Vest Valley Bulletin Board

March 15, 2023

Weekly Publication Serving Sheridan, Willamina and Grand Ronde

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



MEDICAID UNWINDING What You Need to Know

FREE EVENT

Currently 1.7 million Oregonians have Oregon Health Plan. Starting April 1, 2023, Oregon Health Authority has 14 months to re-determine eligibility for everyone with Medicaid benefits.

Join Cassandra Rhamy - OHP Community Partner and Kristin Thomas - Independent Agent with K Insurance Group to get more information on this process, what to expect, what to do and what your options will be in the event you may be losing coverage.

Please RSVP at unwinding.rsvp@gmail.com

West Valley Community Willamina, OR 97396 Campus Auditorium

3/25/2023 at 3 p.m.

Spirit Mountain Community Fund Awards \$964,746 to 31 Non-Profit Organizations

The Spirit Mountain Community Fund (SMCF) awarded \$964,746 to 31 non-profit organizations in Benton, Clackamas, Lane, Lincoln, Linn, Marion, Multnomah, Polk, and Yamhill counties during a virtual check presentation on March 8, 2023.

Among the non-profits to receive grants from the Spirit Mountain Community Fund this quarter were:

- · Benton County: Old Mill Center for Children and Families, Inc.- \$43,700
- · Clackamas County: CASA of Clackamas County - \$17,480; Clackamas Women's Services -\$34,960; Parrott Creek Child & Family Services - \$49,390
- Lane County: Centro Latino Americano - \$50,000; Hope & Safety Alliance - \$76,912; Institute for Sustainability Education and Ecology - \$17,480; South Lane Family Nursery - \$8,740; Trauma Healing Project, Inc. -\$42,559
- Lincoln County: Neighbors for Kids - \$49,000
- · Linn County South Santiam Watershed Council - \$6,380
- Marion County: Family Building Blocks - \$50,000; Horses of Hope Oregon - \$20,735; Lines for Life - \$43,700; Our Children Oregon - \$43,700; Emerging Unidos - \$5,000
- Multnomah County: Chick Tech - \$34,960; Columbia Riverkeeper - \$17,480; Micro Enterprise Services of Oregon - \$43,700; Profile Theatre Project - \$8,740; **Qigong Sensory Training Institute** - \$43,700; The Blosser Center for Dyslexia Resources - \$43,700; Tucker Maxon School - \$50,000; Alberta Abbey - \$7,500; Bridg-

ing Voices - \$6,000; DoveLewis Emergency Animal Hospital, Inc. - \$7,500; The Portland Montessori School - \$7,500; Womenfirst Transition Referral Center - \$7.500

- Polk: Horses Adaptive Riding and Therapy - \$87,400
- Yamhill County: Life Strategies Counseling, DBA Life Counseling - \$26,220; Playworks Education Energized - \$13,110

"Our check presentations are a way to come together as a community. To give thanks and recognize our grantees for their incredible efforts to help those in need," said Executive Director Angie Sears. "We are so grateful for our non-profit partners who continue to provide essential services for children, families, and individuals during these uncertain and challenging times."

The Confederated Tribes of Grand Ronde is committed to honoring the tribal traditions of sharing and giving back to the community. In 1997, in an effort to uphold these traditions, the Tribe formed the Spirit Mountain Community Fund, dedicating 6% of all casino revenue to non-profit organizations in an 11-county area of northwest Oregon. Grants are awarded in the following categories: arts & culture, education, environmental preservation, health, historical preservation, problem gaming, and public safety. Since its inception, the Community Fund has awarded 3,198 grants totaling \$93,802,202 to non-profit organizations in northwest Oregon.

There are six Tribal philanthropic organizations supporting non-profit organizations throughout Oregon. Collectively, these Tribal organizations provided \$10,831,944 in grant funding in 2022. These Tribal organizations include Coquille Tribal Community Fund, Cow Creek Umpqua Indian Foundation, Siletz Tribal Charitable Contribution Fund, Spirit Mountain Community Fund, Three Rivers Community Foundation, and Wildhorse Foundation.



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Employment

City of Sheridan City Hall Clerk

The City of Sheridan is excited to present an excellent opportunity for a motivated, customer-service oriented person to support the operations of City Hall and the Municipal Court. Under the general supervision of the City Manager, the City Hall Clerk performs a variety of administrative and clerical tasks in support of the City Manager and City Hall to include, but not limited to activities such as answering telephones, responding to inquiries from the public, general data entry, payment posting, typing correspondence, creating social media posts, community outreach and communications tasks, researching for special projects, and assisting with records management. The City Hall Clerk serves as Clerk to the Municipal Court, provides excellent customer service and community outreach, and assists in the daily operations of City Hall. A full position description is available on the City's website www.cityofsheridanor.com.

Minimum Qualifications:

High School Diploma or equivalent and two years of administrative experience involving a high level of customer service. This experience can be demonstrated through past work as a clerk, administrative assistant, or receptionist for a professional office setting, government entity, non-profit organization; one year of administrative work may be substituted for one year of experience in public outreach, using social media and

website development; or any satisfactory combination of experience and training which demonstrates the knowledge, skills, and abilities to perform the above duties.

- Must have a valid driver's license and maintain a safe driving record while employed.
- Pass Criminal Justice Information Services (CJIS) background check within two months of hire.
- Pass CJIS Level 2 Security Certification within one month of passing CJIS background check. Salary & Benefits:

The monthly salary range for this position starts at \$19.25 per hour to \$22.29 per hour depending on experience. This is a full-time, non-exempt, union represented position with a traditional 8-hour, 5-day per week schedule. This position is not eligible for remote work. The City provides excellent health benefits and vacation, holiday, sick and personal leave days. The City Hall Clerk is a Union-represented employee after a six-month probationary period. 100% employer paid retirement plan, Oregon Public **Employees Retirement System** (PERS).

