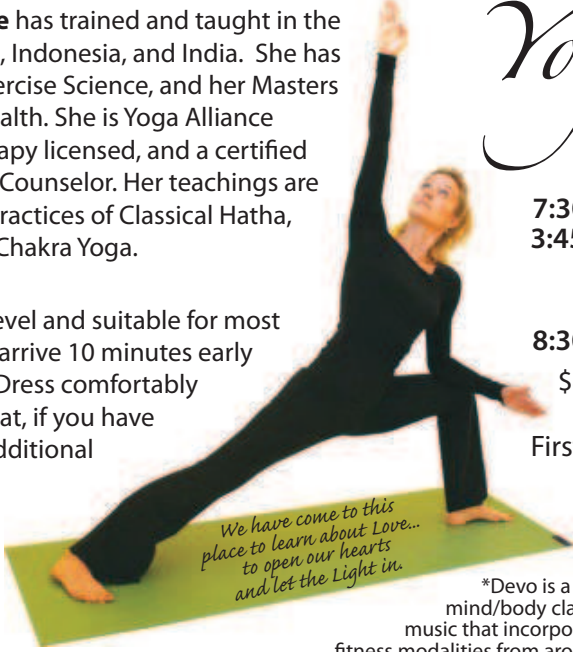


Britt Bensen Steele has trained and taught in the U.S., Southeast Asia, Indonesia, and India. She has her Bachelors in Exercise Science, and her Masters degree in Public Health. She is Yoga Alliance Certified, yoga therapy licensed, and a certified Ayurvedic Lifestyle Counselor. Her teachings are influenced by the practices of Classical Hatha, Bihar, Vinyasa, and Chakra Yoga.

Classes are mixed level and suitable for most individuals. Please arrive 10 minutes early for your first class. Dress comfortably and bring a yoga mat, if you have one. Call Britt for additional information at 503-780-4034.



Yoga

Tuesday & Thursday
7:30 - 8:45 am
3:45 - 5:00 pm

Devo*
Saturday
8:30 - 9:45 am

\$45 / month
\$7 drop-in
First Class Free

*Devo is a cardiovascular mind/body class set to world music that incorporates yoga and fitness modalities from around the globe.

LED BY BRITT B STEELE 503-780-4034 VERNONIA GRANGE

spiralz
SALON

Karin Davenport
Owner/Stylist

503.429.7408
59229 Nehalem Hwy. South www.spiralzsalon.com

Featured Property



RMLS#10027638
1492 Bridge Street, Vernonia

JUST REDUCED TO \$479,000
OPEN TO PUBLIC SATURDAY AND SUNDAY 10 to 4
November 19th, 20th, 26th and 27th
and December 3rd and 4th



Sharon A. Bernal
Real Estate Broker
Cell: (503) 819.7924
Email: Sharon@Bernals.com



Save your local economy...
three stores at a time.

the **3/50** project

SAVING THE BRICK AND MORTARS OUR NATION IS BUILT ON

3 Think about which three independently owned businesses you'd miss most if they were gone. Stop in and say hello. Pick up a little something that will make someone smile. Your contribution is what keeps those businesses around.

50 If just half the employed U.S. population spent \$50 each month in independently owned businesses, their purchases would generate more than \$42.6 billion in revenue.* Imagine the positive impact if 3/4 of the employed population did that.

68 For every \$100 spent in independently owned stores, \$68 returns to the community through taxes, payroll, and other expenditures. If you spend that in a national chain, only \$43 stays here. Spend it online and *nothing comes home.*

1 The number of people it takes to start the trend...you.

Pick 3. Spend 50. Save your local economy.

Visit the350project.net

© © Cinda Baxter 2010; all rights reserved. Proudly supporting RetailSpeaks and independent retailers everywhere.
* Employment statistics courtesy U.S. Bureau of Labor Statistics, 2/6/2009; 68/43 courtesy Civic Economics study, 2008.

Community Photo Contest

Sponsored by the Vernonia Grange



Submissions will be judged in the following categories:

- COMMUNITY & FAMILY:** Photos depicting community members, family, and loved ones. Images featuring recreation are acceptable and encouraged.
- NATURE & WILDLIFE:** Photos depicting the natural world and its wonders.
- SIMPLE LIVING & SUSTAINABILITY:** Photos depicting activities and ways of life unique to Vernonia, rural living, country life, and sustainability.
- FARMING & AGRICULTURE:** Photos depicting gardening, growing, raising animals, and farm life.

This contest is free and open to everyone who lives or works within 20 miles of Vernonia. Photos

must have been taken within the last two years. Only color images will be considered for this contest. Up to ten photos may be submitted per person.

Winners will be announced on the front page of the December 13, 2011 issue of Vernonia's Voice. The winning photographs will be converted into greeting cards and other print formats for sale at the Grange Country Boutique, to be held mid-December. 100% proceeds from the photographs will be dedicated to community based events and improvements via the Vernonia Grange.

For complete rules and submission guideline email bbensensteele@gmail.com.

Submission deadline is November 30, 2011