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Take One!

# West Valley Bulletin Board

West Valley Bulletin Board, LLC

January 10, 2024 Weekly Publication Serving Sheridan, Willamina and Grand Ronde Vol. 9, No. 46

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

## Reading Enthusiasts Are Wanted for Local Author

A local author is looking to have constructive feedback on novels prior to publishing. The writer is looking for someone who enjoys reading and has a passion for Horror, Fantasy, Sci-fi, Movies, and Entertainment. The enthusiastic volunteer will need to know how to navigate through Google Drive for digital reading. Most importantly, the writer is looking for volunteers that have the ability to give constructive feedback in a positive, respectful manner. For those you who love to read, are interested in getting a first look at a book and want to have a hand in the finish product, email NasturtiumMedia@gmail.com.

## Willamina Holiday Light Contest Winners

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**2ND PLACE \$50**  
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**3RD PLACE \$25**  
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The Yamhill County Cultural Coalition is composing a comprehensive list of all cultural resources and assets in Yamhill County.

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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.

## 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. (c)

**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)

## Volunteer Needed

NWSDS is seeking a volunteer driver to help deliver meals to homebound seniors here in the Sheridan area. This would be one day a week and take approximately one to one and a half hours, mileage is reimbursed and eligible for a hot meal. Please call the local Sheridan Meals on Wheels at (503) 843-2000 (c)

## For Sale

**For sale:** Barn stored firewood. Mixed hardwood/maple, \$300/cord, \$200 half cord. Delivery in Sheridan/Willamina. 618-751-2044.

**For sale:** Mobile home axles/wheels from new house. 2 axles, 1 with brakes, tires and tongue \$300. 3 axles \$400. Sheridan 971-237-7745. (c)

## FOUND ITEMS

**Found tire and wheel on Rock Creek Road, Sheridan.** Call 503-930-2353 to claim.

## Services

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## Garage Sale

**Garage Sale/Fundraiser** 8am-5pm, Feb. 2 - 3. 850 SW Hill Dr. Willamina. Cedar chest, \$0.25 DVDs, dining room table, lots of free stuff, donations accepted.

**Call today to place your FREE classified ad up to 30 words! 503-678-3000**

## AMERICAN LEGION POST 75 SHERIDAN

Submitted by  
Commander  
Martin Attebery

On December 32, the American Legion hosted a free spaghetti feed. A spread of spaghetti, salad, garlic bread, and desserts was on the menu for the day. The Legion served 65 meals.

A District 2 meeting is scheduled at 1 p.m. on Saturday, Feb. 3, at Post 136, Salem. A potluck will be held at noon before the meeting starts. All District members are encouraged to attend.

Sheridan's Legion sees many sack meals taken on Tuesdays and Thursdays by those in need. The Legion has also passed out coats, clothing, socks, and other items. It is the duty of the American Legion Post 75 to reach out and help the Veterans in our community.

Veterans within our local community are encouraged to join a local Veterans organization. The American Legion Post 75 would be happy to have those join us, but more important is seeing Veterans become involved with any Veteran group.

Bingo is every Friday night. Doors open at 5:30 p.m., with Bingo to start at 6 p.m.

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# Celebration of Life



**Ronald Dennis  
"Denny" Houston**

A celebration of life for Ronald "Denny" Houston, is scheduled from 1-4 p.m. on Saturday, Jan. 13, at the Sheridan High School cafeteria, 433 S. Bridge Street, Sheridan.

The family request all who knew him join for a potluck with great stories to be shared.

Instead of flowers, donations to the Sheridan Booster Club would be appreciated.

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## All Church Community Sing-Along Planned Jan. 21

An all-church community sing-along will begin at 6 p.m. on Sunday, Jan. 21, at the Sheridan Church of the Nazarene, 917 S. Bridge Street in Sheridan.

The sing-along is open to all churches and community members who enjoy singing. The all-church sing-along began back in 1968.

For more information call Maxine at 503-843-5097 or 971-241-2408.

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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.

**PRICE REDUCED!**

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 permitted septic. \$300,000.

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

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### Last issues crossword solution

S	T	A	S		L	A	R	G	E		H	E	R	S	
T	O	I	L		O	N	I	O	N		E	R	I	C	
U	N	D	E	R	S	T	O	O	D		I	N	T	O	
N	E	E	D	I	E	S	T		E	A	S	I	E	R	
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T	E	E	N		E	C	O	N	O	M	I	C	A	L	
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## Is Soup the Ultimate Cold Medicine?

Having a cold is not fun. A stuffy nose, sniffles, sore throat, and other symptoms make having a cold a generally unpleasant experience.

According to data collected by the Consumer Healthcare Products Association, the average consumer shops for over-the-counter medicine 26 times a year, with peak visits occurring in the wintertime, when colds and flu infections are more prominent.

To make cold-related matters worse, a U.S. Food and Drug Administration panel concluded in September 2023 that the popular decongestant phenylephrine, which is found in many over-the-counter cold remedies, is ineffective when taken orally. Phenylephrine became the standard decongestant in formulations when pseudoephedrine, another decongestant, became more closely regulated due to its usage in the production of illegal drugs like methamphetamine. Phenylephrine products then became the go-to, as they did not need to be stored behind pharmacy counters and "signed out" like products that included pseudoephedrine.

Rather than accepting their cold symptoms this season, individuals may want to turn to something much more natural that also has great promise: soup. It is no old wife's tale that soup can be helpful for colds and other illnesses. In fact, Egyptian Jewish physician Moshe ben Maimonides prescribed chicken soup as a treatment for respiratory tract illnesses as early as the 12th century. Penn Medicine advises that soup can be a go-to food to combat illness because it is light, easy-to-digest, nourishing, and even restorative.

Here's a look at some of the ways soup can help when people are feeling under the weather.

**Hydrating broth:** Staying hydrated is one of the ways the body can more effectively fight off illness. Broth-based soups are hydrating and tasty. They may be tolerated more readily than sports drinks or water for a person who needs fluids.

**Soothing:** The warmth of soup can soothe an irritated throat. Furthermore, soups usually have softened ingredients in them, making it much less likely that sharp or tough ingredients will scrape an inflamed throat.

