

FREE
Take One!

West Valley Bulletin Board

March 18, 2026 Weekly Publication Serving Sheridan, Willamina, and Grand Ronde Vol. 12, No. 6

Nicole Pugh and Matthew Huegli, Owners • bulletinwestvalley@gmail.com • (503) 687-3000 • 136 E. Main Street, Sheridan

Line Dancing and Full Bellies Found at Willamina Methodist Chili Feed

The Willamina Free Methodist Church hosted a free chili feed on Saturday, with approximately a dozen specially curated baskets available in a silent auction.

The chili feed was held in place of the church's annual chili cook-off. Organizers said they decided to discontinue the contest for now because of regulations, as well as issues with individuals arriving to enter without prior vetting, becoming flustered when not allowed to participate.

That did not stop last year's champion, MaryLou Widrig, from providing her award-winning white chicken chili to the event, alongside "Captain" Craig Johnson, who contributed a batch of

original-style chili to the menu. Many of the children who attended the event took advantage of the arts-and-crafts table, while others followed the example of adults line dancing in the cleared-out area of the church, dancing and playing ring-around-the-rosy themselves.

Funds raised through the basket auction will support the church's community outreach program.

The program funds children's events and activities, the Good Samaritan Dinner, and the church's annual elephant ear booth during Willamina's Fourth of July celebration.

The church plans to add a bring-your-own-pool party, movie

night, and block party to its list of events they plan to offer the community.

Meredith Lockwood, coordinator of the chili feed, said, "Our plan is to be more present in the community."

Seven baskets did not receive bids during the silent auction. The church has since moved those items to their Willamina Free Methodist Church Facebook page to auction them off there.



Donna Johnson (left) and Katie Whisler (right) volunteered to serve the line at the Willamina Free Methodist Chili Feed last Saturday.

**FREE Double
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**Saturday
March 28**

Rotary Presents **FREE** Kid-Friendly
Movies that Parents will Love!
MOVIES ON THE BIG SCREEN

Movies begin at 5 p.m. at
Sheridan High School

**Sheridan Chamber
of Commerce**

**Continental
Breakfast**

**Friday, March 20
8-9:15 am**

**Sheridan Museum of History
142 S. Bridge St., Sheridan**

Join us this Friday to discuss your business and learn about others in our area. This meeting is the perfect way to spread the word about what you have to offer.

All Chamber members and potential Chamber members are invited to join this fun group of business owners, managers, and citizens who want to strengthen our business community by building stronger relationships.

Breakfast sponsored by

Virginia Garcia Memorial Health

Bring your business card to drop in the box
for a chance to win a fun prize!



BULLETIN BOARD CLASSIFIEDS

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For Sale

BOGO! Buy one book, get one free of equal or lesser value. This week only, March 19-21. Main Street Books Revisited, 142 E. Main St., Sheridan. Open 11 a.m. - 6 p.m. Thursday-Saturday.

Farm fresh eggs in Willamina \$5 per dozen. Text Tim at 503-560-7418.

Fresh daffodils, 15 stems per bunch for \$3. Stand located at 23550 SW Loganberry Ln, Sheridan.

Truck Bed Cover - 2020 Chevy Silverado Long Bed cover or compatible. Never been used, \$2,000 setup, selling for \$1,000. Call 503-931-1997. (f3/4)

Collection of hats - Large collection from all over the United States and some parts of the world, 508 total hats for sale. All on display. Call 503-931-1997.

Old Morse push button and ZigZag sewing machine (model m-22), 68 years old, works great! Instruction manual and parts included \$50. Call 971-221-5595.

Cedar picnic tables different sizes, planters, and Seahawks tin men. Call 971-221-5595.

For Rent

Office Space for Rent, Two rooms, and restroom utilities included, \$600/month. Call/Text 971-241-0283.

Large commercial space for lease downtown Sheridan. Includes separate office space, kitchen and ADA bathrooms. Call 503-480-5121 for more info.

Sheridan, two bedroom, one bath, double wide mobile home in small park, new, carport, includes appliances. Rent is \$1465. You need excellent non smoker references please. Text only 971-237-7745

Employment

River Park Senior Living is now hiring caregivers, housekeepers, and a maintenance worker. Wage DOE. Come in to apply or email your resume to patty.angus@agingways.com. (c)

Help wanted Sheridan IGA deli, experience preferred but not required. Please bring resume to Megan at Sheridan IGA to apply.

Garden General Maintenance Seeking a dependable, organized individual with a positive can-do team player attitude, strong work ethic, and the ability to multitask and communicate with others. Duties include: gardening, janitorial work, laundry, and general maintenance. Must be available to work weekends (early start/early finish). Flexible work environment and excellent career growth opportunity for the right candidate. Come work for an award-winning company, voted "Best Wedding Venue in Polk County" for 2026. Call Karen at 503-307-9219.

City of Willamina Employment Opportunity Tentative review date: March 16th

Do you care about community pride, neighborhood safety, and helping your town look its best? The City of Willamina is seeking a motivated individual to join our team. The ideal candidate will be someone who enjoys working with people, solving problems, and making a visible impact every day.

A full position description is available online at willaminaoregon.gov/jobs or by contacting City Hall at (503) 876-2242.

To apply, submit a completed City of Willamina job application, resume, and cover letter to meneleyb@ci.willamina.or.us or deliver to 411 NE C Street, Willamina OR 97396.

For questions, contact Bridget at meneleyb@ci.willamina.or.us or (503) 876-2242.

Community Volunteer Opportunity

BUDGET COMMITTEE INFORMATION

What is a Budget Committee? The Sheridan Budget Committee is made up of seven citizen volunteers and the seven elected members of the City Council. Citizens are appointed to three-year terms. The committee traditionally meets once per year in May to receive and review the draft budget. They forward a recommended budget to the City Council for final approval. They receive budget updates throughout the year.

Committee Responsibilities:

Membership is composed of the seven-member city council and seven citizens-at-large. The citizen members are appointed for three-year terms by the City Council. Requirements for the Budget Committee are contained in Oregon Revised Statutes (ORS) Chapter 294.

The Budget Committee is responsible for reviewing and acting upon all budget documents. The City's budget sets out the fiscal operation of the City. The budget committee considers the budget proposed by the budget officer and comments made by the public. Committee members propose and vote on additions or deletions to the budget, as they deem appropriate. After the committee agrees on a com-

plete budget, it is submitted to the City Council for review and adoption in June.

Member Responsibilities:

Ability to analyze funding requests to support requested or required levels of City services. Ability to develop an understanding of the legal and practical difficulties of funding municipal services with limited available resources. Willingness to be objective to ensure that services are provided to meet the needs of the majority of the Sheridan citizens. A commitment to fiscal responsibility for the present as well as the future.

Background/Experience which might be useful:

General knowledge of the City and the services it provides. Basic understanding or interest in budgeting and figures. Good communication skills and a sense of humor. Prior committee membership in a private, government, or non-profit organization.

If you have questions, please contact the City Manager or City Recorder prior to submitting a Budget Committee application. Applications are due by 1:00 p.m. on April 15, 2026. They may be returned by email to orodela@cityofsheridanor.com, fax 503-843-3661, or to City Hall in person

Services

Three Feathers General Labor - Property cleanup, junk removal, pressure washing, landscaping, painting, retaining walls, tree removal, gutter cleaning, and more. Call/Text 503-857-9176. (p 3/25)

Sheridan Auto Detailing, 148 N. Bridge St. in Sheridan, is now offering full detailing. Interior details, exterior detailing, and ceramic coating. We also detail RVs, boats, and farm equipment, including tractors and combines. Call 971-237-9649. (c)

Shaun Wagler offers many services, including: house/pet sitting, personal mover, lawn care, car detailing, pressure washing, designated driver, scrap removal, wood/brush cutting, gutter cleaning, trash removal, and more. Call 971-241-4860 or email shaunwagler1@yahoo.com to discuss your needs today. (12/30)

The Willamina School District is seeking candidates to fill the following positions: 1 - School Board position (#3) until 6/30/2029; three Budget Committee volunteer positions. If interested in these positions or would like more information, please contact the District Office 503-876-1500. Information also available on our website www.willamina.k12.or.us.

Volunteers Needed

Northwest Senior and Disability Services is seeking volunteer help at our Sheridan location to deliver meals to homebound seniors and help in our kitchen. We deliver meals three days a week and would like additional help at least one day a week. Our volunteers are eligible for a hot meal on the days they work and mileage is reimbursed. Please feel free to call (503) 843-2000 and learn more.

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Obituary



Leslie Lundquist

April 22, 1957 - March 10, 2026

Leslie Lundquist, age 68, passed away peacefully surrounded by family on March 10, 2026, in Sheridan after battling cancer for six years.

She was born on April 22, 1957, in Woodburn to Edwin and Virginia Bell. Leslie grew up in Donald as the baby of three siblings. She graduated from North Marion High School.

After high school she met Rick Lundquist and they married on Nov. 26, 1977. Together they built a loving family in Forest Grove, welcoming daughters Stacey in 1978 and Ashley in 1990.

