

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. 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
Jan. 5.....	40	33	.10
Jan. 6.....	43	35	.05
Jan. 7.....	43	35	.01
Jan. 8.....	40	36	.00
Jan. 9.....	46	35	.10
Jan. 10.....	49	28	.00
Jan. 11.....	45	28	.16

Rainfall during Jan. — 0.72 in.
Rain through Jan. 11 — 0.72 in.



Miguel Martinez, 64, serves up breakfast of eggs, bacon and hash browns, all fresh from the kitchen, on Friday morning. Food at the Golden Horse Cafe is made to order.

Golden Horse Indy's hidden gem with culinary delights

By Emily Mentzer
The *Itemizer-Observer*

INDEPENDENCE — As you walk down Main Street in Independence, you may walk right past a nondescript building near the corner of Monmouth Avenue and Main.

A sandwich-board style sign on the sidewalk and neon "open" letters in the window are all that mark this hidden gem of a restaurant as the Golden Horse Café.

Opened in May, the restaurant is not very fancy. But that is because owner Miguel Martinez, 64, has turned his priority to the kitchen and the food.

Everything on Martinez's menu is made from scratch, to order, and includes choices from chicken-fried steak to traditional huevos rancheros.

"No cheese," Martinez said. "You have to have it the Mexican way. No cheese."

His food is just like grandma used to make, and that's

Worth the time

What: Golden Horse Café.
Where: 286 Main St., Independence.
When: Open 8 a.m. to 3 p.m.
Of note: The menu includes both American and Mexican dishes, and some unique creations such as carne asada on a ciabatta bun. Tamales may be ordered ahead of time in bulk.
For more information: 971-283-2915.

because many of his recipes come from his grandmother, who died about 10 years ago.

"Almost everything I make is from her," Martinez said. "She's a real good cook."

The tablecloths adorning the restaurant are hand embroidered, but just one is from Martinez's grandmother. He keeps her memory alive in his cooking, too.

His mother also has been a culinary influence. Martinez can almost hear her

when he makes Mexican hot chocolate in a pot on the stove with a whisk.

"My mom says if there's no foam, it's not hot chocolate," he said.

The tamales — something Martinez said he has a reputation for — are moist, with a perfect mix of mesa, meat and sauce.

Other items on the menu are more original, like carne asada on a ciabatta roll.

Many of the items on the menu may be ordered as spicy — or not so spicy — as a customer's palate prefers, but the carne asada is always spicy, Martinez said.

Opening the Golden Horse Café has always been a dream, he said.

"I've been cooking all my life," he said. "Even though I'm old, it's OK. I'm going to try."

Starting in February, he wants to host romantic dinner hours on Fridays and Saturdays from 5 to 10 p.m., complete with candlelight and cloth napkins, he said.

NEWS IN BRIEF

Workshop to teach lifestyle tricks

DALLAS — A six-week workshop, "Living Well Lifestyle Management," will begin Tuesday from 9 to 11 a.m. at the Flaming Medical Center, 1000 SE Uglow Ave., Dallas.

The workshop is aimed to help enhance the health of people with chronic health conditions, including diabetes.

The six-week workshop will teach skills including working with a health care team, managing symptoms and medications, setting weekly goals, getting support from family and friends, and learning how to be active and eat well.

The workshop is free and includes a course book and CD. Friends, family members and support people also may benefit from this workshop.

Onsite registration is available. Park in the lower parking lot and enter the clinic through the lower-level door.

To register or for more information: WVP Health Authority, 503-587-5129.

Indy PD arrests six for DUII in December

INDEPENDENCE — In December, the Independence Police Department participated in a grant that focuses attention on the arrest of motorists driving under the influence of intoxicants.

One motorist was arrested for DUII by a patrol officer specifically working under this grant. Five other motorists were arrested for DUII during regular patrol hours.

The department will continue participating in the DUII grant during January by working random patrols in search of intoxicated drivers.

"The Independence Police Department asks that if you plan to consume alcohol, plan ahead and make arrangements in regards to how you will get home safely," Officer David Oliveros said.

The department also will participate in a grant that focuses on seatbelts, cellphone use and distracted driving.

BOC holds public hearing on marijuana

DALLAS — The Polk County Board of Commissioners is slated to hear comments and possibly deliberate on land-use regulations on medical and recreational marijuana on Wednesday (today).

The hearing is scheduled at 9 a.m. in the Polk County Courthouse conference room, 950 Main St., Dallas.

For more information: 503-623-8173.

West Valley Hospital
A part of Salem Health

SURPLUS SALE

1050 SE Uglow St., Dallas
(Corner of Uglow & Miller)

Friday, Jan. 22, 9am-5pm
Saturday, Jan. 23, 9am-Noon

ATTENTION:
Contractors, plumbers, store owners,
office managers and general public
Sub flooring sheets, stainless steel sheets,
sheet rock, sinks, tables, chairs, filing
cabinets, display cases & much more!
ALL AT PRICES THAT CAN'T BE BEAT!

All proceeds go to West Valley Hospital Foundation

HEALTH DIRECTORY

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.