

DEADLINES

NEWS DEADLINES
For inclusion in the Wednesday edition of the Itemizer-Observer:
Social news (weddings, engagements, anniversaries, births, milestones) — 5 p.m. on Thursday.
Community events — Noon on Friday for both the Community Notebook and Community Calendar.
Letters to the editor — 10 a.m. on Monday.
Obituaries — 4 p.m. on Monday.
ADVERTISING DEADLINES
Retail display ads — 3 p.m. Friday.
Classified display ads — 11 a.m. on Monday.
Classified line ads — Noon on Monday. Classified ads are updated daily on www.polkio.com.
Public notices — Noon on Friday.

CORRECTIONS

The Polk County Itemizer-Observer is committed to publishing accurate news, feature and sports reports. If you see anything that requires a correction or clarification, call the newsroom at 503-623-2373 or send an e-mail to kholland@polkio.com.

WEBSITE

The Polk County Itemizer-Observer website, www.polkio.com, is updated each week by Wednesday afternoon. There, you will find nearly every story that appears in the print version of the newspaper, as well as some items, including additional photos, that do not appear in print due to space limitations. The Itemizer-Observer is also on Facebook and Twitter. Watch for breaking news, links to stories, sports scores updates and more.

WEATHER

RECORDED	HIGH	LOW	RAIN
March 3	57	28	.00
March 4	58	27	.00
March 5	61	30	.00
March 6	66	33	.00
March 7	68	33	.00
March 8	69	34	.00
March 9	71	37	.00

Rainfall during March — 0.02 in.
Rain through March 9 — 7.56 in.

RECYCLE
this newspaper.

Elks to celebrate milestone event

By Emily Mentzer
The Itemizer-Observer

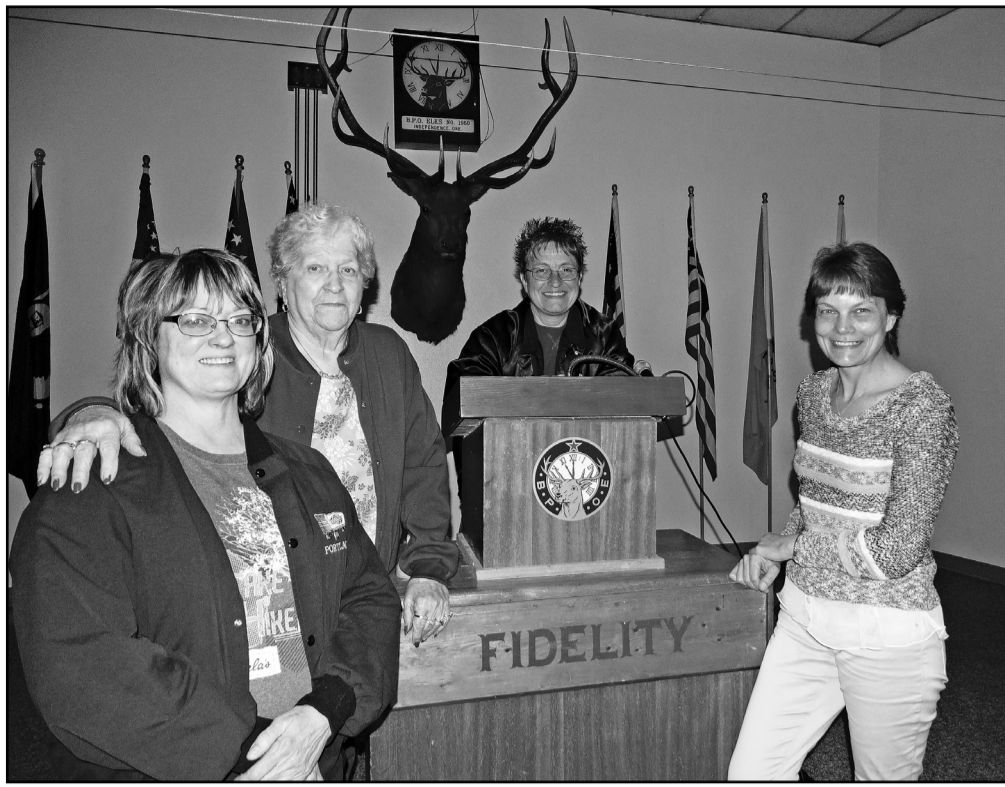
INDEPENDENCE — The Benevolent and Protective Order of Elks isn't what most people think it is: a bunch of old men sitting around drinking in a smoky lounge. Sure, Independence Elks Lodge No. 1950 has its share of older members, but overall it has a strong core of younger, energetic — and female — members, said Exalted Ruler Cynthia Jaramillo. "We always try and talk people into joining our lodge," Jaramillo said. And now, while other lodges and service clubs struggle to keep their doors open, Independence Elks will celebrate 60 years in the community with a birthday party on Saturday.

