

**FREE**  
Take One!

# West Valley Bulletin Board

West Valley Bulletin Board, LLC

March 8, 2023

Weekly Publication Serving Sheridan, Willamina and Grand Ronde

Vol. 9, No. 4

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

spring forward  
This SUNDAY  
March 12

SPIRIT MOUNTAIN CASINO

## JOIN OUR TEAM TODAY!

### WHY SPIRIT MOUNTAIN?

- \$18.02 minimum wage\*
- Graveyard shift differential
- Part-time pay differential
- Fuel discount
- Fuel rewards for attendance
- Medical, dental, vision, and pharmacy coverage\*\*
- Paid time off\*\*
- Free meals
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- Employee discount program
- And so much more!

Scan this QR code to start your Career with us **NOW!**



\*Excluding highly-tipped positions

\*\*Full-time positions

## Hampton Lumber to Invest \$150 Million in Willamina Operations

The new 105,836-square-foot mill will replace the two older sawmills currently onsite. The existing dry kilns and planer mill will remain in operation to complement the new sawmill. The new layout will increase productivity and worker safety. In addition, the state-of-the-art technology will provide more product flexibility and help them get the most lumber out of every

log. This project is a significant investment in sawmill infrastructure and reflects the Hampton family's commitment to their operations in Willamina. The project has already started and is projected to be completed at the end of 2024. The company will bring about 75 construction workers within the next six months and up to 100 at peak times to complete the project.

## Sheridan Pharmacy Changes Hours

Effective Monday, March 6, pharmacy hours will be: Monday through Friday-9 a.m.-6 p.m. Closed for lunch from 12:30 p.m.-1:30 p.m. Saturday 9 a.m.-2 p.m. Closed Sunday. Variety side/liquor hours are not affected.

## The Amity Daffodil Festival Set March 25

The Amity Daffodil Festival is from 9 a.m. until 4 p.m. on Saturday, March 25, 2023. Amity Community Center, 401 S Trade Street. Free admission. An exhibit of numerous daffodil varieties will be available for viewing. Attendees can bring in a daffodil from home to enter the exhibit; judging will be at 11 a.m. Daffodils, plants, and other garden-related items will be on sale. In addition, student art will be displayed. All are invited to spend the day in Amity, enjoy the festival, dine at local restaurants, and taste wine at local wineries. Celebrate spring in Amity.



## 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.

## RV and Self-Storage



Open 7 days a week  
24-hour surveillance  
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**503-435-9322**



# Nonnie's Village

Safe, quality preschool and childcare for the whole community

*Openings available*

Ages 6 weeks to 3 years at our childcare location at 433 S Bridge Street, Sheridan  
Ages 3 years thru 5 years at our preschool location at 919 SW Second Street, Sheridan

Hours of operation: Monday thru Friday 7:00 am to 4:00 pm

"It takes a village to raise a child" -African Proverb

For information on prices, enrollment and summer programs email nonniesvillage@gmail.com



*"At Nonnie's Village, we value every child as a precious gift and strive to give safe, high-quality care, and education to the underserved and high-risk children in the community."*

# BULLETIN BOARD CLASSIFIEDS

503-687-3000 • [bulletinwestvalley@gmail.com](mailto:bulletinwestvalley@gmail.com)

136 E. Main Street • Sheridan

## Help Wanted

### City of Sheridan Public Works Maintenance Worker I

The City of Sheridan has an exciting opportunity for a motivated individual who is looking for opportunities to use and improve their skill sets as part of a public works team that takes pride in each job accomplishment, big and small.

The Public Works Maintenance Worker I performs a variety of manual labor associated with the operation, maintenance, and repair on city land, buildings, and infrastructure, including parks, streets, and utilities. A full position description is available on the City's website [www.cityofsheridanor.com](http://www.cityofsheridanor.com). A high school diploma or GED preferred, but not required. Minimum qualifications are: One-year general maintenance, repair, paving, or construction experience, 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. The salary range for this position starts at \$19.25 per hour to \$22.29 per hour depending on experience. This is a full-time, FLSA non-exempt position. This position is not eligible for remote work. The City provides excellent health benefits and vacation, holiday, sick and personal leave days. The Public Works Maintenance Worker I is a union-represented employee after a six-month probationary period. 100% employer paid retirement plan, Oregon Public Employees Retirement System (PERS).

Applications are available at Sheridan City Hall, 120 SW Mill Street, Sheridan, or can be downloaded from the City's website [www.cityofsheridanor.com](http://www.cityofsheridanor.com). For consideration, all applicants must submit 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)

## Firewood

**Seasoned Doug Fir.** Come and get your firewood before winter. \$225/cord. You haul. Call 503-879-5146 and leave message. (323)

## 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](mailto: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.

## For Sale

**Kenmore 3/4 spool** overlock sewing machine differential feed, \$75 Call 971-237-3495

**1986 GMC 3/4 ton** long-bed pickup with 305 V-8, turbo 400 automatic transmission, white in color. Everything works, classic "square" body style. \$2,975 call 971-237-0994.



**HAMPTON LUMBER**  
Willamina Division

## JOIN OUR TEAM

Applications available online:  
[www.hamptonlumber.com](http://www.hamptonlumber.com)  
Check for openings and apply online.



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](mailto:SheridanChamberofCommerce@gmail.com)  
Website: [www.sheridanchamberofcommerce.com](http://www.sheridanchamberofcommerce.com)

*On the Yamhill River*

# WHAT'S UP IN WILLAMINA

by mary jane

Have you noticed all the chubby robins bouncing around your yard or your neighbor's? They sure seem happy, even though it isn't spring yet. Some of the ones I've seen are the size of small chickens. I've never seen them so big before.

This cold weather isn't bothering them, or so it seems. I do know that seeing them in the neighborhood means spring isn't too far away. Waiting for spring to arrive soon is "What's up in Willamina."

## VETERANS OUTREACH

by Bobby Davis

This week I get to talk about an event that is dear to me on May 20-21. The Oregon Department of Veterans Affairs will host the bi-annual Women's Veteran Conference at the Salem Convention Center. For me, this is a must-see event held every two years. This conference has great speakers, various classes, and plentiful vendors to tease us with "cool stuff." Saturday lunch and an evening social is provided to all registered attendees. Sunday breakfast is served. I am registered and hope to see you there. I also want to remind everyone that free lunch is served on Tuesday and Thursday at 11 a.m. at the Legion. We also have dry socks and outerwear for anyone who needs them, and as always, Zeek and Bobby are available to help with VA paperwork or just plain visiting.

## Mill Workers Needed



- Benefits
- Competitive Pay
- Fun Work Environment

# WE ARE HIRING

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- Pacific Fir Lumber, Inc.
- Sheridan Building Materials

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## Obituaries



### Charles "Bud" David Kepford July 12, 1933 - Jan. 5, 2023

Charles "Bud" David Kepford passed away on Jan. 5, 2023, in Orville, Calif.

He was born July 12, 1933, in Chehalis, Wash., to Thomas Charles and Faye S (Senter) Kepford.

Bud was raised in Washington until the age of six, when the family moved to Kansas City, Mo.

After WWII, they moved back to Grand Ronde. He graduated from Willamina High School in 1951.

In 1953, he enlisted in the Army. That is when he started driving truck. He drove supplies to the front lines during the Korean War. His only joy during that time was handing out Hershey candy bars to the little Korean children. After his discharge at Fort Ord, Calif., in 1956, he began driving truck for a living.

He married Clairbelle Blankenship from Willamina in 1957. They had three daughters, Debbie (Waterman), Diana (McGrath), and Mitsy Kepford.

Bud drove a log truck and then long

hauled for a few different companies.

He later married Karen and had sons David and Charles (Chucky). Bud liked to travel and see new places, which included two trips to Ireland and many trips down the Rogue River.

While living in Grand Ronde with his then wife, Darlene Brown, he drove a log truck and dump truck and was a mechanic for Taylor Lumber Co. After a long career, this is where he retired from driving truck. Some of Bud's favorite things to do were listening to old country music, spending time with family and friends, and going to garage sales (an interest he acquired from his mom).

He moved back to Washington to live with his last wife, Nancy Core. They enjoyed many trips to Canada and the U.S. in their motorhome.

Bud returned to Sheridan for a time, and then his final years were spent living with his daughter Debbie in Paradise, Calif.

