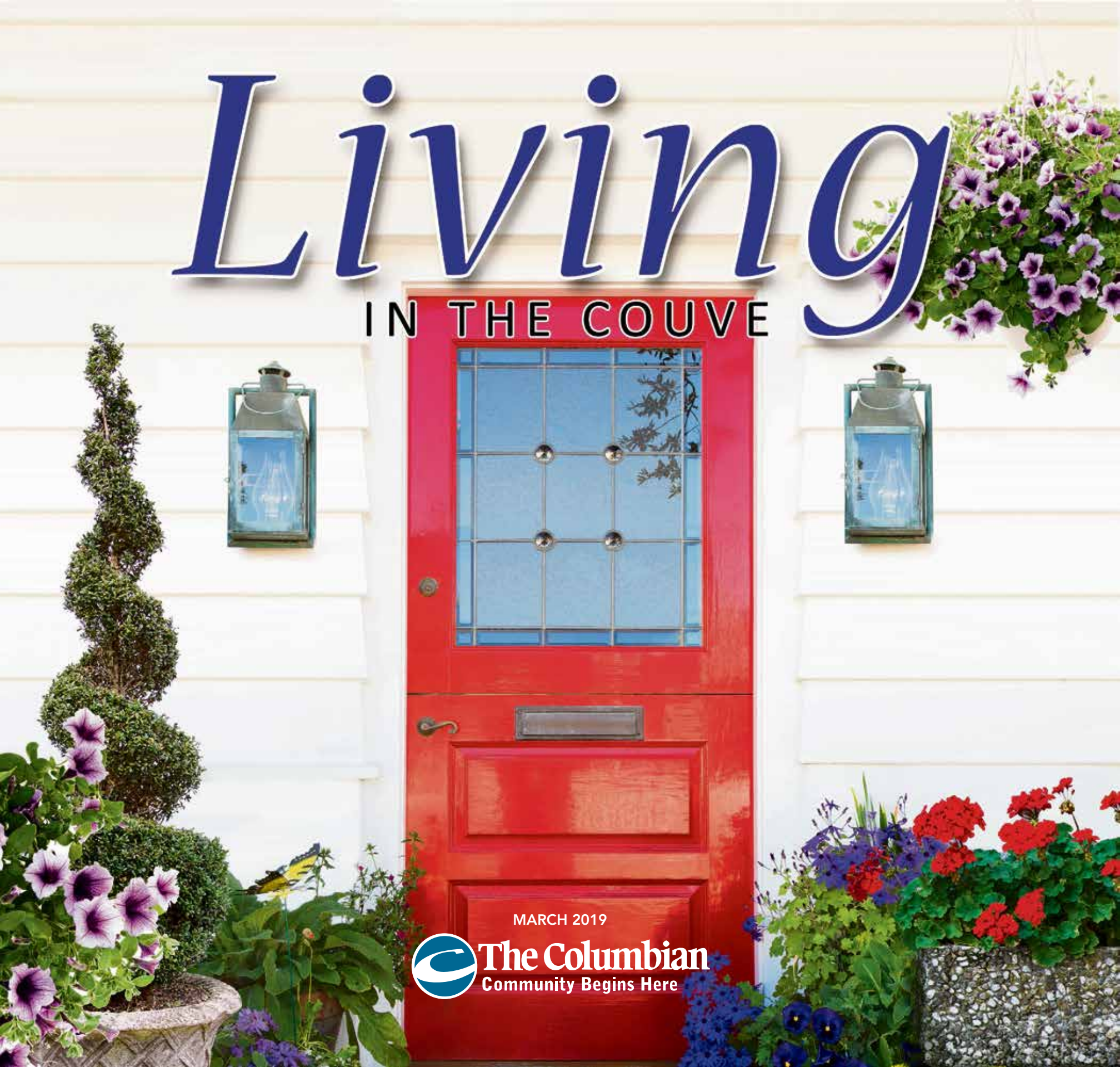


Living

IN THE COUVE



MARCH 2019



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Living

IN THE COUVE

Defining "The Couve"

If you're new to Vancouver USA, you may hear locals casually dropping reference to a mysterious entity known only as "The Couve."

What could it be, you wonder—a local hangout? A delicious French breakfast pastry? A secret society accessible only via speakeasy?

Let us solve this riddle for you: The Couve (rhymes with 'move') is a nickname for Vancouver. Unlike many nicknames though, the history and character go beyond mere nomenclature substitution and represent a newly embraced identity.

But what does The Couve actually mean?

It means an undeniable sense of community in a destination that is as culturally vibrant as it is naturally diverse. The Couve is casual, personable, and original. It looks like summer festivals in the park, carefree sailboats on the Columbia, and quirky art throughout the city. Its roots are in history, but its vision is future-facing—like a new waterfront and a recently designated international district.