Leslie worked as a general manager for the Forest Grove McDonalds from 1979 until retirement in 2020.

Leslie enjoyed taking weekend trips to the coast with family and friends. She loved to read and play all types of cards with family and friends, especially her grandkids.

Leslie is survived by her husband Rick Lundquist; daughters Stacey (Kyle) Vanderzanden and Ashley (Alex) Brunner, sister Cathy (Donny) Miller; brother Dennis (Debbie) Bell,

grandchildren Landen and Rylee Vanderzanden, and many nieces, nephews, great nieces, great nephews, and cousins.

Leslie is preceded in death by parents Edwin and Virginia Bell, and sister Sharlene Eberhard.

A celebration of life service will be held in June 2026 in Forest Grove. Friends and family are invited to email maxylove2@hotmail.com (subject line Leslie's Celebration) to send memories or pictures and for information about this special event.



Can You Find Corky, Bubbles and Ronzo Hidden in the WV Bulletin Board?



They are hiding somewhere inside every edition

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Churches United Dessert Auction Takes Sweet Bite into Community Giving

Sheridan's Trinity Lutheran Church hosted its annual Churches United for West Valley Dessert Auction last Sunday, giving area residents the opportunity to take home something sweet while supporting programs that benefit the West Valley community.

Before the bidding began, attendees were treated to a free stew lunch. A bake sale was also available for those who wanted to ensure they went home with at least a small treat to satisfy their sweet tooth.

David Kennedy once again took his place atop a stepladder to auction off dozens of homemade baked goods. This year's top bid reached \$350, paid by Dan Monroe for Moe Yoder's famous lemon pie.

In total, the fundraiser brought in more than \$4,600. The proceeds will support Churches United programs that serve the West Valley, including the annual school supplies giveaway, Good Stuff food bags, the Free Community Dinner, Lunch Bunch group, Hope's Closet, and

other outreach efforts. Churches United expressed gratitude to everyone who donated their time, money, and prayers, noting that the organization's work would not be possible without the generosity of community members who continue to support its mission.



Abel McLain raises his bidding card high in hopes of winning a sweet treat at the Churches United Dessert Auction. He walked away with a Blueberry Pie he purchased for \$110.

FEDERAL TAXES DUE WEDNESDAY, APRIL 15, 2026



The clock is ticking on your taxes.



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Garage Sale: Everything Must Go! (Including My Dignity and This 20 lb. VCR)

The West Valley garage sale season is fast approaching. Could it be time for you to consider your first "Great Garage Sale" of the year?

That first garage sale almost always begins with a heroic, optimistic untruth: "I'm about to get rich, and my house will finally stop gasping for air."

However, by 7 a.m. on Saturday, you're no longer a savvy entrepreneur. You've transformed into a bleary-eyed hostage negotiator for a driveway full of junk, clutching your lukewarm coffee like it's the last cup on earth.

Stage 1: The Purge (a.k.a. Extreme Decluttering Olympics)

It starts in the attic - a place where time goes to hibernate. You unearth a box of cables: a tangled, copper-filled nest of mysterious, spaghetti-like wires that surely once kept the 1990s on digital life support.

One looks suspiciously like the cord for a camcorder from 1994; another might be the missing cord for the world's first Roomba - or maybe a defunct piece of Soviet satellite hardware.

You toss them into the "Electronics" bin. You convince yourself that surely, somewhere in a three-mile radius, a neighbor is weeping in their basement because they've been searching high and low for this exact, obsolete S-video connector. In your mind, you aren't just cleaning; you're the curator of the "Just-In-Case" Museum. Then comes the "sentimental journey." You pick up a chipped ceramic frog, and your rational brain gently whispers, "This is trash."

But your garage sale brain panics: "But Aunt Wilma gave this to me in 2008! What if she visits and notices the frog-shaped void in my soul?" You lovingly slap a 25-cent sticker on it, as if that will ease the guilt.

Stage 2: The Pricing Panic (Sticker Shock Edition)
Pricing is a psychological war. You realize that a brand-new, tags-on bread-maker is worth exactly \$5 in garage-sale currency. Meanwhile, you find a stack of old bird houses you crafted from Popsicle sticks in the sixth grade and proclaim, "These are priceless artifacts!"

You spend three hours meticulously labeling everything with neon stickers that will inevitably fall off or be found stuck to your dog a little later in the day.

Stage 3: The Early Birds (a.k.a. Garage Sale Ninjas)

The sale starts at 8 a.m., which, in garage sale time, means 6:15 a.m. You're still in pajamas, dragging a rack of vintage coats onto the lawn, when a white minivan pulls up like it's the Indy 500. A person emerges, moving with the stealth of a ninja, and whispers: "Do you have any gold, silver, or 19th-century nautical equipment?" You haven't even brushed your teeth. You point weakly at a pile of mismatched Tupperware and socks. Instantly, you know the crushing disappointment of someone who realizes you're not hiding a Ming vase among your recyclables.

Stage 4: The Negotiations (Let the Games Begin)
By noon, you're ready to pay people to take your stuff - and maybe throw in free snacks if they promise to take the collection of National Geographics. Customer: "Will you take 10 cents for this \$2 toaster?" (Clearly a master negotiator.) You: "Sir, the sticker says two dollars." (You try to sound firm, but your soul is melting.) Customer: "It's missing the crumb tray." (Touché.) You: "Fine. Take it. Take my shoes. Take my dignity. Just please don't make me carry it back inside."

Stage 5: The Aftermath - The Great Garage Sale Hangover

By 4 p.m., you've made \$42, misplaced your dignity, and developed a sunburn in the exact pattern of your lawn chair. You gaze at the leftover pile and realize the only thing you successfully 'cleared out' was your sanity - and just enough floor space to fit the new junk you'll inevitably haul home next week.

A MESSAGE FROM THE WILLAMINA SCHOOL DISTRICT

The Secret to Lifelong Success? It Starts with a Story

We often hear that literacy is the foundation of education, but at Willamina School District, we believe it's actually the foundation of connection.

I always encourage families to read to their children long before they reach school age. Research suggests a powerful trend: a student who has read—or been read to—1,000 books before entering kindergarten is significantly more likely to remain a strong reader throughout their entire school career.

Why 1,000 Books?

While 1,000 sounds like a mountain, it's actually a molehill! It averages out to about one book every other day. With young readers, it's easy to tuck into two or three short stories in a single sitting. But the magic isn't just in the numbers; it's in the bonding.

When a child sits with a loved one to read, they aren't just learning to track text from left to right or use illustrations as clues—they are associating learning with safety and love.

Innovation in Literacy: AI and Personal Stories

We are seeing incredible creativity in our community. One local family recently shared how they use AI to generate custom stories. By entering keywords about their child's culture, an upcoming family trip, or even an emotion the student is navigating, they've created a personalized library. This "high-tech" approach to storytelling keeps students engaged by making the content hyper-relevant to their lives.

Bridging the Gap: Non-Fiction and Community

While stories capture the imagination, non-fiction is a fantastic "hook" for many students. With so much information at our fingertips, letting a student dive deep into a topic they love—whether it's space, animals, or how things work—builds critical background knowledge.

To support this, our district recently hosted a Literacy Night! With over 100 participants, local authors, and (of course) great food, we were thrilled to give away free books to help students build their own home libraries.

Looking Ahead: Summer Reading

As we head toward break, our goal remains simple: keep students reading. This summer, our secondary students will choose a book to read for a short assignment due in August. By choosing their own titles, we hope they discover that accessing quality, grade-level text can be a choice—and a pleasure—rather than just a chore.

Who knows? They might just find they enjoy the pages of a book even more than the glow of a screen.

Happy Reading!

Sincerely,

Mike Gass, Superintendent

Willamina Elementary School 503.876.2374

Willamina Middle/High School 503.876.2545

School District Office 503.876.1500



Spring Whale Watch Week Returns

OREGON COAST, Oregon— Oregon State Parks will host Spring Whale Watch Week along the Oregon Coast Saturday, March 21 through Sunday, March 29. Trained Oregon State Park volunteers and park rangers will be stationed at 15 sites along the Oregon Coast to help visitors spot whales and their calves and answer questions from 10 a.m. to 1 p.m. daily March 21-29. The sites are among the best places to watch whales on the Oregon Coast. "Spring is a great time for whale watching because the gray whale migration can be a bit closer on their return trip north, usually within a few miles from shore. As we get later into the spring, we can sometimes see the mothers with calves in tow," said Park Ranger Peter McBride.

The National Oceanic and Atmospheric Administration (NOAA) estimates 13,000 gray whales are expected to migrate past Oregon's shores from late winter through June as they travel back toward Alaska, far fewer than earlier projections suggested. Although NOAA declared the Unusual Mortality Event over in 2023 and initially believed the population might be rebounding, new winter 2025 estimates instead show the lowest numbers since the 1970s. NOAA's models, which combine visual surveys with migration pattern assumptions, indicate that the 2025 population most likely falls between 11,700 and 14,500 whales.

