

Bonamici Releases Report on High Cost of Insulin *continued from page 5*

Northwest Oregon and across the country. I support the Lower Drug Costs Now Act to stop these disparities and allow Medicare to negotiate for better prices.”

“In Oregon, the average Social Security benefit is only about \$1,400 a month – and we know nearly one-third of people 65 and older rely on this earned benefit for most or all of their income,” said Ruby Haughton-Pitts,

State Director for AARP Oregon. “Older adults take an average of 4.5 prescription medications a month. When you do the math, it’s clearly unsustainable. For example, the diabetes medication Lantus has gone from \$2,907 in 2012 to \$4,702 in 2017. This impacts the thousands of older adults with diabetes to the point where we know some people skip medication – which can land them in the

emergency room or hospital. Americans should not be paying the highest cost of prescription drugs in the world. It’s time to Stop Rx Greed and Cut Drug Prices Now.”

“Insulin – a drug that was invented 97 years ago – has tripled in price since the 1990s,” said Max Richtman, President and CEO, National Committee to Preserve Social Security and Medicare. “There is no way that insulin has gotten three times better since then. It’s time to end the pharmaceutical industry’s price gouging of Americans with serious illnesses. That’s why the National Committee to Preserve Social Security and Medicare supports Representa-

tive Suzanne Bonamici’s efforts to pass H.R. 3, the Lower Drug Costs Now Act, which would leverage the market power of nearly 60 million Medicare beneficiaries by finally allowing the program to negotiate prescription drug prices.”

Bonamici is a sponsor of H.R. 3, the Lower Drug Costs Now Act, which would help lower the cost of prescription drugs like insulin by creating an international pricing index that would address price disparities among the U.S. and other countries. It would also allow Medicare to negotiate with drug companies for lower prices, and make those prices available to private employers and insurers that cover people of all ages.

VHS 2019-20 Basketball Schedule

Day	Date	Opponent	Location	V G	V B
Fri.	Dec. 6	Vernonia Tournament – De La Salle, Gervais, Umatilla, Warrenton	Home	6:00	7:30
Sat.	Dec. 7	Vernonia Tournament – De La Salle, Gervais, Umatilla, Warrenton	Home	TBA	TBA
Tues.	Dec. 10	Colton	Away	6:00	7:30
Fri.	Dec. 13	Santiam	Home	5:30	7:30
Mon.	Dec. 16	City Christian	Home	5:30	7:30
Wed.	Dec. 18	Knappa	Knappa	6:00	7:30
Fri.	Dec. 20	Neah-Kah-Nie	Home	6:00	7:30
Fri.	Jan. 3	Tillamook Tournament	Away	TBD	---
Sat.	Jan. 4	Tillamook Tournament	Away	TBD	---
Tues.	Jan. 7	Faith Bible	Faith Bible	6:00	7:30
Thurs.	Jan. 9	Nestucca	Home	6:00	7:30
Mon.	Jan. 13	Columbia Christian	Col. Christian	6:00	7:30
Fri.	Jan. 17	Gaston	Home	6:00	7:30
Tues.	Jan. 21	Portland Christian	Home	6:00	7:30
Thurs.	Jan. 23	City Christian	City Christian	6:00	7:30
Mon.	Jan. 27	Knappa	Home	6:00	7:30
Wed.	Jan. 29	Neah-Kah-Nie	NKN	6:00	7:30
Fri.	Jan. 31	Faith Bible	Home	6:00	7:30
Sat.	Feb. 1	Stanfield	Home	---	2:30
Tues.	Feb. 4	Nestucca	Nestucca	6:00	7:30
Thurs.	Feb. 6	Columbia Christian	Home	6:00	7:30
Mon.	Feb. 10	Willamina (Senior Night)	Home	6:00	7:30
Wed.	Feb. 12	Gaston	Gaston	6:00	7:30
Fri.	Feb. 14	Portland Christian	PC	6:00	7:30
Tues.	Feb. 18	League Playoffs	TBD	TBA	TBA
Thurs.	Feb. 20	League Playoffs	TBD	TBA	TBA
Sat.	Feb. 22	District Tournament	TBD	TBA	TBA
Fri./Sat.	Feb. 28-29	First Round of State	TBD	TBA	TBA
Thurs./Sat.	Mar. 5-7	State Tournament	Pendleton	TBD	TBD

