

**FREE**  
Take One!

# West Valley Bulletin Board

West Valley Bulletin Board, LLC

December 27, 2023 Weekly Publication Serving Sheridan, Willamina and Grand Ronde Vol. 9, No. 45

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

# Happy New Year!

THE WV BULLETIN BOARD WILL BE CLOSED FOR OUR ANNUAL WINTER WEEK OFF FROM DEC. 26 THROUGH JAN. 4, 2024

## SHERIDAN'S 2023 DECK THE HOUSE LIGHT TOUR WINNERS

### FIRST PLACE

Jacob Bowers  
336 SW Chapman



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Holly Gill  
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### SECOND PLACE

Dan & Tiffany Andres ~ 710 NE Center



## THANK YOU TO ALL OF THIS YEARS PARTICIPANTS!

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**AMERICAN LEGION**  
POST 75 SHERIDAN

Submitted by  
Commander  
Martin Attebery

**The American's Creed**

I believe in the United States of America as a government of the people, by the people, for the people; whose just powers are derived from the consent of the governed; a democracy in a republic; a sovereign nation of many sovereign states; a perfect union, one and inseparable; established upon those principles of freedom, equality, justice and humanity for which American patriots sacrificed their lives and fortunes.

I therefore believe it is my duty to my country to love it; to support its constitution; to obey its laws; to respect its flag; and to defend it against all enemies.

Bingo continues each Friday evening at 6:30.

Our January breakfast will be on Saturday the 6th of January. Serving starts at 8:00 am and goes to 11:00 am.

Enjoy the new year but stay safe. May everyone have a great 2024.

Classified Ads in the West Valley Bulletin Board are only 20¢ per word per week.  
503-687-3000  
136 E. Main St. • Sheridan

**BULLETIN BOARD CLASSIFIEDS**

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**Employment**

**CITY OF SHERIDAN  
JOB ANNOUNCEMENT  
Code Enforcement Officer and  
Emergency Management  
Coordinator**

The City of Sheridan is seeking a qualified individual to serve as a Full Time Code Enforcement Officer and Emergency Management Coordinator.

The primary responsibility of this position is code enforcement. Under the general supervision of the City Manager, the Code Enforcement Officer operates and is the primary contact for the City's local code enforcement program to ensure compliance with the Sheridan Municipal Code. The Code Enforcement Officer coordinates and develops the City's emergency management processes and procedures.

For details and a complete Position Description, visit the City's website [www.cityofsheridanor.com](http://www.cityofsheridanor.com). Open until filled.

**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. (c)

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**Employment**

**CITY OF SHERIDAN  
JOB ANNOUNCEMENT  
Water Treatment Plant Operator**

The City of Sheridan is seeking a qualified individual to serve as a Full Time Water Treatment Plant Operator. The Water Treatment Plant Operator performs technical duties associated with the operation and maintenance of the City's Level II water treatment plant and related facilities and assists with ensuring the compliance of the treatment plant with regulatory agency requirements and water quality standards. For details and a complete Position Description, visit the City's website [www.cityofsheridanor.com](http://www.cityofsheridanor.com). Open until filled.

**River Park Senior Living** is now hiring for caregivers, med-techs, and a housekeeper. Wage DOE, come in to apply, or email your resume to [bailey.west@agingways.com](mailto:bailey.west@agingways.com). (c)

**Employment**

**CITY OF SHERIDAN  
JOB ANNOUNCEMENT  
CODE ENFORCEMENT OFFICER  
& EMERGENCY MANAGEMENT  
COORDINATOR**

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

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or

The West Valley Bulletin Board  
136 E. Main Street • Sheridan  
10am-5 p.m. Mon.-Thur.  
10am-4pm on Friday  
**Non-Members: \$15 each**  
(3 or more \$12 each)  
**Members \$12 each**  
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# Happy New Year!



## BUT PLEASE DON'T DRINK AND DRIVE

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office@greencrestmemorialpark.net  
503-379-1969

### **Davison Auto Parts**

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503-843-2211  
1717 NE Baker • McMinnville  
503-472-6114

### **Sheridan Christmas Committee**

christmasinsheridan@gmail.com  
Staci Coker 971-237-7083

### **Butler Travel, LLC**

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### **Butler Foods, LLC**

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### **Sheridan Museum of History**

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### **Hofenbredl Realty**

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### **Sheridan Rotary**

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sheridan.rotary1@gmail.com

### **Grand Ronde Water Association**

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Grand Ronde • 503-879-5624

### **Sheridan Building Materials**

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### **West Valley Veterinary Hospital**

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503-843-4011

### **West Valley Fire District**

825 NE Main • Willamina  
503-876-2004

### **West Valley Bulletin Board**

bulletinwestvalley@gmail.com

### **Sheridan Chamber of Commerce**

P.O. Box 644 • Sheridan  
sheridanchamberofcommerce@gmail.com

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Sheridan • 503-843-3521

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### **American Markets**

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Grand Ronde • 503-879-2857

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Financial Advisor  
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### **City of Sheridan**

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### **City of Willamina**

411 NE C St. • Willamina  
503-876-2242

### **Hurricane Coffee**

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### **Sheridan Fire District**

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### **Sheridan Pharmacy**

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### **West Valley Mercantile**

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### **Hampton Lumber Mills**

Willamina Division

### **Willamina Coastal Hills Chamber**

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### **G&M Insurance**

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Bingo: 6:30pm  
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**DOORS OPEN: 5:30PM**  
**BINGO: 6:30PM**

**EVERY THURSDAY**  
**VFW**

**771 NE MAIN • WILLAMINA**



# Sheridan's Tree of Giving is Just One Organization Looking for Volunteers

## Guest Writers

Liz Hodgins and Kira Sandoval

The Tree of Giving has a decades-long history in the Sheridan community. Grand Sheramina Food Pantry pioneered its operation until 2014. In 2014, the Tree of Giving was taken under the wings of the Sheridan 100F Oddfellows Lodge #87. Then, in 2017, the Tree of Giving obtained 501c3 nonprofit status and has been gaining momentum ever since. The Tree of Giving serves between 100 and 200 children each year, helping approximately 50 to 80 families with Christmas gifts they wouldn't be able to afford otherwise. The Tree of Giving is able to help these families through generous donations and several fundraisers held throughout the year. The fundraisers generate income for holiday gifts for children ages infant to 18. Fundraisers include bingo nights at the Oddfellows Lodge, silent auctions in which local residents and businesses kindly donate items, 50/50 raffles, and a booth at Sheridan Hometown Days. Other income-generating platforms are Give Butter online and community donations. Most recently, the Oddfellows Lodge generously donated a thousand dollars to help with this holiday season. The Tree of Giving is an entirely volunteer-run organization. All board members, Rubi Ramirez,

Jessica Ingles, Kira Sandoval, and Staci Coker, are Sheridan residents or residents who have been involved with the community for years. Likewise, there are behind-the-scenes volunteers, like Toys for Tots, led by Traci Weston, and the Confederated Tribes of Grand Ronde, who donate toys every year. Another noteworthy volunteer is Jeanette Jones, who makes the beautiful tags that adorn the giving trees displayed in various businesses around town. This year, giving trees were at First Federal Bank, Sheridan City Library, Sheridan Pharmacy, Adventist Health, and the West Valley Bulletin Board. As you can see, a lot of volunteer effort goes into making children happy on Christmas morning, which is the group's primary purpose. If you are interested in volunteering and being part of this honorable effort or finding out more about the Tree of Giving, please email [sheridantreeofgiving@gmail.com](mailto:sheridantreeofgiving@gmail.com).

## A MESSAGE FROM THE WILLAMINA SCHOOL DISTRICT

Happy Holidays from Willamina School District!

As we welcome in the new year we also begin the planning process for the next school year. It begins with planning the academic calendar; teacher in-service days, parent conference days, grading days, and culminating in graduation and promotion dates. Every year it seems to happen quicker than the last.


Many of you will have an opportunity to participate in meetings that allow you to provide input into the search process for the next Superintendent for the Willamina School District. Dates have been set for stakeholder meetings with community members, parents, school staff, and students. This is a time to weigh in on the qualities you want in your next leader and the priorities you want to see addressed for our community. We encourage you to share your input.

As our school board members engage in this important work for the betterment of our district, we still have many projects and goals to tackle for the 23-24 school year. Most pressing will be the successful passage of renewing our general obligation bond, set to expire in May, 2024. By renewing the bond taxpayers will not see a rise in property taxes related to the bond passage. In fact, we expect the levy rate to be lower than the rate published for the 2014 bond. We have also been notified by the Oregon Department of Education that we are eligible for a matching grant should the community pass the bond renewal. Bringing the \$2.5 million ask from our voters to \$5 million! What a wonderful opportunity and return on investment. This bond would allow us to add more classrooms to our campus, to meet the growing needs of our community and add valuable programs and opportunities to our students. Surveys to families and students administered during the Student Investment Account planning period revealed the desire for more well-rounded learning experiences for students and expansion of our Career Technical Education programs were priorities for our district. The addition of classrooms would allow us to add these programs and provide space for our growing community.