A map of volunteer-staffed sites is available online on the official event webpage: https://oregonstateparks.org/index.cfm?do=thingstodo.dsp_whale-watching. The Whale Watching Center in Depoe Bay will be open 10 a.m. to 4 p.m. March 21-29. Visitors to the center can enjoy interactive whale exhibits and take in the panoramic ocean views. Binoculars are provided.

Park rangers and volunteers from Oregon State Parks will also be on hand to answer questions about the whales. All Whale Watch Week visitors are encouraged to dress for the weather, to bring binoculars and to follow beach safety guidelines such as remaining out of fenced areas, knowing the tide schedule and keeping an eye on the surf at all times. Go to <https://visittheoregoncoast.com/beach-safety/> for a list of safety tips.

For more information about coast parks and campgrounds, visit stateparks.oregon.gov. Visitors are encouraged to share their photos and videos from Spring Whale Watch on social media using #OregonStateParks and #ORWhaleWatch.

Willamina Annual Bark Dust Sale Announced

The Willamina Coastal Hills Chamber of Commerce has announced its annual bark dust sale, scheduled for 8 a.m. to 4 p.m. Friday, April 24, and 8 a.m. to 1 p.m. Saturday, April 25, while supplies last. Pre-ordered bark dust will be delivered from 10 a.m. to 4 p.m. Thursday, April 23. Delivery is available to Willamina, Grand Ronde, and Sheridan for an additional \$25. Delivery orders require prepayment and a minimum order of five yards. For more information or to pre-pay/pre-order, visit Willamina City Hall, 411 N.E. C St., Willamina, or call 503-876-2242.

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Honoring Our Nation's 250th Anniversary

Presented by the Sheridan Museum of History.

Fascinating Facts About Benjamin Franklin (1706-1790)

- Oldest Delegate:** At age 81, he was the oldest delegate at the Constitutional Convention in 1787.
- Diplomatic Success:** He was one of three Americans to sign the Treaty of Paris (1783) with England, which officially ended the Revolutionary War.
- Minister to France:** He served as the first U.S. Minister to France, securing vital French support for the American Revolution.
- Business Success:** He earned enough from his publishing business, notably The Pennsylvania Gazette, to retire at the age of 42.
- Author and Publisher:** He wrote and published the famous Poor Richard's Almanack, known for its proverbs and aphorisms.
- Inventions:** He was a prolific inventor of practical items, including bifocals, the lightning rod, and the Franklin stove.
- Political Activist:** He was a lifelong activist, founded the Pennsylvania Abolition Society, and was the only Founding Father to sign all four key founding documents of the United States.

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New Hours Posted For Sheridan Cafe

Sheridan's Riverside Cafe, located at 128 S. Bridge St., has updated its operating hours. The cafe is now open from 7 a.m. to 7 p.m. Monday through Thursday, 7 a.m. to 8 p.m. Friday and Saturday, and 7 a.m. to 2 p.m. on Sunday. For more information, call 503-843-9052.



Classic "Gone with the Wind" style hurricane lamp

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Asking \$50.

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Fancy Schmancy Fascinator Hats Party Set

Instructor Kirsten Browne will lead a class for those age 16 and older in creating a one-of-a-kind fascinator hat that looks just like the ones Catherine, Princess of Wales, wears.

The group will meet from 1-3 p.m. on March 26 at the McMinnville Senior Center, 2250 NE McDaniel Lane, in McMinnville. Participants will use a variety of embellishments - such as felt, flowers, jewels, ribbon, and tulle - to create these fascinator headpieces. At the end of class, a tea party is planned with participants donning their pretty, sparkly headwear. No experience is necessary, and all supplies are included. Register in advance; space is limited. The cost is \$20. For further information, call 503-435-0407. The McMinnville Senior Center is open 9 a.m. to 4 p.m., Monday through Thursday.

SATURDAY NIGHT BINGO
Doors Open: 5:30pm
Bingo: 6:30pm
EVERY SATURDAY
Odd Fellows Lodge
143 SW Monroe St.



Grace Faber (left) of Polk County and Chloe Bingman (right) of Yamhill County were named the 2026-27 Oregon Dairy Princesses.

Oregon Dairy Women Crown 2026-2027 Oregon Dairy Princess Ambassadors

Press Release Oregon Dairy Women

Salem, Ore. – March 11, 2026 – The Oregon Dairy Women proudly announce the crowning of the 2026-2027 Oregon Dairy Princess Ambassador.

Grace Faber, representing Polk County, was named the 2026-2027 Oregon Dairy Princess Ambassador, while Chloe Bingman, representing Yamhill County, was crowned Alternate Oregon Dairy Princess Ambassador during a ceremony Tuesday night at the Oregon Dairy Farmers Convention.

Faber, 18, is the daughter of Mike and Trisha Faber. A 2025 graduate of Santiam Christian High School, Faber was born into the dairy industry and spent many days of her childhood visiting the animals on her grandparents' dairy farm.

In the seventh grade, Grace received her first cow, Blossom, from her grandpa to show at the Polk County Fair. Since then her herd, and passion for the industry, has only grown.

Faber is currently a student at Linn-Benton Community College, where she is studying Animal Sciences with an emphasis in Dairy Science.

Bingman, 20, is from Amity and is the daughter of Lee and Danielle Bingman. A 2024 graduate of Amity High School, she is currently dual enrolled at both Chemeketa Community College and Oregon State University.

During her time as an Amity FFA member, she competed in the Milk Quality and Products Career Development Event (CDE) and Dairy Cattle Evaluation CDE. She also showed dairy heifers at the Yamhill County and State Fair during her senior year of high school.

Both young women will spend the next year traveling throughout Oregon, attending fairs, town meetings, and public events as representatives of Oregon's dairy farmers.

They will also visit schools across the state, educating students about life on a dairy farm and the nutritional benefits of dairy products.

Upon being crowned, both Faber and Bingman received scholarships to support their educational pursuits.

Outgoing Oregon Dairy Princess Ambassador Cydney Stables and Alternate Anna Wismer received \$21,350 and \$11,500 respectively for their year of dedicated service, during which they educated over 13,000 students about the dairy industry at schools and community events.

The other state finalists included outstanding young women from across Oregon: PaytonLynn Baldwin, Marion County; Isabel Wedam, Morrow County; Simone Ferguson, Tillamook County; and Tayler Lovelady, Washington County. Ferguson was awarded Miss Congeniality by the other state finalists.

WEST VALLEY COMMUNITY CAMPUS

Greetings Gardeners!

The West Valley Community Campus Community Garden has opened up for 2026 for anyone who would like to sign



up for one of our spaces. We have 12 raised beds of various sizes plus four round planters, and we are working on preparing some ground space for gardening as well. Please contact us through email, info@westvalleycommunitycampus.org or call at 503-929-4037 and leave a message. We will call you or write you back to add you to our list of interested gardeners when we open up for the new season and send you further details for signing up. We have been working on preparing our garden spaces through the winter and are excited to offer these spaces to all! Please check out our Facebook page and our website to see past and present pictures of our garden! Here's to happy gardening in 2026!

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Jazz Night Hits High Note at Faulconer-Chapman Concert

Looking all jazzy in white dress shirts, black slacks, and red bow ties, the Faulconer-Chapman jazz band, The Mill Creek Millies, directed by middle school music teacher Derek Evers, held their second annual Jazz Night dinner and show at Faulconer-Chapman School.

The band was joined by several members of The! Little Big Band, a Yamhill County-based music ensemble that also performed at last year's concert and would later take the stage during the evening's program.

Serving as master of ceremonies for the event was Molly Griffith, a member of the FCS Band Boosters.

Attendees began the evening by filing in, taking seats after picking up a barbecue plate of pulled pork, beans, and salad provided by pitmaster Dennis Adams. Cupcakes were also available. Some guests commenting on their flavor, returning to purchase a dozen to take home.

Following a brief welcome from Faulconer-Chapman Principal Adam DeLatte, The Mill Creek Millies opened their set with "Avenue Swing," featuring a trumpet solo by Kaiden Loftis. They followed with Don't Fall In, highlighting Cassandra Gendhar on flute, Aleena Short on clarinet, Merritt Schilling on bass clarinet, Coraline Andreas on clarinet, and Loftis on trumpet. Gendhar again took the spotlight during the band's performance of "Quiet Time" before the group shifted gears with the aptly named "Drumtime," which allowed drummer Ethan Desnoyers to let loose. And did he ever. Desnoyers impressing the audience with his energetic drum solo.

The band closed their set with two more numbers: "Swing Thing," featuring a tenor saxophone solo by Mia Montano, and "Big Band Rumble," which concluded with another trumpet solo by Loftis.

The! Little Big Band then took the stage, performing "Younger Than Springtime," "Hay Burner," "Sway," "Skylark," "Count Bubba," "How Little We Know," "Everything," "Bringing Home the Bacon," and "April in Marseille," with the band's vocalist, Colleen Johnson, stepping up to the mic during three of the numbers.

The group's youngest member, Sebastian Carrillo, 20, who performed with the group for the past two years, and the band jokingly stated, helped bring the average age of the band way down, delivered a tenor saxophone solo during the performance of "Skylark."

With the evening running smoothly, the group added a couple of additional tunes not listed on the program to round out the performance.