**Nutrient-dense:** Most soups are loaded with vegetables, beans and other healthy ingredients. They provide many of the vitamins and minerals the body needs, and may even help replenish nutrients that have been depleted due to illness.

**Sodium content:** Sodium is an essential mineral the body needs. Proactive Health Labs says soup regulates body fluids and transmits electrical impulses in the body. Sodium in moderation may be good when a person is feeling ill. In addition, sodium and other seasonings in soup can awaken taste buds that are dulled when sick with a cold. Salt also helps alleviate sore throat pain and can help clear nasal congestion.

**Garlic infusion:** Soups that contain garlic or garlic extract may reduce the severity of cold and flu symptoms, according to a University of Florida study published in the journal Clinical Nutrition.

Soup may be the best medicine when a person has a cold. Its many properties may help make soup as effective, or even more so, than some products at the pharmacy.

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## How to Host a Fun Playoff Watch Party



January is among the colder months of the year, but for football fans things are just starting to heat up when the calendar turns to a new year. In addition to featuring the College Football Playoff semifinals (January 1) and championship game (January 8), January also ushers in the National Football League playoffs, which begins with wild card weekend on January 13. That schedule can warm the hearts of football fans no matter how cold it may be outside.

With so many great games on the horizon, now is the time for football fanatics to brush up on their hosting skills. A game watch party is a great way to enjoy the action with fellow fans, friends and family, and the following are some ways hosts can take those football festivities up a notch.

- Provide ample room and seating. When hosting a party for the big game, pick a room in the house with enough room and seating to accommodate all of your guests. Folding chairs can be brought in to the viewing area to ensure everyone has a seat, but the right viewing area is one where additional seats won't make everyone feel as though they are sitting on top of one another. A basement or open concept living room makes for an ideal viewing area.

- Set up more than one viewing area. Football certainly has its share of fanatical fans, but

it also has plenty of casual fans who may attend a watch party to socialize more than see the action. Multiple viewing areas can accommodate various types of fans and solve any space and seating issues that arise. A separate kids-only viewing area also can accommodate young fans.

- Stock up on finger foods. When planning a watch party menu, keep in mind that most people will be eating in the viewing area instead of at a dinner table. Finger foods are ideal in such situations. Hosts who want to cook for the crowd can prepare small dishes like meatball or chicken sliders, chicken wings and frozen pizzas cut into bite-size pieces. And don't forget portable snacks like pretzels, chips, diced vegetables with hummus, and nachos.

- Take your tech for a test run. Food and accommodations might garner the bulk of hosts' attention in the days leading up to the big game, but don't forget to take your tech for a test run. Many homes have abandoned traditional cable television in favor of streaming services, so if your home is among the legions of cord cutters, confirm in the days ahead that your streaming app is working and that you have the latest version of the app installed on all devices that will be used to show the game. Check speakers as well to ensure everyone can hear the broadcast clearly regardless of where they're sitting.

Playoff season is set to heat up on the gridiron. Game watches make for a great way to enjoy the game with fellow fans.

Classified Ads in the West Valley Bulletin Board are only 20¢ per word per week.  
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## Cluck-Cancer, Evelyn's Journey With Stage-4 Neuroblastoma

*This article was submitted by the mother of Evelyn, Nikki.*

Evelyn is two years old and was recently diagnosed with Metastatic Stage-4 Neuroblastoma around December 10, 2023.

She initially had tumors along the majority of the left side of her face that have also started causing bone decay and three tumors, as well as some other spots in her abdomen. Since her first scan, it's spread a bit more.

We found the first lump on her head on November 20, 2023. We weren't sure what it was at first, so we monitored it, and after two weeks, it had grown quite a lot and was very hard. The same week we found the first lump, she also developed a bruise under her left eye, which later on we learned was because of tumors around her eyes.

We tried to have her seen at urgent care and the emergency room, but urgent care couldn't do anything, and the emergency room wasn't concerned about getting her in right away and said to try to get in as an outpatient for an MRI.

We had some billing issues with our insurance because of an address issue that delayed getting an appointment. The following week, she tested positive for RSV, and we had to cancel the appointment we had initially. Then, she ended up having breathing complications, which brought us back to the ER, and that doctor happened to ask if she had any other medical concerns. After a quick examination, he was concerned and wanted to do scans, so he started communicating with a pediatric oncologist from Doernbechers about the best options since sedation can be scary when having breathing complications. Thankfully, we were able to do a scan



with no sedation. That scan revealed malignant tumors, and we were transferred to Doernbechers.

Since then, she ended up being at Doernbechers for a month. We got to go home once but came back 12 hours later due to a fever. She's been having to have platelet and blood transfusions. She had her first round of chemo in December and will get her next round on Thursday, January 11.

Chemo has a lot of hard side effects; she doesn't want to eat most of the time, and she gets sick a lot. Her little body has been going through a lot, and we've had ups and downs. I've decided to leave work to take care of her and be able to be present for anything that comes our way. We also have family and friends supporting us in so many ways, as well as extended family and friends and community members who have also been helping and checking in on us, and it means a lot to us. We are very thankful for all of the love and support we have right now; it's been helping us stay floating and try to get through this.

### Want to help Evelyn?

Follow the journey on Facebook at: Cluck Cancer - Evelyns Journey  
GoFundMe: <https://gofund.me/f068d974>  
Venmo: @Nikki-Pratt-8

### HUDDLESTON POND

## STOCKING SCHEDULE

Week of	Legals	Trophy	Total
Jan. 08, 2024 - Jan. 12, 2024	232	0	232
Feb. 26, 2024 - Mar. 01, 2024	1,001	0	1,001
Mar. 11, 2024 - Mar. 15, 2024	466	0	466
Apr. 01, 2024 - Apr. 05, 2024	932	25	957
Apr. 15, 2024 - Apr. 19, 2024	500	1,025	1,525
Apr. 29, 2024 - May. 03, 2024	732	0	732
May. 06, 2024 - May. 10, 2024	0	25	25
May. 13, 2024 - May. 17, 2024	800	0	800
May. 27, 2024 - May. 31, 2024	132	0	132
Jun. 03, 2024 - Jun. 07, 2024	800	1,025	1,825