While living there he enjoyed many outings to the races, picnics, and family dining.

Bud is survived by his sister, Carmen Romona Wagler of Willamina, and brother James Stephen Kepford (Linda) of Montegu, Calif.

He has 17 grandchildren, 19 great-grandchildren, and one great-great-grandson, Carter.

Per his wishes, a private service was held in Oregon, where truck drivers never die. They keep trucking on...



### Marion "Jim" J. Crowl March 21, 1939 - March 2, 2023

Jim was born in Scott City, Kansas. He passed away at home with his wife Kay and son Mike Crowl by his side.

Jim was survived by his wife, Kay Crowl, Son Michael Crowl (Michele), Tulare Calif., daughter Anne Maldonado, Chattanooga Tenn., daughter Christina Klauda, Winston ore., twin sister Marilyn J. Gowey (Glen) Sutherlin, Ore., brother Robert E. Crowl (Mary Lou), Corpus Christi, Texas, brother-in-law Roy Armes (Barbara Armes) Oak Harbor, Wash., broth-

er (from another mother) Ray Armes, Arlington Wash..

He was preceded in death by daughters Kelly K. Crowl, and Tracy Alejandro, six sisters, and two brothers.

Jim served 12 years in the U.S. Navy and spent 33 years as a truck driver. He has resided in Sheridan for the last ten years.

He was a member of VFW 4211 in Willamina and American Legion Post 18 in Visalia, Calif.

American Legion Visalia Post 18 wrote, "Our friend Shipmate and comrade has completed his earthly tour of duty, and transferred to the staff of the Supreme Commander.

Jim was a U.S. Navy veteran of the Vietnam War and had 22 years of continuous membership in the American Legion and Visalia Post 18. We will transfer his membership to post everlasting and raise a glass to his memory. Bon Voyage, shipmate/comrade Jim. We will meet again when our own final orders are written. Having touched our lives, we carry a part of you in our hearts and memories."

There will be no services at Jim's request.



## MESSAGES FROM THE MAYOR

MARIANNE THOMSON

Do you have questions or comments?  
Email [mthomson@cityofsheridanor.com](mailto:mthomson@cityofsheridanor.com)  
or mail correspondence to  
City of Sheridan, 120 SW Mill Street  
Sheridan, OR 97378

### You Can Never Underestimate the Value of Communication.

Sheridan City Manager Heidi Bell, Sheridan City councilors, and city staff work diligently to communicate with community members and local organizations to ensure access to information. Our goal is to keep everyone informed, updated, and well-served.

We also do our best to represent Sheridan with county, state, and federal representatives. Recently, Heidi and I were among a small group of Yamhill County officials invited to talk one-on-one with U.S. Senator Jeff Merkley before his town hall meeting in McMinnville. We used the time to talk to him directly about Sheridan issues.

Councilor McElroy and I attended a round-table talk with U.S. Representative Andrea Salinas a few weeks ago. We exchanged information about issues affecting our Yamhill County neighbors and matters of concern to Sheridan.

On March 1, Oregon Marine Board's (OMB) Janine Belleque, boating facilities manager, and Josh Tacchini, an OMB civil engineer, joined Heidi and I, and several other West Valley residents, to look at South Yamhill River access possibilities. Gary Brooks, Angie Blackwell, Sheridan City staff, Rotary's Riverfront Parks Subcommittee, and the City of Sheridan Parks and Recreation Committee helped size up the possibilities for locations to launch small unmotorized boats, such as kayaks, canoes, and inner-tubes, along the South Yamhill River. Morgan Street Park in Sheridan is one of the likely locations for one of the launch sites. The idea is to build a water trail that could eventually run from Grand Ronde to Newberg. In addition, OMB talked about grant possibilities from the Oregon Marine Board and possibly Oregon State Parks and Fish and Game.

Last week we attended the Yamhill County Commissioner's meeting to remind the commissioners that West Valley citizens in need rely heavily on essential services provided by YCAP and other county-level providers located in McMinnville. We joined others in asking them to consider declaring a state of emergency to direct resources to Yamhill County to help manage the growing need for resources to address homelessness in this area.

On March 2, library and city hall staff joined Heidi and me to tour the Polk Country Resource Center in Dallas. The center's friendly staff generously offered to share their extensive knowledge, specialized computer software, resource information, and more at no cost to us. Most of us were overwhelmed with everything they could offer in one location to assist families and individuals in meeting basic needs while helping them achieve self-sufficiency.

And, of course, we look forward to getting together for Sheridan City Council meetings at 7 p.m. on the first and third Mondays of every month at City Hall. (When a holiday falls on Monday, the council meets on Tuesday.)

We'd love to see your smiling faces at the meeting, too.

Regular council meetings have a 30-minute public comment period at the beginning and end, which gives community members a three-minute opportunity to address items on the agenda or share ideas, solutions, and thoughts to help create a brighter future for Sheridan.



## Grand Ronde Art Guild; New Name and Meetings

The Grand Ronde Art Guild, now the West Valley Creative Artisans, meet from 10 a.m.-2 p.m. every Wednesday at the Willamina Christian Church at 200 SE Baker Street in Willamina.

An annual membership of \$30 helps defray the costs of field trips, entitles the use of the groups' common art supplies, allows member input, and voting rights at the monthly meetings.

Membership is not required. Interested persons can come Wednesdays and work on art projects of their own.

For more information, contact Alice Flory at 503-879-5927.

## 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.

## Tri-Cities L.L. to Host Umpire Clinic March 18

Tri-Cities Little League will host an umpire clinic for league baseball and softball. The clinic is scheduled from 9 a.m.-3 p.m. on Saturday, March 18, at the Grand Ronde Tribal Gym. A light breakfast and lunch will be provided. A scorekeeper class is possible, if enough people commit. Scorekeeping would run approximately two hours.

Email Lori at loriw1967@aol.com with your name and phone number to confirm your spot. Open to individuals 14 and older.

## Free Lunches Offered Tuesdays and Thursdays

The West Valley Veterans Outreach will distribute free lunches to anyone in need from 10 a.m. on Tuesdays and Thursdays at the American Legion Post 75 at 125 N. Bridge Street, Sheridan.

These lunches are made possible by the West Valley Veterans Outreach with help from American Legion Post 75 and the Grand Sheramina Food Bank.

# Mask Mandate in Health Care Settings To Be Lifted April 3, 2023

Workers, patients and visitors in health care settings will no longer be required to wear masks starting April 3, Oregon Health Authority (OHA) announced Friday, March 3.

OHA is rescinding provisions in Oregon Administrative Rule (OAR) 333-019-1011 that require workers in health care settings, such as hospitals, mobile clinics, ambulances, outpatient facilities, dental offices, urgent care centers, counseling offices, school-based health centers, complementary and alternative medicine locations, to wear masks.

The requirement has been in effect since August 2021.

In addition, Executive Order 22-24 will expire on March 6, 2023. The emergency gave hospitals needed flexibility to respond to a surge in respiratory infections, including COVID-19, RSV and influenza.

The decision to end statewide health care mask requirements aligns with decisions in other states, including Washington.

Dean Sidelinger, M.D., M.S.Ed., health officer and state epidemiologist at OHA, said the lifting of Oregon's health care mask requirement stems from data in recent weeks showing overall decreases in circulation of the three respiratory pathogens that triggered a surge in visits

to hospital emergency departments and intensive care units last fall. As of today, COVID-19 test positivity is at 10% and is expected to continue dropping; influenza test positivity is at 1.2%; and RSV test positivity is at 1.6% (antigen tests) and 3.5% (molecular tests).

The month-long lead-up to the ending of Oregon's health care mask requirement gives the health care system, local public health authorities and other health partners time to prepare for the change, including adjusting policies, training and procedures that ensure continued patient safety and access. It also gives members of the public, particularly populations at increased risk of severe disease; communities of color, tribal communities, rural communities, lower-income communities, those with underlying medical conditions, seniors, and parents of vulnerable infant, a chance to plan health care visits and protective measures.

People at higher risk for severe disease, or who live with someone at higher risk, should still consider wearing masks in health care or any settings, to better protect themselves and those most vulnerable around them. Some health care settings may continue to require masks even after the requirement is lifted.