Raffle tickets were also sold during the event, with Stacey Kim winning the drawing. Kim said she plans to gift the guitar to her nephew, Kaiden Loftis, the trumpet soloist who played earlier in the evening.

The program members thanked the Faulconer-Chapman administration and school board, Dennis Adams for providing the meal, and the FCS Band Boosters

for preparing attire, decorations, and assisting with food and set-up. Additional thanks were extended to the custodial staff for event cleanup and to all the other volunteers who helped make the evening possible.

The program leaders also recognized the students who "took on jazz with trepidation and did not give up on themselves, who tirelessly practiced to get things right, devoting their time to actively striving for improvement." Additional thanks went out to

the sponsors for the event, stating that this performance would not have been possible without them. Sponsors included The! Little Big Band, Uptown Music (which donated a bass guitar), Sheridan IGA, West Valley Mercantile, Computer Solutions, First Federal, Techtonics Tuning, Churches United, and the Rotary Club of the West Valley.

Organizers concluded by thanking everyone who attended and supported the students' hard work and musical growth.



Ethan Desnoyers' face is all focus during his solo in the song "Drumtime" played during the Faulconer-Chapman Jazz Night fundraiser.



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Help our littlest angels
stay full and dry
February 18- April 18

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Food banks and A Family Place will receive
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Last issue's crossword solution

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

Seniors Gather to Quilt For Charitable Causes

The McMinnville Senior Center is inviting volunteers to roll up their sleeves and get crafty for a good cause. An all-volunteer group meets from 1-3:30 p.m. on Tuesdays at the center, 2250 NE McDaniel Lane, to create handmade quilts for families, charities, and individuals in need.

Organizers stress that a willingness to help is the only requirement to join. Absolutely no prior quilting or sewing experience is needed; current volunteers are happy to guide newcomers through the process.

The program is completely free to attend. For more information, call 503-435-0407. The center is open 9 a.m. to 4 p.m., Monday through Thursday.



New Program Series Announced at Library

The Willamina Public Library has announced a new all-ages *Trash Gardening Series* for community members interested in sustainable gardening practices.

The three-part workshop series will teach participants how to grow a garden using materials that might otherwise end up in the recycling or garbage.

The first class, Introduction and Garden Planning, will take place at noon on Saturday, April 4, at the Willamina Public Library. Subsequent classes are scheduled for noon on April 18 and May 16.

Interested teens are invited to join the adult series. Youth classes will also be available.

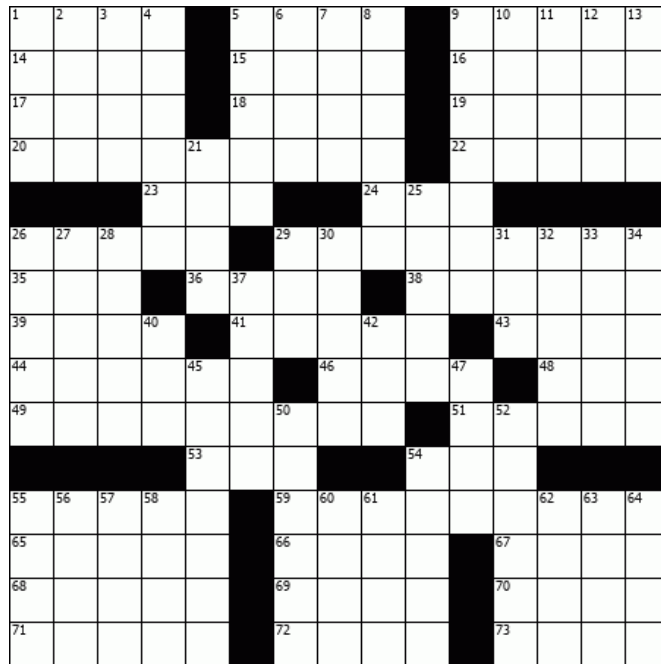
"We are excited to offer this series," said Willamina Library Director Sarah Frost. "I have been working with local community members who are passionate about gardening for several months to plan this series, and I'm really hoping there is interest in this type of programming. If it is successful, we hope to offer it again in the fall with new seasonal plants."

Community members who are interested in participating, or who have questions about the series, can email Frost at frosts@ci.willamina.or.us.

CROSSWORD PUZZLE

Across

1. Beige
5. Korea's locale
9. Thoughts
14. Mortgage
15. Injection
16. Violin's kin
17. Mislay
18. Spirit
19. Actress ___ Barkin
20. Horse breed
22. Phonograph records
23. 1/60th of a minute (abbr.)
24. Command to Fido
26. Clothing stand
29. Full of calories
35. Epoch
36. Dirt
38. Breadwinner
39. Zero
41. Light bender
43. Farm measure
44. Brunch dish
46. Finest
48. Wide street (abbr.)
49. TV and radio (2 wds.)
51. Map detail
53. Refreshing drink
54. Beer's kin
55. Lustrous fabric
59. Overfull
65. Nurse ___ Barton
66. Concluded
67. Shredded
68. Dandy's neckwear
69. See socially
70. Cut of beef
71. Pioneer Daniel ___
72. Ultimatum word
73. Squeaks by



Down

1. She, in Valencia
2. Chicken's home
3. Scrape roughly
4. Discomfort
5. Civic gp.
6. Scat!
7. Gambler's notes
8. Finally (2 wds.)
9. Summer drink (2 wds.)
10. Sandwich store
11. House additions
12. Actor ___ Guinness
13. Male offspring
21. Permits
25. Details
26. Snake's poison
27. Smell
28. Country roads
29. Evergreen tree
30. Suspect's story
31. Gun rights group (abbr.)
32. Native Peruvians
33. Gall
34. Welcome
37. Chose
40. Raised railroads
42. Neptune's domain
45. Radiate
47. Mahjong piece
50. Decipher
52. Snuggle
54. Concur
55. Strike-breaker
56. Plus
57. Mexican dish
58. Press
60. Track shape
61. Butterfly catchers
62. Captured
63. ___ Canal
64. Bears' lairs

EARLY LITERACY ADVENTURES

at Willamina Public Library

ideal for ages 3-5

Mondays at 9:30 AM



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DOORS OPEN: 5:30PM

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THURSDAY

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Ethics Rules and Student Contest Highlight Willamina Council Meeting

The Willamina City Council met in regular session on Tuesday, March 10. The following were key takeaways from the meeting.

Resident Justin Boone addressed the council during public comment, raising concerns about the deteriorating unpaved road in front of his home. Boone described the area as a neglected part of town and said the situation has become increasingly dangerous, particularly where garbage trucks attempt to make the corner. He said he and his family are counting the days until one of the trucks slips into their yard. Boone added that he has tried to manage the problem himself by requesting gravel and filling holes, but said gravel alone is only a temporary fix. "There's always going to be cars, but those big trucks, they do some damage over time," he said.

After Boone said he had spoken with city public works staff about the issue, City Councilor Barry Wilson informed him that filing a formal written complaint with City Hall would be the best way to ensure the matter is tracked and addressed. Wilson noted that verbal complaints do not create a formal record.

The council then considered Ordinance 700, which adopts a City Council Code of Conduct. The ordinance, which began development last year, establishes expectations for council behavior, compliance with Oregon law, and respectful communication during public meetings. After discussion and clarifying questions from council members, the council voted to approve the ordinance.

The code outlines guidelines intended to keep the council in compliance with Oregon public meetings law, ethical standards for council members, rules of conduct, roles and responsibilities of councilors, the separation of policy and city administration, public participation procedures, training expectations, and enforcement measures.

Later in the meeting, the council voted on updated City Council Rules of Procedure. The document governs council meetings, including the order of business, meeting frequency, hearings, motions and voting, appointments, reports, and other procedural matters.

The rules were originally prepared in 2023 and have since been revised to provide clarification and align with current

city ordinances, processes, city operations, and the City Charter. One point of clarification involved abstaining from votes. City Manager Bridget Meneley and City Recorder Krystal Stevens said they had contacted other cities to review how abstentions are handled in their charters and found that practices varied widely. After consulting with the city's legal counsel, legal said elected or appointed officials are generally required to vote as representatives of the community, and may abstain only in cases involving a conflict of interest. Following the discussion, the council voted to adopt the Rules of Procedure.

The council also voted on a Rotary sponsorship request that had been introduced during the previous month's regular session. The city approved a \$100 donation to the Rotary Club of the West Valley to support the organization's participation in community events throughout the West Valley.

Meneley also updated the council on the American Legal Publishing contract previously approved to recodify the City of Willamina's municipal code. The contract had been approved at \$12,000 during the last regular session, but the revised cost has now been reduced to just under \$8,000.

Mayor Vickie Hernandez presented entries from Willamina Elementary School fourth-graders for the "If I Were Mayor" contest. Each councilor selected their three favorites from the 24 submissions received. The three entries receiving the most votes from council members will be submitted to the statewide contest. Each submission included a written response describing what the student would do as mayor, along with drawings illustrating those ideas.