We pride ourselves on being the original Vancouver. We are home to the West's oldest living apple tree, the birthplace of Willie Nelson's music career, and a National Park site in our downtown. We revel in our small city luxuries (think: free weekend parking downtown, uncrowded pathways, and homey bakeries), while embracing our urban sensibilities (think: a thriving brew scene, a world-class library, and late-night eats). If you ask us though—and we're not ones to brag—we'd say The Couve is pretty cool.

by Jacob Schmidt, Visit Vancouver USA

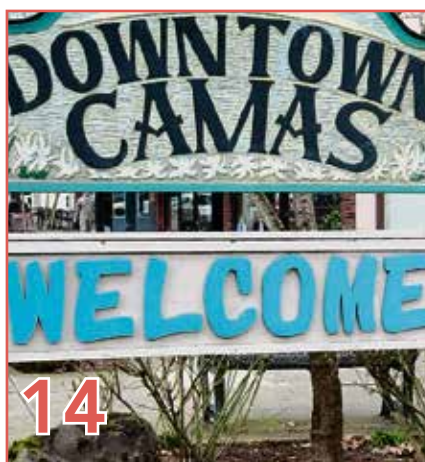
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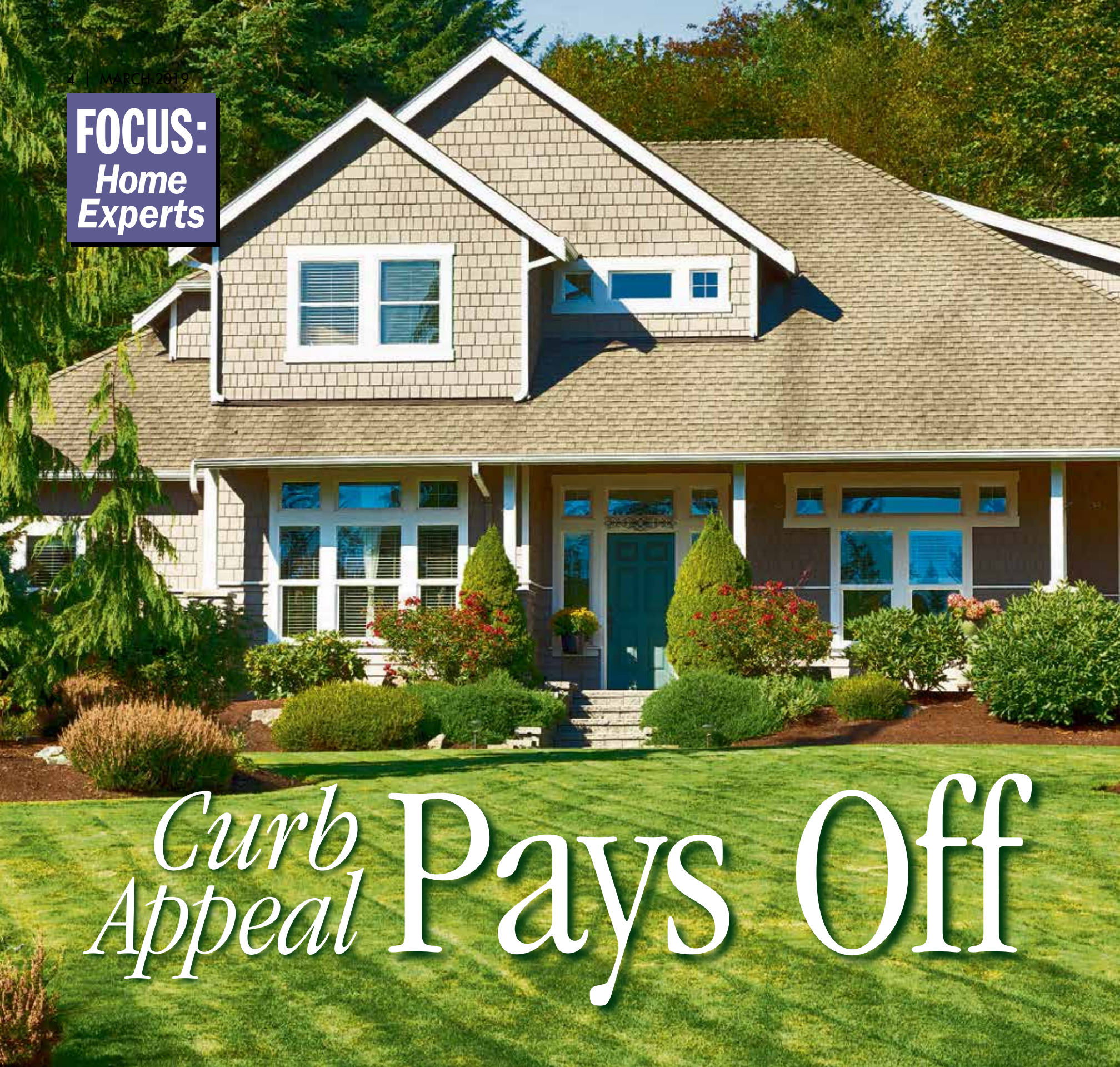
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FOCUS:
*Home
Experts*



