

YOGA FOR EVERYONE

Yoga instructor Ashley Stevick offers classes for beginners, advanced

By Angel Carpenter
Blue Mountain Eagle

Ashley Stevick has added two new yoga classes to her schedule at Canyon Mountain Center at 725 E. Main St. in John Day.

The new offerings are inspired by Namaste Yoga Community in Bend, where she became a trained yoga instructor.

Stevick has already been teaching Power Vinyasa Flow, which accelerates body strength and confidence with movement following breath, and Evoke Energy Yin, a relaxing, "quiet yoga" class.

Evoke Energy Yin, for all backgrounds and body types, includes a guided Yoga Nidra, which is "like having four hours of REM sleep," Stevick said, adding, "It is also effective for relieving symptoms of anxiety, depression and PTSD."

Her two new classes include Vin/Yin, which includes half Power Vinyasa Flow and half restorative Yin poses, and Healing Flow, a mellow version of Power Vinyasa Flow with more emphasis on relieving tension

and mental relaxation.

Stevick said the classes have alleviated pain she had in her back and arm.

"There's something for everybody," she said. "You don't have to be 'good' at yoga to do yoga. All you've got to do is take that first step. And then the next."

Stevick holds a free community Healing Flow yoga class from 9:30-10:30 a.m. on the last Saturday of each month at Canyon Mountain Center.

Her classes are approximately one hour each, and rates for drop-ins are \$15 or \$5 for students. Multiple-class passes are available.

- Tuesdays: Healing Flow at noon, Vin/Yin at 4 p.m., Power Vinyasa Flow at 5:30 p.m.

- Wednesdays: Power Vinyasa Flow at noon, Evoke Energy Yin at 2 p.m.

- Thursdays: Power Vinyasa Flow at 9 a.m., Healing Flow at noon.

- Fridays: Vin/Yin at 1:30 p.m.

For information, including full class descriptions, visit Stevick's website at ashleystevickyoga.com or call 406-431-2802 or email ashley.stevick@gmail.com.



Yoga instructor Ashley Stevick offers classes for different skill levels.

Contributed photo

SENIOR Outlook Chester's

Prairie City Seniors

Rose Coombs



Had a lot of fun taking photos of the refurbishing of the old leaky roof on the teen center. Only one person had the misfortune of stepping on a piece of rotten sheathing and falling.

There was an announcement on each table about an upcoming get-together for Operation Christmas Child. We will be gathering on September 24 at 10 a.m. to pack boxes for 2-4 year olds. If you want to come help and visit, you are most welcome. Where? Here at Prairie City Senior Center.

Bobbie and Shauntele brought Marilyn Randall, Gordon Sindt, Thelma Kite, Mary Crawford and Bessie Zemmer from the Blue Mountain Care Center. Amber brought a whole bagful of her Swiss Chard and I saw it go out the door in various people's possession. I wouldn't know what to do with it, so I didn't take any...

Mullein weed report: six foot and six inches. Hmmm. Think it has quite growing up. It does have six side shoots that have interesting curly leaves. There are a lot of seed pods on the ground underneath, and I do see pollinators working over the flowers. The best news is that I see some silk coming on the corn! Maybe before frost there will be an ear!

Oh, these modern conveniences. I hit a key I shouldn't have on the computer keyboard and lost my wonderful, simple WordPerfect task bar. Joel messed around with it and found another task bar. At least it had italics on it. Then I wanted to do something else and couldn't find a font thingy. So another fellow came and got that so I could do what I wanted to do. But in the process, he lost the print thingy that I was used to. Finally found print under 'File' so I was able to get this printed off. Don't know how many words this is 'cause that feature is gone too! As Charlie Brown would say: Aauugghh!

Col. 3:15 "Let the peace of Christ rule in your hearts... and be thankful."

and I could not be more thrilled. Everyone seems so much happier during the holidays and it makes Grant County an even better place to live than usual.

On Thursday our greeters were Jeanette Julsrud and Gregg Starr and there was a total of 33 meals delivered by David Turner and Barb Comer. The meal, which was lemon and dill baked cod with lemon rice, pineapple/cucumber salsa, French bread and spice cake with maple cream cheese icing, was served by our amazing volunteers from the Catholic Church. Our meal was sponsored by Tootie Cernazanu in memory of her husband, Jim. The Chester's Thriftway gift card was won by Balbina and the free meal was won by Tom Roark. Congratulations to this weeks winners!

