

COMMUNITY NOTEBOOK

Helping child stress workshop

A workshop aimed at parents to help children manage stress will be offered Thursday from 6:30 to 8 p.m. at Kings Valley Charter School.

There is no cost to attend.

The workshop is aimed at parents with middle school students and teenagers.

Phoenix Ries, will be leading the workshop to learn strategies to help parents and children respond to the stress of homework, peer relationships and family dynamics.

To pre-register or for more information:

laura.srf@ruralfamilies.org.

Caregivers to learn about Alzheimer's

The Alzheimer's Association Oregon Chapter will be holding a class, "Living with Alzheimer's: For Caregivers - Late Stage," from 3 to 5 p.m. on Friday at the West Valley Hospital, 525 SE Washington St.

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join the Alzheimer's Association for this class to hear from caregivers and professionals about resources,

monitoring care and providing meaningful connection for individuals with late-stage Alzheimer's and their families.

This class is free, but registration is required. To register, call 800-272-3900. For a full list of upcoming classes, visit www.alz.org/oregon.

Chamber forum to discuss eclipse

Did you know Polk County is in the "path of totality" for the 2017 Total Solar Eclipse? On Aug. 21 at 10:17 a.m., Polk County will experience almost two full minutes of darkness as the moon crosses between the

sun and Earth.

People from all around will be traveling to cities and towns located in the path, including Independence and Monmouth. Concerts, festivals, and more are being planned by area wineries and each city.

Be sure you know how your business or organization may capitalize on this great event combining tourism and a natural phenomenon. Join the MI Chamber for our forum on Jan. 11 from noon to 1 p.m. at the Monmouth Public Library, 168 Ecols St. S. Box lunch provided by Arena Sports Bar.

Register online at www.micc-or.org.

LIBRARY CALENDAR

DALLAS
950 Main St.
503-623-2633
www.ci.dallas.or.us/library
• Wednesday, Jan. 4, 4 p.m. — PAWS to READ — Percy.
• Wednesday, Jan. 4, 5:30 p.m. — Ukelele Fans of Dallas jam.
• Thursday, Jan. 5, 10:30 a.m. — Storytime.
• Thursday, Jan. 5, noon — Book discussion group.
• Thursday, Jan. 5, 2:30 p.m. — Lego building.
• Tuesday, Jan. 10, 10:30 a.m. — Morning storytime.
• Tuesday, Jan. 10, 3:30 p.m. — Afternoon storytime.

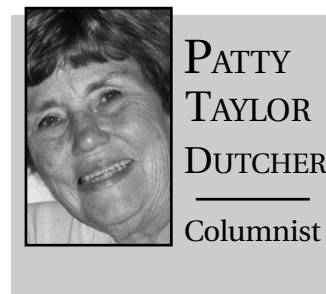
INDEPENDENCE
175 Monmouth St.
503-838-1811
www.ci.independence.or.us/library
• Wednesday, Jan. 4, 10:30 a.m. — Family storytime.
• Wednesday, Jan. 4, 1 p.m. — Scrabble with Betty.
• Wednesday, Jan. 4, 3 p.m. — Wacky Wednesday, Legos freestyle.
• Thursday, Jan. 5, 4:30 p.m. — Chess Club.
• Thursday, Jan. 6, 6:30 p.m. — e-Reader workshop.
• Thursday, Jan. 7, 9 a.m. — Ancestry.com workshop.
• Tuesday, Jan. 10, 6:30 p.m. — e-Reader workshop.
• Wednesday, Jan. 11, 10:30 a.m. —

Family storytime.
• Wednesday, Jan. 11, 3 p.m. — Wacky Wednesday, snowman crafts.
MONMOUTH
168 S. Ecols St.
503-751-0182
www.ci.monmouth.or.us/library
• For activities check on Facebook at <https://www.facebook.com/Monmouth-PublicLibrary>.
WAGNER COMMUNITY LIBRARY
111 N. Main St., Falls City
503-787-3521, ext. 319
www.facebook.com/WagnerCommunityLibrary/timeline
• See the library's Facebook page for upcoming events.

MI TOWN

About those New Year's Resolutions — most of us talk about making them, and I know people who even take the time and effort to write long lists, including things like working to promote world peace and freedom, along with remembering to take those empty bottles and cans to the grocery store before they completely take over the garage.

It's admirable to have high and lofty thoughts, and I salute those who manage to achieve them. Most of us fall somewhere between dreaming and actually accomplishing any and all of the things on our list. Many of us set goals that are almost impossible to achieve and are easily discouraged when the inevitable setbacks occur. We can't always do everything right the first — or sometimes even the second or third time — so we give up.



PATTY TAYLOR DUTCHER
Columnist

opportunity to make our goals a reality. Did you make a resolution to take time to read more good books this year? Our warm and welcoming libraries in Monmouth and Independence have books and tapes on everything you could possibly imagine, with convenient hours and cozy corners available to all.