We know the support of our community is critical in this effort. I encourage you to support this effort, by doing so you support our students and strengthen the overall school district. Strong schools are a reflection of great communities, and the Willamina and Grand Ronde communities certainly represent communities that are a great place to live, work and learn!

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



**The WV Bulletin Board will be closed for our annual winter week off from Dec. 26 through Jan. 4, 2024**



**EMMANUEL LUTHERAN**  
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# Congresswoman Salinas Wets Her Curiosity in Willamina

Last Wednesday, Congresswoman Andrea Salinas (D), representative for the Oregon 6th congressional district, stepped away from her desk and paperwork to spend time in Willamina. Starting her visit to our community, Salinas spent time talking with Principal Jami Fluke, staff members, and students of Willamina School District to get a closer look at the programs, needs, and what she could do to assist the rural community school. The first stop was a visit to the shop class to see the Kenworth truck project that TJ Wilson's shop class completed last year and this year's current project, a Food/Vending trailer destined to be put into service for events in the future.

Salinas was extremely impressed with the group's current project, stating she had never seen anything like the trailer build in a high school; this is more like something you would see in a college.

The next visit was with the Virginia Garcia staff operating the school-based health center. This medical clinic is open to everyone in the Willamina, Grand Ronde, and Sheridan communities and provides health services to students attending the Willamina School District.

Then, Salinas wanted to look at the school's current lunch program and talked with Nutrition Services Director Lynne Shore before assisting Shore with serving lunch for kindergarten and 1st-grade students.

After that, a visit with David Neese, the high school Ag teacher, who was in the middle of loading trailers with packaged food for the Good For All program.

During the final scheduled stop of the school visit, a representative from the University of Oregon explained the Shake Alert station at the school, one of many that have been placed throughout the Pacific Northwest for data gathering. The system was designed to quickly detect significant earthquakes and alert critical infrastructure and others before the shaking arrives.

There was time left on the already busy day, so the school had time to show Congresswoman Salinas the other parts of the Career Technical Education program.

After Salinas's visit, Jami Fluke said, "I was pleased to have her in our community and to

see some of the amazing things our students are doing. Sometimes small, rural communities and schools get overlooked, but her comments boosted the confidence and self-esteem of our students. We tell them that what they are doing is amazing and unbelievable, but it meant a lot coming from her. They puffed up a bit and stood a little taller. She gave them hope and encouragement for their future."

Leaving the school, Congresswoman Salinas went down to City Hall to discuss Willamina's current major undertaking, improving the Willamina Water System. Greeted by a small host of personnel, Salinas joined Willamina Mayor Ila Skyberg, Willamina Public Works Director Jeff Brown, and Keller Associates Senior Project Manager Shannon Williams (PE) to view the upgrades.

The mountain spring-fed Willamina Creek is the only source of potable raw water for Willamina. Compared to most municipal water supplies that experience water quality issues during the low water flow of summer, Willamina's water supply has problems during the winter. The rush of waters as the rainy season hits fills the waterways and creates erosions upstream that eventually bury the existing intake with sand and gravel from the loosened sediment. This sediment could also make its way into the remainder of the system and damage the city's water pipelines and equipment at the water treatment plant. The main concerns that jump-started this project were emergency maintenance costs from overtime and other factors in keeping the system running to, in the case of a complete failure, having the residents be limited to water that was stored in city storage tanks until the intake or water treatment plant could be fixed.

The water system improvement project is already in full swing as it moved the operational intake around 130 feet away from the old one. The new location was specifically selected because it is in a section of bedrock that anticipated stream movements will sweep sediments away from the intake system instead of clogging the intake.

"Willamina Creek does contain endangered fish; we consulted with National Fishery Service, got permits from Army Corps of Engineers and Oregon Dept



**(Left to Right) Keller Associates Senior Project Coordinator Shannon Williams, Oregon Congresswoman Andrea Salinas, Willamina Mayor Ila Skyberg, and Willamina Public Works Director Jeff Brown discuss the city's water improvement project.**

of State Lands," said Williams, and "though the city's flow rate for pumping water was not high enough to require it, the city also opted to put in an active fish screen to protect fish in the future and provide an additional layer of easy maintenance." The system is designed to have minimal interaction with regular and emergency maintenance along with other operational commitments compared to the requirements of the old system to help lower the city's operating costs. Other upgrades will include designing sediment collection improvements to reduce the amount of sand and other particulates from reaching the city's water treatment plant. A failing raw water transmission pipeline and water mains will also be replaced with a seismically resilient PVC pipeline, the first of its kind in Oregon. Topping things off will be new and upgraded equipment and stormwater improvements. Shannon said, "While it doesn't look like a lot, it means a whole bunch to a community of 2300 people." This project, now expected to reach shy of 12 million dollars, has eight funding partners supporting the project, including the Willamina School District, the US Department of Commerce Housing and Urban Development (HUD) Community Development Block Grant, HUD CARES Act Grant, Oregon Clean Water Revolving Loan Fund (Grant - Loan combination), Yamhill County through an ARPA Grant, and a US Environmental Protection Agency Community Grant (forthcoming).



**The city's new water intake system designed to require less interaction for maintenance purposes.**

With a few minutes to spare on the congresswoman's day, Mayor Skyberg invited her to view another future project on the radar for Willamina. If you have wondered why part of the parking lot at Huddleston Pond has been cordoned off, it is due to a relatively recent discovery that the bank where the Yamhill River and Willamina Creek meet up is experiencing erosion and is in danger of failing. A Bank failure would result in the complete closure of the park's main parking area and could result in damage or draining of Huddleston Park states a project paper provided by Williams.

The cause of the bank erosion is currently unknown, and the city is actively pursuing grants and loans to prevent the loss of this critical recreational area.

# Warm Fuzzies

We would like to thank everyone in Sheridan who put up beautiful Christmas lights this year. We live in the country where houses are hidden so we came to town and traveled the city streets, for over an hour, enjoying all the wonderful displays. You folks made the Christmas holiday special for many.

~ Herald and Marilyn Levy

## OHA Statement on SOS Measure 110 Audit Update

### News Release from Oregon Health Authority

Oregon Health Authority Behavioral Health Director Ebony Clarke issued the following statement in response to the Secretary of State's Measure 110 audit update, "Funding and Delivery of Measure 110 Substance Use Disorder Services Shows Progress, but Significant Risks Remain."

State health officials appreciate the Secretary of State's recognition of the progress that has been made in the implementation of Measure 110. As the audit shows, the services Measure 110 funds play a vital role in expanding access to care in Oregon and putting more people who have substance use disorders on the road to recovery and sustaining healthier lives.

We agree with each of the audit's recommendations. OHA staff are committed to presenting the legislature with a plan to report Measure 110 outcome metrics, better report on staffing in Measure 110 funded programs (including youth programs and culturally relevant services), improve the consistency of data collection, identify gaps in care and barriers to service in each county, and continue to improve the Measure 110 grantmaking process.

We appreciate the work of all the Oregonians supporting individuals reduce risks, find treatment and stay in recovery every day. We know many people would not have the opportunity to receive the lifesaving and life-changing services without the funding that Measure 110 provides.

## Ten New Year's Eve Party Pointers

Many people consider New Year's Day the unofficial end of the holiday season. That often means that New Year's Eve is an opportunity to socialize, gather and party one final time before returning to the routines of daily life.

The first known instance of New Year's celebrations can be traced to around 2,000 B.C. in the region of Mesopotamia. Celebrants were gathering in March, rather than January, as this was the time of the vernal equinox, when the darkness of winter subsided and agricultural life could begin anew. As individuals count down the days until New Year's Eve festivities, these planning tips can make the celebrations occasions to remember.

**1. Consider a theme.** Everyone who is anyone is having or attending a NYE party. Let your event stand out from the throngs of others with a theme. Guests can come dressed as dynamic duos (like Mario and Luigi) or the party can evoke a bygone era, such as the roaring 1920s. Let guests know what they can do to play the part.

**2. Start late.** You do not want guests wiped out by the time midnight arrives. Therefore, start the party at around 9 or 10 p.m. and anticipate it lasting into the wee hours of the morning.

**3. Tailor drinks to the season.** Utilize seasonal ingredients when crafting drinks, or serve drinks that are expected this time of year, such as a boozy eggnog or cranberry Moscow mules.

**4. Provide various activities.** Plan fun activities during the party. Offer card games or board games to give guests something to do. Karaoke or group activities like trivia also can spread out the fun.

