

Business Notes

Regular sessions offered at Yoga studio

Got Yoga? Cedar Mist Studios does. Deborah Steffen, owner-operator of Cedar Mist Studios will be offering Yoga classes, with the first session starting February 21.

The studio is ready, in relaxing, meditative shades of purple (the color of the seventh chakra). Mats, pillows, yoga blocks, all are in place and waiting for the students.

Steffen, who has been practicing yoga for over thirty years and has a background in dance, will teach Core-Power Yoga, a form with flowing movements from one pose to another. She teaches an intuitive manner of approaching the practice of yoga, "I just love teaching," said Steffen. "I look forward to helping people get healthy or just in having fun."

Cedar Mist Studios also incorporates Steffen's pottery studio and her BeautiControl Spa and Skincare products. Her pottery, along with pottery by some of her contacts, is for

sale at Out on a Limb. Out on a Limb also carries the line of fine Italian paper products that Steffen provides.

Llamas are involved, too. There are thirteen llamas in the pastures at Cedar Mist Studios on site, and some of the lady llamas are pregnant, so more are on the way.

Steffen and husband, Charlie, saw some llamas at a fair and started researching them. They bought their first pair when they still lived on a floating house and started looking for a farm. They found the right place almost two years ago in Cedar Mist Farm, just over five miles outside of Vernonia.

Now, back to yoga. Steffen is still taking enrollments for the class that starts February 21. Classes are multi-level and will be offered Tuesdays and Thursdays from 9:00 to 10:00 a.m. and 6:30 to 7:30 p.m. and on Saturdays from 10:00 to 11:00 a.m. Details are available by calling 503-429-2103 or on



Deborah Steffen

the website, www.cedarmiststudios.com.

Not sure if yoga is for you? A free introduction to yoga will be given at Cedar Mist Studio on February 18, from 10:00 to 11:00 a.m. The studio is located at 20960 Scappoose-Vernonia Hwy. This is a great chance to see what yoga is all about and check out the new studio.

Comment period open on ODF forest plans

A public comment period began Feb. 15 on the Oregon Department of Forestry's (ODF) annual operations plans for state-managed forestlands.

Written comments on the 2006-07 plans – which identify and describe specific projects relative to the economic, environmental and social aspects of managing state lands such as timber sales, road maintenance, stream enhancement and trail building – will be accepted until 5:00 p.m. on March 31.

After public comments have been considered and any changes made, district foresters will approve the annual operations plans for their districts. The plans under review are for the period from July 2006 through June 2007.

The 2006-07 timber harvest levels for Tillamook and Clatsop state forests are projected to total 173 million board feet (mmbf), near the middle of the range identified in the existing forests' 10-year harvesting plans. Additional timber sales will be available in the Tillamook and Clatsop state forests in the 2006-07 fiscal year if State

Forester Marvin Brown increases volume beyond the 173 mmbf level. By law, the state forester sets actual harvest levels to reflect the broader goals for state forest management established by the Board of Forestry.

This spring, the board is expected to use the recently completed Harvest and Habitat Model Project, which estimates harvests under various management scenarios, and other information to decide whether to change current direction. The harvest levels proposed in the 2006-07 plans were derived from the portion of the model's results that assumed continuation of existing direction.

The Tillamook and Clatsop state forests comprise 500,000 acres of the total 780,000 acres of state forest land. Total harvest volume for all nine districts is projected to be 237 mmbf. A board foot is a unit of wood that measures a foot square and an inch thick. There are about 13,000 board feet of framing lumber in an average house.

Annual operations plans are available at each district office, area ODF offices (Northwest

Oregon Area, 801 Gales Creek Road, Forest Grove; Southern Oregon Area, 1758 NE Airport Road, Roseburg; Eastern Oregon Area, 3501 E. 3rd St., Prineville) and Salem headquarters. They are also posted on the ODF Web site http://egov.oregon.gov/ODF/STATE_FORESTS/2007_AOP.shtml

All state forestlands are actively managed as working forests under management plans adopted by the Board of Forestry to provide economic, environmental and social benefits to Oregonians. Most of the revenue from timber sales is distributed to county governments and local taxing districts, and to the Common School Fund to benefit schools throughout the state. The objectives in district annual operations plans are based on the goals and strategies found in the long-range forest management plans.

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Looking for a job? Don't miss the annual County Job & Career Fair

The tenth annual Columbia County Job and Career Fair will be held Wednesday, March 15, from 1-4:00 p.m. at The Olde School, 251 St. Helens St. in St. Helens. MTC Works and WorkSource Oregon/Employment Dept. have arranged the afternoon to help anyone looking for work.

As in past years, the job fair is FREE to all job seekers.

Job seekers should come "ready for an interview," meaning dressed appropriately and with copies of their résumé ready to give out. In past years, various employers have had ap-

plications available for specific jobs, so be ready to find a job.

Employer registrations are coming in, but it is too early to know how many will be in attendance. Last year, 43 employers were at the fair. MTC and Worksource staff are working hard to increase that number. Some employers from Portland and Washington State are already registered, as well as Columbia County employers.

The job fair is a good opportunity for anyone looking for work. This is provided by the Worksource Oregon/Employment Dept. and by MTC Works.

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