

The Citizen-Reporter



SHERMAN COUNTY

A Sherman County Government Publication — April 2023

School Nursing Services Come to Sherman County

Sherman County School District recently added a key role to their comprehensive education services - a Whole Child School Nurse. This is a brand-new position for the rural district, which serves nearly 300 students from Kindergarten through 12th grade out of their school in Moro, Oregon. The addition of a school nurse in Sherman County follows a statewide trend of schools providing an increasing array of "wrap around services" to help ensure that all youth have access to educational opportunities.

School nursing is a specialized practice of nursing that focuses on bridging the health care and education gap. School nurses work to protect and promote student health, foster student development, and advance academic success. Depending on the school and student needs, school nursing may include

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Thank You Sherman County Volunteers

Sherman County is an amazing community, which is blessed to have so many volunteers step up whenever needed. We would like to thank ALL OF THE COUNTY VOLUNTEERS who serve throughout our community!

We are so thankful for the individuals who volunteer and care for others within Sherman County. Your willingness to give through act of compassion, with your time, service, and caring for others is what makes Sherman County such an amazing place to live.

Your acts do not go unnoticed. We would like to acknowledge all of our residents who volunteer their time to others in Sherman County during Volunteer Appreciation Week. Treats (cupcakes) will be available at the Sherman County Courthouse, Commissioner's Meeting Room, on Wednesday, April 19th, between Noon and 4 p.m. to show our appreciation.

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Sherman County Historical Museum Needs You

The Sherman County Historical Museum needs your help!

Due to a shortage of volunteers to greet visitors at the Museum this season, we want YOU to consider volunteering with us!

April 5, 2023 at 5:30pm Host Calendar Day & Training will be held at the Museum at 200 Dewey Street, Moro, Oregon. Please feel free to bring a friend and look around the museum and see the updates we have done over the winter! We will be getting our calendar ready for this 2023 season and we would love to include you for a day, a morning or an afternoon to be part of our Hosting Team to greet visitors or travelers and share our community story!

We have a wonderful community and many enjoy stopping here and getting to

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Thank You Sherman County Volunteers

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Individuals caring for others is what makes Sherman County such an amazing place to live! We can't thank you enough.

We hope to see you on the 19th.

Sherman County Court

Sherman County Historical Museum Needs You

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know us! Please consider being a volunteer at the Museum. The museum Opens May 2, 2023.

Call for more information: 541-980-3989 or check out our website at www.shermanmuseum.org

School Nursing Services Come to Sherman County

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training staff to administer life-saving medications, working with parents and medical providers to create nursing care plans for students with chronic health conditions, and responding to the day to day health needs of students in the building.

In Sherman County, the new and important role is being launched by Matthew Bagwell. Matt brings a wealth of experience to Sherman County. Before moving there to be close to family, he worked in pediatric home care and as an oncology nurse. Matt shares that "In the short time since we came to Sherman County everyone has been

so welcoming and friendly. My wife Amanda and I have two boys, a 2 year old named Jack and a 3 month old named Stetson. Both boys love being near their grandparents with all of their goats and horses. I am grateful to raise a family and work in such a wonderful community in the beautiful countryside of Oregon. I look forward to working with the students and families at Sherman County School and building my experience as a school nurse!"

Sherman County School District Superintendent Wes Owens adds that "As we navigate through post pandemic protocols and increased health challenges, Matt has proven to be an invaluable addition to the Sherman County School Community. It has been a joy watching his kind and compassionate interactions with students while demonstrating his vast knowledge and skills. His work with our school community immensely supports our mission to ensure the safety and well-being of our students and staff".

School Nursing Services for both Sherman County and Hood River County School District are overseen by the Health Services Department at Columbia Gorge Education Service District (ESD). Columbia Gorge ESD is also currently hiring for a school nurse vacancy in Hood River, to start as soon as possible. Interested candidates can find out more at www.cgesd.k12.or.us/page/jobs.

UPCOMING EVENTS

Cycle Oregon Gravel in Moro - May 19-21
Annual Catfish Derby in Rufus - May 27-28
Wasco Memorial Day Celebration May 29
Harvest Fest in Moro, July 23

Upcoming Election May 16, 2023

The 2023 Special District Election will be held, Tuesday, May 16, 2023. The last day to register to vote for this election is April 25, 2023. New voter registration, or registration updates, can be completed online at <https://oregonvotes.gov/myvote> or by completing a Voter Registration card, which can be obtained at any post office, County Clerk's office, DMV office, or online at <https://sos.oregon.gov/elections/Documents/SEL500.pdf>.