The top entries highlighted a range of priorities. One student proposed four goals: raising teacher salaries, bringing back a farmers market to Willamina, adding an urgent care facility, and building more outdoor courts so residents could exercise, play sports, and spend time together. The student concluded the entry by adding, "that, and a lot more stuff."

A second student focused on livability, calling for more playgrounds or parks, additional public libraries, and improvements to transportation and public safety. "I kind of don't

think cars and roads are that safe," the student wrote. The accompanying drawing showed a vehicle driving over a cliff, with the people inside saying, "I wish I had taken car school."

A third student wrote about cleaning up city streets and making sidewalks safer. The entry also called for reducing the cost of groceries and housing, lowering home prices from \$600,000 to \$10,000, building a covered outdoor basketball court, and ensuring schools have enough funding.

Hernandez praised the students' work. "It was so cool to see how much thought these kids put into stuff and the things that they wanted," she said. She added that many of the entries called for additional recreation facilities at the Oaken Hills Pump Track, several of them favoring the construction of a full-size basketball court.

All entries can be viewed in the council agenda packet.

During the city manager's report, Meneley told the council that the city has submitted an application to the Oregon Department of Environmental Quality's Clean Water State Revolving Fund Program. The city is seeking \$20 million with a \$4 million match. Meneley said the city is working with Business Oregon and the office of Oregon's U.S. Rep. Andrea Salinas to identify additional funding sources


for that match.

Meneley also reported that the DEQ accepted the city's December 1 submission of the Willamina Total Maximum Daily Load Implementation Plan Annual Report. She said ordinances related to the plan will need to be adopted in the coming years.


Meneley also emphasized the importance of following the newly adopted Council Code of Conduct. Referring to news articles included in the agenda packet about ethics-related accusations and possible violations involving the cities of Salem and Keizer. She warned council members about the reputational consequences of misconduct. "It just takes one person, and then the City of Willamina is in the news for the wrong reason," Meneley said. "I can't control what you do; all I can control is the information that I'm sharing with you. I want us to continue to be a successful council and one that follows the rules."

The meeting also included a discussion of the city's search for a new code enforcement officer. The position will remain open until filled, and the first review of applications is scheduled for March 16.

All documents, ordinances, and action items can be viewed in the City Council agenda packet, under the council section of the City of Willamina's official website.



HUDDLESTON POND STOCKING SCHEDULE



Week of	Legals	Trophy	Total
Mar. 09, 2026 - Mar. 13, 2026	400	0	400
Mar. 30, 2026 - Apr. 03, 2026	0	25	25
Mar. 30, 2026 - Apr. 03, 2026	800	0	800
Apr. 13, 2026 - Apr. 17, 2026	500	1,025	1,525
Apr. 13, 2026 - Apr. 17, 2026	1,563	0	1,563
Apr. 27, 2026 - May. 01, 2026	600	0	600
May. 04, 2026 - May. 08, 2026	0	25	25
May. 11, 2026 - May. 15, 2026	800	0	800
Jun. 01, 2026 - Jun. 05, 2026	800	0	1,825



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Sheridan Rotary

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Sheridan Fire District

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503-843-2467

Sheridan Center Market

131 SW Monroe Street • Sheridan
503-843-9077

West Valley Mercantile

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503-843-9088

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503-843-2700

Sheridan Building Materials

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503-843-7150

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Folks struggling to feed themselves and their families during a time of h
unteers at Grand Sheramina Food Bank (GSFB). Volunteer roles at the fo
hours at a time, they rotate stock, organize shelves, fill boxes, truck groc
participate in fundraisers, and they're innovative problem solvers. They
sion every 1st and 3rd Tuesday from 2-4 p.m. Pictured above, from left to
Rosenberry, Diana Schmauder, Lori Nietz, Eileen Hines, Mariah Dewilte, a

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ardship are grateful for community donations and the hardworking vol-
ood bank are many. These devoted folks are sometimes on their feet for
eries from YCAP, recyclable cans to the redemption center, organize and
dispense nutritious food, with an extra helping of kindness and compas-
right: Lisa Sherwood, Daphne Carter, Judy Adams (GSFB Director), Louise
and Joyce Cole (GSFB Secretary).

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sheridanchamberofcommerce@gmail.com

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503-843-3521

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

City of Willamina
411 NE C Street • Willamina
503-876-2242

West Valley Bulletin Board
136 E. Main Street Sheridan, OR 97378
bulletinwestvalley@gmail.com

City of Sheridan
120 SW Mill Street • Sheridan
503-843-2347

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

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

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



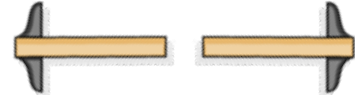
• Soap • Peanut Butter • Low Sugar Cereals • Toothpaste • Juice Boxes • Macaroni & Cheese

Scholarships Available for Girls Build Aug. 3-7

Girls ages 8-15 attend camp for one week, Monday - Friday, from 8:30 am - 4:30 pm. Camp fees, include both breakfast and lunch.

Campers attend two workshops in the morning and in the afternoon. Interspersed throughout the day are icebreakers and team bonding games, so girls can get to know each other, and build together better.

This summer program will be held in Sheridan. For registration and to apply for scholarships visit girlsbuild.org



Sheridan Revitalization Sets Date for Pick-Up Day

The Revitalization Movement has set its sights on April 18 for their annual Sheridan Litter Pick-Up Day.

Revitalization's spring cleaning day, is only be possible with the help from members of the community.

As an added bonus to the already free drinks and pizza provided to the volunteers by the Rotary Club of the West Valley, Sheridan Revitalization Movement will enter all volunteers into a drawing for a fruit tree, donated by Treedemption Gardens.

For more information or to sign up, visit www.tinyurl.com/pick-up2026.

x

Schools in the Sheridan and Wilamina School Districts will observe spring break from March 23-27. During that week, school buildings will be closed; however, scheduled athletic events will continue as planned.

This also means more students are likely to be out playing during the break, and motorists are encouraged to use extra caution when traveling through town. Parents and guardians are also encouraged to review basic safety with children, including looking both ways before crossing the street, wearing proper safety gear when riding bikes or scooters, and obeying stop signs on roadways.

Horoscopes Mar. 18-24

ARIES - Mar 21/Apr 20

Sometime this week you may discover a hidden talent you didn't know you have, Aries. Embrace this new aspect of your identity and put it to good use.

TAURUS - Apr 21/May 21

This is a time when you might feel grounded and secure, Taurus. Your inner strength will allow you to take a calculated risk that will pay off, either with your finances or relationships.

GEMINI - May 22/June 21

You might find that this week a mental fog will lift, leaving you with a crystal-clear vision for the future, Gemini. Start moving toward your goals as soon as possible.

CANCER - June 22/July 22

Your emotional intelligence is your greatest asset right now, Cancer. You help a friend navigate a tricky situation with ease midweek, and by the weekend you're still going strong.

LEO - July 23/Aug 23

Right now your confidence is unshakable, Leo. Use all of your energy to advocate for something you fully believe in. Chances are you will evoke some change as a result.

VIRGO - Aug 24/Sept 22

Virgo, order brings you joy, which means you may want to tackle transforming your work space into a more detailed operation. This will boost your mood and your performance.

LIBRA - Sept 23/Oct 23

Romance is a priority right now, Libra. Whether you are single or in a relationship, expect a moment this week when the spark is ignited once more.

SCORPIO - Oct 24/Nov 22

A small change in your routine may lead to a big increase in energy, Scorpio. Try rearranging your schedule to see what works best for you, and then make it a habit.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, a dream you had is more attainable than you might think. Take the first step and quickly the path will open up for you. Enlist friends to push you even further along.

CAPRICORN - Dec 22/Jan 20

Leadership comes naturally to you now, Capricorn. People will be looking to you for guidance this week. Try to deliver it with kindness and no sense of ego.

AQUARIUS - Jan 21/Feb 18

Your "Eureka!" moment might come sooner than you would imagine, Aquarius. Pay attention to the details this week and tune your way of thinking toward innovation.

PISCES - Feb 19/Mar 20

Nature walks or creative hobbies may nourish your soul this week, Pisces. You might find yourself deeply attuned to the world around you and the beauty you discover.

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Warm Fuzzies

Love Our Library's - Library at Twilight Murder Mystery FUNdraiser was a killer success! We are filled with gratitude that so many support our mission of strengthening the quality of life for the people in our community through the programs and services offered at Willamina Public Library.

Thank you to our business sponsors - Magnolia Management also known as MAGENolia Management Guild, the Coastal Hills Chamber of Commerce referenced as the Coastal Howlers Were Clan, Willamina IGA represented the Vampyr House's Blood Bank and Grocery, and Coyote Joe's - home of the Fae Court's Ever Dark Pub. Your sponsorship helped us cover the cost of food and a portion of the bar items available at our event. Our appreciation also goes out to Sally Shenk and family who created the menu and donated their time and expertise into preparing all the food. Janos Vamos for donating his time to capture the spirit of the event with his expert eye in photography. Susan Chamberlain and Recca Maze for volunteering to bartend. Emily Bonsant and Rachel Thompson of the News Register for taking an interest in Love Our Library and our special event. And, all our guests who came fully engaged and ready to play the game while generously opening their pocket-books to help us raise \$3,500 for the Willamina Public Library!

