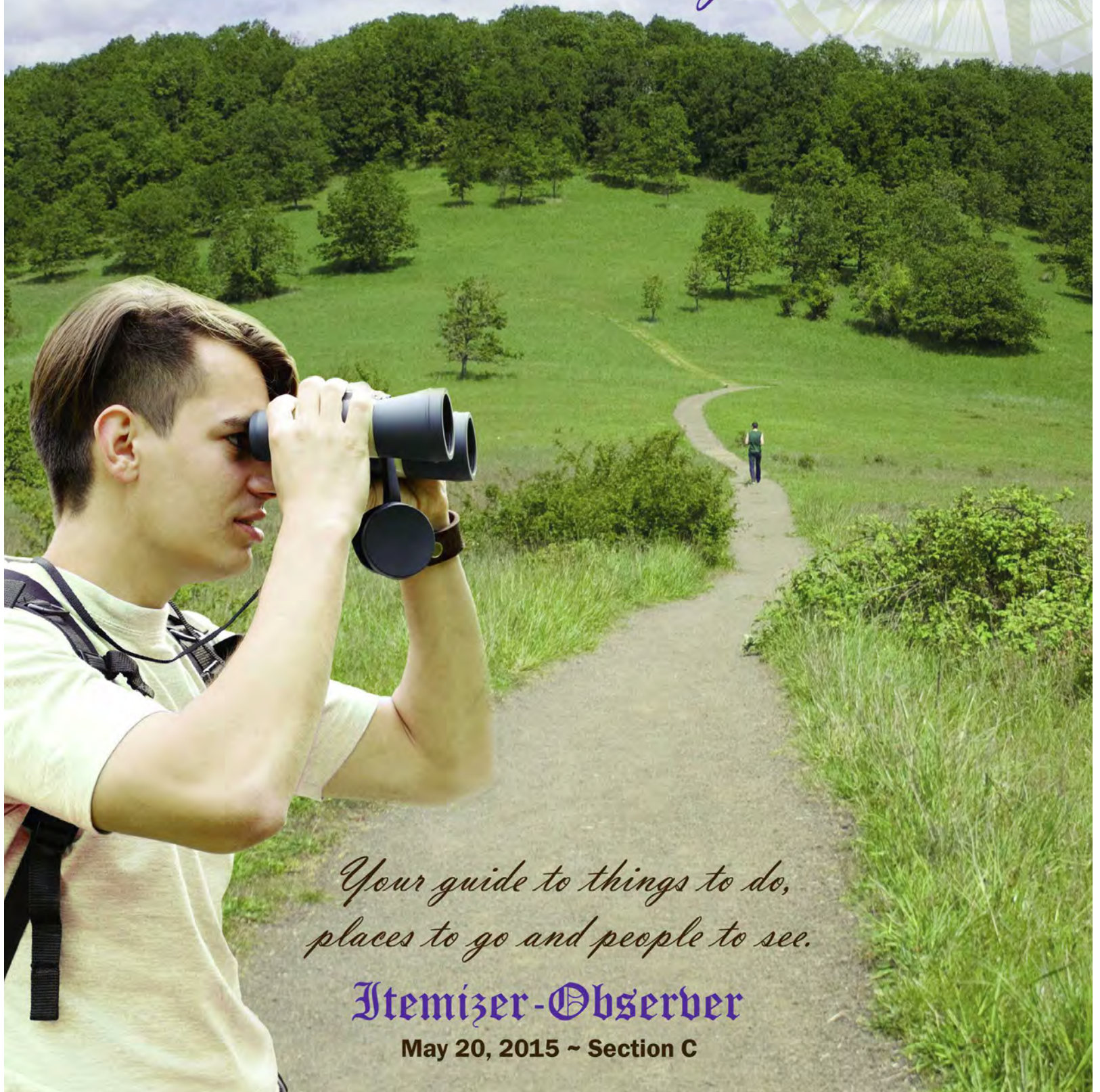


EXPLORE

Polk County



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Itemizer-Observer

May 20, 2015 ~ Section C

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Explore Polk County

Welcome to Explore Polk County 2015

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Published by the Polk County Itemizer-Observer

147 SE Court St., P.O. Box 108, Dallas, OR 97338 • 503-623-2373 • www.polkio.com

Nancy Adams, publisher/editor, writer; Jolene Guzman, writer; Emily Mentzer, writer; Lukas Eggan, writer;
Tracie Rabago, photography; Aaron Yost, photography; Heidi Leppin, display advertising; Rachel Best, display advertising;
Karen Sanks, client services; Kathy Huggins, production; Karyn Pressel, production;
Pat Letsch, bookkeeping; Dawn Ohren, classified line advertising/reception.

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EXPLORE POLK COUNTY

Come and take a closer look — drive, hike or bike

Welcome to “Polk Wonderland,” nestled in the heart of the Willamette Valley, a county filled with more wonders than imagined and plenty of choices and opportunities to explore for a day or a lifetime.

Take a drive and view the vistas and panoramic views, forests and farmland along byways and back roads of the area. Hike the many trails at Baskett Slough National Wildlife Refuge and the walking trails in our communities.

From short, tree-lined strolls with family to longer treks through pristine forests, you will find something for all ages.

Biking is another popular mode of transportation in the county including an internationally known mountain biking area just outside of Falls City.

Looking for a more quiet, slower pace, visit the Luckiamute State Natural Area and hike or canoe.

Wines and vineyards abound in the Willamette Valley, and Polk County sits

right in the center of many award-winning producers of Oregon's fine wines.

There are plenty of wine varieties and selections to please many a palate.

This is an exciting time in Polk County for growers, wineries and the wine lover because of the high quality of wine being made here.

The wines produced in our county have found their way to restaurants throughout the world.

One of the best ways to see the valley's beauty is by driving to Van Duzer Vineyards. From here, the views are spectacular.

Craft beers have found a welcoming environment in Polk County. Independence, historically known as the hop capital of the world, is the location of a Rogue Ales' hop farm.

Their presence has elevated the craft beer industry to new heights, and the community has seen a surge in local establishments featuring a large variety of

choice beers and spirits.

There are plenty of eateries to go along with the traveling and the many libations to choose from.

Breakfast, lunch, dinner and dessert served in a variety of tasty choices are easily accessible and close by.

We are only a short distance from Spirit Mountain Casino, Oregon's largest tourist attraction.

During the summer, a hometown feeling can be experienced at festivals throughout the county, not to mention summer music festivals.

So there is no need to leave the county for a visit when you have all of these many wonders just down the road ready for you to take a closer look.

We welcome you to Explore Polk County 2015!

— Nancy Adams
Publisher/Editor

Polk County Itemizer-Observer

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The sun sets over Namaste Vineyard in mid-October. Stunning views can be spotted at Polk County wineries any time of the year. A wine tour is a great way to see the valley as well as learn about the industry and taste some great vintages.

RAISE A GLASS

Polk wineries' 2014 harvest means more, better wine

Wine harvest 2014 in Polk County is said to be one of the biggest and the best in recent memory. That's a good thing, for several reasons.

Chelsea Metcalfe, the executive director of the Dallas Area Visitors Center, sums up the main reason beautifully: "We make the best wine here."

With the growing popularity of Oregon wine, both domestically and internationally, having more to go around is a bonus.

In 2013, Oregon wineries shipped 139,447 cases of wine to New York, up from 109,951 the year before, according to the Oregon Wine Board. Washington and California imported 336,274 cases in 2013. While still a small percentage, international sales are growing too, with 61,742 cases shipped overseas in 2013, up from 59,870 the year before. Canada, not surprisingly, is the biggest importer, but notably China is importing more Oregon wine in recent years.

The 2014 vintage should provide new Oregon wine customers more to savor. Grape growers and winemakers were



more than pleased when harvest began in September 2014.

"The grapes are looking really good, the numbers are coming in really good and the flavor development has really come into place in everything we've picked so far," Joe Wright, the winemaker at Left Coast Cellars in Rickreall, said during the first wave of picking in fall 2014. "So far everything is absolutely ideal, really nice."

Wineries in Polk County have begun to

market themselves in unique ways to capture more customers. Dallas' Illahe Vineyards — known for using horses during harvest to cut down on its carbon footprint and for making wine the really old fashioned way with its "1899" (more on that later) — has added a wine cave to perfect the aging process.

"This is how the best wine is made," said winemaker Brad Ford, noting temperature and humidity control makes caves the ideal environment for producing the best flavors in wine. "This will enable us to make the best wine we can make."

At its heart, though, Polk County still is the hidden jewel of winemaking, a place visitors in the know could get all that Oregon's wine country has to offer without the traffic and crowds.

"I think that we are still small enough that when you visit a winery, there's a good chance you can meet the winemaker or owner," Metcalfe said, noting in more recognizable winemaking regions, that is something you have to pay for. "Here, that is just day-to-day business."

Continued on Page 7C



Each vineyard in Polk County offers a unique and breathtaking view.

Continued from Page 6C

Here, winemakers are approachable and casual, but that doesn't mean they are any less focused on quality.

Oregon's industry is relatively young, in winemaking terms, with the first grapes planted about 50 years ago, according to the Oregon Wine Board. The state is now famous for its elegant cool-climate pinot noir, which represented the bulk of the 2014 harvest. Other varieties, such as pinot gris, chardonnay, syrah, Riesling — and even some cabernets — can also be found gracing the vineyard hillsides.

Metcalf said with growing regularity, chamber employees have fielded more inquiries about the area's wineries.

"That has become one of the top three questions asked by visitors to the area," she said.

Polk County wineries aren't taking those visitors for granted, having taken the wine experience beyond the typical tasting and vineyard tours.

Those looking to combine experiencing wine with an outdoor adventure should look into wine biking.

Eola Hills Wine Cellars has hosted the annual "Bike Oregon Wine Country" event each August since 1997. Starting with just one group of 30 cyclists, the event now attracts more than 1,000 participants and has expanded to every weekend in August. Rides vary in length from 45 to 75 miles, and bikers can take the tour at their own pace. Lunch is provided on the ride, and a barbecue awaits riders

ers on their return to Eola Hills Wine Cellars. For more information, go to: www.eolahillswinery.com.

Perhaps biking for miles is a little too adventurous, so how does tasting wine made the old-fashioned way sound?

Illahé is among many Oregon vineyards making sustainability and conservation a focal point. The Dallas-area vineyard takes the notion of reducing its carbon footprint to another level, and you can drink the results.

Among those working at the vineyard are a pair of enormous Percheron draft horses. The brother-and-sister pair pull the vineyard's specially designed horse-drawn mower. During harvest, they help bring in the grapes to reduce the use of tractors.

But in 2011, the gang at the vineyard decided to take a step back in time with "1899." The wine was produced entirely without technology, using winemaking techniques developed or widely used before 1900.

"We realized at some point that we could do it the same way they did over a hundred years ago," said Ford, explaining his brainchild. "So if we made it without stainless (steel), without electricity, without motors, it could be from the 19th century."

Making the wine was time consuming, but the result was worth the work. So much so that the vineyard has made additional batches since.

"The exciting thing is that it worked," Brad said. "The wine tastes great. It's a good wine; it's an interesting wine."

Continued on Page 8C



Johans Vineyards stack oak barrels outside waiting to be filled with wine.



Many of the region's wineries offer wine tastings on a seasonal or year-round basis. It is recommended you call ahead to confirm schedules and operating hours.

Wineries and vineyards in Polk County that offer tasting rooms and are open to the public, either during regular hours, by appointment or during seasonal open houses, include:

- ◆ **Airlie Winery**, 15305 Dunn Forest Road, Monmouth (Airlie). 503-838-6013. www.airliewinery.com.
- ◆ **Amalie Robert Estate**, 13531 Bursell Road, Dallas. 503-882-8833. www.amalierobert.com.
- ◆ **Bethel Heights Vineyard**, 6060 Bethel Heights Road, West Salem. 503-581-2262. www.bethelheights.com.
- ◆ **Bjornson Vineyard**, 3635 Bethel Heights Roads NW, West Salem. 503-877-8189. www.bjornsonwine.com.
- ◆ **Bryn Mawr Vineyards**, 5955 Bethel Heights Road NW, West Salem. 503-581-4286. www.brynmawrvineyards.com.
- ◆ **Chateau Bianca Winery**, 17485 Highway 22, Dallas. 503-623-6181. www.chateaubianca.com.
- ◆ **Cherry Hill Winery**, 7867 Crowley Road, Rickreall. 503-623-7867. www.cherryhillwinery.com.
- ◆ **Cristom Vineyards**, 6905 Spring Valley Road NW, West Salem. 503-375-3068.

www.cristomwines.com.

- ◆ **Cubanismo Vineyards**, 1754 Best Road NW, West Salem. 503-588-1763. www.cubanismovineyards.com.
- ◆ **Dragonfly Creek Wines**, 14020 Orchard Knob Road, Dallas. 503-720-3807.
- ◆ **Elkhorn Ridge Vineyards & Winery**, 10895 Brateng Road, Monmouth. 208-720-3062. www.elkhornridgevineyards.com.
- ◆ **Emerson Vineyards**, 11665 Airlie Road, Monmouth. 503-838-0944. www.emersonvineyards.com.
- ◆ **Eola Hills Wine Cellars**, 501 S. Pacific Highway (99W), Rickreall. 503-623-2405. www.eolahillswinery.com.
- ◆ **Evesham Wood Winery**, 3795 Wallace Road NW, West Salem. 503-371-8478. www.eveshamwood.com.
- ◆ **Firesteed Cellars**, 2200 N. Pacific Highway (99W), Rickreall. 503-623-8683. www.firesteed.com.
- ◆ **Huntington Hill Vineyards**, 3395 Perrydale Road, Dallas. www.huntingtonhill.com.
- ◆ **Illahe Vineyards and Winery**, 3275 Ballard Road, Dallas. 503-831-1248. www.illahevineyards.com.
- ◆ **Johan Vineyards**, 4285 N. Pacific Highway (99W), Rickreall. 1-866-379-6029. www.johanvineyards.com.
- ◆ **Left Coast Cellars**, 4225 N. Pacific Highway (99W), Rickreall. 503-831-4916. www.leftcoastcellars.com.

- ◆ **Namaste Vineyards**, 5600 Van Well Road, Dallas. **Tasting room**, 3250 S. Pacific Highway (99W), Independence. 503-623-4150. www.namastevineyards.com.
 - ◆ **Orchard Heights Winery**, 6057 Orchard Heights Road NW, West Salem. 503-391-7308. www.orchardheightswinery.com.
 - ◆ **Redhawk Winery & Vineyard**, 2995 Michigan City Lane NW, West Salem. 503-362-1596. www.redhawkwine.com.
 - ◆ **St. Innocent, Ltd.** (tasting room), 5657 Zena Road NW, West Salem. 503-378-1526. www.stinnocentwine.com.
 - ◆ **Stangeland Vineyards & Winery**, 8500 Hopewell Road NW, West Salem. 503-581-0355. www.stangelandwinery.com.
 - ◆ **Van Duzer Vineyards**, 11975 Smithfield Road, Dallas. 1-800-884-1927. www.vanduzer.com.
 - ◆ **Walter Scott Wines**, 6130 Bethel Heights Road NW, West Salem. 971-209-7786. www.walterscottwines.com.
 - ◆ **Whistling Dog Cellars**, 1915 NW Oak Grove Road, West Salem. 503-708-9105. www.whistlingdogcellars.com.
 - ◆ **Witness Tree Vineyard**, 7111 Spring Valley Road NW, West Salem. 503-585-7874. www.witnessreevineyard.com.
- Wineries and vineyards with public tasting rooms that were omitted from this listing can be included next year by contacting the Itemizer-Observer at 503-623-2373 or sending an email to ionews@polkio.com.*

Polk Veterinary Clinic

Dr. Trina Brotherton reopened Polk Veterinary Clinic in 2002. Born and raised in Oregon, she has many pets of her own including dogs, cats, goats & horses. She has been a veterinarian for over 20 years and has enjoyed serving the Dallas community for the last 11 years.

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CRAFT BREWS

Welcome to craft beer country. In Monmouth and Independence, the craft beer flows through taps and into pints or growlers, to be enjoyed by beer enthusiasts.

The king of craft beer — Rogue Ales and Spirits — has a working farm right here in Independence.

There people can enjoy locally-sourced food, tour the farms and taste beer inspired by the land itself.

“We’re excited to share the ingredients and flavors,” Rogue President Brett Joyce said.

Rogue offers 35 different beers. At Chattoe Rogue tasting room, people may enjoy any and all of them, with eight on tap. They even have root beer and soda for the tea-totaller, young person or designated driver.

“There’s certainly a huge craft beer renaissance across the country,” Joyce said. “Oregon is, if not the leader, a leader in the craft beer revolution.”

In Oregon, there are more than 200 breweries, Joyce added.

“It shows how much people love their craft beer,” he said.

Part of that movement is the growing popularity of growlers, a container used to take home fresh, craft beer.

“It’s the closest thing to draft beer in



Rogue Ales and Spirits in Independence offers locally-sourced food, tours of the farm and beer tastings inspired by the land itself.

their home,” Joyce said. “There’s nothing quite like getting something fresh off a tap, but for me this is the next best thing.”

There’s almost always something going on at the farm, from yoga in the hopyard

on the last Wednesday of the month, to regular classes ranging from composting to making cheese to cooking with beer.

During summer, visitors can enjoy a concert series or salmon bake. In fall, the farm hosts a pumpkin festival.

“What we’re doing in Independence is a big part of our innovation,” Joyce said.

The craft beer revolution doesn’t stop there.

A drive into downtown Monmouth or Independence offers many stops for indulging your craft beer cravings.

Head to downtown Independence to the Three Legged Dog to enjoy craft beer — and handcrafted liquor. The establishment has between nine and 11 beers on tap at any one time, said co-owner Josh Cronin.

“The list is always changing, but the focus is always on regional craft beer,” he said. “We especially like to support local, self-distributed breweries like Santiam, Salem Ale Works and Deluxe.”

While there, try an entrée or appetizer made from ingredients sourced in the Willamette Valley — often inspired by the weekly farmers markets in downtown Independence.

Continued on Page 11C



The craft beer movement is catching on quickly in Monmouth and Independence, providing drinkers with a wide variety of choices.



Beer facts

- There are more than 200 breweries in Oregon.
- Craft beer sales grew by 17.6 percent nationally in 2014, according to the Brewers Association.
- Oregon crafted 1,641,000 barrels of beer in 2014, according to the Oregon Brewers Guild.

Beer Country Lingo

- **Cider:** Fermented alcoholic beverage made from fruit, usually apples, but not always. Cider can be made from pears, blackberries, or any fruit.
- **Ale:** Brewed from malted barley using a warm fermentation with a strain of brewers' yeast. Compared to lager yeasts, ale yeast ferments more quickly, and often produces a sweeter, fuller-bodied and fruitier taste.
- **Lager:** It may be pale, golden, amber or dark. Pale lager is the most widely consumed and commercially available style of beer in the world.
- **IPA:** India Pale Ale, a hoppier beer which pairs well with spicier foods such as hot wings. Alex Trevino of Rookies said an IPA really neutralizes the spiciness and cools the flavor.
- **Porter:** Also dark and heavy, but can be surprisingly light, such as a vanilla porter. Porters are more fully enjoyed if allowed to warm a few degrees. Only then can the flavors be released.
- **Stout:** A dark, heavy, very flavorful beer. Stouts include cherry chocolate or espresso flavors and can be a meal unto themselves. Stouts were traditionally the generic term for the strongest or stoutest porter. Try letting your stout warm up a little to let the flavors come through.

Continued from Page 10C

The bar also offers 21 local spirits, which make up the base of cocktails made the old-fashioned way, with infusions and sours made by Cronin himself. The pub serves Sunday brunch with a make-your-own bloody Mary bar.

Monmouth is home to a wide selection of craft beers, including Rookies Sports Tap Room, with 36 taps — many of those are specialty brews and ciders. The bar will be up to 52 taps by the fall, making it the largest selection in the Willamette Val-

ley — or at least in the top two.

Rookies owner Alex Trevino said he noticed the change in the industry and noticed the craft beer movement was more than just a fad.

Brewmasters are really experimenting with different flavors, Trevino said.

"They're being really innovative with the beer that they're making," he noted.

With so many different beers, from lighter ales to darker stouts, Trevino had to change his menu. While he still offers the classic hamburger and fries, he added

salads, sandwiches and other lighter fare to encourage customers to enjoy a pint.

"It's more a pairing of the beers with some of our food," he said. "We do a bleu crumble tri tip salad, ahi tuna salad — nice light healthy fare to pair with beer."

At Yeasty Beasty, owner Tom Jones offers 16 beers on tap.

"We do like beer," he said. "We only do craft beer; we don't do any industrial beer. I bring craft beer from all over the state of Oregon, as well as other locations."

Continued on Page 12C

Continued from Page 11C

Yeasty Beastly features beer promos, kind of like a wine tasting, but with beer.

"Come learn about the brewer, see what their specialties are, ask questions," Jones said.

The restaurant also makes pizza, and Jones said he and his staff will happily help pair the perfect beer to your pizza.

"The category of beer called IPA India Pale Ale — tends to draw out spicy flavors really well," Jones said. "The pepperonis themselves will be a little more dramatic with an IPA."

Crush Wine Bar and Tasting Room owner Josh Brandt said his bar should be called Crush Beer.

"Beer's my favorite thing," he said. "I have a passion for beer."

Right now, Brandt has nine craft beers on tap, with a strong focus on Boneyard brews.

"It's my main brewery out of Bend," he said. "I love the Bend area."

Brandt said he tries to carry something for every taste, from light to hoppy, bitter to India red and pales. He also carries a cider on tap.

The beer culture is new to Monmouth,



Rogue Ales and Spirits offers 35 different beers for people to enjoy.

a town that was the last dry town in Oregon, but it's quickly catching on.

"The beer game has increased here (in

Monmouth)," Brandt said. "You can't get away with Coors Light or Bud Light on tap anymore."

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Cross Creek Golf Course features a number of breathtaking views, including from hole No. 14.