Ballots will be mailed between April 26th and May 2nd. It is important to update your voter registration if you have moved or changed your mailing address. The Postal Service cannot forward ballots. An absentee ballot can be requested if you will be away from home and would like to receive your ballot at a different address. Absentee ballot request forms are available online <https://sos.oregon.gov/elections/Documents/SEL111.pdf>, or at the County Clerk's office.

To view the open positions, filed candidates, and measures for this election, as well as ballot drop site locations, and other election resources visit the Sherman County Clerk's website <https://www.co.sherman.or.us/departments/sherman-county-clerks-office/>.

If you have questions or need assistance, please contact the Sherman County Clerk's office at 541-565-3606.

County-wide Cleanup May 6th

On May 6th, Sherman County residents are invited to bring one pick-up load of trash to the Solid Waste Transfer Station without paying a fee with some exceptions.

When: Saturday, May 6, 2023 – 9 a.m. to 3 p.m. **NOTE: Station may close early if bin is full before 3 p.m.**

Where: Sherman County Solid Waste Transfer Site located at 72526 Welk Road between Highway 206 and Biggs Junction.

How: Upon arrival, wait for the attendant to direct you to the appropriate unloading site.

Limited: One trip per vehicle.

Restrictions:

No household, hazardous, or medical waste will be accepted.
No recycling.

Fees are required for:

Refrigerators, freezers, air conditioners \$10.00 each

Appliances \$13.92

Tires without rims \$13.28

Tires with rims \$17.72

Furniture \$13.92

You may also bring:

YARD WASTE – Clean brush & trimmings under 6 inches in diameter
CAR BATTERIES

E-WASTE - Computer towers, laptops, monitors, televisions

Please note:

Recycling will not be accepted on this day.
Recycling will be accepted on any regular scheduled day:

2nd Friday and Saturday in Moro

3rd Friday and Saturday in Wasco

4th Friday and Saturday in Rufus

Weekly Monday and Tuesday in Grass Valley

~ Waste Connections/The Dalles Disposal

North Central Public Health District's Updates

North Central Public Health District's WIC office will be holding its traveling satellite clinic at the Sherman County Senior & Community Center in Moro on April 11. The clinic is by appointment only.

Anyone who is interested in the WIC program is encouraged to call ahead at 541-506-2610 to get more information about WIC, and then set up an appointment at the satellite clinic. The length of time the satellite clinic is open varies, depending on how many appointments are made, but it typically runs from 10 a.m. to noon.

WIC offers pregnancy and breastfeeding guidance, wholesome foods, nutrition-focused counseling, free health screenings, and connections to resources. WIC is all about healthy babies, kids and families. If you are pregnant, breastfeeding, or have a child under 5, WIC could be for you! Please give WIC a call at 541-506-2610 if you are interested in learning more or to set up an appointment to enroll in the program.

Ready to quit tobacco? We're ready to help! North Central Public Health District and Hood River County Prevention are teaming up to offer FREE in-person tobacco cessation counseling plus FREE nicotine replacement therapy such as nicotine patches, gum and lozenges.

Anyone 18 and older in Sherman County can use this free service. To sign up, just call 541-506-2609, email neitac@ncphd.org, or sign yourself up at <https://www.ncphd.org/tobacco-programs>.

Sherman County Senior Center

Sherman County Senior Center will be hosting free blood pressure checks on the 1st Friday of every month from 11am-12:30pm provided by the Sherman County Medical Clinic. Stop by to get a free blood pressure check and feel free to stay for lunch!

Sherman County FFA Chapter

Sherman County FFA Chapter has had a busy year so far! The year has been filled with CDE events, fundraisers, and holding chapter meetings. Sherman Officers attended District Leadership Camp in Prineville in September to meet our State FFA Officers and develop their leadership skills. During the whole month of October, Sherman County FFA, and the school held a food drive to benefit the Wasco Food Pantry. October was also the month of Homecoming so our FFA chapter held a BBQ stand at the football game. We also were asked to help with the annual MCP dinner which allowed us to serve the community. February 5-6, we headed to Redmond for the Central Oregon District Convention. Sectionals were held on February 28th. We geared up for the State Convention on March 16-19 at Deschutes County Fair in Redmond. Jai Carlson-Lange was nominated and awarded a free trip to the State convention and a free FFA jacket by Ag West's 'Adopt a Member' program. We took 14 members to experience leadership workshops, networking with other members from across the state, electing new state officers, bonding as a chapter, and sessions!