**5. Beverages should be accessible.** Unless you are hiring a bartender who will be on call to pour drinks, having drinks ready to go is a smart idea. In addition to cans/bottles of beer or malt beverages, have ready-to-go mixed drinks available by selecting a signature drink and preparing a bulk batch.

**6. Curate a winning playlist.** Ask guests to submit a list of their favorite tunes so you can create a collection of songs that will ebb and flow with the evening's events. Be sure to include some sing-a-long favorites like "Don't Stop Believin'" or "Tiny Dancer."

**7. Offer self-serve foods.** Much like having drinks ready to go, make foods accessible as well. Finger foods and bite-sized morsels will not require guests to carry plates, reducing the chances for spillage. Sliders, miniature quiches and dessert shooters should suffice.

**8. Tie decorations into the theme.** Classic New Year's Eve decorations include balloons, streamers and confetti. Think about a very festive balloon arch or backdrop that also can serve as a place to pose for photo opportunities.

**9. Offer takeaway gifts for designated drivers.** Encourage guests to stay sober and volunteer for designated driving duties by offering prizes. Ideas include gift cards to coffee shops or restaurants.

**10. Be ready for midnight.** Have a large television at the ready to show the midnight countdown and start pouring champagne roughly 20 minutes before midnight to ensure all glasses are full when the clock strikes 12.

New Year's Eve celebrations get an extra boost from a well-planned party.



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# Onpoint Recommends Five Financial Resolutions for 2024

## News Release from OnPoint Community Credit Union

Consumers experienced another year of rising interest rates and inflation during 2023. U.S. household debt also reached record-breaking numbers. As we head into 2024, it's a great time to make sure personal finances are on the right track, and experts at OnPoint Community Credit Union have recommended five financial resolutions to help.

"When economic forecasts are blurry, the fundamentals of personal finance are clear: budget and plan carefully, take inventory of your finances and make adjustments along the way," said Natalie Berning, Financial Advisor with OnPoint Investment Services/Raymond James Financial Services, Inc. at OnPoint Community Credit Union.

OnPoint recommends the following five financial New Year's resolutions to help Oregonians and Southwest Washingtonians update their personal finances for 2024:

- Conduct an annual financial inventory. This involves asking several important questions, such as: Did we employ the best spending strategies last year, or do we need to adjust our budget? Have we found the right balance between investments and cash on hand?

OnPoint recommends:

- Ordering a credit report to check for signs of fraud or unnecessary, open credit cards;
- Consider adjusting your budget to send more money to emergency savings;
- Updating your estate plan, making sure the right beneficiaries are listed on all accounts;
- Checking that assets are allocated correctly, based on time until retirement; and
- Reviewing your life insurance and long-term care insurance.

• Hit reset on the budget. A new year means updated goals and an updated roadmap to get you there. OnPoint recommends:

- Adjust spending as it relates to both income — such as a new job or a cost-of-living increase—and expenses—such as higher gas, electric and food bills.
- Give every dollar a job, earmarking where your income will be spent, saved or invested.
- Rebalance your investment portfolio, reviewing asset allocation and making changes if last year's choices no longer represent your investment strategy.
- Evaluate your retirement progress. Ask what changes are needed given your current lifestyle and the economic environment. Don't fixate solely on your assets' value. Instead, drill down into the types of securities you are holding, expected cash flows, contingency plans, assumed rate of return, the current inflation rates and the amount of time for which you are planning. Retirement plans have many moving parts that must be monitored on an ongoing basis.
- Make sure you can access cash — fast. If all your wealth is tied up in real estate and a 401(k), you don't have liquidity. That means you can't access large amounts of cash quickly without taking a financial hit. Lack of li-

quidity can be costly in times of emergency like a medical condition or job loss. You should be able to access cash that equals at least six months of your living expenses.

Where should you keep your investments, so they're both accessible and stable? The answer is different for everyone. The options include savings accounts, lines of credit, certificates of deposit (CD), and treasury bonds. Meet with a credentialed financial advisor if you need help creating a strategy for accessing cash when you need it.

• Take it slow. OnPoint encourages everyone to take this process one step at a time, rather than all at once. Working through these resolutions can reduce anxiety and help people understand and take control of their finances for a confident and sustainable new year.

While the beginning of 2024 presents Oregon and Southwest Washington with many financial unknowns, people can protect their finances by being prepared, flexible and organized. If you'd like more personalized help creating a budget or advice on monitoring your spending, visit any of OnPoint's 57 branch locations, where our knowledgeable staff can help find the best solutions for you and your family.



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# The West Valley Bulletin Board Offers Its First Year In Review

Can you believe it? It feels like Halloween was just last weekend, yet here I sit writing this as Christmas day has ended in my home. Where did the time go? 2023 has been a year of changes, new experiences, family fun events, and more.

In years past, Marianne Thomson has provided a year in review; my goal is to continue that so the community can look back and enjoy some of the memories.

We will start with one of the more monumental moments for us here at the West Valley Bulletin Board.

On January 3, 2023, Nicole Pugh and I became the official owners of The Bulletin Board, with a slight name change, adding "West Valley." (WVBB)

The Sheridan Chamber of Commerce started the year strong with its bi-weekly morning continental breakfast. Kicking off the year of hosts was Adventist Health Clinic.

Traditions continued when the annual survey was published in January. Local stories about people came in first, local business news in second, and random facts and humor slid in third. Word searches beat out the crossword as usual, and school board reports came in last.

On January 17, Sheridan's first female Mayor, Marianne Thomson, was sworn in along with Councilors Cale George, Liz Hodgins, and returning Councilor Lucy Hebert.

The WVBB witnessed and celebrated the birthdays of local twins Gale and Dale Smithcz, who turned 90, and Ethel Eileen Hays, who turned 101.

The West Valley community celebrated the grand entrance of local volunteer Belinda Ogle's granddaughter, who just couldn't wait and was delivered

at the Hwy 22 Chevron station by her father.

Willamina High School CTE FFA program students traveled to the National FFA convention in Indianapolis.

The Willamina Bulldogs won the 1A/2A Special District Wrestling Championship.

The Sheridan City Council approved new water meters within the City. Some water meters were more than 40 years old. These new meters allow residents to see real-time usage data and detect leaks much faster, saving the City and its customers money.

Sheridan local musical artist and drummer Tony Coleman played the Wet Season Music at the West Valley Community Campus, packing the house with the highest turnout.

In March, the committee voted on the Hometown Days theme, which chose "The Wild Wild West." I submitted the theme (Staci), and the prize money of \$50 was returned to the committee.

It soon came to light that Hampton Lumber Mills in Willamina would be investing \$150 million into the local operation. The work has begun, and construction of the "super mill" is set for the end of 2024.

The second annual Keegan Smith Memorial basketball tournament was held at the Sheridan High School. Team Keegan took the win. A 50/50 raffle was held, and the winner, Lori, generously gifted back her winnings of \$149.

According to library staff, Storytime at the Sheridan Public Library was a success. Volunteers came to read every Friday at 10:30 a.m. Public Works employees, City staff, business owners, staff from all over Sheridan, and more volunteers signed up

again and again to read with local children. This program is still ongoing. Just check the library schedule.

FCS Honor Choir students Norah Peterson (grade seven) and Nolan Boekhoff (grade eight) were selected to perform by Music Teacher Derrek Evers in the Oregon Music Education Association. They performed with 75 other students chosen throughout Oregon.

Sheridan's Rotary Club stepped up to help Sheridan Senior Jacob Giddings complete his senior project of replacing the scoreboard on the field. Rotary members, including Matt Huegli, Mark Pauletto, Colin Gyenes, and others, worked side by side to remove the old one and install the new one for dedication to Sheridan 1992 alum Travis Taylor.

Sheridan School District submitted bond measure 36-223 for May's ballot. The bond did not pass.

Our friends Corky and Bubbles ran off and eloped, surprising our readers.

A local company and Sheridan Chamber member, Air Safety NW, hosted a breakfast and offered free training on the administration of Naloxone (Narcan) for anyone interested. John Stanislaw, owner, has hosted several workshop-style breakfasts offering first aid and fire safety training.

Willamina School held its annual carnival fundraiser for Doernbecher Children's Hospital, raising roughly \$2,300.

The American Legion swore in Martin Atterbury as its new commander for the fourth time, taking over for Dave Hamilton. Renee Ohler was sworn in as the first commander.

Willamina's Old Fashioned Fourth of July Committee held the annual bake sale fundraiser in April, raising more than \$1,700. All proceeds help to fund the July 4 fireworks show.

April 3, Willamina residents launched a Neighborhood Watch, headed by Corinne Sullivan, with help from Yamhill County Sheriff's Office, Darell Flood.