### SHERIDAN POND

## STOCKING SCHEDULE

Week of	Legals	Trophy	Total
Jan. 29, 2024 - Feb. 02, 2024	232	0	232
Feb. 26, 2024 - Mar. 01, 2024	666	0	666
Mar. 11, 2024 - Mar. 15, 2024	466	0	466
Apr. 01, 2024 - Apr. 05, 2024	666	0	666
Apr. 15, 2024 - Apr. 19, 2024	798	0	798
May. 06, 2024 - May. 10, 2024	566	0	566
May. 20, 2024 - May. 24, 2024	800	0	800
Jun. 03, 2024 - Jun. 07, 2024	998	0	998



# Volunteers Needed for the 2024 PIT Count in Sheridan on Jan. 24

**Liz Hodgins**

The nationwide Point-in-Time (PIT) Count is a federally mandated count of sheltered and unsheltered people experiencing homelessness on a single night in January. The PIT count in Yamhill County is planned, coordinated, and carried out by Yamhill Community Action Partnership (YCAP.) This year, the PIT count is on January 24. Data for PIT counts are submitted to the Department of Housing and Urban Development (HUD) to determine the allocation of federal resources and used locally to provide needed services for at-risk houseless populations: individuals, families, and youth. "The PIT count helps secure federal, state, and private funding while also determining the effectiveness of programs addressing the housing crisis." (YCAP Newsletter, Fall Edition 2023)

The PIT count surveys are conducted by YCAP outreach staff, social service providers, and community volunteers. Volunteers survey people living outside, in vehicles, in shelters, or in motels. The count also includes surveying those couch-surfing and those people living with family or friends temporarily. "YCAP leads the count in Yamhill County, collecting information anonymously while connecting individuals with necessary services. Surveys are conducted in several ways, including by phone calls to 211, county-wide drop-in sites, and county-wide street outreach." (yamhillcap.org/homeless-count) A drop-in site would include food banks, emergency shelter locations, and church-led meal program sites. Street outreach is for those living outside in camps, vehicles, and with family or friends temporarily. During the count, unhoused individuals

receive a survey, survival supplies, and food.

Yamhill County last had a PIT count in 2020 due to the COVID-19 pandemic. In 2020, the PIT count was conducted on January 29, led by YCAP in coordination with several organizations and 60 volunteers. At that time, YCAP counted 680 who were houseless in Yamhill County. Currently, YCAP is enlisting volunteers through an online link, [signupgenius.com](https://www.signupgenius.com), where volunteers can choose which community to canvass and what type of volunteerism they prefer: drop-in centers or street teams. The Yamhill communities represented on the signupgenius link are Sheridan, Willamina, McMinnville, Newberg, LaFayette, Amity, Dayton, Dundee, Carlton and Gaston.

This year will be the first time Sheridan has participated in a PIT count with local volunteers (YCAP has traditionally conducted counts in the past.) The resulting data will prove crucial to Sheridan's recently established Task Force in determining local needs and resources for our unhoused population. On a national level, HUD's 2023 Annual Assessment Report found a 12% increase in homelessness since 2022. The rise in homelessness at the beginning of 2023 continued a pre-pandemic trend. President Biden's American Rescue Plan (ARP) was the largest single-year investment in preventing and ending homelessness in U.S. history. It prevented a rise in homelessness between 2020 and 2022. However, many of those resources have expired, which has contributed to an increase in homelessness nationwide. Therefore, the data gathered from PIT counts is critical in assessing current data and deter-

mining local community needs and services.

For more information on volunteering on a street team or drop-in site on January 24, go to this

link: <https://www.signupgenius.com>. Or call Amber Hansen-Moore, Deputy Director, YCAP, at 503-687-3185.

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## NATIONAL HOUSEPLANT APPRECIATION DAY JAN 10

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X X H Y E B C A H R  
P U T S L L H Z I A M  
X L M K T V B I Z N S G  
Q E U N D E O O S P E L L  
X X C P R R R E S H L S M D  
E V K C B A P V T P A E F M  
F Z Y F L G L G O I N E D C  
R P B L R O A F N L T V J E  
T Q A J A N N K F E R E G U  
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J M F K D B O B L V O B  
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A V X P V E J E Z U E O U A  
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R P A H X C K U P Z F R A  
O C H G S M A M W T L B S N  
I I G S S I D K A Z C A B N  
P B R O M E L I A D S A N N  
F I A G O T R M G N G X A C T  
Q M I N G K O B E N Y K G C  
X A N L L N H Q R V E Z A  
X M G T P H F Y T T R Q B  
S B E J O A I F R Y Y J C M  
N R B A N E D K A T N O P O X  
S Y D D G E X D Z Y T B  
L O M T E L K H G P L H H R  
L D I A E E S T Y K B I O T  
A A N I R L E E L L C B R S  
J K E L T E G E H R N X C X  
H L O P Y A O W A L Q K H A  
S O B A E F B S M H I W  
A P Y L N F M D J R Q D  
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Meeting Times:  
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# Cozy Up to 2024 Winter Movie Releases

Even though it may have been many weeks since the nation collectively adjusted their clocks to "fall back," now that the holiday twinkle lights that illuminated homes and businesses have been put away, mid-winter darkness may seem even more apparent. The hours of daylight are incrementally increasing, but with the sun still setting relatively early, those eager to fill the evening hours may be wondering how to pass the time.

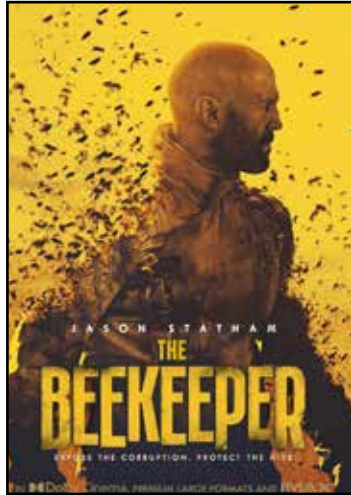
Watching a movie is an ideal activity for the cold, dark evenings of winter. Nestled in the theater with a bucket of popcorn and other favorite treats, movie-goers will not be bothered by falling snow or the sun setting outdoors. It's time to gear up for a new year of feature films. Here's a look at movies coming to big and small screens soon enough. **"Alexander and the Terrible, Horrible, No Good, Very Bad Day Movie"** (January 5): A Mexican-American family who have lost connection to their culture



and each other embark on an epic road trip that ends up going wrong in various ways. Eva Longoria and Jesse Garcia are

featured in the film available on Disney+.