This year, officers have been busy developing a small merchandise website for chapter members and families to purchase Sherman County FFA clothing. The website consists of t-shirts, quarter-zips, a backpack, full-

zips, and more! Stickers are also available with hats. The link to the website can be found on our Facebook or Instagram accounts. In April, we will open chapter officer applications. We will also be attending the CDE for tractor driving, which will be held in Madras. Chapter officer elections will be held in May, along with the FFA chapter awards banquet that is open to family and community members! The CDE shop skills competition will be held in Redmond, on May 24th. In early June, a fair meeting will be held to discuss fair events, expectations, record books, etcetera. The annual Sherman County Fair will occur from August 23rd through 27th of 2023.

Sherman Development League

Sherman Development League (SDL) has announced the successful completion of grant awards for 2023 committing \$11,645.00 to projects of benefit to Sherman County.

Formed in 2000 as a non-profit 501 (c) (3) organization, SDL's mission is to provide grants and/or loans in support of community-based programs and projects to enhance the social, cultural and educational environment of Sherman County. SDL provides fiscal sponsorship to organizations and/or unincorporated groups for projects which further its tax-exempt purposes and are of public benefit to the residents of Sherman County. A revolving loan fund has been established to provide loans to for-profit and non-profit busi-

nesses. SDL also serves as the Sherman County Cultural Coalition Board and provides related fiscal administration of funds received annually from the Oregon Cultural Trust and matching funds from Sherman County.

Two project applications met the requirements and goals established by SDL. Included are projects proposed by the Sherman County Fair and Wasco School Events Center.

Since 2007, the Development League has awarded one hundred (100) grants totaling \$1,199,422.00, emergency funding in the amount of \$78,412.00 for eight organizations and provided several loans to private and public entities.

Applications for the next round of grant requests will be available in the fall of 2023. Requests for loans may be submitted at any time.

Free Hazardous Waste Collection Event

On Friday, April 28th, the Tri-County Hazardous Waste & Recycling Program will be hosting a free hazardous waste collection event at the Road Department in Moro. This event is open to households, ag producers, and small businesses!

Ag producers and small businesses MUST pre-register! This helps our contractor know what supplies to bring.

To register, contact: morgain-er@co.wasco.or.us, (541) 506-2529.

For more information, visit www.tricountyrecycle.com.

Age-Friendly Health Tip: Dealing with Stress

Ever feel stressed out, burnt out, or worn down? We all experience stress in different ways throughout our lives. While stress is not always bad, long-term stress can harm our physical and mental health and disrupt our social relationships. Being aware of and managing our stress is an important way we can take care of ourselves. Here are a few tips to try out:

Identify your signs and sources of stress: Know the sources of stress in your life and some of the early warning signs that let you know you are starting to feel stressed. Warning signs may be physical (like a headache), emotional (like feeling irritable), or mental (for example, trouble thinking or focusing). Signs and sources of stress can be different for everybody, so it can be helpful to take some time to get to know yours.

Focus on what you can change: When things get stressful, identify what you have the ability to change. Ask yourself: Is there a way I can change the situation, my perspective, or my response to the stressful situation? Focusing on what we can change, and accepting what we cannot, helps to reduce stress.

Find your stress-busters: Going for a walk, spending time outside, listening to music, keeping a journal, or just taking a few deep breaths can all be helpful strategies for getting through stressful times. Doing the little things

that bring you joy can make a big difference.

Talk with your healthcare provider if you have questions or concerns about how stress is affecting your health. If you're feeling overwhelmed or stressed, call the Oregon Warmline at 1-800-698-2392, available 7 days a week 9am – 11pm, to speak with a trained peer.

Is there a topic on aging and behavioral health you'd like to know more about? Contact Roni Hyde, Older Adult Behavioral Health Coordinator serving Sherman and surrounding counties at 541-705-4870 or rhyde@gobhi.org.

Grass Valley Market

Business of the year nominations are gathered and submitted by your local community members and Chamber board of directors over the period of 50 days. Nominees are then selected based on the following criteria: business and community engagement, sponsorship, event participation, volunteerism, and contributions to the community.