The Kiwanis Club and Sheridan Rotary collaborated to keep kids in helmets with donations and purchases. The clubs worked with Deputy Brady Walters and other officers to distribute them. On April 22, the Sheridan Revitalization held the annual Sheridan Litter Pick-up. More

than 100 community volunteers came out to help clean the streets of Sheridan.

Willamina's Chamber of Commerce held its annual bark dust sale. Chamber members said it was another huge success.

Lynn Shore, Willamina and Sheridan's nutrition director, was named the Western Region Director of the Year by the National, non-profit School Nutrition Association for her extraordinary contributions to the school districts.

New windows were placed in the Huntley building on Main Street in Sheridan, allowing volunteers from Sheridan Revitalization to have a sunny mural painted on them and paint the front of the building's surroundings. It brought a nice facelift to the building.

Sheridan Chamber of Commerce hosted a fundraising auction and dinner at the West Valley Community Campus. Numerous local businesses and individuals supplied donations for the auction. Funds raised are used to assist local Chamber members.

Springtime came before we knew it, and Kiwanis held its annual fishing derby at Huddleston Pond in Willamina.

Caps were tossed, speeches were made, and graduation parties were held in the West Valley, celebrating a milestone in the lives of the community youth.

Sheridan and Willamina held a joint, City-wide garage sale, and Sheridan held its annual Fishing Derby at the pond.

Hometown Days was here before we knew it. Judy Adams was chosen as the Grand Marshall for the 2023 parade. Floats were abundant, vendors came from all over, and the music went into the night.

The new bridge railings were installed in front of where the old Masonic Lodge fell to its doom several years back.

Rolly Heuser was named Grand Marshall for the Willamina Fourth of July Celebration.

The Mud Drags brought out families from all over, and the Downhill Derby Races came back this year at the celebration. Johnny Wheels and the Swamp Donkeys played the night away at the campus leading up to the spectacular fireworks show.

Murals created by Art Conspiracy students were placed at Hebert Plaza in Sheridan for all to enjoy.



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# Year in Review Continued.....

Sheridan School District moved to a four-day school week for the new year, and we were again preparing for the possibility of power shut-offs due to extreme heat and fire danger.

Sheridan's First Federal Bank held its annual picnic at the branch, serving more than 250 community members hot dogs and snacks.

Techtonics Tuning held its inaugural car show on Rock Creek Road, bringing car enthusiasts nationwide.

Coyote Joe's, a local staple, was sold to Austin Zirkle by longtime owner Rolly Heuser.

National Night Out in Willamina was another fun event for the entire family. Dunk tanks, free food, bounce houses, and more brought together the West Valley community members and its first responders for a night of togetherness.

Dennis Wolfenbarger celebrated his 50th anniversary working for Davison Auto Parts.

In August, Sheridan's Rotary Club returned with free movies for the family with a drive-in kickoff at FCS showing Top Gun Maverick. Each month following the movies are double features and held at the gym at the Sheridan High School.

Rotary then held its first open house, inviting all interested to come and learn about what Rotary does in the community.

In September, the community lost a respected man, Brendan Herber. A long-time firefighter and community volunteer passed away on September 2.

October was here, and the Willamina Bulldogs opened Bulldog Brew as a part of the CTE programs at Willamina.

Matthew Haller, owner of Wildwood in Willamina, won a seat on the Tribal Council, and Sheridan Churches held the Chili Cook-offs.

Sports were played all fall; leaves were cleaned from the streets; Halloween decorations appeared in local yards. The weather cooled down, and we knew it was another change of season.

Hundreds of community kids enjoyed Halloween.

Sheridan High School allowed the Chamber to host its annual Haunted Halls again inside while Willamina offered a trunk or treat. Churches across the West Valley opened their doors to kids for Halloween parties, and the streets were filled with trick-or-treaters.

Sheridan's Odd Fellows Lodge held its first-ever Annual Night of Giving. Nine organizations received \$1,000 as a thank-you for the good they do in our communities.

Fendall Hall held its annual Pie auction, and a concert to bring awareness to Parkinson's Disease was held.

Thanksgiving reared its head. Willamina, Grand Ronde, and Sheridan food banks all worked tirelessly to provide holiday food boxes for as many community members in need as possible.

The holiday season approached us all quickly; before we knew it, Christmas lights and decorations were up in the towns.

Willamina started the first week-end of December with the parade and a visit with Santa and cocoa after.

Sheridan's parade followed the weekend after with Santa, toys, and cocoa at the high school.

Both Willamina and Sheridan hosted house decorating contests for everyone to enjoy.

This year, no different than any other, has been full of ups and downs, highs and lows. The beauty is that our community stays strong and continues to work together and for one another.

We have suffered losses of loved ones and celebrated new life as well.

Events have been had, bringing us closer together. Whether it is a Bingo night or a fundraiser, our community members come out strong in support. Meal trains have been created for local families who have lost homes, family members, and beloved pets. Different organizations and individuals held fundraisers for those as well.

We here at the West Valley Bulletin thank each of you for all your support throughout this first year for us. We look forward to tailoring this community publication as time continues to meet the needs of the West Valley. We appreciate your patience as we have navigated this new path in our lives and look forward to serving you for many years.

Goodbye 2023, and cheers to 2024. As we continue to work together, lifting each other up, not tearing each other down, we can continue to strengthen our West Valley community.

Nicole and I thank you, from the bottom of our hearts for another successful year here at the West Valley Bulletin.

# New Year's Resolutions for Your Social Life

New Year's resolutions tend to focus heavily on healthy aspirations. Each January, people from all walks of life express a desire to lose weight, exercise more, quit smoking, or get more sleep. However, that doesn't mean that resolutions cannot involve fun with friends. Resolutions that focus on improving social connections might be something to consider this year. Expanding your social life can prove beneficial, as strong social connections are important to maintaining cognitive health and emotional well-being. The following are some socially-minded resolutions.

- Volunteer. One of the best ways to meet new people is to engage in activities that attract like-minded individuals. Volunteer activities are one avenue to explore. Volunteerism can start in schools, community centers, houses of worship, and elsewhere through the community.

- Change your internal narrative. Sometimes people have a hard time making friends simply because they have preconceived notions or place judgments on those around them. Judging others can be detrimental to establishing relationships. Changing how you view others can help.

- Join a social app. Whether it is to meet new friends or potential romantic partners, now may be the time to put your-

self out there. Apps that promote personal relationships help people vet individuals so they're not walking into situations completely unaware. Pew Research says 53 percent of people under the age of 30 report having used a dating site or app, and the popular app Meetup boasts 60 million members.

- Try new activities. If you've been meaning to learn how to brew your own beer or create acrylic art craft projects, now is the time to dive in. Engaging in new hobbies and activities puts you in touch with other people, which can help foster new friendships.

- Practice active listening. Resolving to make established relationships more secure may come down to listening better. Too often people are harried and rushed and may miss key signals a partner or friend is giving them. By slowing down and listening, while also trying to see the situation through another's eyes, you can strengthen connections.

- Host a gathering. Make time on the calendar to hang out with others. If you don't make an effort to get together, you can't expect others to want to do the same. Sometimes you have to take the lead to create social situations and gatherings.

Resolutions to revitalize your social life can make for a great start to a new year.

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<b>Tuesday</b>			
Jan. 2	7pm	Sheridan City Council	120 SW
<b>Wednesday</b>			
Jan. 3	8am	Willamina EID	FMC, 235 NE
<b>Thursday</b>			
Jan. 4	6pm	Sheridan Revitalization	142 S. Bric
<b>Friday</b>			
Jan. 5	6pm	Bingo at the Legion	125 N. Bri
<b>Saturday</b>			
Jan. 6	8-10am	American Legion breakfast	125 N. Bri
Jan. 6	5pm	Bingo at Odd Fellows	143 SW Mor
<b>Monday</b>			
Jan. 8	7pm	American Legion Meeting	125 N. Bri
Jan. 8	7-8pm	Willamina School Board	
<b>Tuesday</b>			
Jan. 9	10am	Sheridan Municipal Court	230 SW
Jan. 9	6pm	Willamina City Council	825 NE M
Jan. 9	6:30pm	Sheridan Fire Board	230 SW
<b>Wednesday</b>			
Jan. 10	8am	Willamina Chamber	FMC, 235 NE
Jan. 10	4pm	Sheridan Houseless Task Force Meeting	120 SW
<b>Thursday</b>			
Jan. 11	9am-2pm	Red Cross Blood Drive	SHS, 433 S. Bri
<b>Friday</b>			
Jan. 12	6pm	Bingo at the Legion	125 N. Bri
<b>Saturday</b>			
Jan. 13	6pm	Bingo at Odd Fellows	143 SW Mor
<b>Monday</b>			
Jan. 15	7pm	VFW Meeting	VFW Hall, 771 NE M
<b>Tuesday</b>			
Jan. 16	7pm	Sheridan City Council	120 SW
<b>Wednesday</b>			
Jan. 17	8am	Willamina Chamber	FMC, 235 NE
Jan. 17	6-8pm	Sheridan School Board	District Offi
<b>Thursday</b>			
Jan. 18	6pm	WV Fire Board Meeting	825 NE M
<b>Friday</b>			
Jan. 19	6pm	Bingo at the Legion	125 N. Bri
<b>Saturday</b>			
Jan. 20	2-5pm	West Valley Fiber Enthusiasts	382 NE
Jan. 20	5pm	West Season: Bart Budwig Cosmic Country	
Jan. 20	5pm	Bingo at Odd Fellows	143 SW Mor
<b>Tuesday</b>			
Jan. 23	12:30-5:30pm	Red Cross Blood Drive	VFW, 771 NE M
Jan. 23	6pm	Willamina Planning Commission	825 NE M
<b>Wednesday</b>			
Jan. 24	8am	Willamina EID	FMC, 235 NE
Jan. 24	6pm	4th of July Committee	Wild
<b>Friday</b>			
Jan. 26	6pm	Bingo at the Legion	125 N. Bri
<b>Saturday</b>			
Jan. 27	5pm	Bingo at Odd Fellows	143 SW Mor

