

Business Notes

First weekend retreat on health and wellness was well accepted

The first health and wellness retreat offered by Aletheia Holistic Teaching Institute "couldn't have been a more perfect weekend," said retreat leaders Heather Lewis, LMT,

their energies using ancient Chinese techniques, and thanks to good weather, one Qigong class was held outside to the cheering of the resident crowd. The Emotional IQ class

drumming lead by Lee Santa Ana was a favorite event.

The staff at Cedar Ridge received lots of compliments, too, as people raved about the food

at the retreat and the exceptional job of catering to the healthy food requirements.

The next offering of Body/Mind/SpiritConnection at Cedar

Ridge will be June 29 to July 1. For more information, call 503-429-2103 or visit www.aletheia-hti.com, or www.CedarMistStudios.com.



Participants learned to relax and control stress with meditation techniques. Photo supplied by D. Steffen.

Deborah Steffen, RYT, and Dr. Nina Melandandri. The three women partnered to share their visions of healing, health, and wellness to an enthusiastic audience of participants from Portland and Vernonia, March 2-4, at Cedar Ridge.

The group, which ranged in age from 84 to 13, started with Qigong classes that focused

spurred discussion and prompted people to look at their health in new ways from the scientific, Ayurvedic, and Chinese medicine view. Participants learned to relax and control stress by learning meditation techniques focusing on breath meditation, yoga meditation focusing on a candle flame, and a Buddhist meditation focusing on sound.

Yoga classes were a favorite exercise overlooking the Vernonia hills in a lovely classroom setting, and the chanting exercises that used Sufi, Kirtan, and American Indian chants with

Looking for a job? Don't miss Job Fair

Anyone looking for a job or considering a job change, should plan to participate in the eleventh annual Columbia County Job and Career Fair on March 21, from 1:00 to 4:00 p.m. at The Olde School, 251 St. Helens St. in downtown St. Helens.

Bring copies of your résumé and be prepared for an interview. There will be workshops on "Tips and Tricks to get a State Job" from 1:30 to 2:15 p.m. and "It's Your Turn, Interview the Employer" from 2:30 to 3:15.

The job fair is sponsored by MTC Works and WorkSource Oregon Employment Department. For more information, call MTC Works at 503-397-6495.

County employment stays unchanged

Columbia County's seasonally-adjusted unemployment rate was essentially unchanged at 5.9 percent in January and about the same as the year before (5.6 percent). The rate was higher than the statewide rate (5.2 percent) and the national rate (4.6 percent). Total employment dropped by 171 from December to 22,531 and the number of unemployed people rose by 209 to 1,594. Total employment this January was 581 greater than one year before but 126 more people were unemployed.

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