Big thanks also go out to the Willamina Public Library Team - Sarah, Katie, Amanda, Bethany, Ethan, Dannielle! Your incredible support in preparing game materials and tolerating our takeover of library space is much appreciated. On top of that your coordination and implementation of a fun and engaging youth murder mystery (way to go, Katie) was top-notch. Additional gratitude extends to Sarah, Katie, and Dannielle for working the adult events as well.

Last, but certainly not least, we had 4 volunteers whose commitment and dedication to our cause cannot be overlooked. Over 7 months, these ladies attended every meeting to help prepare for this event, gathered supplies and donations, transformed the library into a magical realm, and worked tirelessly through both nights of our event to make them an evening to die for. Cris Darr, Loree Havel, Rebecca Rice, and

Emily Sims - you keep the FUNdraising Committee going with all of your selfless work. Without you, our efforts would be impossible. Thank you for being you and being there for it all!

If you would like to become a friend or learn more about Love Our Library - visit us at lolwillamina.org.

With profound gratitude,
~Kepola Napoleon and
Love Our Library
President and FUNdraising
Committee Chair

.....

We would like to thank Good Shepherd Church, especially Deacon David, for all the prayers, love, and support through this difficult time.

We'd also like to thank our friends and members of the American Legion for their show of support.

A special thank you to Tammy Turpin for your helpful response. Dennis would be honored.

Thank you to all the family, friends, and neighbors of this community for their kindness.

Sincerely,
~The Carmody\Boris Family



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New Hours!
Wed. - Fri.
10am - 5pm
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DID YOU KNOW?

Mail in a Can: Did you know that Sheridan's very first "post office" was simply a tin can nailed to a fence post? Early pioneer Absolom Faulconer set it up in the mid-1800s to collect passing messages and mail before the town was officially platted.

Sheridan is home to Oregon's First Federal Prison: The Federal Correctional Institution, Sheridan, opened in 1989. It serves as a medium-security facility for male inmates and is operated by the Federal Bureau of Prisons. As of May 29, 2025, the population of FCI Sheridan was 1,462 inmates, with 214 of these in the minimum-security prison camp.



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

- | | | |
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| AROMA | GRASS | POPCORN |
| BALSAM | HONEYSUCKLE | ROSEMARY |
| BROWN SUGAR | INCENSE | SANDALWOOD |
| CEDAR | JUNIPER | SCENT |
| CHAMOMILE | LAVENDER | SHEA |
| CITRONELLA | LEMON | THYME |
| COCONUT | MIINT | TRUFFLE |
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| EUCALYPTUS | OILS | VANILLA |



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Coyote Joe's Hosting 4th of July Grill Raffle

Coyote Joe's in Willamina is hosting a raffle for a Saber three-burner grill, thanks to a generous donation by Jeff Blackwell of the grill, valued at \$1,299.

Raffle tickets are \$5 each or five for \$20 and can be purchased at Coyote Joe's.

All proceeds will go towards funding the Willamina Fourth of July fireworks display.

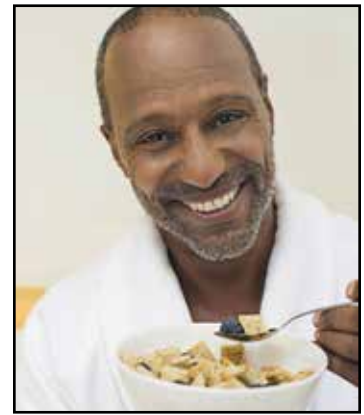
West Valley Bulletin
Board office hours
Mon-Thurs 11-5
Friday 11-4

Daily Habits that Men Can do to Help Improve Their Overall Health

No two men have the same exact makeup, so a health and wellness routine that works for one will not necessarily work for another. It's important that men looking to turn over a healthier leaf keep those nuances in mind as they begin what will hopefully prove a successful journey to a healthier version of themselves. Health care professionals often say the best approach to a healthier lifestyle is the one that an individual will stick to. That philosophy reflects that each man is different, but there are some simple daily habits all men might want to consider as they seek to improve their overall health.

Drink more water: The Centers for Disease Control and Prevention note that drinking enough water each day provides a host of health benefits, including preventing dehydration. Dehydration can adversely affect mood and lead to confusion. Dehydration also can contribute to the formation of kidney stones, which the National Institutes of Health notes are more likely to affect men than women due to men's diets and differences in urine chemistries. Symptoms of dehydration also mimic signs of hunger, which means men might overeat under the mistaken impression that they're hungry when all their body really wants to do is hydrate. The U.S. National Academies of Sciences, Engineering and Medicine determined that men should consume about 15.5 cups of water per day.

Eat breakfast: On-the-go guys may skip breakfast, which can cause a ripple effect throughout the rest of the day that ultimately harms their overall health. The Cleveland Clinic notes that the body is most insulin-sensitive in the morning, making mornings a great time to consume fiber-filled carbohydrates that can help to lower cholesterol levels. Eating breakfast also kicks metabolism



into gear and can reduce the likelihood of overeating later in the day.

Get up and walk around throughout the workday:

Men who work in office settings or other environments that require them to sit for long periods of time should make a concerted effort to get up and move around during the workday. A 2016 study published in the International Journal of Behavioral Nutrition and Physical Activity found that workers who avoided sitting for six uninterrupted hours reported feeling more energetic throughout the day than those who were not active. In addition, the study found that those who rose for hourly five-minute walks reported greater happiness, less fatigue and smaller cravings for food than on days when they took a single 30-minute walk.

Cut back on screen time: Parents may work hard to ensure their children are not spending too much time on their devices, but men also can benefit from spending less time staring at screens. The Mayo Clinic notes that cutting screen time can encourage men to be more physically active, improve their sleep quality and make strong social connections. Each of those things can improve overall health.

Some simple adjustments to their daily routines can help men improve their overall health.



My big Belgian Cross draft horse, Sir Lancealot, Lance for short, absolutely lives for summertime. His favorite game happens every time I clean his water trough. He stands off to the side, watching quietly while I scrub and rinse, acting like the world's most patient horse. But the minute I start refilling it, he turns into a playful giant. With a gleam in his eye, he trudges over, sticks those muddy, dinner-plate hooves right in, and starts splashing like a kid in a kiddie pool. Water everywhere. There's no stopping him once he's started - at least, not unless you've got more muscle than a draft horse, which I definitely don't. So I just throw up my hands and laugh, spraying him with the hose while he dances and snorts with delight. Eventually, when he's tired of his own antics, he'll wander off and let me fill the rough again. Of course, a few minutes after I walk away, I always hear the splashing start up again. That's Lance - big, silly, and completely in love with summer. ~Joy, from Harmony New Beginnings.



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Color Your Way Down Memory Lane

The Sheridan Museum of History is proud to announce the release of Hometown Highlights: A Collection of Sheridan Memories, a brand-new coloring book celebrating the history and cherished traditions of Sheridan. The book is available for purchase now for \$10.

Filled with illustrations and descriptive captions of classic local scenes, the coloring book offers a nostalgic trip down memory lane for residents of all ages.

Pages feature iconic Sheridan memories and events, including the old rodeo, May Day celebrations, strawberry and bean picking, the fire department's pancake breakfast, the Cub Scout cake auction, one of Sheridan's old soda fountains, and the Jay-see's non-motorized boat races on the South Yamhill.

The book also highlights old-time Sheridan restaurants, Sheridan Days, the old bowling alley, the ice skating rink, and more. Copies of Hometown Highlights can be purchased directly at the Sheridan Museum of History, located at 142 S. Bridge St. The museum is open every Saturday from 10 a.m. to 3 p.m. This coloring book would be unique gift for anyone who would enjoy these nostalgic memories.

All proceeds from the sale of the coloring books will go directly toward museum expenses and ongoing maintenance, ensuring that Sheridan's history continues to be preserved and shared with future generations.

Maybe Your "Mute" Point Is Actually Just A Very Quiet One

Sometimes the best humor comes from a "malapropism" - the accidental use of a word that sounds similar to the intended one but results in something completely hilarious.

Here are some of most common ways people accidentally mix up their vocabulary:

1. Peruse vs. Persuade

Many people use "peruse" to mean skimming quickly, but it actually means to read something thoroughly and in great detail.

The Funny Part: If you tell your boss you "perused" a 50-page report in 30 seconds, you're accidentally claiming to be a superhuman speed-reader.

2. Enormity vs. Enormousness

This is a classic "sophisticated" blunder. Enormousness refers to great size. Enormity refers to extreme wickedness or a monstrous crime.

The Funny Part: If you describe the "enormity" of your daughter's birthday cake, you aren't saying it's big - you're calling the cake an unspeakable act of evil.

3. Bemused vs. Amused

Amused means finding something funny. Bemused means confused, puzzled, or bewildered.

The Funny Part: If you tell a comedian you were "thoroughly bemused" by their set, you're essentially telling them their jokes made no sense and left you scratching your head.