Masks remain an effective way to reduce transmission of respiratory viruses. People are recommended to wear masks when they are sick, and individuals, particularly those with health conditions that put them at high risk for severe illness from a respiratory virus exposure—should continue to wear masks wherever they feel comfortable.

In order to protect themselves and their families and communities, people are strongly encouraged to stay up to date with vaccinations and boosters.






You're invited to

# măk<sup>h</sup>măk mania

A celebration of local food, farmers, hunting & gathering

Saturday, March 25th  
from 10 AM - 2 PM at the Tribal Gym

Free and open to all community members

- Cooking Demonstrations
- Educational Workshops
- Informational booths
- Free community meal

Organized by Grand Ronde's Food Access and Community Team, Sponsored by Marion-Polk Food Share & The Confederated Tribes of Grand Ronde




## Kelli's Kuts

New Location: 144 E. Main



All Haircuts or Waxing  
Only \$10  
Walk-ins only

144 E. Main • Sheridan  
(Next to Main Street Books Revisited)  
503-330-2149

HOURS  
Tues. - Fri.  
10am - 5pm  
Saturday  
10am - 2pm  
CLOSED  
Sun. & Mon.

March 8, 2023

## International Women's Day







**1937 ROYAL**-This classic 1937 Chrysler Royal is part of an impressive collection of vehicles owned by Don Cranfill. It still has the stock flat-six engine and three-speed manual transmission. Inside you'll find a comfortable interior, sporting velour seats. The dash is filled with after market instruments to monitor performance, and the body has been sprayed with stunning forest green paint. (Information and photograph generously provided by Gary Meyer.)

•Doggie Daycare  
•Boarding  
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Monday-Saturday  
8 a.m.-5:30p.m.  
Sundays by  
appointment  
•Affordable Rates

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**Weekly Meetings:**  
Noon • Wednesdays • Sheridan Fire Hall



**Sheridan Rotary Club**  
P.O. Box 322 • Sheridan

**WORK ON THE INSIDE**  
FCI Sheridan is **HIRING!**



FEDERAL BUREAU OF PRISONS  
**Hiring Events on the First Saturday of the Month**  
APPLY TODAY!  
CONTACT OUR HUMAN RESOURCES OFFICE TODAY  
EMAIL: she-humanresources-9@bop.gov PHONE: 503-843-6422




The Sheridan Museum of History has a hand-made chess board with hand carved pieces, checkers and dominos for sale. The set is valued between \$250- \$500. Proceeds of the sale will go to the museum. Call 503-201-6448 (leave a message) to make an offer.

# WET SEASON

MUSIC SERIES PRESENTED BY WEST VALLEY COMMUNITY CAMPUS

## TONY COLEMAN BAND

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!



**SATURDAY, MARCH 18TH 7 - 9 PM**  
**WVCC AUDITORIUM**

**FREE and FUN for the whole family!**

Fundraiser dinner provided by Willamina 4th of July Committee

\$10 Meal (\$5 for children under 10) Tri-Tip OR Chicken;  
with Cheesy Potatoes, Roll & Green Salad  
Soda, Beer and Wine Available for Cash Purchase

266 SE WASHINGTON ST. | WILLAMINA  
(503) 929 - 4037 | WESTVALLEYCOMMUNITYCAMPUS.ORG

## TRY OUR DELICIOUS HANDCRAFTED PIZZAS HOT AND READY TO GO!



Starting at 4:30 p.m. full size pepperoni and supreme pizzas will be hot and ready to go! Call ahead for different toppings. Ordering available 11 a.m.-7 p.m.

**NEW BREAKFAST ITEM!**  
Bagel piled high with sausage, ham, egg,  
and two slices of cheese. **Only \$5.99**

It's FISH FRIDAY at American Market! Available only on Fridays.



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

Sign up for Marathon Rewards!



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



# A Message from the Sheridan Superintendent

## Sheridan Families,

For the last several months, the District has been working on an improvement plan called the Integrated Plan. The Oregon Department of Education constructed a process that combines the district improvement process, state grants, student attendance, and Career Technical Education (CTE).

The two grants, High School Success and the Student Investment Account, each have their own requirements. High School Success focuses on drop-out prevention, CTE, and college readiness. The Student Investment Account has the following categories: Health and Safety, Increased Instructional Time, Ongoing Community Engagement, Reduced Class Size, and Well-Rounded Education. In terms of funding, these grants provide over \$800,000 to support our students.

The District Leadership Team conducted a needs assessment based on all available data. We looked at student assessments for reading and math, student attendance, behavior reports, and graduation rates. We also reviewed survey data, and I was able to meet with small groups of students in what we called "student listening sessions." All of this information led us to determine what activities will best meet the needs of our students. Rising to the top of the list of student health and wellness. We continue to be concerned about students dealing with depression and, for some students, substance abuse addiction. This leads to unhealthy behavior choices, poor attendance, and the risk of not graduating on time.

We are also focused on student learning and providing the support needed for reading and math. Grant funds provide for math intervention teachers, the contract for a mental health counselor, and a teacher to reduce class sizes. Overall, six staff positions are funded through these two grants.

Additionally, we decided to use our School-Based Health Services (HBHS) grant as part of our Integrated Plan. The committee for the grant is working to develop an implementation plan for increased nursing services. Monthly meetings, open to the public, will guide the process. This Integrated Plan will continue to be refined and require input from our parents and community members. The District will use our current committees, like the substance abuse prevention and HBHS committees, and surveys to learn about the needs of our students and families. We need your input and support for the Integrated Plan as we prepare for the 2023-24 school year.

If you have any questions or would like more information about our committee work, please contact me. Thank you for partnering with Sheridan School District.

**Dorie Vickery Ed. D,  
Superintendent**

**Sheridan School District**

**School District Office: 971-261-6959**

**Sheridan High School: 971-261-6970**

**Faulconer Chapman School: 971-261-6960**

## More Young People are Dying of Colon Cancer, Say Health Care Professionals

Colorectal cancer diagnosis and deaths are on the rise among younger adults. While the rates of colorectal cancer have decreased for people over 50, they have been increasing for those under 50, according to a new report released this week by the American Cancer Society (ACA). The ACA found that about 20% of new colorectal cancer diagnoses were in patients under 55 in 2019, compared with 11% in 1995.

March is Colorectal Cancer Awareness Month and Kaiser Permanente Northwest physicians want to people to know that that missing colorectal screenings can lead to worse health outcomes. Every person 45 and older is encouraged to talk with their doctor about this important health screening, which is now easy to do at home.

"There can be no symptoms, so it's not advisable to wait until symptoms such as changes in stool, abdominal pain or bleeding present themselves," says Dr. David Parsons, Colon and Rectal Surgeon with Kaiser Permanente Northwest. "Early detection is important. Colon cancer is preventable and treatable with proper screenings."

People may not be aware that the recommended screening age for colorectal cancer was lowered to 45 by the U.S. Preventive Services Task Force in 2021. With more younger people being diagnosed, it's important that people with average risk get screened.

Kaiser Permanente has a long history of national leadership in prevention and screening for conditions such as colorectal cancer.

Items of discussion with your health care provider:

- Types of colorectal screening, including home tests

- Why screening is critical in preventing or catching it in the early stages

- Colorectal cancer risk factors and prevention

- Colorectal cancer diagnosis and treatment

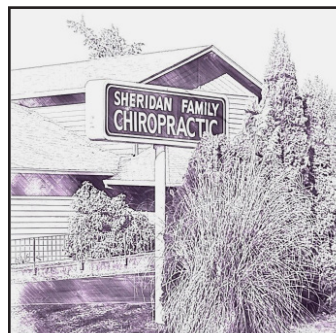
Colorectal Cancer Fast Facts  
Facts and statistics of colon cancer:

- Colorectal cancer is the second most common cause of cancer death in the United States, and it is the leading cause of cancer-related deaths in men younger than 50.

- The death rate from colorectal cancer has been dropping for several decades. One explanation for this is that colorectal polyps are now being found more often by screening and removed before they can develop into cancers. Screening also results in many colorectal cancers being found earlier, when they are easier to treat.

- From 2011 to 2019, incidence rates dropped by about 1% each year. However, in people younger than 50, rates have been increasing by 1% to 2% a year since the mid-1990s. A younger generation of Americans is being diagnosed with advanced stages of colorectal, rectal, and colon cancer, according to a 2022 study published in the journal *Cancer, Epidemiology, Biomarkers, and Prevention*.