Is this the year you decided it would be fun to learn another language? Western Oregon University and Chemeketa Community College have classes available, with days and times that could work into anyone's schedules. There are books and tapes available as well. If your future

plans include a trip to foreign shores, this would be a great time to learn all about your destination before you leave home.

If you resolved to make fewer trips to those sumptuous holiday buffets and didn't gain a single pound, good for you. For the rest of us, those rich desserts and extra helpings of dressing and candied sweet potatoes are making themselves known every time we step on the scale — or when we try to fit into clothes that seemed to be more comfortable just a couple of weeks ago. How about joining a health club and learning fun ways to get fit again? There are weight management groups around our community where good ideas abound and friendly faces welcome everyone. Think about looking into aerobics classes and other options to see what works

the best for you. On these cold and wintry days, it's good to bundle up and venture out for walks around MI Town. And after a mile or two, I can always justify a visit to one of our local merchants for a cup of hot coffee or cocoa and perhaps something special to eat. The extra bonus is an opportunity to meet new friends and acquaintances.

Did you resolve to do something good for your community? Our schools and local senior centers are always looking for people who can share their time and energy. If you aren't sure you have any skills that might help others — think again. You might be surprised to discover all the good ideas you can share with your friends and neighbors in MI Town — and all the good things we can share with one another.

BIRTHS

Cooper

Layla Mae Cooper was born to Mark and Eve Cooper, of Dallas, on Sept. 24, 2016, at 7:18 a.m. at Salem hospital. She weighed 6 pounds, 13 ounces, and was 19 3/4 inches long.

Layla joins sisters Ava and Kylie. Grandparents are John and Sandy Howard, of Dallas; and Jack and Brenda Cooper, of Monmouth.

Great-grandparents are Evelyn Bathke, of Dallas, and Alice Rhymes, of Monmouth.

ANNOUNCEMENT

Haugen

Lars Haugen, of Independence, earned his Eagle Scout Award.

Lars is the son of Neil and Miriam Haugen, of Independence. He is a member of Troop 38, chartered by Christ's Church, in Monmouth. His scoutmaster is Steve Moser.

To achieve the rank of Eagle, Lars Haugen had to earn a minimum of 21 merit badges and show leadership by planning, developing and completing a community service project. For his project, he solicited donations and led volunteers in building an information kiosk for the Monmouth Dog Park.

Town and Country Hardware, Van Well Building Supply, and Old Mill Feed and Garden donated supplies. Monmouth Power and Light provided equipment for the installation and 195 hours of volunteer time went into the building and installation.

Lars Haugen is a 2016 graduate of Central High School and is a student at Chemeketa Community College working on a transfer degree. In addition to scouting he was active in 4-H, volunteers at the Monmouth Public Library, is an active member of St. Mark Lutheran Church, and played soccer for CHS.

The Eagle award carries special significance, not only in Scouting but also for the young man as he enters higher education, business or industry, and community service. Only about 5 percent of all Boy Scouts earn the rank of Eagle Scout.

Haugen's Court of Honor took place Sunday, New Year's Day.

COMMUNITY CALENDAR

To submit an event for calendar consideration, please send it at least two weeks before the actual event date to the Itemizer-Observer via email (ionews@polkio.com).

WEDNESDAY, JAN. 4

- **Monmouth Business Association** — 7:30 a.m., Monmouth Public Library, 168 Ecols St. S. A meeting of business people, the Monmouth-Independence Chamber of Commerce director, and city officials. 503-751-0147.
- **Indoor Play Park** — 9:30 a.m. to 12:30 p.m., Tuesday through Friday, First Presbyterian Church, 879 SW Levens St., Dallas. Drop-ins welcome. For ages infant through pre-K with parent. Free, but donations accepted. 503-623-3397.
- **Helping Hands Emergency Food Bank** — 10 a.m. to noon, Monmouth Christian Church, 959 Church St. W., Monmouth. For eligible community members; available every Wednesday. 541-404-6517.
- **Senior meals, Dallas** — 11:30 a.m. Monday through Friday, LaCreole Manor, 204 SW Walnut St., Dallas. Free, but \$3 donation suggested. Reservations required. 503-623-6232.
- **Senior meals, Monmouth** — 11:30 a.m. Monday through Friday, Monmouth Senior Center, 180 S. Warren St., Monmouth. Free, but \$3 donation suggested. Reservations required. 503-838-2084.
- **Scrabble with Betty** — 1 p.m., Independence Public Library, 175 Monmouth St., Independence. Scrabble games first Wednesday of every month. Free; refreshments and prizes available. 503-551-7687 or 503-838-1811.
- **Willamette Valley Food Assistance Program Food Bank** — 1:30 to 6:30 p.m., 888 Monmouth Cutoff Road, Building E, Dallas. Weekly distribution for eligible community members. 503-831-5634.
- **Yarning for Others** — 3 to 5 p.m., St. Thomas Episcopal Church, 1486 SW Levens St., Dallas. Knitters and crocheters gather to make clothing and accessories for those in need on the first Wednesday of every month. 503-689-7222.
- **Brew and BS: The New Testament** — 7 p.m., St. Thomas Episcopal Church, 1486 SW Levens St., Dallas. A lecture series on New Testament figures. Bring brew of choice — coffee, tea, chai, beer, wine, cider. 435-503-4304.