The lodge will open its doors and invite members of the community to learn more about what the Elks organization does. People can stay and enjoy a dinner at the Elks, too.

"Come and see what we're about," Jaramillo said. "It's a whole different place. It's not what people think it is. It's a lot of hard workers."

The Elks was established in 1867 by a group of actors called the "Jolly Corks," as a way to drink together and avoid paying New York's Excise Tax, according to elks.org. The group's vision shifted to being helpful to the community.

It's that volunteerism about the Elks that attracted



EMILY MENTZER/Itemizer-Observer
Debbie Schaff and Char Thomas, (from left) join Independence Elks Lodge No. 1950 Exalted Ruler Cynthia Jaramillo and Tiler Dori Showell in the lodge chambers.

Join the Elks

To join the Benevolent and Protective Order of Elks, you must be sponsored by a member in good standing. An application fee of \$35 is required, and then the application is submitted for investigation. Once the investigation comes back favorably, the membership votes. New members are initiated by learning more about what the Elks organization is and what it stands for. Annual dues for the Independence Elks Lodge is \$99.86. The lodge is located at 289 S. Main St., Independence. For more information: Independence Elks Lodge No. 1950, 503-838-1950.

Jaramillo. "That's what an Elk is; we care about our communi- ties," she said. When she first moved to Independence about five

years ago, she said the large, red brick building on Main Street piqued her interest.

"I walked in off the street and spent an hour and a half talking with the Elks' secretary about what the Elks do," she said. "I'm a big volunteer person. I want to help the community in any way, shape or form. I have a heavy work day — often 12 hours a day — so to me, there was no excuse not to spend a couple of hours volunteering."

The Elks Lodge gets involved in putting together

Christmas baskets for families each year and sponsors the Santa Train in Independence. In conjunction with the Oregon Elks, members of the Independence chapter help with Camp Meadowood Springs, a camp for hearing-impaired children, and the Elk's Children's Eye Clinic at the Casey Eye Institute, located at Oregon Health & Sciences University in Portland.

It's the volunteerism that convinced Tiler Dori Showell to join the order.

"The Elks give back with other people," she said. "There's people in the community who donate money here, and donate money there, but there's a social aspect of doing (good). You can do more with a larger group and with smaller (individual) effort."

The doors on the Elks Lodge are generally locked, but for the 60th anniversary party, they will be opened for all to come learn more about their programs, what they support and what they do. It will be open to the whole family, Jaramillo said.

"We do everything for our community," she said. "It's about the community we live in. We want to help them grow and help people who need help."

Dinner is Saturday from 5 to 7 p.m. Cost is \$15. Diners will have a choice of New York steak — the best in town, Jaramillo boasts — or stuffed chicken with sides and dessert.

Monmouth selects firm for visioning process

By Emily Mentzer
The Itemizer-Observer

MONMOUTH — In a tie-breaking vote by Mayor John Oberst, Barney & Worth Inc. was chosen March 3 to lead Monmouth's community engagement process.