**"The Beekeeper"** (January 12): A man is on a brutal campaign for vengeance. The stakes are elevated when it is revealed he is a former operative of a clandestine group known as "Beekeepers." The film stars Jason Statham, Josh Hutcherson and Minnie Driver.



**"Mean Girls"** (January 12): This is the film adaptation of the musical version that made waves on Broadway. The Plastics, an A-list clique at school, welcome a new student, but things go awry when she makes the mistake of falling for the ex-boyfriend of the Plastics' leader. Tina Fey, John Hamm, Jenna Fischer, and an assortment of teen stars comprise the cast.

**"The Book of Clarence"** (January 12): Set in biblical times, the movie tells the tale of Clarence, a down-on-his-luck denizen of Jerusalem trying to capitalize on the influence of the Messiah for his own gain. Benedict Cumberbatch, Omar Sky, James McAvoy, and LaKeith Stanfield are among the cast members.

**"Distant"** (January 19): Josh

Gordon and Will Speck star in this movie about an asteroid miner who, after crash-landing on an alien planet, must find the only other survivor. He is faced with harsh terrain, a lack of oxygen and strange creatures along the way.

**"Madame Web"** (February 14): Dakota Johnson stars as a clairvoyant in this Spidey spin-off action movie.

**"Ordinary Angels"** (February 23): A hairdresser rallies a community to help a widower save the life of his daughter who is critically ill. The movie is based on a true story, and features Alan Ritchson and Hillary Swank.



**"Kung-Fu Panda 4"** (March 8): Poe and friends take on a chameleon foe while on the search for a new Dragon Warrior. The original cast returns and includes the voices of Jack Black, Angelina Jolie, Dustin Hoffman, and more.

This winter, families and friends can rally together to chase away the chill and darkness with movies that light up the big and small screens.

## WHAT'S UP IN WILLAMINA

by mary jane

Right now, 2024 doesn't look too different from 2023. I think it will change as the days march by.

I hope that everyone had a fun and safe New Year's Eve. I figure some of you watched a football game on New Year's Day and cheered for your favorite team. I hope they won and you were able to celebrate.

I'm sure most of you have made New Year's resolutions. I'll bet 90% of you, as of right now, have broken at least one of them. The only resolution I ever make is to "break a New Year's resolution." I know I can keep that one!

I'm wishing everyone a better year in 2024 than you had in 2023. Looking forward to more good things in 2024 is "What's Up in Willamina."

### Sheridan Chamber to Start Meeting in 2024 on Jan. 19

The Sheridan Chamber of Commerce is set to begin meeting again from 8-9:15 a.m., on Friday, Jan. 19, at the Sheridan Museum of History, 142 S. Bridge Street in Sheridan.

For the 2024 year, Sheridan Chamber will meet the first and third Fridays of each month. The Chamber is looking for members to host the first meeting of the month at their location, and members to host the second meeting at the museum.

Hosting a morning meeting is simple and the Chamber is ready to help.

For more information on how to host a Chamber meeting or more information on joining Chamber, email [sheridanchamberofcommerce@gmail.com](mailto:sheridanchamberofcommerce@gmail.com).



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# Volunteers Needed for the 2024 PIT Count in Sheridan on Jan. 24

**Liz Hodgins**

The nationwide Point-in-Time (PIT) Count is a federally mandated count of sheltered and unsheltered people experiencing homelessness on a single night in January. The PIT count in Yamhill County is planned, coordinated, and carried out by Yamhill Community Action Partnership (YCAP.) This year, the PIT count is on January 24. Data for PIT counts are submitted to the Department of Housing and Urban Development (HUD) to determine the allocation of federal resources and used locally to provide needed services for at-risk houseless populations: individuals, families, and youth. "The PIT count helps secure federal, state, and private funding while also determining the effectiveness of programs addressing the housing crisis." (YCAP Newsletter, Fall Edition 2023)

The PIT count surveys are conducted by YCAP outreach staff, social service providers, and community volunteers. Volunteers survey people living outside, in vehicles, in shelters, or in motels. The count also includes surveying those couch-surfing and those people living with family or friends temporarily. "YCAP leads the count in Yamhill County, collecting information anonymously while connecting individuals with necessary services. Surveys are conducted in several ways, including by phone calls to 211, county-wide drop-in sites, and county-wide street outreach." (yamhillcap.org/homeless-count) A drop-in site would include food banks, emergency shelter locations, and church-led meal program sites. Street outreach is for those living outside in camps, vehicles, and with family or friends temporarily. During the count, unhoused individuals

receive a survey, survival supplies, and food.

Yamhill County last had a PIT count in 2020 due to the COVID-19 pandemic. In 2020, the PIT count was conducted on January 29, led by YCAP in coordination with several organizations and 60 volunteers. At that time, YCAP counted 680 who were houseless in Yamhill County. Currently, YCAP is enlisting volunteers through an online link, [signupgenius.com](https://www.signupgenius.com), where volunteers can choose which community to canvass and what type of volunteerism they prefer: drop-in centers or street teams. The Yamhill communities represented on the signupgenius link are Sheridan, Willamina, McMinnville, Newberg, LaFayette, Amity, Dayton, Dundee, Carlton and Gaston.

This year will be the first time Sheridan has participated in a PIT count with local volunteers (YCAP has traditionally conducted counts in the past.) The resulting data will prove crucial to Sheridan's recently established Task Force in determining local needs and resources for our unhoused population. On a national level, HUD's 2023 Annual Assessment Report found a 12% increase in homelessness since 2022. The rise in homelessness at the beginning of 2023 continued a pre-pandemic trend. President Biden's American Rescue Plan (ARP) was the largest single-year investment in preventing and ending homelessness in U.S. history. It prevented a rise in homelessness between 2020 and 2022. However, many of those resources have expired, which has contributed to an increase in homelessness nationwide. Therefore, the data gathered from PIT counts is critical in assessing current data and deter-

mining local community needs and services.