- The distribution of colorectal cancer is not even across U.S. subpopulations; there is a marked difference in colorectal cancer incidence, cancer stage, and cancer mortality by race and ethnicity. After Black Americans, Native Americans have the second highest colorectal cancer incidence rate at 39.3 per 100,000 people. Asian and Pacific Islanders have an incidence rate of 31.7 per 100,000 people and Hispanic people have an incidence rate of 33.5 per 100,000 people.



## Sheridan Family Chiropractic

639 W. Main Street  
Sheridan

503-843-3888

*Eases neck and back pain*





Sheridan's mayor, city council members, and the city manager are working with the State Marine Board to start a plan for the River Trail. The Oregon Marine Board staff looked at West Valley river access possibilities on March 1. Open houses will be held with the public to gather information and opinions in the future.



**MARCH 11, 2023 9:00AM**

## FUNDRAISER FOR KASH CRIBBS

**BAKE SALE - RAFFEL ITEMS - DONATIONS**

**LOX BEAUTY LOUNGE  
357 MAIN STREET - DALLAS OR**

**COME JOIN FAMILY AND FRIENDS RAISE FUNDS  
FOR 7YR. OLD KASH CRIBBS  
WHO WILL BE GETTING A KIDNEY TRANSPLANT ON MARCH 17.**

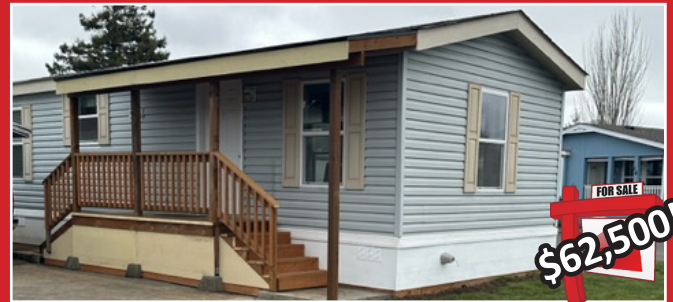
## McMinnville Baptists offers Warming Shelter

Open 7:30 p.m. -7:30 a.m. every Friday night, and cold nights, First Baptist Church, 125 SE Cowsls St., in McMinnville. Dinner ,breakfast, and showers. For more information email [grclayton@hotmail.com](mailto:grclayton@hotmail.com). To volunteer for a four-hour shift go to <https://volunteersignup.org/88FQP>.

## Spring Into Gardening Workshop Set March 18

Yamhill County Master Gardeners Association and Yamhill County OHSU Extension Service will host,a "Spring into Gardening" workshop from 8:45 a.m-4 p.m. on Saturday, March 18, at Church on the Hill in McMinnville. Registration is available at [YCMGA.org](http://YCMGA.org).

## FOR SALE IN SHERIDAN!



**725 Sq. Ft, 2005, Mobile Home on Large Lot!**  
 Located in Sheridan Park, LLC • Space 13 • 503 SE Sheridan Road  
 See Park Manager John Hebert at Space 8 for details.

- New Shower
- Garbage Disposal
- Washer/Dryer certified by ATS appliance repair
- Furnace/heat pumps certified by Advantage Heat
- AC to be in good working condition.
- Covered carport and an inside storage area.
- Large covered front porch and a covered back door mud room.
- DeMoss & Gutterman installing new gutters and doing maintenance service on the original roof.
- Two raised outside garden planters.
- Nice oak queen bed in the master bedroom.

Churches  
United for  
West Valley

# Dessert Auction &

## Free Irish Stew Lunch

**Trinity Lutheran Church**  
 311 SE Schley St, Sheridan, OR 97378  
 Fellowship Hall

**March 12, 2023**

**Noon**

All proceeds go towards helping our West Valley communities.

If you would like, you can bring a dessert for the auction, but it is not necessary.

**Bring family & friends for fellowship & fun!**



## Oregon Psilocybin Services Approving Worker Permits, License Applications

Oregon Psilocybin Services (OPS) has begun publishing a weekly report on applications for licenses and worker permits. The new weekly report includes information about the total number of applications received by type and status.

The OPS licensing team will update the report on a weekly basis.

The role of Oregon Psilocybin

Services (OPS) is to license psilocybin facilitators, manufacturers, service centers, and laboratories and to ensure that those licensees and their workers comply with Oregon law. OPS began accepting applications for the four license types on Jan. 2, 2023.

OPS encourages members of the public to visit the OPS website for more information and to sign up to receive updates on the section's work.

For the latest updates, subscribe to the Oregon Psilocybin Services distribution list at: [oregon.gov/psilocybin](http://oregon.gov/psilocybin)

*Don't Forget  
Spring Forward  
Sunday March 12*

## NEED DENTURES?

### Compare and Save

Standard Upper or Lower Dentures .....\$950 ea.  
Partials.....\$1,200 ea.  
Relines ..... \$300 ea.

Jon Stout

Licensed Denturist

Serving Yamhill County for 33 Years



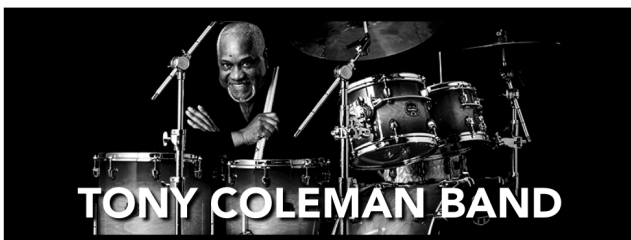
- Repairs
  - Free Consultations
- (503) 472-0990

## McMinnville Denture Center

Hours: Monday, Wednesday, Friday 10 a.m.-5 p.m.

Please call for an appointment  
145 E. Third Street • McMinnville

## 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.

**WET SEASON MUSIC SERIES EVENTS ARE ALWAYS FREE AND FUN FOR THE WHOLE FAMILY!**  
**FOOD & DRINK AVAILABLE FOR PURCHASE**

LOCATED AT 266 SE WASHINGTON STREET | WILLAMINA  
(503) 929 - 4037 | [WESTVALLEYCOMMUNITYCAMPUS.ORG](http://WESTVALLEYCOMMUNITYCAMPUS.ORG)

Sponsored by **WEST VALLEY FUNERAL HOME**

108 NW Lincoln St. • Sheridan • 503-843-2525  
[westvalleyfuneral.com](http://westvalleyfuneral.com) • [office@westvalleyfuneral.com](mailto:office@westvalleyfuneral.com)

## McMinnville Man Charged Federally For Selling Fentanyl; Causing Death

A McMinnville man is facing federal charges after selling fentanyl he claimed was cocaine that caused seven people to overdose, one fatally.

John Kyle Donnahoo, 28, has been charged by criminal complaint with distribution of fentanyl resulting in serious bodily injury and death.

According to court documents, on Feb. 10, 2023, Donnahoo sold powdered fentanyl he claimed was cocaine to an individual at a residence in McMinnville for \$100.

Seven individuals, including the buyer, were present in the residence during the sale. One of the individuals tested the powder twice using fentanyl "test kits," but neither test produced a positive result. All seven individuals consumed and overdosed on the fentanyl. Four were treated with Narcan at the scene by responding police officers and medical per-

sonnel before being rushed to the hospital in critical condition. One of these victims later died and three were admitted to an intensive care unit.

Donnahoo took the other three individuals to the hospital himself where they were treated and eventually discharged.

Donnahoo made his first appearance in federal court today before U.S. Magistrate Judge Stacie F. Beckerman.

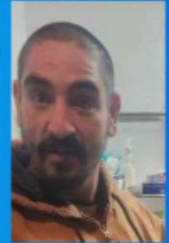
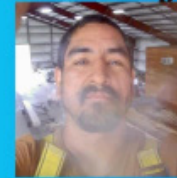
Donnahoo was ordered detained as a danger to the community pending further court proceedings. This case is being investigated jointly by the U.S. Drug Enforcement Administration, FBI, McMinnville Police Department, and Yamhill County Sheriff's Office.

A criminal complaint is only an accusation of a crime, and a defendant is presumed innocent unless and until proven guilty.

## Missing Person



**David Rojas**



David is

40 yo, 5'10" 180lbs. He recently cut his hair short.

