

## Fall Family Festival & Pumpkin Patch at Farmwoman's Nursery

Children's fun day  
with games  
**Saturday**  
**September 20**  
(small fee for games)

Open  
**Thursday - Saturday**  
**Thru October**  
**10 am - 4 pm**

2121 N Mist Drive (503) 429-8200



**Jack's Hobo Bakery**  
VERNONIA, OR

**Nourish, Inspire & Elevate**  
Family Owned & Operated

Cakes, Cupcakes, Bread & More  
for Classroom Parties, Weddings,  
Birthdays & Celebrations

**Fri-Sat 8-4 and Sun 10-4**

-  805 BRIDGE ST, VERNONIA
-  503.429.2222
-  HOBODREADCLUB@GMAIL.COM
-  JACK'S HOBO BAKERY & BREAD CLUB

### 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

Email: KellyJarmanTrainer1@gmail.com

*Free Consultation  
Get Started Today!*

### 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

503-429-4677  
#10732

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



**I got screened.  
Now, I'm talking  
about it.**

**Henry Heimuller**  
St. Helens, Oregon

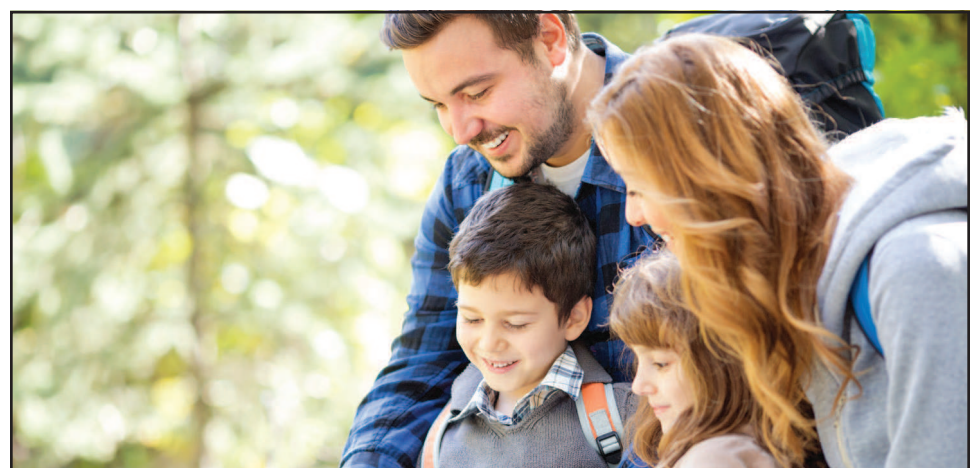
Screening can prevent colorectal cancer or catch the #2 cancer killer early when it's highly treatable. Most people get screened because they're encouraged by someone they know and trust. **So if you've been screened, please talk about your experience. And encourage others to get screened too.**

**COLORECTAL CANCER**  
The cancer *you* can prevent.

[www.TheCancerYouCanPrevent.org](http://www.TheCancerYouCanPrevent.org)



A Centers for Disease Control and Prevention-funded campaign



### 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](http://adventisthealth.org/vernonia)