For more information on volunteering on a street team or drop-in site on January 24, go to this

link: <https://www.signupgenius.com>. Or call Amber Hansen-Moore, Deputy Director, YCAP, at 503-687-3185.

## NATIONAL HOUSEPLANT APPRECIATION DAY JAN 10

<p>AFRICAN VIOLET ALOE VERA ARECA PALMS BASIL BOSTON FERN BROMELIADS CACTUS CHINESE EVERGREEN CROTON DRAGON TREE ENGLISH IVY FIDDLE LEAF FIG JADE JASMINE LUCKY BAMBOO</p>		<p>MONEY TREE MONSTERA DELICIOSA MOTH ORCHID OYSTER PLANT PEACE LILY PILEA POLKA DOT BEGONIA PONYTAIL PALM POTHOS ROSEMARY RUBBER PLANT STRING OF PEARLS SWEETHEART UMBRELLA ZZ PLANT</p>
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Y P O T H O S C  
X X H Y E B C A H R  
P U T S L L H Z I A M  
X L M K T V B I Z N S G  
Q E U N D E O O S P E L L  
X X C P R R R E S H L S M D  
E V K C B A P V T P A E F M  
F Z Y F L G L G O I N E D C  
R P B L R O A F N L T V J E  
T Q A J A N N K F E R E G U  
F R M X Z T T N E A C R A D R P  
V F B K Z R T P R A L G Y F F I  
J O J C E F V N Q M R A L Q M I  
O I D E F K K Z Z E T C X A N L L N H Q R V E Z A  
E E C G X U O M S

H B O H A D E T  
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I I G S S I D K A Z C A B N  
P B R O M E L I A D S A N N  
F I A G O T R M G N G X A C T  
Q M I N G K O B E N Y K G C  
X A N L L N H Q R V E Z A  
X M G T P H F Y T T R Q B  
S B E J O A I F R Y Y J C M  
N R B A N E D K A T N O P O X  
S Y D D G E X D Z Y T B  
L O M T E L K H G P L H H R  
L D I A E E S T Y K B I O T  
A A N I R L E E L L C B R S  
J K E L T E G E H R N X C X  
H L O P Y A O W A L Q K H A  
S O B A E F B S M H I W  
A P Y L N F M D J R Q D  
U O Q M O I F N W G X  
F K R M G J Z V Z X  
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Meeting Times:  
Sunday Morning Worship-10:45 am

## Fill Up on Healthy Eating Pointers

Diet and exercise are the key components of maintaining a healthy weight and protecting yourself against chronic disease. According to the Missouri Department of Health & Senior Services, eating smart and being active have similar effects, including reducing risk for heart disease, high blood pressure, stroke, some cancers, and diabetes. In addition, these healthy living strategies can improve personal appearance and improve overall well-being - helping people live longer and maintain their independence.

People may wonder how to eat better when faced with many diets, each of which promises great results. It can be confusing when navigating all of the options, and there is no magic formula to eating better. Common sense can come into play when attempting to eat better, and individuals also can consider these strategies to make diet work for them as they seek to live healthier.

- Eat colorful, varied, nutritionally dense foods. Medical News Today says each meal should be 50 percent fruit and vegetables, 25 percent whole grains, and 25 percent protein. Select an array of colorful foods that will provide most of the nutrients needed.

- Choose fiber-rich foods. Fresh fruits and vegetables, whole grains, nuts, and legumes are good sources of fiber. Fiber helps people maintain digestive health and can help you to feel fuller longer, reducing the potential for overeating, according to the Centers for Disease Control and Prevention.

- Note how you feel after eating. Create a food journal where you jot down notes about how you

feel after eating certain foods. If you notice that certain foods or ingredients trigger adverse reactions, it may be worth avoiding that type of food or looking for an alternative. Stomach upset or bloating after eating dairy, for example, may indicate an intolerance for lactose.

- Explore the Mediterranean diet. While you should avoid fad diets that often produce short-term but unsustainable results, a Mediterranean diet has stood the test of time. According to the authors of a new study published in JAMA Network Open in October 2023, middle-aged and older adults with overweight or obesity and metabolic syndrome lost visceral fat (belly fat) and showed a greater reduction in the percentage of total fat while adhering to a Mediterranean diet. They also had delayed loss of lean body mass, which often comes with aging. Mediterranean diets prioritize legumes, seafood, vegetables, and "good" fats like olive oil.

- Control portion sizes. Sometimes it's not what you eat but how much you eat that affects health. Weighing and measuring food can help you control portions and understand how many calories you're consuming each day. The National Institutes of Health says eating plans that favor 1,200 to 1,500 calories per day for women and 1,500 to 1,800 for men are good targets to lose weight at a healthy pace when combined with moderate exercise.

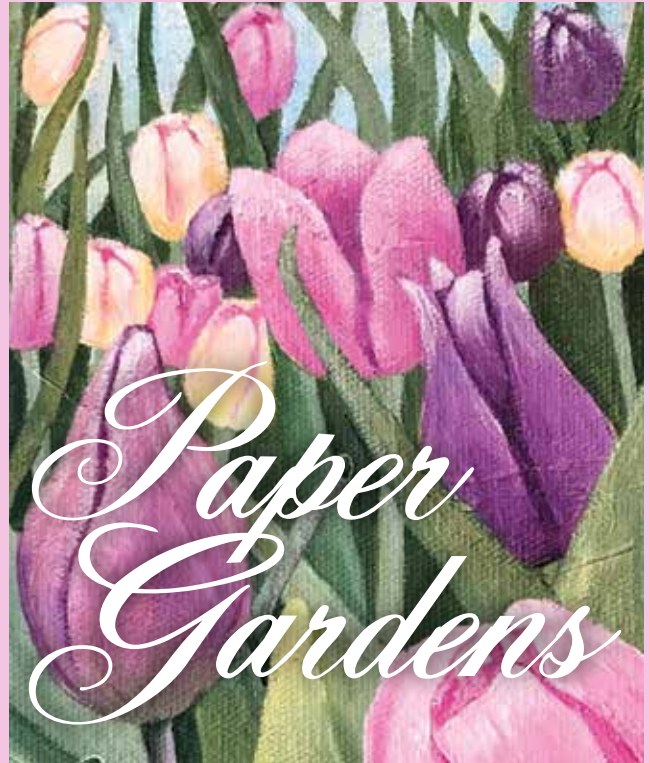
Balanced eating is a major component of a healthy lifestyle. While there are many fad diets, eating plans with a proven track record that are supported by the medical community may be your best bet.