He has been missing since Feb 11th from his home in Willamina OR. He suffers with depression and this behavior is extremely unusual. There have been a few unconfirmed sightings but nothing that tells us he is safe. We want David home!!

If you see him, talk to him or take a pic! He is not dangerous!

### PLEASE SHARE THIS FLYER

If you have any information about David, even rumors, contact

Ruben Rojas (707) 596-0913

Or

Deputy Nathan Skaer

Yamhill Sheriff (503)434-6500 Case # 23-554



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DENTISTRY

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# St. Patrick's Day Traditional Corned Beef and Cabbage



St. Patrick's Day began as an opportunity to honor St. Patrick, the patron saint of Ireland, who was credited with bringing Christianity to this island nation. Through the years, St. Patrick's Day has transformed into a celebration of Irish culture as well as a day for fun and fanfare. Of course, no celebration would be complete without delicious food.

Although corned beef may not be the most authentic representation of Irish cuisine, it certainly has become synonymous with St. Patrick's Day. During the early influx of Irish immigrants to North America, corned beef was more readily available than some other cuts of meat from the Emerald Isle. When cooking St. Patrick's Day dinner this

year, the process can be made even easier with the use of a slow cooker. Try this recipe for "Corned Beef and Cabbage" from "Crock-Pot® 365 Year-Round Recipes" (Publications International) from the Crock-Pot kitchens.

## Corned Beef and Cabbage

Makes 6 to 8 servings

12 new red potatoes, quartered

4 carrots, sliced

1 corned beef brisket (about 4 pounds)

2 onions, sliced

3 whole bay leaves

8 whole black peppercorns

1 head cabbage, cut into wedges

1. Place potatoes and carrots in bottom of slow cooker. Add brisket, onions, bay leaves, and peppercorns. Add enough water to cover brisket. Cover; cook on low 4 to 5 hours or on high 2 to 2 1/2 hours.

2. Add cabbage. Continue cooking on low 4 to 5 hours longer or on high 2 to 2 1/2 hours longer. Slice brisket against the grain, and serve with vegetables.

## Sheridan Library Offers Activities for All Ages

The Sheridan Public Library continues to expand its group activities to offer a variety of groups for all ages.

The library offers adult clubs for writing, DIY crafts, book clubs, crochet and knitting, among other adult-focused activities.

For children, story-time, kid's crafts, and more happen every week. Hotspots are available to check out for individuals who need Internet access. These hotspots provide Internet anywhere and have unlimited data. Sheridan's Public Library is open 10 a.m.- 6 p.m. Tuesday-Saturday and offers many resources for little to no cost to all members of the community. For information on all the library provides, call 503-843-3240.

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Make-up, Healthcare, and so much more!

**Western Yamhill Medical Center**  
James P. Molloy III, MD, FFAFP

- Personalized Health Care
- Pre-employment, DOT and Sports Physicals
- Medical Massage Therapy

Appointments available Monday thru Friday as well as some evenings and Saturdays

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

**YAMHILL COUNTY CULTURAL COALITION**

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

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

All artists are asked to contact YCCC:  
Website: [yamhillcountyculture.org](http://yamhillcountyculture.org)  
PO Box 493, McMinnville OR 97128

# MEMORIAL DAY

## OBSERVED MONDAY, MAY 29

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- Quality materials, craftsmanship and service
- Complete arrangements for setting in any cemetery

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135 NE Evans Street • McMinnville  
[macy@macyandson.com](mailto:macy@macyandson.com) • 503-472-6151



# Grand Sheramina: Neighbors



## **Grand Sheramina Food Bank:**

Physical Address: 120 N Bridge Street  
 Mail: P.O. Box 536, Sheridan 97378  
 503-843-3133

*Message made possible by the following businesses:*

### **Hurricane Coffee**

201 E. Main Street • Sheridan  
 971-241-2564

### **Sheridan Pharmacy**

103 E. Main Street • Sheridan  
 503-843-2422

### **Willamina Coastal Hills Chamber of Commerce**

PO Box 411 • Willamina • 503-876-5777

### **Best Stop Market**

313 E. Main • Willamina  
 503- 876-9091

### **Sheridan Fire District**

230 SW Mill Street • Sheridan  
 503-843-2467

### **Angel Bookkeeping**

421 Main Street • Willamina  
 971-237-1230

### **Sheridan Center Market**

131 SW Monroe Street • Sheridan  
 503-843-9077

### **West Valley Veterinary Hospital**

711 W. Main Street • Sheridan  
 503-843-4011

### **Tectonics Tuning**

21801 SW Rock Creek Rd • Sheridan  
 503-843-2700

### **Butler Travel**

**Butler Foods**  
 Grand Ronde • 503-879-5005

### **Main Street Books Revisited**

142 E. Main • Sheridan • 971-907-1341  
 Open Noon-6pm • Thursday-Saturday

### **Sheridan Country Inn**

1330 W. Main Street • Sheridan  
 503-843-3151



Folks struggling to feed themselves and their families during a time of hardship at Grand Sheramina Food Bank. Volunteer roles at the food bank at this time, they rotate stock, organize shelves, fill boxes, truck groceries from Y... fundraisers, and they're innovative problem solvers. They dispense nutri... day from 2-4 p.m. Pictured above, from left to right: Judy Adams, food b... Dee Stevens, Denton Lofton, high school volunteer Kera Johnson, Jan Lofton

**Thank you for supporting The Grand Sheramina Food Bank. Your time please call Judy Adams at 503-843-3133**

**A Heartfelt Thank You**

**Donate.  
 Hunger &  
 insecurity  
 are year-  
 round issues.**

**Hampton Lumber Mills  
 Willamina Lumber Co.**

**Davison Auto Parts**  
 317 S. Bridge Street • Sheridan  
 503-843-2211  
 1717 NE Baker • McMinnville  
 503-472-6114

**Please Consider Donating Cash • Canned Meals, Meats, Fruits, Vegies • Detergent •**



# Generously Helping Neighbors



Our community is grateful for community donations and the hardworking volunteers who help us. These devoted folks are sometimes on their feet for hours at a time, collecting and organizing food, with an extra helping of kindness and compassion every Tuesday. Contact our food bank manager, Joyce Cole, administrative, Diana Schmauder, Laura Hicks, or our volunteers, Elizabeth Purdy, Daphne Carter, and Louise Rosenberry.

**Sheramina Food Pantry. To volunteer contact Joyce Adams 503-313-5702.**

## Food Bank Supporters!

**Stuck Electric Company, Inc.**  
147 W. Main Street • Sheridan • 503-843-2322

**IGA Markets**  
135 S. Bridge Street • Sheridan  
503-843-3374  
112 NW Main Street • Willamina  
503-876-9082

**Volunteer.**  
Help your neighbors and friends in need.

**Food Bank Distribution Hours:**  
Tuesdays: 2-4 p.m.  
**Recyclable Can Drop Off:**  
Mon., Tues., or call 503-313-5702

**Sheridan Family Chiropractic**  
639 W. Main Street • Sheridan  
503-843-3888

**G&M Insurance**  
Dennis Ulrich, Owner  
451 NE Main Street • Willamina • 503-876-4222

**Sheridan Chamber of Commerce**  
P.O. Box 644 • Sheridan  
sheridanchamberofcommerce@gmail.com

**Delphian School**  
20950 SW Rock Creek Rd • Sheridan  
503-843-3521

**First Federal**  
246 S Bridge Street • Sheridan  
503-843-3811

**Country Bargains**  
136 S. Bridge Street • Sheridan  
503-843-9095

**Green Crest Memorial Park**  
Office@greencrestmemorialpark.net  
503-843-3420

**Hofenbredl Realty**  
322 Main Street • Willamina  
503-876-9004

**Carquest of Sheridan**  
1233 W Main • Sheridan  
503-843-4486

**Ruff Life Rescue**  
29795 Salmon River Hwy • Grand Ronde  
503-879-5003

**West Valley Funeral Home**  
1108 NW Lincoln • Sheridan  
503-843-2525

**Grand Ronde Water Association**  
26690 Highway 18 • Grand Ronde  
503-879-5624



• Soap • Peanut Butter • Low Sugar Cereals • Toothpaste • Juice Boxes • Macaroni & Cheese



	1				5			
	4	9				2		
					8		3	9
			2	1				
7						8		
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5		2		8			1	
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## Guess Who?

