



EMILY MENTZER/Itemizer-Observer  
Ashley Story and her father, David Kerns, are eager to be a part of the community through their new establishment, The Gym Bar and Grill, in downtown Monmouth.

## The Gym Bar and Grill brings people and family together

By Emily Mentzer  
The Itemizer-Observer

MONMOUTH — At The Gym Bar and Grill, a “bench press” is not something to work your upper body muscles, but rather a specialty drink.

Speaking of specialty drinks, once a month patrons are welcome to come invent a drink. If it’s good enough, that drink will be named after the creator and served all month long as one of the Gym’s specials.

“It has to be an original,” said co-owner David Kerns. “It could be a one-armed pushup — the bench press with a twist.”

Bar manager Ashley Story said it has been a dream of hers for a long time to work in her own bar. Her parents, David and Debbie Kerns, made that dream a reality with The Gym.

“I’m good at what I do,” said Story, who runs the place with her husband, Jon.

### Check It Out

**What:** The Gym Bar and Grill.

**Where:** 423 Main St. E., Monmouth.

**When:** Daily from 11 a.m. to 2:30 a.m.

**For more information:** 503-838-4234; or find the business on Facebook.

“I’ve been bartending for about 13 years. I couldn’t seem to get away from it, might as well run my own place.”

David Kerns invested in the bar as a second business — he also runs a construction company, which came in handy when it was time to completely remodel the bar, located at 423 Main St. E. in the Monmouth downtown area.

New features include an expanded dance floor and a refinished bar.

“I’ve wanted to have a bar

since I was young,” Kerns said.

The bar’s food menu includes the basics, plus daily specials, such as taco salad or pasta.

At The Gym, people can enjoy a relaxed, quieter atmosphere during the day.

“We want older people to be able to come in and not have to yell to have a conversation,” Story said. “We want everyone to be comfortable.”

The place comes more alive at night with a disc jockey or karaoke. Around 8 or 9 at night, the music is turned up for the evening crowd.

Kerns said he hopes The Gym will fill a hole in Monmouth’s downtown bar selection where the locals and students from Western Oregon University can mix together.

The bar will host regular tastings, promotions and raffles, Story said. Some of those raffles will be spur-of-the-moment things on busy nights.

## Local food options topic of event

Itemizer-Observer staff report

INDEPENDENCE — Efforts to organize and educate the community about local food options will come together at a FEAST (Food-Education-Agriculture-Solutions-Together) event in Independence on March 14.

Organizer Lexi Stichel said people should RSVP by Saturday.

The event is open to anyone who likes to eat, Stichel said.

“People who are interested in community gardens, people involved in hunger or nutrition, people who work with food pantries or people who aspire to work in food pantries,” she said.

Past events, hosted by Marion-Polk Food Share, have led to neighborhood gardens or community composting pro-

### It’s A FEAST

**What:** FEAST event, learning about local food and food systems.

**When:** Saturday, March 14, from 9 a.m. to 3 p.m.

**Where:** Independence Civic Center, 555 S. Main St.

**Admission:** Free, but you must RSVP by Saturday (March 7).

**Of note:** A free meal will be served made with locally sourced foods.

**For more information or to RSVP:** Lexi Stichel, astichel@marionpolkfoodshare.org; 503-581-3855, ext. 333.

grams, Stichel said.

“We also have folks who are interested in youth opportunities, such as feeding kids in schools, educators

and those interested in farm to school,” Stichel said.

The event, which runs March 14 from 9 a.m. to 3 p.m. at the Independence Civic Center, is free to attend for anyone in Polk County. A meal is included in the day’s agenda, prepared from locally grown foods.

“Farmers will donate food; volunteers will put something together,” Stichel said.

Part of the day will include a discussion on local food with a panel of experts, said Kate Humiston, of Full Circle Creamery.

“We want to figure out how we can feed more people in our community with food grown and made in Polk County,” she said. “There are many folks looking for local food, and many that have extra.”

## Hospital visitor restrictions lifted

Itemizer-Observer staff report

DALLAS — Salem Health announced Monday that it is no longer limiting patient visitors at West Valley Hospital in Dallas and Salem Hospital.

The number of patients testing positive for flu is declining, according to Salem

Health officials.

Visitors have been limited at the hospitals since Jan. 2 to help prevent the spread of the flu. Infection prevention leaders encourage the public and health care practitioners to continue to use common sense with respiratory eti-

quette, such as coughing into their elbow or sleeve.

“We will continue to closely watch flu activity in our community, though normally flu season is over by the end of March,” Salem Health infection prevention manager Julie Koch said.

Solution on Page 2A

			7					9
8		7	6	4	2		3	
5			1		3		8	7
	4	5		6			7	3
1	8			5		2	4	
3	2		5		6			8
	5		9	3	4	1		2
9					8			

### Sudoku

Difficulty: ★☆☆☆☆

4	3	2	8	1	6	7	5	9
5	6	9	3	7	4	8	1	2
1	7	8	9	5	2	4	6	3
3	4	7	2	8	5	6	9	1
2	1	6	7	4	9	3	8	5
9	8	5	1	6	3	2	7	4
7	9	1	4	3	8	5	2	6
8	5	3	6	2	1	9	4	7
6	2	4	5	9	7	1	3	8

### How to do Sudoku

Fill in the grid so the numbers 1 through 9 appear just once in every column, row, and three-by-three square. See example above.

The Christian Science Monitor

# PHOTOGRAPHY focalpoint



Sony Lens 55-210

Retail \$349.99  
Rebate - \$200.00

**\$149.99** at time of Sony a6000 Camera purchase



Sony a6000 Mirrorless Interchangeable-lens Camera w/16-50mm Lens \$699.99

- Amazing performance in half the size & weight of conventional DSLRs
- World’s fastest auto focus with 179 AF points and 11FPS6
- High resolution with 24MP APS-C sensor
- Instant sharing via smartphone with Wi-Fi® and NFC
- ISO range of 100-25600 for low light photos
- Easy and intuitive controls • Record Full HD 1080/24/60P video3
- OLED Viewfinder • Convenient tilt LCD, pop-up flash and MI shoe
- Enhance your camera and creativity with Camera Apps



Sony Cyber-shot Digital Camera RX100 III

**\$799.99**

- 1" 20.1 MP Exmor R® sensor for extreme low-light shots
- Bright F1.8 Zeiss Vario-Sonnar T\* lens (24-70mm)
- Built-in SVGA OLED viewfinder w/ZEISS T\* coating
- Selfie-ready multi-angle 3" Xtra Fine LCD™ display
- Versatile shooting w/ XAVC S1, AVCHD and MP4 formats
- Built-in ND filter for wider-ranging photographic expression
- HDMI clear output for uncompressed video recordings
- P/A/S/M operating modes with smooth precise control ring
- Simple connectivity to smartphones via Wi-Fi® w/NFC
- Enhance your camera with PlayMemories™ Camera Apps



Sony Cyber-shot Digital Camera RX100

**\$499.99**

- 20.2 megapixels
- Large 1" Exmor™ CMOS sensor
- F1.8 Carl Zeiss Vario-Sonnar T\* lens with control ring
- 3.6x zoom
- P/A/S/M modes
- JPEG and RAW image capture
- Full HD 1080/60p video with manual control



161 W ELLENDALE AVE  
DALLAS OR, 97338  
503.623.6300  
WWW.FOCALPOINTPHOTO.COM  
SINCE 1983