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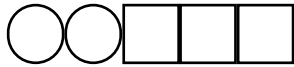
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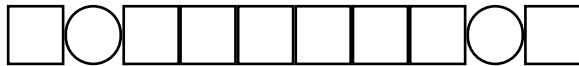




Use the letters below to unscramble the words related to saving energy. Place the letters from the circles on the dashes above the riddle then unscramble them to solve the question at the bottom.



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M R E A T T S H O T



E C E C R Y L



B L S E E A U R



Last weeks answers:  
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Sparkler  
Cheers  
January  
Firecracker

What football team do energy providers like hibernat for?



## Horoscopes Jan. 10-16

### ARIES - Mar 21/Apr 20

Aries, watch out because you are hot stuff this week. Coming off the excitement of the holidays, you're still in the mood to socialize. The invitations to various social events will still flow.

### TAURUS - Apr 21/May 21

Hopefully you've made progress on the various organizational projects that you have had in mind, Taurus. Now is the time to get those resolutions moving.

### GEMINI - May 22/June 21

Gemini, how is your to-do list coming along? If you haven't yet gotten moving, a coming slowdown could make the perfect time to get cracking.

### CANCER - June 22/July 22

Cancer, right now you may be feeling like hibernating, especially if the weather is changing. Don't burrow under the covers just yet. Find a way to stay busy and socialize.

### LEO - July 23/Aug 23

Leo, even if it seems the way to be the most productive, burning the candle at both ends is only going to make you tired and less efficient. Ask for help if you need it.

### VIRGO - Aug 24/Sept 22

Virgo, your innate humility means you're often content with being behind the scenes and not in the limelight. However, this week you may want a little extra fanfare.

### LIBRA - Sept 23/Oct 23

Libra, after a season of partying and letting other tasks fall by the wayside, it is time to get back to focus. You must take out your financial account records and track spending right now.

### SCORPIO - Oct 24/Nov 22

Take an inventory of the things you want to change about yourself, Scorpio. There is always room for improvement, especially if you feel you have not been your best self lately.

### SAGITTARIUS - Nov 23/Dec 21

Hopefully you have met your quota of parties and social events because now is the time to take a break, Sagittarius. The invitations will cease, but that can be a good thing for you.

### CAPRICORN - Dec 22/Jan 20

It's often business as usual for you to burn the midnight oil, Capricorn. But scale back on those late-night interludes. That's a recipe for burnout that can derail your bigger plans.

### AQUARIUS - Jan 21/Feb 18

Aquarius, you are the zodiac's team player, so you may have to give the troops a pep talk to get everyone working together this week. Smooth down any ruffled feathers as needed.

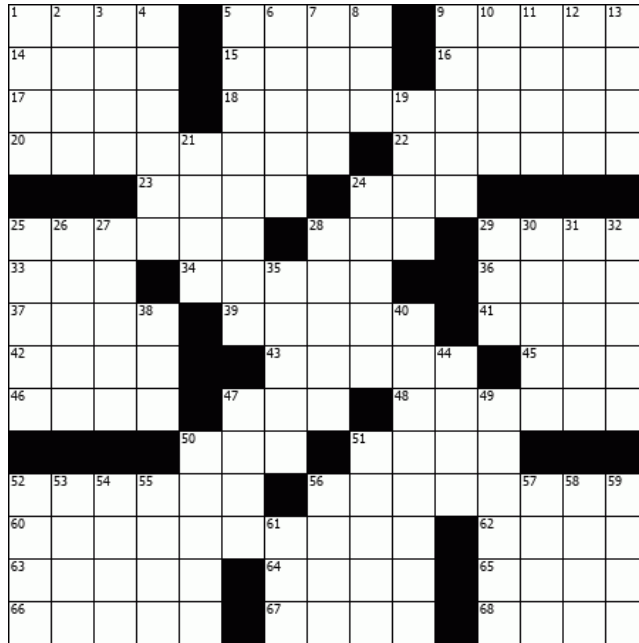
### PISCES - Feb 19/Mar 20

If you have any unfinished business that needs to get wrapped up, Pisces, the clock is ticking. Make a strong attempt to finish by Wednesday or Thursday.

## CROSSWORD PUZZLE

### Across

1. Chilled
5. She, in Madrid
9. Greek vowel
14. Alaskan port
15. Sign gas
16. Pigment
17. Mattress part
18. Equivalent
20. Tailoring
22. Gets uptight
23. Little children
24. Mayday!
25. Revoke
28. Liveliness
29. Does sums
33. Lyric verse
34. Aired again
36. Worry
37. First man
39. Compact
41. Mexican dish
42. Beget
43. Future flowers
45. Big boy
46. Tattle
47. Snaky fish
48. Dangerous
50. Ship deserter
51. Highlander
52. Inferior
56. Rouse again
60. Teen
62. Andean country
63. Piano part
64. Musical instrument
65. Go first
66. Ginger cookies
67. Maternity \_\_\_\_
68. Otherwise



### Down

1. Andes native
2. Chill
3. Discharge
4. Erase
5. Named
6. Slants
7. Yearn
8. Picnic nuisance
9. Peaks
10. Waterfowl
11. Addition sign
12. Sharpen
13. Martial \_\_\_\_
19. Over
21. Shout
24. Sight or smell
25. Sunday dinner item
26. \_\_\_\_ Murphy of "Beverly Hills Cop"
27. Oyster gem
28. Discussion group
29. Fore's opposite
30. Serious play
31. Coffee type, for short
32. Large pebble
35. Bowler's button
38. Actor \_\_\_\_ Gibson
40. Taught
44. Winter forecast
47. Corn units
49. Paper fastener
50. Staggers
51. Spanish "mister"
52. Drinks like a dog
53. Eve's garden
54. Pop
55. Smack
56. Songstress \_\_\_\_ McEntire
57. Boat bottom
58. Historic periods
59. Undressed
61. Milk provider