I am a singer born in California on March 10, 1977. I started my career as a songwriter and producer. In 2013, I released a hit song of my own. I am now a panelist on a hidden identity talent show.



### SATURDAY NIGHT BINGO

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

**EVERY SATURDAY**

Odd Fellows Lodge  
143 SW Monroe St.

## THIS DAY IN...



# HISTORY

• **1912:** THE GIRL GUIDES, LATER RENAMED THE GIRL SCOUTS OF THE USA, ARE FOUNDED IN THE UNITED STATES.

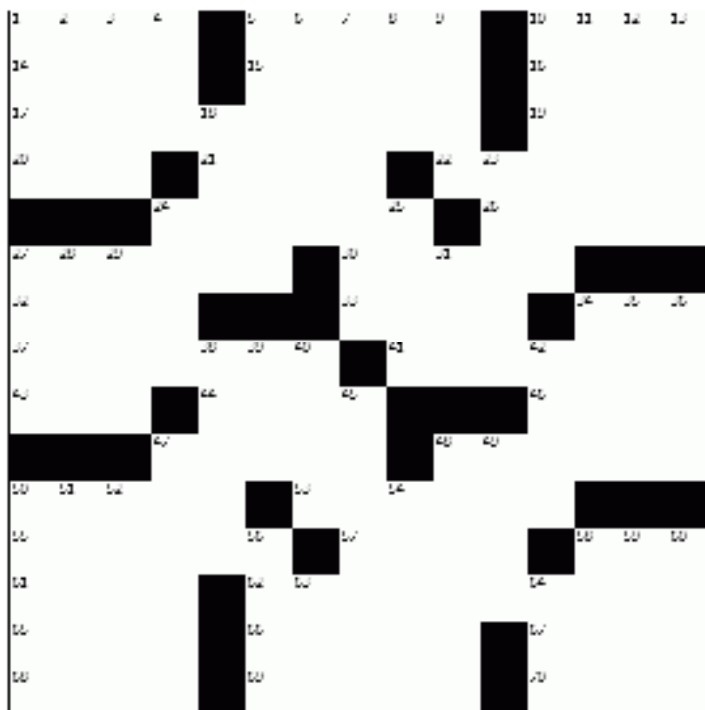
• **1918:** MOSCOW BECOMES THE CAPITAL OF RUSSIA AGAIN.

• **1989:** TIM BERNERS-LEE SUBMITS A PROPOSAL FOR AN INFORMATION MANAGEMENT SYSTEM, WHICH WOULD LATER DEVELOP INTO THE WORLD WIDE WEB.

## CROSSWORD PUZZLE

### Across

1. Actor \_\_\_\_ Damon
5. Catu greeting
10. Long, narrative poem
14. Balm
18. Kitchen gadget
18. Ramble
17. Bosses
19. The Orient
20. Pack animal
21. Racetrack fence
22. Talks back
24. Hear
26. Howling birds
27. Tranquize
29. Starchy tuber (sl.)
32. Chowder ingredient
38. Whirl
34. Sundry seat
37. Forage crop
41. Give a right to
48. NFL field player
44. Opera tune
46. Scrape roughly
47. Squirrel's treat
48. Storage area
50. Bowling term
58. Obtained illegally
58. Coiffure (tryp.)
57. A great lake
58. That guy's
61. Impolite
62. Passion for travel
68. Takes advantage of
68. Fine fabric
67. Eye amorously
68. Most excellent
69. Drinky
70. Abound



### Down

1. Doll's cry
2. Woeful cry
3. Heavy weights
4. Boston \_\_\_\_ Party
8. Retired (2 wds.)
6. Boundary
7. Brunch dishes
8. Barnyard layer
9. Liberal \_\_\_\_
10. Pencil rubber
11. Sheriff's helpers
12. Climbing vines
13. Debt
18. Abrasive particles
23. FBI employee
24. Buddhist monk
25. Neck region
27. Fraudulent scheme
28. She, in Bordeaux
29. Crazy
31. Folk metal
34. School gpe.
35. Or \_\_\_\_
36. Bewild
38. Pastored shoestrings
39. To's partner
40. Broadcasts
42. Treat plants
45. TV attachment
47. Apprehend
48. Customer
48. Sly look
50. Bush
51. Hesitate
52. Helpers
54. Command
55. Nocturnal birds
56. Immense
56. \_\_\_\_ of Man
59. Mushroom part
63. Intention
64. Building site

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Refinance Available  
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## Horoscopes March 8-14

### ARIES - Mar 21/Apr 20

A development may have you feeling a bit down, Aries. That is only temporary, though, as your mood and circumstances will rebound in no time at all.

### TAURUS - Apr 21/May 21

Taurus, people you encounter this week may be exceptionally stubborn, so you may need to avoid confrontations. Keep your emotions in check as best as you can.

### GEMINI - May 22/June 21

Gemini, the weather may not be suitable for getting much done outdoors, but you can certainly stay busy inside the house with any projects you have been putting off.

### CANCER - Jun 22/Jul 22

This is a great opportunity for getting rid of any clutter that has been holding you back, Cancer. Start sorting through the garage or cleaning out a desk at work.

### LEO - Jul 23/Aug 23

Leo, do not worry about the small stuff that you feel could be holding you back. If you step away from the situation, you may find that everything is working out.

### VIRGO - Aug 24/Sept 22

Virgo, there are plenty of opportunities open to you, but you may not realize they are so close by. A friend may need to guide your way on this for the time being.

### LIBRA - Sept 23/Oct 23

You may be feeling bad about something you did in the past, Libra, and now you want to make amends. It's the little changes you implement that will make a difference.

### SCORPIO - Oct 24/Nov 22

Scorpio, you may be ready to give your life an overhaul. That may amount to you changing careers in the weeks to come. Do your research before you put in notice.

### SAGITTARIUS - Nov 23/Dec 21

Sagittarius, stay focused and disciplined this week, especially as it pertains to a diet. You can maintain your commitment, especially with others cheering you on.

### CAPRICORN - Dec 22/Jan 20

Capricorn, rewards will not come without hard work and dedication. Now is the time to stick with the plan and keep moving forward. Save days off for later.

### AQUARIUS - Jan 21/Feb 18

Do not go up against managers or superiors this week, Aquarius. Doing so likely won't go in your favor. Just keep out of the spotlight for a little while longer.

### PISCES - Feb 19/Mar 20

You may be building the blocks of a major life project, Pisces. Use all of the resources at your disposal in the days to come.

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**Gifts • Liquor • Variety Store**  
 Jessica Swiderski,  
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 Saturday 9 a.m.-2p.m.  
 103 E. Main St. Sheridan  
 503-843-2422

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**EVERY FRIDAY**  
**3 FREE SPECIAL CARDS**  
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 Doors open 5:30pm • Bingo 6:30pm  
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**NEW WEEKEND HOURS: 9AM-1AM**  
 SERVING A SIMPLE BREAKFAST

**Weekly Specials**

4-8:00pm Fri. & Sat.  
**Prime Rib**  
 \$19.95  
Reg. Cut  
**\$25.95**  
Large Cut

4-8:00pm Fri. & Sat.  
**BBQ Platter**  
 Country Style Ribs, Chicken  
 Wings, and choice of sauce  
**\$16.95**

142 NW Main Willamina **COYOTE JOE'S** 503-876-3003

**MONDAY MARCH 10 IS MAR10 DAY**

Q	R	A	T	S	V	Y	E	S	I	A	D	E	P	A	O	P	I	U	B	O	O	B	Y	U	G	Y	H	S
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CASTLE  
CHAIN-CHOMP  
DAISEY  
FIRE-FLOWER  
FLAGPOLE  
GOOMBA  
HAMMER-BROS  
INVINCIBLE  
KINGDOM  
KOOPA-TROOPA  
LAKITU

LAVA  
LEVELS  
LUIGI  
MARIO  
MUSHROOM  
PIRANHA-PLANT  
PLUMBERS  
PRINCESS PEACH  
SHY-GUY  
STAR  
THWOMP  
TOAD  
WALUIGI  
WARIO  
YOSHI



# Team Keegan Takes the Win at the Second Annual Memorial Basketball Game

The second annual Keegan Smith Memorial Basketball Game occurred on Friday, March 3rd, at Sheridan High school. Team Keegan and Team Smith brought their "A" games to play for this worthy cause. All funds raised went toward the Keegan Smith Memorial Scholarship.

