



EMILY MENTZER/Itemizer-Observer

Work on the railroad on Second Street is expected to be completed by Monday or Tuesday.

Rail: Work will detour traffic

Continued from 1A

The current rail managers see and understand the problem, he said, adding that they are more willing to work on projects.

The city is partnering with the railroad, providing traffic control and three dump trucks — complete with drivers — to help haul the debris away.

Willamette & Pacific will replace the rail while repairing the road, digging

down about 18 inches to rebuild the sub-base and base of the track.

“It will be pretty much brand new,” Danko said. “It should last quite a while when they’re done.”

It’s the last of a string of improvements made over the years, starting with signals on Stryker Road, Polk and Williams streets.

Drainage improvements have been made around the rail in areas around

Fourth Street and old town, Danko said.

Although trains will be legally — and, after the improvements, structurally — able to travel at 45 mph through town, Danko said they won’t because the entire four-block area downtown is considered one giant crossing.

“They don’t consider it safe,” he said. “People could be on the track.”

HEALTH DIRECTORY

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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)

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• **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.

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• **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

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• **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

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• **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.

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• **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.

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