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Take One!

# West Valley Bulletin Board

West Valley Bulletin Board, LLC

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

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For a comprehensive list of account pricing, terms and policies, see the Your Deposit Account Agreement and the Consumer Pricing Information disclosures. These documents can be obtained by contacting a U.S. Bank branch or calling 800-872-2657. Deposit products offered by U.S. Bank National Association. Member FDIC. ©2023 U.S. Bank 1027001 7/23



On Friday, August 25, ODOT repaired the asphalt in Willamina's Main St. railroad tracks overnight. The fix is expected to last around three years, and a permanent fix is still on the agenda. A local citizen, Tom Coblenz, had been the driving force to fix the tracks as they had caused a significant safety concern for those who have wheelchairs.

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# BULLETIN BOARD CLASSIFIEDS

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## Employment

### City of Willamina

#### Office Coordinator/Library Clerk

The City of Willamina seeks an experienced and dedicated individual to fill the office Coordinator/Library Clerk position. If you are passionate about working with people and are interested in starting a career in city government, this is the perfect opportunity. This position will allow someone willing to learn three separate areas within the City. This position allows the opportunity to learn about the front office, administrative needs for Public Works, and our Library's functions. This position is an integral part of the City of Willamina team, and exceptional customer service is a must. As a part-time office coordinator, this person is responsible for maintaining the front office, answering the telephone, greeting the public, and providing requested information. They will also perform a variety of administrative support functions of considerable complexity and process a number of various payments, fees, and other tasks on utility accounts. This person will assist with daily library services and youth programming as a part-time library clerk. Engage with patrons emphasizing youth services by planning and performing library programs and events.

Starting wage for this unique position allows for a full-time dual rate wage with the benefits of a full-time job. Approximately 16-20 hours will be as a part-time office coordinator at \$19.51/hour and 16-20 hours as a part-time library clerk with a starting wage of \$14.20/hour, and is a union-represented position. The work schedule is 40 hours/week with occasional evening/weekend shifts. The City provides excellent health benefits, generous vacation/holiday/personal days, and a supportive work environment.

This position is open until filled. Applicants must submit a letter of interest, resume, letter of reference, and a completed City of Willamina employment application form to City Hall, ATTN: Bridget Meneley, 411 NE C Street, Willamina, OR 97396, or via email to meneleyb@ci.willamina.or.us. Full job description and applications can be found on the City of Willamina website at www.willaminaoregon.gov.

## Employment

### City of Sheridan

#### Public Works Office Clerk 1

The City of Sheridan has an exciting opportunity for a Public Works Office Clerk I. Come work for a team that has a direct impact on the lives of Sheridan residents. Under the general supervision of the Public Works Director, the Public Works Office Clerk performs a wide variety of administrative and clerical duties in support of the Public Works Director and associated Public Works departments, including Parks, Water, Wastewater and Streets. The Public Works Office Clerk assists in the daily operations of the Public Works Department. Six months general clerical experience, or any satisfactory combination of experience and training which demonstrates the knowledge, skills, and abilities to perform the above duties. The monthly salary range for this position starts at \$17.36 to \$19.14 per hour. If at 40 hours, this position is, FLSA non-exempt position. This position is not eligible for remote work. 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 completed City of Sheridan employment application to Sheridan City Hall, 120 SW Mill Street. The City will not accept emailed or faxed applications.

## Workers Wanted

**Workers needed** - Need 1-2 guys to build 1,000 feet of barbed wire fence on property in Grand Ronde. Must have a truck or high clearance vehicle to get to site. All materials are provided. Job duties include digging holes, pound posts, stretch wire, and more. Temporary job starting now. Will last 4-6 week or until job is finished. Work alone or in pairs. Bring a buddy to earn extra summer cash. Contact Glen at 831-235-5467 (text preferred) <sup>(16)</sup>

## Looking to Buy

**WANTED:** video games, manga, and action figures. Call Brittany, 971-506-8450

## Employment

**Pacific Fir Lumber** has several great mill jobs for people who will come to work every day, on time, and put in a solid day. Great work environment. Apply in person at 355 SW Mill St, Sheridan. <sup>(c)</sup>

**River Park Senior Living** is now hiring caregivers, and med-techs. Wage DOE, come in to apply, or email your resume to bailey.west@agingways.com.

**Northwest Senior and Disability Services**, NWSDS is looking for a volunteer driver to deliver meals in the Sheridan area, one day a week. Picking up meals and delivering takes approximately 1.5 hours a week. Your mileage is reimbursed and you are entitled to a meal on the day you work. If you are interested in serving our community, call (503) 843-2000.

## 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 at 503-779-5030. <sup>(c)</sup>

**Simplify Life.** I organize, run errands, and house sit. Text or call me to assess your needs and see how I can assist. Karen 503-560-0680.

**Home health care,** retired nurse has availability for a new client. Call Candie to set up a meet and greet to see if it's a fit. 425-343-2549.



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## For Sale

**For sale,** Cybex upper extremity ergo-meter, aka, arm bike. Used, good condition. Good for cardio, shoulder and arm rehab. \$200. Call 971-237-3383 <sup>(c)</sup>

**For sale,** Western Red Cedar tables and benches: 6ft \$150, 4ft \$125. 3-Tier bbq table \$125. Cedar rocking chairs and benches. Cedar coffee and end tables, birdhouses and feeders, wishing wells and windmills, tin-man, and animals. 215 SW Harrison, Sheridan. Call 971-221-5595. <sup>(c)</sup>

**Firewood for sale.** Seasoned Oak, split, delivered to Sheridan or Willamina. \$350 per cord. Call 503-437-3442. <sup>(6)</sup>

**Gravenstein apples** 75c per pound. 417 SE Edison St., Sheridan. Call Mary or Frank at 503-843-4072 or 503-857-7532. <sup>(9)</sup>

**Puppies for sale.** Border Collie/Blue Healer mix, two female one male. Born June 24, wormed, first and second shots done. Well socialized, kid raised, ready now \$250. Call Marnie 503-435-7197

## For Rent

**Two bedroom** in a small Willamina triplex \$795. Good verifiable references, no smoking. Text 971-237-7745.

## List Your Event in the Community Calendar

The calendar will post meetings and events to be held on-line or in-person.

### It's free!

And, it's published on the last Wednesday of each month.

The deadline is the Friday before publication.

Email the date, time, event name, and location to:

bulletinwestvalley@gmail.com



## Obituaries



### Charlotte Jean Hall

Nov. 18, 1937 - Aug. 25, 2023

Charlotte Jean Hall was born to Harry A. Knipple and Betty P. Knipple (Siverling) on Nov. 18, 1937, in Johnstown, Pa. She had one brother, Harry Albert Knipple Jr., and one sister, Geraldine Jane Knipple.

Charlotte met and married Edward Kokoruda, with whom she had six children. Charlotte and Edward relocated from Pennsylvania to California, then Washington, and eventually landed in Portland, Ore. They later divorced.