*Curb
Appeal* Pays Off

Article by **LAURA WENRICK**
for the *Columbian*

With Spring on the way, I have been thinking a lot about outdoor home projects. Some people are planning home projects to get their home ready to sell during the peak real estate season. Others are in the mood to shake off winter and freshen up their home's appearance, because when your home looks good, you feel good too.

Real estate experts say great curb appeal can bring in potential buyers as well as increase the appraisal value and resale value of your home. Curb appeal also makes your home an inviting place for guests with a welcoming first impression, which makes you feel the pride of ownership.

Curb appeal can involve an attractive front entrance, or your entire home's exterior and surrounding landscaping. It

just depends on your time, energy, and budget.

Upgrading your home's exterior to improve curb appeal can be as simple as fresh paint or as complex as installing new windows or construction to add a porch or front patio. But you don't necessarily have to tackle these bigger, more expensive projects. One of the easiest and most affordable ways to boost curb appeal is to paint (and repair, if needed) a home's front door, molding, and trim. Painting garage doors, porches, shutters, doorsteps, flower boxes, furniture, mailboxes/stands, and window trim are other potential projects, as is updating the front door hardware. It doesn't cost a lot of money to spruce up your entrance or front porch, but it is very important to clean it first.

You can also paint dollar store waste baskets and use as planters. Add flowers that are in season for a very

minimal additional cost. Nothing says "WELCOME" like a pretty seasonal wreath on your front door. A new wreath can easily be home made for under \$25 including supplies. A curved walkway made with pavers offers your home some unique flair. Nothing shows off your porch like adding outdoor patio furniture. The trick is in adding beautiful cozy cushions and accent pillows. Once you're confident your home has achieved its best curb appeal, try putting your home in its best light with well-placed walkway and landscaping lighting for a final finishing touch for that great first impression.

Here are some ideas I found online for simple, low cost things you can do to achieve curb appeal:

LITTLE TO NO COST CURB APPEAL PROJECTS ON A BUDGET

- Front door: Clean and/or repair, add a seasonal wreath
- Lawn & flower beds: Trim, edge, and

manicure

- Exterior: Clean and pressure wash
- Windows: Make them shine
- Light Fixtures & Hardware: Clean, paint, or repair
- Mailbox: Clean or paint

INSTANT CURB APPEAL FOR LESS THAN \$100 EACH

- Add charm: Window boxes, shutters, decorative house numbers
- Add color: Paint front door and trim (Consider a vibrant or bold color)
- Add lighting: New porch lighting fixtures or landscape lighting
- Add style: Accent pillows, cheerful new doormat, decorative pavers

I hope this gets you thinking about Spring and puts you in the mood to perk up your outdoor areas. I hope this article provides beautiful inspiration for anyone on a budget. Give it try even if you only add a colorful doormat and contrasting door color. Your front porch will sing "WELCOME".



What is Curb Appeal?

Curb appeal is attractiveness of the exterior of a residential or commercial property, as viewed from the street. The term was extensively used in the United States during the housing boom and continues to be used as an indicator of the initial appeal of a property to prospective buyers.

Use Spring to get the jump on home improvement

Article by **DAMEON PESANTI, Clark PUD**

Spring can be a tricky time of year in the Pacific Northwest. Now that the coldest days of the year are past, many of us are eager to tackle home and garden projects—but the weather may not be ready to cooperate.

It's easy to lose momentum around the house when a few sunny days spur you to dust off the lawnmower and dig out the hammers, only to have a rainstorm stop the work before it even begins. But with the right approach, the

unpredictable weather of spring in the Northwest can work to your advantage.

Spring is the ideal time of year to give your property a thorough inspection, inside and out, get your to-do list in order and to begin gathering the tools and products you may need when things clear up enough to start working in earnest.

Use the upcoming sunny days to inspect the exterior of your house, garage and outbuildings and comb through the yard and garden. When the rains move through, head inside and start thinking about what needs to be

updated, sealed, insulated or replaced outright.