Grass Valley Market has become a local hot spot for residents in Sherman County and for travelers who make it their must stop spot on highway 97. Grass Valley Market offers local grocery and hot off the grill selections. Roger and Bonnie put many hours at the store with the intention of serving their community. They can be seen providing gas to weary travelers that can't quite make it to Biggs or Madras. They offer a space for the community to gather for meals and groceries.

A Facebook review this past summer

reads "Ya'll, the Owners of this wonderful, cute, one stop shop are literally a blessing. I ran into some issues with my RV and stopped in to see if there was a hardware store nearby or somewhere I could get some bolts, screws and such to fix a panel that came loose. Roger not only got what I needed for me but also took the time to fix the issue and spent about 2 hours making sure I was good to travel again!"

Roger, Bonnie and their team go out of their way to make customers feel welcome and ensure they have what they need. They have chosen to forego their own plans to cover for sick employees and keep an after-hours phone number posted on the door for people in emergency situations. The staff are friendly and frequently remember valued customers' usual orders and their food needs/ preferences. As the only grocery store south of Moro and the only full-day restaurant south of Rufus for the past couple of years, the Grass Valley Market is a true and valued asset to the community and a wonderful choice as one of our businesses of the year.

2023 OSU Extension Crop Tours and Experiment Station Field Days

- Sherman County Crop Tour – Tentatively planned for Thursday, June 1st, 9 am, starting at the Extension Office in Moro, OR
- Sherman Experiment Station Field Day – Wednesday, June 14th, starting at 7:30 am at the Sherman County Fairgrounds

Public/School Library Updates

Public Library Hours

Tuesdays/Thursdays 10:00 am—6:00 pm

Saturdays 10:00 am—4:00 pm

Curbside pickup available

PICK UP AND DELIVERY

Books and materials can be dropped off and picked up from various locations all year round. Please call the library for pick up and drop off locations in Sherman County.

LIBRARY BOOK CLUB —April 6th @ 5pm

The No. 1 Ladies' Detective Agency by Alexander McCall Smith

Join us for tea, dessert, and book discussion.

NEW AUDIO BOOKS

The Cloisters Katy Hays

Without a Trace Danielle Steel

NEW MOVIES

ALICE in Wonderland: Special UN-Anniversary Ed.

The Jungle Book: 40th Anniversary Platinum Ed.

Phone:

541-565-3279

Address:

65912 High School Loop
Moro, Oregon, 97039

Website:

ShermanCountyPSL.weebly.com/

Email:

shermanlibrary@sherman.k12.or.us
"Like" us on Facebook at Sherman County Public School Library

NEW EASY BOOKS

Bobs Book Sets—5 new sets Lynn/Bobby Maslen

I Love You Like No Otter Rose Rossner

Empathy is Your Super Power Cori Bussolari

BEST SELLERS

The Cloisters Katy Hays

Heart Bones Colleen Hoover

World of Curiosities Louise Penny

Without a Trace Danielle Steel

The House in the Pines Ana Reyes

Trust Hernan Diaz

Things we Never got Over Lucy Score

!Nuevos Libros En Español!

Hemos actualizado nuestra colección española con más de 100 libros nuevos en varios generos: no ficción para adultos, ficción para adultos, ficción para jóvenes adultos, ficción juvenil, novelas graficas para jóvenes, no ficción juvenil, libros ilustrados y libros de tablero.

New Spanish Books!

We have updated our Spanish collection with over 100 new books in several genres: Adult non-fiction, adult fiction, young adult fiction, juvenile fiction, juvenile graphic novels, juvenile non-fiction, picture books, and board books.

Sherman County Public/School Library would like to express our sincere gratitude to the Sherman County Education Foundation, for a grant which made this collection update possible.



The Judges Corner



I wanted to give my children all of the experiences of farm life when they were small, so I got a couple of chickens. Wanting to hear the crowing of a rooster in the morning, one of the chickens I bought was a big colorful rooster. Shortly after we bought the chickens, the rooster was crowing almost non-stop one morning. Suddenly, my wife and I heard my son yell out his bedroom window, "Shut up you stupid rooster, I'm already awake!" We laughed until we cried. Some of what we hear these days remind me of that rooster, and sometimes I wish I could act just like my son did. And some of what I hear makes me want to cry.

I seem to be writing a lot of testimony for and against bills in Salem now that the legislative session is in full swing. I urge everybody to do the same or at least check one of the boxes, either oppose or support on bills they are passionate about. Look up OLIS with the bill's # on the internet to submit testimony. I figured out how to do it without our Court Assistant's help, so it must be pretty simple.