Charlotte was a hard-working woman who always had food on the table for her children, working multiple jobs at times. She worked as a waitress and loved it. She talked about it for years and would brag about how she could carry so many plates simultaneously. She also worked for Jantzen, a swimsuit factory in Portland, where she sewed swimsuits. It was here where she met a friend who would introduce Charlotte to her brother-in-law, Herb Hall. The two eventually became sisters-in-law when Charlotte and Herb married on April 18, 1981. He told her she never had to work again when she married Herb. They were married for 41 and a half years until Herb passed away last year on Sept. 12, 2022.

Charlotte became a Christian in 1990 after attending Sheridan Baptist Church with her daughter Kathy and accepting Jesus Christ as her personal savior. Later on, Herb would also become a born-again Christian, and the two of them became official members of Sheridan Baptist Church and remained so until their time of death. Charlotte served in her church through singing in special music, cantatas, and choir, as well as working in Pee Wee Church, Vacation Bible School during the summers, providing snacks, and

doing arts and crafts for the Pee Wees.

Charlotte and Herb enjoyed camping, fishing, and spending every moment they could with their family, especially all those grandchildren.

It was a common practice to have a video camera set up to record every family event, such as opening up presents at Christmas time, birthday parties, family BBQs, grandkids dancing on top of a picnic table for two hours, grandkids learning how to ride a new bike without training wheels and crashing into the back of the van, making lip-syncing videos, and sometimes just recording the adults sitting at the table doing make up for their Halloween costumes. They both loved making these home videos, and they never missed a birthday party, recital, school program, holiday, or other event involving a grandkid. Every Christmas and Thanksgiving was at their house until they started the "RV life." and could no longer accommodate the whole family.

Charlotte and Herb both loved to go out and eat. Izzy's and Busters were frequented, but while Grandpa was picky and kept it simple, Grandma liked eating chocolate and onion sandwiches, pickled pig feet, and raw onions like apples. She liked buttermilk, sub sandwiches, mashed potatoes, and pigs in the blanket which was hamburger and sausage loaves mixed with rice and wrapped in cabbage, smothered with sauerkraut and tomato sauce that Grandpa would only let her make when he worked swing shift because he could not stand the smell, but Grandma loved it. Grandma's staple dishes she loved to make were potato salad and macaroni salad, and she could whip up homemade gravy like no one else.

She was a hard worker and so strong to endure all the things she did in her life. She was a very tough woman except when it came to bees. She once made Grandpa pack up their entire campsite and move to another camp because a bee was chasing her. However, she was not afraid of Joie's punching bag she got for Christmas when she walked up to it and punched it as hard as she could, all proud of herself, not realizing it would come back and smack her right in the face and knock her down. She would say "yella" instead of

yellow, "mirra" instead of mirror, "Sharis" (sharr ees) instead of Shari's, and "Loels" instead of Lowes. There was no correcting her. She would also let Rosa hold her false teeth while she brushed her gums.

She took care of Rosa and Beronica while Kathy was in the hospital before and after her heart transplant. She and Herb moved in with them; she ran the household, did all the cooking, shopping, etc., and drove up to OHSU every day to be with Kathy after dropping the girls off at school and would be back in time when school was out and before Herb was off work and have dinner on the table.

Charlotte loved scrapbooking, making crafts, knitting, crocheting, and sewing of any kind, from homemade Halloween costumes for her grandkids, such as ninja turtles, to a full-size pumpkin suit that everyone mistook for a tomato. She would sew curtains, hem clothing, make culottes and scrunchies for her granddaughters, and match vests for herself, Karen, and Kathy for when they sang at church. Whenever anything needed fixed, we always took it to Grandma.

She loved flowers and loved to garden and was so proud of all her beautiful rose bushes. She learned to paint by taking classes at Chemeketa and watching Bob Ross on TV. She loved to paint anything, but especially landscapes and elk.

Charlotte loved music and played the ukulele by ear. Oftentimes, the first lyrics out of her mouth when she'd pick up a ukulele was, "Five foot two, eyes of blue..." and then followed by "Aba dabba dabba dabba dabba said the monkey to the chimp..." (if you know, you know.) She loved to sing and harmonize with her daughters Kathy and Karen in church, but also with her granddaughters and great-granddaughters while just sitting around the living room.

Charlotte loved God. She knew

her faith. She knew her Jesus, and in her last days, she was ready to meet Him face to face and would often say, "I'm going to be with Jesus!" And on Aug. 25, 2023, Charlotte went to be with Jesus.

Charlotte is survived by three children, Edward Kokoruda (daughter-in-law Julie Kokoruda), Donald Kokoruda, Karen Sosa (son-in-law Marcos Sosa); 16 grandkids: Nathan Nerpel, Ryan Campbell (granddaughter-in-law Kristen Campbell), Amie Carlson (grandson-in-law Jake Carlson), Zachary Kokoruda, Amanda Garcia (grandson-in-law Xander Garcia), Elizabeth Kokoruda, Adam Kokoruda, Andrew Kokoruda, Rosa McCandless (grandson-in-law Larry McCandless), Veronica Espiritu, Kayla Kokoruda, Mark Sosa, John Sosa, Jeremy Eaton, Laura Eaton, Jonathon Eaton; and thirty great-grandkids: Hailey Nerpel, Joe Nerpel, Sam Nerpel, Isla Nerpel, Jack Campbell, Aiden Campbell, Hunter Carlson, Sarah Carlson, Logan Carlson, Alyna Kokoruda, Samantha McCandless, Alyssa McCandless, Joanna McCandless, Jayce Gautney, Dax Gautney, Adalyn Sosa, Haily Sosa, Julian John Sosa, Nora Sosa, Jeremy Eaton Jr, Anthony Eaton, Jonathon Eaton, Zaida Eaton, Kylie Eaton, Faith Eaton, Elijah Eaton, Chris Eaton, Emily Eaton, Amy Eaton, Magin Eaton. She is preceded in death by her husband, Herb Hall, three children, and one son-in-law: Keith Kokoruda, Kathy Espiritu, and Kristy Eaton (son-in-law Perry Eaton).

Of everything she ever did, she was most proud of ALL those "Grands." She loved her family fiercely and passionately; her children were her greatest accomplishment.

A graveside service will be held at 1 p.m. on Friday, Sept. 1, 2023, at Green Crest Memorial Park, 27234 SW Ballston Rd, Sheridan, Oregon 97378. 1:00pm at Green Crest Memorial Park 27234 SW Ballston Rd, Sheridan, Oregon 97378.

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# A MESSAGE FROM THE WILLAMINA SCHOOL DISTRICT

In 2021, the Oregon Legislature passed Senate Bill 732 amending Oregon Revised Statutes (ORS) and requiring each school district to establish what the law calls an Educational Equity Advisory Committee, which this guidance will refer to as a District Equity Committee (DEC).