# CALENDAR

## Weekly

Mill St., Sheridan  
 E D St., Willamina  
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 Mill St., Sheridan  
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 roe St., Sheridan  
 ain St., Willamina  
 Mill St., Sheridan  
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 ce, Sheridan/Web  
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 E C St., Willamina  
 WVCC, Willamina  
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 E D St., Willamina  
 lwood, Willamina  
 dge St., Sheridan  
 roe St., Sheridan

**Monday:**  
 Scout's Meetings  
 Sheridan All Prep, Sheridan .....7pm

**Tuesday**  
 Willamina Library, Story Time  
 Tina Miller Youth Center, 172 NW 4th, Willamina ..... noon  
 Grand Sheramina Food Bank,  
 Bridge Street, Sheridan ..... 2-4pm

**Wednesday**  
 Willamina Chamber of Commerce  
 235 NE D St., Willamina .....8am  
 Sheridan Rotary Meeting  
 Sheridan School District Office, Sheridan ..... Noon  
 Willamina Food Pantry, Civic Club,  
 340 B Street, Willamina ..... 4-6pm  
 Celebrate Recovery, Sheridan  
 Sheridan Nazarene Church ..... 6:30pm

**Thursday**  
 Bingo  
 VFW Hall, Willamina ..... 5:30pm

**Friday**  
 Grand Ronde Food Bank Distribution  
 9765 Grand Ronde Rd, Grand Ronde ..... 10am-2pm  
 Grand Ronde Community Clothes Closet  
 9765 Grand Ronde Rd, Grand Ronde .....9am-Noon  
 American Legion Bingo  
 125 N Bridge St., Sheridan ..... 5:30pm  
 Celebrate Recovery, Willamina  
 Willamina Free Methodist Church .....6pm

**Saturday**  
 Sheridan Museum of History,  
 142 S. Bridge St, Sheridan ..... 10am-3pm  
 Willamina Museum of History,  
 188 D St, Willamina..... 1-4pm  
 Tina Miller Youth Center  
 172 NW 4th Street, Willamina ..... 3-6pm  
 Odd Fellows Bingo  
 143 SW Monroe Street, Sheridan ..... 5:30pm

**Sunday**  
 Tina Miller Youth Center  
 172 NW 4th Street, Willamina ..... 1-4pm  
 Open Mic Night  
 Wildwood Hotel and Lounge .....6pm

**Sheridan Library Story Time!**  
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# Sheridan City Council Approves New Seasonal Parking

The Sheridan City Council meeting took place on Monday, December 18. The public comment period started with an email from Kirstin, who had emailed ODOT (Oregon Department of Transportation) about speed limits on HWY 18. She asked that the response from ODOT be read to the council in hopes the city council or city staff may be able to assist her efforts.

The letter read:  
 "Thank you for contacting ODOT at the Oregon Department of Transportation regarding the speed limit on Oregon 18B Main St. east of southwest Rock Creek Rd. This intersection is within city limits. For state highways within city limits, the request to change the speed zone must be initiated by the local road authority, and then the state can

do the investigation for the jurisdiction. If you think the speed for a particular street or highway should be changed, you should share that request with your city engineer, public officials, and public work officials, who may make a request to ODOT for review and investigation. Requests are submitted to the ODOT traffic roadway section, which initiates an investigation to determine if the speed zone should be changed. I've included a link to the ODOT website in regards to changing its speed zone. I am also providing you with contact information for the city to make your written request."  
 Next was Alex, who wanted to speak to the council about tree infestation; he believed there were signs that Sheridan had a weevil problem. He said a ma-

lor sign of weevils are drilled holes in branches and trunks of the trees, as well as small piles of dust on the ground. He said if a branch is cut you would see a very thick bright colored sap and the weevils themselves. He stated he had lost a couple of his own trees to this infestation and that Techtonics Tuning had also recently lost a tree due to them. He believes he has seen these signs in many trees throughout the city.

Margaret Bucknell was next to speak. She started talking about a city hall session that occurred on April 7, 2023. That session referenced a point-in-time count; she was wondering why additional data was needed and why a task force needed to be created on the issue of homelessness when the point-in-time data existed. As a member of the newly appointed task force, she felt that the group wasn't consulted adequately on how to make things work in the community. She also felt that the group was not properly informed about what had been previously decided upon by the city council; she feels that a council member should have addressed the group to ensure people who had not been attending the council sessions were caught up.

The Mayor responded that she, too, was surprised to find out that she was not a task force member. She said she had asked to speak at the meeting but was denied.

Margaret then asked why she had seen the topic of a shower in other meeting packets but had not heard the topic addressed and pointed out that it appeared that the council was close to signing a contract with Encompass about the shower. She asked where the topic had been discussed and decided upon.

The Mayor responded that she

believed that the point in time count and any contracts with encompass would ultimately end up in the hands of the task force to recommend to the council. The council moved on to resolution 2023. A vote on whether to extend Healthy Sustainable Cities LLC.

After much discussion, the council voted not to extend at this time. Councilman Jim Buckles noted, "Choosing not to renew John Legarza's contract, therefore, removes him as lead for the task force unless he is willing to remain without a fee." The vote on resolution 2023 J, a resolution to extend the water drop water and wastewater consulting services contract, and a motion to approve was put forward by Councilman Jim Buckles and was seconded by Councilwoman Roxy Acuff. It passed unanimously.

Seasonal permitted parking was the next agenda item on page 103 of the council packet. It read, "Notwithstanding the provisions of section 10.40.010 through 10.40.030 above, a property owner may apply for a permit to allow parking generally prohibited above, subject to the following provisions:

A. The permit issued hereunder is limited to one seventy-two (72) hour period within a calendar month, and no more than three permits may be issued to a particular property, per calendar year.

B. Permits may only be issued from May 1 through August 31 each year.

C. Recreational vehicles, automobiles, trucks, motorcycles, boats, trailers, or similar vehicles may park

on any surfaces on the subject property for the period covered by the permit. No vehicles described

herein may be located within

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 BLACKJACK  
 BLITZ  
 BRIDGE  
 CANASTA  
 CASINO  
 CONCENTRATION  
 CRAZY EIGHTS  
 CRIBBAGE  
 EUCHRE  
 FISH  
 GOLF  
 HAND AND FOOT  
 HEARTS  
 KINGS CORNER



MAO  
 OLD MAID  
 PALACE  
 PEANUTS  
 PINOCHLE  
 PITCH  
 POKER  
 RUMMY  
 SLAPJACK  
 SOLITAIRE  
 SPADES  
 SPEED  
 SPOONS  
 WAR  
 WHIST



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 KYHDHCTIPSR EDS  
 ZKINGS CORNER LGXZFQ  
 TMSKRZCSILYVHNGKMZYW  
 IITTEYVQFHSFCHWAEUZPPI  
 LPUCEK OTMOG RPSNBB  
 BONNSCN WINPYK ASNCWJ  
 JABCAOM QIOMDE FTEPLYM  
 OEHCJARC POYPLZ WASDGFNW  
 PGKKOBUEH EGDIRB ZHSAAYBT  
 DSSCRWNYW XMSKAE ABIVNPEBT  
 OIASKJYCQ LYTVRB BTDSTASRI  
 YLBSCKKEE WLRIVN QGOITYCMG  
 BCLTULFGVNMVVOAMYRFNPQPTBUBJRD  
 UWAHEALAFATKHTEZDRS BTUBLICDOA  
 AQOGSCYBRGVRIGHGETOOFD NADNAHQ  
 EZOIIVTBJPBLAYS GJCOQOXSMNTICA  
 SCLEZGHI FWoyVTQNDLYVKEEZ RKM BQC  
 AODYP BRCSGKHJIIJFFZBXGA GBXJE  
 DAMZC CCYPEEUOTOOSCTQ BQKWM  
 MAAU VDGBYRVSNPK EPJN KELY  
 QIRYR YTYBU  
 DCKQC XKZWJ  
 FFYKNP WOHSIF  
 YQTRUMMYKSB DSS IWFYAL IPTS  
 GWN ERHCUEPYPKCAJ PALS F  
 XBEZ IQUETOG BQE UZJFKZ  
 VZSSSHFODHRUYDEEPS  
 JHFUNJUWZ BAYWU  
 WSRDXJWNB M

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# Permit and Announce YCAP Point-in-Time Count Jan 24

five (5) feet of any property line, nor shall they be located on the property in such a manner as to obstruct the necessary sight-lines for motor vehicles operating on

any adjacent public roadway. Aside from these limitations, there is no maximum number of vehicles allowed to be parked on a property with a valid permit.