Let's play a round

Polk County's golf courses offer a mix of beauty and challenge

When you think of Polk County, is "golfing haven" one of the first things to cross your mind?

If not, it's time to experience the county's numerous options.

Whether you're looking for an 18-hole excursion or an executive course for a quick trip out, Polk County offers something that challenges golfers of all skill levels and provides some breathtaking views along the way.

Cross Creek

Polk County's newest golf course is also one of its most fun and challenging. At 6,880 yards from the back tees, the picturesque 18-hole course provides numerous obstacles.

This is a course that is still

growing, meaning trees lining the side are still maturing. That may make a hole seem open, tempting you to throw caution to the wind and go for distance.

Just make sure your control isn't suffering.

Venture too far off the fairway and your ball may be swallowed up by weeds or skipped into the water.

There are no gimmies on the course.

From the par 3s featuring water hazards to the 18th hole, a 514-yard closing behemoth, you'll need every shot in your arsenal to navigate the course.

But you don't have to be a golfing pro to enjoy Cross Creek.

From family nights during the summer to a driving range, lessons and tees designed to provide fun for

golfers based on their driving distance, Cross Creek is accessible to golfers of all ages

and skill levels, owner Tim Tarpley said.

Cross Creek Golf Course

Where: 13935 Highway 22, Dallas.

What: 18-hole, par-72 course, playing 6,884 yards from the blue tees.

Longest hole: No. 5, 560 yards, par 5.

Hours: Weekdays, 7 a.m. until dark; weekends, 6:30 a.m. until dark. Open year-round.

Rates: Weekdays/weekends: 9 holes, \$18/\$20; 18 holes, \$30/\$33. Juniors: \$10/\$20; students: \$13/\$24; seniors: \$15/\$26 (discount applies on weekdays only). Fees subject to change.

What's special: As one of the newest courses in the mid-Willamette Valley, Cross Creek offers a modern design and challenging play for low handicappers while offering enough tee boxes to make it playable for all levels. Men's and women's leagues, course memberships, drive and pull carts, lessons, a driving range and a pro shop are also offered.

For more information: 503-623-6666; www.crosscreekgc.com; search for Cross Creek Golf Course on Facebook. Tee times can be booked online.

Continued on Page 15C

Dallas Golf Club

Where: 11875 Orrs Corner Road, Dallas.

What: Nine-hole, par-31 executive course, playing 2,024 yards from the blue tees.

Longest hole: No. 6, 285 yards, par 4.

Hours: Open dawn to dusk, seven days a week. Open year-round.

Rates: 9 holes, \$12; 18 holes (play course twice), \$18. Students/seniors (with valid ID/ages 59 and up): \$10 and \$15. Juniors (14 and younger): \$5 and \$10 (fees subject to change).

What's special: As a smaller, walkable course, it's ideal for beginners looking to learn, but that doesn't make it easy. Greens are smaller here so a short game is vital, but the lesser yardage on the holes (there are no par 5s) allows players of all ages a chance to reach the green. A men's league, driving range, drive and pull carts, putting and chipping greens, and lessons are also available.

For more information: 503-623-6832, www.dallasgolfclub.wix.com.

Continued from Page 14C

Dallas Golf Club

As Polk County's lone executive course, Dallas Golf Club won't intimidate you with its distance. The 2,250-yard, par-31 layout is almost all straight, with distances that make it friendly for newer golfers and those looking for a quick round.

But don't expect it to be a complete walk in the park.

"Accuracy is key on this course," former general manager Mike Tallon said. "I think people will be surprised and find the course is more difficult than they are expecting."

On some holes, bunkers and water hazards may come

into play. On others, a wayward shot means hitting from the wrong fairway toward the hole.

The closing hole features water hazards surrounding three sides of the green. The elevated tees provide a fun, beautiful, and challenging way to end your round.

With a driving range and lessons available, Dallas Golf Club is an affordable, fun and easy way for the novice and experienced golfer alike to have an enjoyable experience on the course.

Oak Knoll

Founded in 1926, Polk County's oldest course is also



Dallas Golf Club provides a quick, fun and challenging course for those looking for a faster round.

one of its most fun. The 18-hole, 6,279 yard course features towering trees lining numerous holes, leaving you with a difficult second shot if your drive goes wayward.

Other holes feature bunkers or water hazards waiting to punish you for going off line.

It's that variety that helps make Oak Knoll a blast to play.

Holes like No. 14, a par 3, shows off the course's beauty — as well as the challenges that you'll be facing throughout.

Trees that are thick enough to make life difficult line both sides. On the backside of the green, a steep slope leading into a water hazard means losing a ball if you go too long.

That picturesque beauty can make Oak Knoll a sight to behold, and a course you'll want to come back to again and again.

With a driving range, pro shop, practice greens and a full service restaurant and bar, Oak Knoll has everything you need to turn a round of golf into an all-day experience.

Oak Knoll

Where: 6335 Highway 22, Independence.

What: 18-hole, par-72 course, playing 6,279 yards from the blue tees.

Longest hole: No. 11, 545 yards, par 5.

Hours: 7 a.m. until dusk. Open year-round. Oak Tree Inn Restaurant open Monday-Friday, 10 a.m. to 4 p.m.; Saturday and Sunday, 8 a.m. to 4 p.m.

Rates: Monday-Friday: 9 holes, \$18; 18 holes, \$33. Saturday-Sunday: \$20 and \$35. Seniors (Monday-Friday): \$15 and \$27. College students (with valid ID): \$13 and \$20. Juniors (17 and younger): \$10 and \$15. Rates differ in winter and spring, check website (fees subject to change).

What's special: Claimed to be the first course in the North Willamette Valley, Oak Knoll offers a familiarity with golfers from around the area. A relatively flat course, play caters to players of all abilities. Oak Knoll is the only Polk County course with a full-service restaurant in Oak Tree Inn and also offers a PGA professional on site, covered stalls at its driving range, drive and pull carts, men's, women's and junior leagues, memberships and a variety of open tournaments.

For more information: 503-378-0344; www.oakknollgolf-course.com; search for Oak Knoll Golf Course on Facebook. Tee times can be booked online.



Oak Knoll features a number of picturesque, yet challenging holes throughout its 18-hole course.

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Land before time

Baskett Slough gives visitors a glimpse into the past

There's a place where you can travel through time to witness the natural history of an entire region. A place where the Fender's blue butterfly, which was thought to be extinct for more than five decades, now thrives.

And it can be found in Polk County.

Baskett Slough National Wildlife Refuge, located on Highway 22, was established in 1965 primarily to provide winter habitat for dusky Canada geese.

With habitat restoration projects at work on all of the 2,492-acre refuge, taking a drive through Baskett Slough is like entering a time ma-

chine to view the natural history of the Willamette Valley.

Baskett Slough is one part of the Willamette Valley National Wildlife Refuge Complex, which includes Ankeny, located southeast of Independence in Marion County, and Finley, located south of Corvallis in Benton County.

With nature on center stage, Baskett Slough is a bird-watcher's dream.

There are more than 200 species of birds either for winter, nesting or migration stopovers. The diversity in habitat types in the refuge means everything from shorebirds to songbirds, raptors and waterfowl are present.

Continued on Page 20C

Nature Walk

What: Baskett Slough National Wildlife Refuge.

Where: Located off Highway 99, 2 miles north of the Highway 22 intersection. Turn west onto Coville Road and continue along a gravel road for about a mile. You'll reach a parking lot, small informational kiosk, bathroom and a trailhead after about a mile.

Of note: Officials host a number of birding hikes and environmental informational activities at the refuge throughout the year.

For more information:
503-623-2749;
www.fws.gov/Willamette-Valley/baskett/.



Left: Baskett Slough gives bird watchers a chance to see more than 200 species.
Above: One of the many scenic spots at Baskett Slough National Wildlife Refuge.



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There are more than 200 species of birds that pass through Baskett Slough National Wildlife Refuge.



Taking a trip through Baskett Slough Wildlife Refuge provides many scenic spots to take in.

Continued from Page 18C

This incredible diversity attracts bird watchers from around the country.

In addition, 30 species of mammals, eight species of amphibians and 10 species of reptiles can be found at Baskett Slough.

Baskett Slough also plays host to 10 threatened and endangered species: Fender's blue butterfly, Willamette daisy, streaked horned lark,

Kincaid's lupine, Nelson's checkermallow and golden paintbrush.

Recreation is limited primarily to wildlife viewing on the hiking trails or the visitor's kiosk located just off Highway 22. Pets, jogging, biking, hunting and fishing are prohibited.

The wildlife comes first at Baskett Slough. And that's what makes this glimpse into the past one of the most special spots in Polk County.



Seeing wildlife up close and personal is a common occurrence at Baskett Slough National Wildlife Refuge.

Fun facts and wildlife tips

- Baskett Slough is one of three parcels that make up the Willamette Valley National Wildlife Refuge Complex (WVNWRC). The other two areas are Ankeny National Wildlife Refuge (southeast of Independence) and William L. Finley National Wildlife Refuge (south of Corvallis).

- Want to find the Fender's blue butterfly? Unlike most other wildlife, the best time to spot the endangered species is on warm, sunny days, from mid-May to late June.

- Pets are not allowed on the trails at Baskett Slough. Leashed pets are allowed only at the information kiosk and trailhead parking areas.

- Dawn and dusk are the best times to see wildlife. In warmer climates, little is moving on hot summer afternoons or windy days.

- Don't feed the animals! Your lunch could disrupt wildlife digestive systems.

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All-American celebration

County's Fourth of July festivities offer fun times

No one throws a Fourth of July party like the cities in Polk County. From Falls City to Independence, everyone gets into the spirit of celebrating America's birthday.

Falls City — always one to do things just a little different — kicks off its festivities a day early with its Third of July events. While many out-of-towners will come to see the city's now famous fireworks display, the early events have a decidedly hometown feel.

The day kicks off with a small, but festive parade down South Main, starting at Falls City High School. Then, festivities move to Upper Park for a carnival with games, vendors and plenty of good eats.

The day ends with a bang — literally — with the fireworks display in Upper Park. The tradition started with just local firefighters and their families celebrating Independence a day early. Now, thousands of people head to Falls City to watch the Falls City Fire Department put on its annual show.

In Dallas, Freedomfest is the newest of the community July Fourth celebrations, launched in 2013. Last year, thanks to adding a sanctioned barbecue contest and a fireworks display, festival attendance grew by thousands.

Chelsea Metcalfe, the Dallas Area Visitors Center executive director, said about 3,000 people stopped by Dallas

City Park to check out the barbecue contest and about 1,500 people lined LaCreole Drive to watch the pyrotechnics that night. Metcalfe said its likely many more people took in the show from home. The location of the display lends itself well for surrounding residents to throw parties in their backyards and watch the show.

"The fireworks were big," Metcalfe said. "People are getting excited about them this year."

This July, the event will be adding live music in the park during the barbecue competition and more kids activities are on tap.

Continued on Page 24C



Dallas' Freedomfest added a sanctioned barbecue contest and a fireworks display in 2014 drawing thousands to Dallas.

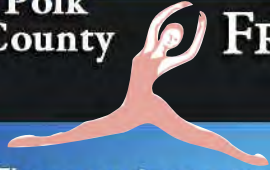


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www.dallasor.gov/parks

Continued from Page 22C

In Monmouth and Independence, a four-day event kicks off on July 2 and runs through July 5.

Western Days in Independence features fireworks on July 3 at Riverview Park. The pyrotechnics can be seen again on July 4, but some say the Hometown Fireworks display July 3 is a better show. Either evening, be sure to get there early to find a spot in the park — the grassy knolls fill up with spectators. With thousands of people at the park for the fireworks, traffic is slow moving.

A carnival accompanies the celebrations at the park, as well as music and food vendors.

The four-day event runs concurrently with the Fourth of July celebrations in neighboring Monmouth. Main Street Park comes alive with arts and crafts for the whole family, an art show — judged by the public — and music.

The annual Monmouth-Independence Rotary Fourth of



Falls City's Third of July parade is just one of Polk County's many Independence Day traditions.

July grand parade runs between the sister cities, starting at Western Oregon University in Monmouth and finishing at the riverfront in Independence. The parade route is about three miles long and also serves as the route for the

annual Mini Marathon, a 2.6-mile downhill run.

Mayors John Oberst and John McArdle work together with both towns' city managers to literally clean up the streets during the parade, scooping the manure left be-

hind in what is known as one of the most horse-friendly parades in the Willamette Valley.

The event is Americana at its purest, featuring a caravan of farm animals, low riders, civic group floats — and everything in between.

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The city of Dallas comes alive during the spring and summer months with Polk County Bounty Market, Summerfest and the Summer Music Series. Downtown restaurants and shops bring entertainment year-round.

WELCOME TO DALLAS

When it comes to Dallas, Mayor Brian Dalton has plenty to say. But the word he most often repeated is “comfortable.”

“It feels small, but in a good way,” Dalton said.

His family has lived here for generations. Dalton was in the U.S. Army for 27 years and traveled the world, but when he retired, he knew exactly where he wanted to live.

“Having seen the world, I could have lived in a lot of places,” he said. “It never really occurred to me to live anywhere else when I retired from the Army. I don’t regret moving back.”

When asked why he feels that way, Dalton said it’s the caring nature of the town that sets it apart, something even visitors could see and feel if they look for it.

“It’s just a darn comfortable place to live,” Dalton said, adding there’s rarely a traffic jam and even the local Oregon Department of Motor Vehicles office is fast and friendly.

He noted that Dallas is close to Port-

land, the Oregon Coast, and the mountains. Dalton, though, is firmly in the camp that would prefer to visit those places and come back to Dallas.

“Big cities are wonderful, but you can’t wrap your arms around it,” he said. “You are an ant in an ant hill. That would not describe Dallas. Everybody counts in Dallas.”

Comfortable may be an apt description of Dallas, but another word is just as fitting: active. There are a number events and activities to keep you busy, especially during the months when there is more sunshine than rain.

Interest in buying from local producers — on the rise everywhere — is best exemplified in Dallas’ weekly farmers market, the Polk County Bounty Market, open Thursdays from May to September.

Just down the street from Bounty Market, the city’s center, the Polk County Courthouse, is home to two highly anticipated annual community events: Summerfest in July and Winterfest during the Christmas season.

MUST SEE & DO IN DALLAS

PRESSED COFFEE AND WINE

The local “hot spot” in downtown always has something going on, from live music to comedy nights. Then, of course, there is the coffee, roasted on site, and an outstanding selection of wine and beer.

BOUNTY OF THE SEASON

Check out the Polk County Bounty Market, Dallas’ weekly farmers market, open May through September, for the freshest and tastiest berries, breads and veggies.

RICKREALL CREEK TRAIL SYSTEM

The trail follows Rickreall Creek, flowing through the middle of the city. While not yet complete, what is finished offers beautiful views.

Of those events, you will find none bigger than Summerfest, scheduled for July 23-26 in 2015. It features one of the biggest small-town parades in Oregon along with an ever-expanding collection of artisans, food vendors and live entertainment.

Continued on Page 27C



Sounds of Summer draws large crowds at the Rotary Performing Arts Stage.

Continued from Page 26C

The city, chamber of commerce and local service clubs work together to bring Summerfest revelers Saturday's parade, and Sunday's activities in Dallas City Park: Breakfast in the Park, the Tom Newton Car Show and Art in the Park.

Summerfest may be the biggest event Dallas plays host to, but there are plenty of other activities drawing people downtown throughout the year.

You can grab a blanket or lawn chair and head down to the Rotary Performing Arts Stage for the Sounds of Summer concert series and annual summer outdoor movie series.

If bundling up and enjoying a cup of hot chocolate is more to your taste, come check out Winterfest, the kickoff of the Christmas holiday season, with the annual tree lighting ceremony and arrival of Santa Claus.

Not to be left out of the area's July Fourth activities, Dallas introduced a new event in 2013, Freedomfest. The event exploded in 2014, with 3,000 people attending the sanctioned barbecue contest in Dallas City Park, and likely just as many



The Rickreall Creek Trail is both paved and unpaved, waiting for hikers and bikers to explore the city of Dallas.

watched the revived fireworks show later that evening.



Welcome to Dallas

Population: 14,583.

Elevation: 325 feet above sea level.

City Hall: 187 SE Court St., 503-623-2338, www.ci.dallas.or.us.

Visitor Services: Dallas Area Chamber of Commerce/Dallas Area Visitors Center, 168 SW Court St., 503-623-2564.

Schools: Dallas School District — Lyle Elementary School (K-3), Oakdale Heights Elementary School (K-3), Whitworth Elementary School (4-5), LaCreole Middle School (6-8), Dallas High School (9-12), Morrison Campus Alternative High School (11-12).

Parks: The city of Dallas has eight community parks and a trail system:

- **Dallas City Park** — Dallas City Park is the largest park in the city at 35 acres. The “new” entrance is located on Levens Street near Lyle Elementary. The “old” entrance near the Delbert Hunter Arboretum is on Academy Street. The park has facilities for gatherings large and small, including two shelters, two fireplaces, numerous barbecue pits, horseshoe pits, basketball hoops, a disc golf course and paved trails.

- **Roger Jordan Community Park** — Located next to the Dallas Aquatic Center on Southeast LaCreole Drive. It consists of soccer fields, a baseball field, a skate park, two tennis courts and a picnic area.

- **Birch Park** — Intersection of Birch and Stump streets. New playground equipment recently was added, and the park also has two basketball hoops.

- **Gala Park** — Intersection of Uglow Avenue and Hankel Street. It features a basketball court, playground and a grassy area with a gazebo.

- **Kingsborough Park** — 101 SW Wyatt St. It features lots of wide-open spaces as well as two basketball hoops, walking paths and a playground. Restrooms are open during the summer.

- **Rotary Park** — 300 NE Fern Ave. The city has joined forces with the Dallas Rotary Club to upgrade the park with new playground equipment, walking paths and a basketball court.

- **Walnut Park** — 501 SE Walnut Ave. It is a small wooded area with a shaded creek and a bench.

- **Central Bark** — 920 SE Juniper St. behind the aquatic center. It is the city's newest park and the only off-leash park for dogs. It has an enclosed area with a picnic table, water and mutt-mitt stations.

- **Rickreall Creek Trail** — The Rickreall Creek Trail will eventually run the length of the city east to west following the course of its namesake creek. It has rapidly taken shape in recent years, with new sections added each summer.

An Ode to Krazy Dayz

Summerfest theme takes Dallas back decades

Is that lightening that just hit the Polk County Courthouse clock tower?

Why you ask? Because we are going back to the future in Krazy Dayz for Summerfest 2015.

Before it was Summerfest, Dallas' biggest community festival was known as Krazy Dayz. Many people around town still call it that, so event sponsor, Dallas Area Chamber of Commerce, decided to make Summerfest's 2015 theme "An Ode to Krazy Dayz."

This year, Dallas' signature four-day extravaganza is scheduled July 23-26, and event organizers are expecting Saturday's parade entries and onlookers to, unlike Cher, do more than wonder "If I Could Turn Back Time."

The heyday of Krazy Dayz began in the 1960s and continued into early 1990s, so you know what that means as far as dressing the part.

"Get out those hair crimpers and Aqua Net," said Chelsea Metcalfe, the chamber's executive director.

If you still have a pair of parachute pants that might be a nice touch, too.

The Dallas Fire Department is joining in the retro theme by bringing back its hydro cart races.

The race challenges teams to the fastest to push a cart and driver — with a fire hose. The weather is usually sizzling and hydro carts are a great way to cool off.

"We are really excited about the return of hydro carts," Metcalfe said.

No matter what the theme, Summerfest



Carnival games spot the courthouse lawn during Summerfest. The four-day event features a parade through downtown, and car and art shows in Dallas City Park.

offers plenty of events, food and entertainment to fill the four-day schedule.

Saturday's parade through downtown is the biggest draw, bringing a crowd of onlookers reaching 20,000 people some years to watch the more than 100 floats weave their way through the route.

But stop by before or after the parade and you will find so much more.

Thursday through Saturday, the Polk County Courthouse lawn is "festival central," with vendors selling food, retail products, and arts and crafts.

Sunday, Summerfest moves to Dallas City Park, where guests can enjoy the Dallas Rotary Club's Breakfast in the Park and classic cars entered in the Tom Newton Car Show. Across the bridge spanning Rickreall Creek is Art in the Park, featuring local artists and vendors, as well as tours of the Delbert Hunter Arboretum.

Winterfest

If Summerfest is all about fun in the sun, then its December counterpart, Winterfest, is a celebration of all things Christmas.

Scheduled for the first Friday of December, it's a chance to ring in the holiday with carols, cookies, cider and hot chocolate. Typically, a Christmas movie will be showing at the Fox Theatre downtown in the afternoon.

Then, around 6 p.m. or so, people can

bundle up and head to the Polk County Courthouse to await the arrival of Jolly Ol' Saint Nick to light the sequoia tree on lawn. With the tree all aglow, Santa stays to hear the wishes of each good little boy and girl and pose for pictures.

For more information and schedules for Winterfest: www.dallasoregon.org/dacc.



Winterfest brings young and old to see Santa and watch as the sequoia at the courthouse is lit up.

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Musicians and dancers gather at Guthrie Park Community Center for a foot-stomping good time.

Home away from home

Guthrie Park place for old-fashioned music, dancing

Guthrie Park Community Center has been described as a “warm and welcoming home away from home.”

If you’ve ever been to one of the center’s acoustic or gospel music jams or country dances, you would likely agree.

“When you go to Guthrie, you are part of a family,” said Abe Huff, the son of founder Sally Clark, who he calls the “heart and soul of Guthrie Park.”

Clark was at a crossroads nearly 30 years ago when the spot she and her friends gathered to play old-time folk music was set to be auctioned. She decided to put a bid in on the building — and won. The center was in terrible need of restoration, which Clark completed.

More important than that was that the center would still be open to the community — and the musicians who had made it home — for decades to come.

“They didn’t care about the condition of the building — it was what was happening in the building that was important,” Clark said.

Twenty-eight years later, Guthrie Park still comes alive with music and dance

OLD-FASHIONED FUN

What: Guthrie Park Community Center.

Where: 4320 Kings Valley Highway, about three miles south of Dallas.

