

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 nadams@polkio.com.

WEBSITE

The *Polk County Itemizer-Observer* website, www.polkio.com, is updated each week by Wednesday afternoon. 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 |
|----------------------------------|------|-----|------|
| Aug. 4 | 85 | 78 | .00 |
| Aug. 5 | 82 | 54 | .00 |
| Aug. 6 | 82 | 54 | .00 |
| Aug. 7 | 88 | 55 | .00 |
| Aug. 8 | 81 | 56 | .00 |
| Aug. 9 | 86 | 63 | .00 |
| Aug. 10 | 86 | 60 | .00 |
| Rainfall during August — 0.00 | | | |
| Rain through Aug. 10 — 15.28 in. | | | |



Angie Amos, 82, and Jan Warden, 85, are longtime volunteers at the Monmouth Senior Center.

Serving more than 20 years

Pair of women honored for volunteer work at senior center

By Emily Mentzer
The *Itemizer-Observer*

MONMOUTH — Angie Amos and Jan Warden have spent their lives volunteering in one way or another. The two were honored recently for more than 20 years of service at the Monmouth Senior Center, but that just scratches the surface. Amos, 82, said she remembers shoveling her sidewalk for her children to get to school. "Once they were off to school, I shoveled my neighbor's walk so they could get out," she said. "I think I've always wanted to help others that needed it." Giving to others runs in her family, Amos said.

"My parents were immigrants from Italy, very hard-working and very giving to the people and communities in the valley," she said. "I'd give them the credit." Warden, 85, has volunteered in her Monmouth neighborhood since moving there more than 30 years ago. "I was involved with the neighborhood and everything," she said. Warden said volunteering is easy when it's helping with something you're passionate about. She has worked with American Red Cross blood drives, volunteered at the library, food bank and at the senior center. "I love the library," Warden said. "I definitely en-

joyed volunteering there. The food bank, I felt we were helping people that needed help, so my neighbor and I volunteered there for a few years." Helping other people is a two-way street in a way, beneficial for both the volunteer and the person being helped. "I get to meet new people and it makes me feel good that I'm helping other people," Warden said. "Volunteering is important to me. Makes you feel good, doesn't it, to feel like you're helping some people?" Amos agreed that volunteering is a rewarding experience, but can be frustrating, too. "It's disheartening at times," she said, noting a

trend away from volunteering in general. Amos said she sees a lot of people who are capable of volunteering, and for one reason or another, don't. Even teenagers and young adults have a hard time finding community service — even when that service is court-ordered, Amos said. "It's hard for them to find somebody that will let them do that," she said. For anyone who wants to volunteer and doesn't know where to start, "Absolutely go talk to Sue Teal, (Monmouth Senior Center director)," Amos said. "She'll find something for you to do." To volunteer at the Monmouth Senior Center, call Teal at 503-838-5678.

NEWS IN BRIEF

Indy PD to crack down on DUIs

INDEPENDENCE — The Independence Police Department will participate in the 2015 National Drunk Driving Enforcement Crackdown, "Drive Sober or Get Pulled Over" campaign. The campaign goes into effect Aug. 19 through Sept. 7. The goal is to prevent drunk driving, according to a press release from Independence Officer David Oliveros. The department also will participate in the Safety Belt Overtime Enforcement Blitz from Aug. 24 through Sept. 6. The focus is proper child safety seat use, cell-phone use and speeding. Officers will have the opportunity to work traffic enforcement overtime hours with specific goals that include keeping drunk drivers off the road and making sure people are not distracted while driving.

Siletz donates to school supplies

DALLAS — The Siletz Tribal Charitable Contribution Fund distributed more than \$373,000 to 37 organizations on July 31, including two serving Polk County. The Salvation Army of Marion and Polk counties received \$1,331 to help distribute school supplies and backpacks in Falls City. Also, West Valley Housing Authority in Dallas was given \$2,000 to support Dallas Night Out, a free school supply giveaway, clothing giveaway, and immunization clinic held at Dallas United Methodist Church. The fund donates money to entities and activities located in the Siletz Tribe's 11-county service area (Lincoln, Tillamook, Linn, Lane, Benton, Polk, Yamhill, Marion, Multnomah, Washington and Clackamas counties) or Native American entities and activities located anywhere in the United States.

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.crossandcrown.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. Raghu 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 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.

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