To Apply:

Applications are available at Sheridan City Hall, 120 SW Mill Street, Sheridan, or can be downloaded from the City's website www.cityofsheridanor. com. For consideration, all applicants must submit a resume and a completed City of Sheridan employment application to Sheridan City Hall, 120 SW Mill Street. The City will not accept emailed or faxed applications.

Services

Flawless Pressure Washing. Revitalize your home's appearance with our driveway cleaning and exterior house washing services. Say goodbye to stubborn mold and dirt, and hello to a fresh clean appearance. Contact us today @ 503-488-0017 (c)

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

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NOTICE OF CITY OF WILLAMINA BUDGET COMMITTEE VACANCIES

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

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

Applications must be submitted by end of day on April 3, 2023.

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



Physical Therapy

This is to give notice that Robert "Bob" Thornburg, LPT, who has treated patients in Sheridan for the past 20-plus years, will now be accepting patients at DNA Physical Therapy in Amity, OR, on Trade St. He will see patients on Tuesdays and Thursdays. Call 971-708-6113 or text 503-308-1156 or call Bob 971-237-0994 to schedule.

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NOTICE City Hall will be CLOSED

9:30-11 a.m. on Wednesday, March 22 for a staff meeting and team building.

We appreciate your understanding.



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Marie Quimby July 2, 1938 - Dec. 12, 2022

Marie Quimby, age 84, passed away peacefully on Dec. 12, 2022, with her son Craig and grandson Adam at her side in McMinnville. She passed from a combination of covid and dementia.

Marie, the youngest of five children, was born on July 2, 1938, in West Plains, Mo., to Elbert and Ruth Marie Burk.

In 1956 Marie met and married Vernon Quimby in Sacramento, Calif., and had three children Cheryl, Craig, and Cris.

Marie survived brain surgery against all odds and lived to raise her three children with absolute stubbornness, strength, and sheer determination after being told she would have to live in a care home for the rest of her life.

Marie loved doing crafty things that included sewing, gardening, home repair, playing piano, and singing, to name a few.

In the last years of her life, her son Craig moved her to Sheridan from Sacramento, Calif., to live with him and his wife, Nettie.

She spent much time with her grandchildren and great-grandchildren, whom she adored.

Marie was preceded in death by her siblings, Clarence Burk, Carl Burk, and Norma Rector. Her three children survive her; Cheryl Quimby Stevenson, Craig Quimby, and Cris Quimby, eight grandkids, Brandon, Nicole, Danielle, Justin, Tamera, Adam, Jessica, Joshua, and Timothy, eight great-grandkids, Alex, Colette, Elora, Isaiah, Riley, Karlee, Shaney, Ciaran, she is also survived by her sister Donna Hess. Friends and family of Cheryl Quimby Stevenson, Craig Stevenson, Craig and Nettie Quimby, and Cris and Nina Quimby are invited to attend her memorial service at 11 a.m. on Saturday, April 15, 2023, at the Sheridan Church of the Nazarene, 917 S. Bridge Street in Sheridan. A celebration of life will follow.

Sleep is Essential to Health; Sleep Week March 12-18

Like eating nutritious food, drinking water, and exercising regularly, getting quality sleep is essential to overall health. Although the exact reasons humans need to sleep are unknown, sleep experts agree there are numerous benefits to consistently getting a full night's rest. Most adults should get between seven and nine hours of sleep each night. Below are some advantages of healthy sleep routines.

Improved Mood

Sleep restores the body and improves energy levels, so waking up well-rested can positively impact an individual's mood.

Healthy Heart

Quality sleep promotes cardiac health. During sleep, the heart rate slows down, and blood pressure decreases. This means that during sleep, the heart and vascular system are able to rest.

Regulated Blood Sugar

Sleep impacts the body's relationship with the hormone insulin, which helps blood sugar, or glucose, enter the body's cells. The cells then use glucose as energy. So sleeping seven hours or more each night helps regulate blood sugar in the body.

Improved Mental Function

Sleep is believed to help with memory and cognitive thinking. In addition, brain plasticity theory, a major theory on why humans sleep, posits that sleep is necessary so the brain can grow, reorganize, restructure, and make new neural connections. Updating these connections in the brain during sleep helps individuals learn new information and form memories. In addition, quality sleep leads to improved concentration. problem-solving, and decision-making skills. In other words, a good night's sleep can increase productivity.

Restored Immune System

Restorative theories of sleep suggest that sleep restores and repairs the body, making people feel refreshed in the morning. During sleep, the body produces growth hormones necessary for development in children and adolescents. These growth hormones also repair tissues and cells in people of all ages. The body also produces cytokines during sleep, which support the immune system in fighting infections.

Stress Relief

Getting proper sleep each night can help manage stress. When people wake up refreshed, they avoid the stressors that come with functioning while sleep-deprived, such as poor performance, difficulty thinking clearly, and lack of energy. Quality sleep can also reduce anxiety, depression, and other stress-related mental health strains.

Athletic Performance

Sleep is a key element of athletic recovery, and the body produces growth hormones during sleep. These growth hormones are necessary for tissue repair and likely contribute to muscle growth. Most athletes require eight hours of sleep each night to restore, avoid overtraining and improve their performance.

Maintaining Healthy Weight Quality sleep, in addition to exercise, stress management, and healthy eating choices, is an integral part of maintaining a healthy weight. During sleep, the body naturally produces more of an appetite suppressor called leptin while reducing the production of the appetite stimulant ghrelin. On nights of too-little sleep, however, the production of ghrelin increases and leptin decreases. As a result, a lack of sleep can lead to a greater feeling of hunger.

Warm Tuzzies

I want to thank everyone who helped make this year's dessert auction for Churches United for West Valley the success it was. A special thank you to Trinity Lutheran, and Pastor Bill for hosting our event. Thank you everyone!

~ Julie Schumann

A MESSAGE FROM THE WILLAMINA SCHOOL DISTRICT

Last week, the Willamina Planning Commission approved the School District's permit application for the expansion of the current middle school. Over a year ago, the decision to spend the Elementary Secondary School Emergency Relief (ESSER) fund was made. Every school district in the nation was provided with these funds, and capital improvements were deemed an allowable expense. The process began with a request for proposals, and once the bid was awarded, the design phase began.