What are some of your favorite things about fall? I've already told you mine but I'd like to add in all the décor! Decorating is one of my favorite things and it's almost time to break out the fall decorations. I just like things that brighten peoples days when they see them. Oranges, reds, yellows, browns, anything to make something feel cozier and fall-like.

Galatians 6:9 "And let us not grow weary of doing good, for in due season we will reap, if we do not give up."

Are you ready for the Buckaroo coming up in a few more weeks? I sure am looking forward to that salmon and elk dinner with all the fixings. My mouth is watering just thinking about it. It is approaching fast so mark your calendars and make sure you can make it. The Buckaroo Fall Festival will be on September 21. Don't miss this important event.

I went and got some honey from Matt and Liz at Thomas Orchards in Kimberly a few days ago. I am hoping that it will help my allergies a bit. They had the "fill your own jar day." I took a few jars and I can't wait to taste the honey on some fresh corn baked corn bread. Does that not sound mouthwateringly good?

While at Thomas Orchards, I decided to pick a bunch of peaches too, for eating. I got like two boxes of peaches. I have been craving peaches and have withheld from buying them at Costco because I wanted the fresh ones off of the tree. Oh, they all looked so good when I was picking them. I wanted to pick them all! So, needless to say, I have been serving peaches with every meal. My hubby already said he was getting "peached out." How is that even possible? No way, I am going to gorge on those peaches till they are all gone. I am going to eat them and continue to enjoy them as long as possible until next year. Oh, I love peaches; they are so delicious. The smell of peaches is also very pleasant. I am going to save some seeds and plant them.

Micah 7:7 "Therefore I will look unto the LORD; I will wait for the God of my salvation: My God will hear me."

The work party was just the right size and had just the right equipment so that the job went extremely well. Does anyone remember what business was in there before Steuber's Thrifty Food and Electric? Let me know.

Carol Garrison led the flag salute and Jack Retherford asked the blessing. Carlos and Luann took care of the home deliveries. Carla Wright was the winner of the gift certificate donated by Chuck's Little Diner. I made the announcements and Carla tended the registration desk in the absences of Ginger and Pam due to medical appointments.

We have a new assistant cook in the person of Laura Kukuricasa. If you are wondering about that last name, it is Hungarian.

Tom's theme for August is the sun, so the table that had a sunflower in the vase got to go first through the serving line. His word for the day stated that all is well that ends with a good meal, and boy did we ever have a good meal! We were served chicken potpie, pickled beets, a roll and a cherry dot cookie. Amber was so nice to me and did not add string beans to the potpie. Hallelujah! It was a delicious potpie too! Had everything that you needed in it.

John Day Seniors

Dusty Harris



I am happy that our weather is finally starting to mellow out. We went from a frigid June to a boiling July with very little in-between! School started this week, so be sure to keep check of your speed when driving in

school zones.

On Monday there were 33 regular and 20 frozen meals delivered by Laura and the crew from Step Forward. Our greeters were Everette King and Darlene Nodine and the meal was served by our friends from the First Christian Church. We thank you for the kindness and compassion you show us every time you volunteer and visit. Our meal was a bacon and egg potato boat with Polish sausage, fruit, English muffins and cookies for dessert. Kris Labhart won the gift card donated by Len's Drug and Karen Barrieta also won a prize, which I can't recall at the moment.

Fall is almost here! Who else is ready for sweaters, fuzzy blankets, hot cocoa and autumn colors? The holiday season is almost upon us

Monument Seniors

Soo Yuhawa



We had a nice lunch of many different kinds of pizza that were created and cooked for us by Terry Cade and Carrie Jewell. Along with the plethora of pizzas, we had a fresh green salad, canned fruit

and cookies with cream cheese frosting on top. I was full after three pieces of pizza and two helpings of salad. Everyone feasted and enjoyed the lunch. Thank you to our cooks!

The greeters at the table were Jimmy Cole, Kristi Guimont and Miranda Cook. Jimmy and Kristi checked in the guests, and collected and counted the money. Miranda helped her mom Kristi check in the guests. Bodean Andersen led us in the flag salute, made the announcements and prayed the blessing over our meal.

There were 51 guests on the books and four takeouts. Jimmy Cole was the lucky winner for the Len's Drug gift card. Whitley Hudson and Danielle Furrer both won free meal tickets.

Well, next month is September. I have yet to do a lot of cleaning. I need to clean my windows, clean out my pantry and my chicken coops. I don't know where to start. September is looking busy already and the calendar is filling up. Wow, I hope I can get everything done before the winter comes. I have a sneaking suspicion that winter just might be upon us totally bypassing fall.

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