Home improvement is not what it was even a few years ago. From high-efficiency furnaces to smart home technology and landscaping techniques that conserve resources and maximize biodiversity, there are seemingly endless ways to make our homes more economical and comfortable.

Once you know what you're working on and how much you're prepared to spend, you can use those upcoming rainy days to visit home improvement stores, get contractor referrals and read up on the products and techniques you're considering. If you want to spend some time talking with real experts, wandering through conceptual displays, or getting hints and tips for living well in Southwest Washington, mark your calendar for the upcoming Clark Public Utilities Home & Garden Idea Fair, April 26-28.

The free three-day event takes place every year during the final weekend in April at the Clark County Events



Center. Hundreds of local home and garden businesses, including 50 local nurseries, will be there selling plants and services and offering advice and products on everything from raising backyard chickens to replacing a roof, to remodeling a kitchen.

It's a great opportunity to gain some knowledge, be inspired and to see many of the products you may be considering in person. Event information is available at www.homeandgardenideafair.com.



KNOW before you THROW

Article by **JERIN DINKINS**, Clark County
Public Health Solid Waste Education
and Outreach



SIX ITEMS YOU SHOULD NEVER PUT IN YOUR BLUE CURBSIDE CART:

1. Clothing

When clothing items are put into the curbside cart they have the potential to get caught in machinery at the recycling facilities, causing shutdowns and hazards for workers. Donate clothes you no longer want. Check out our thrift store and donation map at ClarkGreenNeighbors.org. Another way to properly dispose of old clothing is through GemTex textile recycling collection boxes, found throughout Clark County. Find a collection box near you at gemtextrecycling.com.

2. Disposable coffee cups

Paper and plastic coffee cups are made from a variety of different materials which makes them nearly impossible for manufacturers to breakdown and recycle. Keep disposable cups out of the landfill; bring your own reusable cup instead.

3. Plastic bags

Do not put plastic bags of any kind in your curbside bin because they damage machinery at local recycling sorting facilities, causing shut-downs to untangle the bags from machines. Dispose of them at select retailers in Clark County where they are recycled to make plastic decking, fencing, and benches. For a detailed list of collection locations, search "plastic bags" in the Recycling A-Z directory at RecyclingDoneRight.com. It is best to avoid using plastic bags altogether. Bring your own reusable bags when shopping.

4. Greasy pizza boxes

Once cardboard is soiled with grease and food residue, it is no longer recyclable. You can tear off the clean part of the box and recycle it in your curbside bin while the dirty, greasy piece goes into the garbage. Never put food-soiled products into your curbside cart!

5. Frozen or refrigerated product boxes

Any box or container that is made to be refrigerated or frozen is not recyclable due to a chemical additive

nicknamed "wet-strength", which is added to paper or paperboard fibers to help these materials withstand humid and wet conditions without disintegrating. The additive makes these products unable to be recycled into new paper. Dispose of these in the garbage.

6. Take-out containers & "clam shells"

Food take-out containers and "clam shells" (hinged plastic containers used as packaging for berries, salad, cookies, etc.) do not belong in your mixed recycling cart. Take-out containers can't be recycled because they are made from a variety of different materials and are often soiled with food. Clam shells often get mixed in with paper or other types of plastic during the recycling process, creating bales of materials manufacturers can't use. These should be disposed of in the garbage.

There's an easy way to find out if an item can be recycled in your curbside cart: go to the Recycling A-Z Directory or download the [RecycleRight app](#), where you can search for hundreds of products and how to properly dispose of them.



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Entry & Activities

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StreamTeam.net

Creating a Beautiful Patio Garden *on a* Budget

Article by BEKAH MARTEN, WSU Clark County Extension Master Gardener



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Designing a patio garden or filling your planters each spring with fresh annuals can easily become a costly expense. But you don't have to empty your wallet to have a beautiful patio garden. Repurposing items for containers, incorporating perennials into your design and starting flowers from seed are creative ways to help you design a budget-friendly garden oasis.

There are many options for containers that are free or low cost. Visit your neighborhood sales; often you can find planters for very little money. Clean these well before placing your soil and plants in them.

Look around your home or garden to see if there is an item that can be repurposed into a planter. Last year, we took an unused water fountain, removed the pump and drilled drainage holes in the buckets. It now makes a great planter on our patio.

If you get stumped for ideas, online sites like Pinterest are filled with

photos showing old wheelbarrows, hiking boots, buckets and reconfigured pallets turned into patio containers. Just remember to consider how much soil the vessel will hold, its ability to drain water and what plant you will be placing in the prospective container.