THURSDAY, JAN. 5

- **Dallas Lions Club** — Noon, Hong Kong Restaurant, 325 Main St., Dallas. Everyone welcome.
- **Monmouth-Independence Rotary Club** — Noon, First Baptist Church, 1505 Monmouth St., Independence. Visiting Rotarians, guests and prospective Rotarians are welcome to these luncheon meetings. Free. 503-838-4884.
- **James2 Community Kitchen Meal** — 4:30 to 6 p.m., Dallas United Methodist Church, 565 SE LaCreole Drive, Dallas. Free; everyone welcome. 503-623-8429.
- **Homework, Hoops and Hotdogs** — 5:30 to 8 p.m., The Church of Jesus Christ of Latter-day Saints, 1401 SW 13th St., Dallas. Free help with homework for students in middle and high school. 503-917-9822, Nona Springer.

FRIDAY, JAN. 6

- **Take Off Pounds Sensibly Club Meeting** — 9:45 to 11 a.m. Church of Christ, 127 Heffley St. N., Monmouth. First meeting is free. 503-930-7936.
- **Altered Attitudes Alcoholics Anonymous** — Noon, Dallas United Methodist Church, 565 SE LaCreole Drive, Dallas. 503-399-0599.
- **Guthrie Park Acoustic Music Jam Session** — 6:30 to 10 p.m., Guthrie Park Community Center, 4320 Kings Valley Highway, Dallas. Free (donations accepted). 503-623-0809.

SATURDAY, JAN. 7

- **Polk Community Free Clinic** — 7 to 11 a.m., Trinity Lutheran Church, 320 SE Fir Villa Road, Dallas. Free medical and mental health care for uninsured and underinsured. Held on the first and fourth Saturday of the month. 503-990-8772.
- **Monmouth Senior Center All-You-Can-Eat Community Breakfast** — 8:30 to 10:30 a.m., Monmouth Senior Center, 180 S. Warren St., Monmouth. Cost: \$6, adults; \$3, children under 12. 503-838-5678.
- **Rickreall Grange Flea Market** — 9 a.m. to 4 p.m., Rickreall Grange Hall, 280 Main St. (99W), Rickreall. Multiple vendors. Also selling fresh-baked goods. Kitchen serving breakfast and lunch. 503-623-8289.

SUNDAY, JAN. 8

- **Buell Grange Breakfast** — 8 to 11 a.m., Buell Grange Hall, 5970 Mill Creek Road, just off Highway 22 northwest of Dallas. \$6. 503-623-8462 or 503-843-4703.

MONDAY, JAN. 9

- **Central Lions Club** — Noon, Independence Elks Lodge 1950 Dining Room, 289 S. Main St., Independence. 503-606-2150.
- **Willamette Valley New Horizons Orchestra** — 6:30 to 8:30 p.m., Monmouth Senior Center, 180 Warren St. S., Monmouth. Local orchestra for beginning through intermediate musicians. Meets every Monday. Players of all levels welcome. \$25 monthly fee to cover expenses. 503-838-4884.

TUESDAY, JAN. 10

- **Indoor Play Park** — 9:30 a.m. to 12:30 p.m., First Presbyterian Church, 879 SW Levens St., Dallas. Open to children pre-kindergarten and younger with parent/adult. Tuesdays through Fridays. Free.
- **Caregiver Connection** — 2 to 3:30 p.m., West Valley Hospital (Quiet Room, use ER entrance), 525 SE Washington St., Dallas. Meets on the second Tuesday of the month. Free. 503-831-5593.
- **James2 Community Kitchen Meal** — 4:30 to 6 p.m., St. Philip Catholic Church, 825 SW Mill St., Dallas. Free; everyone welcome. 503-623-8429.
- **James2 Community Kitchen Meal** — 4:45 to 6:30 p.m., Falls City Methodist Church, 242 North Main St., Falls City. Free. 503-787-3371.
- **Take Off Pounds Sensibly (TOPS) Club** — 6 to 7 p.m. weigh-in, 7 to 8 p.m. meeting, First Christian Church basement, 1079 SE Jefferson St., Dallas. Meetings offer programs and activities aimed at losing weight. Open to anyone. First meeting is free.
- **Overeaters Anonymous** — Noon to 1 p.m., Salem Health West Valley, 525 SE Washington St., Dallas. Support group meets in the quiet room/chapel immediately inside the emergency entrance on Clay Street. Dee Ann White, 971-718-6444.