Of note: Acoustic music jams are every Friday from 7 to 10 p.m. and gospel music nights are held the third Saturday of each month from 7 to 10 p.m. Admission is free, though donations are accepted. Country folk dances are held the second Saturday of the month, September through May, from 7 to 10 p.m. No experience is necessary. Admission is \$5 for adults, families of four or more are \$15 and children younger than 12 are free.

For more information: 503-623-0874; email to guthriepark@gmail.com; www.guthriepark.org.

each week.

On any given Friday, you can hear old-time fiddle, folk, swing, and country music fill the building and filter outside during weekly acoustic jams. Players — and listeners — are welcome at these celebrations of traditional music. Every third Saturday of the month, the music takes a more spiritual tone during the gospel music jams.

Feel like dancing? Guthrie Park has you covered there, too, on the second Saturday of the month — with the exception of

the summer months. Dancers of all skill levels and ages are welcome and dances — including those with names like “Virginia Reel,” “Texas Star,” and “Duck the Oyster” — will be taught by the caller.

It could be considered “old fashioned” entertainment, but attendees span generations, with more than a few local families’ children growing up coming to the dances.

That’s just the way Clark likes it.

“The people are what keeps us going,” she said.



PICTURE SHOW

What: Motor-Vu Drive-In.

Where: 315 SE Fir Villa Road, Dallas.

When: The drive-in typically opens for the season in April and closes in October.

Admission: \$5 per person, with \$20 per car minimum charge. Children 3 and younger are free.

For more information

and show times: 503-623-4449; online at www.dallasmotorvu.com.

A Night at the Movies

Dallas has a true rarity in the Motor-Vu Drive-In, now in its 62nd season offering double-feature summer blockbusters on the biggest screen around.

What in many places is a forgotten pastime — only a handful of drive-ins are still in operation in the summer in Oregon — can be found on a nightly basis in at the theater off Fir Villa Road. People come from miles around to experience watching movies from the comfort of their car.

“A lot of people bring their families out because they have never been to a drive-in,” Motor-Vu owner Jeff Mexico said. “When I was younger, I remember going to a drive-in. You wouldn’t think later in life it would be a big deal, but it is. A lot of the memories I have are from the drive-in, with family.”

In 2013, the theater invested in a digital projector, positioning Motor-Vu to thrive in the modern age of film projection.

But its roots are firmly planted in creating an old-fashioned movie-going experience.

The Motor-Vu’s story began in 1953, when Don and Jeri Wernli, who had experience with indoor movie theaters, built the drive-in. It opened on July 22, showing “Branded” and “Meet Me at the Fair” in Technicolor. Decades went by, and one of America’s favorite way to see a movie slowly fell by the wayside. The Motor-Vu changed hands, and may have suffered the same fate as other drive-ins.



What’s a drive-in without a few snacks? The concession area at the Motor-Vu Drive-In has everything from popcorn and candy to your favorite soda or simple bottle of water.



Then, fast forward to 2007, when Mexico purchased the Motor-Vu and The Fox in downtown Dallas, intent on restoring them to their former glory.

“We wanted to put it back to the way it was in 1953,” Mexico said. “It’s been a really popular place, even though it’s only open six months out of the year. It’s done really well for us.”

More than just a coffee bar

Pressed offers java, fine wines, beer and plenty of entertainment

Pressed Coffee & Wine Bar just opened in 2014, but it's hard to imagine downtown Dallas without it.

Since its opening, Pressed changed the dynamic of downtown, especially in the evenings, bringing live entertainment, open mic nights, and now monthly comedy nights.

Pressed co-owner Doug Graven said they are pulling in comedians that have been featured on Comedy Central and have an act that doesn't

spare the humor but keeps it PG-13.

"We are bringing in big names," Graven said.

Variety was the goal when Graven and co-owner Rachel Phelps began planning to open Pressed with the idea of incorporating Graven's locally roasted coffee, Primocaffe, mostly Oregon wine and a selection of microbrews. The menu features small plates, salads, entrees, and daily specials to pair with the beverage of your choice.

"This is such a unique and interesting concept for Dallas," Phelps said. "There won't be anything else like it. ... The peo-



ple that I've talked to from Dallas and outside (of Dallas) have said if the coffee doesn't get them, the wine will get them, if the wine doesn't get them the music will, so there is almost something for everyone."

The constant activity at the establishment has made it a popular destination in the perfect downtown spot.

"It really is a beautiful location down here," Graven said. "It has so much potential."

While Graven and Phelps are pleased with how Pressed has grown in its year-plus in business, they are still looking to

expand.

"We are gradually growing," Graven said. "Yet still, we have people come in that it's their first time. That still happens almost every day."

New events are always being added, such as soon-to-come Thursday night trivia and Wednesday evening country line dancing, Graven said.

"It's getting full," he said. "But that is good. We like that."

In the mood for coffee or wine?

What: Pressed Coffee & Wine Bar.

Where: 788 Main St, Dallas.

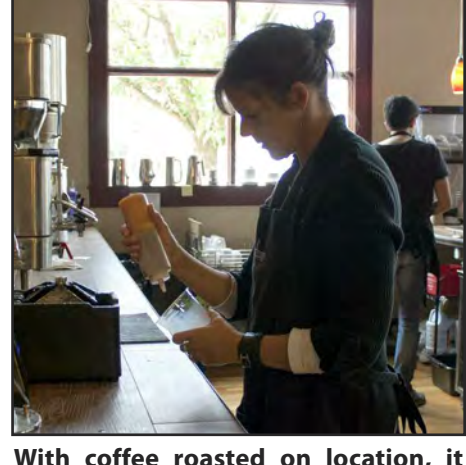
Hours: 7 a.m. to 10 p.m. Sunday through Thursday; 7 a.m. to midnight Friday and Saturday.

Of note: The Pressed menu features appetizers, salads, and entrees and a full lineup of coffee drinks and local wine. Microbrews available on tap and in bottle. Live music is scheduled several nights per week.

For more information: www.pressedonline.com or www.facebook.com/PressedCoffee.



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Not your average walk in the park

When you think of city parks, a trail may not be the first thing that comes to mind, but the Rickreall Creek Trail System is quickly becoming one of Dallas' most well-used recreational spaces.

Developing an end-to-end greenway path through the city of Dallas has been part of the city's comprehensive plan since the 1970s.

But the first portion of the trail near the Dallas Aquatic Center wasn't finished until 2004.

However, the building pace has picked up.

Sections spanning Dallas City Park, Main to Levens streets downtown, the Barberry section behind Hawthorne Avenue, and from Barberry to the aquatic center have been completed since 2004, mostly with grant funding.

Dallas Mayor Brian Dalton said the completed miles of trail are a gem for Dallas, highlighting one of its most unique features: Rickreall Creek.

The creek flows through town west to east, spanning the entire length of Dal-



The Rickreall Creek Trail System offers many picturesque views.

las. With the exception of a few places, the trail follows the creek on its meandering journey.

"For one thing, it's beautiful," Dalton said. "It's very well laid out."

Once complete, the trail will be 4.2

miles long and will not require much in the way of taxes to build. Plans are to apply for trail grants and to work with developers to complete the remaining sections of the path.

Continued on Page 36C

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Continued from Page 34C

"We've had very good luck doing that," Dalton said of applying for grants. "It works well for everybody."

For more information on the system: www.ci.dallas.or.us/index.aspx?nid=407.

The Rickreall Creek Trail System is far from the only highlight for Dallas parks.

The city's largest park — Dallas City Park — has room to fit it all, from multiple playgrounds, to trails for a quiet stroll, to a course for a round of disc golf.

The park's 18-hole disc golf course has become quite an attraction since the city installed the first nine holes in 2009.

Those wanting to give the sport a try should be prepared to venture into mud and brush to play.

Most of the holes are short, so instead of distance, the biggest challenges for players are the hazards.

Beginners don't need to feel intimidated though.

With no tee times needed, you can take your time.



Finding a place to take a dip in the water isn't too difficult at Dallas City Park.

More information, disc golf course maps and score cards are available for download on the city of Dallas' website

at www.ci.dallas.-or.us/discgolf.

Looking for something a little more leisurely to do in Dallas City Park?

You can take a quiet stroll through Delbert H. Hunter Arboretum, tucked away on five acres in the southwest corner of the park.

It is said to be one of the largest and most complete arboretums in the state, with 180 native plant species, including trees, shrubs and flowers.

Dotted throughout the arboretum are benches to provide visitors with spots to rest or to simply admire the plant life.

Dallas City Park truly has something for everyone to enjoy.

Visitors can reach the arboretum by traveling through Dallas City Park via the Levens Street entrance or, more directly, via West Ellendale Avenue, then Westwood Drive and Park Street.

The arboretum is open during park hours and the visitor's center is open Tuesdays from 9 a.m. to noon.

For more information on the arboretum: 503-623-7359.



Dallas City Park provides a variety of things to do to keep the whole family entertained and having a blast.

Check It Out

Dallas City Park is the town's largest at 35 acres.

Entrances are located on Levens Street near Lyle Elementary School at Brandvold Drive or continue south on Levens and turn right on Academy Street.

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Making Waves

Dallas Aquatic Center area's year-round public swimming facility

Ready for a swim? The Dallas Aquatic Center has a pool for you, whether you are up for a tough workout or just drifting down the "lazy river."

Opened in 2000, the facility is the only aquatic complex in Polk County of its size and draws thousands of customer visits per month. Plus, being an indoor facility, there is no need to worry about the weather outside putting a chill on your swim.

It features a therapy pool, lap pool, spa, lazy river, leisure pool, wading pool for toddlers, and a fountain.

And what pool would be complete without a slide? The Dallas Aquatic Center has a 14-foot-high, 105-foot-long slide.

Offering a full schedule of classes, lessons and lap swim times, the aquatic center is also a perfect place to get a workout. "We have a variety of all types of pro-

Make a Splash

What: Dallas Aquatic Center.

Where: 1005 SE LaCreole Drive, Dallas.

Admission: Adults, \$5.50; youths (younger than 18), \$4.50; seniors (60 and older), \$4.50; families (up to four people), \$12; infants 3 and younger wading pool use: \$1.50 (Prices subject to change).

Of note: Hours vary by season. For the latest hours, class schedules, recreational swim times, admission discounts, special events, and annual pass prices, check the Dallas Aquatic Center's website at www.ci.dallas.or.us/DAC.

For more information: 503-623-9715.

grams people can participate in — classes, lessons, swim teams," said Tina Paul, the aquatic center manager.

The center offers classes varying in in-

tensity from vigorous swimming to therapeutic stretching.

Recreational swim times are dotted throughout the schedule for people to enjoy unrestricted access to all aquatic center pools and features.

No school for the kids? No problem. The center adds recreational swim times on holidays or other days when school is out. Check the center's website under "No-school Recreation Swims" for a schedule.

A pro shop selling goggles, swimming suits, swim shampoo and conditioner, water shoes, swim caps and more is open onsite. Don't worry about getting hungry, either. The center has a snack shop, too.

Planning a birthday party or family gathering? The aquatic center also has party rooms and rental packages available.

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The Little Luckiamute River flows through Falls City, creating the city's namesake falls. The falls make a great backdrop to beautiful scenery, which was irresistible to filming crews at the Discovery Channel.

WELCOME TO FALLS CITY

Small town charm, with plenty to do if you know where to look. That is how Laura Britton and Lori Jean Sickles describe their hometown of Falls City.

The couple owns the town's watering hole, The Boondocks, featuring a menu of bar food favorites — and a few items that may remind you of home — and is the host of many a community event.

"I like that it's a small town, where everybody knows everybody," Britton said. "I like the schools. ... I feel safe."

Falls City has become a star of sorts, the

location of a reality show on the Discovery Channel about black truffle hunters, called "Unearthed."

While not all life in town is as exciting the show would have you think, you could easily spend a day discovering what Falls City is all about.

"The whole town is a park-like setting," Sickles said, noting that if you ask a knowledgeable local, you can find swimming holes and hiking trails all around Falls City.

If you get hungry on your explorations, Falls City's got you covered. Between The Boondocks and The Bread



MUST SEE & DO IN FALLS CITY

THE FALLS

Check out the city's namesake falls along the Little Luckiamute River. Best vantage point is via Fay Wilson Memorial Park (aka Lower Park).

THE BREAD BOARD

Visit The Bread Board and let your senses of taste and smell go wild with a scone or loaf of bread.

BLACK ROCK MOUNTAIN BIKING

Take an off-road adventure on two wheels and explore the many riding trails at the Black Rock Mountain Bike Area.

Board, you are likely to find something to your liking.

"We have great places to eat," Britton said with a grin.

Britton added Falls City's "end of the road" status has it benefits: a peaceful environment, no traffic and closeness to nature.

"There's deer walking around and turkeys," she said. "I love that stuff."

Continued on Page 42C

The Bread Board

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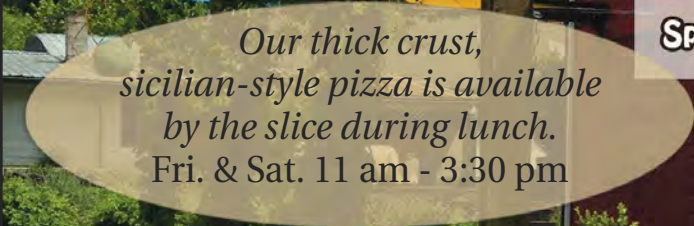
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Continued from Page 40C

Like many former mill towns, Falls City is reinventing itself. A handful of new and successful ventures on Main Street has provided Falls City with a renewed sense of community spirit and given visitors a reason to turn off the main road and make treks west to the community of just fewer than 1,000 residents.

Falls City boasts an artisan bakery — The Bread Board — some of the best mountain biking trails found anywhere in the Pacific Northwest, and the town's namesake falls. The biggest recent change involves

those famous falls.

Full access to both shorelines of the falls on the Little Luckiamute River was restored in September 2013 after a property dispute closed the more popular north shore to the public several years ago.

If successful in a getting a grant from Oregon Parks and Recreation later this year, the city will begin plans to develop a visitor-friendly park spanning both side of the falls.

But for now, visitors and locals alike are free to enjoy the pride of Polk County's "Queen City" from either shore.

Welcome to Falls City

Population: 960.

Elevation: 370 feet above sea level.

City Hall: 299 Mill St., 503-787-3631, www.fallscityoregon.gov.

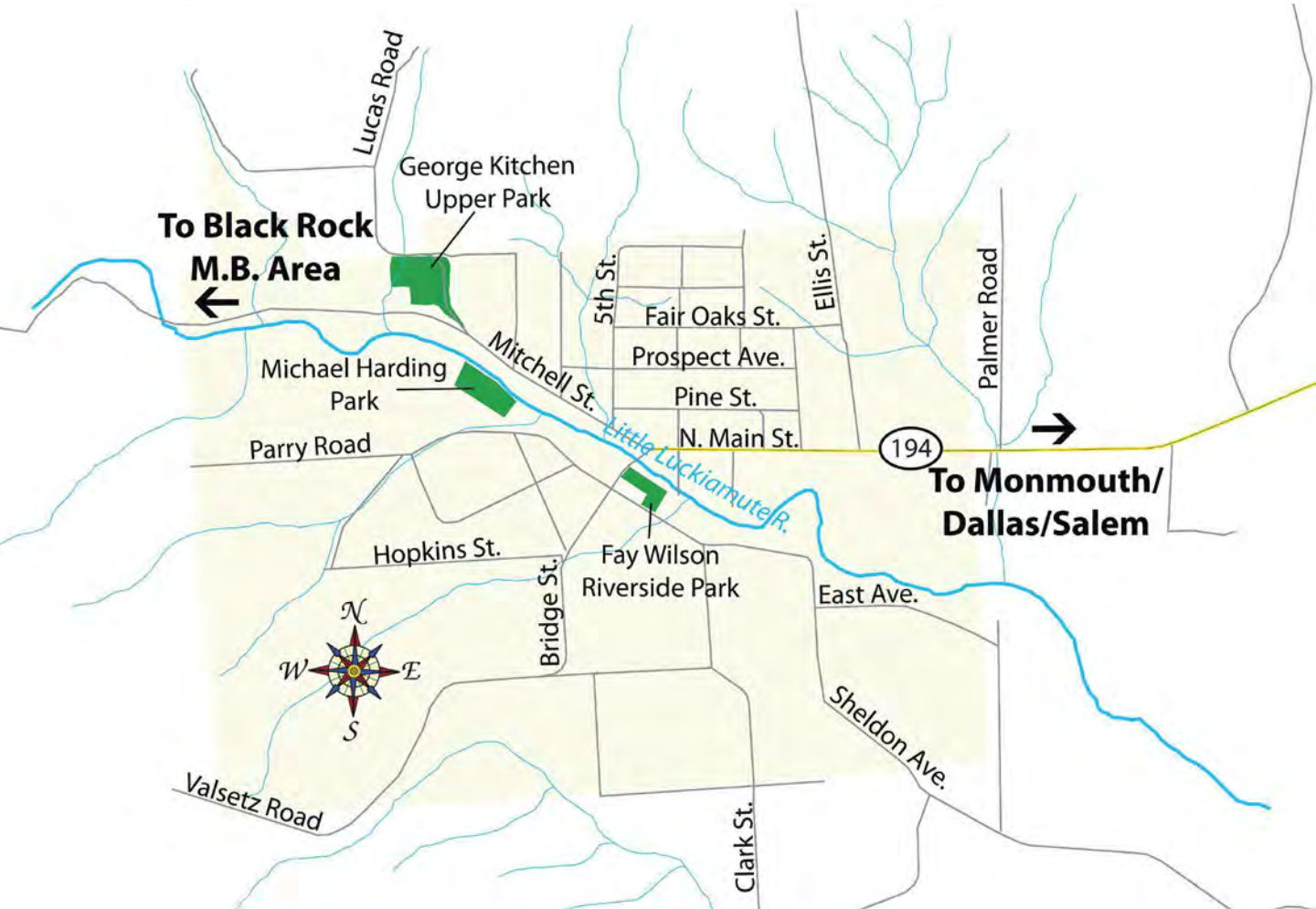
Schools: Falls City School District — Falls City Elementary School (K-8), Falls City High School (9-12).

Parks: The city of Falls City has three community parks:

- **Michael Harding Memorial Park** — Michael Harding Memorial Park is on the south side of the Little Luckiamute River falls. It is named for a city clerk who was killed in an accident in 1976.

- **George Kitchen Memorial Park** — George Kitchen Memorial Park, also known as Upper Park, is located just off Park Street. It has a large gazebo and access to electricity.

- **Fay Wilson Memorial Park** — Fay Wilson Memorial Park runs alongside the Little Luckiamute River opposite City Hall. It is also known as Riverside Park and Lower Park.



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Baked goods in a brick oven

The Bread Board in Falls City is going back to what made it famous in the first place: Brick-oven baked bread and pastries.

Likely to the dismay of local pizza lovers, its other claim to fame, brick oven pizzas baked in the evenings, are no longer on the menu. Pizza of a different style is still served at lunch.

But the extra time — and sleep — will allow owners Keith Zinn and John Volkmann to apply a little more imagination to what they continue to offer.

The decision to scale back operations at the bakery — The Bread Board is now open on Fridays and Saturdays only — was about “restoring some balance” in their lives.

“Consequently, we’ve decided to make some changes to our business that will give us the time and energy we need to allow creativity and inspiration to flow into new and exciting things for our future,” the pair wrote in announcing the decision in early 2015.

The post stated in the five years since opening the bakery on North Main Street, “the scope of our business has become too broad.”

The Bread Board started as a backyard operation — literally — with Zinn and Volkmann building a brick oven outside at their home in 2008. They made a name for themselves at local farmers markets



On a rainy day, customers may sit inside the rustic Bread Board and warm themselves by the brick oven. On warm days, an outdoor patio brings relief.

and soon opened the Falls City bakery in 2010.

They began with bread in the morning, adding a lunch menu. Pizza in the evening was the next evolution of the quickly growing business.

Now the pair is going back to its roots. In February, The Bread Board revived the monthly “Dinner with Fire and Wine” evenings with Corvallis chef Aaron Schorsch. And, of course, there’s always the bread, including country sourdough, roasted garlic and sundried tomato, pumpkin walnut, cheesy breads, sticky buns and scones.

“We are going back to our original vi-

Distinctive Breads

What: The Bread Board.

Where: 404 N. Main St., Falls City.

Hours: Fridays and Saturdays 10 a.m. to 4 p.m., with the full lunch menu available starting at 11 a.m.

For more information: 503-787-5000 or go to www.thebreadboard.net.



The Bread Board is known for its famous scones, sourdough cinnamon rolls, cakes and cookies. The bakery still occasionally offers its famous wood-fired pizza, and has a full lunch menu starting at 11 a.m. on Fridays and Saturdays.

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Ultimate thrill ride

Black Rock Mountain Bike Area sees riders from around the world come to experience a world-class trail system

Black Rock Mountain Bike Area offers jumps, rails and more for mountain bikers of all skill levels to enjoy.

For some, riding a bicycle is something they learn as a young child. For others, it's part of a workout routine.

For Monmouth resident Rick Fletcher, riding a bike is a way of life.

"Mountain biking is an absolute necessity for me now," Fletcher said. "It is my therapy, my exercise and my social life."

If you're seeking a thrill ride, grab your bike, a helmet, and a bit of courage and get ready to fly down the mountain.

The Black Rock Mountain Bike Area, a nationally-renowned playground for mountain bikers, has nearly 10 miles of trails. Each has a number of ramps, elevated bridges, teeter-totters and more. With four primary trail systems, the Black Rock trail system features something for beginners to advanced riders.

Go For A Ride

What: Black Rock Mountain Bike Area.

Cost: Free and open to the public year-round.

Directions: From Dallas head southwest to Highway 223 and continue for 5 miles. Turn right onto Falls City Road and drive 4 miles into Falls City. Once in Falls City, travel west through downtown and bear right before the bridge onto Mitchell Street. Drive up a short hill, turn left onto a dirt road and follow the river for 3 miles until you reach the Tapawingo Camp sign. Turn right here, cross a bridge and park at an area next to the main gate. Do not drive past the gate, even if it's open.

