

Survivor Day: November 18

Survivor Day is the one day a year when people affected by suicide loss gather around the world at events in their local communities to find comfort and gain understanding as they share stories of healing and hope. In 2016, there were over 350 Survivor Day events in 18 countries.

In Vernonia survivors will gather on November 18 from 10:00 am to 2:00 pm at the Grace Family Fellowship Church, 957 State Avenue.

This year, all gatherings will include a screening of *The Journey: A Story of Healing and Hope*, a compelling AFSP-produced documentary about the suicide loss experience, as well the new follow-up featurette, *The Journey Revisited*, in which six of the original Journey participants gather three years later to reflect on how their grief and healing journey is evolving.

Great American Smokeout - November 16, 2017

Quit tobacco, enjoy life and save money - Columbia Pacific CCO offers free ways to quit

Just in time for the Great American Smokeout Thursday, November 16, Columbia Pacific Coordinated Care Organizations (CCO) is offering free services to help you stop using tobacco products.

"Tobacco use accounts for more than 7,000 deaths annually in Oregon," says Safina Koreishi, MD, medical director for Columbia Pacific CCO. "It is the leading preventable cause of death in America and throughout the world. Tobacco use in this area is significantly higher than the state average with more than one out of every three people in this region using tobacco products, compared to almost one out of five statewide.

"Quitting tobacco is one of the best things you can do for you and your family's overall health," Dr. Koreishi adds. "Our aim is to make it easier for you quit using tobacco, enjoy a long and healthy life, and save money."

Columbia Pacific CCO members (Oregon Health Plan/Medicaid recipients in Columbia, Clatsop and Tillamook counties) qualify for a wide variety of free services, including counseling, support and medications to help members stop using tobacco. Covered medications require a prescription, so members are encouraged to talk with their primary care providers to find out what will work best for each person. Members are also eligible to participate in a "text to Quit" service. The service is free but standard text messaging rates will apply. Text QUIT to (503) 831-9124 to enroll in this program.

To help its members quit, Columbia Pacific CCO is providing benefit information and free quit kits to primary care providers, community partners and pharmacies in the region. The CCO also provides a variety of other services to help members stay healthy, including free transportation to and from medical appointments. To learn more, visit www.colpachealth.org or call the CCO's customer services representatives at (855)-722-8206.

Upcoming Events

Christmas in the Country Bazaar - Saturday, December 2, 10:00 am - 5:00 pm and Sunday, December 3, 11:00 am - 4:00 pm at the Vernonia Schools Commons

Photos with Santa at WOEC - Saturday, December 2, 10:00 am - 3:00 pm at West Oregon Electric Co-op. Fundraiser for "Care to Share" energy assistance program. (503) 429-3021

The Spirit of Christmas in Vernonia - Saturday, December 9, all day. Ugly Sweater Run, storytimes, chili cook-off, gingerbread house and cookie contests, lighted parade, and more

TOPS Group (Take Off Pounds Sensibly) meet Fridays at the Mist-Birkenfeld Fire Dept. 8:30 am weigh in, 9:00 am meeting. Men and women invited to join. (503) 429-7505

Entire Oregon Coast Reopened for Mussel Harvesting

The Oregon Department of Agriculture (ODA) and the Oregon Department of Fish and Wildlife announce the reopening of recreational and commercial mussel harvesting from the south jetty of the Columbia River to the north jetty of Yaquina Bay at Newport. Shellfish samples taken from the area indicate levels of the paralytic shellfish toxin (PST) have dropped below

the alert level. The area was originally closed to mussel harvesting October 13.

As a result, all mussel harvesting is now open along the entire Oregon coast.

Meanwhile, razor clamming remains open only from Columbia River to Cascade Head, north of Lincoln City. The harvesting of razor clams remains closed from Cascade Head south to the California

border due to elevated levels of domoic acid.

The recreational harvest of bay clams remains open along the entire Oregon coast.

For more information, call ODA's shellfish safety information hotline at (800) 448-2474 or visit the ODA shellfish closures web page at <http://www.oregon.gov/ODA/programs/FoodSafety/Shellfish/Pages/ShellfishClosures.aspx>.

Vernonia Weather October 2017

DATE	HIGH	LOW	PRECIP
1	62	39	T
2	62	31	0
3	68	31	0
4	71	28	0
5	74	32	0
6	71	45	.06
7	57	39	.06
8	61	35	.03
9	66	36	T
10	54	39	.36
11	56	33	.27
12	53	35	.35
13	55	31	.01
14	59	29	0
15	68	35	T
16	65	42	.03
17	54	42	.04
18	61	47	.70
19	54	42	.50
20	49	40	.50
21	57	44	2.44
22	57	44	.07
23	66	36	.03
24	71	40	T
25	60	46	T
26	64	34	T
27	73	32	0
28	73	32	T
29	56	40	T
30	63	27	0
31	64	41	0
Ave/Tot	62.1	37.0	5.45

Weather data is collected at the U.S. Weather station at the Vernonia Water Plant

The 16th Annual Zack Attack Alumni Volleyball



game will be played Friday, November 17 at 7:00 pm in the VHS Gym. This is a fundraiser for the Zack Rumbolz Memorial Scholarship. Admission is by donation and all proceeds will benefit this scholarship. Thank you!

HOW TO SEND LETTERS TO THE EDITOR

Vernonia's Voice welcomes and requests your thoughts, opinions and ideas. Please include your name, address and phone number, limit your letters to 300 words or less. Vernonia's Voice reserves the right to edit, omit, respond or ask for a response to letters submitted. We will print letters space permitting. Deadline is the 1st and 3rd Monday of each month. Email: scott@vernoniasvoice.com or mail to: Letters, PO Box 55, Vernonia, OR 97064.

Columbia Humane Society Featured Pet



Hi! My name is Marley and I am a spayed female pitbull mix. I weigh about 30 lbs. and I am brown and white. I need to be the ONLY DOG! I am working through my impulse control with some fun games. I am extremely sweet and would love a family that will continue my training.

If you are interested in learning more about me please don't hesitate to call or email.

Phone: 503-397-4353
E-mail: info@columbiahumane.org
2084 Oregon Street, St. Helens, OR 97051
Web: www.columbiahumane.org



The Mist-Birkenfeld RFPD Board of Directors will meet Tuesday, November 21, 2017 at 7:00 pm at the Main Station, 12525 HWY 202, Mist, OR. Agenda items include, but are not limited to, usual order of business, citizen input, Fire Chief's report, financial reports, and any other business needing to be discussed.

AA Meetings

Open Meetings
Mondays & Thursdays
6:30-7:30 pm
Vernonia Christian Church
410 North Street

Women's Meeting
Tuesdays 6:30-7:30 pm
Vernonia Christian Church
410 North Street