The council was split down the middle between BDS Planning, a firm in Seattle, and Barney & Worth, based in Portland.

Councilman Marshall Guthrie said he liked that BDS representatives didn't come with a lot of preconceived perceptions about the community of Monmouth.

"I thought they had other things going, including a distance from where we've been that would prove vital," Guthrie said.

Councilman Jon Carey said he had a hard time with the larger amount of meetings BDS planned to hold, and noted they were the most expensive firm of the four the council interviewed at a work session in February.

Ultimately, Oberst broke the tie with a vote for Barney & Worth.

Libby Barg will work as the project manager, while Clark Worth will be the visioning lead. In the company's pro-

posal, a six-month timeline was presented, kicking off in this month.

"They projected a very aggressive timeline," Carey noted about the company during the March 3 council meeting. He added that he appreciated that the company had worked with nearby Independence and Dallas through their visioning processes.

The project budget came in at an estimated \$44,800, less than the \$50,000 the city has in its 2014-15 budget for the process.

During its presentation on Feb. 17 to the council, Worth

said the community engagement process must be open and transparent.

"Most important is to maximize participation in the visioning process," he said. "You have a little over 3,000 households and hundreds of businesses. We feel like there isn't any reason why each of those households and businesses can't be involved in some way."

Barg said honoring diversity is important, pointing out that even if students at Western Oregon University are just temporarily living in Monmouth, they are still living in town and should have

the opportunity to participate in the visioning process.

"The product isn't the action plan or the document," Worth said. "It's the way you engage people, and that you've made the action plan something people can believe in."

The final product should be a living document, Worth noted. "People should feel strongly that they're involved and their stuff is in it."

The project kickoff has not yet been announced.

In other business, the council voted to remove the moratorium on medical marijuana dispensaries.

HEALTH DIRECTORY

MASSAGE

• **OUT OF GRAVITY MASSAGE** - Julianne Klingberg DeForest, LMT - 503.510.2256 - NOW IN INDEPENDENCE Enter Stressed, Leave Blessed - Out of Gravity Massage offers massage sessions to suit a variety of needs and health concerns. Intuitive and holistic bodywork are blended with extensive and varied education, creating a caring and knowledgeable environment of healing. Also, with a prescription and a claim number, up to a year's therapeutic massage sessions will help in your rehabilitation from a motor vehicle accident. Relaxation, well care, geriatric and pediatric massage is available, as well as motor vehicle accident rehabilitation. Infant massage instructional sessions available. Call today for an appointment. 503-510-2256 OR # 7627 / National #295187-00

ORTHODONTICS

• **YENNE & SCHOFIELD - SPECIALISTS IN ORTHODONTICS** - 580 Main Street, Suite E, Dallas, 503-623-5002. Providing Polk County with orthodontic care for children and adults for functions and cosmetics. Open Tuesdays & Thursdays.

ORTHOPEDIC SERVICES

• **DR. STEVE YAO** specializes in sports medicine and knee-replacement procedures. Dr. Yao sees patients at the Hope Orthopedics of Oregon satellite office in Dallas, and schedules surgeries nearby at West Valley Hospital in the new state-of-the-art surgery suites. For an appointment with Dr. Yao, call at 503-540-6300. The Hope Orthopedics Dallas location is at 607 SE Jefferson St., Dallas. West Valley Hospital is located at 525 SE Washington St., Dallas, 503-623-8301. Visit www.HopeOrthopedics.com and www.salemhealth.org/vwh.

PHYSICAL THERAPY/REHABILITATION SERVICES

• **WEST VALLEY HOSPITAL** provides a wide range of rehabilitation services in Dallas, offering physical therapy, occupational therapy, speech therapy and aquatic therapy (at Dallas Aquatic Center). Let us help you get moving again! We are conveniently located at 525 SE Washington St., Dallas, 503-623-7305.