This school year the Willamina School District will begin the process of establishing a DEC. The Oregon Department of Education requires that:

Districts with an average daily membership of 10,000 or less are required to first convene a District Equity Committee by September 15, 2025. A DEC "shall be selected by the school district board and school district superintendent and must be composed of parents, employees, students and community members from the school district."

**Purpose:** A DEC can inform and advise their school board and superintendent on a number of topics, including the experiences of historically underserved student groups, the educational equity impacts of policy decisions, and the larger district-wide climate. DEC's are responsible for highlighting school-specific situations that impact underrepresented students, and considering whether such situations are unique or systemic. DEC's are meant to supplement and support local leadership in understanding how their decisions have affected students, and what they can do to make positive impacts.

District Equity Committees are intended to support a wide range of equity-related issues, topics and dynamics. They should be seen as a core ally and resource for the district to help address concrete issues. Topics a DEC may address could include:

- Reviewing disaggregated student data and the district needs assessment
- Consulting on equitable hiring practices
- Providing feedback and input on federal-program implementation (which requires community input)
- Improving partnerships with local and regional business partners and community-based organizations
- Focusing on student engagement, school culture, student safety, student mental health, and addressing the root causes of chronic absenteeism
- Student safety & belonging; inclusive communication practices
- Youth mental health; patterns of participation (or not) for focal groups
- Informing teacher & staff training and professional development by sharing short-, mid-, and long-term goals
- Curriculum adoption
- Review of board policy and administrative regulations
- Reviews of student and staff handbooks
- Review, reflection, and recommendations on local district policy.

We will continue to provide information about this work as it develops. I look forward to engaging with the community and creating a DEC that represents our students and promotes improved outcomes for ALL students.

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

## Drink a Dose of Blueberry Power



Smoothies can be fast and refreshing any time of day. Because they feature a blend of vitamin- and nutrient-rich ingredients all in one convenient package, smoothies tend to be nutritional powerhouses.

Blueberries are a great addition to smoothies because of their many benefits. Blueberries have a score of 53 on the glycemic index, which is relatively low. They won't cause major spikes in blood sugar levels. Blueberries also have a moderate amount

of fiber, helping you to feel fuller. These berries also are a good source of vitamin K1, vitamin C, manganese, and also have small amounts of vitamin E. Full of antioxidants, blueberries can help keep immune systems running smoothly.

To get an ample dose of blueberries, in addition to many other healthy ingredients, try this "E-Licious Pastel Punch Smoothie" from "Super Smoothies" (Crestline) by Ellen Brown. Vitamin E is the star of this mixture, which helps neutralize free radicals.

### E-Licious Pastel Punch Smoothie

- Yield: Four 1-cup servings
- 1 cup purple grape juice
  - 1/2 cup pomegranate juice
  - 1/2 cup silken tofu
  - 1/2 cup shelled sunflower seeds
  - 1 4-ounce container blueberry low-fat yogurt
  - 1 medium banana, peeled and sliced
  - 1/2 cup blueberries, frozen
  - 1/2 cup raspberries, frozen
  - 1/2 cup vanilla frozen yogurt
  - 16 fresh blueberries or raspberries threaded onto four skewers for garnish (optional)

Combine grape juice, pomegranate juice, tofu, sunflower seeds, yogurt, and banana in a blender or smoothie maker. Blend on high speed for 45 seconds, or until mixture is puréed and smooth. Add blueberries, raspberries and frozen yogurt, and blend on high speed again until mixture is smooth. Serve immediately, garnished with berry skewers, if desired.

## Kelli's Kuts

New Location: 144 E. Main



All Haircuts  
or Waxing  
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(Next to Main Street Books Revisited)

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Sun. & Mon.

# HIRING NOW!

## Pacific Fir Lumber

\*Signing Bonus\* Attendance Bonus\* Benefits\*

**Millwright:** Do you have a passion for maintaining and repairing machinery? If you are experienced in diagnosing and fixing mechanical issues, we invite you to apply.

**Mill Production:** Seeking dedicated mill employees to join our dynamic team. If you are eager to contribute to the lumber production process, we want to hear from you. No experience necessary - we provide training.

## Sheridan Building Materials

\*Attendance Bonus\* Benefits\*

Are you passionate about home improvement and construction projects? Seeking dedicated individuals who thrive in a customer-focused environment and are excited to assist customers in finding the perfect materials for their projects.



# Obituaries



## Matthew T Rose

Nov. 11, 1986 – Aug. 19, 2023

Matthew T. Rose passed unexpectedly on Aug. 19, 2023, at his home in Willamina. He was 36, a loving husband, and a devoted dad.

He was born Nov. 11, 1986, in Salem, Ore. He graduated from North Salem High School in 2005 and moved to Portland, where he attended Chemeketa for arts. He eventually landed in Sheridan, where he met his wife, Ricki Keyser.

Matthew and Ricki quickly built a life together. It was a love-at-first-sight story. They moved into an apartment, and shortly after, their beautiful daughter Rylie LeAnn Gypsy Rose was born in 2015. They were expecting a second child and moved into the house his wife grew up in, out in the country of Willamina. Matthew's eyes lit up at the birth of their son Mason Matthew David Rose in 2017.

Matthew and Ricki married on Sept. 4, 2021, in McMinnville with a small ceremony of family and close-knit friends due to Covid. The wedding was wonderful.

Matthew was a materials coordinator at Hampton Lumber and

had a bright future with goals of becoming a buyer and ideas of what this could provide for his family. He was fitting in quite well with the new team and talked often of them at home.

Matthew enjoyed spending time with his children playing video games (competitively) and reading them books, especially comic books. He loved the beach and the outdoors, often wanting to hike, bike, or take the family to the ocean to play. Matthew was musically inclined and often found trying to start a family band. He loved his kids and his wife immensely always supported his mother and sisters, and valued his friendships. Matthew didn't love easily, but he loved hard.

Matthew is preceded in death by his grandmother, Linda Foltz, brother-in-law, Brandon Foreman, and his youngest sister, Trinity Watt, whom he loved an immeasurable amount.

Matthew is survived by his wife, Ricki Keyser Rose, and his two children, Rylie and Mason Rose, who will always love and miss him. He is also survived by his mother, Tammy Watt, and father by choice, Jack Watt, his sister Rochelle (Gypsy) Rose, his uncle Harry (Jimmy) Foltz, and his five nieces and nephews.

Memorial Services will be at 10:30 a.m. on Saturday, Sept. 9, 2023, at Macy and Sons in McMinnville.

Matthew will forever be deeply missed.

To leave condolences, visit [www.macyandson.com](http://www.macyandson.com).



## Rebecca Miller (Punkin)

June 5, 2023

On June 5, 2023, Rebecca Miller (Punkin) passed away unexpectedly at her home.

