

## Professional Directory

*Be here  
when they need to  
find you!*

The INDEPENDENT Professional Directory is the ONLY Professional Directory in the Upper Nehalem Valley. Call 503-429-9410 for information.

### MASSAGE THERAPY

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

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**MARIE KRAHN**  
**503-429-5180**

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

### FAMILY VISION CARE

GLASSES - CONTACT LENSES

For Appointment

**Phone: 503-646-6166**

Weekdays 8:30 a.m. to 5:00 p.m.

Most insurance accepted

Located across from Home Depot  
660 N.W. Murray Rd., Portland



**Banks & Vernonia  
Health Mart**  
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*"Better Service Less Wait, Same Co-Pay"*

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**Flu & Pneumonia Shots  
No Appointment Needed**

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#### Vernonia Pharmacy

622 Bridge St., Vernonia  
PH. 503-429-0591  
Fax 503-429-7209  
Mon. - Fri. 9 to 6  
Saturday 9 to 1  
www.vernoniarx.com

#### Banks Pharmacy

662 S Main At., Banks  
PH. 503-324-5780  
Fax 503-324-5410  
Mon. - Fri. 10 to 7  
Saturday 10 to 3  
www.bankspharmacy.com

### 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

### Vernonia Dental

Dr. Christopher M.  
Scheuerman, DMD



Mon. thru Thurs.  
8:00 am - 5:00 p.m.

For Appointment Call

**(503) 429-0880**

622 Bridge Street, Vernonia OR 97064

### 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

### Vernonia Eye Clinic



*"We take your eyes to heart"*

- Eye Exams • Glasses • Contact Lenses
- Diabetic Eye Exams • Eye Emergencies
- \* Eye Diseases Treatment & Management

*Did you know that your kids should have  
an eye exam before entering kindergarten!*

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622 Bridge St. Vernonia, OR 97064



**Andrew Thompson, DMD**

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your first visit.



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\$100.00 max. discount per person.  
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- 5% Senior and Cash Courtesy Discount
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- Mercury-Free Dentistry

#### North Plains Location

10395 NW Glencoe Rd., Ste 100  
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Ph: (503) 647-0055

www.tendercaredentist.com



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