

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

GIFT CERTIFICATES

MARIE KRAHN
503-429-5180

25 YEARS EXPERIENCE • LICENSE No. 5495



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**
PHARMACY

"Better Service Less Wait, Same Co-Pay"

Now Available

**Flu & Pneumonia Shots
No Appointment Needed**
All vaccinations available, including
Shingles, HPV, MMR & TDP

Two locations to serve you
Accepting most insurance plans
Transfer your prescriptions today!

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

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 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

"We take your eyes to heart" Vernonia Eye Clinic

- Eye Exams • Glasses • Contact Lenses
- Eye Diseases Treatment & Management

Accept most insurances, including Medicare

503-429-7000

622 Bridge St. Vernonia, OR 97064

Do you have a service to offer?

Tell people about it here

Low Rates! Great Results!

Call 503-429-9410



Andrew Thompson, DMD

TenderCare Dental Center

**SAVE
\$100**

Bring this ad to our office
and we will take \$100 off
your first visit.



NEW PATIENTS ONLY.
\$100.00 max. discount per person.
Please mention ad

- Serving Children & Adults
- New Patients Welcome
- Prompt Emergency Care
- Preventative & Cosmetic Dentistry
- Insurance & Payment Options

NEW! Banks Location

664 S. Main St.
Banks, Oregon 97106
Ph: (503) 747-3409

Mon - Fri 8 am - 5 pm

- 5% Senior and Cash Courtesy Discount
- invisalign® Clear Braces
- Dental Implants
- 6 Month Smiles Cosmetic Braces
- Mercury-Free Dentistry

North Plains Location

10395 NW Glencoe Rd., Ste 100
North Plains, Oregon 97133
Ph: (503) 647-0055

www.tendercaredentist.com



Have The INDEPENDENT delivered to your mailbox!

Call 503-429-9410 to place your subscription!