Since the consolidation of all schools to the Oaken Hills campus in 2011, we have been restricted by space. The passage of a \$2 million dollar General Obligation Bond in 2014 did allow the district to replace two old modular structures at the elementary with a five-classroom pre-fabricated building, and a large Career Technical Education (CTE) Center at the high school.

While the new spaces provided an opportunity to expand our CTE offerings, the additions only increased classrooms by three spaces. Currently, three of our middle school staff teach in the high school portion of our campus, and one is in a modular building.

The new addition (six classrooms and office space) will allow all middle school teachers to be housed in one building and have a full-time administrator in the building as well.

Through conservative budgeting and successful grant awards, the district was able to use reserve funds to offset the middle school expansion project without the need to pass a bond.

Our facility is the most important physical asset of the district. Routine maintenance and planned improvements are essential to providing our students and community with a safe and healthy environment to learn and gather.

We are so excited for this project to get underway and even more excited, come fall, to have students and staff using the new classrooms.

> 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





Odd Fellows Lodge

143 SW Monroe St.



Mineral
L O D G

Nationality

D. H. G. L. L.

Use the clues above the boxes and the letters below to unscramble the words. Place the letters from the circles on the dashes above the riddle then unscramble them to solve the riddle at the bottom.

Mischevious Sprite

HLNUECAPRE

Food



Small amount

ETWIER



What kind of bow can't be tied?





Gosh, have you noticed how white, blue, or green...maybe even red our roadsides have become?

It's not from a change in the weather. It's from LITTER!

The Oregon roadsides used to be the cleanest I ever saw. My son, who was about ten at the time, noticed it with his comment, "You can always tell when you're in Oregon. There's no litter along the roads."

Nowadays, it's a mess...sad to say.

Have you ever done "litter patrol" with one of the local groups? You find cups and more from every business in a 50 miles radius.

As far as I know, we don't have Starbucks, McDonald's, Burger King, or Dunkin Donuts in town, to name a few.

Of course, there's all the other "stuff" like needles (ugh), Covid masks, and dirty diapers.

You can take it home if you bought it and brought it with you. It shouldn't be a problem and be very much appreciated. Trying to keep Willamina a timber town, not a junk town, is "What's Up in Willamina."

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VETERANS OUTREACH



On Nov. 1, 2022, the Oregon Veteran Dental Program was born. This program expands the Oregon Health Plan (OHP) dental services for qualifying Veterans.

The Oregon Health Authority (OHA) and the Oregon Department of Health and Human Services (OHHS) are now accepting applications for this program.

Eligibility requirements for this program include the following:

- You must be an Oregon resident.
- You cannot be eligible for OHP.
- You must be a Veteran with an honorable discharge or other conditions.
- Have income at or below 400 percent of the federal poverty level.

Once an individual is determined to be eligible, they will need to provide discharge documentation.

The application process is through the OHHS.

For assistance in the application process, see Bobby on Tuesdays or Thursdays at the American Legion Post 75 at 125 N. Bridge Street in Sheridan.

The Legion serves lunches beginning at 10 a.m. on Tuesdays and Thursdays.

How does a leprechaun work out?
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Churches United for West Valley Report "Best Ever" Dessert Auction



This past Sunday, March 12, Trinity Lutheran Church in Sheridan hosted its annual Irish stew and dessert auction for the Churches United for West Valley.

Community members came out in full force to enjoy the free lunch and bid on their favorite desserts. Homemade cakes. pies, brownies, cobblers, and other desserts displayed in the center of the room were up for bid.

Julie Schumann, Churches United member, tallied the results Julie said, "I hope you are sitting down for this. Today was our best-ever turnout!"

The dessert auction sales totaled \$2,643 and another \$1,184 in miscellaneous sales and donations were raised. The raised a total of \$3,827.

All proceeds from these fund-

McMinnville Baptists Offers Warming Shelter

First Baptist Church opens its warming shelter from 7:30 p.m.-7:30 a.m. every Friday night, and cold nights. The address is 125 SE Cowls St., in McMinnville. Dinner ,breakfast, and show-

ers are available. For more information email and volunteer opportunities email grclayton@ hotmail.com.



raisers by Churches United are put back into the community.

"Today paid for over 60 percent of the backpacks and supplies for 2023," announced Julie.

Each year, the group purchases backpacks and school supplies free to anyone in need. Last year, thanks to generous donations and successful fundraising events, they handed out more than 140 backpacks filled with grade-appropriate supplies. In preparation for next school year, they have already ordered 185 backpacks to put together.

Churches United for the West Valley hosts fundraising events several times each year. Donations can be mailed to P.O. Box 385, Sheridan, OR., 97378.



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VALUABLE COUPON NEW CLIENT CODE 19161



Country setting 1.5 acres. Main part of house 4 Established Inn/Motel. Only one in 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 arge shop or barn for animals. Sheridan \$465,000.

town, great investment property. Inn-7BR, 6Bath, office, full kitchen, laundry room, sauna, wine cellar, 1 apartment on 3rd floor. Motel has 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.

SALE PENDING

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.

Hofenbredl Barbara Hofenbredl Principal Broker/Owner

Cell: 503-910-9261 barbhofenbredl@yahoo.com

Sarha Bacon Real Estate Broker Cell: 971-237-7661 sarha.bacon695@gmail.com



322 Main Street • Willamina, OR 97396 Office: 503-876-9004 • Fax:503-876-9115

NEW LISTING

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



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



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

State Tax Refunds Now Being Issued; Refund Status Online

The Oregon Department of Revenue has begun issuing refunds due to taxpayers who have filed their 2022 tax returns. Through Mar. 3, the department had received and processed 681,099 returns and issued 495,606 refunds.

The agency began processing returns on Jan. 23 in the received order. However, each year, the department waits until after Feb. 15 to issue personal income tax refunds as part of its tax fraud prevention efforts. The delay allows for confirmation that the amounts claimed on tax returns match what employers report on Forms W-2 and 1099.