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January 15, 2024, marks the fifty-seventh anniversary of the first Super Bowl. Though it would be two more years before the name "Super Bowl" was used to characterize the game, what's now referred to as "Super Bowl I" was a competition between the Kansas City Chiefs of the American Football League (AFL) and the Green Bay Packers of the National Football League (NFL). Back then the game was referred to as the AFL-NFL World Championship Game, which most fans would agree does not have the same ring to it as "Super Bowl." The game was competitive in the first half, and the score was 14-10 in favor of Green Bay at half-time. But the Packers blanked the Chiefs in the second half, and the final score was 35-10 in favor of Green Bay. In a testament to just how different things were in 1967, two networks, NBC and CBS, were allowed to broadcast the game, each using their own announcers. Also noteworthy is the game was not a sellout, marking the only time that has happened in Super Bowl history.

# THIS WEEK IN HISTORY



**1832** - Charles Darwin lands at Porto Prayo in the Cape Verde islands, the first landing of his HMS Beagle voyage.

**1870** - Virginia becomes 8th state readmitted to US after Civil War.

**1879** - January record 13" of snow falls in NYC (broken Jan 7, 1996).

**1889** - 128°F (53°C), Cloncurry, Queensland (Australian record).

**1919** - The 18th Amendment to the US Constitution, authorizing the prohibition of alcohol, is ratified by a majority of US states.

**1936** - 1st photo finish camera installed at Hialeah Race track in Hialeah, Florida.

**1939** - Daily newspaper comic strip "Superman" debuts.

**1943** - -60°F (-51°C), Island Park Dam, Idaho (state record).

**1944** - General Eisenhower takes command of Allied Invasion Force in London.

**1962** - Shooting begins on "Dr No" the first James Bond film.

**1965** - The Searchers' "Love Potion Number 9" peaks at #3.

**1973** - NBC presents 440th & final showing of western series "Bonanza".

**1974** - "Jaws" by Peter Benchley is published by Doubleday.

**1974** - A Landslide kills 9 in Canyonville, Oregon.

**2003** - The Space Shuttle Columbia takes off for mission STS-107 which would be its final one. Columbia disintegrates 16 days later on re-entry.

## Red Cross Blood Drive Planned Jan. 11, Jan. 23

The American Red Cross will hold blood drives in Sheridan and Willamina this month.

The first blood drive will be from 9 a.m.- 2 p.m. on Thursday, Jan. 11, at the Sheridan High School, 433 S. Bridge Street in Sheridan. The second blood drive will be from 12:30- 5:30 p.m. on Tuesday, Jan. 23, at the VFW Hall, located at 771 E. Main Street in Willamina.

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



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# Martin Luther King, Jr. and Other Notable Civil Rights Activists

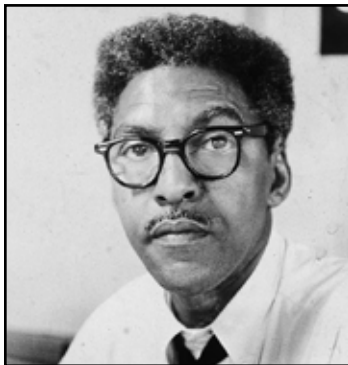


**Rev. Martin Luther King, Jr.**

Each January, millions of individuals across the United States and even beyond the nation's borders pause to reflect on the contributions of Martin Luther King, Jr. Born in Atlanta on January 15, 1929, King's life was tragically cut short in 1968, when he was assassinated in Memphis. Though King's life was short, his impact was enormous. Ordained a pastor at the tender age of 19 in 1948, King became an influential civil rights leader who was named president of the Montgomery Improvement Association in 1955 and chairman of the Southern Christian Leadership Conference (SCLC) in 1957. King was a noted writer and orator, and his "Letter From Birmingham Jail," written in 1963 in response to criticisms of efforts to combat segregation in Alabama, and "I Have a

Dream" speech delivered during the March on Washington for Jobs and Freedom continue to inspire millions more than half a century later.

In 1964, King received the Nobel Peace Prize in Oslo, Norway, capping off a year that began with his being named Time magazine's "Man of the Year" in January. King was shot and killed on the balcony of the Lorraine Motel in Memphis less than four years after he received the Nobel Prize, but his impact continues to be felt and inspire generations of individuals. As the nation celebrates the birth of Martin Luther King, Jr. this January, individuals also can take time to consider the contributions of other influential advocates for civil rights.



**Bayard Rustin**

**Bayard Rustin:** The subject of the critically acclaimed 2023 biopic "Rustin," Bayard Rustin was a contemporary of Martin Luther King, Jr. who played an integral role in the March on Washington. Rustin was a homosexual and fought for others even while forced to keep parts of his own life in the shadows, as homosexuality was criminalized for much of his life. Rustin maintained a commitment to advocacy throughout his life, as evidenced by his public advocacy for gay rights in the 1980s.

**Fannie Lou Hamer:** Born into poverty in Mississippi in 1919,

Fannie Lou Hamer became an outspoken advocate for civil rights in the 1960s. A survivor of police brutality after she and fellow activists were taken into police custody after entering a Mississippi cafe where they were refused service in 1963, Hamer also played an influential role in the women's rights movement and encouraged and inspired many African Americans in her home state to become registered voters.



**Fannie Lou Hamer**



**John Lewis**

**John Lewis:** The late John Lewis served in the United States House of Representatives from 1987 until his death in 2020. Lewis was born into extreme poverty in Alabama in 1940 but became a widely respected and influential advocate for civil rights. Inspired after hearing a

radio address by King in 1955, Lewis ultimately participated in many of the more notable civil rights demonstrations in the 1960s, including the Nashville sit-ins, the Freedom Rides and the March on Washington.

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# Review of 1946 Headlines Shows Steady Growth for City

The year just ended and was crowded with memorable events as is every year when seen in review. Looking over the year's files, the Times editors find that progress and growth seem to keynote the local picture with new businesses opening or expanding during practically every month of the year.