For more information: For details about Black Rock or to see schedules for upcoming events and races on the trails, visit the Black Rock Mountain Bike Association's website at www.brmba.org.

Each primary trail is divided into trail sections.

For new riders, the Black Rock Mountain Bike Association suggests scouting all features and taking each trail by section, only moving on after a section of a trail has been mastered. Among the prerequisite skills needed include

pedal management, lifting the front wheel over obstacles, bunny hopping, effective braking in all conditions and overall bike control.

The BRMBA is a volunteer organization that manages the trail systems, adding new features and keeping up maintenance.

Learning the trails takes some time. But once you do, it can leave you with a feeling unlike any other.

"For me, I feel the greatest when I find a rhythm while connecting lines and launching off jumps or coming into a berm fast and knowing I can let off the brakes and hit it as fast as I want," Fletcher said.

Black Rock was a haven for dirt bikes during the 1980s, until the Oregon Department of Forestry closed it to motor vehicles. Mountain bikers, meanwhile, still flocked there and even cut some primitive trails into Mount Brown, where most of the trail system is today.

In 2002, Leo Kowalski, Michael Susee and Jason Vogt — a trio from the Salem area — approached ODF about building a sanctioned free ride trail.

Continued on Page 47C

Continued from Page 46C

Free riding is a more aggressive subset of mountain biking that focuses on downhill riding, jumps and maneuvering through and over obstacles. ODF agreed, and designated Black Rock a mountain bike-only site.

Since then, Black Rock has gained fame in the mountain biking community across the globe.

In 2010, the International Mountain Bike Association added Black Rock to its Epic Trail Program, a distinction given to trails based on the quality of their design, organization behind projects and cooperation with public agencies.

It has also been featured in mountain bike magazines and videos, making this a destination spot in the mountain bike community.

Now, the trail system sees

mountain bikers from around the world and hosts a number of downhill races during the year.

But bikers love the sport for more than just the trials.

"Mountain biking improves your health, your mental state and vastly grows your network of friends and family," Fletcher said. "BRMBA as an association, and Black Rock as a whole, facilitates all of these things seamlessly."

If you're looking for a world-class experience, look no further than the Black Rock Mountain Bike Area trail system and join the numerous others who have discovered one of Polk County's gems.

"It's absolutely awesome," Bill Baxter of Portland said. "I compare all the other places I go to this place. ... It doesn't get much better."



New and experienced riders will enjoy the trails at Black Rock Mountain Bike Area, which offers a number of features and technical lines.



The Black Rock Mountain Bike Association provides maintenance on all the trail systems at Black Rock.

Stepping back into the past

A stroll on the trail at Fort Yamhill State Heritage Area (FYSHA) in Grand Ronde is a bit like traveling back in time.

It once was the site of a military fort which served as a border crossing between the Grand Ronde Reservation to the west and the land owned by settlers to the east.

About 70 enlisted men and officers stationed at the fort represented the authority in the region, and as such, Fort Yamhill was positioned at the highest elevation point in the area.

The six officers' quarters at the top of the hill, painted bright white, and a fortified block house down the hill from the homes, painted dark black, could be seen for miles around. The men stationed at Fort Yamhill controlled the road in and out of the reservation and served as a buffer between the Native American tribes and settlers living in close proximity.

FYSHA opened in 2006 with the purpose of retelling the story of the fort and its role in the region's history in the mid-1800s.

"This is a park in progress, and archaeology is helping us come up with plans to develop the park and influence the stories



Fort Yamhill State Heritage Area tells the fort's role in the region in the mid-1800s.

we tell," said Matt Huerter, park ranger, during a recent summer archeological dig at the former fort. "Through archaeology, we have been able to determine exactly where most of the buildings were and how big they were."

Surprising artifacts have been found in recent years — some indicating the presence of women and children in the officers' quarters when Fort Yamhill was operational from 1856 to 1866. Before that the only women known to live at the fort were laundresses.

Most of what can be found of the fort is now underground.

Only one of the estimated 27 structures used at the fort is still standing, one of the officers' homes. It has been carefully restored to its original condition when used at the fort. Future plans for the park include installing "ghost structures" to show the location and size of former buildings at Fort Yamhill.

A half-mile interpretive trail — created in conjunction with the Confederated Tribes of Grand Ronde — marks notable locations already existing at the park, giv-

ing visitors a glimpse into life at the fort and the region at the time.

But Huerter said much more can be done.

"We have just scratched the surface doing research here," he said. "It just has a huge amount of potential to just be this amazing historical site where people can have a connection, to see the remains of the fort."



A half-mile interpretive trail marks notable locations at Fort Yamhill.



About 70 enlisted men and officers were stationed at Fort Yamhill in the 1800s.

A Trip Back In Time

What: Fort Yamhill State Heritage Area.

Where: 9390 Hebo Road (Highway 22), Grand Ronde.

Hours: Year-round day use park.

For more information: 503-879-5814 or go to www.oregonstateparks.org.

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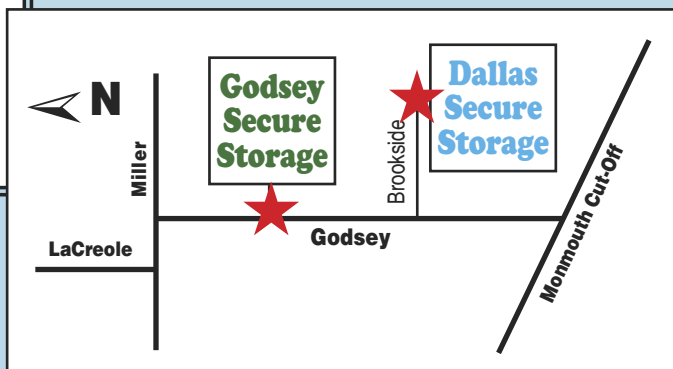
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The Chachalu Tribal Museum and Cultural Center serves as a record of critical events and culture.

WELCOME TO GRAND RONDE

Spirit Mountain Resort & Casino — though the No. 1 tourist attraction in the state — isn't the only high-light in Grand Ronde.

Those who have an appreciation for the history of the area's Native American Tribes — and the state's history — the newly opened Chachalu Tribal Museum & Cultural Center may be of interest.

The Chachalu's grand opening was in June 2014, and what is on display now is just the beginning of what the Confederated Tribes of Grand Ronde's final vision. This first phase of the museum features an exhibit detailing the tribe's history and created an archive for cultural artifacts.

Tribal ancestors lived throughout the Willamette Valley, Southern Oregon and the Oregon Coast. In 1857, they were marched from those homelands to the historic Grand Ronde Reservation.

The tribe lost federal recognition and was terminated in 1954. But through the efforts of tribal descendants, friends and allies, the Grand Ronde Tribe was restored by an act of the federal government in

1983. Today, the tribe's reservation and land holdings total more than 12,000 acres, most in Polk and Yamhill counties.

The museum will serve as a record of those critical events and of the tribe's culture.

"Over the years, the tribe had really recognized the importance of having a place to store our sacred things, a place to take care of our artifacts for many years, for decades," said Jan Looking Wolf Reibach, Chachalu's museum manager, shortly after the museum exhibit opened.

The name, Chachalu, means "the place of burnt timber," in honor of what members of the Tualatin-Kalapuya Tribe named part of the Grand Ronde Reservation that had been recently destroyed by wildfire.

"The reason the tribe chose that name is because we believe that fire is a good thing, and that fire helps purify and helps bring renewal," Reibach said. "Our tribal leaders chose that name for this because we would like to also represent healing and renewal of our culture."

Continued on page 52C

MUST SEE & DO IN GRAND RONDE

SPIRIT MOUNTAIN CASINO

Catch a show or concert, have some fun at the poker tables or the nearly 2,000 slot machines, or enjoy an exquisite meal from the Cedar Plank Buffet or one of the other restaurants at the most visited destination in Oregon.

COMPETITION POWWOW

Check out some of the best dancers from the Pacific Northwest and across North America in this highly competitive three-day event hosted by the Confederated Tribes of the Grand Ronde.

CHACHALU TRIBAL MUSEUM & CULTURAL CENTER

Explore the history the Confederated Tribes of Grand Ronde at the museum's historical exhibit, the first phase of development at Chachalu.

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The Confederated Tribes of Grand Ronde were restored by an act of the federal government in 1983.

Continued from page 50C

Fittingly, Chachalu's logo features a camas lily, a plant known for restoring itself after forest fires — much like the tribe believes it has been restored after being "burnt" through placement on the reservation and termination.

"Chachalu is really a place for healing for the community," Reibach said. "It's really a place to connect with each other and to remember the journey of the Grand Ronde people."

Chachalu Tribal Museum & Cultural



The Confederated Tribes of Grand Ronde's Veterans Memorial is one of the many historical and cultural landmarks in Grand Ronde. The Chachalu Tribal Museum & Cultural Center serves as a historical record of the tribe's history.

Center is located at 8720 Grand Ronde Road and is open 9 a.m. to 4 p.m. Monday through Friday.

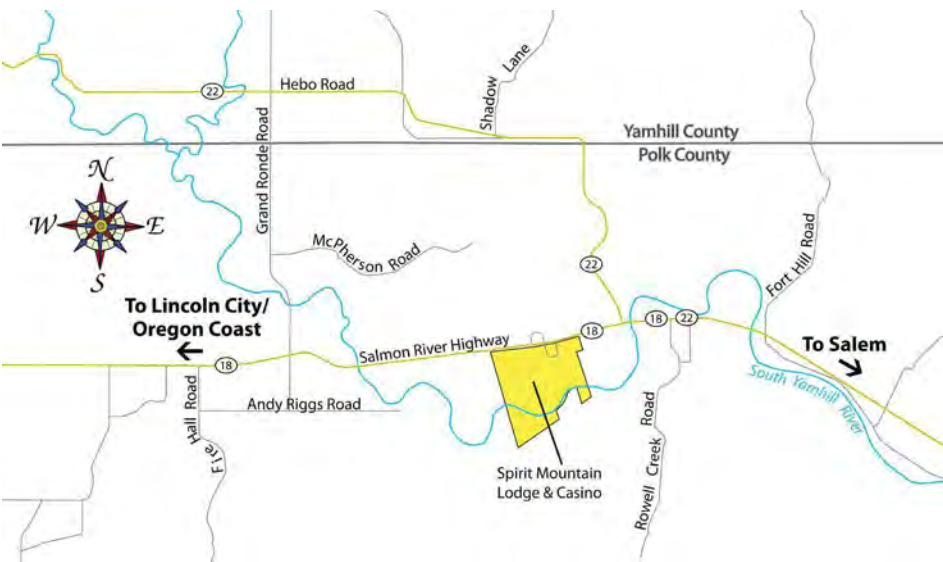
In addition to the museum, the tribe hosts a number of cultural events throughout the year open to the public, including powwows, arts and crafts fairs, a rodeo and more.

A number of public hiking trails and campgrounds in the region are maintained by the tribes.

Grand Ronde is affectionately known as the gateway to the Oregon Coast.

Here, as you travel west along Highway 18, you journey through the H.B. Van Duzer Forest Corridor in extreme north-west Polk County. The area has a way-side, a great place for weary travelers to stop for a rest.

Grand Ronde is also home to Fort Yamhill State Heritage Area, one of the newest state parks in Oregon, having opened in 2006, as well as a world-class Veterans' Memorial dedicated to those men and women from the West Valley area who served their country.



Welcome to Grand Ronde

Population: 2,000 (estimated).

Elevation: 344 feet above sea level.

City Hall: None (unincorporated community).

Visitor Services: Confederated Tribes of Grand Ronde, 9615 Grand Ronde Road, Grand Ronde, 1-800-422-0232. Hiking trail maps are available at the Tribe's Natural Resources Office, 47010 SW Hebo Road. Camping is allowed, but permits are required. Call 503-879-2424 for more information.



There are nearly 2,000 slot machines, a 15-table poker room, bingo hall and numerous table games at Spirit Mountain.

Letting it ride

Spirit Mountain Casino offers unique mix of gambling, events

Feel like Lady Luck is on your side? You don't have to leave Polk County to test that theory on slot machines, poker tables, or roulette wheels.

Spirit Mountain Casino, Oregon's biggest tourist attraction, is just a short drive down the highway.

Located on Highway 18 in Grand Ronde, Spirit Mountain has become a one-stop entertainment destination for locals, and for those traveling from farther away.

If you are feeling like a night of gambling, the 90,000-square-foot casino offers more than 2,000 slot machines, a 17-table poker room, bingo hall, Keno, and table games such as blackjack, craps, roulette and other offerings.

Spirit Mountain boasts far more than gambling, thanks in part to the resort's 2008 opening of the south expansion and event center, providing a venue for concerts, social and business conventions and dining.

Several restaurants at the resort offer plenty of dining options to fit any occasion.

Billed as the "largest buffet in Oregon," Cedar Plank Buffet features seven chef stations with choices of international

Feeling Lucky?

What: Spirit Mountain Casino.

Where: 27100 SW Salmon River Highway (Highway 18), Grande Ronde.

Hours: Casino and lodging 24 hours a day; restaurant hours vary.

Of note: Spirit Mountain offers a free shuttle bus to and from the casino seven days a week from numerous departure points in Portland, Salem, Woodburn, Corvallis, Keizer and many other area. Check out spiritmountain.com/directions/ for more information and schedules.

For more information: 1-800-760-7977; <http://spiritmountain.com>.

foods, pizza, seafood, a carving station, American and Asian entrees, and bakery items. Salmon, prime rib and made-from-scratch desserts highlight the selections.

Special occasion? Legends Restaurant offers upscale dining in a relaxed environment. If you just need a break from the casino floor, Mountain View Sports Bar provides a venue to catch the game; and Summit View Lounge offers a full bar and music on the weekends for those 21 and older.

Visitors can attend regularly-scheduled headline entertainment in the two-story Spirit Mountain Events Center. The resort has played host to musical acts like ZZ Top, Merle Haggard, Joe Cocker and Smokey Robinson; comedians including Dana Carvey, Bill Engvall, Wanda Sykes and George Lopez; and a number of crowd-pleasing specialty acts.

Youngsters haven't been forgotten either. The Youth Activity Center, in a separate 16,000-square-foot building, houses PlayWorld, an entertainment center for children 3 to 11 years old. It features two levels of tunnels, tubes, sky slides, arcade games, a movie room and more. There's also an arcade for those ages 12 to 18.

The casino's gaming floor is open 24 hours, but if you get tired, there are 254 rooms to choose from — standard accommodations to deluxe suites — in the adjacent Spirit Mountain Lodge, part of the 2008 expansion. For those who drive their own rooms, there's free RV parking in the parking lot that has about 3,600 spaces.

According to state tourism statistics, Spirit Mountain Casino, which opened in 1995, has been Oregon's top tourist attraction for several years running, with about 3 million people visiting annually.



The annual competition powwow brings dancers from across the nation to Grand Ronde to vie for awards and cash prizes.

Celebrating culture

The Confederated Tribes of Grand Ronde has two annual powwows

Grand Ronde's Uyxat Powwow Grounds is home to two of the largest displays of pride and heritage of Native American culture in the Pacific Northwest.

Witnessing a powwow is an experience you won't soon forget.

Thousands attend the annual three-day Competition Powwow, held every year in August and hosted by The Confederated Tribes of Grand Ronde, to witness more than 200 dancers — most of them traveling professionals — compete in more than 20 categories.

The smaller, but just as impressive, Veterans Powwow, held in July, offers a family-friendly event where spectators are encouraged to participate.

Best yet, both powwows offer free admission.

Prideful Dance

What: The Confederated Tribes of Grand Ronde 2015 Veterans' Powwow and Competition Powwow.

When: July 10-12 for the Veterans Powwow; Aug. 14-16 for the Competition Powwow. Visit www.grandronde.org to view a full calendar.

Where: Uyxat Powwow Grounds, 9390 Highway 22 (Hebo Road), Grand Ronde.

Admission: Free.

For more information: 1-800-422-0232 or www.grandronde.org.

Powwows, which are held across North America, are celebrations that include dancing, traditional Native American attire, singing and drumming.

The grand entry kicks off each session of the powwow, which features a parade of all the dancers dressed in full regalia.

From there, the competitors break into other dances and perform in different categories for men and women. Running

the show is the master of ceremonies, who decides which groups dance when.

Men's dances are traditional grass dance and double-bustle. Women's dances are traditional, fast and fancy shawl and jingle vest.

In between all the categories, everyone who wants to dance can do so in what is called an intertribal.

The Competition Powwow, the more revered of the two



when it comes to skill and regalia, features awards and prizes for the winners.

While it's free to attend, The Confederated Tribes of Grand Ronde encourages visitors to bring a canned good or make a donation to the local food bank.

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Walking among giants

Hidden away in the Coast Range west of Falls City and at the end of a maze of winding logging roads is home to acres of towering trees — the Valley of the Giants.

To say the area is remote is an understatement, said Trish Hogervorst, a spokeswoman for the U.S. Bureau of Land Management's Salem District Office.

Fabulous Forest

- For more information about access and directions to the Valley of the Giants, call the Salem BLM office at 503-375-5657.

an Outstanding Natural Area in 1976, a designation that protects the 51-acre block.

Getting to the Valley of the Giants requires driving 30 miles of narrow and curvy logging roads. They are best driven carefully, making the trip at least a 90-minute adventure through the mountain-

ous region.

But seeing the 500-year-old, 200-foot-tall Douglas firs and Western hemlocks makes the trip and planning for it worthwhile.

"They are beautiful," Hogervorst said. "It is like a tucked away secret."

BLM doesn't advertise the area because of the limited access. The roads leading to the Valley of the Giants are under private ownership and are often closed. Weather can also restrict access, with the area closed during snow and fire seasons.

Your best bet of not encountering a closed gate is to call the BLM front office to find out if the roads are open and get directions. Maps can be picked up at the Salem office front desk. Street tires are not recommended, and even off-road tires can pop on the rocky logging roads. Carrying food and more than one spare tire is recommended.

If the timing is right, however, Valley of the Giants can offer a one-of-a-kind experience.

Visitors can take a mile-long trail through the trees and see what was for-



The Valley of the Giants features some of Oregon's largest old-growth trees.

merly the tallest specimen in the block, a 600-year-old tree. It was blown down in a wind storm more than 30 years ago, but still on site for visitors to witness.



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- July 9 - Maleficent
- July 16 - When the Game Stands Tall
- July 23 - Sixteen Candles
- July 30 - Up
- Aug 6 - Hunger Games Part 1
- Aug 13 - Pacific Rim
- Aug 20 - Guardians of the Galaxy
- Aug 27 - Alexander & the Terrible, Horrible, No Good, Very Bad Day





WELCOME TO INDEPENDENCE

The city of Independence has a positive energy that permeates every nook and cranny of the town, from the historic downtown buildings to the thriving small businesses on Main Street, the parks, trails and schools.

Visitors must take a walk downtown, Independence Mayor John McArdle said. The fountain and amphitheater at Riverview Park — affectionately referred to as Independence's "living room" — is always busy with some activity or another, particularly during the summer months.

Each Thursday, a movie is shown in the park. Fridays bring bands big and small from all over the area to entertain crowds.

On the Fourth of July,

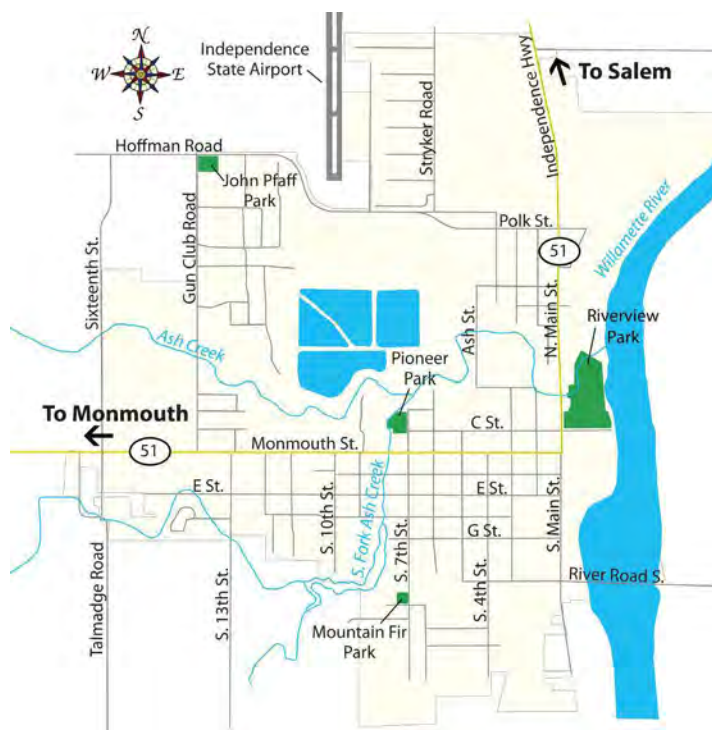
Riverview Park is packed full of people enjoying Western Days, a four-day celebration of Independence Day.

"Where better to be on the Fourth of July?" McArdle said. "Celebrating independence in Independence."

Every year the city celebrates the Fourth with sister-city Monmouth through Western Days — and it is truly an old-town feeling. The amphitheater is also home to an annual Community Fiesta, which was attended by roughly 10,000 people last year.

Each September, the city celebrates its heritage as "Historic Hop Capital of the World" with an old-fashioned hop festival, accompanied by a ghost walk where people may learn about the town's ghostly inhabitants.

Continued on Page 59C



LOCAL CUISINE

Downtown Independence is home to multiple restaurants serving homemade, locally sourced food and crafted beers and liquors, and Polk County wines. Many restaurants make whatever is fresh at the farmers markets that week, and buy cheese made right here in town by Independence Creamery.

MULTIPLE MARKETS

Spend a Saturday browsing and shopping two farmers markets within walking distance of one another. The Independence Farmers Market is located in the Umpqua Bank parking lot, 302 S. Main St., and the Independence Riverview Market is located in Riverview Park.

EXPERIMENTAL AIRCRAFT

Head to the Independence State Airport and watch the experimental aircraft take off and land, just be sure to be courteous to the pilots.