D. All vehicles parking on a property subject to a permit issued under this section shall be appropriately registered and insured, and shall be in compliance with all other applicable statutes or regulations regarding safety equipment, licensing laws, and/or the display of required registration information.

E. The vehicles described hereunder may be utilized as sleeping quarters during the permitted period.

F. Any property that is issued a permit under the provisions of this section shall prominently display the permit in such a manner as to be visible from the public right-of-way, including the dates for which the permit is approved.

G. This permit shall not allow any vehicles to hook up to the water or wastewater systems of the City.

H. Regardless of the location of parking on a property, no vehicles may enter or exit the public right of way over any curb, sidewalk, etc., unless specifically designated as a driveway or other approved

access point. Any mud, dirt, vegetation, plant material, or other debris that is tracked onto the public right of way from a vehicle located on a permitted property shall be cleaned up either by the owner

or occupant of the vehicle, or the property owner.

I. In the event the provisions of this section are not followed, the City Manager or designee is authorized to revoke the issued permit, and the property owner shall be afforded twenty-four (24)

hours to come into compliance with all generally-applicable parking regulations of the City." The conversation started with Councilman Denny McElroy saying, "I like how Tyler wrote this up. It is where I was headed." Mayor Marianne Thomson agreed.

Jim Buckles said, "Under section H, I would like to see a specification of a time frame for cleanup, like within 12 hours or something."

Roxy Acuff spoke about limiting the number of vehicles under section c. She also asked for a checklist of things to be considered with the permit, with questions such as, how will you handle garbage? How will you handle people on your property that are violating the permit requirements? She suggested that an event permit may be more appropriate for this type of thing.

Denny responded by saying, "I doubt if there's any property in town that could park 20 vehicles, but if we follow the codes where you have to stay five feet from a property line and you can't impede traffic or visibility, I don't think you're going to see a lot of vehicles. I

don't worry about a rock festival going on. Our neighborhood in the last two and a half years has turned into East LA, it's just a mess down on the east end of town, and it's getting worse. Not getting a lot of support from the sheriff's office right at this time." He said he wouldn't mind putting a limit and asked for a number. Roxy suggested a limit of eight, and Denny countered for ten.

Councilwoman Lucy Hebert suggested an event permit would give the City more control over the types of events for which the permit could be used. She said, "I kind of feel like it critiqued, no offense, Denny, to you and Marianne, and it should be about the city of Sheridan and everybody in it."

Denny responded by saying, "I hear you, Lucy, but I can't go to Heidi and say I have seven people coming Friday, Saturday, and Sunday because I don't know who's coming; again, we have people drop in from all over the country. We have relatives, bikers, and college professors who show up because they know this is a thing going on. So, I can't give you a number of who's coming."

Councilwoman Liz Hodgins stated I honestly believe its opening up a can of worms and will bring more work for the code enforcement officer or Heidi." Denny simply responded with, "I disagree."

Mayor Marianne Thomson stated, "More or less, we want to be law-abiding citizens, and we are not gonna be allowed to do that, or we are gonna have to figure out how. Just because other people might break a law, I don't think that's a good reason not to allow a law."

Liz responded with, "Just because you two will abide by the law, it's like you're creating this law for your summer party."

After further discussion, Denny made a motion to approve the draft that was written up on the subject. The motion did not receive a second and, therefore, failed. Roxy Acuff made a motion to amend the proposed ordinance to limit the number of vehicles to 10. Denny seconded the amended motion, and Jim Buckles proposed an amendment to the motion to add a time limit for how long cleanup could be; he proposed the word "immediately." Tyler suggested within 24 hours, Denny seconded the amendment. Roxy accepted the amendment to the motion. The Mayor called for a vote asking those in favor. Three voted in favor, and two voted against. The motion passed.

Later in the meeting, it was announced that YCAP will be doing another point-in-time count on January 24; anyone who wishes to volunteer to help with the count is welcome to contact YCAP.

## Last weeks crossword solution

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



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## Five New Year's Resolutions that can Benefit the Brain and Overall Health

Resolutions made at the start of a new year often focus on personal improvement. Giving up poor habits like smoking or drinking too much alcohol and losing weight through diet and exercise are some popular resolutions.

Health and wellness certainly dominates the resolution landscape. Improvement-minded individuals interested in gaining long-term benefits from their resolutions this year may want to consider ways to improve brain health and function. Here are five ideas to consider.

**1. Get moving:** Exercise does the body good and even positively affects the brain. The American Academy of Neurology has found aerobic exercise may play a significant role in reversing and preventing cognitive decline. Researchers have found that even a little exercise each day can result in improved brain function in less than six months. Andrew E. Budson, M.D., a professor of neurology at Boston University, also says aerobic exercise releases growth factors in the brain, which can help grow new brain cells.

**2. Start a new hobby.** When doing the same activities over and over, you eventually learn how to do those activities better. But doctors can't confirm this is actually helping the brain in a meaningful way. Rather, there is evidence that doing new things can be beneficial to the brain.

So learning a new hobby, taking a class, or even learning to play a musical instrument can push the brain to improve from a cognitive standpoint, indicates The Healthy, a Reader's Digest brand.

**3. Make more time for fun.** Repeated stress can have detrimental effects on the body and mind. Harvard Health says stress has been linked to cognitive problems and a higher risk for Alzheimer's disease and other dementias. Taking time to relax and enjoy oneself can tame stress, and in turn, alleviate issues affecting memory and cognition.

**4. Practice mindfulness more often.** Mindfulness is an exercise in paying attention to one's surroundings, senses and more. Too often people are multi-tasking and never fully devoting their attention to one thing. Mindfulness gives the brain a break and brings a person into the present.

**5. Eat a better diet.** The benefit of eating healthy foods extends beyond the waistline. Many of the foods that are good for the heart are important for preventing cognitive decline and dementias. A 2015 systemic review found strong evidence for a protective effect of the Mediterranean diet, according to researchers at Deakin University School of Medicine in Australia. By making brain health a priority when coming up with New Year's resolutions this year, individuals can benefit for years to come.

## Tips to Rebound After a Fun New Year's

New Year's Eve is a popular night to go out on the town. It's customary to usher in a new year with friends and family members, and such gatherings tend to run late as celebrants anxiously await the stroke of midnight.

The later a New Year's Eve celebration goes, the more likely revelers may have to battle a little fatigue on the first of January. With that in mind, celebrants can consider these ways to rebound after a fun New Year's Eve.

- Make a concerted effort to rehydrate. Though it may be best to avoid or limit alcohol consumption, many people throw such caution to the wind on New Year's Eve. If you went a little overboard in your New Year's Eve revelry, make a concerted and consistent effort to rehydrate upon waking up on January 1. The National Institute on Alcohol Abuse and Alcoholism notes that mild dehydration is one of the contributing factors to a hangover. The NIAAA notes that alcohol suppresses the release of a hormone called vasopressin, which sends signals to the kidneys causing them to retain fluid. When a person is drinking alcohol, they tend to urinate frequently and, as a result, experience an excess loss of fluids. Rehydrating the following day can help the body begin to heal.

- Do not consume more alcohol. Most people have heard of the phrase "hair of the dog that bit

you," which refers to drinking more alcohol after waking up the morning after overindulging. Though the NIAAA notes that this can provide temporary hangover relief, it also may prolong the hangover, the symptoms of which will return once the "hair of the dog" wears off.

- Engage in some light exercise. Various sources advise against sweating out a hangover, an approach that typically calls for individuals to engage in high-intensity, potentially lengthy exercise. Such exercise can exacerbate feelings of dehydration. A low-intensity workout can help, however. Such workouts, which may include light jogging, can still release endorphins, which can help to improve mood and increase oxygen flow to the brain.