Now that the agency has begun issuing refunds, taxpayers can check Where's My Refund on Revenue Online to see the status of their refund. To check the status of their refund, taxpayers will need their:

•Social Security Number (SSN) or Individual Taxpayer Identification

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Number (ITIN);

- •Filing status; and
- •The exact refund amount is shown on:
- •Line 46 of their Form OR-40. or
- •Line 71 of their Form OR-40-N,

•Line 70 of their Form OR-40-P The Department of Revenue recommends that taxpayers wait one week after electronically filing their return to use the Where's My Refund tool.

Where's My Refund will tell taxpavers whether their refund has been issued electronically, a check has been mailed, their refund has been adjusted, there are questions about their return, or their return is being manually processed.

E-filing and requesting direct deposit is the fastest way for taxpayers to get their refund. On average, taxpayers who e-file their returns and request their refund via direct deposit receive their refund 34 days sooner than taxpayers who mail their paper returns

and request paper refund checks. All Oregon resident taxpayers preparing their own returns in 2023 can file electronically at no cost using one of Oregon's free file options.

Taxpayers can check the status of their federal tax refunds on the IRS website.

Six common reasons refunds take longer and what to do about it:

- •Filing a paper return. Paper returns take longer to process, and, as a result, it takes longer to issue related refunds.
- •Filing electronically and requesting to receive a refund via a check takes longer.
- •Filing more than once. Sending a paper return through the mail after e-filing will delay a refund. Taxpavers should file just once.
- •Filing during peak filing periods. Refunds are also issued slower during peak filing periods, like the last few weeks before the Apr. 18 deadline. Filing well ahead of the deadline will help taxpayers get their refunds sooner.
- •Refunds can also be delayed when errors are identified on re-
- •Taxpayers who check Where's My Refund one week after they file and receive a message saying their return is being manually processed should watch their mailbox for correspondence from the department. If it has been 12 weeks or more since they filed their return and they haven't received a letter from the department, taxpayers should call 503-378-4988 or 800-356-4222 to speak with a customer service representative.



WEST VALLEY **COMMUNITY** CAMPUS Wet Season Music Series • Mar. 18 • 7-9 PM



Accomplished drummer Tony Coleman has toured with B.B. King, Albert Collins, Etta James & more! You won't want to miss his band for a lively, R&B, dynamic music-filled night to end the '22-'23 Wet Season! Fundraiser dinner provided by Willamina 4th of July Committee.

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Horoscopes March 15-21

ARIES - Mar 21/Apr 20

So many things are moving your way, Aries. As the week progresses, your energy level could rise and you will get much more done. Leave time for meaningful encoun-

TAURUS - Apr 21/May 21

Taurus, connect with nature this week. Go hiking at a national park or visit a zoo and take in the exotic animals. Fresh outdoor air is just what you need.

GEMINI - May 22/Jun 21

Gemini, this week marks a new cycle for you. This means you should focus your energy on your ideas and try to narrow down prospects as much as possible.

CANCER - Jun 22/Jul 22

You may need a little inspiration to get moving this week, Cancer. While it's alright to take it easy on Monday or Tuesday, by Wednesday you need to shake away what's holding you back.

LEO - Jul 23/Aug 23

Your brain is filled with many thoughts, Leo. With so much buzzing around in your head, it may be challenging to focus. Consult with a friend to help you out.

VIRGO - Aug 24/Sept 22

Virgo, enjoy the calm while you can because later in the week the pace may become frenzied. Emotions may run high as everyone is rushing around.

LIBRA - Sept 23/Oct 23

People are drawn to you more so than usual, Libra. All this newfound attention may feel a little overwhelming. Find some quiet time to ground yourself and refocus.

SCORPIO - Oct 24/Nov 22

Scorpio, you have many ideas for the future, but you need to get moving. Is something or someone holding you back? Have an honest conversation about what you need.

SAGITTARIUS - Nov 23/Dec 21

Exercise caution when you speak about other people at work, Sagittarius. Not everyone will share your views and you need to work peacefully with others.

CAPRICORN - Dec 22/Jan 20

You may want to remain in an easygoing state, Capricorn, but others are not letting you just hang around. You need to get some things accomplished this week.

AQUARIUS - Jan 21/Feb 18

You may be feeling like you are moving a little slow, Aquarius. But if you write down all you have gotten done, then you're likely to discover you've been quite busy.

PISCES - Feb 19/Mar 20

Be on the lookout for a catalyst that can put you on the path for big changes, Pisces. You can use some fresh inspiration.



1967 Nova: Doug Smith purchased this Nova from the Beaver Creek area. He calls it an "Old guys project and rust bucket." This is his fourth Nova project. After buying it, Doug replaced; the quarter panels, trunk, and main floor boards, toe boards, cowl, and tail panels. Now the body is straight and solid. Doug installed a 5.3 LS engine with a stage two 600 lift cam and Holley Terminator X fuel injection. The transmission is a turbo with a 2500 stall converter and stage two shift kit, passing the power to a Curry Ford 9-inch rear end with 3:73 gears. Doug installed the body panels with the help of his friend, Matt. He is now debating what paint to finish with. (Thank you Gary Meyer for the information and photo.)

Sheridan High School Plant Sale!



April 21: 12:30pm - 6pm April 22: 10am - 3pm April 28: 12:30pm - 6pm April 29: 10am - 3pm



Plants grown by Sheridan FFA Horticulture Students

80+ Hanging Baskets - Veggie Starts Geranium - Alyssum - Petunia - Calibrachoa - Zinnia Verbena - Snapdragons - Marigold - Impatiens - Coleus Potato Vine - Grasses - and More!

Location: Sheridan High School Greenhouse 433 S. Bridge St, Sheridan, OR 97378 Behind the School, follow the signs!



