

COMMUNITY NOTEBOOK

Living Well class offered Fridays

A free, six-week workshop featuring practical skills for living with an ongoing health condition or caring for someone who does is being offered at Independence/Monmouth Family Medicine, 1430 Monmouth St., Independence.

The Living Well program will be held weekly on Fridays from 9:30 a.m. to noon. Classes begin this Friday and will run through March 10.

The workshop will cover topics including managing symptoms and medications, stress management, relaxation techniques, improving sleep, and getting support from family and friends.

All class materials, including a course book and CD, are provided at no cost.

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

EBC holds support, homebound events

Evangelical Bible Church, 1175 SE Howe St., Dallas, will hold a pair of events.

The first is a monthly discussion on homebound visiting Sunday from 4:30 to 6 p.m. Different topics will be covered including the effective use of humor, music, encouragement and observations of people and environments.

The second, a monthly caregiver support group, will meet Monday from 1 to 2:30 p.m. and meets on the first Monday of the month. The group is open for caregivers, family members and friends of people with dementia/Alzheimer's. An experienced facilitator will lead discussions.

For more information: 503-508-4506.

AARP offers tax assistance

AARP Tax Aide will provide tax assistance for seniors, low-income and middle income people in Dallas and Monmouth. Assistance will be offered through April 15.

Dallas help will be available at 580 Main St., Suite B on Mondays, Wednesdays and Fridays from 8 a.m. to 4 p.m. Call 503-831-1950 to make an appointment.

Monmouth assistance will be held at Monmouth Senior Center, 180 Warren

A helping hand



Nina Davis takes a look at a puppy during the Polk Community Connect on Jan. 25. The event provided a variety of services to those in need at no charge.

LUKAS EGGEN/Itemizer-Observer

St. S on Mondays and Thursdays from 9 a.m. to 5 p.m. and Saturdays from 9 a.m. to 1 p.m. Call 503-838-5678 for appointments.

State of the Cities addresses set

The Independence and Monmouth State of the City addresses will be held Feb. 8 at Werner University Center at Western Oregon University.

The evening begins at 7 p.m. with welcomes from the Monmouth-Independence Chamber of Commerce and WOU. Independence Mayor John McArdle is scheduled to speak at 7:10 p.m. and Monmouth Mayor Steve Milligan will give his address at 7:35 p.m. A question-and-answer session facilitated by the chamber and ASWOU is scheduled to start at 8 p.m.

There is no cost to attend. Light refreshments will be available.

Polk firefighters sworn in tonight

Polk County Fire District No. 1 will host a swearing in ceremony at 7 p.m. Wednesday (today) at Central High School's auditorium, 1530

Main St., Independence. New firefighters and officers will be sworn in. A reception will follow.

'Keepers' to play free concert

Keepers of the Faith will perform a free concert on Sunday at 6 p.m. at the Evangelical Bible Church, 1175 SE Howe St., Dallas.

The musical quartet travels the United States and is a well-known performer of gospel music.

A love offering will be taken during the concert. Come for an evening of music that will encourage and renew the spirit.

Speaker addresses disability today

Scholar and professor Kathleen Bogart, Ph.D. comes to the Western Oregon University campus to share her research, focusing on this forgotten "ism," ableism, or prejudice towards disability.

She studies disability from a social psychological perspective, examining others' attitudes toward disability and the way people with disabilities adapt to their

conditions and manage stigma. Come find out more about this often overlooked but increasingly important topic.

This event will be from noon to 1 p.m. on Wednesday (today) in the Werner University Center in the Willamette Room.

Spanish in the U.S. topic of event

Spanish in the U.S.: Myths and realities. The U.S. has the second largest population of Spanish-speakers in the world after Mexico. Yet the varieties of Spanish spoken here suffer from several misconceptions.

This talk summarizes recent research on Spanish in the U.S., addressing questions such as these: What are some of the principal characteristics of Spanish as it is spoken in the U.S.? Is "Spanglish" a positive or a derogatory term? Is a single U.S. Spanish dialect likely to emerge? And what are the best ways to encourage Spanish development among heritage speakers?

This event will be at 3 p.m. on Friday at the Richard Woodcock Education Center in room 101, at Western Oregon University.

