

Business Notes

Banks residents now have Jazzercise classes without leaving town



Michelle, left, and Kayla Gustafson

Tired of having to leave Banks to go to Jazzercise? You don't have to leave town anymore. Michelle's Jazzercise opened September 10 with classes being held at Banks

Performance Center (formerly Banks Dance Studio).

Michelle Gustafson has been going to Jazzercise for about 18 years and has been a certified Jazzercise instructor

for four years. She and a partner offered Jazzercise in another location. After taking about nine months off, she decided to open this location in Banks. Gustafson's daughter, Kayla, a dance team student at Banks High School, is the class manager for Michelle's Jazzercise.

Gustafson lives in Banks with her three kids (18 year-old Kyle, 15 year-old Kayla, and 14 year-old Brandon), husband Tom, three cats and one dog. Tom goes to Jazzercise on holidays and when his schedule allows. Men – take note: Jazzercise is not just for women.

"Everybody is different – different bodies – different energy levels. Not everybody can be thin, but everybody can be healthier," said Gustafson. "There's a lot of energy and laughter in class, it's fun," she continued.

"Anybody can do Jazzercise. If you can walk across the street and you can smile, you can participate, just let the mu-

sic take over," said Gustafson. Jazzercise incorporates a warm-up, 30-40 minutes of aerobic dance movement, a cool-down and then 20 minutes of strength training before a final stretch. The aerobics portion can be done in high, low or super-low impact; all three options are shown during sessions. Classes are held at 5:45 a.m. Mondays, Wednesdays, and Fridays, and at 8:15 a.m. on the first, third and fifth Saturday of each month. The current schedule is designed for people who have other commitments, such as work or getting kids to school, later in the day. More classes will be added

based on customer interest.

Getting people excited about exercise and dance in Banks is Gustafson's goal. With lots of smiles, energy and enthusiasm, Michelle's Jazzercise is off to a good start. Come see what Jazzercise is all about at the grand opening on Saturday, September 29, 8:00 to 10 a.m. at 14175 NW Sellers Road, Banks. There will be a 7:45 - 8:15 a.m. class, followed by drawings, prizes (including a three month pass) and refreshments. If you can't make it on September 29, you can still contact Gustafson for information at 503-324-4067 or at mk.gustafson@verizon.net.

Postal Service offering free seminars on using eBay

Are you a regular eBay user or just interested in trying the auction website? Are you interested in finding out how to ship your items on eBay using the Postal Service? Would you like

to save time and money and become more successful e?

Postal customers answering "yes" to any of these questions should visit one of the two free "eBay Days" mailing information sessions scheduled for Monday, September 24, at the Vernonia American Legion Hall, 627 Adams Avenue.

The first session will start at 10:00 a.m. and covers "The Ba-

sics" and the second, at 12:30 p.m., will focus on "The World of Selling." Attendees will learn how to register to buy and sell items on eBay. Postal services and benefits will be featured, including online demonstrations.

These eBay Day events are free. For more information, contact the Vernonia Post Office at 503-429-3501.

Forests Advisory group will meet

The State Forests Advisory Committee (SFAC) will meet Friday, Sept. 21, from 8:30 a.m. to 3:00 p.m. at the Forest Grove Community Auditorium, 1915 Main St., Forest Grove. SFAC meetings are open to the public. Public comment is scheduled for 9:00 a.m.

The meeting will provide a forum to discuss issues, opportunities and concerns, and offer advice and guidance to ODF on implementation of the forest management plan approved for northwest state forests in 2001. The plan calls for ODF to manage state forestlands for economic, environmental and social benefits. A balanced approach is used to

generate revenue for counties, and maintain environmental and social values for citizens.

Topics will include the Oregon Department of Forestry's (ODF) response to a recent independent assessment of its recreation program, the Board of Forestry's direction regarding possible changes to forest management and a review and comments on districts' implementing updated plans for acquiring and exchanging land.

The SFAC is composed of citizens and representatives of timber, environmental and recreational groups. For more information, Call Jeff Foreman, Oregon Department of Forestry, 503-945-7506

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