With sadness in our hearts, we find solace in knowing that she is in a better place and got to live her last days exactly where she wanted – "on a hill so high up she could talk to God every day".

Rebecca has always had a special connection with animals, a unique ability to grow a garden large enough to feed a village, recognized by prestigious gardening clubs as a master gardener for her rare orchids and lilacs, and a talented artist in whatever materials or tools she felt called to create from. Over her short lifetime, she protected and saved more animals than one could count; from small to large, predator or prey, domestic or wild, she had no hesitation - all of God's creatures she loved

dearly.

If obliged, in place of flowers, please donate to Rowena Wildlife Clinic in her name.

A service will be held at 11 a.m. on Saturday, Sept. 16, at Covenant Hood River Church (455 Frankton Road, Hood River 97031)

A gathering will follow at Melaloose State Park, one of her favorite places.



## The West Valley Bulletin Board publishes Obituaries

at no cost. Email:

[bulletinwestvalley@gmail.com](mailto:bulletinwestvalley@gmail.com)


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<b>LAND FOR SALE</b>	<b>SALE PENDING</b>
 <p><b>ZONED R-1, 3.5 ACRE BUILDABLE &amp; DIVISIBLE PARCEL FOR SALE! EDGE OF TOWN LOCATION</b>, but still many country luxuries, privacy, animals, trees and plenty of nature. Divide into several lots with city services? Build 1 house for you &amp; 1 for someone else next door? Future development? Some brush cleared and several areas for potential homesites. \$169,900.</p>	 <p><b>Fixer home (no value) on platted 31 lot subdivision "Sheridan Village".</b> Sale waiting on approvals and close this year. Map says it's out of the flood plain. Buyer should always investigate costs involved w/development and do their own due diligence. \$450,000.</p>
<b>SALE PENDING</b>	<b>SOLD!</b>
 <p><b>Next Generation new construction home built by Penner Homes!</b> Fabulous floor plan has 4 BD/2 BA on 1 level. PLUS a bedroom and bathroom with a separate entrance for family, friends, guests or a tenant. Great new subdivision in Woodburn. Comes with all the bells and whistles! Buyer represented. \$533,900.</p>	 <p><b>Beautiful level, 1/2 acre property with beautiful view!</b> Built in 2006 home &amp; several outbuildings. Barn, 33' x 50' hay storage, tack room, and shed shelter outside. Gated, fenced &amp; X-fenced pastures. Complete building has 4-large bays w/RV storage &amp; garage/shop. There is an unfenced outdoor sand arena for riding &amp; plenty of wildlife! \$639,900.</p> <p style="font-size: 2em; color: red; transform: rotate(-15deg);"><b>SOLD!</b> Thank you <b>Katrina!</b> 8/29/23</p>
<b>NEW LISTINGS WANTED!</b>	

# COYOTE JOE'S



**Weekend Specials**  
 4-8:00pm Fri. & Sat.

<b>Prime Rib</b> <b>\$19<sup>95</sup></b> <small>Reg. Cut</small> <b>\$25<sup>95</sup></b> <small>Large Cut</small>	<b>Beer Battered Cod</b> <b>\$16<sup>95</sup></b>
<b>Lasagna</b> <b>\$15<sup>95</sup></b> <b>With Meatballs</b> <b>\$18<sup>95</sup></b>	

142 NW Main Willamina 503-876-3003

# Sheridan Public Library

Tuesday - Saturday 10 a.m.-6 p.m.  
503-843-3420 • 142 NW Yamhill • Sheridan

**The Library will be closed Wednesday, Sept. 13**

**Story Time • 10:30 a.m.**

Friday, Sept. 8  
Friday, Sept. 22  
Friday, Sept. 29

**Adult Book Club**  
Saturday, Sept. 23 @ 4pm

**Young Adult Book Club**  
Thursday Sept. 7 @4pm

## Activities

Popsicle Stick Pictures.....Sept. 14 All Day  
Young Adult Writing Club.....Sept. 21 4pm

**Special Event!**  
**Public Works in the Park**  
11 a.m.-1 p.m.  
Friday Sept. 15  
Sheridan City Park  
Games! Story Time!  
Activities & Big Trucks!



The Library is closed Sundays and Mondays

**Check out our WiFi Hotspots!**

## How You Can Help Student-Athletes Balance Academics and Athletics

The rigors of academia demand every student's utmost devotion. For some, the challenges in the classroom are accompanied by the thrill of competition on the playing fields. Multi-tasking may be most associated with modern professionals, but many might have learned how to balance multiple responsibilities at once during their days as student-athletes.

Student-athletes typically have a lot on their plates. Managing multiple priorities at once can overwhelm anyone, especially young student-athletes without much experience handling such a juggling act. As a new school year begins, student-athletes can consider these strategies as they try to do their best in the classroom and on the competitive playing fields.

•Take steps to avoid burnout. Burnout can affect student-athletes in the classroom and on the field. Work with parents, coaches and school staff, including a nutritionist if one works for the school's athletic department, to devise a meal plan that will help to energize the body and reduce injury risk. In addition, follow a consistent sleep schedule that helps to overcome mental and physical fatigue. According to guidelines from the Centers for Disease Control and Prevention, teenagers between the ages of 13 and 18 should sleep eight to 10

hours each night.

•Avoid distractions. Student-athletes who are finding it hard to get at least eight hours of sleep each night might be too distracted during the day to get everything done so they can go to bed at a reasonable hour. Smartphones ensure distractions are never too far away, but student-athletes can take a proactive approach and turn off app notifications once a new school year and season begins. In addition, pick a quiet homework/study room in the house without distractions like a television or the hum of outside noise.

•Set academic and athletic goals. Coaches typically establish goals for players before the season and then again during end-of-season exit interviews. Such goals can help athletes maintain their motivation, and a similar strategy can be employed in the classroom. Parents and student-athletes can meet with teachers to establish study goals to keep them striving toward academic achievement. Clearly defined goals can improve student-athletes' focus, and that can make it easier to balance their responsibilities. Student-athletes face a balancing act once a new school year or season begins. Various strategies can help young people successfully juggle their academic and athletic obligations.