Continued from Page 58C

"We're a Norman Rockwell painting, except it's real," McArdle said.

Whether it's enjoying a meal and drink — crafted with local ingredients — at the Three Legged Dog, or eating specialty rolled lasagna at the Naughty Noodle, picking up freshly baked goodies or browsing antiques, McArdle said downtown is the top of his list when he has out-of-town visitors.

Trails along the Willamette River give adventurers glimpses of wildlife ranging from eagles to ospreys and other critters.

On Saturdays, McArdle loves to treat himself to a quick massage at one of two farmers markets in downtown Independence — after he has mowed the lawn, of course.

"When you're driving downtown, you can really see why we are an All-America City," he said.

Don't forget breakfast at the Starduster Café at the Independence State Airport where you can watch experimental aircraft.

On top of all that, Independence is a Gigabit City.

"We're putting things in place for the future," McArdle said. "We look forward, that's how to make good things happen."

Welcome to Independence

Population: 8,600.

Elevation: 180 feet above sea level.

City Hall: 555 S. Main St., 503-838-1212, www.ci.independence.or.us.

Visitor Services: Monmouth-Independence Chamber of Commerce, 355 Pacific Ave. N., Monmouth, 503-838-4268.

Library: 175 Monmouth St., 503-838-1811.

Schools: Central School District — Independence Elementary School (K-5), Talmadge Middle School (6-8), Central High School (9-12).

Parks: The city of Independence has four community parks:

- **Riverview Park** — Riverview Park is located downtown between B and C streets alongside the Willamette River. It is the city's largest park and features the Riverview Park Amphitheater, which hosts a summer movie and concert series. It also has a boat ramp, fountain and large playground.

- **John Pfaff Park** — John Pfaff Park originally was known as Northgate Park and is located at the intersection of Hoffman and Gun Club roads. It has a playground, basketball court and picnic tables.

- **Mountain Fir Park** — Mountain Fir Park is located off F Street between 7th and 9th streets. The land formerly was part of the Mountain Fir Lumber Mill but was donated to the city when the mill downsized in the early 1990s. It has picnic tables and lots of open spaces. The city has partnered with the Luckiamute Watershed Council to restore the South Fork of Ash Creek, home to salmon and trout.

- **Pioneer Park** — Pioneer Park is located at the corner of 7th Street and C Street. It has picnic tables, a playground and lots of tall, mature trees.



Independence residents enjoy the Willamette Riverfront on a hot summer day.



Community celebrates its hop heritage

Come celebrate a time not-so-long gone, a time when Independence was Hop Capital of the World.

The 15th annual Hop & Heritage Festival will be Sept. 18 and 19, with all of its traditional events.

A few new events are making their way into the old-fashioned festival celebrating all things hops.

The event is held in Independence Riverview Park, with a shuttle to and from Independence State Airport, where people can enjoy a hearty breakfast of flapjacks, courtesy of the pilots from the Experimental Aircraft Association Chapter 299, and watch hot air balloons launch — weather permitting.

The flapjacks, eggs and sausage are the best way to start the busy day.

The heritage stage has been added and will have more music and entertainment, coupled with the main stage in the amphitheater.

Music and entertainment will take festival-goers back to the heyday of hops in Independence, 1856-1956.

The Ghost Walk has surged in popularity, and festival organizers have added a second night to the spooky fun.

The Friday night ghost walk remains free on a first-come, first-served basis, but the newly added Saturday night event comes with a \$5 admission fee.

Space is limited so buy tickets early.

All the old favorites that make the festival great also are returning: the old-fashioned contests — cookie baking, scarecrow making, beer homebrewing and pie eating — the Mayor's Critter Parade and, don't forget more beer.

Beer goes hand-in-hand with hops, but the festival also celebrates heritage.

The kids heritage tent will host old-fashioned games, such as cake walks, making juggling balls, and a special event: making miniature wooden boats. The kids' activities are free.

For more information, including the schedule of events or to view YouTube videos of the entertainers, go to the festival's website: www.hopfestival.org.



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For the art lover

Locals take in works by local, international artists on display at five galleries

Polk County is filled with local artists who work with a variety of media in both two- and three-dimensions.

From Western Oregon University's Dan and Gail Cannon Gallery of Art in Monmouth to the Tom Kunke Art Studio and Gallery in Dallas to two galleries in Independence — The River Gallery and Rocksalt Imports/Angeney Kime Art — small town doesn't mean devoid of a vibrant art scene.

Historic Campbell Hall houses Western Oregon University's fine arts program. For decades, it's been a place where students come to create their next masterpiece. At the heart of the facility is the Dan and Gail Cannon Gallery of Art.

The 700-square-foot gallery is a show-

case for Oregon's future artists, and those of regional and national acclaim.

The facility holds six exhibitions during the academic year and one in the summer.

Often times, the exhibitions are themed or media-specific; — a show in 2011 by Portland-based David Edgar and Jeffrey Blanco of Paris, for example, focused on paintings reflecting the pair's military experiences.

Every spring, sculptures, ceramics, prints, paintings, drawings and graphic design are put on display for a juried student art show.

That the gallery provides teaching opportunities and exceptional artwork is reflective of its namesake.

Dan Cannon was one of the state's

most prolific abstract painters and was a longtime faculty member and former chairman of WOU's art department before retiring in 2004. He died Jan. 7, 2014.

To see an artist in action, visit the Tom Kunke Art Studio and Gallery in Dallas. The gallery, which opened in late 2013, is a two-for-one experience.

A painter, Kunke set up the gallery to feature his work and serve as his studio at the same time, so visitors can see finished paintings and those in progress.

Kunke is a self-taught painter who employs a unique technique to his pieces, which are mostly abstract. Instead of using a paint brush, he uses a palette knife to apply paint and add texture to his paintings.

Continued on Page 64C

Take it in

- The Dan and Gail Cannon Gallery of Art is located on North Monmouth Avenue on the WOU Campus. Operating hours are 8 a.m. to 5 p.m., Monday through Friday, and by appointment. It is free and open to the public. For more information: 503-838-8607 or visit www.wou.edu/las/creativearts/art/gallery/.

• Independence's Place for Art

What: The River Gallery; Rocksalt Imports and Angeney Kime Art.

Where: River Gallery — 184 S. Main St., Independence; Rocksalt Imports and Angeney Kime Art — 769 N. Main St., Suite A, Independence.

Hours: River Gallery — Tuesdays through Saturdays, from 11 a.m. to 5 p.m. — and longer during summer and holidays; Rocksalt/Angeney Kime — Tuesdays through Saturdays, from 10:30 a.m. to 5:30 p.m.

For more information: River Gallery — 503-838-6171 or www.rivergalleryart.com; Rocksalt/Angeney Kime — 503-838-2701 or www.kimefineart.com.

• Dallas' Place for Art

What: Tom Kunke Art Studio and Gallery.

Where: 357 Main St., Dallas.

Hours: Hours vary, but if not open Tom can be contacted at 971-409-7686 or tom@tomkunkeart.com.

• Ash Creek Arts Center

What: Ash Creek Arts Center.

Where: 311 S. Monmouth St., Independence. Gallery is at MaMere's Bed and Breakfast, 211 Knox St. N., in Monmouth.

Hours: The gallery is open by appointment. Classes are held regularly at the center in Independence.

For more information: ashcreekarts.org.





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Tom Kunke Art Studio



The River Gallery

Continued from Page 62C

Ash Creek Arts Center is an artist non-profit group and features regular artist gatherings and workshops. On the second Saturday of each month, the group hosts free family arts classes at its home base, 311 S. Monmouth St., Independence.

The group also hosts exhibitions at its gallery at MaMere's Bed and Breakfast, 212 Knox St. N., in Monmouth. The gallery is open by appointment.

The River Gallery, created in 1998 by a collective of 15 local artists and friends, features an eclectic array of fine art, folk art and hand crafts.

Here, one can find everything from oil paintings, photography and charcoal drawings to metal sculpture and mixed-media pieces.

The collective stages special events, such as "Art in the City" at the Independence Civic Center and draws crowds with its "Wild Women Art Show," with pieces that are inspired by the female spirit.

Rocksalt Imports/Angeneity Kime Art is the joint venture of Sally Penna and husband and wife artists John Kime and Tamara Angeneity.

The two businesses — sharing the same studio space — opened their doors in December 2012 and have grown ever since.

Rocksalt Imports features art from around the world. Penna frequently trav-



Angeneity and Kime and Rocksalt Imports

els to Indonesia, Vietnam, South America and Africa to bring international work back to Independence.

Angeneity Kime Art is a custom frame shop, studio and gallery featuring work by the owners as well as local and regional

artists.

Angeneity and Kime are thoroughly involved in the regional art scene, regularly attending area festivals and First Thursday events in Portland's Pearl District that feature local artists each month.



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Kids (and adults alike) enjoy Main Street Park's splash fountain all summer long.

WELCOME TO MONMOUTH

Driving down Highway 99W, one may not realize the gem they pass through when they get to Monmouth. Turn onto Main Street and discover a historic downtown filled with shops and restaurants selling local goods and handmade fare.

Monmouth Mayor John Oberst says he always makes sure to bring out-of-town guests to visit downtown Monmouth.

"Main Street Park and the splash fountain are a major draw," he said. "I'm a big fan of Yeasty Beasty. It's a place the whole family can eat."

Main Street Park is the home of summer concert series "Monmouth Music in the Park," and features a variety of artists from local country band Joe Shinkle and 99W to rhythm and blues trio Hillstomp. Children and adults alike flock to the splash fountain in the park each summer.

"How can you not love summer in Monmouth?" Oberst said. "There is a peaceful level of living during the summertime."

Each Tuesday from May through October, the Polk County Bountiful Market makes Main Street Park its home, serving up fresh produce, home-baked bread and local crafts from 10 a.m. to 3 p.m. Oberst said he makes it a point to go, especially when strawberries and rhubarb are in season — the ingredients to his favorite pie.

Continued on Page 67C



ALL THAT JAZZ

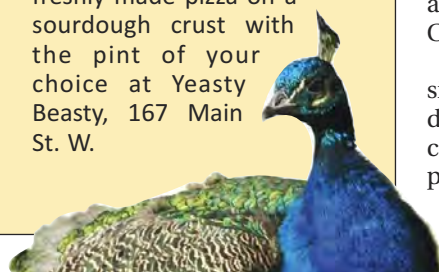
Catch a free concert in downtown's Main Street Park by some of the nation's best jazz musicians during the annual Mel Brown Summer Jazz Workshop, hosted by Western Oregon University in August.

PARTY OF PEAFOWL

Visit the neighborhoods near Sacre Lane and Olive Way East to view what is considered the largest flying bird when considering the wingspan and train: peacocks. A party of about eight to 12 peafowl reside in the neighborhood and can be heard in the neighboring town of Independence throughout the spring and summer.

EAT, DRINK, BE MERRY

Enjoy a fine vintage from an area vineyard, a unique craft beer and appetizers at Rookies Sports Tap Room, 641 E. Clay St., or enjoy a freshly made pizza on a sourdough crust with the pint of your choice at Yeasty Beasty, 167 Main St. W.

**Continued from Page 66C**

Monmouth was once known as the last dry town in Oregon, but now is part of a craft beer and local wine movement, including tap houses and wineries. Airlie Vineyards and Emmerson Vineyards are both in the Monmouth ZIP code.

The town is home to Western Oregon University, the oldest university in Oregon. Oberst enjoys walking around campus.

"It's a really beautiful campus," he said. "We've had people in town to see the tree lighting, or just to see the tree."

At the beginning of December, WOU and Monmouth partner to light the giant sequoia on campus and celebrate the coming of the Christmas season together with crafts, cookie-tasting contests and caroling.

A little-known fact about Monmouth is the community of peafowl found on Olive Way East, Sacre Lane and neighboring streets.

Oberst said it is a Thanksgiving tradition for him and his family — including brother-in-law former Oregon Gov. Ted Kulongoski — to take a walk after dinner and look for the peafowl.

A walk, drive or bicycle ride will reveal more parks throughout Monmouth — and trees. The town has been named Tree City USA for 13 years.

"I think it's really cool that a town of our size has planted 500 trees in the last decade," Oberst said. "We're a vital rural community. People take pride in the appearance of the community. Yards are well kept, and the city engaging volunteers and planting 500 trees is part of that."

Welcome to Monmouth

Population: 9,726.

Elevation: 214 feet above sea level.

City Hall: 151 Main St. W., 503-838-0722, www.ci.monmouth.or.us.

Visitor Services: Monmouth-Independence Chamber of Commerce, 355 Pacific Ave. N., Monmouth. 503-838-4268.

Library: 168 Ecols St. S., 503-838-1932.

Schools: Central School District — Ash Creek Elementary School (K-5), Monmouth Elementary School (K-5), Talmadge Middle School (Independence) (6-8), Central High School (Independence) (9-12).

Parks: Monmouth prides itself on its parks system, which features 10 pristinely-manicured large and "pocket" parks.

- **Cherry Lane Park** — Cherry Lane Park is at Cherry Lane, Ackerman Street and Whiteman Street. It has a playground with benches.

- **Gentle Woods Park** — Gentle Woods Park is at the intersection of Myrtle Drive, Olive Way and High Street. It is mostly wooded with a large picnic shelter, horseshoe pits, playground equipment and restrooms.

- **Madrona Park** — Madrona Park is located along Madrona Street and Edwards Road. It has a picnic shelter, basketball court, playground equipment and a large paved gathering area.

- **Main Street Park** — Main Street Park is located in downtown Monmouth. It is one full city block and features a gazebo, playground, picnic tables, pathways and a water fountain.

- **Monmouth Recreational Park** — Monmouth Recreational Park is located off Hogan Road and west of the City Public Works Department headquarters. It has fields for softball and baseball, two tennis courts and restrooms.

- **Winegar Park** — Winegar Park is located at Ecols Street and Suzanna Avenue. It has a basketball court, playground, benches and pathways.

- **"Pocket Parks"** — Monmouth has four mini parks that are .67 acres or smaller. Southgate Park at Southgate Drive and Josephine Street has a basketball court, benches and a playground. La Mesa Park is east of Heffley Street and south of Bentley Street. It has a basketball court, benches and a playground. Whitesell Park is at the western end of Catherine Court. It has a basketball court, benches and a playground. Marr Park is at Jackson Street and Marr Court. It has a playground, horseshoe pits and a small, landscaped garden.



Resident volunteers have helped make Monmouth a Tree City USA for 13 years.



Western Oregon University students host a pep rally to learn the new words to the Wolves' fight song before football season starts. The University offers exceptional NCAA Division II sporting events for the entire community, from baseball, basketball to football and track and field.

A rich tradition

Western University adds vibrant art, cultural and athletic scene

Welcome to WOU

What: Western Oregon University.

Where: 345 N. Monmouth Ave., Monmouth.

For more information: Online at www.wou.edu.

Meet the new President

• Rex Fuller will take the helm of Western Oregon University on July 1. He and the new board of trustees will move the institution forward, independent of the former Oregon University System. Rex hails from Eastern Washington University, but did you know he is a competitive tennis player? He also is a golf enthusiast, and is eager to make the move to Monmouth and Polk County to not only help Western fulfill its potential as an exceptional learning institution, but to enjoy the great outdoors.

Western Oregon University, built in 1856 by the pioneer settlers who built and established the city of Monmouth. The spirit of support between the two continues to this day.

Western University, the oldest public institution in the state of Oregon, offers athletic events, top-notch theater and dance productions, and world-class visiting artists and performers — all events the residents of Monmouth, and all of Polk County, take advantage of.

Western is best known as the place in the state where teachers are made. The school's department of education has garnered national awards and recognition over many decades.

In the last 16 years, WOU has flourished as a liberal arts institution, with 56 majors ranging from theater to criminal justice. The school is also a satellite campus for Oregon Health and Science University's nursing program.

There were about 6,000 undergraduate

students and 900 graduate students enrolled at Western in 2014-15, making it the fourth largest public university in Oregon.

The school is among the state's most diverse universities, with a large Latino population and about 300 international students from China, Saudi Arabia, India and other countries.

Now, beginning July 1, WOU will join the three large Oregon universities in having its own board of trustees — and a new president at the helm.

What does this all mean for locals and visitors? Plenty.

The local control afforded by its own board means Western can become even more involved in its community. The new president has expressed an interest in spreading the stories of Western graduates.

Beyond the local governance, Western offers free presentations, talks and demonstrations happening at the Werner University Center on any given day.

Continued on page 70C

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Freshmen sign their names on the sidewalks of Western Oregon University during student orientation week.

Continued from Page 68C

Wander through Smith Music Hall and you can catch concerts by professors — most of whom are also professional musicians — for less than you would pay for a movie ticket. Hamersly Library is one of the largest research libraries in the mid-Willamette Valley.

The Smith Fine Arts Series brings world-class dance and musical performances to Rice Auditorium every year. In May, it's the students themselves who entertain with the student and faculty-choreographed Spring Dance Concert.

If you want action on the court or field, the university has a dozen teams competing in NCAA Division II sports and is a member of the Great Northwest Athletic Conference.

If you enjoy tailgating, be in the parking lot behind McArthur Stadium before Wolves football games in the fall.

Community members have opportunities to hear individuals of international renown speak on pressing issues.

And don't forget to visit campus in early December, when hundreds gather on Monmouth Avenue near Campbell Hall to see the lighting of the giant se-



Tyrell Williams, wide receiver for Western Oregon University, signed a free agent deal with the San Diego Chargers in May.

quoia, one of the tallest living Christmas trees in the United States.

During the tree-lighting event, Santa

poses for pictures and holiday crafts are available for all. Carolling, hot cocoa and cookies complete the evening.

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year to monitor growth and identify areas of concern. Our goal is to teach responsibility centered discipline to each student, helping them achieve success and become confident, self-directed learners. Our goal is to help each student achieve success and become a confident, self-directed learner.

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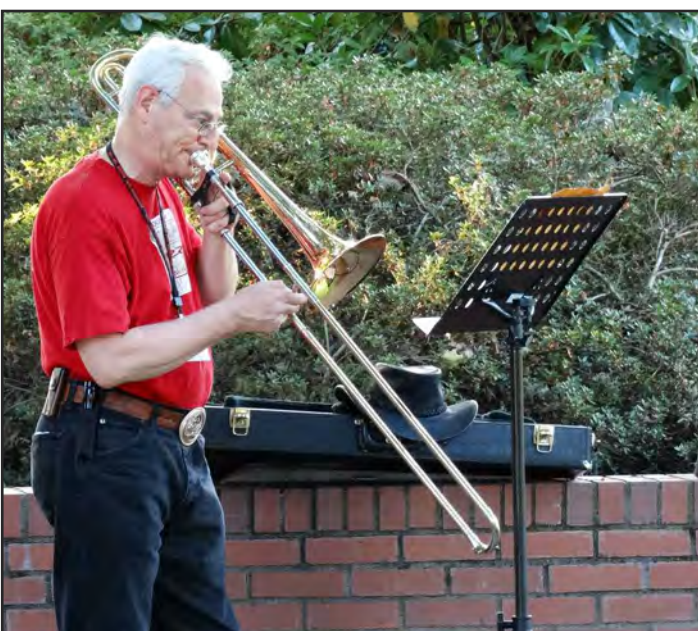
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Workshop teaches how to jazz things up

Riffs fill the air. Rhythm and melody intertwine, as students of the annual Mel Brown Summer Jazz Workshop meld music to create jazz.



The annual Mel Brown Summer Jazz Workshop draws musicians and vocalists from across the country.

Western Oregon University will host the annual jazz workshop from Aug. 2-8.

The camp draws musicians and vocalists of all ages from across the United States who are looking for instruction in music theory, improvisation and practical playing experience in large and small ensembles. Students at Mel Brown's camp learn how "not to be boring" when it comes to melody, rhythm and music, and get to play all day, every day.

That education is supplied by some of Oregon's premier jazz musicians, including renowned drummer, workshop namesake and WOU professor, Mel Brown.

Brown, a Portland drummer known as the "Gentleman of Jazz," has a career that spans more than 40 years and includes collaborations with artists such as Diana Ross and The Temptations. In recognition of his contributions to the cultural life of Oregon, Brown received the Governor's Arts Award in 2002.

The workshop begins with a free concert by the Mel Brown All-Stars on Sunday, Aug. 2, at 6 p.m. at Main Street Park.

Visitors can also wander down to campus for special evening concerts by artists and students throughout the week in Smith Music Hall and other buildings — or stroll around campus and listen to musicians practicing outside in the warm summer evenings.

Registration is open, but should be done early, as the camp does fill up.

For more information visit www.melbrownjazzcamp.com; or call 503-838-8275.

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For the pleasure of putting

Puttskee's Mini-Golf challenges players young and old

One of Polk County's gems has been hiding in plain sight. It may be easy to miss Puttskee's Mini-Golf, located next to the skate park in Monmouth.

But for the past decade and a half, Bob Klinsky has been tinkering with Puttskee's, and it may be better than ever before.

It was more than 15 years ago that Klinsky opened Puttskee's Mini-Golf after noticing a need for an outdoor activity the whole family could enjoy together. He hasn't stopped improving the course since.

With everything from miniature bridges to a modified basketball hoop and everything in between, Puttskee's isn't your normal mini golf course.

The 18-hole course provides fun for any age, with structures and obstacles to keep things interesting.

"I want to make it challenging enough that people want to come back and beat their score," Klinsky said. "Otherwise, they won't come back."

Among the unique features you'll run across includes a hole that splits into two different paths, navigating a loop made



Puttskee's Mini-Golf provides a unique and fun outing no matter what your age.



One of the many unique features you'll encounter at Puttskee's Mini-Golf.

out of a tire and straight shots that aren't quite as simple as they seem.

But if a particular challenge looks a little too daunting, fear not. All the holes offer multiple paths to a hole, ensuring each round is different than the last.

And the "course rules" are there to make sure everyone — from the person picking up a putter for the first time to the experienced golfer — has a blast.

On any given day, you'll see a parent with young children or a group of high schoolers looking for a unique experience having a go at the obstacles, even if it means opening up for a special occasion.