There were the usual proportion of accidents, deaths and other tragic happenings which sadden the overall picture - A pioneer resident, Harry Kershaw passed away on January 2, just a year ago today. Other deaths occurred from time to time throughout the year, including the sudden passing of Lee Prentice late in September.

But mixed with the unhappy news of the year was a preponderance of happy stories of building, reunited families and weddings. One of the most cheerful tasks of the Times reporter was the recording each week of the return of one or more servicemen. Rarely a week went by that some soldier or sailor returned to civilian life after unusual experiences in some far country.

A month-by-month review of the headlines - taken rather at random since it would take more space than is available to cover all events of equal importance - is presented here:

**January:**

The plywood plant resumed operations Jan. 14 after being closed over the holidays - the Dellbrook Dairy obtained a license to sell milk in Willamina - the VFW held a meeting to honor new members - Donnell and Smith Mitchell, still in the service, were cited for outstanding bravery - Linton Brothers started their new fur farm, specializing in chinchillas - The firemen held their annual dance.

**February:**

Boy Scouts held court of honor - 76 cartons of clothing were collected for foreign relief - the Willamina Garage was burglarized and \$200 taken from the safe - Red Cross quota was set at \$1200 - Fendall Extension Club started a landscaping project.

**March:**

The Community Co-op held its annual meeting, re-elected Fred J. Johnston, and Wesley Graves to the board of directors and

reported a gain of 31 percent in sales volumes for the year. - C. R. Stiles resigned as city recorder and S. J. Smith was appointed in his place - The Axel Wakkures celebrated their silver wedding anniversary - the Gunter Studio was opened next to the post office - Mr. and Mrs. C. C. Robertson bought the Ellis Variety Store - Seven grade schools sent representatives to Willamina for a basketball and volleyball tournament and the high school seniors presented their class play, "The Nutt Family." Contracts for new highway construction in the Buell district were let to O. C. Yocom and the City Council decided to dispense with monthly statements to water users, placing the responsibility upon the users themselves.

**April:**

E. A. Spencer announced the opening of the Willamina Hardware company April 5 and 6 - W. B. Mathews, G. L. Prentiss and John R. Hurl were appointed councilmen - the Civic Club held it's annual spring luncheon - the high school put on a carnival - Ray Harrington opened his Valley Junction Dinner House and the Union Oil company improved its property here with a concrete walk - the PTA elected Mrs. Wayne Zumwalt, president.

**May:**

The opening of the Willamina Lumber company's new mill, after it had been rebuilt following the disastrous fire of the previous October 14, was the highlight of this month for Willamina, providing, as it did, a livelihood for so many Willamina families. The Times congratulatory edition of May 30 shows the city's esteem for the firm. Other May events included Music Week observance and the Junior play, "A Pair of Country Kids."

**June:**

Thirty-four high school students and twenty-nine eighth-graders were graduated June 6 and 7, respectively - Eva McBee was named as candidate for the Sheridan Rodeo queen by the Grand Ronde Salle Club - Mr. and Mrs. Bill DuVall purchased Blondies Café and started remodeling to open later as The Lark - the city council started definite steps toward a paving

program - weddings took the spotlight in news stories with from two to eight appearing each week. Eva McBee was named queen of the Phil Sheridan rodeo. An unusual amount of interest was evidenced in the school election and the city announced its budget for the year, amounting to \$22,000.

**July:**

The paving issue, debated earlier by north and south factions, began to take on the proportions of a major argument in July but despite some protest the city council adopted a resolution advocating paving streets adjacent to the highway - Shetterly's Hardware Store was robbed of \$200 in cash and \$6000 in bonds - Howard Wooden retired as rural mail carrier after 23 years' service - Mishler Brothers started their new packing plant - nearby saddle clubs enjoyed a memorable outing at Trail's End Lodge, summer home of Mr. and Mrs. L. M. Hampton - Mrs. O. J. Noreen was installed Noble Grand of the Rebekah lodge.

**August:**

The Times was sold by S. M. Johnson to its present owners - Interest was aroused in a municipal flying service to serve both Willamina and Sheridan - Rockey Stone began gathering souvenirs in the way of motor boat racing trophies culminating in his winning of the Hearst National at Los Angeles - Series of fires kept firemen busy - The paving project was approved by the residents of North Willamina, opposed by those living south of the river.

**September:**

Outboard Association Drivers bombarded town with dodgers flung from planes, advertising the racing meet at Devils Lake, Labor Day - Rain provides relief for men fighting fire - Civic Club resumes meetings after summer vacation - Don Bell of Woodburn named city engineer - School attendance reported up - Local 4-H clubbers walk away with prizes at state fair - Lu Palmer and his father-in-law, B. E. Archer, buy the I.G.A. Store from Bunn Brothers - J. C. Buller and Sons and Gibson Gutgesell buy the Willamina Tire Shop - Local rail exports for month treble previous year's record - Strike halts logging



operations at Grand Ronde and Valley Junction - The Grotto Café re-opened after its purchase by Mr. and Mrs. John Lopes.

**October:**

Mr. and Mrs. W. Beck observe fiftieth wedding anniversary - Willamina observes Fire Prevention Week - Dan Hiatt named president of the Washington-Polk-Yamhill League and Pete Gretsches's football boys go to town, copping most of the honors during the season for which they were eligible - Ray C. Smith answered a call to the Willamina Church of Christ.

**November:**

Election was the big news this month with H. A. Parrett elected mayor, C. C. Robertson and Millard T. Ellis, councilmen, S. J. Smith, recorder, W. Beck, treasurer and O. K. Brock, marshal - The Boy Scouts and community chest committees became active - and the city's oldest store, Kershaw's, was sold to Leo Fry, John Snyder and Ted Maddox who formed the Willamina Mercantile company.

**December:**

Kiwanis charter granted to local group - Floyd Bunn opens grocery store and meat market - Newby elected president of Kiwanians - council adopts new sidewalk ordinance - firemen decorate streets with Christmas trees and city takes on a festive air for the holidays and business at a new high for the month - Post office sets new record with cancellation of showing 4792 pieces of first-class mail in one day, Dec. 23.



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