Noah Howard opened the event by playing the National Anthem on his saxophone and then joined the rest of the band, comprised of middle and high school students. They played enthusiastically and well multiple times to signify the change in quarters and rally the crowd.

The first quarter ended with team Keegan leading 9-6. Half time they held their lead with the score at 29-22. During Half-time, the crowd played a fun bingo game, and many participated in the 3-point shot competition. Those who made the difficult shot were rewarded with snacks and drinks. Then the battle continued into the third quarter, with Team Keegan still maintaining a lead ending the quarter 43-33. Following the third quarter, the 50/50 raffle was drawn, and winner Lori generously donated back the \$149 she won.

The final score was 57-46, with Team Keegan victorious.

It takes many people coming together to put on events such as these. The program listed some of those who donated their time. Many other people volunteered time as well. Tim Hart made the play-by-play announcements. Steven Grauer and Patrick Grauer were the referees. Mariah Deboff and Leo Ayala coached the teams. Jeremy Brown was the host and coordinator of the event. Noah Howard played the national anthem, and the Booster Club ran concessions. They also thanked the Smith Family for allowing the athletes and school to honor Keegan's memory each year.



Team Keegan (black shirts), Cesar Casillas, Nik Wittrock, Bailey Diehl, Nicky Sanchez, Trinity Blacketer, Lily Wilson, Macie Ayala, Alex Depiero, Taylor Givens, Asher Maxwell, Austin Verdino, and coached by Mariah Deboff. Team Smith (white shirts), Haley Ayala, Trevor Norwest, Leah Warner, Alex Mantison, Chloe Ayala, Sidney Bowlin, Logan Watkins, Brady Wofford, Jayden O'Reilly, Brandon Diehl, Meleena Montano, coached by Leo Ayala. Far left is Jeremy Brown, math teacher and athletic director at FCS.



Sheridan's FCS and SHS Bands.



Team Keegan at the free throw line.



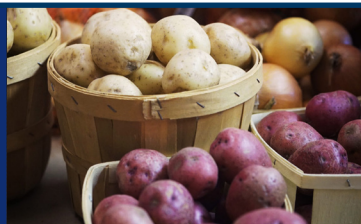
Memorial display for former SHS student Keegan Smith.



Team Keegan trying for the rebound.



**GREEN CABBAGE**  
**79¢** LB



**RED OR YELLOW POTATOES**  
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5 LB BAG



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**\$4.99**  
EACH

**SHERIDAN IGA WILLAMINA**

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Sheridan • 135 S Bridge Street (503) 843-3374



# West Valley Sports News

## Softball Coach Sees More Wins For WHS

**Herb Swett**

Willamina had a losing softball season last year, but coach Russ Jahn is hopeful after the drop to class 2A.

Only one of last year's players, Maddie Diehl, has graduated. Seventeen girls had turned out at this writing, and Jahn hopes more will show up.

"We returned Laney DeLoe, league Pitcher of the Year last year," he said. He noted that the

tram has plenty of sophomores, "a strong young group."

Asked about the question marks for the team, Jahn said, "If people are going to use what they know -- and consistency."

Assistant coaches are Roy Whitman and Loyd DeLoe, Laney's grandfather.

John noted that the first game of the season will be at Neah-Kah-Nie "if we can get that kind of weather."

## Former Olympic Decathlete Coaching for SHS

**Herb Swett**

Dave Johnson, a former Olympic decathlete who in 1992 teamed up with fellow decathlete Dan O'Brien in the "Dan and Dave" Reebok advertising campaign, is Sheridan's new track and field coach.

"We've got a lot of kids out 30 kids (at this writing)," Johnson said. One of them, Chloe Ayala, placed fourth in the 100-meter run at state last year.

Randy Gebron, who was first at state in the high jump, and Caden Van Scoyk, who was fourth in the long jump, were lost to graduation. Jon Wadley, who placed fourth in the 100 meters and fifth in the 200 meters, has transferred out.

"We still don't know who's

turned out yet," Johnson said of the long jump.

Sheridan, which was at the 2A level last year and has moved to the 3A PacWest Conference. Johnson expects Salem Academy and Scio to be strong contenders. Barbie Justen and Leighanne Michaelson, who is also the cross country head coach, are assisting Johnson.

The Spartans' season will start Thursday, March 16, with the Nestucca Ice-Breaker. Along with Sheridan and Nestucca, Neah-Kah-Nie will participate.

## Rorrer Aims for Big Gains in Baseball

**Herb Swett**

Coach Randy Rorrer expects a big improvement for Sheridan's baseball team over last season, when the Spartans won only three games.

Last year's pitching, he said, was "very much improved toward the end of the season." Also, he expects an overall improvement in the Spartans' defense this season. "We have a good chance to be competitive in half our games," he said.

Pitcher Gavin Anderson and third baseman Hames Hass were lost to graduation, but Rorrer lists as key players this year senior catcher Jacob Giddings, all-conference pitcher-first baseman Ty Tomlin-

## Delphi Coach Sees More Wins Ahead

**Herb Swett**

Brandon Lidgard, Delphian's track and field coach, expects the Dragons to keep on winning. Last year, the boys won the district title and a record 18 of them went to state. Lucas Curry was second in the 300-meter hurdles and fourth in the 400-meter run. Among the girls, Portia Binford took first place in the 100-meter run and second in the 300-meter hurdles.

The 4x400 relay team of Curry, Memo Cervantes, Emiliano Chapparo and Sage Daniels, all sophomores, is returning.

Only two athletes who went to state last year are lost to graduation: Rei Yamazaki, who ran in the 100 and 3000 meters, and Minghan Cui, who was on the 4x100 relay team.

Lidgard expects another good turnout of athletes. They include London Whitworth, who was first in the Tri-River Conference in the 800-meter run and second in the 1500-meter run; and Zahar Rotman, who was fourth in state in the 800-meter run.

"We tend to be strong in the

aces," Lidgard said. "We're always having to fill out the relay teams. We have a good group of girls coming up from middle school track."

Looking at the other schools on this year's schedule, the coach said East Linn was a longtime state power, especially the boys. Also likely to be tough, he said, are Willamina, Salem Academy, Blanchet Catholic and at least the girls of Regis.

Assisting in the coaching will be Sam Silver.

The Dragons' first meet will be March 16 at Nestucca. Next will be a meet at McMinnville just before spring break.

## Drop to 2A Raises Flynn's Hopes

Willamina was well down the list in baseball, but Coach JJ Flynn said the drop to class 2A should make the Bulldogs a contender.

Three of last year's regulars, outfielder Wyatt Baker, pitcher Andrew Allen and catcher Corey Greenlaw, graduated, but Flynn hopes this year's turnout, 17 at this writing, will grow.

Heading the list is Rhyne Nelson, who plays first base and pitches. The roster is heavy with sophomores, but Flynn, who was a star catcher in his Bulldog days, is enthusiastic about "a lot of young blood."

Flynn describes his athletes as "just a group of kids that are willing to learn a new position."

Now that Willamina is in 2A, the coach hopes to see the Bulldogs playing "a lot of like teams." He finds Kennedy to be likely the strongest foe.

Assisting Flynn are Dan Oswald and Adam Langley.

Willamina will start the season on the road, playing Nestucca on Tuesday, March 14. Next will be a home doubleheader March 17, playing Amity and then Sheridan.

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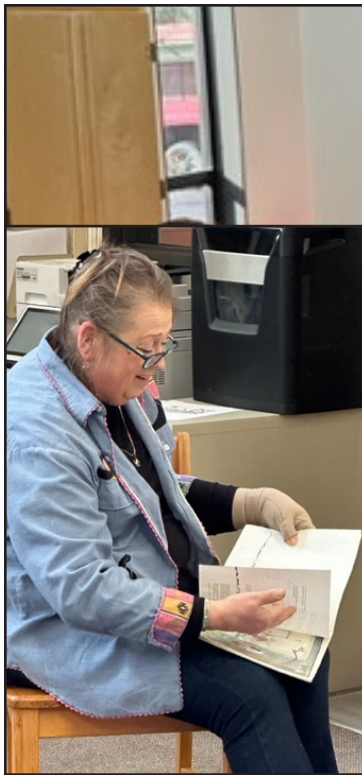
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Sheridan Public Works employee Sharon Gault read to children at last week's Story Time at the Sheridan Public Library. Sharon read Possum Come-a Knockin and then led the children in making possum face masks. The Sheridan Library holds story time each week at 10:30 a.m. on Fridays. Volunteers choose a book to read and make a craft afterward with the kids. Story time at the library is free and all ages are welcome. To volunteer for story-time, call 503-843-3420.

