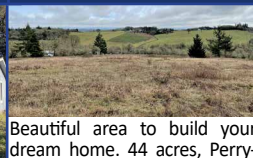
Established INN/Motel. Only one in town, great investment property. INN-7BR, 6Bath, office, full kitchen, laundry room, sauna, wine cellar, 1 apartment on 3rd floor. Motel-10 rooms, 2 linen closets and laundry room. Two cabins total of 4 rooms, common area building, 8x8 storage shed. All inventory will stay. Schedule a showing today.

NEW LISTING



Beautiful country setting. 10 acre property with room for all your hobbies & toys. 3 bed, 2 bath, Open floor plan, living room, family room, large kitchen and lots of windows to view the impressive acreage. Willamina.

44 ACRES FOR SALE



Beautiful area to build your dream home. 44 acres, 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.

NEW LISTING



4 bedroom, 2.5 bath, nice large home with a large yard, two car garage, double sided fireplace, out of flood plain and beautiful views. Sheridan \$399,000.

FOR SALE



3 bed 2 bath manuf. home with vaulted ceilings, oak cabinets in kitchen, soaking tub & deep 2 car garage \$300,000.

PRICE REDUCED!



3.15 acre. 3 bed, 1 bath fixer upper. Great investment opportunity. Shop #1 30'x60'. Shop #2 19'x50'. Dallas.

Hofenbredl Realty LLC



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