Girls

Head Coach Jim Krahn, Teresa Williams

Assistant Coach Joe Walters

Boys

Head Coach David Weller

Assistant Coach George Spaulding

School Board Report *continued from page 13*

Principal Reports – High School/Middle School Principal Nate Underwood reported that both high school and middle school students are currently above the required threshold for seat-time hours. Superintendent Aaron Miller later reported that the elementary and Mist schools are also meeting instructional hour requirements and said an official report on instructional hours will be provided at the December meeting.

Elementary Principal Michelle Eagleson reported that HS/MS band and choir teacher Ms. Bae is playing music and singing with elementary students for 10 minutes during an assembly each month, and students are very responsive. Eagleson said October attendance was 94%, which is an improvement. She said School Houses are working on citizenship in November and are meeting weekly. She reported kindergarten and 4th grade students participated in Salmon Watch activities in October, and said the Sprouts Carnival was a success. She said eight staff members attended Enhanced Core Reading Instruction (ECRI) training. She reported good participation in parent conferences. She said VES has implemented new feedback cards for parents to utilize.

Student Reports – Vernonia senior Kale Sullivan provided an update on recent and upcoming school activities, including: Homecoming events and activities, fall sports, a student organized blood drive, the start of winter sports practices, Leadership activities that will focus on school unity, the Winter Formal in January, and the Presidential Challenge which will collect food for Vernonia Cares.

Public Comment – Amanda Graham and Katie Busch, parents of Mist School students, expressed concerns about the

water issue at Mist School, caused by the draining of the water holding tank which was leaking, leaving the school with no running water. Superintendent Miller said the District is trying to find the source of the problem and thanked the Mist-Birkenfeld Rural Fire District for bringing water to fill the tank. Miller said school has not been interrupted. When asked, Miller reported that painting work, blind installation, and door hardware installation at Mist School will take place over Winter Break.

Juliet Safier spoke on behalf of the Vernonia Education Association and said staff is anxious to be part of the stakeholders discussions planned to determine how the District will spend additional funding they are scheduled to receive through the Student Investment Account (SIA).



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Church Directory

Church of Jesus Christ of Latter Day Saints

Sunday Schedule:
Sacrament Meeting: 10:00 am
Sunday School & Primary: 11:20 am
Relief Society, Priesthood and Young Women: 12:10 pm
Roger Cook, Branch President
1350 E. Knott Street
503-429-7151

Grace Family Fellowship

Sunday School: 9:00 am
Worship Service: 10:30 am
Thursday Prayer: 6:00 pm

Greg “Mac” McCallum, Pastor
957 State Avenue
503-429-6790

Nehalem Valley Bible Church

Sunday School: 9:45 am
Worship Service: 10:45 am
Tues. Ladies Bible Study: 9:30 am
Wednesday Service: 7:00 pm
Sat. Men’s Prayer Meeting: 6:30 am
Gary Taylor, Pastor
500 North Street
503-429-5378

Open Door Gathering Place

Service: Sunday 6:00 pm

Grant Williams, Pastor

375 North Street
503-702-3553
Bible Study:
Sunday 9:00 am at Mariolino’s

St. Mary’s Catholic Church

Sunday Mass: 12:00 pm
Fr. Josh Clifton, Administrator
960 Missouri Avenue
503-429-8841

Vernonia Christian Church

Sunday School: 9:45 am
Worship Service in Youth & Family Center: 10:00 am

www.VernoniaChristianChurch.org

Sam Hough, Pastor
410 North Street
503-429-6522

Vernonia Seventh-day Adventist Church

Sabbath (Saturday) Services
Sabbath School: 9:30 am
Worship Service: 11:00 am
www.VernoniaSDAC.org
Larry Gibson, Pastor
2nd Avenue and Nehalem Street
503-429-8301