## Volunteers Wanted

### Volunteers Wanted

Grand Ronde Tribal Emergency Services is looking for Volunteer Firefighters

If you are interested in helping to service your community, please apply by visiting

Emergency Services

at

[www.Grandronde.org](http://www.Grandronde.org)



Confederated Tribes of Grand Ronde  
Emergency Services



9615 Grand Ronde Rd. Grand Ronde, OR 97347 503-879-3473

### Last weeks crossword solution

A	R	O	M	A		O	L	E	S		S	A	V	E	
L	E	G	A	L		P	E	L	T		A	X	E	D	
P	E	R	I	L		P	O	L	O		L	E	N	D	
S	K	E	L	E	T	O	N			R	E	A	L	T	Y
			N	A	S	A		E	L	M					
A	V	O	N			T	E	R	N		L	I	S	P	S
S	E	C	R	E	T			D	O	L	E		P	E	A
C	R	E	A	T	O	R			G	E	N	E	R	A	L
O	N	A		C	O	M	E			A	S	S	E	R	T
T	E	N	T	H			S	P	A	S		E	E	L	S
			R	E	P			I	D	E	S				
S	P	H	E	R	E			T	A	S	T	I	E	S	T
T	E	A	M			S	L	O	G		I	D	A	H	O
O	S	L	O			T	I	M	E		R	O	S	E	S
P	O	O	R			O	D	E	S		S	L	E	D	S



## Horoscopes Sept. 6-12

### ARIES - Mar 21/Apr 20

Get outside and enjoy as much fresh air and exercise as possible this week, Aries. A weekly outdoors excursion can recharge the batteries and provide some time to reflect.

### TAURUS - Apr 21/May 21

Taurus, it's not possible to have everyone like you all of the time. Emotionally it can be difficult to accept that not everyone agrees with your point of view. Be who you are.

### GEMINI - May 22/June 21

Someone from your past might come back into your life, Gemini. Keep a lookout for someone who seems familiar, as it can be a way to reminisce for a bit.

### CANCER - June 22/July 22

Cancer, start conversations with all of the people you meet so you can learn about different backgrounds or cultures. You might learn something you didn't know or try a new food.

### LEO - July 23/Aug 23

Leo, try to work the room when you are thrust into a social situation. You need to be a diplomat or politician if you want to be in good standing with as many people as possible. Put your best face forward.

### VIRGO - Aug 24/Sept 22

You know who you can trust, Virgo. Stay close to those people for the time being. Some difficulties with family members will arise and you may need to pick sides.

### LIBRA - Sept 23/Oct 23

Libra, after a whirlwind adventure, you may be glad to be back home. Vacations are nice and relaxing, but soon enough you may crave the familiarity of your own space.

### SCORPIO - Oct 24/Nov 22

Scorpio, you a calm energy around you this week. You can rest assured that the people you are dealing with have everything handled. They take care of business.

### SAGITTARIUS - Nov 23/Dec 21

There is a great opportunity knocking at your door, Sagittarius, so why not seize it? New things can be scary, but you have to dive in right now.

### CAPRICORN - Dec 22/Jan 20

Take stock of where you want to go in the future and start putting those plans together, Capricorn. You don't have to figure everything out, but try to map out a rough outline.

### AQUARIUS - Jan 21/Feb 18

You can quickly see when someone is putting on an act, Aquarius. They may say one thing but mean another. This duplicity can be off-putting, but try to get along with others right now.

### PISCES - Feb 19/Mar 20

Pisces, you are in no danger of not being popular right now, so continue to enjoy all of the invitations you receive. You also can be proactive and throw your own party for friends.

## New Meeting Location For Fourth of July Committee

Willamina's Old Fashion Fourth of July Committee will now meet at 6 p.m. on the third Wednesday of each month, at the Wildwood Hotel and Lounge, located at 150 NE Main Street in Willamina.

The next meeting is scheduled for Wednesday, September 20. The committee is currently looking for a volunteer to help with the booking and management of vendors.

The Old Fashion Fourth of July Committee works throughout the year putting on bake sales and other fundraisers to help raise funds for the annual July fourth fireworks display enjoyed by many in the West Valley.

The meetings are open to all who wish to volunteer.

If you have any questions contact Jack Scott at 971-241-7132.

## WEST VALLEY COMMUNITY CAMPUS Important Update

The West Valley Community Campus is moving to limited operations while conducting architectural studies. We are pursuing these studies to allow for a better understanding of where repairs are needed and for proper permitting of the entire property. Once this process is completed, it will allow for greater use of the community center, benefitting the entire West Valley Community. During this time, ongoing activities, events and rentals may be canceled or postponed. We will continue to keep the community informed and give updates on when we expect to resume normal operations. Thank you for your support and understanding as we go through this process.

### Current postponed activities include:

Beginner Ukulele Sessions	Sing Along Music Group
Cards for Charity	Art Classes
Coastal Hills Quilters Sessions	Indoor Walking Group

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(503) 929 - 4037 | WESTVALLEYCOMMUNITYCAMPUS.ORG

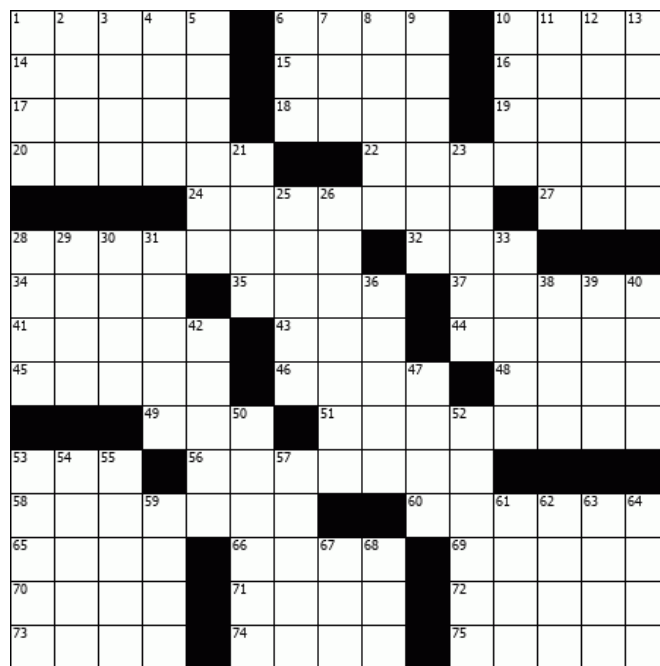
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## CROSSWORD PUZZLE

### Across

1. Sticker
6. Female pigs
10. Fellow
14. Obliterate
15. Did the backstroke
16. Hound's prey
17. "Ave \_\_\_\_"
18. She, in Bordeaux
19. A Baldwin
20. "Gilligan's \_\_\_\_"
22. Florida racetrack site
24. Unpleasant sight
27. \_\_\_\_ Diego
28. Mexican hat
32. Chump
34. Brainstorm
35. Edges
37. Beatle \_\_\_\_ Starr
41. French \_\_\_\_
43. Tuna container
44. Street talk
45. \_\_\_\_ Banks of baseball
46. Messy fellow
48. Iridescent gem
49. Baseball's \_\_\_\_ Ripken
51. Aggravate
53. Park or Madison (abbr.)
56. Tranquilized
58. Thai
60. Dictator
65. Mediocre (hyph.)
66. Catch
69. Texas landmark
70. Bread spread
71. Scandinavian capital
72. Jacket part
73. Rascals
74. Lack
75. Witness box



