

# Wanna Go For For a Walk?

By Heather Lewis

Brrr... Even though the sun has been shining the last few days, it's still chilly outside. I'm sitting at my desk, supposed to be getting my taxes together, but I just can't pass up the temptation to go for a walk. As I put my shoes on, Bridgette (my woman's best friend) knows that means I am going outside and she just might get lucky. Sure enough, I pick up her leash and after two circles and a wiggly sit, I finally get the door open and we on our way. I can still see my breath as we head out to cross Bridge Street, but by the time we are on the Linear Trail, I am feeling the sun on my face and it's not as cold as I had tried to convince myself while still inside.

We walk through Anderson Park and down Webb Way to the lake. A flock of ducks takes off from the lagoon and farther down the trail we see a skunk scurry into the undergrowth. Before long, I am unfastening my jacket and am actually enjoying the brisk morning air. The lake is still quiet and my only companions besides Bridgette are the birds and the "wild" bunnies that call the lake home. It crosses my mind, not for the first time, how fortunate we are to live in a town that is walkable.

Walking is a low-impact exercise with many health benefits. It will help you:

- Lose weight
- Lower blood pressure
- Lower LDL (bad cholesterol)
- Raise HDL (good cholesterol)
- Improve mood and mental clarity
- Increase stamina and strength
- Improve joint health.
- Reduce carbon footprint
- Save money

Many studies show walkers have a lower rate of cancer, stroke, heart disease, diabetes and that walking slows the overall aging process. If you decide to get out and "breathe some different air," here are a few tips to get you started:

- Start slow and easy. Around the lake there are benches so that you can take breaks if needed.
- Measure the intensity of your walk. Knowing your heart rate will allow you to maximize your workout

or slow it down a little.

- Wear good walking shoes.
- Dress in layers. You'll be glad you did.
- Find a walking buddy. Everything is always more fun with a friend.

Two years ago, I had begun a walking program. With all the trails we have here, before I knew it, I had expanded my daily walks to between 3-5 miles a day. Then, last summer I broke my leg and after being off my feet for 2+ months, it seemed there was always something else to do. Thankfully, Bridgette was finally the one to "guilt" me into walking again. After as little as a week back on the trails, I am beginning to feel the benefits again. So much so that now it is easier to find a reason to walk than a reason not to.

So, if you see us while out on your walk, feel free to say hello... Bridgette loves to make new friends. Here's wishing you Good Health.

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**NOTICE OF PUBLIC HEARING**  
Columbia County Planning Commission Ordinance Amendment

NOTICE IS HEREBY GIVEN that the Columbia County Planning Commission will conduct a public hearing on a request from Land Development Services, Columbia County Courthouse, St. Helens, Oregon, for a Zoning Text Amendment to the Columbia County Zoning Ordinance Section 942 Permitted Uses in the Airport Industrial Zone (AI). The purpose of the amendment is to add four (4) uses pertaining to Law Enforcement and Fire-fighting activities, Aircraft Rental, Aeronautical Recreation, Sporting Activities and Crop dusting including Forestry Applications. Addition of these uses will bring Columbia County Zoning Ordinance in compliance with the Oregon Airport Planning Rule.

SAID PUBLIC HEARING will be held before the Columbia County Planning Commission on April 6, 2009, in Room 351, Circuit Courtroom, on the Third Floor of the Columbia County Courthouse Annex, St. Helens, Oregon, starting at 6:30 p.m., at which time proponents and opponents of the proposed amendment will be heard.

The criteria to be used in deciding and making recommendation of the amendment will be found in CCZO Section 1606 and CCZO Section 1611, and Planning Commission Ordinance. The specific criteria applicable to each request are listed and evaluated in the staff reports.

A copy of all documents and evidence by or on behalf of the applicant and applicable criteria are available for inspection at no cost and will be provided at reasonable cost; and, a copy of the staff report will be available for inspection at no cost and will be provided at reasonable cost at least 7 days prior to the Commission hearing from Land Development Services, County Courthouse Annex, St. Helens, OR, 97051.

At the hearing, the applicant has the burden of presenting substantial evidence showing that the application meets all of the applicable criteria. Following presentation of the staff report, the applicant and other persons in favor of the application will be allowed to address the Commission, explaining how the evidence submitted meets the applicable criteria. Following the applicant's presentation, any person in opposition to the application may present evidence and argument against the application. The applicant will then have the opportunity to rebut any evidence or arguments presented in opposition. After the presentation of evidence and arguments, the public hearing record will be closed. Failure to raise an issue at the hearing, either in person or by letter, or failure to afford the decision-maker an opportunity to respond to the issue precludes an appeal on the issue.

The Commission will then make a tentative decision to recommend approval or denial to the Board of County Commissioners which will be followed by a written order and a statement of findings and conclusions supporting the decision, to be mailed to all parties at a later date. The Commission may, at its discretion, continue the hearing from time to time at the request of the parties or on its own motion as necessary to afford substantial justice and comply with the law.

Additional information about this application may be obtained from the Planning Division of the Land Development Services Department at (503) 397-1501, contact person is Glen Higgins or Debbie Jacob.

March 2009  
THE PLANNING COMMISSION  
Guy Letourneau, Vice Chairman

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