

Itemizer takes home five first-place awards from ONPA contest

Itemizer-Observer staff report
 POLK COUNTY — The Polk County *Itemizer-Observer* staff was honored with 14 awards during the annual Oregon Newspapers Publishers Association Better Newspaper Contest. The awards were announced at ONPA's annual convention Thursday and Friday at Salishan Resort in

Gleneden Beach. The paper was named second best in its circulation size in the state, receiving the second-place Elmo Smith Award for General Excellence. Staff writer Jolene Guzman received first-place honors for Best Coverage of Business and Economic Issues with her story, "Guest

room to go," about a woman starting a business renting renovated trailers as an extra room. She and staff writer Emily Mentzer won first-place for Best Educational Coverage for their story, "The core of education," examining what Oregon's adoption of the Common Core standards really means to students,

teachers and parents. Mentzer received first-place recognition in Best Enterprise Reporting for her story, "Two becoming one," which explored the idea of a merger between the two cities of Independence and Monmouth. Former managing editor Kurt Holland won first place for Best Graphics for his

work on the story, "Family tree," about scrapbooking and tracking genealogical research. The paper also won first place for Best Overall Website, www.polkio.com. The paper and its staff were honored with three additional second-place awards and four third-place nods for stories, headlines,

photos and Web design. For a complete listing of awards from the 2014 Oregon Newspapers Publishers Association's Better Newspaper Contest, go online to www.polkio.com.



HEALTH DIRECTORY

AUDIOLOGY

Trust your hearing to those that specialize in hearing and hearing related disorders. **Evan L. Evans, Ph. D, and Julie B. Evans, AuD** are both doctoral level Audiologists who have the knowledge, experience and compassion to provide you with the best care for your hearing health. We offer free hearing screenings; by our hearing aid specialist. We offer full & complete diagnostic evaluations, counseling and recommendations by our clinical Audiologists. Other Audiological services include testing, management and treatment options for Tinnitus. We have the knowledge and experience to assist your physician with the diagnosis of diseases and disorders pertaining to hearing and the hearing mechanism. We offer wax removal or cerumen management, Tinnitus testing and Tinnitus management techniques. An Audiologist, having the Audiology credentials of the American Academy of Audiology (F-AAA) and the The American Speech Hearing and Language Association's Certificate of Clinical Competency (CCC-A) is the professional of choice for anything related to hearing and or hearing related issues. Serving our hearing impaired since 1980, with two locations to serve you.

Audiology Associates
 1343-A Monmouth St., Independence • 503-838-3001
 2296 NW Kings Blvd, Corvallis • 541-757-2500

CHIROPRACTIC

• **JOYNT FAMILY CHIROPRACTIC** - Dr. Brian Joynt, DC - 629 Clay Street East, Monmouth, OR 97361 Family-oriented chiropractic clinic, dedicated to creating an unparalleled experience of service, quality and care by teaching the true principles of chiropractic. We look forward to empowering each of you to help your family participate more fully in life. New patients welcome. Accept most insurance. Auto/personal injury and work comp. Massage therapist on site. Complimentary consultations. Call us today to make your appointment (503) 837-0550.

• **THORNTON CHIROPRACTIC** - Drs. Sharon and Marty Thornton - Palmer Graduates - We care, God cures. 1650 Monmouth St., Independence, OR 97351 • 503-838-3346. Office hours: Mon-Fri 8-noon & 2-6 pm. Thurs 2-6pm. Proudly serving Polk County for over 17 years. Offering Thompson Drop and other hands-on techniques, as well as Advanced Activator Methods and Functional Neurology. We provide gentle and effective full-spine and extremity adjusting for all ages in a loving and caring environment. We are accepting new patients for Family Wellness Care, Medicare, Auto or personal injury & Workers Comp. Licensed Massage Therapy available on site.

COUNSELING

• **CROSS AND CROWN COUNSELING** - KATE KOENS, NCCA Licensed Clinical Christian Counselor and Certified Temperament Therapist is accepting new clients at her Dallas and Falls City offices. She works with individuals in a safe environment to help individuals find healing and fulfillment by teaching good communication skills, appreciation for self and others, appropriate responses to individual and family needs, how to build relationships of trust, appropriate crisis responses, and how to obtain overall family wellness emotionally, mentally and spiritually. Some specific areas of counsel offered are marriage and family, adolescent issues, depression, past and present trauma, grief, identity crisis, divorce, childhood losses, and feelings of hopelessness. Our goal is to help individuals realize their full potential and to live decisively with truth, relevance, perspective and purpose. For more information or to schedule an appointment please call 503-917-1625 or visit our website: www.crossand-crowncounseling.com

GENERAL DENTISTRY

• **RANDALL C. JONES, DMD** - 1004 Monmouth St., Independence, OR 503-838-0434. Offering a broad range of dental services in a relaxed and comfortable atmosphere. New patients and emergencies welcome.