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American Red Cross **Blood Drive Set March 21**

Willamina's VFW will host a blood drive for the American Red Cross from 12:30-5:30 p.m. on Tuesday, March 21, at the VFW Hall, located at 771 E. Main Street, in Willamina.

To schedule an appointment call 1-800-RED-CROS or visit Red-CrossBlood.org and enter sponsor code WillaminaSheridan.

Scouts Set Date for Annual Cake Auction

The Scouts will host their annual cake auction from 6-8 p.m. on Monday, March 20, at the Sheridan Baptist Church, located at 643 E. Main Street, Sheridan. This year's theme for the auction is "Out of This World." Free pizza and other foods will be served. All are invited to join. Desserts will be for sale.

Fourth of July Committee Sets Bake Sale for April 8

The Willamina 4th of July Committee has set their annual Easter bake sale fundraiser from 9 a.m. -2 p.m. on Saturday, April 8, at the Best Stop Market (blue store) at 313 E. Main Street, Willamina. All proceeds from the Willamina 4th of July Committee's fundraisers go towards the annual fireworks show.

The Amity Daffodil **Festival Set March 25**

The Amity Daffodil Festival is from 9 a.m.-4 p.m. on Saturday, March 25, at the Amity Community Center, 401 S. Trade Street in Amity. An exhibit of numerous daffodil varieties will be available for viewing.

Attendees may bring in a daffodil from home to enter the exhibit. Judging will be at 11 a.m. Admission to the event is free and Daffodils, plants, and other garden-related items will be available for purchase. In addition, student art will be displayed.

Mekhmek Mania Set Saturday, March 25

A celebration of local food, farmers, hunting, gathering, cooking demonstrations, educational workshops, informational booths, and a free community meal will be offered from 10 a.m.-2 p.m. on Saturday, March 25. at the Tribal Gym in Grand Ronde. The event is free and open to all community members.

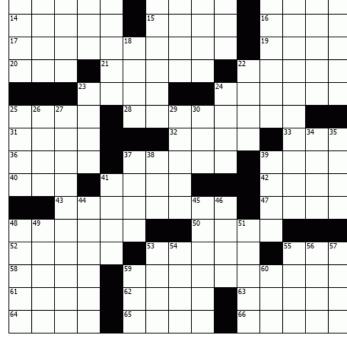




CROSSWORD PUZZLE

Across

- 1. Into pieces
- 6. Rotated
- 10. Grain tower
- 14. Closet wood
- 15. Show concern
- 16. Corrosive substance
- 17. Misleading clue (2 wds.) **19**. TV host Jay _
- 20. City railways
- 21. Penn and Connery
- 22. Serious
- 23. Invitation inits.
- 24. Squirrel's treats
- 25. Pilaf ingredient
- 28. Aircraft with pontoons
- 31. Wrinkle remover
- 32. Roaring feline
- 33. Physicians' org.
- 36. Exec's car
- 37. Light tan
- 39. Outer covering
- 40. Clairvoyant's letters
- 41. Rural business
- 42. Pre-Easter season
- 43. Very cute
- 47. Buffalo's canal
- 48. Lurch
- 50. Raring to go
- 52. Gives forth
- **53**. Appointed
- 55. Atlas page
- 58. Medicine amount
- 59 Worsen
- 61. God of love
- **62**. Gambler's notes
- **63**. Baseball great Hank
- **64**. Fender depression
- 65. Small pest
- 66. Short distances



Down

- 1. 43,560 square feet
- 2. Pare
- 3. Does sums
- 4. Stadium shout
- 5. Lock of hair
- 6. Skin abrasion
- 7. Physical discomfort
- 8. Coffee vessels
- 9. Opposite of pos.
- 10. Cowboy bar
- 11. Relaxing initial activity
- 12. Fine fabric
- 13. Aromas
- 18. Guns an engine

- 22. Read quickly
- 23. Divorce city
- 24. Medicinal herb
- **25**. Stir up
- **26**. Showy flower
- 27. shopping
- **29**. Out on ____ (2 wds.)
- **30**. Glutton
- 34. Skirt length
- 35. Poker opener
- 37. Hayloft locale
- 38. Baseball stat 39. Winter coaster
- 41. Enemies

- 44. Despise
 - 45. Most feeble
 - 46 Not odd
 - 48. Surrendered
 - 49. Love, Italian-style
 - **51**. Thoughts
 - 53. City light
 - 54. Spanish water
 - 55. Stable female
 - **56**. On
 - **57**. Coops
 - 59. Unearth
 - 60. Informant





AVOCADOS







St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. St. Patrick's Day 2023 will take place on Friday, March 17. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast on the traditional meal of Irish bacon and cabbage.

Who was St. Patrick?

Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was

kidnapped and brought to Ireland as a slave at 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people. In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend of St. Patrick is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

When was the first St. Patrick's day celebrated?

Since around the ninth or 10th century, people in Ireland have been observing the Roman Catholic feast day of St. Patrick on March 17. The

first St. Patrick's Day parade took place not in Ireland but in America. Records show that a St. Patrick's Day parade was held on March 17, 1601 in a Spanish colony in what is now St. Augustine, Florida. The parade, and a St. Patrick's Day celebration a year earlier were organized by the Spanish Colony's Irish vicar Ricardo Artur.

What do Leprechauns have to do with St. Patrick's Day?

One icon of the Irish holiday is the Leprechaun. The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow." Belief in leprechauns probably stems from Celtic belief in fairies, tiny men and women who could use their magical powers to serve good or evil. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies. Though only minor figures in Celtic folklore, leprechauns were known for their trickery, which they often used to protect their much-fabled treasure. Leprechauns have their own holiday on May 13 but are also celebrated on St. Patrick's, with many dressing up as the wily fairies.



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West Valley Sports News

Spartan Softball Coach Taking Time

Herb Swett

George Blacketer, in his first season as Sheridan softball coach, is not rushing any decisions.

In fact, he had to ask one of his players how the Spartans did last year. She told him they were around .500.

Plenty of last year's players are returning, he notes, and there will be at least four freshmen on the team.