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**American Red Cross Blood Drive Planned 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 St, in Willamina. To schedule an appointment call 1-800-RED-CROS or visit Red-CrossBlood.org and enter sponsor code WillaminaSheridan.

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Honor Choir participants Norah Petersen (7 grade) and Nolan Boekhoff (8 grade) were selected from the FCS Middle School choir by their teacher Mr. Derrek Evers, for their leadership, talent and dedication to music. They participated in the Oregon Music Education Association (OMEA) on Feb. 10 and 11 at Scappoose Middle School. After rehearsing all day Friday and Saturday they performed a concert Saturday afternoon alongside 75 top middle school students from other schools in Oregon.

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## Civil Rights Worker Looks Into Rights

It's really the little guy who comes out on the short end of the administration's civil rights bill. Washington observers are beginning to notice a reaction from workers who believe their job security is in danger. The working man is worried.

The typical man wants his rights and he wants them for everybody. Yet this bill threatens some startling proposals.

The ultimate power of hiring and firing is put into the hands of federal inspectors.

Moreover, under the civil rights bill, the federal inspector has no official interest in how well a man is doing his job, or how long he's been doing it. It doesn't matter whether a man has been trying to mind his own business and get his job done. At the whim of a federal inspector: he may be fired.

The government will have authority to deny him promotions. His seniority rates will be jeopardized. His union contract may be set aside. And his apprenticeship program may be ignored.

The only thing that matters under the civil rights bill is the past and present hiring practices of his employer. Any kind of discrimination, or any practice, which unintentionally has the effect of "discrimination" must be eliminated. In a tight job market, this means that a federal inspector must step in and order job holders to relinquish their positions to those who have been "discriminated" against.

The civil rights bill gives broad powers to the federal inspector to enforce his decrees, if an employer pleads for the interest of his present employees, than any federal contracts could be cut off. Thus the employees grievances could be eliminated by eliminating the employees.

There are other weapons in the civil rights arsenal, as well. Almost every business, these days is receiving federal benefits, or is dependent on firms that are receiving federal benefits. Any direct assistance, of course, could be cut off. Banks that are part of the federal reserve system, or that have their deposits insured by FDIC could be required to recall loans and mortgages from firms that don't meet the new federal degrees.

With this tremendous economic pressure, the federal government could require nearly any employer to discharge, innocent

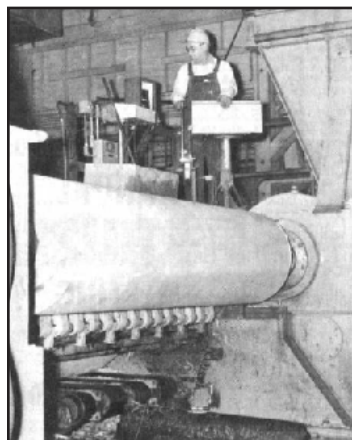
employees and hire those who are specially designated. And the designation can be made not only on the basis of race, but of religion, too. A man whose race meets the federal regulations may be fired because his religion does not.

In all this, his union is powerless to protect him. If the union cannot supply craftsman of the designated race and religion, then the government could require the employers to hire non-union men. If necessary, unskilled labor must be hired and trained, while surplus experienced craftsman, but of the wrong race or religion remain idle.

The union itself could be investigated to see whether it's membership practices, meet federal requirements. Its history and records could be examined, and its officers questioned. If the union doesn't measure up, then it could lose its certification from the National Labor Relations Board.

None of this control squares with the announced purpose of the bill, that is, to protect the rights of all citizens. But the provisions of the bill plainly set-up such powers. Legal analyst are not surprised that this is the case, for the government is trying to regulate hiring and firing for reasons that they have nothing to do with the job itself.

After the hectic events of recent weeks, the special interest groups are once more pressuring for the civil rights bill. Nevertheless, many senators are still reluctant to act upon a measure, that places so much emphasis on federal control. The outraged reaction of working man is giving them support for their position, but their final stand will depend on the response they get in there mail.



Long-time employee at U.S. Plywood in Willamina.



New automated equipment now lifts logs from the US Plywood Company pond to begin the journey through the new and automated lathe as the mill gets back into production after a long closure and installation of new machinery. A US Plywood employee performs, one of the few non-automated jobs left, guiding a log into position, so it can be lifted from the water.

## Troubles As Production Starts

Breakdowns, in machinery, mostly expected, and all resulting from miss-adjustments in the complex apparatus are being over-come as U.S. Plywood begins working toward its peak production capacity, according to Don Stevens, operations manager at the Willamina plant.

Stevens said the plant which re-opened Feb. 17 after a long closure following a general lumber strike and remodeling of the plant and installation of new, automated machinery, still is working to overcome "start up" difficulties. He said broken gears, gear cases, and slips chains have been the main problems encountered in the new machinery in the plants. He figures production figures will begin to increase by leaps and bounds "in the next couple of weeks" as the equipment is brought into shape.

Production at the mill is below what it was when the closure came last June, but it will climb above the old figures when everything is corrected, the manager stated. Drying operations are being carried on 24 hours per

day.

Back at work in the Willamina Mill are approximately 120 men, including about 20 on the maintenance crew. Peak employment probably will be reached about the first of June when the plant will have approximately 175 production employees and 15 or 20 on the maintenance crew.

Stevens said he was pleased with the way the employees have "taken hold" with the new equipment. He said transition is like going from a Model T to an automatic transmission Cadillac. He expressed pleasure with the employees attitude toward their new "button, pushing" duties in the newly automated operation. Stevens figures production at the mill will have to reach 270,000 feet of 3/8 inch plywood per day. He pointed out the great loss figures to get this 270 thousand feet required, would be close to the equivalent of 400,000 feet of 3/8 inch plywood at the start to reach the necessary production figures. Stevens is certain the mill will maintain more than necessary quota to stay in business.



# Iskam MekhMek-Haws Food Pantry Offers More Resources Than Food



Left to Right: Max, Staci, Roger, Corky, Monica, Greg, Rich, Francene, in back with glasses, Richard.

The food pantry in Grand Ronde started eight years ago in December with the ability to serve about 60 families. Now they're capable of 125 families on Fridays, and they serve up to 50 families on Wednesdays. The families come to the pantry from as far as Otis, Tillamook, McMinnville, Falls City, Dallas, and Salem. Food bank volunteers get food from stores like Winco, Walmart, and Safeway. The pantry is looking for volun-

teers to help drive to do food pick-ups most days of the week. All you need is a clean license for the last three years and insurance. Volunteers drive a truck or van provided by the pantry. There are currently about a dozen steady volunteers and many intermittent ones. They also need donations of egg cartons and paper or plastic bags. In the summer harvest season, they distribute farm-to-family boxes for dietary health. People

with health conditions where fruits and vegetables could help improve their conditions need to go to the health clinic and get a prescription. This program is run by the Marion/Polk County Food Share.

The pantry works with many local farmers, the Oregon Department of Fish and Wildlife, and three fish hatcheries. Through these connections, they can provide (when in season) lamb, deer, elk, bear, and salmon. Mama Tee's farm in Willamina participated in the double-up food bucks program through

SNAP last year. Clients who signed up through SNAP could receive boxes containing twice as much food for the same price. There is a grant applied to do additional farm share clients. During the summer, there's a summer youth employment program through the Confederated Tribes of Grand Ronde which allows youth to work for the pantry and other employers for either summer money or school credits. The pantry usually employs about four students in this program.

Every year they do mekhmek mania, a food resource fair. It is from 10 a.m. - 2 p.m. Saturday, March 25. It is free and open to all community members.

They have a community conversation in the fall covering topics such as handling food in an emergency situation, food preservation, and smoking salmon. They give out first aid kits and have a raffle.

One of the clients, Greg, said, "If we don't have a food pantry people will starve." He delivers to nine elderly families currently. Another client, Roger, comes from Pacific City because his mother and aunt live in Sheridan, and he brings food to them.

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