


# Professional Directory




**COLUMBIA COMMUNITY  
MENTAL HEALTH**  
Outpatient Alcohol & Drug Services  
INDIVIDUAL - COUPLE - FAMILY - GROUP  
Driving Under the Influence Program • ODL Monitoring  
Call for App't. **503-429-1053**

**Providence Medical Group**  
Family and Community Medicine  
510 Bridge Street, Vernonia, Oregon 97064  
**503-429-9191**

Phyllis Gilmore, M.D.  Judith Hargis, P.A.C.

**A caring difference you can feel**




**Terry P. Tobin, O.D.**  
Doctor of Optometry

**FAMILY VISION CARE**  
GLASSES - CONTACT LENSES

**Vernonia Dental**

Dr. Christopher M. Scheuerman, DMD

**FREE TEETH WHITENING** 

W/NEW PATIENT EXAM, X-RAYS & CLEANING  
PRESENT THIS COUPON AT FIRST VISIT.  
Mon. thru Thurs. • 8:00 am - 5:00 p.m.  
For Appointment Call  
**(503) 429-0880**  
622 Bridge Street, Vernonia OR 97064

**MAPLE STREET CLINIC, P.C.**  
"Medical Care for the Entire Family"  
**Taking New Patients**

**503-357-2136**  
Mon-Fri, 8:30 am - 5:30 pm  
1825 MAPLE STREET • FOREST GROVE

For Appointment  
**Phone: 503-429-7008**  
Wednesdays 9:00 a.m. - 5:00 p.m.  
Most insurance accepted.  
Call for information.  
622 Bridge Street, Vernonia

**MASSAGE THERAPY**  
Swedish • Deep Tissue • Reflexology • Deep Relaxation • Reiki  
Relief for stress, chronic pain, soft tissue injury, whiplash.  
Medical Referrals Accepted • Insurance Billed

**GIFT CERTIFICATES**  
**MARIE KRAHN, LMT**  
**503-429-5180**  
LICENSED & CERTIFIED • LICENSE No. 5495

**VALLEY VETERINARY CLINIC**  
**Large & Small Animals**  
9 am-5:30 pm, Every Thursday 

58376 Nehalem Hwy. S.  
Vernonia  
Call for Appointment:  
**1-503-556-3084**  
26072 Hwy. 30, Rainier

**NORTH PLAINS  
CHIROPRACTIC CLINIC**

**SHANE E. ESPINOZA, D.C.**  
CHIROPRACTIC PHYSICIAN

10395 NW Glencoe Rd. (503) 647-9944  
Suite 500 Fax (503) 647-0511  
North Plains, OR 97133 Se Habla Español

**KLS SURVEYING**  
Professional Land Surveyors

 (503) 429-6115

1224 E. Alder Street  
Vernonia OR 97064

**INSURANCE**  
VERNONIA REALTY & INSURANCE CENTER  
Ken & Helen Bateman, Agents  
Your Local, Independent Insurance Agents  
**Auto • Home • Business • Life • Health**  
P.O. Box 248  
953 Bridge Street  
Vernonia, OR 97064  
**503-429-6203** 

**Jim L. Lucas, Lawyer**  
Family Law, General Practice  
**Phone (503) 324-0114**

630 S. Main Street / P.O. Box 699  
Banks, Oregon 97106

**TenderCare Dental Center**

**SAVE \$50.00**

Bring this ad to our office and we will take \$50 off your first visit.



NEW PATIENTS ONLY.  
\$50.00 max. discount per person.  
Please mention ad


Andrew Thompson, DMD  
10395 NW Glencoe Rd., Ste 100 • North Plains, OR 97133

- Serving Children & Adults
- New Patients Welcome
- Prompt Emergency Care
- Preventative and Cosmetic Dentistry
- Insurance & Payment Options
- 5% Senior and Cash Courtesy Discount
- invisalign® Clear Braces

**Monday thru Friday 8 AM - 5 (503) 647-0055**

**VERNONIA REALTY & INSURANCE CENTER**  
**Carol Ostrander, Real Estate Broker**  
Graduate Real Estate Institute • 25 Years Experience

OFC: 503-429-6203  
CELL: 503-784-9837  
RES.: 503-429-6425  
E-mail: carolo@agalis.net

  
953 BRIDGE ST. / P.O. BOX 248 • VERNONIA, OR

**Have The INDEPENDENT delivered to your mailbox!**  
**Call 503-429-9410 to place your subscription!**