"We had a group of high school kids come out here before a dance," Klinsky said. "They took a photo and played the course all dressed in their formal wear."

And at only \$3 per person, this is an affordable activity the entire family can enjoy together.

Puttskee's is open seven days a week and operates during the summer.

How early it opens, however, is dependent on weather, so call ahead or check on the course's website for the lat-

Play Putt-Putt

What: Puttskee's Mini-Golf.

Where: 1510 Monmouth St., Monmouth.

Cost: \$3 per person (\$2 for second round).

Hours: Sunday through Wednesday, noon to 7 p.m. Thursday through Saturday, noon to 9 p.m. Special times for groups and parties can be scheduled. Open during summer, usually May through September, but is weather dependent.

For more information: 503-838-5888; online at www.puttskeesminigolf.com.

est information.

Puttskee's Mini-Golf may not be the most popular draw in Polk County, but there's little doubt it's one of the most fun. The ever-changing course is something that you'll want to come back to over and over again. With challenging and fun holes, this is one golf outing the whole family can enjoy.

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Daryll Combs, of Daryll's Nursery in Dallas, enjoys growing all sorts of things, from small delicate rockrose to towering bamboo to giant, dark greens — "dinosaur food." Combs enjoys the peace of the nursery and of gardening.

For the love of all things growing

From delicate flowers to giant greens, Daryll's has it

When Daryll Combs moved his nursery to Dallas from California in 1992, it took time to adjust.

"Before at my nursery, the average temperature was 70 degrees, so it's totally different here," he said.

In California, the warm weather meant his business was always busy. In Oregon, there's an offseason, but he's still busy prepping for winter in our unpredictable climate.

The lessons learned, however, were worth it.

"I had to get away," Combs said. "I wanted to own my own property and I didn't down there. I made several trips up here looking and I would talk to other nurserymen around to find out where a good place was. One guy in McMinnville

told me to check out Dallas."

He found the property, a former nursery off West Ellendale Drive, and started carving out his niche. Now peaceful, with a few quirky touches, Daryll's Nursery was a little rough when he took it over 23 years ago.

"There was nothing when I came here," Combs said. "It was just weeds, so I developed this arboretum."

"That arboretum" is to the left of the entrance for people driving in, and features several stands of bamboo, a plant Combs has learned to love for its meditative environment.

"What I like about bamboo, it's just peaceful," Combs said.

Pushing stalks aside in the largest of the stands, Combs reveals where he has orchestrated the bamboo to form a space in the middle large enough for a picnic table.

"This is my room in here. This is like a fort, a hide out," Combs said. "I started it with one piece, right there,

right in the middle. Then it just grew into this mass."

Spring is about the time new growth appears. In fact, a few new stems sprouted by early May.





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Daryll Combs helps customers figure out what will grow best in their garden on a warm spring day in May.

Continued from Page 76C

"It's so exciting when they start coming up," Combs said.

As much as he loves it, Combs is more than willing to share it with customers — at about half the cost they would purchase it in nurseries closer to Portland.

Bamboo isn't his only love, though.

Daryll's Nursery specializes in cistus, or rockrose, propagating and selling about 45 varieties of the plant that produces small, delicate looking flowers.

"They are pretty spectacular," Combs said. "Nobody in Oregon — that I know of — propagates as many varieties as we do."

He brought his first cutting of rockrose to Daryll's about 12 years ago. He said the plant can take most curve balls Mother Nature can throw at it, and some varieties will bloom into the fall.

"They are a heat lover, a sun lover," Combs said. "For the most part, they are deer resistant, disease resistant and pest resistant. They're a pretty hardy, good plant."

And for anyone familiar with Daryll's Nursery, there's one plant dotted around the property that's really hard to miss. Think big — giant, really — green leaves.

"Dinosaur food, that's another of our specialties," Combs said, smiling.

It requires a lot of water, but the mature plant is something to behold, with

deep dark green leaves that would be easier measured in feet than inches.

Combs has plans to make the eye-catching plants even more prominent, transplanting them from the greenhouses to a strip of grass near the entrance.

Daryll's also features a large selection of ornamental grasses and 30 varieties of unusual or hard-to-find ferns, along with many more plant gems.

What you won't find are annuals. Combs said he tried to sell annuals his first five years in Dallas, but couldn't compete with chain stores on price.

He does have the perfect environment for annuals — or any other plant — to grow in, though. Combs mixes his own

soil and, at the encouragement of a landscape designer in Portland, began selling his mixture.

"We have people coming in here from all over, even from Portland, and that is all they buy," Combs said. "It's mostly compost, and then there's some fine bark and some pumice in it. We can go through 20-30 bags in a day. It's crazy."

Taking a tour of Daryll's with Combs, not only do you learn quite a bit about plants, you see just how much he loves what he does.

"They don't talk back," he joked about why he likes working with plants. "Truthfully, I don't know. It's all I want to do though. It's tough to make ends meet, but I just enjoy growing plants."

Peaceful Plants

What: Daryll's Nursery.

Where: 15770 West Ellendale Ave., Dallas.

Contact: 503-623-0251,
<http://daryllsnursery.com/>.

Hours: 9 a.m. to 5 p.m. Monday through Saturday.

Of note: Specializes in bamboo, cistus or rockrose, ornamental grasses, dinosaur food, ferns and much more.



Headed to the market

Area markets provide alternative to store-bought products

With five farmers markets in Polk County, there really is no excuse to not support local farmers and eat fresh all summer long.

Markets kick off in April in Independence, followed by markets in Rickreall, Monmouth and Dallas in May.

All markets run through the fall, with the latest ones running through November.

Shoppers may find an assortment of seasonal fruits — from berries to peaches to apples — and vegetables, flowers — cut and in pots — and canned goods such as salsa and jam.

Also available is locally sourced meats, eggs and honey.

Bakers offer fresh goods — traditional and gluten free — while other vendors have homemade cheeses.

Crafted birdhouses and homes for mason bees may be found at the Original Independence Farmers Market, while those visiting the Independence Riverview Market may sample beers and wines.

Both Independence markets run 9 a.m. to 2 p.m. from April through November.



Polk County's markets offer something for everyone to enjoy.

The Polk County Bounty Market serves both Monmouth and Dallas from 10 a.m.

to 3 p.m. on Tuesdays and Thursdays, respectively. The market in Monmouth runs through October to better serve students and faculty from Western Oregon University just coming back from summer break in September.

The Dallas location ends in September each year.

At the Bounty markets, shoppers may purchase tokens using a credit or debit card, or by using SNAP (Supplemental Nutrition Assistance Program).

These tokens may be spent like cash at vendors at both the Monmouth and Dallas locations.

Farmers markets give local farmers and consumers a way to connect, educating young and old about where their food comes from.

But it also helps boost the economy. Shoppers spend more time in downtown shops when they come to the market to pick up some groceries for the day.

Live music, kids activities and community events are bonus features of our farmers markets, which can be found on Tuesdays, Thursdays, Saturdays and Sundays.



Fresh produce is just one of the things you can find at Polk County's markets.

2015 Polk County Farmers Market Schedule

Independence Farmers Market

Where: Umpqua Bank, parking lot, 302 S. Main St., Independence.

When: Saturdays, 9 a.m. to 2 p.m.; April 4 through Nov. 21.

Contact: Martha Walton, 503-881-9950 or waltons_garden@yahoo.com; www.independencefarmersmarket-or.org or www.facebook.com/TheOriginalIndependenceFarmersMarket/.

Rickreall Farmers Market

Where: Rickreall Grange Hall, 280 Main St. (Highway 99W), Rickreall.

When: Sundays, 9 a.m. to 4 p.m., May 3 through Nov. 22.

Contact: Martha Walton, 503-881-9950 or waltons_garden@yahoo.com.

Independence Riverview Market

Where: Riverview Park and Amphitheater

When: Saturdays, 9 a.m. to 2 p.m.; April 4 through October.

Contact: Sue Barker, 503-837-0045, independenceriverviewmarket@gmail.com; www.independenceRiverviewMarket.com; or www.facebook.com/IndependenceRiverviewMarket.



Polk County Bounty Market — Dallas

Where: Academy Building Lawn at the corner of Main and Academy streets, Dallas.

When: Thursdays, 10 a.m. to 3 p.m., May 7 through Sept. 24.

Contact: Bonnie Dreier, 503-623-2564; email pcb@dallasoregon.org. For vendor lists, scheduled entertainment, children's activities and more check out www.bountymarket.org or on Facebook under "Bounty Market."

Polk County Bounty Market — Monmouth

Where: Main Street Park, 120 E. Main St., Monmouth.

When: Tuesdays, 10 a.m. to 3 p.m., May 5 through October.

Contact: Bonnie Dreier, 503-623-2564; email pcb@dallasoregon.org. For vendor lists, scheduled entertainment, children's activities and more check out www.bountymarket.org or on Facebook under "Bounty Market-Monmouth."



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August 12 Student Loan String Band – Newgrass

August 19 Ramble On – Led Zeppelin Tribute Band

August 26 Coming Up Threes - Celtic



**Look for Monmouth Music In The Park Series on Facebook
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Taking in the view

Luckiamute State Natural Area puts Oregon's beauty on display

Hiking, birding, paddling. Like all three? Then Luckiamute State Natural Area is the spot for you, where you can enjoy those activities all while getting a glimpse of the spectacular beauty of Western Oregon.

While it's growing in popularity, LSNA is still little-known. But it's worth the drive to southeast Polk County near Buena Vista.

Hiking into the LSNA, you can see confluence of the Willamette, Santiam and Luckiamute rivers and explore a network of wetlands and upland prairies — and one of the best remaining examples of floodplain forest in the Willamette Valley.

The park consists of two tracts of land: a 615-acre parcel in Polk County and another 300 acres to the immediate south in Benton County.

Sections of the site have been — and still are — used for farming. But there hadn't been any work, maintenance or publicity there until property acquisitions in the 1990s and early 2000s doubled LSNA's size; before then, the undeveloped pieces were mostly used by hunters and fishermen.

A demand for more regional recreational opportunities, such as hiking and nature observation, prompted the state to develop a master plan to guide and enhance the park's future.

Some of those improvement components are happening now.

The Luckiamute Watershed Council (LWC) and area volunteers have begun natural restoration work that will span a decade, managing invasive vegetation,

Check It Out

- Luckiamute State Natural Area is located at the southeastern edge of Polk County, bordered by Buena Vista Road and the Willamette River.

To reach the north tract trailhead coming from Independence, turn left onto Crocker Road and keep left until you reach a parking area.

The paddlers' access parking lot is located just north of the Crocker Road intersection on the west side of Buena Vista Road.

The south tract trail is located on the east side of Buena Vista Road just north of the junction with Northwest Springhill Drive.

For more information on events at LSNA, call the Luckiamute Watershed Council at 503-837-0237 or visit www.luckiamutelwc.org.

conducting groundwater studies and doing fish and wildlife assessments at LSNA.

To date, more than 509,000 native plant species — 30 varieties of shrubs and trees — have been planted on 316 acres of the LSNA.

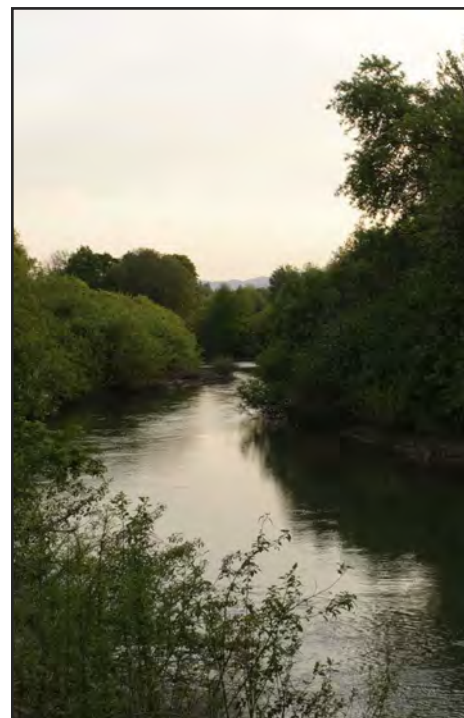
Oregon Parks and Recreation Department has installed a parking lot along Buena Vista Road for paddler access, and LWC has hosted outreach events — such as New Year's Day hikes — that highlight the combination of ecosystems within the LSNA, particularly the floodplain forest now rare in the Willamette Valley.

Additionally, the council hopes to add interpretative signs along the trails this year.

Those efforts align with the goal of balancing recreation with the preservation of the natural environment and biological diversity within the LSNA.

LWC has seen some success as of late.

"After doing this work, it's nice to know people are noticing the changes and coming back," said Kristen Larson, LWC coordinator.



Luckiamute State Natural Area has numerous beautiful views.

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Polk County is filled with breathtaking views, from this serene lake in the western part of the county to vineyards scattered throughout to rivers winding through the county's borders and roaring water falls. Come stay a spell.

WELCOME TO POLK COUNTY

Outdoor enthusiasts, foodies, cyclists, wine tasters and members of Rogue Nation know the next best place is found in Polk County.

Tucked between the Willamette River and the Oregon Coast Range, Polk County has much to offer for visitors and residents alike.

Campsites and bed and breakfasts offer lodging opportunities for hikers exploring trails that loop through vineyards, hills, fields — and even through towns.

The county is ideal for birding, and not just at Baskett Slough Park. Ospreys and bald eagles make their nests near rivers that run through the county. We occasionally even have rare birds, such as a snowy owl spotted off Highway 99W in Rickreall last fall.

Vineyards dot the countryside, close enough to make a day of touring and tasting, but too many to see in just one afternoon.

Polk County is rich in culture with the

Confederated Tribes of Grand Ronde sharing their tribal heritage at the Chachalu Tribal Museum and Cultural Center.

The county is home to world-class, destination trails for bicyclists, from a mountain bike vineyard loop to the Black Rock Mountain Bike Area — and winding country roads in between farms, old barns and past fruit and vegetable stands.

Even if touring the county by car, the dirt and rock roads that wind between fields can make it feel like you're miles away from a town rather than just minutes from Salem.

The county's rich history in agriculture brings local food straight to your table at local restaurants and farmers markets. In Polk County, we still believe in making food from scratch with fresh ingredients.

Whether you're looking to stretch your legs, canoe or raft, or just lounge around and relax, you'll find it here in Polk County. Enjoy the journey.

Polk County Facts

Population: 75,403.

Elevation: Varies from a low of 168 feet above sea level near Independence to a high of 3,589 feet above sea level at Laurel Mountain.

County Government: Polk County Courthouse, 850 Main St., Dallas. 503-623-8172, www.co.polk.or.us.

Visitor Services: Dallas Area Chamber of Commerce/Dallas Area Visitors Center, 168 SW Court St., Dallas. 503-623-2564; Monmouth-Independence Chamber of Commerce, 355 Pacific Ave N, Suite A, Monmouth. 503-838-4268.

Schools: Polk County is served in varying degrees by nine school districts:

- Central School District
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- Falls City School District
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- Amity School District
- Philomath School District
- Salem-Keizer School District
- Sheridan School District
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Polk County Parks

• **Ballston** — This park is located in what was downtown Ballston and includes the historic Ballston School, believed to be the oldest school building in the state. The park has two picnic tables.

• **Buell** — This is a park for families. It includes a well-equipped playground and has restrooms. Picnic tables and barbecue pits are nestled among the trees along Mill Creek, and there are trails to explore along the creek. It's all located just off Highway 22 and a little west of Red Prairie Road.

• **Buena Vista** — Take Corvallis Road south out of Independence and follow the signs to the Buena Vista Ferry. This is the county's maritime park, with a boat ramp on the Willamette River. It also has a small dock, picnic tables and a nearby rock that is favored by anglers.

• **Eola Heights** — Located in West Salem between Eola Drive and Gehl Road west of Doaks Ferry. The park includes picnic tables, playground equipment and a small ballfield with a backstop.

• **Gerlinger** — This is very much a nature park. It's about three miles west of Falls City on the Little Luckiamute River. There are two picnic tables and footbridges to a small island.

• **Mill Creek Park / Mill Creek Recreation Site** — Mill Creek Park is more primitive, but it's also more scenic and caters to people who want to get a little farther away from it all. It's just half a mile from the Mill Creek Recreation Site. The park is owned by the county, and the recreation site is owned by the Bureau of Land Management. Mill Creek Park features a spectacular scenic canyon.

There are half a dozen picnic tables, some barbecue pits and a large surrounding grassy area complete with a small backstop for hitting baseballs and softballs. It's a little cramped for a full baseball field, but it's a great place for getting in some practice.

The recreation site also has picnic areas, restrooms and barbecue pits, as well as a large open area. There are no developed trails. Moss-covered trees overhang the deep canyon, providing a unique scenic area.

• **Nesmith** — Nesmith Park is next to the Polk County Fairgrounds & Event Center on Highway 99W. It was built around the historic James Nesmith family graveyard. The park features nature trails along Rickreall Creek and has picnic tables as well as barbecue pits and a large open grassy area.

• **Ritner Creek** — The park is four miles west of Pedee on Gage Road, just off Burbank Road and Kings Valley Highway. There are three footbridges across the creek as well as trails along it. There are picnic tables and restrooms.

• **Ritner Creek Bridge (Minnie Ritner Ruitter Wayside)** — This small wayside park is located along Kings Valley Highway (Highway 223) about three miles south of Pedee. It has picnic tables, a porta-potty and, its featured attraction, a historic covered bridge.

• **Social Security Hole** — A little difficult to find, this out-of-the-way park is located off Highway 51 and Halls Ferry Road northeast of Independence. It has picnic tables, a restroom and fishing access to the Willamette River.



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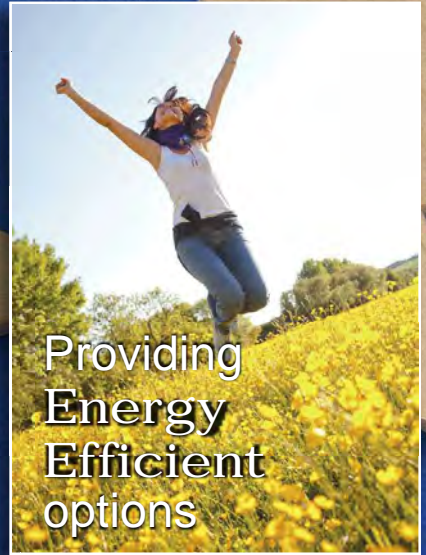
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Going on the hunt

Brothers give Luckiamute Valley Pheasants the personal touch

When they were young, Chuck and Kendall Cates could almost always be found hunting around their family's bucolic property near Pedee.

To the southwest of the homestead sat hundreds of acres of foothills flocked in ash, maple and cottonwood trees. The Little Luckiamute River cuts through lush bottom land.

The brothers hiked every nook and cranny of the property in search of the grouse, pheasants and quail that were once naturally common here.

Alas, pheasant habitat — brush and hedge cover — in the Willamette Valley dwindled when farming expanded, as did the region's wild bird population.

The brothers went separate directions later in life, but always shared a passion for hunting. In 2006, they turned their family's land into a hunting preserve, Luckiamute Valley Pheasants (LVP) that draws clients of all ages, men and women, from across Oregon, Washington and beyond.

The brothers transformed a 315-acre parcel in southern Polk County in the Pedee area into an upland hunting preserve that they manage and stock with ringneck pheasants and the wilder Manchurian ringnecks.

"This will be year number nine, and every year we've been increasing by about 10 percent," Chuck Cates said.

The brothers operate the preserve themselves.

"We're one of the few hunting preserves



The North American Versatile Hunting Dog Association uses LVP as a test site.

left around that raise our own birds," Cates said.

Contact is minimal, allowing the pheasants to preserve their wild characteristics and avoid disease.

That personal touch is what helps bring hunters back year after year, Cates said. The hunting season officially runs from Aug. 1 to March 31, though Cates said they wait until September to protect dogs from being exposed to the summer heat.

But the preserve isn't just about hunts.

A variety of activities are offered throughout the hunting year.

The North American Versatile Hunting Dog Association uses LVP as a test site, while the Oregon Department of Fish and Wildlife hosts popular hunting workshops at LVP for women and families.

Hunter's Haven

What: Luckiamute Valley Pheasants, a day-use hunting preserve.

Where: 17115 Maple Grove Road, Monmouth (Pedee).

What you need: An Oregon Hunter's License or a Private Preserve Hunting License, gear and an orange vest and hat. LVP has hunting dogs that assist in the hunt.

Price: Price per hunter is \$220. There is an additional \$50 per hunter charge if you do not have your own dog. Hunting without a dog is not allowed. A guide will assist with your first hunt free of charge.

Of note: There are no provided meals or accommodations. You may hunt with either an Oregon hunting license or a private hunting permit.

For more information: 503-838-4221; www.lvphesants.com.



Dogs are required to hunt at the Luckiamute Valley Pheasants hunting preserve.

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Observe the history of Polk County Pioneers; the evolution of the logging and farming industry, Native American and Camp Adair artifacts, or take advantage of resource and genealogy materials available.

Visit the Historic Brunk House
 5705 Highway 22, Salem
 503-838-6603
 Hours: Tu 9:00 a.m. - 12:00 noon
 Tours available by appointment.



Akha Farm
 131 Sheldon Ave, Falls City, OR



You can now sign up for a \$22 vegetable box each week. There is no prepay and you don't have to get a box each week. Just let us know if you want one the following week. Leafy green veggies, green onions. We also have free range chicken eggs. Boxes are currently available.

Come see us at these locations:

BOUNTY MARKET
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 Thursdays—Dallas
 Saturdays—Independence
 Riverview Market

SALEM MARKET
 Wednesdays & Saturdays



AkhaFarm.com 971-388-7185

POLK COUNTY FAIRGROUNDS

"Blue Jeans & Country Dreams"
 Polk Co. Fair August 6-8, 2015

Yearly Events: Craft Shows, Quilt show, Gem & Mineral Show, Gun Shows, 4-H Horse Show, Polk County Home & Garden Show, Holiday Fair, RV Rallies

The fairgrounds facility is also rented out for private use.
 Meetings, Weddings, Birthday Parties, Anniversaries, Reunions, Dances, Memorial Services, Tool Sales, and Storage

Call 503-623-3048
 TO RESERVE YOUR EVENT TODAY



Blue jeans, Country dreams

*The 2015 County
Fair is packed with
entertainment*

If you're looking to celebrate Polk County's long agricultural heritage — and find some great entertainment while you are it — the annual three-day county fair fits the bill.