People ask me lot of questions about the fire in Biggs Junction that totally gutted the TA Express. The owners state they plan to rebuild as soon as they can. In the meantime, they plan to bring in a mobile office, C-store, showers and open up the fuel pumps as quickly as possible. I am told that even if the water system was finished, it still would not have saved the facility. The completion of the water project had been held up because Biggs Service District has been waiting for the 430,000 gallon water tank for more than a year. The good news is this week the tank people were prepping the foundation and the tank should be standing above Biggs this spring. We will be happy to get that project off our plate. I have water studies dated 2003 for Biggs Junction, which means that project is 20 years old.

In February, I was in Washington DC for a National Association of Counties legislative conference. While there, I heard President Joe Biden speak. In his opening remarks he stated that he was a County Commissioner years ago and then decided to run for the U.S. Senate because the senate job would be easier. I did spend some time in the senate building on several occasions discussing Sherman County concerns with our senators. Senator Wyden will be coming to Sherman County on April 2nd for a town hall meeting. This town hall will be unique because it will be held on my wife's family farm. Maybe I'll get him in a tractor?

We received some sad news this week. Our Veteran's Service Officer will be retiring at the end of May. Paul has been one of the best VSO's we could ask for and in one of the finest men I have had the privilege to work with. Thank you Paul for both your service to our veterans and your service to our country.

Recently a county employee passed their 30th year anniversary of working for Sherman County. I and the rest of the County Court depend on this person every day. I hope they stay for many more years.

I brought my five year old Granddaughter to work with me one morning last week. As I crept slowly around a stop sign while driving, she said, "Grandpa, you are supposed to stop there! Mom always does." I told her she was right. Then I was informed I was supposed to be using two hands as I steered. I humbly put both hands on the steering wheel and realized I was being lazy. It would not take any more time to come to a complete stop and it was a lot safer to drive with both hands on the wheel. (At least I wasn't speeding) I will remember to stop, look both ways and keep both hands on the wheel while doing this job as County Judge and try not to get lazy. It would be nice if we could count on our legislators to do the same.

With the miracle of spring around the corner, "Miracles happen every day, change your perception of what a miracle is and you'll see them all around you." – Jon Bon Jovi

Judge Joe Dabulskis



SHERMAN

COUNTY



APRIL

Presorted Standard
U.S. Postage
PAID
Moro, OR
Permit No. 4

500 Court Street, P.O. Box 365
Moro, Oregon 97039
<http://www.co.sherman.or.us>

Postal Patron

Three Easy Steps to Recycle!

Do Not Recycle:

- Carbon paper
- Food-contaminated packaging
- Clear “clamshells” (berry, bakery or battery packages)
- Frozen food boxes or food stained paper
- Label backing sheets
- Paper towels, tissue, napkins
- Photographs
- Plastic-coated envelopes
- Wax, plastic or foil-coated paper
- Styrofoam.
- Plastic bags
- Plastic tubs or plant containers

First Sort: Commingled:

- PAPER - white and colored paper (staples OK), newspapers, magazines, catalogs, junk mail, phone books, paperback books, spiral-bound notebooks, cereal & cracker style boxes (liner removed), cardboard tubes, paper bags, egg cartons, milk cartons & juice boxes.
- PLASTIC - plastic bottles, #1 & #2 with a neck. Examples; beverages, milk jugs, shampoo, detergent, cleaners (rinse & remove caps)
- METAL - aluminum cans, tin cans (flattened), clean aluminum foil & foil baking pans, empty aerosol cans (discard cap).

Second Sort:

- All glass bottles & jars - rinsed. No lids.

Third Sort:

- Corrugated cardboard - flattened. No larger than 2' x 2' square

All items should be clean & rinsed with lids removed & flattened if possible.



The Solid Waste Transfer Site:

72526 Welk Road
Open every 2nd & 4th Saturday
10 a.m. until 2 p.m.

The Dalles Disposal
1317 West 1st Street -The Dalles, 97058
(541) 298-5149

Self-Haul Recycling Depot Schedule:

- Moro 9 am - 4:30 pm: 2nd Friday & Saturday
- Wasco 9 am - 4:30 pm: 3rd Friday & Saturday
- Rufus 9 am - 4:30 pm: 4th Friday & Saturday
- Grass Valley 1-3 pm: Monday & Tuesday weekly