• **DR. JOHN D. SHURTZ DDS** - 196 Catron Street N., Monmouth, OR 503-838-1800. We are welcoming new patients and we accept most insurance plans!

• **WESTON K. MORRILL, DMD** - 289 E. Ellendale Suite #201, Dallas. 503-623-6616. Family, preventive, and cosmetic dentistry. Complete dentistry for the entire family. Se habla español.

• **DR. MICHELLE HASBROOK, DMD** - 120 N. Atwater, Monmouth, OR 503-838-2998. Providing all phases of dental care for children and adults. We welcome new patients!

• **KENNETH WINOKUR, DMD** - 329 South Main Street Independence, OR 97351. 503-838-1633. High quality service with your comfort in mind. Nitrous oxide gas sedation available. www.independencedental.org

GENERAL SURGERY SERVICES

• **WEST VALLEY SURGICAL SPECIALTY CLINIC** surgeon, **Dr. Alison Smith**, provides general surgery services for a wide range of needs including breast cancer, gallbladder, biopsies, abdominal surgery, hernia repair, appendectomy, as well as colonoscopy. General surgery appointments are scheduled at the clinic on Mondays and Thursdays. Dr. Smith does her surgeries at West Valley Hospital's spacious, state-of-the-art new surgical suite. West Valley Surgical Specialty Clinic is located at 591 SE Clay St., Dallas. Call 503-831-0784 or fax 503-623-2612. Visit salemhealth.org/specialty.

GYNECOLOGY SERVICES

Gynecological care is available in Dallas at the West Valley Surgical Specialty Clinic. **Gynecologist Keita Sakon, MD**, specializes in gynecology exams and procedures, including hysteroscopy and laparoscopy, as well as family planning, abnormal Pap evaluation, treatment of pelvic pain, symptom control for menopause and abnormal periods. Dr. Sakon works in Dallas on Friday afternoons from 12:30 to 4:30 p.m. seeing patients at the clinic and performing gynecological procedures in the West Valley Hospital surgical suites. New patients are welcome! West Valley Surgical Specialty Clinic is located at 591 SE Clay St., Dallas. Call 503-831-0784 for an appointment. Visit westvalleyhospital.org/specialtyclinic.

HEARING HEALTH

• **JOYFUL SOUND HEARING SERVICES, INC.** Mark Sturtevant, 312 Main Street, Dallas OR, 503-623-0290. Providing Polk County with hearing solutions for 30 years. Services include: Hearing evaluations, Diagnosing hearing loss; Impedance; Fitting all types of hearing devices, Servicing all makes and models of hearing aids; Ear inspections; Wax removal; Hearing protection. Hours: Monday - Thursday 9-4pm. (Fridays by appointment only)

HEART SERVICES

• **WEST VALLEY HOSPITAL** provides heart diagnostic services including electrocardiograms (EKG), pulmonary function tests, cardiac stress tests and echocardiograms with a physician referral. Cardiologists **Dr. Ragu Kamineni, Dr. William Stiles and Dr. Kevin Thompson** see patients for office visits at West Valley Hospital at 525 SE Washington St., Dallas. For more heart health information, call 503-623-7304.

IMAGING SERVICES

• **WEST VALLEY HOSPITAL** offers state-of-the-art all-digital diagnostic imaging services. With your physician's referral, we provide your bone densitometry, CT scan, fluoroscopy, mammography, ultrasound, X-ray and MRI services. Check out our new comfortable and spacious mammography suite. We are located at 525 SE Washington St., Dallas, 503-623-7302.

LABORATORY SERVICES

• **WEST VALLEY HOSPITAL** provides lab services at two convenient locations in Dallas and Monmouth. Both labs are fully accredited, providing collections and testing with healthcare provider referral. Employment and self-referral drug testing is offered. The West Valley Hospital lab in Dallas is open 24 hours, seven days a week, at 525 SE Washington St., 503-623-7303. The Monmouth lab is located in the Monmouth Medical Center, 512 Main St., Suite 300, 503-838-1388. It is open Monday-Friday, 8:30 a.m.-4:30 p.m., closed between noon and 1 p.m. Appointments are not required.

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. West Valley Hospital is located at 525 SE Washington St., Dallas, 503-623-8301. Visit www.salemhealth.org/wvh.

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. Scott Berg** 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. Berg sees patients at West Valley Surgical Specialty Clinic on Wednesdays, 8 a.m.-noon. Dr. Pollak sees patients on Wednesdays, 12:30 p.m. - 4:30 p.m. West Valley Surgical Specialty Clinic is located at 591 SE Clay St., Dallas. Visit salemhealth.org/specialty.

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** **Dr. Jaffer Bashey**, board certified urologist with Willamette Urology, sees patients on Tuesdays, 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. Physician referral may be required. Visit salemhealth.org/specialty.

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