• **MONMOUTH MEDICAL CENTER** serves Monmouth and Independence locally with a wide range of rehabilitation services including physical therapy, occupational therapy, speech therapy and aquatic therapy (at Dallas Aquatic Center). Let us help you get moving again! We are conveniently located at 512 Main St., Monmouth, 503-838-1388. Se habla español.

• **PINNACLE PHYSICAL THERAPY** is an orthopedic physical therapy facility committed to getting great results for each patient. We focus on advanced spine care, women's health issues, sport rehab, vehicle accidents, and work injuries. We offer highly specialized care including manual therapy, aquatic therapy, specific deep tissue mobilization techniques, Postural Restoration Institute (PRI) techniques and therapeutic exercise. We have a warm, caring and friendly staff and accept most private health insurance, auto insurance, and workers' compensation insurance. We offer both male and female physical therapists. Often no physician referral is needed to start care. Call us today and ask how to get therapy for your condition or talk to your physician to see if physical therapy is right for you. **Call us: 503-623-2433. We are conveniently located at 210 W. Ellendale Avenue Dallas, Oregon 97338; (next to Taco Bell) Check us out on the web: www.pinnacle-physicaltherapy.com**

PODIATRY SERVICES

• **WEST VALLEY SURGICAL SPECIALTY CLINIC** podiatrists **Dr. Ruben Pollak** and **Dr. R. Tyson Scott** see patients at West Valley Surgical Specialty Clinic and provide procedures and surgeries for feet, ankle, bunions and plantar fasciitis at nearby West Valley Hospital's state-of-the-art surgery suites. Request one of these podiatrists and get your surgical care done locally. Dr. Scott sees patients at West Valley Surgical Specialty Clinic on Wednesdays, 8 a.m. - noon. Dr. Pollak sees patients at the Surgical Specialty Clinic on Wednesdays, 12:30 p.m. - 4:30 p.m. For an appointment with Dr. Scott, call 503-370-8784, or fax physician referral to 503-362-4017. For an appointment with Dr. Pollak, call 503-831-0784, or fax physician referral to 503-623-2612. West Valley Surgical Specialty Clinic is located at 591 SE Clay St., Dallas. Visit salemhealth.org/specialty. Dr. Scott speaks fluent Spanish.

PRIMARY CARE PHYSICIANS

• **DR. CHARLES ESSEX**, family medicine, is accepting new patients at Monmouth Medical Center, located at 512 Main St., Suite 300, Monmouth, 503-838-1182. With a proactive healthcare approach, Dr. Essex provides care for the entire family and will work with you to build a healthy lifestyle with annual exams, immunizations, lifestyle counseling, sports physicals, skin care, cancer screenings and more. New patients are welcome.

• **DR. JOHN HADLEY**, family medicine, is accepting new patients at the West Valley Physicians & Surgeons Clinic at 555 SE Washington St., Dallas, 503-623-7301. With a proactive healthcare approach, Dr. Hadley provides offers family medicine for your entire family from newborns to adults with annual exams, immunizations, lifestyle counseling, sports physicals, skin care, cancer screenings and more. New patients are welcome.

UROLOGY SERVICES

• **WEST VALLEY SURGICAL SPECIALTY CLINIC** board certified urologist **Dr. Jaffer Bashey** sees patients on Tuesday mornings, providing complete diagnosis and treatment of urological disorders and diseases for adults and children. Dr. Bashey does outpatient surgeries at West Valley Hospital, including cystoscopy, minor bladder and prostate surgery, bladder and kidney stones, circumcision, vasectomy and other procedures. For an appointment, call 503-561-7100. Physician referral may be required and can be faxed to 503-561-7124. Visit salemhealth.org/specialty or West Valley Surgical Specialty Clinic at 591 Clay St. in Dallas.

SHAMANIC PRACTITIONER

• **MARIAN SIMON**, MA Shamanic practitioner and counselor specializing in spiritual healing and development since 1994. 503-831-0158. simonart@teleport.com <http://mariansimon.com>

Call the Itemizer-Observer at 503-623-2373 for more information or to have your business listed in this directory.