4. Refute vs. Deny

To deny is to say something isn't true. Refute is to actually prove that something is wrong with evidence.

The Funny Part: Politicians often say they "refute the allegations" when they really just mean they "deny" them.

Unless they have the receipts, they're just using a fancy word

incorrectly.

5. Nonplussed

This is one of the few words that is migrating toward its own opposite.

The original definition meant so surprised and confused that they are unsure how to react.

Common Misuse:

Unimpressed or unfazed.

The Funny Part: You might use it to sound cool and "unbothered," but technically you're telling everyone you're completely overwhelmed and don't know what to do.

The following is from the "Malapropism" Hall of Fame. These aren't just misused words; they are "near-misses" that change the whole vibe of a sentence:

"For all intensive purposes"

Correct: For all intents and purposes.

The Visual: A purpose that is very, very focused and sweaty.

"A mute point"

Correct: A moot point.

The Visual: A point that has

lost its voice and can no longer speak.



"Escape goat"

Correct: Scapegoat.

The Visual: A very clever farm animal planning a prison break.

"Nip it in the butt"

Correct: Nip it in the bud (like a flower).

The Visual: A much more painful and HR-violating way to solve a problem.

The dialogue below is definitely a "minefield" of linguistic slips! There are 14 specific malapropisms or mangled idioms hidden in the conversation between Gary and Linda. Can you find them?

The "Social Battery" Recharge

Gary: Honestly, Linda, I'm glad we're finally having this talk. It's been a long time coming, and I really think we need to nip it in the bud—or, as they say, nip it in the butt.

Linda: I totally agree, Gary. Our communication has become a total mute point. I feel like I'm constantly being put on a pedal stool, and it's a lot of pressure!

Gary: See, that's the problem! You're making a mountain out of a mole-hill, or maybe even a mountain out of a mole-skin. Either way, it's not rocket surgery.

Linda: I know, I know. I'm just

trying to keep my head above water, but sometimes it feels like I'm just a pawn in your chess game... or a prawn. Whatever. It's a doggy-dog world out there.

Gary: Well, look, I don't want to be the escape goat for all your problems. I've been working my tailbone off to make this work!

Linda: You're right. I shouldn't take you for granite. Let's just put this behind us for all intensive purposes.

Gary: Great. Now, let's go grab some lunch. I'm starving, and I hear that new deli has a mean chicken-con-carne.

Pull Up a Chair: Wednesday is Pinochle Day at the Museum

In an era dominated by digital screens and virtual interactions, a dedicated group of local residents are proving that nothing beats the tactile satisfaction of a well-shuffled deck of cards and a live opponent.

Every Wednesday afternoon, the Sheridan Museum transforms into a hub of strategy and social connection as it hosts its long-standing weekly Pinochle games.

The museum doors open at 11:30 a.m., allowing early arrivals to secure their favorite seats and trade stories before the competi-

tive bidding begins. For a modest entry fee of \$3.25, participants gain access to hours of mental stimulation and camaraderie.

The museum offers a welcoming environment for everyone. Whether you are a seasoned "card shark" with years of experience or a novice looking to relearn the nuances of the meld, the atmosphere is designed to be inclusive.

"There is a unique magic in the feel of actual cards and the face-to-face strategy of a live game," noted one regular attendee.

The importance of these gather-

ings extends beyond the scoreboard. These weekly sessions serve as a vital social lifeline, keeping the community tightly knit through shared hobbies. By maintaining this tradition, game organizers help preserve a classic pastime that sharpens the mind and strengthens local bonds. It offers a wonderful opportunity for the older pros to mentor those newer to the table. As the afternoon progresses, the sound of shuffling cards is often punctuated by laughter and the occasional discussion about a tricky hand.

Eeeeeek!



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ODOT to Start Project on Highway 22 Near Dallas

The Oregon Department of Transportation (ODOT) has announced that construction on Highway 22, between Perrydale Road and Kings Valley Highway, will begin this year. The project will include the construction of a roundabout at the HW-22 and Kings Valley Highway intersection. Crews will also straighten the Dallas side of Perrydale Rd. along the highway to improve visibility for drivers entering from Dallas. Motorists should expect lane closures, traffic delays, and shifting traffic patterns during construction.

A Governor's Hometown:
Did you know that Oregon's very first female governor, Barbara Roberts, grew up in Sheridan? She graduated from Sheridan High School long before she made state history by serving as governor from 1991 to 1995.

SHERIDAN POND STOCKING SCHEDULE

Week of	Legals	Trophy	Total
Mar. 09, 2026 - Mar. 13, 2026	400	0	400
Mar. 23, 2026 - Mar. 27, 2026	340	0	340
Mar. 30, 2026 - Apr. 03, 2026	600	0	600
Apr. 13, 2026 - Apr. 17, 2026	798	0	798
May. 04, 2026 - May. 08, 2026	566	0	566
May. 18, 2026 - May. 22, 2026	800	0	800
Jun. 01, 2026 - Jun. 05, 2026	0	0	0
Jun. 01, 2026 - Jun. 05, 2026	998	0	998

Word Scramble

Use the letters and clues below to unscramble the words related to National Let's Laugh Day (March 19). Place the letters from the circles on the dashes at the bottom to solve the last remaining word.



R O N A G



I T L E K C



E K L H C C U



A H S O U I R I L



I was going to tell you a joke about chemistry, but I don't think I'll get a _____?



Last weeks answers

Fantasy - Escape - Inspire - Illusion - Nightmare -
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Reality Under Fire: Understanding The Mechanics of Gaslighting

In recent years, the term “gaslighting” has migrated from clinical psychology textbooks to everyday conversation, becoming a buzzword for everything from political spin to toxic breakups. But beneath its trendy surface lies a sophisticated and damaging form of psychological manipulation.

At its core, gaslighting is a tactic where a person or entity leads a victim to doubt their own perceptions, memories, or sanity. It isn't a one-off lie; it is a persistent, long-term pattern of behavior designed to shift the power dynamic in a relationship.

From stage to screen the term owes its name to the 1938 play “Gas Light,” by Patrick Hamilton, later adapted into the famous 1944 film starring Ingrid Bergman.

This film features a husband's attempt to convince his wife she is going insane by secretly dimming the home's gas-fueled lights. When she notices the flickering, he insists she is imagining it, eventually causing her to distrust her own senses.

How does gaslighting work? Psychologists identify several key “red flag” behaviors that constitute gaslighting. It typically follows a predictable cycle:

Blatant Lying: The manipulator tells a lie with a straight face, even when you have proof of the truth. **Shifting Blame:** When confronted, the gaslighter turns the situation around, making the victim feel responsible for the conflict. **The “Crazy” Label:** By telling others (or the victim themselves) that they are “unstable” or “too sensitive,” the manipulator dismisses any legitimate concerns.

Wearing Down the Victim: It is a slow burn. Over time, the victim loses their sense of self and becomes increasingly dependent on the manipulator for “the truth.”

The goal of gaslighting is to make the victim feel like they are walking on eggshells, constantly questioning their reality until they no longer trust their own judgment.

While the term originated in domestic settings, experts now apply it to medical gaslighting (when doctors dismiss a patient's symptoms as “all in their head”) and corporate gaslighting, where management denies systemic issues to avoid accountability.

Recognizing the signs is the first step toward reclaiming one's reality. Experts suggest keeping a journal or “fact-checking” with trusted friends and other sources to maintain an objective record of events.



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Local Teen Finds Purpose Through Writing; Publishes First Novel

There is a first for almost everything: the first man on the moon, the first skyscraper, and the first international flight. There is a very long list of firsts around the world, down to firsts in a city.

Sheridan may soon add another to its list. While it currently cannot be definitively verified, the city may have its first teen author in history to ever publish a book.

Bryan Bonds, a 16-year-old sophomore at Sheridan High School, self-published his book, "The Last Red Hope," last November.

The novel is his fourth piece of writing since he began putting his pencil to paper for some-

thing other than homework.

"During freshman year, when I was 15, I was in class. I was bored, and I was going through rough times, problems with substance use and all that," Bonds said. "So I decided to start writing."

Bonds said the idea came to him after he got into trouble in class.

"I grabbed a pencil and a notebook and started writing a very short story called A "Snowy Christmas," a story about Sheridan getting snow," he said.

Not used to writing for long periods of time, Bonds said his hand began cramping as he worked. He later moved the story to a computer to rewrite it and found that he loved what he



had created.

Since then, he has written several additional pieces, including a short story titled *Freedom Doesn't Last Forever*. The story explored a fictional scenario sparked by a joke made by former President Donald Trump about Canada becoming the 51st state.

"When Trump asked Canada to be the 51st state as a joke, it actually worked out (in his story).

Then Trump decided to go a step further, so I stopped writing that because it was getting a little too real," Bonds said, deciding to scrap that project and focus on other fictional stories centered on political intrigue.

He then began writing another story called "The Red Tsunami," which he never finished. Instead, it became the inspiration for the chapter-based novel that eventually became his published work.

Bonds began writing the more than 300-page book in February of last year. Midway through his writing, the thought came to him that he wanted to share his work and that self-publishing could make it easier to connect his book with readers.