The fair has animal shows featuring rabbits to cattle and everything in between, a livestock market auction and hundreds of other exhibits.

The 2015 Fair, "Blue Jeans & Country Dreams," will be Aug. 6-8 at the fair-

grounds along Highway 99W in Rickreall.

There's plenty to do outside the animal barns, pens and exhibit halls.

Live entertainment on the Les Schwab Stage, includes musical acts and the quirky, but fun annual Beautiful Baby Contest.

New events added in 2014, like the ATV Rodeo, look to become traditions.

A selection of classic fair food and entertainment venues for young children

and teens round out the fairgrounds' most popular annual event.

The fair isn't the only thing happening around the busy fairgrounds, though.

Fairgrounds staff have to juggle hundreds of events each year in the four buildings it rents to the public, ranging from weekly square dances and dog obedience classes to large RV and gun shows.

To see what is upcoming at this busy event center, go to www.co.polk.or.us/fair.



The annual Polk County Fair gives youth in 4-H and FFA a chance to show off their projects — and lets the public have a peek into what it's like on the farm in rural Polk County.

It's That Time!!!

Advertise in the 2015-2016 Polk County Phone Directory!

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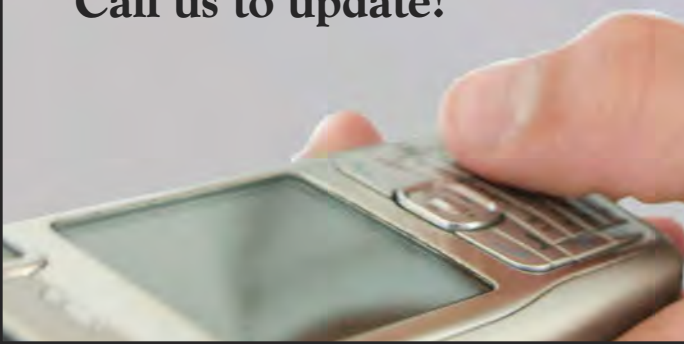
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STEP BACK IN TIME

There's a place on the Polk-Benton county line where you can travel 500 years back in time one weekend every late summer.

Just don't forget to pack your suit of armor.

The annual Shrewsbury Renaissance Faire is the largest of its kind in Oregon and one of the most renowned festivals in the Pacific Northwest.

In 2015, on Sept. 13-14, a pastoral field in Kings Valley will be transformed into a bustling village set in 16th-century England. Recent editions of the event, which began in 1995, have drawn more than 15,000 visitors.

Expect to see more than 1,000 event volunteers in costume and more than 125 artisan vendors. There are also scores of historical re-enactment groups featuring dancers, jugglers, magicians, musicians, storytellers and theatrical performers.

Learn how to swing a sword



The Shrewsbury Renaissance Faire is one of the most renowned in the northwest.

or try your hand at a longbow at one of several interactive exhibits.

A jousting exhibition, combat melee and horsemanship demonstrations are highlights

not to be missed.

The festival site is one block east of Kings Valley Highway (Highway 223) on Grant Road. Faire hours are 10 a.m. to 6 p.m. both days. Admission is

\$11 for adults, \$5 for seniors and children 6-12, and free for kids 5 and younger.

For more information: 541-929-4897 or online at www.shrewfaire.com.



Take a trip back in time at the Renaissance Faire.



Shrewsbury features jugglers, magicians, musicians and more.

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Mon-Fri: 8:30-5pm

Sat by Appointment



Polly McCrea has created a bed and breakfast that brings many of the comforts of home.

Home comforts

Bed and breakfasts offer the perfect getaway for exploring the region

Polly McCrea has created a welcoming home away from home in her vacation rental log cabin in Monmouth, Fern Hill Lodge.

"I tell people it was a really big craft project," she said with a smile.

Craft project is an understatement. The two story, 2,300-square-foot home boasts the handiwork and creativity of McCrea and her late husband throughout. The home has beds for up to 20 people — the perfect getaway for families, wedding parties, wine tasting groups, business people, retreats or sports teams.

"Guests come from all over the country," McCrea said.

A fully stocked fishing pond for guests is part of the stunning mile-long views from the cabin.

"I tell people it's a five-minute walk to the pond, and 15 to 20 minutes back, depending on how good of shape you're in," McCrea said.

Throughout the property are spaces to gather and get away from it all, from a hot tub to a fire pit.

Guests can spend a lazy afternoon on the row boat fishing, flying a kite on an expansive lawn, or sit on the stone balcony and watch the resident Rufus hummingbird defend his feeder.

Continued on Page 99C



A personal theater is just one of the amenities you can enjoy at Fern Hill Lodge in Monmouth.



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One Business At A Time...**

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MEDICAL DIRECTORY

AUDIOLOGIST

• **Joyful Sound Hearing Services, Inc. Mark Sturtevant**, 312 Main Street, Dallas. 503-623-0290. Providing Polk County with hearing solutions for 30 years. Services include: Hearing evaluations, Diagnosing hearing loss: impedance; Fitting all types of hearing devices, Servicing all makes and models of hearing aids; Ear inspections. Wax removal; Hearing protection. Hours: Monday-Thursday 9am-4 pm. (Fridays by appointment only)

CARDIOLOGISTS

• **Dr. Raghu Kamineni, Dr. William Stiles and Dr. Kevin Thompson** Cardiologists see patients at West Valley Hospital - 525 SE Washington St., Dallas, 503-623-7304. Heart diagnostic services available at West Valley Hospital include electrocardiograms (EKG), cardiac stress tests and echocardiograms with a physician referral. See salemhealth.org/wvh.

CHIROPRACTORS

• **Drs. Sharon and Marty Thornton** Thornton Chiropractic - 1650 Monmouth St., Independence 503-838-3346. Serving families for over 17 years. We Care - God Cures. Full spine and extremities, TMJ. Gentle hands-on and instrument adjusting for sports, auto, personal, work injuries and wellness care. Also offering Functional Neurology. Palmer graduates. Massage Therapy available. New patients welcome.

• **Charles E. Holton Jr. D.C.** 289 E. Ellendale Ave., Suite 102, Dallas, 503-623-3903.

• **Michael Kirkland, D.C.** 289 E. Ellendale Ave., Suite 202, Dallas, 503-831-4668. Celebrating 35 years in the chiropractic profession. Doing Activator Methods exclusively - safe and effective for babies to the elderly.

• **Jennifer Sneeuwjagt, D.C.** Chiropractic First - 211 E. Ellendale Ave., Suite 2, Dallas, 503-831-4820. Chiropractic care for the whole family. Offering hands on techniques, drop table, and activator. Quality time spent with each patient. Custom made orthotics available. Most insurances accepted including motor vehicle accidents. New patients welcome. Join us on Facebook for special monthly offers. "Start feeling better today, discover the benefits of chiropractic."

• **Dr. Brian Joynt** Joynt Family Chiropractic - 629 Clay St. E., Monmouth, 503-837-0550. We are a family owned and operated chiropractic clinic, dedicated to creating an unparalleled experience of service, quality and care for the WHOLE family. Call us to make your appointment today! New patients

welcome. Accept most insurance. Auto/personal injury and work comp. Two massage Therapist on site as well as a rehabilitation facility. Complimentary consultations.

DENTISTS/ORTHODONTICS

• **Dr. Kenneth Winokur** 503-838-1633, 329 S. Main St., Independence. New patients welcome, relaxing gas available, many insurance plans accepted, evening hours. www.independencedental.org

• **Matthew W. Woolsey, DMD** 503-623-8010, 155 W. Ellendale Ave., Dallas. Dr. Woolsey provides full service comprehensive dental care for adults and children. Expect a comfortable and pleasant experience as well as outstanding care for a lifetime. New patients are always welcomed. Please visit our website: dallasoregondentistry.com

• **Michelle L. Hasbrook, DMD, PC** 120 Atwater St. N., Monmouth 503-838-2998. We provide all phases of general dental care for children and adults using the newer technologies, including laser treatment and digital x-rays. We offer nitrous oxide sedation. New patients are always welcome. Our office is open Monday-Thursday from 8:00am to 5:00pm.

• **Thomas L. Davis, DMD** 410 E. Ellendale Ave., Suite 2, Dallas. 503-623-2653. Dr. Davis provides general dental care (exams, cleanings, fillings, crowns, and bridges) for children and adults. We have appreciated the opportunity to keep families in Polk County smiling since 1979.

• **Steven Deming, DDS** Mid Valley Dental Associates - 197 SE Washington St, Dallas 503-623-2389. General family and cosmetic dentistry. Oral surgery/Wisdom teeth; Dental implants/Root canals; I.V. Sedation/Sleep Dentistry; Invisalign teeth straightening. www.mid-valleydental.com

• **Les D. Wheeler, DDS** 289 E. Ellendale, Suite 204, Dallas 503-623-2666. All phases of general dentistry for adults & children. We provide family cosmetic and preventative dentistry in a comfortable and caring office. Welcoming new patients.

• **John D. Shurtz, DDS** 196 Catron St. N., Monmouth 503-838-1800. New and emergency patients always welcome. We provide but are not limited to general and preventive dental care, surgery, root canals, fillings, crowns, bridges, dentures, periodontal treatment and implants. Most insurances accepted. Email: jdshurtz@minetfiber.com

• **Weston K. Morrill, DMD** 289 E. Ellendale Ave., Suite 201, Dallas. 503-623-6616. Family, preventive, and cosmetic dentistry. Complete dentistry for the entire family. Se Habla Espanol.

DENTISTS/ORTHODONTICS continued

• **Dr. Yenne & Schofield** 580 Main St. Suite E, Dallas 503-623-5002. Choosing an orthodontic practice for you and your family's care is an important decision. The lifetime benefits of orthodontic treatment and the opportunity to experience a great smile, are priceless. Yenne & Schofield Orthodontics is committed to providing exceptional treatment results in a friendly and caring atmosphere.

FAMILY MEDICINE

• **Chris Edwardson, M.D. and Stephen Chaffee, D.O.; Julia Pulliam, PA-C and Julia Thomas, DNP, FNP-C** Dallas Family Medicine - 641 SE Miller Ave., Dallas 503-623-2345. Family Medicine • Aesthetic Medicine • Urgent Care Appointments • Bone Health • Well-Child Visits & Pediatric Immunizations • In-house X-rays. Dallas Family Medicine is committed to serving our community as providers of patient-centered primary care. Continuing in a tradition established more than 50 years ago, we strive to heal the whole family with care and compassion, from the infant to the elderly. We are proud to serve you. Website: dfmCARE.com

• **Steven A. LaTulippe, M.D., P.C.** South View Medical Arts -531 SE Clay St, Dallas 503-623-5430. Providing comprehensive care in adult, pediatric and geriatric medicine. Quality medical care is derived from a partnership between the physician and the patient. Working together, we can certainly optimize your chances for living a long, healthy and fulfilled life. This is highly valued family medicine. It affords the best opportunity to provide an all-encompassing range of care that takes into account the "whole person" - your physical, emotional and spiritual needs. I have had additional training in several areas including: Dermatology, Endoscopy, Office Gynecology, Minor Surgery/Procedures, Pediatrics, and Geriatrics. Pain management and Addiction medicine. Visit our website: www.svmedicalarts.com

• **Dr. Charles Essex**, family medicine, is accepting new patients at Monmouth Medical Center - 512 Main St., Suite 300, Monmouth, 503-838-1182. With a proactive health care approach, Dr. Essex provides care for the entire family and will work with you to build a healthy lifestyle with annual exams, immunizations, lifestyle counseling, sports physicals, skin care, cancer screenings and more. **Dr. John Hadley**, family medicine, is accepting new patients at West Valley Physicians & Surgeons Clinic - 555 SE Washington St., Dallas, 503-623-7301. With a proactive healthcare approach, Dr. Hadley provides family medicine for your entire family from newborns to adults with annual exams, immunizations, lifestyle counseling, sports physicals, skin care, cancer screenings and more. For more on family medicine, visit salemhealth.org/vvvh.

SURGEONS

• **Dr. Alison Smith** West Valley Surgical Specialty Clinic surgeon - 591 SE Clay St., Dallas, 503-831-0784. Dr. Smith provides general surgery services for a wide range of needs including breast cancer, gallbladder, biopsies, abdominal surgery, as well as colonoscopies. General surgery appointments are scheduled Mondays and Thursdays with surgeries scheduled at West Valley Hospital. Dr. Smith is located at the West Valley Surgical Specialty Clinic. Visit salemhealth.org/specialty.

UROLOGIST

• **Dr. Jaffer Bashey**, a Board-Certified Urologist with Willamette Urology, sees patients at West Valley Surgical Specialty Clinic -

591 SE Clay St, Dallas, 503-831-0784, on Tuesdays from 8 a.m. to 4:30 p.m., providing complete diagnosis and treatment of urological disorders and diseases for adults and children. He schedules outpatient surgeries at West Valley Hospital, including cystoscopy, minor bladder and prostate surgery, bladder and kidney stones, circumcision, vasectomy and other procedures. Physician referral may be required. Visit salemhealth.org/specialty.

GYNECOLOGIST

• **Dr. Keita Sakon** West Valley Surgical Specialty Clinic - 591 SE Clay St., Dallas, 503-831-0784. Dr. Sakon provides gynecology exams and procedures, including hysteroscopy and laparoscopy, as well as family planning, abnormal Pap evaluation, treatment of pelvic pain, symptom control for menopause and abnormal periods. He works in Dallas on Friday afternoons from 12:30 to 4:30 p.m. seeing patients at the clinic and performing gynecological procedures in the West Valley Hospital surgical suites. See salemhealth.org/vvvh.

IMAGING SERVICES

• **West Valley Hospital Imaging Services** 525 SE Washington St., Dallas, 503-623-7302. Offers state-of-the-art all-digital diagnostic imaging services. With your physician's referral, we provide your bone densitometry, CT scan, fluoroscopy, mammography, ultrasound, X-ray and MRI services. Check out our new comfortable and spacious mammography suite. Visit salemhealth.org/vvvh.

LABORATORY SERVICES

• **Laboratory Services** Available at two convenient locations in Dallas and Monmouth. Both labs are fully accredited, providing collections and testing with health care provider referral. Employment and self-referral drug testing is offered. The West Valley Hospital lab in Dallas is open 24-hours, seven days a week at 525 SE Washington St., 503-623-7303. The Monmouth lab is located in the Monmouth Medical Center, 512 Main St., Suite 300, 503-838-1388. It is open Monday-Friday, 8:30 a.m. to 4:30 p.m., closed between noon and 1 p.m. Appointments are not required. See salemhealth.org/vvvh.

MASSAGE THERAPISTS

• **Amber Hawkins, LMT** Practical Massage - 151 NE Kings Valley Hwy, Dallas (inside Future Images) 503-831-1001. We specialize in Swedish, Deep Tissue, Cupping Therapy, and Thai Massage. Currently accepting motor vehicle insurance claims. Helping people feel better one massage at a time. Available by appointment.

• **OUT OF GRAVITY MASSAGE - Julianne Klingberg DeForest, LMT** - 503-510-2256 - NOW IN INDEPENDENCE. Enter Stressed, Leave Blessed - Out of Gravity Massage offers massage sessions to suit a variety of needs and health concerns. Intuitive and holistic bodywork are blended with extensive and varied education, creating a caring and knowledgeable environment of healing. Also, with a prescription and a claim number, up to a year's therapeutic massage sessions will help in your rehabilitation from a motor vehicle accident. Relaxation, well care, geriatric and pediatric massage is available, as well as motor vehicle accident rehabilitation. Infant massage instructional sessions available. Call today for an appointment. 503-510-2256 OR # 7627/ National #295187-00

• **Fusion Massage Therapy and Bodywork** - 289 E. Ellendale, Suite 601, Dallas, 503-751-1448. Insurance accepted, packages available.

MASSAGE THERAPISTS continued

• **Heather Lyon, LMT#18746** – Thornton Chiropractic 1650 Monmouth St., Independence, 503-838-3346. Specialize in pain management and working out of Thornton Chiropractic. I practice Swedish, Deep Tissue, BowenWork, and Myofascial Release all integrated with stretching techniques to naturally get you on the road to recovery. We accept Auto Injury Insurance and can help you bill your own private insurance. From chronic pain and newer injuries to stress reduction, I can help.

ACUPUNCTURE

• **Lindsay Posey, L.Ac.; Gabriel Prewitt, L.Ac** Willamette Acupuncture and Wellness – 289 E. Ellendale Ave., Suite 601, Dallas, 503-751-1460. We specialize in the treatment of pain, fertility, digestive disorders and motor vehicle accidents. We accept all insurance and offer free 15 minute consultations.

OPTOMETRIST/OPHTHALMOLOGIST

• **Dr. Scott Stice** An anterior segment surgeon and comprehensive ophthalmologist, Dr. Stice performs eye procedures, focusing on cataract surgery including specialty lenses and glaucoma management. Dr. Stice sees patients at Eye Care Physicians & Surgeons at 1309 Liberty St. SE in Salem, and performs procedures in West Valley Hospital's new state-of-the-art surgery suites located at 525 SE Washington St. in Dallas. Visit salemhealth.org/wvh.

ORTHOPEDIC

• **Dr. Steve Yao** Specializes in sports medicine and knee-replacement procedures. Dr. Yao sees patients at the Hope Orthopedics of Oregon satellite office in Dallas, and schedules surgeries at West Valley Hospital in the new state-of-the-art surgery suites. West Valley Hospital is located at 525 SE Washington St., Dallas, 503-623-8301. Visit salemhealth.org/wvh.

PODIATRIST

• **Tom Mesdag, DPM** Monmouth Valley Foot Health Center - 343 Main St. E, Monmouth 503-838-3668. Podiatric sports medicine, infants, children & adults.

• **Dr. Ruben Pollak and Dr. Scott Berg** Both podiatrists see patients at West Valley Surgical Specialty Clinic and provide procedures and surgeries for feet, ankle, bunions and plantar fasciitis at nearby West Valley Hospital in the new state-of-the-art surgery suites. Request one of these podiatrists and get your surgical care done locally. Dr. Berg sees patients at West Valley Surgical Specialty Clinic on Wednesdays, 8 a.m. to noon and Dr. Pollak sees patients on Wednesdays, 12:30 to 4:30 p.m. West Valley Surgical Specialty Clinic is located at 591 SE Clay St., Dallas, 503-831-0784. Visit salemhealth.org/specialty.

CLINICS

• **Emurgent Care** Urgent Care Clinic 109B E. Ellendale Ave., Dallas, 503-623-3199. When injury and illness can't wait, come see us! Open every day no appointment needed. Most insurances accepted and Hablamos Espanol. Our staff will do their best to provide quick, considerate, and excellent medical care.

REHABILITATION/PHYSICAL THERAPY

• **Josh Christopherson, PT, DPT, Cert. SMT; Ian Gilkison, PT, DPT; Mark Springer, MS/CCC-SLP ; Jeremy Ainsworth, MS, ATC** PT Northwest - 221 Main St. E. Monmouth 503-838-4244. PT Northwest has 11 clinics spread across the Mid-Willamette Valley including 2 in Polk County. PT Northwest is an independent private practice rehabilitation group operating in the Willamette Valley since 1977. We provide physical, occupational and speech therapy as well as athletic training at local high schools, universities and sporting events. We work to serve our community, strive to provide excellent care, and remain dedicated in assuring optimal patient outcomes. Visit www.ptnorthwest.com for more information.

• **John Lopez, PT, CEAS I; Troy Hattan, PT; Phil Segura, DPT; Janelle Hanni, DPT; Cindy Neth, PTA; Jennifer Batmale, PTA; Diane Rocak, OT; Lorraine Berreth-Brazier, SLP** West Valley Hospital provides a wide range of physical rehabilitation services in Dallas and Monmouth/Independence. Our experienced therapists have expertise in physical therapy, occupational therapy, speech therapy and aquatic therapy (at Dallas Aquatic Center). We are located at 525 SE Washington St. in Dallas, 503-623-7305; and serve Monmouth and Independence at the Monmouth Medical Center 512 Main St., 503-838-1388. We have Spanish-speaking physical therapists at both locations. Call today for an appointment and let us help you get moving again. For more on our services, visit salemhealth.org/wvh.

• **Craig Hawkins, DPT, OCS; Clara Warbritton, DPT; and Breanne Pernosky, PTA** Pinnacle Physical therapy located in Keizer and Dallas - 210 W. Ellendale Ave., Suite 100, Dallas 503-623-2433. Pinnacle Physical Therapy is a private, therapist owned clinic that provides out-patient physical & aquatic therapy services to the Dallas community and surrounding areas. We work with the referring doctor to coordinate a detailed treatment program designed especially for you based on our thorough evaluation. We treat all ages for many conditions including: motor vehicle/work injury, back/neck pain, sports injury, women's health issues, balance/dizziness, post-surgical rehabilitation, headaches, plantar fasciitis, shoulder/knee pain, and much, much more! Website: pinnacle-physicaltherapy.com.

COUNSELING

• **Cross & Crown Counseling** Kate Koens, NCCA Licensed Clinical Christian Counselor and Certified Temperament Therapist is accepting new clients at her Dallas and Falls City offices. She works with individuals in a safe environment to help individuals find healing and fulfillment by teaching good communication skills, appreciation for self and others, appropriate responses to individual and family needs, how to build relationships of trust, appropriate crisis responses, and how to obtain overall family wellness emotionally, mentally and spiritually. Some specific areas of counsel offered are marriage and family adolescent issues, depression, past and present trauma, grief, identity crisis, divorce, childhood losses, and feelings of hopelessness. Our goal is to help individuals their full potential and to live decisively with truth, relevance, perceptive and purpose. For more information or to schedule an appointment please call 503-917-1625 or visit our website: www.crossandcrowncounseling.com



Your home away from home

AIRLIE FARMS BED AND BREAKFAST

Where: 14810 Airlie Road, Monmouth.

