

november2007



free VERNONIA'S

voice

reflecting the spirit of our community

volume1 issue5



vernonia visitors guide Pages 12 & 13

A "Long" Dream Come True: Café 47

By Evangeline Doyle

For years we've seen a man hard at work renovating the building at 854 Bridge Street into restaurant space. I for one have anticipated his opening thinking, "If he puts this much intense effort into the building, imagine what his food will taste like." I wasn't disappointed.

On October 5th, after two years in the making and much anticipation, Café 47 opened its doors for business. Owners Bill and Karla Long, their family and friends couldn't be happier.

You never would guess that this is the Long's first restaurant. From the time you walk in the door until you take your first bite, they definitely have the balance of ambience and great food.



But this story is as much about a dream, passion, belief, and creativity as it is the food.

My interview started with Karla, Bill's wife of fourteen years and his biggest fan. She readily admits that she's the worrier, "But not Bill," explains Karla. "I've never met a more positive person. He's a very determined man, he's passionate about what he does and has amazing faith. His vision never ends, it's throughout him...it extends to his whole life."

The rest of Vernonia may have been more skeptical. Working a full-time job, Bill created Café 47 in his spare time. After nearly two years of hearing anxious townspeople ask, "When are you opening?" Bill would reply "Two weeks."

"Admittedly, some people gave up on us this summer, thinking we'd never open. We really thought that might hurt the business," said Bill. But, quite the contrary...when Café 47 opened its doors in October, the reaction from the town was amazing.

Imagining Possibilities

Born and raised in Santa Barbara, California, proprietor Bill Long was introduced to good food at an early age. It began with his grandmother's recipes, handed down through the family, and continued after he returned from the military and began working in a mom-and-pop grocery/meat market there.

Growing up in Santa Barbara, Bill also loved the outdoors and gardening. He took up landscaping as his profession but never lost his love for cooking. He continued to be the main chef at home, cooking for his wife Karla and their children Jessie and Austin.

The Longs moved to Oregon from Studio City, California – initially landing in the Portland area where Bill continued his landscaping career in the Raleigh Hills/Dunthorpe area. But it wasn't long before Bill wanted to move his family out of the city to a rural community. He started looking for areas with an easy commute to Portland.

The house they purchased in Vernonia had been on the market just one day before they began their search. As with everything else, Bill could see the possibilities. They snatched up the house and moved in October 31, 1997.

So how does one make the transition from landscaping to food? And better yet, why? Bill explained, "Landscaping is creative work, but it's also hard physical work. I knew I wouldn't be able to do the work forever. So I started thinking – what else could I do? I enjoy cooking, but, I thought, even more than that I enjoy feeding people."

In addition to family encouragement, Bill's neighbor and friend, Rob Williams, said that he should start selling food – Vernonia needed more restaurants.



Continued on page 14

inside



celebrate



holiday bucks



victory!

Local Receives Chopra Certification

After many hours of classes and study with famed doctor and author Deepak Chopra, Deborah Steffen of Vernonia's Cedar Mist Studios, became a Certified Chopra Center Instructor.



Acknowledged as one of the world's greatest leaders in the field of mind body medicine, Deepak Chopra, M.D. continues to transform our understanding of the meaning of health. Through his creation of The Chopra Center for Wellbeing in California in 1995, Chopra established a formal vehicle for the expansion of his healing approach using the integration of the best of western medicine with natural healing traditions which fuses modern science and Ayurveda. Through his partnership with David Simon, M.D. and numerous health care professionals in both conventional and complementary healing arts, Chopra's work is changing the way the world views physical, mental, emotional, spiritual and social wellness. For more information about Deepak visit <http://chopra.com/aboutdeepak>.



After six days of intense training and testing each day and over three months of home study, Deborah reached one of her major life goals to acquire additional skills in assisting others in creating health and happiness in their lives. The Perfect Health Teacher Training Certification program includes over 250 hours of intense home study and on-site training. To qualify for this program you must have attended "Journey Into Healing" and "Seduction of Spirit", which are each five day prerequisite classes.

Deborah Steffen also is a Registered Yoga Teacher (RYT), Holistic Health Practitioner (HHP), and Certified Hypnotherapist (CHT). "I have always been interested in being healthy and feeling good", says Deborah. Deborah has been fascinated with the alternative and complementary approaches to wellness for over 25 years.

Continued on page 7