Another savings tip is to use perennial plants in your patio design. Perennials will cost more initially than annuals, but they have the advantage of coming back year after year. Consider adding one or two perennials each year to your planters as this will reduce the number of annuals you purchase each spring. Most perennials will do well in containers and you are not limited to small plants. Compact trees and shrubs make great containerized focal points in a patioscape.

Starting annuals from seed provides big savings. A packet of flower seeds can provide you with dozens of flowers for

Continued on next page ►

Did You Know?

The heritage garden at Fort Vancouver represents plants known to have existed and to have been propagated within the British realm during the active time of the Fort. It is tended by knowledgeable volunteers and supervised by the staff's archaeological botanist.



2019 Clark County

Green Awards

March 20



Doors: 5pm
Program: 6-7:30pm
Kiggins Theatre 1011 Main St.
Reception to follow

RSVP ClarkGreenNeighbors.org/greenawards

A NIGHT OF LAUGHS & ENVIRONMENTAL INSPIRATION

about the same cost as one purchased annual plant. There are many flowers that grow well when direct-seeded outside in your containers, so you do not have to mess around with indoor seedling trays or grow lights.

The following flowers are fool-proof for direct seeding: Cosmos, Calendula, Marigolds, Sweet Peas, Nasturtium, Johnny Jump Ups, Nigella, Zinnia, Sunflowers (look for shorter varieties that would suit your container's size), and Sweet Alyssum.

Growing flowers from seed requires patience,

but you can give your seeds a head start by making a mini greenhouse out of a clear milk jug. Remove the cap and cut off the bottom of the milk jug. Place this over your seeded area for additional warmth and protection from our cool spring nights. Your flowers will be blooming in no time.

There are a few other options to help save you cash on your patio garden. Instead of purchasing your potting soil by the bag, buy it in bulk at your local garden center. You can also split flats of annuals with a friend or neighbor to take advantage of lower prices. Many local high

schools and garden clubs have spring plant sales. You will find reduced prices on perennials and annuals at these sales. There are also some annuals such as Fuschias and Geraniums that can be overwintered with proper care. With a little patience and creativity, your patio garden is sure to be kind to your budget and become a welcoming space in which to spend your summer days.





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3 ways to use your lawn to improve curb appeal

Various projects, including tending to lawns and gardens, can improve curb appeal. An added benefit to focusing on landscaping to improve curb appeal is it promotes spending time outdoors in spring and summer.

Returns on home improvement projects vary. In its annual Cost vs. Value Report, Remodeling magazine notes the projects that yield the best returns on investment in a given year. But a host of factors, including the type of market (buyers' or sellers') and the region where the home is being sold, ultimately combine to determine if homeowners' investments in home improvement projects will provide the returns they were hoping for.

Though there's no way of guaranteeing a home improvement project will yield a great return, real estate professionals often cite improving curb appeal as an excellent way to attract prospective buyers and potentially get the asking price or more when selling the home. Improving curb appeal makes even more sense in today's real estate market, when many people do their own searching via real estate websites such as Trulia or Zillow. When using such sites, buyers will likely be less inclined to click on a listing if exterior photos of the property are not eye-catching.

Various projects, including tending to lawns and gardens, can improve curb appeal. An added benefit to focusing on landscaping to improve curb appeal is it promotes spending time outdoors in spring and summer. In addition, many lawn- and garden-related home improvement projects need not require professional expertise.

1. MAINTAIN A LUSH GREEN LAWN

Lawns that fall into disrepair may not give buyers a correct impression about how homeowners maintained their homes. Lawns with multiple dead spots and grass that appears more brown than green may lead many buyers to assume that the home's interior was equally ill-cared for. Maintaining lush green lawns is not as difficult as it may seem. Applying fertilizer and aerating at the appropriate times of year (this varies by region) can promote

strong roots and healthy soil, making it easier for grass to survive harsh conditions like drought. When watering in summer, do so in early morning or evening so as little water is lost to evaporation as possible.

2. ADDRESS BROWN PATCH

Even well-maintained lawns can fall victims to brown spots. According to the lawn care professionals at TruGreen, lawns in regions with hot temperatures and high humidity can be infected with brown patch, a common lawn disease that is caused by fungus, which can produce circular areas of brown, dead grass surrounded by narrow, dark rings. Penn State's College of Agricultural Sciences notes that removing dew that collects on grass leaves each morning, which can be accomplished by mowing or dragging a water hose across affected areas, can be an effective way to reduce brown patch. Homeowners without much lawn care experience can consult professional landscapers to address the issue. But those looking to sell their properties should note that buyers often walk the grounds of homes they are considering buying. So addressing any issues on the lawn should be a priority for sellers.