"Concerning the talent that's coming back and the practices," he said, "I'm excited."

Three of his players, he added, have tournament travel ball experience.

Blacketer was not ready to name

any players for starting roles, but he said several upper-class players have shown leadership.

One reason for his not yet committing himself is Sheridan's return from class 2A to the 3A PacWest Conference. He expects Jefferson, historically strong, to be as strong as any other opponent.

Blacketer sees weather as the main problem so far. Wednesday, March 4, the day before the Bulletin Board interviewed him, the weather permitted outdoor practice but only in the outfield.

Sabrina Blacketer, the head coach's wife, is the regular assistant coach. Rae Webb is helping as a volunteer coach.

Dish Up a Classic Comfort Food To Celebrate St. Patrick's Day

Shepherd's Pie Yield: 8 servings

black pepper

1 1/2 pounds russet potatoes
2 tablespoons canola oil
1 cup chopped onion
2 carrots, peeled and finely diced
2 cloves garlic, minced
1 1/2 pounds ground lamb
1 3/4 teaspoons kosher salt
3/4 teaspoon freshly ground

2 teaspoons tomato paste 1 cup chicken broth

2 teaspoons chopped fresh rosemary

1 teaspoon chopped fresh thyme 1 teaspoon Worcestershire sauce 1/4 cup half-and-half

4 tablespoons unsalted butter 1 large egg yolk

1/2 cup corn kernels, fresh or fro-

1/2 cup English peas, fresh or frozen

1. Heat oven to 400 F.

2. Peel the potatoes and cut them into 1/2-inch dice. Put them in a medium saucepan and cover with cold water. Set said pan over high heat, cover and bring to a boil. Uncover, drop the heat to maintain a simmer, and cook until tender, 10 to 15 minutes.

3. Heat the oil in an 11-inch saute pan over medium-high heat until shimmering. Add the onion and carrots and saute just until they begin to take on color, 3 to 4 minutes. Add the garlic and stir to combine. Add the meat, salt and pepper, and cook until browned and cooked through, approximately 3 minutes.

4. Sprinkle the meat with the flour, toss to coat, and continue to cook for another minute. Add



the tomato paste, broth, Worcestershire sauce, rosemary, and thyme and stir to combine. Bring to a boil, then decrease the heat to low, cover, and simmer slowly until the sauce is thickened slightly, 10 to 12 minutes.

5. Meanwhile, combine the halfand-half and butter in a microwave-safe container and nuke until warmed through, about 35 seconds.

6. Drain the potatoes and return them to the saucepan. Mash the potatoes (a masher is an excellent tool for this, though a hand mixer will do), then add the hot halfand-half mixture, as well as the salt and pepper. Mash to smoothness, then stir in the egg yolk.

7. Add the corn and peas to the meat mixture and spread evenly in a 7-by-11-inch glass baking dish. Top with the mashed potatoes, starting around the edges to create a seal to prevent the mixture from bubbling over, and smooth the top with a rubber spatula. Place on a half sheet pan lined with parchment paper on the middle rack of the oven and bake for 25 minutes, or just until the potatoes begin to brown. Remove to a cooking rack and let rest for at least 15 minutes before serving.

West Valley Sports News

Tri-Cities Little League Preparations Start

Herb Swett

Preparation for Little League baseball in the West Valley began Saturday, March 11.

Parents who are also coaches met at the Tina Miller Teen Center to hear Lori Hernandez, president of the Tri-Cities Little League, discuss plans for the coming season.

The season opener will be from 10 a.m. to 1 p.m. Saturday, March 11, at the former Willamina High School grounds. The season will run to mid-June.

The Little League is still organizing teams, Hernandez said.



Tri-Cities Little League President Lori Hernandez (right) holds the first meeting with the coaches, who are also parents of players, to discuss the upcoming 2023 Little League season.



WHS Has Bigger Track Squad For 2023 Season

Herb Swett

More than 20 Willamina athletes have turned out for track and field this season than last.

With a new track, Mike Hughes is coaching the boys and Heather Hughes the girls. Assisting them are Alex Ehnas with pole vaulting and Mariza Anderson with hurdles, sprints and relays.

Further help came in the form of javelin clinician Scott Halley on Saturday, March 11, and Kallie Schoenbachler, an alumna now at College of the Redwoods, for a jumps clinic Tuesday, March 14.

Returning state competitors are senior Hallee Hughes, who last year was 3A state champion in the javelin and discus and third in the shotput; sophomore Nicole Goodwin, triple jump; junior Jose Cruz, 800 meters; and senior Brooklynn Bailey, long jump and high jump.

"We have many newcomers that will definitely make an impact this season," Heather Hughes said. They include Cohen Haller and Dylan Graham, jumps and relays; Kalena Clark and Evelyn Anderson, sprints; and Hope Stanton, distance.

With the Bulldogs dropping from 3A to 2A, Heather Hughes hopes for a more successful season than they had last year.

Willamina will be the host school for two meets this season. They will be 3A/2A meets April 6 and

The season started Friday, March 10 (results in next week's Bulletin Board) with a home intrasquad

"We're here to build a program," Heather Hughes said.

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Jacob Giddings Senior Project is Moving Forward with Help from Community



Friday, March 10, Mark Pauletto, owner of My Hauler with Claw, Collin Gyenes, president of Sheridan Rotary Cub, and Dean Rech,

district facilities administrator of Sheridan School District, met at the high school field to take down the old board. The new scoreboard has been delivered and will be erected soon.

This project, started by Jacob, was quickly picked up by community members and organizations ready to jump in and help with the funding and placement of the new board.

The high school field is dedicated to Sheridan 1992 alum Travis Taylor. Jacob plans to hold a re-dedication ceremony dedicating the new board in his honor. This project has been attempted in the past but not done. However, due to Jacob's dedication, and the help of others, the project is expected to be completed by early spring.