Amenities: Six rooms available, but only two have a private bath. For groups, three to five rooms can be rented as a suite. Free high speed wireless Internet; wine tour discount available.

Rates: \$75-\$120 a night.

Of note: As part of Airlie Farms Quarter Horse breeding farm, horse-riding lessons and trail rides are also available, and guests may also choose to bring their own horses for their stay.

Contact: Joe and Nancy Petterson, 503-838-1500; airlifarm@aol.com; www.airlie-farminn.com/.

BETHELL WOODS BED & BREAKFAST

Where: 17950 Highway 22, Sheridan.

Amenities: Forest Cottage and Garden rooms available for rent. Free wireless Internet and access to all grounds and gardens.

Rates: \$110-\$140 per night (maximum of two people per room). Garden Room has a minimum stay of three nights.

Of note: Property used to be home of Bethell Logging Co., started by Jim Bethell, where it operated for 46 years. Bethell's daughter, Cindy Bethell, and her husband, Roger Asbahr, remodeled and opened the B&B in October 2011.

Contact: Cindy Bethell, 503-956-3377; cindy@bethellwoods.com; www.bethellwoods.com.

BUENA VISTA HOUSE CAFE AND LODGING

Where: 11265 Riverview St., Independence.

Amenities: Two rooms available with shared bath for rent; also offers weekend breakfast (Saturday-Sunday) or Friday dinners, reservations required. Dining room seats 14 people.

Rates: \$65-\$75 per night for lodging; Sunday brunches start at \$14.

Of note: Morning coffee, pastries and other breakfast items available Wednesday-Saturday, 8-11:30 a.m., no reservations necessary. For a full breakfast, call for reservations. Cash and check only.

Contact: Claudia, 503-838-6364; www.buenvistaoregon.com.

MAMERE'S BED & BREAKFAST

Where: 212 Knox St., Monmouth.

Amenities: Five Louisiana-style Mardi Gras-themed rooms available for rent.

Rates: \$89-\$149 per night. Breakfast included in price unless you opt out for a \$5 reduction per person. \$425/\$1,250 weekly and monthly rates, breakfast not included.

Contact: Terri Gregory, 503-838-1514; www.mameresbandb.com.

HANSON HOUSE BED AND BREAKFAST

Where: 23005 S. Yamhill River Road, Willamina.

Amenities: Four suites (all with private bath) available for rent. Free wireless Internet available.

Rates: \$100-\$130 per night; rates change with seasons and weekends.

Of note: Hanson House is located five miles east of Spirit Mountain Casino; free shuttle service is offered. Outdoor hot tub available on the eight-acre property.

Contact: Vicki Hanson, 541-815-3309; www.hansonhousebnb.com.

FERN HILL LODGE, VACATION HOME

Where: 6000 Fern Hill Road, Monmouth.

Amenities: Six bedrooms plus loft, four

bath, 5,300 square feet home for vacation rental on 25 acres. Beds for 20. Wifi, gourmet kitchen, gas fireplaces, theater room with 10-foot screen and seating for 18, Wii, exercise equipment, pingpong table, games, stocked fishing pond with row boat.

Rates: \$500-600 per night, two night minimum; varies with holidays.

Of note: Built in 2008, Fern Hill Lodge is a luxurious log lodge overlooking an acre fishing pond with views of the valley and mountains. Renters have full access to the 25-acre property and pond. Great for family gatherings, retreats and wine tasting groups.

Contact: Polly McCrea 503-930-3080; fernhillpolly@gmail.com; <http://www.vrbo.com/557598> or on Facebook: Fern Hill Lodge.

THE HOP N' BED

Where: 3590 Wigrich Road, southeast of Independence.

Rates: The Hop N' Bed offers overnight stays. A room for two is \$140 a night. The entire house, which sleeps 15, is available for \$300 a night. Rogue Nation members receive 25 percent off. Rogue Farms can also host graduation parties, class and family reunions.

Contact: Learn more about Rogue Farms and dates for concerts and events at www.rogue.com or at the Rogue Farms Facebook page.

B STREET COTTAGE

Where: 488 B St., Independence.

Amenities: Complete two bedroom cottage with full kitchen and one bathroom with a tub and shower. Located in a quiet neighborhood four blocks from downtown Independence. Easy access to the local library, bookstore and cinema, and several wonderful restaurants and two cafes. Up to four people can stay there at a time.

Rates: \$82-\$97 depending on the time of year and the amount of people staying.

Contact: www.airbnb.com/rooms/1346745.

Continued from Page 94C

Inside, there is plenty to do as well, with a theater room — equipped with WiFi, DVD and VCR players (perfect for home movies), and hook ups for a PowerPoint presentation.

The great room with its magnificent stone fireplace is inviting, and the kitchen is thoughtfully designed for heavy traffic.

Polk County boasts eight bed and breakfasts within its borders for those looking to leave the stresses of everyday life for some down-home hospitality in a charming, relaxing environment.

Each establishment also has its own unique quirks and history.

And each can lead to a unique and lasting memory that you'll be sure to treasure for years to come.



Fern Hill Lodge boasts a fully stocked fishing pond with a rowboat for guests.



Polk County Church Directory

DALLAS

Calvary Chapel Dallas - Currently meeting for worship and verse by verse Bible teaching at 628 SE Jefferson St. Worship service begins at 10 a.m. on Sunday. Sunday school is available from youth ministry and below to nursery. Wednesday evening worship and bible study starting at 6:30 pm. Come join us for a relaxed study around a cup of coffee or drink. Men's prayer is Saturday at 7:30 a.m. Women's Bible studies are scheduled also, call for times. The Pastor/Teacher is Larry King. Come join us and be a part of God's family here in Dallas. Check out our website at www.calvarydallasor.com or call 503-831-1074.

Church of Christ - 691 N. Kings Valley Hwy, Dallas, 503-623-8791. Thursday night Total Bible Study at 7:00 p.m., Sundays: Bible Study at 9:30 a.m., Worship at 10:30 a.m. and 5:30 p.m. to 6:30 p.m. All are welcome!!

Dallas Foursquare Church - Located at 976 SW Hayter St. on the corner of Washington and Hayter. Worship Gatherings: Sundays at 10am, Youth Group: Sunday evenings from 6-8 p.m. We are a multi-generational church with a heart for our community. Our mission is to Love God and Love People to Extend His Kingdom. Pastor: Darrin Hausler. For more info call us at 503-623-8277 or visit us online at dallasfour.com.

Dallas Presbyterian Church - Invites you: Warm, spirit-filled fellowship with traditional Sunday worship 10:30 am, engaging discussion study groups, prayer "chain" and a loving spirit--Adult Sunday School 9 am, men's breakfasts Tuesdays at 7 am, women's groups, needle crafts group and Indoor Play Park (for children with accompanying parent). Sensitivity to older adult accessibility and needs. 789 SW Levens, Dallas. 503-623-3397 dalpreschurch@gmail.com

Evangelical Bible Church - 1175 S.E. Howe, Dallas 503-623-2331. Senior Pastor Jerry Franz, Visitation Pastor Allan Wiebe, Youth Pastor Nathan Ens. Sunday: Worship *8:00 a.m.; *10:45 a.m.; *6:00 p.m.; Sunday School 9:30 a.m.; High School Youth Group 7:00 p.m.; Thursday: Jr. High Youth Group - 7:00 p.m.; 2nd & 4th Tuesday: MOPS *9:00 a.m.; Wednesday: AWANA - 6:30 p.m.; Prayer Meeting and Bible Study 7:00 p.m.; Thursday: Bible Studies *9:00 a.m. and 7:00 p.m. (women); Group Bible Study 2:00 p.m. *Nursery care provided.

Faith Evangelical Free Church - 2290 E. Ellendale Ave., Dallas, 503-623-8034; Senior Pastor Al Perkins, Associate Pastor Ed Sutter, Worship Pastor Ted Kitzmiller, Youth Pastor Aaron Swank, Ministry of Children & Family Debbie Davies. Sunday school 9:00 a.m.; Sunday Worship 10:30 a.m., Sunday High School Youth Group 6:30 p.m.; Wednesday Jr. High Youth Group 7:00 p.m. Please call or visit our website for information about other meetings. www.faithfreechurch.org

First Baptist Church - 245 SW Church St., Dallas, 503-623-5189; Church Office Hours: Mon., Tues., Fri., 9 a.m. - 4 p.m. and Wed. 5 p.m.-7 p.m. Pastor Rick Bratton. Sunday School 9:30 a.m., Worship 10:45 a.m., Wednesday Bible Study 6-7 p.m. Everyone Welcome!

First Christian Church - Joyfully Worshiping and Serving. We are located at 1079 SE Jefferson St. Dallas, Pastor Darren Anderson. Sunday begins with "Live Wire Worship" with Praise Team at 8:30 a.m., Sunday School for all ages is at 9:30, and Morning Worship is at 10:30 a.m. with nursery provided at all services. Men's Bible Study meets Thursday morning at 8:30 a.m.; Christian Women's Fellowship meets the second Tuesday of each month at 1:00 p.m. (Sept. - June). Please call the church office at 503-623-2569, for more information on other meetings and events or check our website at www.dallas1stchristianchurch.wordpress.com.

Grace Community Church - 598 E Ellendale Ave. Dallas, 503-623-4961. Lead Pastor - Dave Bertolini, Pastor of Worship & Discipleship- Ryan Bucher, Pastor of Student Ministries- Ben Potloff. Sunday Worship: 1st Worship Gathering- 9:00am, with Kids, Youth & Adult Sunday School running concurrently. 2nd Worship Gathering- 10:45am with Kids Worship running concurrently. Nursery provided for 0-2yrs during both services. *Summer Schedule June 14-August 9, 2015. Kids, Youth & Adult Sunday School at 9:00am. Sunday Worship Gathering at 10:45am. Office is open Tuesday-Friday. Visit our website for office hours, sermon downloads, event information and more! All are welcome! www.graceindallas.org

Living Hope City Church - 1156 SE Holman Ave., Dallas. Sundays 10:30 a.m. Family Worship, web: livinghopecitychurch.org. Equipping center and offices at 180 SE Mill St. Dallas. 503-623-6890.

Living Word Faith Fellowship - 830 SE Shelton St., Dallas, 503-623-9062. Pastor Joan Siewert. Sunday Worship 10:00 a.m. Wednesday Worship 7:00 p.m. Children's Sunday Service 10:00 a.m., Nursery Provided. Men's Fellowship second Sunday of month breakfast at 8:00 a.m. at Murphy's Restaurant, Dallas. Pastor Michael Van Dyke in charge of men's fellowship. Call for additional information. Website: www.proclaimhim.org

Salt Creek Baptist Church - 15075 Salt Creek Road, Dallas, 503-623-2976. Senior pastor David Curtis. Sunday School 9:30 a.m. Sunday morning Worship 10:50 a.m. Nursery provided for worship services. Classes for all ages. Tuesday Senior High Youth and Wednesday Middle School Youth at 6:30 p.m. Please call for information about other meetings or visit our website at www.saltcreekchurch.org.

St. Philip Catholic Church - 825 SW Mill St., Dallas, 503-623-2440. Weekday Mass 12:15 p.m., Saturday Vigil, 5:30 p.m., Sunday Masses, 8:00 a.m. and 10:00 a.m.

The Church of Jesus Christ of Latter-day Saints - 1401 S.W. 13th St., Dallas. Visitors are welcome to attend any of the three wards. Perrydale Ward, Bishop William Fullmer: 503-623-2894. Sacrament

Meeting Sundays at 11 a.m.; Youth Activities Tuesdays 7 p.m.; Cooper Hollow Ward, Bishop Scott Short: 503-932-6462. Sacrament Meeting Sunday 1p.m.; Youth Activities Wednesdays 7 p.m.; Oakdale Ward, Bishop Roger Shinkle: 503-623-3164. Sacrament Meetings Sundays at 9 a.m.; Youth Activities Wednesdays 7 p.m. Missionaries available for in-home teaching: 503-917-1847 or 503-857-8828 or 503-441-3598, Visit our website at mormon.org and visit our website to volunteer in the communities throughout Polk County at JustServe.org.

Trinity Lutheran Church - 320 SE Fir Villa Rd, Dallas, (across from Drive-in theater) 503-623-2233. Pastor - David Pederson. Adult Sunday School 9:00 a.m. Worship Service 10:00 a.m. Kids Church during 10:00 a.m. Worship. Youth Group HS/MS after church Sundays. Free Medical Clinic 1st & 4th Saturday of each month. www.dallastlc.org. Catch us on Facebook

United Methodist Church - A church with Open Hearts, Open Minds & Open Doors. 565 SE LaCreole Dr., Dallas, 503-623-2481. Pastor-Rev. Quinton Kimbrow. Worship Service 10:55 a.m. Sunday School 9:30 a.m. (Summer Worship Service at 10:00 a.m. from June 14-Sept. 6 - No Sunday school.) All are welcome! Email dallasumc@qwestoffice.net Website: www.sites.umcdallas.com

Valley Life Center (Assemblies of God) - 1795 SE Miller Ave., Dallas, 503-623-4116. Pastor Chris Baker, Associate Pastor Ted Gibson, Youth/College: Kirk and Mateasa Bathke, Children: Crystal Barker, Sunday Morning Service 10:30 am, Wednesday Family Night 6:30 pm. Please call for more information or visit our website at www.valleylifecenter.com

INDEPENDENCE

Buena Vista Community Church - 11355 Church St., Independence. Our church has a new permanent pastor and a fresh dedication to bless our little community in Christ's Name. All are welcomed to join us as we study through the Bible, worship God, and enjoy fellowship with one another.

Cornerstone Church of God - 4395 Independence Hwy, Independence, 503-838-5119. Sunday Service 10:30 a.m., Wednesdays 6:30 p.m. Nursery available.

First Baptist Church - A warm, friendly church that cares about you! Located at 1505 Monmouth St., Independence (across from Central High School); (503) 838-1001. Senior Pastor Michael Parks. Sundays:

Worship Service and Children's Ministry at 11 am Wednesdays: AWANA 7 pm (during the school year). Thursdays: Youth Group 6:15pm. First Baptist Church has small groups and Bible Studies throughout the week. Check us out at www.independencefirstbaptist.com

Life Center Foursquare Church - 437 D Street, Independence, OR. Phone: 503-838-6507. Pastor Larry Gratrek. Worship Service and Sunday School starts at 10:30 a.m. Various studies, Prayer Groups, and Home Fellowships available throughout the week. Call for more information. You are welcome! Find us on Facebook.

River Valley Fellowship - 210 S. 5th St., Independence. Phone: 503-949-1523. We are a friendly, loving church family of all ages that would enjoy including you! Sunday morning 10:45 service with a children's program that follows worship. Midweek adult bible study, monthly fellowship get together and weekly youth group. Find us on Facebook for an inside view! We love having visitors and would like to have you check us out.

MONMOUTH

Christ the King Christian Church - Meets Saturday Night at Monmouth Christian Church, 7 p.m. The Church is located at 959 Church St. W., Monmouth. Christ the King Church is a conservative, contemporary, charismatic Bible Church. At Christ the King we learn: How to apply the Bible to daily living, how to please God, and how to be a blessing to all people. Come and join us as we learn and grow together. Everyone is welcome. Wally Wildman, Senior Pastor. For more information call 503-623-2262. www.ctkmonmouth.com

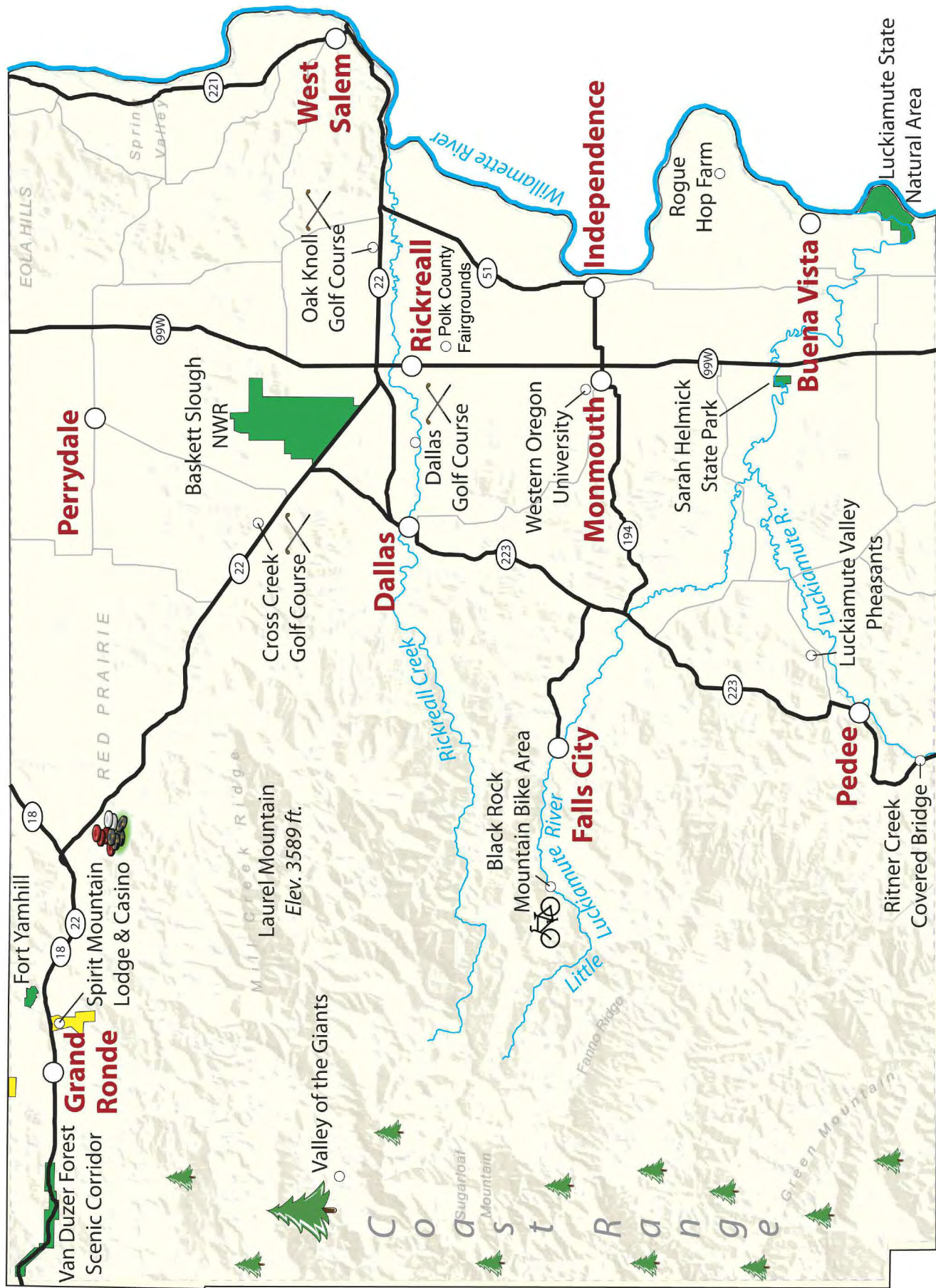
Faith Lutheran Church - 200 Monmouth-Independence Hwy (the church with the lighted cross on the "S" curve), Monmouth, 503-838-3459. Find Christ-centered Hope, Teaching, Fellowship, Service and Music with us! Divine Service of Holy Communion and Bible Study Sunday mornings. Summer schedule starts June 7 (Adult Bible Study 8:15; Service 9:30). Winter schedule starts September 13 (Youth and Adult Bible Study 9:00; Service 10:30). Pastor Dallas C. R. Dubke.

Email faithlutheranmon@aol.com,
Website www.faithlutheranmonmouth.

Pedee Evangelical Church - 12995 Kings Valley Hwy, Monmouth, 503-838-4073. Pedee Church is a diverse family of rural believers unified by the love of Jesus Christ. Learn more at PedeeChurch.org

Praise Assembly - 189 Monmouth Ave. S, (locations in McMinville and Willamina as well). Our English worship gathering is 11am on Sundays, followed by a Spanish service at 2pm. Kid's church available for 12 and under. Youth group meets at 9:30 Sunday morning. Other ministries include: Celebrate Recovery (Tues, 7pm), college Bible study (Wed, 7pm), and Spanish Bible study (Thurs, 7pm). Please check our website for the most up-to-date information, www.praiseonline.net, or call us at 503-837-0300.

St. Hilda's Episcopal Church - 245 Main St. W., Monmouth. Phone 503-838-6087. Join us on Sunday at 10:00 a.m. Coffee hour following service. Wednesday: Eucharist at 8:00 a.m., Evening Prayer at 7:00 p.m. Everyone is welcome.





OUR DALLAS 2030 COMMUNITY VISION



Mayor
Brian Dalton



Council President
Jim Fairchild



Councilor
Kelly Gabliks



Councilor
Micky Garus



Councilor
Bill Hahn

WE ARE DALLAS 2030...Set in the picturesque mid-Willamette Valley alongside the foothills of the Coast Range, we are a prosperous community that has preserved its small-town character. Our 1898 county courthouse looks out over our town square and revitalized historic downtown. We have planned well for our growth and development, updating essential infrastructure and strengthening our neighborhoods.

WE ARE SAFE AND HEALTHY...with state-of-the-art medical and emergency facilities and services that meet the needs of our growing population. A pristine Rickreall Creek is a focal point for our beautiful parks, natural areas and recreation opportunities that have expanded as we have grown.

WE CARE DEEPLY...for our community and one another. Community volunteerism and engagement is the foundation of our identity. We have built on our agricultural heritage to create a strong and innovative economy. We have invested in businesses that produce well-paying jobs. We support partnerships and a range of educational opportunities that prepare students for success in our community, workforce and world. We vigorously engage in the life of our city and welcome our future.

WE ARE DALLAS 2030



Councilor
Jackie Lawson



Councilor
Kevin Marshal



Councilor
Murray Stewart



Councilor
LaVonne Wilson



Councilor
Ken Woods Jr.

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