- Take a nap. Alcohol consumption adversely affects sleep quality. According to the Sleep Foundation, though alcohol can have a sedative-like quality that induces sleepiness, excessive alcohol consumption has been linked to poor sleep quality and duration. In essence, the sleepiness associated with overconsumption of alcohol can quickly wear off, interrupting sleep overnight. A New Year's Day nap can have a restorative effect.

It's unwise but not uncommon to overdo it when celebrating on New Year's Eve. Though it's always best to avoid overconsumption of alcohol, regardless of the occasion, some simple strategies can help people feel better come New Year's Day.

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## Horoscopes Dec. 20-26

### ARIES - Mar 21/Apr 20

Aries, someone you care about or admire could come under scrutiny this week. Whether it is deserved or not, this person will be in the hot seat and can use your support.

### TAURUS - Apr 21/May 21

Taurus, you could project an intensity this week that has other people running for cover. Consider adding a little sugar to your presentation. You'll still get your point across.

### GEMINI - May 22/June 21

Gemini, make an effort to gain greater control over your finances. Develop a budget and stick to it. Soon you'll enjoy a new level of financial freedom.

### CANCER - June 22/July 22

Cancer, see what is going on with friends this week, as you are likely in the mood to have some fun. You'll never know what's on the agenda unless you ask.

### LEO - July 23/Aug 23

Leo, you may run into a little interference with a project due to someone's ego getting in the way. This person seemingly is not a team player and it could affect your plans.

### VIRGO - Aug 24/Sept 22

Visualizing what you want is not a waste of time, Virgo. In fact, it can help you map out a plan of attack to accomplish your goals. Start making a to-do list.

### LIBRA - Sept 23/Oct 23

Libra, a personal relationship that was derailed will get back on track this week. After some conflicts, it finally seems like you're both on the same page once more.

### SCORPIO - Oct 24/Nov 22

Scorpio, do not let it get you down if you're paired with someone on a project who is not your first choice. Focus on the task at hand and you may find you work well together.

### SAGITTARIUS - Nov 23/Dec 21

Sagittarius, even if your life seems to be a mystery right now, you do not have to figure out all the answers right away. Take time to mull things over.

### CAPRICORN - Dec 22/Jan 20

Try to put yourself in someone else's shoes this week, Capricorn. When you're so focused on your life you may miss how it affects others around you.

### AQUARIUS - Jan 21/Feb 18

Aquarius, start coming up with some new ideas to keep your brain busy. You might need to delve into a different career or a new hobby to challenge yourself.

### PISCES - Feb 19/Mar 20

Pisces, after some initial upheaval this week, your life starts to calm down a little. There may be one lingering issue that needs to get worked out, but you'll handle it.

Use the letters below to unscramble the words related to New Years. Place the letters from the circles on the dashes above the riddle then unscramble them to solve the question at the bottom.

○ □ □ □ ○ □ □ □ ○  
T N C T E I O F

□ □ □ □ ○ □ ○ □ □  
L R K A P R S E

○ □ □ □ ○ □ □  
E C E H S R

□ □ ○ □ □ □ □ ○ □ □  
A A N U J Y R



Last weeks answers:  
Workshop  
Carolers  
Scrooge  
Nicholas  
Advent  
Manger  
Sweater  
Nativity  
Ornament

What should you never eat on New Year's Eve?

— — — — — — — — — —  
○ ○ ○ ○ ○ ○ ○ ○ ○ ○

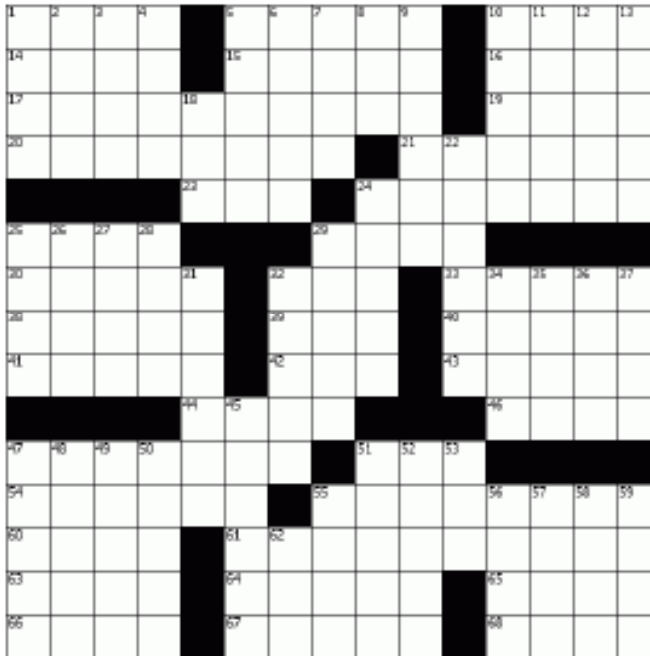
Hello  
2024

Dancer  
Comet  
Prancer

## CROSSWORD PUZZLE

### Across

- 1. Airtrak stops (abbr.)
- 8. Big
- 14. Towel inscription
- 14. Work
- 18. Garlic's idn
- 18. Rock's \_\_\_ Clapton
- 17. Comprahended
- 19. Division word
- 20. Most destitute
- 21. Simpler
- 21. Meddle
- 24. Small dog breed
- 25. Cereol grahes
- 29. Delhi dress
- 29. Smudge
- 32. \_\_\_ a girl
- 35. Pigment
- 38. Shellfika rock
- 39. Talk amorously
- 48. Banish
- 41. Beginning
- 42. Lodge
- 45. Lucky dice roll
- 44. Words of comprehension (2 wds.)
- 46. Bird's abode
- 47. Actor Kevin \_\_\_
- 51. Piece
- 54. Charisme
- 55. Deliberately damage
- 68. Youth
- 61. Thrifty
- 68. Historic times
- 64. Surrendered
- 68. Proper
- 68. Seldom found
- 67. Polce fun at
- 68. Movie backdrops



### Down

- 1. Stupefy
- 2. Quality of sound
- 3. Staff member
- 4. Killedrod vehicle
- 5. Defeated one
- 6. Restless
- 7. Civil disturbance
- 8. Gunk
- 9. Make attractive
- 10. Holdup
- 11. "Sesame Street" character
- 12. Ceremonies
- 13. Tally
- 14. Tear
- 22. Cooper and Faye
- 24. Bricklayer
- 25. Norwegian port
- 26. Preacher's word
- 27. Turner and Williams
- 28. Stuffing herb
- 29. Pebble
- 31. Eye part
- 32. Colder
- 34. Beasts of burden
- 38. Not taped
- 36. Bullring cries
- 37. Landlord's income
- 46. Pick
- 47. Supply food
- 48. Yard work
- 49. Asparagus unit
- 59. Edgy
- 61. Country roads
- 62. Living quarters
- 63. \_\_\_ Kippur
- 66. Pop
- 66. Helpful hints
- 67. Land measure
- 68. Gallop or trot
- 68. Gracious trees
- 62. Passing grade



Willamina School District Staff Members Tracy Jones and April Johnson brought smiles and laughter to the school this last Wednesday in their inflatable gingerbread man costumes.

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# THIS WEEK IN HISTORY



- 1612** - First observation of Neptune - Galileo observes and records a "fixed star" without realizing it is a planet.
- 1732** - Benjamin Franklin under the pseudonym Richard Saunders begins publication of "Poor Richard's Almanack".
- 1781** - Bank of North America, 1st US bank opens.
- 1848** - Gas lights 1st installed at White House (Polk's administration).
- 1851** - 1st American Young Men's Christian Association (YMCA) chapter opened in Boston, Massachusetts.
- 1853** - 1st practical fire engine (horse-drawn) in US enters service.
- 1862** - 1st US income tax.
- 1867** - United States claims Midway Island, the first territory annexed outside Continental limits.
- 1902** - Trans-Pacific cable links Hawaii to US.
- 1904** - First New Year's Eve celebration held in Times Square, New York City.
- 1907** - For 1st time, a ball drops at Times Square to signal the New Year.
- 1924** - Astronomer Edwin Hubble formally announces existence of other galactic systems at meeting of the American Astronomical Society.
- 1945** - Congress officially recognizes "Pledge of Allegiance".
- 1946** - ENIAC, US 1st computer finished by Mauchly/Eckert.
- 1947** - 1st "Howdy Doody Show" (Puppet Playhouse), telecast on NBC.
- 1962** - 28th Heisman Trophy Award: Terry Baker, Oregon State (QB).
- 1963** - TV game show "Let's Make A Deal," hosted by Monty Hall, debuts on NBC-TV.
- 1967** - Star Trek's "Trouble With Tribbles" 1st airs.
- 1968** - Frank Sinatra first records "My Way" with lyrics were written by Paul Anka and based on the French song "Comme d'habitude".
- 1970** - Occupational Safety and Health Act (United States) signed into law by President Richard M. Nixon.
- 1971** - 1st Fiesta Bowl: #8 Arizona State beats Florida State, 45-38.
- 1974** - Dear Abby show ends run on CBS radio after 11 years.
- 1979** - Soap Opera "Knots Landing" premieres on CBS-TV.
- 1981** - 1st American test-tube baby, Elizabeth Jordan Carr is born in Norfolk, Virginia.
- 1985** - US's 1st mandatory seat belt law goes into effect (NY).
- 2000** - U.S. retail giant Montgomery Ward announces it is going out of business after 128 years.

