

THANK YOU

Vernonia Dental
is celebrating our
10th Anniversary!



Join us for refreshments August 19th
8:00 am - 5:00 pm

Thank you Vernonia!
You've been great patients
and have helped make us successful!



Vernonia Dental
Christopher M. Scheuerman, DMD

yoga

yo•ga (yō'gə), *n* 1. a set of physical exercises designed to strengthen and balance the body. 2. known to increase energy, enhance mood, improve digestive function, alleviate aches & pains, and support restful sleep.

VERNONIA GRANGE
TUES/THURS/SAT
7:30-8:45 AM

\$7/DROP-IN OR
\$45/MONTH UNLIMITED
CLASSES ARE MIXED-LEVEL
& SUITABLE FOR MOST
FIRST CLASS FREE !



Be yoga.
Be nourishment.
Be nature.
Be love.

www.BrittBSteele.com

 *Not just in the community,
but a part of it.*

VERNONIA
Sentry
SUPERMARKETS

 5 oz.	PLU #8663 Assorted Green Giant Chips \$1.99 Reg. \$3.19 effective 8-14-13 through 9-3-13 or while supplies last (Limit 2)	 75 ct.	PLU #8664 Angel Soft Facial Tissue 4/\$5 Reg. \$1.89 effective 8-14-13 through 9-3-13 or while supplies last (Limit 4)	 1 gal.	PLU #8665 Special Value Bleach Bonus Pack .99¢ Reg. \$2.25 effective 8-14-13 through 9-3-13 or while supplies last (Limit 2)
 38 oz.	PLU #8666 Heinz Ketchup \$1.99 Reg. \$4.29 effective 8-14-13 through 9-3-13 or while supplies last (Limit 2)	 25 ft.	PLU #8667 WESTERN FAMILY Aluminum Foil .99¢ Reg. \$1.99 effective 8-14-13 through 9-3-13 or while supplies last (Limit 2)	 18 oz.	PLU #8668 Assorted WESTERN FAMILY Sweet & Tangy BBQ Sauce 4/\$5 Reg. \$2.65 effective 8-14-13 through 9-3-13 or while supplies last (Limit 4)

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OPEN 8am to 9pm DAILY

WE ACCEPT: OREGON TRAIL, WIC & ALL MAJOR CREDIT & DEBIT CARDS