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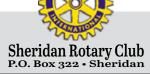
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ROGUE RIVER TRAIL OF TEARS

Native peoples inhabited Western Oregon for thousands of years before European settlers arrived. Before contact with Europeans, Native people in Western Oregon flourished in their way of life. However, the trading ships and pioneers driving wagons across the great western frontier brought with them diseases never before encountered by the Native population. Without any natural immunity to these illnesses, sometimes whole villages of people died within a matter of days.

It took only about 50 years after contact with the European settlers before this removal known as the "Rogue River Trail of Tears" began. Below is a brief timeline leading up to the event.

1805 – The Lewis and Clark expedition reached the mouth of the Columbia River.

1829 – Hudson's Bay Company met in Council with Native Tribes to negotiate a peace treaty. Chief Kiyasnu rallied his Tribe in support. After a demonstration of Scottish bagpipes, the Tribes pledged their friendship and agreed to sell their furs to HBC.

1830 - An epidemic of "fever" and "ague" struck the Tribes of the Oregon Territories, killing thousands along the Columbia and Willamette rivers.

1843 – American settlers in the Willamette Valley began meeting at Champoeg, hoping to form an American government. The largest wagon train yet, carrying

seven to eight hundred people, reached Oregon.

1844 – Over the course of the year, 1400 new settlers arrived, and 3000 more were on their way.

1845 – The Hudson's Bay Company officially recognized the provisional government. Two thousand settlers were now residing in the Willamette Valley.

1847 – An epidemic of measles struck the Native people living in Oregon.

1848 – President Polk signed a bill creating the Oregon Territory. 1849 – The provisional government convened in Oregon City. By this time, there were more than 10,000 settlers in Western Oregon.

1850 – The Donation Land Claim Act was passed. This act granted settlers 160 to 640 acres of land wherever they chose to locate it. As a result, many settlers claimed land still owned by the local Native Tribes.

1851 – Prospectors discovered gold in southern Oregon and around the Rogue River. This set off a stampede of fortune seekers from the east. Leaders of various Tribes and Bands in Western Oregon met with representatives of the United States to negotiate for the purchase of their land.

The Confederated Tribes of Grand Ronde were formed when the U.S. government forced member Tribes to cede their ancestral lands and created the 60,000-acre Grand Ronde Reservation in Or-

egon's coast range.

The Rogue River and Chasta Tribes were the first to be removed from their aboriginal lands. Members of other Tribes and Bands joined them as the march passed other tribal homelands.

February 23, 1856, Indian Agent George Ambrose began moving 325 "Indian Refugees" from the Table Rock Reservation in Southern Oregon to the Grand Ronde Reservation in the Willamette Valley. This journey required the Natives to leave their homelands and travel, on foot, north. The journey took 33 days and covered 263 miles.

An Indian Agent's responsibility as assigned by congress from the close of the 18th century to nearly 1869 was that they were legally responsible for protecting Indians from non-Indians. In establishing this responsibility, it "continue[d] to deal with Indian Tribes by utilizing agents to negotiate treaties under the jurisdiction of the Department of War." Initially, and before the reforms of the late 19th century, an Indian agent's average duties were as follows:

- •Work toward preventing conflicts between settlers and Indians
- •Maintain flexible cooperation with U.S. Army military personnel.
- •See to the proper distribution of annuities granted by the state or federal government to various Indian Tribes. This usually occurred through a transfer of money or goods from the Indian agent to the respective chief, which would then be distributed to the Tribe, although this practice went into decline by the mid-1800s.
- •See to the successful removal of Tribes from areas procured for settlement to reservations.

Agent Ambrose kept a journal during the removal. His diary revealed no emotion regarding the suffering and dislocation of those he led. Ambrose readily admitted in his account that the wagons to haul the aged and ill were inadequate for the task. Harsh weather, food shortages, and being pursued by an organized band of Americans who had plans to kill every Native in the valley, creating constant fear, were made in a brief note in Ambrose's Journal. Below are some of the Journal entries.

"February 23, Saturday. The weather still continues to be pleasant. It was found necessary to have more teams than at first contemplated. I accordingly proceeded to Jacksonville for that purpose and also to provide some articles, such as clothing and blankets, to add to the comfort of the Indians, although the weather is sell (sic) down as pleasant. It certainly would be regarded as such, especially at this season of the year, however, the nights are quite frosty and the mornings cool, sufficiently so, to render it necessary that they should be provided with tents, blankets, shoes & such necessaries as would tend to promote their comfort while on the journey which being procured the day was spent in distributing the articles among them. Also two additional teams were secured to convey the sick, aged, and infirm. Our teams now number eight which I fear will not be sufficient. Thirty four Indians are disabled from traveling by reason of sickness aside from the aged and infirm, who will as a matter of course, have to be hauled.'

"February 28, Thursday. Frosty and cool again this morning. While about preparing to leave camp some person killed an Indian who had wandered off some distance from camp in search of his horse which had strayed off during the night, which caused some considerable excitement among the Indians as it went to



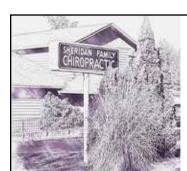
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prove the statement previously made by some evil disposed persons, to wit: that they will be killed by the way. We learned this morning that a party of evil disposed persons have gone in advance of us, as is supposed to annoy us, or kill some friendly Indians. A messenger was immediately dispatched to Capt .(Andrew J.) Smith at Fort Lane for an additional force to escort us to or through the canyon ifit should be necessary. We also learned that an individual by the name of Timeleon Love was the person who killed the Indian this morning, and that he composes of the party that had just passed. We drove today a distance of eleven miles and encamped on the west bank of Jump Off Joe Creek where we will most probably remain till the arrival of Capt. Smith."

"February 29, Friday. We remained in camp all day. Quite a pleasant day. Capt. Smith arrived about two o'clock. Today we had another Indian die ,the first by disease on the road. Although many are very sick, there are no new cases of sickness occurring.'