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# Willamina Light Contestants 2023





Bricks toppled from the east wall of Faulconer grade school last Thursday night as moisture, collected behind the bricks, and apparently froze, causing them to fall. According to Superintendent William Hilton, the loss is not covered by insurance, but repairs will be made as soon as possible. The damaged wall is temporarily covered with plastic.

## Snow Damages Schools and Keeps Police Busy Helping Many Citizens

With only a few lumps of dirty snow remaining in out of the way spots Tuesday, Sheridan residents were again pelted with a flurry of flakes that quickly whitened the hills, and sent some hurrying for home, just in case. But the snow did not continue, and the skies soon cleared.

For most people, the prospect of more snow was not a happy one as they recalled some of the problems caused by last week's cold weather.

All schools in this area opened Monday, with no more than the usual amount of absences reported by school officials. Heavy snow and ice on the roof of a play shed at Grand Ronde caused the complete destruction of the four-year-old structure. Built at an original cost of \$1200, it is estimated that it will cost from \$1500 to \$1700 to replace it. Brick siding from the

east wall of Faulconer School toppled off when moisture and freezing underneath the bricks apparently caused expansion.

The Sheridan Youth Police Reserve jeep, purchased last year with the hope of being useful in an emergency, was called into service when the Sheridan Police Department received a call at 3:30 p.m., Dec. 31, to pick up an injured boy on Cherry Hill. Jerry Miller, 14-year-old son of Mr. and Mrs. E. R. Miller, suffered cuts on his leg while using the discarded hood of a car as a Toboggan. He was taken by jeep to the office of a local physician where was treated.

No automobile accidents occurred in the period between Christmas and New Years, but the Sheridan Police Department was busy answering calls to assist motorists with dead batteries, stalled motors and those stuck in the snow.

## McKibbens Prepare for India Service

Word has been received from Melvin and Thelma McKibben, who have been training as Peace Corps Volunteers at Brattleboro, Vt., that they will soon be leaving for their overseas assignment in India.

Their plans are to leave for Frankfurt, Germany Jan. 12, where they will spend a day and a half then on to India, their destination being Bombay.

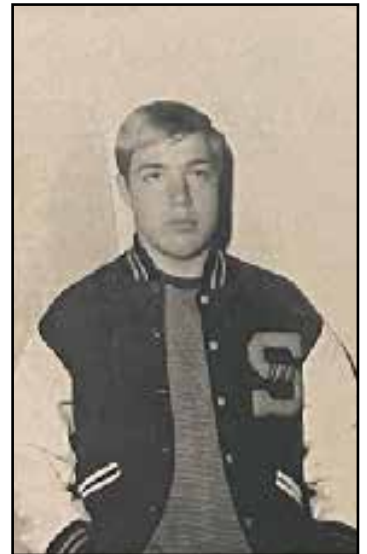
They write of the east coast, "It is surely a different world here." "We spent three days in Philadelphia and saw all the historical sights, then on here to Brattleboro. It looks very much like the hills of Gopher Valley and is very pretty. It was down to four below one night but today we got good old Oregon rain. Seemed nice, although we hear you are having too much of it.

## Student to Play at Boy Scout in Jamboree

A Sheridan High School student has been selected to play in the 7th National Boy Scout Jamboree Band next July.

John Simonson, son of Mr. and Mrs. Toivo Simonson, was notified last week that he has been selected to play in the 74-piece band which will be made up of Boy Scouts in the five western states. John, an Eagle Scout of Troop 254, Willamina, plays bass horn in Sheridan High School band.

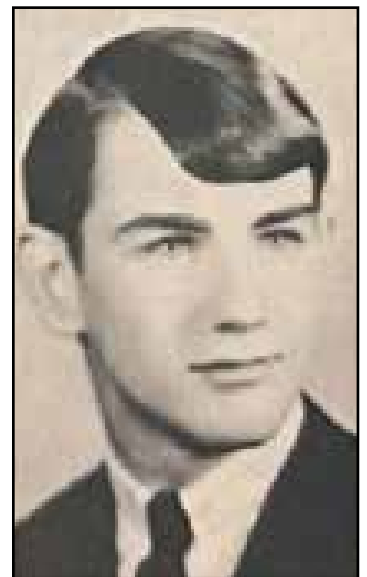
Following three days of pre-jamboree training at Camp Sekani, near Spokane, Wash., the band members will leave for Farragut State Park, Idaho, for the Jamboree.



John Simonson



Traffic came to a halt and Sheridan streets were almost bare as a result of snow. A typical scene on city streets late Wednesday were few cars and the few hearty pedestrians heavily clad for the snow that struck late Sunday.



Sheridan High School's boy and girl of the month are Linda Amerine and Gary Barber. Both students are active in intra-school activities. Linda's parents are Mr. and Mrs. Marion Amerine and Gary's parents are Mr. and Mrs. Morris Barker.

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# New Years Traditions from Around the World

With the New Year's coming, we often blanket ourselves in the traditions we've done year after year. Thinking of which "New Year, New Me" resolutions to embrace, which football games to watch, and which party to head out to ring in the new year. Have you about what fascinating traditions other societies do to celebrate their new year? In Spain, locals will eat precisely 12 grapes at midnight to honor a tradition that started in the late 19th century. Spaniards enjoy eating one grape for each of the first 12 bell strikes after midnight, hoping that this will ward off bad luck and bring about a year of good fortune and prosperity. According to Scottish beliefs, the

first person who crosses through the threshold of your house after midnight on New Year's Day should be a dark-haired male if you wish to have good luck in the coming year. Traditionally, these men come bearing gifts. If you happen to be in Brazil for New Year's Eve, don't be surprised to find the oceans littered with white flowers and candles or Brazilian people as they jump in after the stroke of midnight. They do this to make offerings to Yemoja, a significant water deity who is said to control the seas, to elicit her blessings for the year to come. Italians have a New Year's tradition of wearing red underwear each Dec. 31. In Italian culture, red is associated with fertility, so people wear it under their clothes, hoping it will help them conceive in the coming year. The Greeks believe that onions symbolize rebirth, so they hang the pungent vegetable on their doors to promote growth throughout the new year. New Year's Eve masses in Chile are held not at church but in cemeteries. This change of scenery allows people to sit

with their deceased family members and include them in the New Year's Eve festivities. In Japanese culture, it is customary to welcome the new year with a bowl of soba noodles in a ritual known as toshikoshi soba, or year-crossing noodles. Though people are still determining where the Toshi Koshi soba first came from, it is believed that the soba's thin shape and long length are meant to signify a long and healthy life. In Denmark, people take pride in the number of broken dishes outside their door by the end of New Year's Eve. It's a Danish tradition to throw china at your friends' and neighbors' front doors on New Year's Eve—some say it's a means of leaving any aggression and ill-will behind before the new year begins—and it is said that the bigger your pile of broken dishes, the more luck you will have in the upcoming year. No matter what traditions you follow, we at the West Valley Bulletin Board wish you a very happy New Year and thank you for your support of the year we are leaving behind.


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\*The District office can only accept donations until 2 p.m. on Dec. 22\*

*All donated coats will help keep West Valley students of all ages a little warmer this winter.*

**Hofenbredl Realty, LLC**



**Barbara Hofenbredl**  
 Principal Broker/Owner  
 Cell: 503-910-9261  
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Beautiful three bed, 2.5 bath home in a great neighborhood. SS appliances in kitchen, wood flooring throughout, granite countertops, pine cabinets, with soft close doors and pull outs, living room with gas fireplace, office/library with lots of shelves, both family room and living room have carpet, a few skylights to let the natural light in, big walk-in closet in MB. Home has forced gas furnace heat and AC last serviced Sept. 7th. Two car garage with garage openers, large back yard with deck and patio. Gresham \$625,000.

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5 Acres ready to build your dream home. No utilities on property, they are at the road. Owner has started to put up a pole barn/shop has it framed only. Owner has metal for the roof but not installed. Dallas \$285,000



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. Has new permited septic. \$300,000.