### Down

1. \_\_\_\_ Moore of "Indecent Proposal"
2. Important times
3. Scientist \_\_\_\_ Sagan
4. China's continent
5. Less fatty
6. Compass pt.
7. Night bird
8. Ralph \_\_\_\_ Emerson
9. Smudges
10. Informal talk
11. Angels' headgear
12. Hockey venue
13. Pie nut
21. Color changer
23. 1984 and 2001
25. Roberts and Clapton
26. Ethiopia's neighbor
28. Spot
29. Aroma
30. Cruel
31. Fundamental
33. Aviator
36. Scornful sound
38. California wine valley
39. Bothersome insect
40. Make eyes at
42. Poke fun at
47. Raised, as animals
50. Instruction
52. Guiding principles
53. Civic gp.
54. Fiddle's kin
55. Comforted
57. Thick
59. Cows' comments
61. Narrow board
62. Father
63. Warning sign
64. Narrated
67. Pub beverage
68. "In \_\_\_\_ We Trust"



Colton Brown  
Third grade



Danica Brown  
Seventh grade



Hunter Revis  
Third grade



Tyler Hopkins Eighth grade and  
Chloe Gephart Fourth grade



Emma Trailor  
Kindergarten



Donald Third grade  
George Kindergarten



Scarlett  
Second grade







# September is national Literacy month

Whether through books, newspapers, magazines or websites, reading and writing promote learning, understanding and curiosity, helping us process the world around us. During National Literacy Month, we recognize the importance of promoting literacy for all people.

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**Sheridan Museum**  
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**Willamina Coastal Hills Chamber of Commerce**  
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**City of Willamina**  
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# Sept 6th National Read A Book Day

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

ART OF WAR  
ATLAS SHRUGGED  
BOOKMARK  
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MARK TWAIN  
MOBY DICK  
MONTE CRISTO  
OSCAR WILDE  
OUTSIDERS  
PETER PAN  
SECRET GARDEN  
STEPHEN KING  
TIME MACHINE  
TOM SAWYER  
TWO CITIES  
WONDERLAND

## Sheridan Rotary Held Its First Open House, Inviting All

Sheridan's Rotary Club held an open house last Wednesday, Aug. 30. The public was invited to mingle, enjoy trivia games, eat dinner, and win prizes. The goal of the open house was to offer an inside scoop on what the local club does in the West Valley. Rotary President Eean Coker took to the stage to thank all in attendance for coming and their interest in Rotary; he discussed the mission of Rotary and shared some of what the local club has done this last year. Sheridan's Rotary Club has offered events in the community like the drive-in and walk-in free family movies, selling concessions at local events such as Hometown Days, Wet Sea-

son Music, and Willamina's July Fourth celebration. Rotary entered the concessions trailer in the local parades, served hot cocoa, and passed out free toys while kids came to see Santa at the Hebert Plaza. The local members have volunteered time at the Morgan Street Park clean-up and provided pizza and drinks for community volunteers at the City-Wide Clean Up. Board member Matt Huegli spoke on the "Wheel of Morality." A wheel shaped like the Rotary logo and the "Fine Jar." Members bid to control the jar and choose where the money raised will go. Members spin the wheel for various reasons and pay the fine it lands on. These collected funds are then donated to the cause. In the last year, the fine jar has helped several community members who have suffered house fires, auto accidents, and more. Funds were used to purchase bike helmets for Sheriff's Deputy Brady Walters to hand out to kids. They have purchased blankets and socks for local drives. The local Rotary Club also assisted Jacob Giddings in his senior project of replacing the score-board, and they donated a grant to repair the sidewalk in front of the Grand Sheramina Food Bank. Rotary also issues two scholarships for students every year in Sheridan and Willamina. Positivity was abundant in the room, as Eean described the group's accomplishments. Guest speaker Gary Stewart, from the Newberg Rotary, talked briefly about why Rotarians are essential

and what the districts and international clubs do. He expressed gratitude towards the members after hearing the amount of work the Sheridan Rotary Club has done for its community. Rotary meets at noon every Wednesday. For more information on the local Rotary club, email Sheridan.Rotary1@gmail.com.



Rotary President Eean Coker addressed the crowd at the first Rotary open house last Wednesday.

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# Oregon Issues \$39 Million in Pandemic EBT Food Assistance to Children

Oregon will provide approximately \$39 million in food benefits to approximately 325,000 students beginning Aug. 31 and through September.

- Starting Aug. 31 and through the month of September, \$120 in food benefits per eligible child will be issued to Pandemic EBT (P-EBT) cards.

- These additional food benefits are part of the P-EBT program, a temporary COVID-19 response program meant to provide additional food support for children whose access to food provided through school programs.

- Since 2020, Oregon has issued \$1 billion in P-EBT food benefits to help children in Oregon get enough quality and nutritious food.

The Oregon Department of Human Services (ODHS) will begin issuing approximately \$39 million in Pandemic EBT (P-EBT) food benefits to approximately 325,000 students in Oregon on Aug. 31.

“We are grateful to be able to provide these food benefits to eligible students in Oregon,” said Claire Seguin, director of

the ODHS Self-Sufficiency Programs. “As communities continue to be affected by COVID-19 and the rising cost of food, we know that many families are experiencing hardship and are struggling to get enough healthy food for themselves and their children. We encourage anyone who is struggling to meet their basic needs to contact our partners at 211, the Oregon Food Bank and their local Community Action Agency for support during this difficult time.”

How students will receive P-EBT food benefits

The P-EBT food benefits will

be issued onto the P-EBT cards mailed to students in Spring 2023. Families who lost or threw away their card can contact the P-EBT call center at (844) ORE-PEBT or (844) 673-7328 to request a new card.

Newly eligible students will receive two pieces of mail addressed to them:

- A letter notifying them they will receive P-EBT

- A separate envelope with their P-EBT card that has \$120 of food benefits on it

Who are eligible for P-EBT food benefits?

Students are eligible for this

P-EBT issuance if they received free or reduced-price National School Lunch Program meals at school or attended a Community Eligibility Provision school in May 2023.

Oregon has received federal approval to provide additional P-EBT food benefits to children under 6 years old who received Supplemental Nutrition Assistance Program food benefits between July 2022 and August 2023. Details about when and how these children will receive their P-EBT food benefits will be announced as soon as it is available.

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**Word Scramble**

**Novels That Became Movies**

G L U I F H T B C

G O R F M U S T P E

H D G E E T R A H O T F


D R I P E R I B E S C N S

H E R K C M L O H S S L E

Use the letters below the boxes to unscramble the novels that had movies made based on them. Place the letters from the circles on the dashes above the riddle then unscramble them to solve the riddle at the bottom.

**Last weeks answers:**  
 Pasture,  
 Combine,  
 Agriculture,  
 Shepherd,  
 Donkey,  
 Lamb, and  
 Spoiled Milk

What book was once owned by only the wealthy, but now everyone can have it? You can't buy it in a bookstore or take it from the library.



