

Home: Hardship brought self-reliance

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While it's not environmentally responsible, we won't get in serious trouble if we throw a can in the garbage rather than contributing it to the military effort for metal.

But there's something to be learned from our fathers, mothers, grandmothers and grandfathers and the way they lived in the early part of the 20th century.

They grew their own gardens; they helped their

neighbors without thought of return; they learned self-reliance. They had better overall health because of it all, and very low crime rates here in Polk County.

Enjoy this special section, and imagine how you and your family would handle similar situations.

Be grateful we don't have to live on such meager rations now, and take a look at how well prepared you are for any drastic situation that may come your way.

Dallas leaf collection begins

Itemizer-Observer staff report

DALLAS — This weekend is the first of two Republic Services that will conduct leaf collection.

Leaves will be collected on both Saturday and Sunday this week and on the weekend of Dec. 17-18.

The city of Dallas asks residents not to rake leaves into the street until just before the sweep takes place. Waiting will prevent leaves from blocking drains and drifting into nearby lawns.

Other ideas for disposal of leaves: use them as mulch in landscaping; place them in yard debris bins; use drop-off locations at the Lyle softball fields, Southwest Allgood

Street near the parks office, and the east end of Hankel Street.

Residents who wish to have leaves picked up Saturday and Sunday should do the following:

- Rake leaves into the street in long rows parallel to the curb and at least a foot away from the curb.
 - Avoid blocking the roadway, driveways and bike lanes.
 - Keep piles away from storm drains and clear blocked drains.
 - Collection is for leaves only, not other yard debris.
- For more information: 541-754-0444.



JOLENE GUZMAN/Itemizer-Observer

The dismantling of the old grain silo continued Tuesday morning and should be completed in a few weeks.

Silo: Project drawing interest, onlookers

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Posey, who said witnessing the grain elevator come down is "like watching a movie," isn't alone in his fascination with the process.

His was just one of a few idling pickups in the church's parking lot Tuesday morning as the crew shaved off big pieces of the building.

"The guy running that

thing is really talented," Posey said, referring to the crane operator swinging the wrecking ball.

Posey tries to stop by every day to check out the progress.

He may continue to do so until the project is finished.

"Usually there's half a dozen old guys like myself down here," he said.



JOLENE GUZMAN/Itemizer-Observer

Cleaning up will take longer than the teardown.

HEALTH DIRECTORY

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

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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.

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• **SALEM HEALTH WEST VALLEY** offers a wide range of rehabilitation services. Our hospital in Dallas, located at 525 SE Washington St. in Dallas, offers physical therapy, occupational therapy, speech therapy and aquatic therapy (at Dallas Aquatic Center). 503-623-7305. Our clinic in Monmouth offers physical therapy, occupational therapy and speech therapy. Located at 512 Main St. 503-838-1388. Visit www.salemhealth.org/westvalley.

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• **DR. CHARLES ESSEX,** family medicine, is accepting new patients at Salem Health West Valley Medical Clinic, 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 Salem Health West Valley Medical Clinic at 555 SE Washington St., Dallas, 503-623-7301. With a proactive healthcare approach, Dr. Hadley provides of-fers 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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