LIBRARY CALENDAR

DALLAS
950 Main St. • 503-623-2633
www.ci.dallas.or.us/library

- Wednesday, Feb. 1, 5:30 p.m. — Ukelele Fans of Dallas.
- Thursday, Feb. 2, 10:30 a.m. — Children's Story Time.
- Thursday, Feb. 2, noon — Adult Book Discussion.
- Tuesday, Feb. 7, 10:30 a.m. — Morning Children's Story Time.
- Tuesday, Feb. 7, 7 p.m. — Friends of the Library meeting.

INDEPENDENCE
175 Monmouth St. • 503-838-1811
www.ci.independence.or.us/library

- Wednesday, Feb. 1, 10:30 a.m. — Family Story Time.
- Wednesday, Feb. 1, 1 p.m. — Scrabble with Betty.
- Wednesday, Feb. 1, 4 p.m. — Wacky Wednesday (I love my library).
- Thursday, Feb. 2, 4:30 p.m. — Chess Club.
- Saturday, Feb. 4, 2 p.m. — Hand-crafted cards with Kay.
- Saturday, Feb. 4, 3:30 p.m. — Cuentos en Español.
- Tuesday, Feb. 7, 2 p.m. — Tiny Tots (Ages up to 2).
- Wednesday, Feb. 8, 10:30 a.m. — Family Story Time.
- Wednesday, Feb. 8, 4 p.m. — Wacky

Wednesday (I love my valentines).

MONMOUTH
168 S. Ecols St. • 503-751-0182
www.ci.monmouth.or.us/library

- Thursday, Feb. 2, 10:15 a.m. — Preschool Explorers.
- Tuesday, Feb. 2, 10:15 a.m. — Tales for Tots.

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.



COMMUNITY CALENDAR

Community Calendar is a listing of upcoming events taking place in Polk County that are open to the public. 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 (ioneus@polkio.com).

WEDNESDAY, FEB. 1

- **Monmouth Business Association** — 7:30 a.m., Partnerships in Community Living Inc., 480 Main St. E, Monmouth. 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 Warren St. S., 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, FEB. 2

- **Dallas Lions Club** — Noon, Hong Kong Restaurant, 325 Main St., Dallas. Everyone welcome. 503-623-8121.
- **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, FEB. 3

- **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, FEB. 4

- **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 Warren St. S., Monmouth. Cost: \$6, adults; \$3, children younger than 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, FEB. 5

- **Polk Flea Market** — 9 a.m. to 3 p.m., Polk County Fairgrounds, 520 S. Pacific Highway (99W), Rickreall. Admission: \$1; children 12 and younger, free. Early admission from 6 to 9 a.m. is \$5. 503-428-8224.
- **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.

MONDAY, FEB. 6

- **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, FEB. 7

- **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.
- **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.
- **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, FEB. 8

- **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.

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60th Anniversary
Community Awards Celebration

A Formal Affair
beginning at 6:00 p.m. on
Friday, February 24, 2017
featuring live jazz music
by Emmaly & Wyatt Basaraba.

PURCHASE TICKETS TODAY!
Sponsorship opportunities available.

Hosted by
DALLAS
AREA
CHAMBER OF COMMERCE

For more information:
503.623.2564
E-Mail: bonnie@dallasoregon.org
Website: www.dallasoregonchamber.org

Communities Served: Independence & Monmouth, OR

IMPORTANT INFORMATION
ABOUT YOUR SPECTRUM CHANNEL LINEUP
Effective on or after February 9, 2017, KOPB - PBS Kids will
launch on Basic channel 197.
For a complete channel lineup, visit spectrum.com/chan-
nels.
To view this notice online, visit spectrum.net/programming-
notices.
(Feb. 1, 2017)

LIFE IS HARD...
And then you die.

Is this really all there is? Come discover a more positive life.

Come to **Discover Hope**

Explore your questions and share your ideas
while building friendships with others.
Anyone interested in finding out more
about Christianity and spiritual issues is welcome!

Starts February 7th, 6:30 PM
Free Dinner Provided, childcare available upon request.

For more information or to let us know you are coming call
First Baptist Church, Independence 503-838-1001.

Join us for **Discover Hope** at First Baptist Church
1505 Monmouth St. Independence, OR 97351
www.independencefirstbaptist.com • www.facebook.com/firstbaptist1001

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