# THIS DAY IN HISTORY

SEPTEMBER 7

**1776** - The world's first submarine attack

On September 7, 1776, during the Revolutionary War, the American submersible craft Turtle attempted to attach a time bomb to the hull of British Admiral Richard Howe's flagship Eagle in New York Harbor. It was the first use of a submarine in warfare.

**1813** - The U.S. gets the Nickname, Uncle Sam

On September 7, 1813, the United States got its nickname Uncle Sam. The name is linked to Samuel Wilson, a meat packer from Troy, New York, who supplied barrels of beef to the United States Army during the War of 1812. Wilson (1766-1854) stamped the barrels with "U.S." for the United States, but soldiers began referring to the grub as "Uncle Sam's." The local newspaper picked up on the story, and Uncle Sam eventually gained widespread acceptance as the nickname for—and personification of—the U.S. federal government.

**1996** - Tupac Shakur is shot

# Community Volunteers Stepped Up To Start New Community Garden Area



Seven community volunteers came out on Saturday, Sept. 9, to begin preparing the new community garden space, located on Sheridan Road. The volunteers worked hard putting down cardboard and weed barriers in preparation of raised beds. The community garden was previously located on Morgan Street, close to City Hall.



Volunteers working to place weed barriers at the new community garden location on Sheridan Road. (Photos courtesy of Kay Buckles.)

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The Yamhill County Cultural Coalition  
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of all cultural resources and assets  
in Yamhill County.  
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writers-animators-theater-jewelers-sculptors  
photographers-pottery-poets-woodworking  
All artists are asked to contact YCCC:  
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# SHERIDAN



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**NEW LISTING**



Nice corner lot with 3bed, 1bath home. Freshly painted inside with some updating. New carpet in bedrooms, newer washer and dryer in utility room, vinyl windows, huge three car garage/shop.

**NEW LISTING**



Hebo Rd- River front property with a 45x50 shop/barn. House was removed. Water and power on property. Shop/Barn has 200amp power supply. North property line is in the River. Semi secluded surrounded by private timber property. \$350,000.

**NEW LISTING**



1930 Farm house with wrap around porch (55 feet) on almost 2 Ac. in town. 3 bay shop 2 roll up doors. 5 bedroom 2 bath with large family room, large laundry room, large kitchen, Slate Appliances. Two islands and quarts counters. Heated Pool, garden area, fire pit, play ground, outside covered bbq, hot tub area, park like setting. Huge circle driveway. Per county you may have 2 large animals such as cow/horse. Land can be developed per county. Too much to list must see!

**NEW LISTING**



Ash Ave.- 4bed, 2.5bath stick built home. Woodstove in LR, Pellet stove in Family room, bonus room, large utility room, open concept. Storage shed, yard, garden, fruit trees and chicken coop.



## Hofenbredt Realty LLC



**Barbara Hofenbredt**  
Principal Broker/Owner

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

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



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**Thinking about buying or selling?**

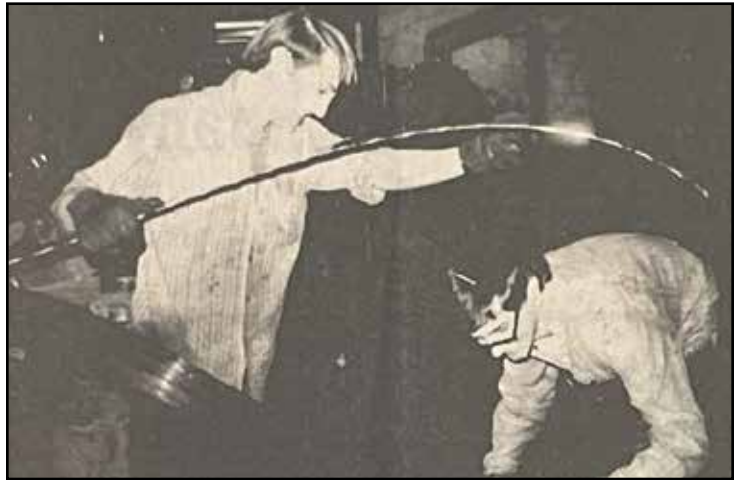
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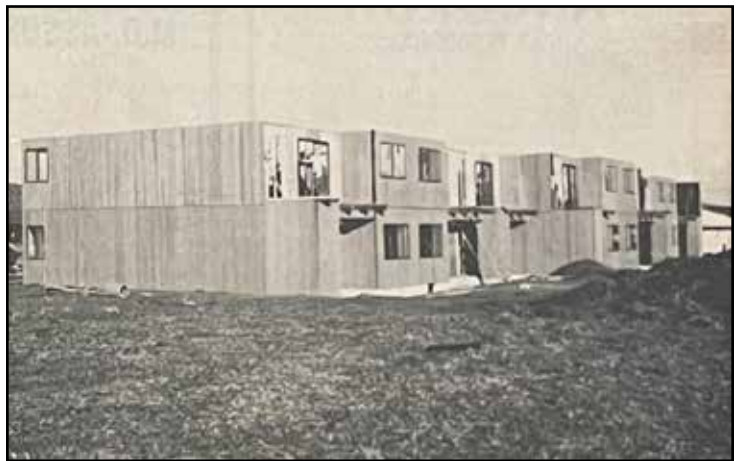
# Archives



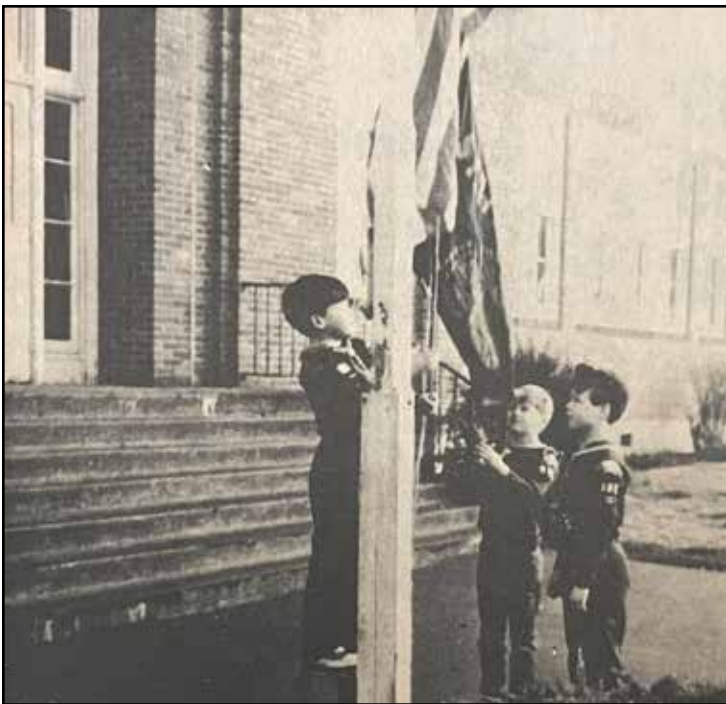
IT'S NOT OFTEN THAT YOU FIND \$110 in the sewer but that's what took place here. Money in bills was flushed down to the sewer line but this lateral that led into the line at SE Harney St. was flowing so slowly that all of the money lost was recovered in a matter of minutes. Shades of Art Carney!