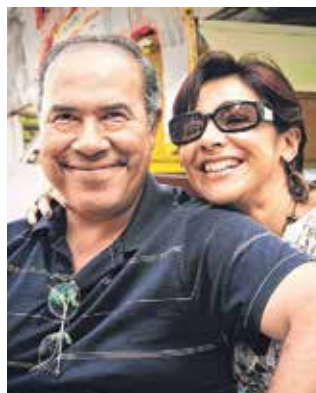
3. CONFINE DOGS TO CERTAIN AREAS

Dog owners may want to let their pets roam free in their yards. But homeowners about to put their properties up for sale may want to confine their four-legged friends to certain areas. That's because dog urine can be high in nitrogen. Nitrogen itself is not harmful to lawns, but in high concentrations it can contribute to yellow or brown spots. Also, highly acidic dog urine may even adversely affect pH levels in the soil.

Curb appeal can go a long way toward helping homeowners sell their homes, and a lush lawn can be used to catch the eye of prospective buyers. —(MS)

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CRC 2045354 03/18
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March 19, 5:30pm-7pm

VPS COLLEGE & CAREER FAIR

FREE for parents and high school students interested in learning about opportunities after high school. Local companies, colleges, technical schools and more will be in attendance. 2921 Falk Rd, Vancouver

March 19, 9am-10:45am

CONCERT @ FISHER'S LANDING ELEMENTARY

March 23, 10am-12pm

TACKLE WEEKEND HUNGER

@ COLUMBIA RIVER HIGH SCHOOL

Help change the math in child hunger by joining Generosity Feeds and Mod Pizza in the effort to create 15,000 meals for the 34% of children in Clark County struggling with hunger. Check-In begins at 9:30am. Find information at generosityfeeds.org

March 22, 9am-1:30pm

8TH GRADE DISTRICT BAND FESTIVAL

@ CASCADE MIDDLE SCHOOL

13900 NE 18th St, Vancouver

March 23, 5pm-9pm

PARTY ON PARK PLACE GALA @ WAREHOUSE 23

The Evergreen School District Foundation will hold its annual Gala in Downtown Vancouver to support students in Evergreen School District. There will be Monopoly themed fun, games, a silent and live auction, wine, and dinner. 100 Columbia St #102, Vancouver

March 26, 6pm-6:45pm

6TH GRADE BAND CONCERT

@ COVINGTON ELEMENTARY SCHOOL

March 26 & 28, 7:30pm

THE SINGING HEART @ FORT VANCOUVER HIGH SCHOOL

Reprise Choir and Fort Vancouver High School Choir present The Singing Heart. Full of music from all different genres and eras, from classical to jazz, Renaissance to contemporary. Special guests Jim Fischer & Friends will be joining on stage. 5700 E 18th St, Vancouver
March 28, 11am-2pm

7TH GRADE DISTRICT BAND FESTIVAL

@ CASCADE MIDDLE SCHOOL

13900 NE 18th St, Vancouver

March 29, 7am

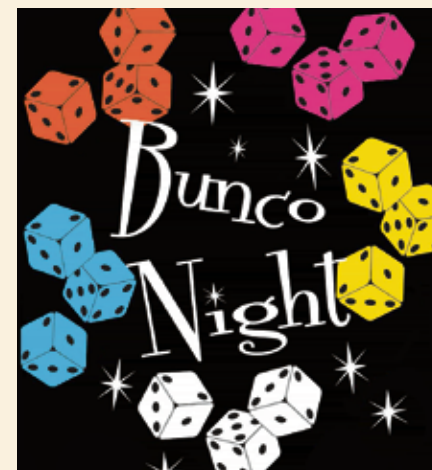
MUFFINS WITH MOMS @ HOUGH ELEMENTARY

Moms, grandmas and adults: come spend some quality time with your student(s)! Enjoy games, coffee... and of course, MUFFINS! (Students must be accompanied by an adult to participate). Drop in any time during the event. 1900 Daniels St, Vancouver

March 30, 5pm-10pm

HOUGH HOEDOWN @ WAREHOUSE 23

The Shull family will partner with The Mighty Bowl as the Presenting Sponsor for the Hough Hoedown to raise funds to support the programs at Hough Elementary School. There will be food, dancing, art, auction items, and drinks. Tickets are \$65 in advance or \$75 at the door. 100 Columbia St #102, Vancouver



March 30, 5pm

BUNCO NIGHT @ PIED PIPER PIZZA

A fundraiser night for the Hockinson High School Band's trip to NYC in 2020. All ages - no experience necessary! \$25 per person, includes game buy-in, pizza & soda. Guarantee your seat by RSVP. \$25 CASH only at the door. For more information contact Carol Taylor with JC Events @ 360-571-9061 or JCEventsCarol@gmail.com. 12300 NE Fourth Plain Rd, Vancouver