WEDNESDAY, JAN. 11

- **Helping Hands Emergency Food Bank** — 10 a.m. to noon, Monmouth Christian Church, 959 Church St. W., Monmouth. For eligible community members; available every Wednesday. 541-404-6517.
- **Polk County Republican Women** — 11:30 a.m., Murphy's Restaurant, 288 E. Ellendale Ave., Dallas. Dennis Richardson, secretary of state, will speak. No-host lunch available; everyone welcome. 503-623-5759.
- **Willamette Valley Food Assistance Program Food Bank** — 1:30 to 6:30 p.m., 888 Monmouth Cutoff Road, Building E, Dallas. Weekly distribution for eligible community members. 503-831-5634.
- **Free Blood Pressure Check Clinic** — 2 to 3 p.m., West Valley Hospital (surgery admitting area), 525 SE Washington St., Dallas. 503-623-7323.
- **Monmouth Senior Center Music Jam** — 6:30 p.m., Monmouth Senior Center, 180 S. Warren St., Monmouth. Open to the public; musicians of all types welcome. 503-838-5678.
- **Brew and BS: The New Testament** — 7 p.m., St. Thomas Episcopal Church, 1486 SW Levens St., Dallas. A lecture series on New Testament figures. Bring brew of choice — coffee, tea, chai, beer, wine, cider. 435-503-4304.
- **Dallas American Legion Post No. 20** — 7 p.m., Academy Building, Room 108, 182 SW Academy St., Dallas. 503-831-3971.

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INDEPENDENCE CINEMA 8
450 S. 2nd St., Independence
Showtimes 503-606-3000
www.independencecinema8.com

Matinees are all shows before 6pm. New pricing for matinees are: Adult \$8.00 Children \$7.00 • Senior \$7.25 Pricing does not reflect 3D showings.

Friday - Saturday • January 6 - 7

FANTASTIC BEASTS AND WHERE TO FIND THEM (Digital) (PG13)	(1:10)	6:45	9:50
ASSASSINS CREED (Digital) (PG13)			
WHY HIM? (Digital) (R)	(4:10)	7:15	9:45
PASSENGERS (Digital) (PG13)	(1:50 4:30)	7:15	9:45
SING (Digital) (PG)	(11:25 2:00 4:35)	7:10	9:45
UNDERWORLD: BLOOD WARS (Digital) (R)	(12:45 3:00 5:15)	7:30	9:50
ROGUE ONE (Digital) (PG13)	(12:30 3:30)	6:30	9:30
MOANA (Digital) (PG)	(11:25 1:55 4:30)	7:05	
FENCES (Digital) (PG13)	(12:15 3:20)	6:25	9:30
HIDDEN FIGURES (Digital) (PG)	(1:15 4:05)	6:55	9:40

Sunday • January 8

FANTASTIC BEASTS AND WHERE TO FIND THEM (Digital) (PG13)	(1:10)	6:45	
ASSASSINS CREED (Digital) (PG13)			
WHY HIM? (Digital) (R)	(4:10)	7:15	9:45
PASSENGERS (Digital) (PG13)	(1:50 4:30)	7:15	9:45
SING (Digital) (PG)	(11:25 2:00 4:35)	7:10	9:45
UNDERWORLD: BLOOD WARS (Digital) (R)	(12:45 3:00 5:15)	7:30	9:50
ROGUE ONE (Digital) (PG13)	(12:30 3:30)	6:30	9:30
MOANA (Digital) (PG)	(11:25 1:55 4:30)	7:05	
FENCES (Digital) (PG13)	(12:15 3:20)	6:25	9:30
HIDDEN FIGURES (Digital) (PG)	(1:15 4:05)	6:55	9:40

Monday - Thursday • January 9 - 12

FANTASTIC BEASTS AND WHERE TO FIND THEM (Digital) (PG13)	(1:10)	6:45	
ASSASSINS CREED (Digital) (PG13)			
WHY HIM? (Digital) (R)	(4:10)	7:15	9:45
PASSENGERS (Digital) (PG13)	(1:50 4:30)	7:15	9:45
SING (Digital) (PG)	(2:00 4:35)	7:10	9:45
UNDERWORLD: BLOOD WARS (Digital) (R)	(12:45 3:00 5:15)	7:30	9:50
ROGUE ONE (Digital) (PG13)	(12:30 3:30)	6:30	9:30
MOANA (Digital) (PG)	(1:55 4:30)	7:05	
FENCES (Digital) (PG13)	(12:15 3:20)	6:25	9:30
HIDDEN FIGURES (Digital) (PG)	(1:15 4:05)	6:55	9:40