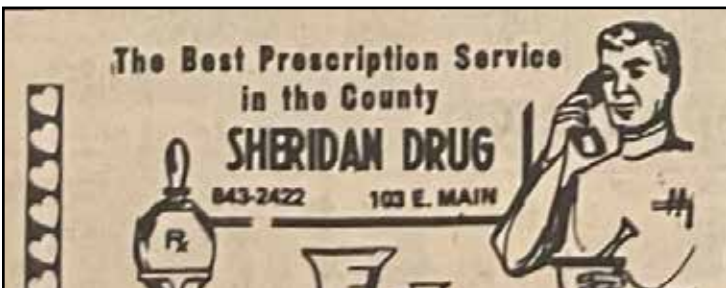
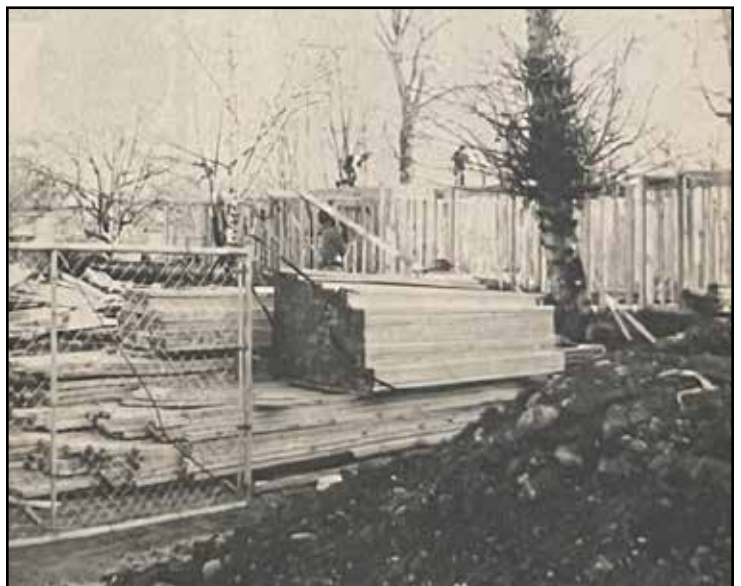
TAKING OFF A sharpened saw blade while in cooperative work at Erickson's Saw Shop are Wayne Wittrock and Phil Hershberger.



TWO APARTMENT COMPLEXES are arising in Sheridan now that the weather has cleared a bit. Top photo shows the Taylor Lumber Co. housing cluster that is being constructed on SW Jefferson. Some 11 units and a utility room are to be contained in this frame building which is two-storied. It is expected that this will be the first "cluster" of more than a half dozen such units which will provide housing for as many as 81 family units. Construction also is well underway (below photo) on a 16-unit, one-bedroom apartment building at 230 E. Main. Builders are Ronald Douglas and James Huygens of Portland. Their building permit was issued for a construction cost estimated at \$160,000. The Taylor Lumber "cluster" was estimated at \$120,000.



FLAG RAISING CEREMONY BY DEN FOUR, Cub Scouts Pack 562, is one of many activities to commemorate Boy Scout Week. Taking part in raising and saluting the flag are Kimball Pugh, Kevin Pugh and John Fuhrer at Faulconer Elementary School.





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**West Valley Sports**

**WHS FOOTBALL PREVIEW**  
Herb Swett

Willamina won all three games in the football jamboree, and head coach Dan Oswald sees a winning season ahead. They play in the 2A Tri-River Conference.

Oswald calls the conference "a very competitive league, solid teams top to bottom." The many returning players include junior Jacob Hadley, who plays running back and linebacker. Last season, he gained 1,575 yards and scored 22 touchdowns. Newcomers, besides five freshmen, are two juniors, Connor Gustin at running back and linebacker and Kade Konovalov at running back and linebacker.

Oswald is his own offensive coordinator and has JJ Flynn as associate head coach. Oswald is the special forces coach for the kicking game. Jake McKnight is the defensive coordinator.

Also on the coaching staff are Scott Nelson, who is defensive line coach and JV head coach; Chris Skyberg, offensive line coach; and Kenna Cumberland, who coaches running backs and linebackers.

**WHAT'S UP  
IN WILLAMINA**  
by mary jane

My oh my, isn't it nice not to have to play "Dodge and Bounce" as you drive through the intersection of Main and Willamina Creek Rd? The guys who fixed that railroad crossing did it in the middle of the night at about 1:30 a.m. In the morning, it was all done and a smooth ride was had by all that went through there. I was sure it would stay chunked up for the rest of the year. Maybe it would be fixed as the guys finished the big hole project in front of IGA. That was a different type of "Dodge and Get Past It." I'll bet the semi-drivers that went through there once or twice a day just loved the zig-zag. Anyhow, it's now all done and over. They did a great job on those two projects, and we're all thankful. Being pleased with good work by dedicated workers is "What's Up in Willamina."

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**AMERICAN  
LEGION**  
POST 75 SHERIDAN

Submitted by  
Commander  
Martin Attebery  
The Legion Act

On July 30, 2019, President Donald Trump signed a bill declaring that the United States has been in a state of war since Dec. 7, 1941. The American Legion sought the declaration as a way to honor approximately 1,600 U.S. service members who were killed or wounded during previously undeclared periods of war. The "Let Everyone Get Involved in Opportunities for National Service (LEGION) Act", opened the door for approximately six-million veterans to access the American Legion programs and benefits for which they previously had not been eligible. The American Legion's eligibility criteria immediately changed from seven war eras to two: April 6, 1917 to Nov. 11, 1918 and Dec. 7, 1941 to a time later determined by the federal government. No other restrictions to American Legion membership changed.


The Confederated Tribes of Grand Ronde Tribal Veterans Service Office invites all Veterans to the

**PACT Act Claims Event**

September 28, 2023 • 9 a.m. to 4 p.m.  
CTGR Community Center • 9615 Grand Ronde Rd. Grand Ronde, OR 97347  
LUNCH WILL BE PROVIDED

Veterans Benefits Administration personnel, Oregon Department of Veterans Affairs personnel, the Tribal Veterans Service Officer, and VA examiners will be on hand to process benefits claims, conduct exams (in some scenarios), and help answer any questions you may have regarding VA compensation and pension benefits. Please bring copies of your DD-214 and/or any relevant documents needed for your claim. No appointment needed. Walk-in between 9 a.m. and 4 p.m.

For more information please contact:  
Ramona Quenelle, CTGR Tribal Veterans Service Officer: 503-879-1484  
Terry Bentley, VA Office of Tribal Government Relations: 541-537-0213



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