April 12, 3pm-9pm

TRUMAN ELEMENTARY FUNDRAISER @ CHUCK E. CHEESE'S

Raise money for Truman Elementary PTA. The funds raised will go directly to support school activities and teacher classroom grants. 4505 NE 42nd Ave, Vancouver

Continued on next page ►

April 20, 5pm
PRAIRIE HIGH SCHOOL BOOSTER CLUB DINNER & AUCTION
@ WAREHOUSE 23

25th annual Prairie High School Booster Club dinner and auction will be at Warehouse 23 at the Vancouver waterfront. \$50 per person. www.prairieboosters.org
 100 Columbia Street #102, Vancouver

April 26, 6pm-8pm
PTA BINGO NIGHT @ WALNUT GROVE ELEMENTARY
 Family fun and prizes.
 6103 NE 72nd Ave, Vancouver



Children & Youth Activities

March 19
WASHINGTON STATE FREE PARKS DAY
 Visit Washington State Parks without paying the entrance/day use fees.

March 22, 5pm-5:45pm
PETER PAN & ANNABELLE
@ VANCOUVER COMMUNITY LIBRARY
 Peter Pan and Annabelle is a one-act play written by William Johnson (MPA teacher) and features all local, beginning actors part of the MPA Broadway Jr Program.
 901 C St, Vancouver

March 28, 2pm-2:30pm
LITTLE LEARNERS
@ FORT VANCOUVER NATIONAL HISTORIC SITE
 Caregivers and children ages 3-6 are invited for a preschooler-friendly exploration of history and artifacts at Fort Vancouver. Each program features a short talk with the park's assistant curator or park ranger, story time, craft, and the chance to see real archaeological artifacts from the national park's museum collection. This program takes place inside the reconstructed Fort Vancouver, at the Counting House.

March 28, 4pm
GAME DESIGN FOR VR
@ CASCADE PARK COMMUNITY LIBRARY
 Explore virtual reality and game design engines while you learn about the skills needed to develop applications for the virtual reality platform. We will use Oculus® virtual reality headsets to examine the technology from a game designer perspective and then collaborate in a game design engine to build and test simple VR

April 23, 7pm-8:30pm
EVERGREEN HIGH SCHOOL JAZZ NIGHT
@ EVERGREEN HIGH SCHOOL

The Cascade Jazz Band performs at Evergreen High School with the Pacific and Evergreen Jazz Bands. 13900 NE 18th St, Vancouver

April 26, 3pm-9pm
GHP SPIRIT NIGHT & FUNDRAISER @ CHUCK E. CHEESE'S
 Help raise funds for Glenwood Heights Primary and Glenwood Cubbies PTO. Mention the school at the register when you make any purchases and 20% of all the revenue will be donated back to the school to fund more after school activities and other PTO projects.
 7721 NE Vancouver Plaza Dr, Vancouver

game mechanics. This program is open to teens in grades 6-12. Space is limited. Show up on time to secure your spot.

March 31, 1pm-3pm
BUTTERFLIES OF THE PACIFIC NORTHWEST COOKIE WORKSHOP @ FELIDA PARK
 Kids will get a hands on, guided lesson experience where they will expand on basic knowledge and learn intermediate decorating techniques such as outlining, flooding, wet on wet, and realistic design, all while learning about specific species of butterflies that are familiar to our area as well as the life cycle of a butterfly. At the end of the workshop, each child will take home their decorated cookies. No baking will take place in the class and no experience is required. What's included in the workshop: 2 hours of instruction, treats, and playtime at Felida Community Park. All supplies and ingredients needed to decorate 4-5 cookies are provided. Rain or shine. Find more information and ticket information at www.kristenslatedesign.com

April 6, 9am-5pm
FREE YOUTH ROPING CLINIC
@ CLARK COUNTY SADDLE CLUB
 Sign Ups and release forms start around 9:00. Ground dummy roping start around 9:30/10ish. Horse/dummy roping 11ish, lunch around 12:30, live cattle around 1:30ish. 10505 NE 117th Ave, Vancouver

April 20
FREE NATIONAL PARK DAY
 Park entrance fees will be waived. For a list of participating parks visit: www.nps.gov

After School Activities

BOYS AND GIRLS CLUBS OF SOUTHWEST WASHINGTON
 Clubs offer youth a place to call their own where they can feel comfortable with their peers. At the same time, young people can develop the skills they need to succeed in today's world through educational programs designed to improve performance at school and help them develop a love of learning. Boys & Girls Clubs are located in five Vancouver neighborhoods: The Clinton & Gloria John Clubhouse in Hazel Dell, the O.K. Clubhouse & Teen Turf Club in the Bagley Downs neighborhood, the Fruit Valley Club in the Fruit Valley neighborhood, Washington Elementary in the Rose Village neighborhood and the Heights O.K 2 Clubhouse in the Heights neighborhood. www.mybgc.org

ROCKSOLID COMMUNITY TEEN CENTER
 A non-profit organization dedicated to providing safe, fun and engaging after school activities for 5th through 12th grade students. The Center is open every day after school from 2:30 to 5:30 pm. Serving Battle Ground and Hockinson School Districts.