"March 1, Saturday. Quite a pleasant spring-like morning. Everything being in readiness by times, we took up our line of march over a rough hilly mountainous country, and the roads were truly in a horrible condition. I omitted to mention that on Thursday last, we took a northwood direction and left the Rogue River to the south of us, which brought us among some rough hills between the Umpqua and Rogue Rivers. After passing the Grave Creek Hills we learned that Mr. Love and some others were awaiting us at the house, intending to kill an Indian. Upon going to the house, I found it to be fact, talked with the gentlemen, told them the consequences, went back and requested Capt. Smith to arrest Mr. Love and turn him over to the civil authorities. We passed the house however without any difficulty and encamped on a small stream two miles north of Grave Creek. We drove today a distance of eight miles. We are now in the midst of hostile Indian country and not entirely free from danger.'

"March 2, Sunday. Clear and frosty. Upon consultation it was deemed best to move forward, as we went in enemy's country and neither forage nor grass could be had for our animals. We found the roads horrible as we traveled on. After traveling hard all day we made a distance of twelve miles and encamped for the night on the west bank of Cow Creek one mile above the crossing.

"March 5, Wednesday. The Indians remained in camp today at the mouth of Canvon Creek. awaiting the arrival of the wagons. About three or four o'clock in the evening, they made their appearance. The cattle were very much jaded and tired, as no forage could be had. I secured the best pasture I could find and turned them into that. An Indian girl died this evening. We were now at a distance of eleven miles from our camp on the evening of the third, being occupied two days in making it. Mr. Love, who still continues to follow us, was arrested and put under guard.'

"March 7, Friday. The weather still continued cool and frosty of nights and pleasant thru the day. Our road today is hilly and, in places, quite rocky. An Indian woman died this morning and the number of sick is increasing. It was found necessary to hire or buy another team. I soon procured one and continued our march. We drove today a distance of ten miles and encamped in Round Prairie on the South Umpqua yet.

"March 10, Monday. A very fine morning indeed, we got an early start this morning, found the roads very bad. In about two miles we arrived at Winchester situated on the south bank of the Umpqua. Here we had to ferry the river, which occupied us about three hours. We then acsended a considerable hill and traveled over a rough prairie country, very muddy roads. We found a very pleasant camp about four miles north of Winchester on Camas Swail *Creek, a distance of seven miles.* This morning a writ of Habeas Corpus was served on Lieut. Underwood to show cause why he detained and held in custody unlawfully the person of Timeleon Love, to which he made a return that he held him by the authority of a legal Indian Agent, and according to law, and that Love was held only to be turned over to civil authorities according to law. Lieut. (William Babcock) Hazen was left at Winchester in charge of the gaurd, and to turn the prisoner over to the proper officers of the law.'

"March 11, Tuesday. This morning the teams got up quite early, and preparations were made for starting. I then proceeded to Judge (Matthew P.) Deady's and caused a writ to be issued for the arrest of Timeleon Love for the murder of a friendly Indian on the 28th day of February last. Before the service of the warrant, *Mr. Love had effected his escape.* We found the roads in horrible condition and grass quite scarce. The teams drove but three miles today and encamped for the purpose of attending the trial.

"March 12, Wednesday. Cloudy and threatening rain, we had some trouble finding our cattle. We, however, succeeded in getting them together at about ten o'clock. After traveling through a canyon, of about one and a half miles, we arrived at Calapooia Creek. Our route lay directly up the creek for two and a half miles over hilly but prairie country when we crossed the stream on a bridge at (Dorsey) Bakers. For the remainder of the day, our route lay northward and over some steep hills. About four miles from the mills, we struck camp at what is called Oakland. Two deaths occurred today since we camped, one man and one wom-

"March 15, Saturday. Cloudy this morning, our cattle were missing and upon search we ascertained they had crossed the mountain. Pursuit was immediately made and they were found about ten miles from camp. They were brought back and we were ready to start by two o'clock. From camp we commenced our ascent up the mountain, at first quite graual. After ascending some distance we arrived at the summit. We then followed the ridge of the mountain some distance before we commenced the descent. The road was quite dry over the mountain and till we were near the base, when we found some very heavy mud. The last team arrived in camp after traveling a distance of eight miles. One woman died today.

"March 18, Tuesday. Cloudy and threatening rain. During the night, an Indian died, which detained us for a short time to bury. However, by nine o'clock, we were in readiness to start. We traveled over a level flat country in places quite muddy. The greatest difficulty we experience is in obtaining grass for our cattle which we find exceedingly scarce. We drove today a distance of twelve miles. Camped in an oak grove near the claim of Mr. Smith."

"March 21, Friday. Clear and pleasant. This morning we were two or three hours in ferrying the river, for two or three miles we found the roads very muddy. About three miles north from Corvalis, our road improved very much, becoming rolling and dry. We traveled today a distance of twelve miles and encamped near the claim of Mr. Rude.

"March 25, Tuesday. Clear and pleasant. We got an early start this morning and, after driving hard all day, reached the (Grand Ronde) reservation about four o'clock in the evening after driving a distance of sixteen miles. So ends my journey and journal. After a period of thirty-three days in which time we traveled a distance of two hundred and sixty-three miles. Started with three hundred and twenty-five Indians. Eight deaths and eight births. Leaving the number the same as when we started."

Many more Native Tribes and Bands were removed to the Grand Ronde reservation after this journey.

Today The Confederated Tribes of Grand Ronde are comprised of the proud peoples of the Umpqua, Molalla, Rogue River, Kalapuya, Chasta, and many other Tribes and Bands whose roots go back thousands of years and whose ancestors represent the blending of many different cultures.

Editors note: This is a condensed version of a complicated history. To learn more about this event and other Tribal history, I would recommend visiting the Chachalu Tribal Museum and reading "Living In The Great Circle." Information Sources:

Journal Pages of Indian Agent George Ambrose as edited by Stephen Dow Beckham and pro*vided by the Confederated Tribes* of Grand Ronde.

Living In The Great Circle, by June L. Olson, which can be purchased at Chachalu Tribal Museum. Other sources and information include the Confederated Tribes of Grand Ronde website and Wikipedia.





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