After finishing his book in November, he started researching self-publishing online, choosing Barnes & Noble Press, a print-on-demand publishing platform. Barnes & Noble Press allows authors to publish books for free, earning revenue through commissions on sales. Books are printed only after they are purchased, eliminating the need for large print runs or physical inventory, eliminating the investment required by an author for other forms of publishing. The only warehouse required is that of a data center to store digital product.

This includes his self-designed book cover. Using the online design platform Canva, he created the artwork utilizing old Soviet war propaganda posters from 19th-century.

Bonds has since made his book available in hardcover, paperback, and eBook formats. In addition to Barnes & Noble, the book is listed on several online platforms, including Draft2Digital, Apple Books, BookHub, and Indigo.

His published work is not the only story Bryan has worked on. Since adjusting his focus to putting his creativity to text, the process has helped him move away from substance abuse and has given him a constructive way to channel his time and energy. He is currently working on his next book, *Red, White, and Crowned*, which he hopes to finish by the end of the year.

Bonds plans on graduating high school and attending college to further his education in politics while using his writing as a side job and creative outlet. He also hopes to land a spot on the football team when he attends college.

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CONVERSION TO DIAL TELEPHONE SYSTEM WELL UNDERWAY IN AREA

When dial telephones are installed in Willamina, this city will have the distinction of having the only system in this part of Oregon with full selective harmonic ring, which means that on party lines of up to ten telephones, the subscriber's phone will ring only when the call is for that telephone.

On some Sheridan lines, party

THREE ALARMS KEEP FIREMEN ON THE JUMP

Two small fires and a false alarm called the fire department out three times during the weekend. A small house near the former J. E. Brott house in South Willamina caught fire from an overheated stove, Saturday evening. A rocking chair and a pair of loggers' boots were partially destroyed before the flames were stopped.

There was no one at home when the fire was discovered, Fire Chief Newby said. Someone turned in an alarm, Sunday evening when a bonfire on the hill in the north part of town gave the mistaken impression of a house afire.

Last Sunday evening, the house on the Blanchard property near the Willamina Saw Shop called the department out for a chimney fire, but no damage was reported. The occupants, Mr. and Mrs. Gary Rock, had just recently moved in. Mr. Rock works at the Associated Plywood Mills.

Freshmen Planning St. Patrick's Ball

The freshman class of Willamina union high school is sponsoring a St. Patrick's dance, Friday evening, March 19th.

It will be held in the little theatre of the high school building, and decorations in keeping with the spirit of the day will feature shamrocks and green and white streamers.

Linda Riley is chairman of the general committee. Other chairmen are Lavelle MeBee, decorations, Lillian Hines, refreshments, and Bobbie Gilstrap, clean-up.

It will be a leap year affair, and the girls will bring the boys and pay their admission, which will be at the rate of 5c for each two inches length of her partner's foot. Single admissions for either boys or girls will be 25c each.

line subscribers hear one other ring than their own, G. W. Wells, manager of the Northwest Telephone Company, explained in announcing this week that his forces are now busy installing dial telephones in Willamina and the surrounding vicinity, preparatory to converting the Willamina exchange to dial operation as soon as possible. Sheridan and Willamina have the only two systems of this type in western Oregon, he said. The company is awaiting delivery of a PBX

LUNDIN AND TILLIS FORM PARTNERSHIP

H. W. Tillis and Albin Lundin have entered into partnership in the Willamina Saw Shop, formerly operated by Mr. Tillis, and expect to expand their business during the coming months.

In addition to saw filing and repair, they will handle power saws and repair parts, and expect to open agencies for other products.

Mr. Lundin is a son of Axel Lundin, who operates the Lundin and Stone sawmill.

HIGH SCHOOL GIRLS TO MODEL AT SHOW

Willamina's spring fashion show, sponsored jointly by the Veterans of Foreign Wars Auxiliary of Willamina and the girls of Willamina High School, will be one of the events of the month when it takes place next Wednesday afternoon at the Rebekah Hall, beginning at two o'clock and continuing until four. A program has been arranged, and tea will be served.

Fashions to be modeled are being provided by the Willamina Department Store and have been brought from Portland especially for this event. They will later be on sale at the store. High school girls and members of the Auxiliary will model dresses, suits, and sports clothes.

To add interest to the affair, there will be a popularity contest with a candidate from each high school class, and the winner will be awarded a prize by the Willamina Department Store, which will be her choice of any dress in the store. Candidates are Donna Pedersen, senior; Carol Huddleston, junior; Irene Herman, sophomore; and Nina Hines, freshman.

switchboard for the Associated Plywood Mills plant here before the actual conversion can be made, Mr. Wells said. When all the new phones are installed, the switchover will be made during one night.

Mr. Wells predicted that the use of the telephone would greatly increase with the advent of the dial system. In Sheridan, during the past five months since dial phones were installed, he estimated 500,000 calls had gone through the automatic switchboard.

CHURCHES TO JOIN IN SUNRISE SERVICE

The local ministerial association met at the home of the Rev. Wesley Graves of the Free Methodist church Saturday evening to make plans for the Easter sunrise service, which will be held at sunrise, March 28, on the hill above the grade school. The large cross, which was erected last year, will be illuminated all during the week preceding Easter. The Willamina Firemen's Association will again sponsor the work of getting the cross ready.

Present at the meeting, Saturday, were Ray C. Smith of the Church of Christ, Rev. C. E. Calame and Miss Grace Hartley of the Methodist church, and Rev. M. E. Arn of the Assembly of God.

HUDDLESTON WINS STYLE SHOW

Miss Carol Huddleston, high school junior, won the popularity contest that took place in connection with the V.F.W.'s Spring Fashion Show at the Rebekah Hall, Wednesday afternoon. Others who took part were Irene Herman, Donna Pedersen, and Nina Hines. All four girls modeled dresses and sports clothes furnished by the Willamina Department Store. Mrs. Floyd Edmiston acted as commentator. Musical numbers on the program included violin solos by Joyce Jubie and a vocal trio by Joyce Buck, Marlyn Metzger, and Donna Pedersen with LaVelle Baltimore at the piano. Mrs. Elsie Stuck played incidental music during the afternoon. Tea was served with Mrs. H. A. Parrett and Mrs. E. W. McNamar at the tea table.

FATHER, SON BANQUET DRAWS CROWD OF 96

The annual Father and Son banquet held Monday evening at the Church of Christ was attended by 96 men and boys. Guest speaker was Ed Dewees of the State Ninety and Nine Brotherhood. Al Yoast was master of ceremonies. A movie about 4-H club work was shown with other films. Kenneth Ramey supplied and operated the projector.

The banquet was sponsored by the Ninety and Nine men's group under the direction of a committee composed of Dave Duncan, Leo Mitchell Jr., Douglas Floyd, and Al Yoast. The Sisterhood prepared and served the dinner.

Other numbers on the program included a quartet composed of Garland Huddleston, Vern Huddleston, V. L. Emmons, and Allan Beck, with Mrs. Emmons as their accompanist.

Dale Propst gave several piano solos, and Ray C. Smith led the group singing. D.A.S. Duncan made the speech of welcome, and responses were given by K. E. Shetterly representing the fathers and Dale Kolln for the sons.

SOLDIER'S RITES SET FOR SATURDAY

Pvt. Irving O. Tom, son of Mrs. W. C. Banke of Grand Ronde, was brought home for burial from an overseas grave, and services will be conducted at the Lutheran church in Sheridan, Saturday afternoon at two o'clock, with the Rev. George Mathiasen officiating.

Full military honors will be accorded the man who died in the service of his country. Burial will be in the Grand Ronde Cemetery.

CO-OP SCHEDULES ANNUAL ELECTION

The Community Cooperative will hold its annual meeting at the Plywood Union Hall over the store, Saturday, March 20.

Three new directors will be elected to take the place of those retiring, namely Ivan Dent, Wesley Graves, and Fred Johnson. The board consists of five directors. Those whose offices hold over until next year are Harold Mendenhall, who is president of the board, and E. D. Lamson.

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Classic Hauler - This 1991 Ford LT Ranger has been owned by Steve Ingram for three years. This daily driver is powered by a four-liter V-6 engine and an automatic overdrive transmission. Air conditioning provides comfort. Electric windows and a stock AM cassette combination provide entertainment. Steve is a retired helicopter pilot, having worked for Western Helicopter for 15 years and Bell-Hiller until 1975 in the northwestern California, Montana, Washington, and Alaska areas. One of his longest flights was from McMinnville to Galveston, Texas, taking three days to complete.
Story and picture by Gary Meyer.



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Rummage SALE

Sheridan United Methodist Church
234 North Bridge Street

Friday, March 20th & Saturday, March 21st
9am to 4pm

Most items are not priced - make an offer!

Bake Sale

Saturday, March 21st
9am until sold out!

Grand Sheramina Food Bank

BINGO

Annual Fundraiser

MARCH 22
WILLAMINA VFW HALL
DOORS OPEN AT 2 PM

AUCTION - BAKE SALE
50/50 RAFFLE
AND OF COURSE BINGO!

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