

Marie Krahn
Massage Therapy

Heather Lewis
New Day Massage

Therapeutic Massage Specializing in:

Medical Massage Cupping
doTerra Aroma Touch
Trigger Point Therapy
Reiki • Deep Tissue
Myofascial Release
Reflexology

Medical Massage Cupping
Manual Lymph Drainage
Post Mastectomy Care
Nutritional Counseling
Oncology Support
Sauna on-site



503-429-5180
#5495

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#10732

Collectively serving Vernonia for over 30 years
Accepting HSA debit cards and insurance billing available

Kelly Jarman

Fitness starts from the Inside Out, and doesn't need to be intimidating. Let me help you take care of yourself!



N.A.S.M. Certified In:

- Resistance Training
- Body Weight Training
- Weight Loss
- Cardiovascular Strength
- Kickboxing
- Senior & Youths
- Couples or Small Group Training
- Working with Pre or Post Op, Muscle Strengthening
- Flexibility

Cell: (971) 203-8296
Training out of Terry's Gym in Vernonia

*Free Consultation
Get Started Today!*

Email: KellyJarmanTrainer1@gmail.com



Urgent care hours are changing

Beginning July 1, urgent care at our medical office in Vernonia will be closed on Sundays. You can find quality urgent care at our medical office in Banks.

Medical Office – Vernonia
1005 Cougar Street, Vernonia | 503-429-1953
Monday – Friday 7 am – 6 pm
Sunday Closed

Medical Office – Banks
12350 NW Main, Suite 112, Banks | 503-324-1571
Monday – Friday 7 am – 7 pm
Sunday 10 am – 4 pm
Beginning July 1: Saturday and Sunday 10 am – 6 pm

adventisthealth.org/vernonia



A service of Adventist Health Tillamook RHC/Medical Office Network



Steve Emory

President and Sr. Loan Officer
NMLS# 45523
Chair Ethics OAMP, '99-'03

o. 503-747-7998
c. 503-730-7364

steve.emory@pacificsunsetmortgage.com



- ◆ I'm a Mortgage Broker. Big difference in rates for you.
- ◆ In 29 years, I've never lost a loan I said would close.
- ◆ Learn Strategies to save \$\$.
- ◆ Local Lender (I even live in Vernonia) - Communication - Trust

Purchase, Refinance and Reverse Mortgages

- ◆ Low and No Down Payments
- ◆ First Time Buyers
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- ◆ Investment Rental
- ◆ Vacation Homes
- ◆ Country Property Expert
- ◆ Build a Home on Your Land
- ◆ Refinance
- ◆ & More. Please call with your needs.

Many Loan Options

- ◆ Conventional
 - ◆ FHA / VA / USDA
 - ◆ Jumbo
 - ◆ Construction / Remodel
- Loans for Many Property Types**
- ◆ Single Family Residence
 - ◆ Condos / Townhomes
 - ◆ Duplex, 3-4 unit
 - ◆ Manufactured Home on Land

Read 40+ Raving Reviews on Facebook

Pacific Sunset Mortgage, LLC NMLS# 1806349 ML-5769

15455 NW Greenbrier Pkwy, Suite 145, Beaverton, OR 97006

(Hwy 26 and Cornell)

Certain Restrictions apply. Not all applicants will qualify. This is not a commitment to lend.



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VERNONIA CHRISTIAN CHURCH
SHARING | CONNECTING | SERVING

Everyone is welcome in our vibrant and active community!

Vernonia Christian Church is a place to connect with people who love God and love others. **Join us every Sunday for worship service at our new time 10:00 am.**



PASTOR SAM HOUGH

410 NORTH ST. | WWW.VERNONIA.CHURCH | 503-429-6522



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Fri-Sat 8-4 and Sun 10-4

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- 📌 JACK'S HOBO BAKERY & BREAD CLUB