YMCA AFTER-SCHOOL ENRICHMENT
 The YMCA offers after-school enrichment sessions at the following elementary schools: Chinook, Eisenhower, Felida, Lake Shore, Sacajawea, and Salmon Creek. For schedules and information, call 360-885-9622.

MARSHALL COMMUNITY CENTER
 Teen after-school and late night at the SPOT The Safe, Positive Outlet for Teens (SPOT) is a supervised place for middle and high school aged youth to hang out and meet new people. Basketball, board games, video games, air hockey, pool tables and ping-pong are available for free.

FIRSTENBURG COMMUNITY CENTER
 Ages 11-18.
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After-School Fitness:
 Monday-Friday, 3 to 5 p.m.
 Scan in at the front desk first, then check in with fitness staff.
Game Room Hours: Open for free drop-in anytime building is open. Ping pong, foosball and pool tables.



Early Learning

1, 2, 3 GROW & LEARN
 Observe, wonder, and learn with your child! 1-2-3 Grow & Learn Groups are drop-in programs for families with children from birth to 5 years old. Vancouver groups begin in September and run through June. At Grow & Learn groups you will: Help your child learn – with focused parent-child time, Help your child socialize – meet other families, Help your child grow – with school readiness activities and snacks, Have fun and play with your child. No registration is required! 1-2-3 Grow & Learn is a program of Educational Service District 112. For more information contact ESD 112 at 360-750-7500.



Did You Know?

There are 58 certified Green Schools in Clark County, recycling 2,000,000 pounds of trash and composting 1,600,000 lbs of food waste each year.



#My Camas Growing & Thriving



Camas has outgrown its mill town past and is quickly developing into a real city. In fact, Camas is now receiving nationwide attention since becoming one of six finalist “small towns” competing for the starring role in the fourth season of “Small Business Revolution--Main Street,” an online show available to watch on Hulu. The mission of the show is to revitalize small towns and put “Main Street” America back on the map.

It was the staff of the Attic Gallery in downtown Camas who nominated Camas for the show, and the Downtown Camas Association spearheaded the campaign to raise online exposure by rallying residents and businesses behind the #MyCamas hashtag.

The strategy the campaign leaders used to pitch Camas to the show’s producers was to focus on the strength of Camas as an active community with a healthy environment to grow

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small businesses despite challenges such as jobs lost at the paper mill and the Great Recession.

According to the U.S. Census Bureau, the population of Camas is expected to reach 35,000 by 2035. The number of housing units doubled in one year between 2017 and 2018. Many new businesses and industry are making their home in Camas also.

LUXURY HOMES & LIFESTYLE COMMUNITIES

The fastest growing area of Camas are developments in the “North Shore” area of Lacamas Lake. Developments of luxury custom home communities in this area have green belts and partial lake views. People desiring a vacation property or active retirement lifestyle will enjoy the gated community of luxury condos located along the Lacamas Heritage trail and overlooking the Camas Meadows Golf Club.

Columbia Palisades is a “lifestyle center” in development at the entrance to the 192nd corridor above the Columbia River. The new mixed-use development will feature luxury

residences, offices, parks, a hotel, a modern outdoor shopping mall, an amphitheater, and community center all overlooking the stunning Columbia River. The project also includes about 24 acres of open space with sloped areas, a stream corridor and a trail wrapping around the slope.

BUSINESS & INDUSTRY

Camas is known for its charming historic district with quaint, tree-lined streets, but it is far from being a sleepy little town. The downtown area is vibrant with new local businesses putting down roots. Visitors to the downtown area will find boutiques and culinary delights, as well as an array of services.



The Port of Camas-Washougal is bringing jobs, infrastructure, and recreational opportunities to East Clark County to strengthen and diversify the existing economic base. The 430-acre Industrial Park averages an occupancy of 48 businesses with an annual payroll of \$8.9 million. The adjacent 125-acre Steigerwald Commerce Center is Clark County’s largest new market-ready industrial development.

SCHOOLS & COMMUNITY

A top-rated school district, Camas schools provide resident students with a progressive, challenging curriculum. The schools are a vital part of the community

and are generously supported. To serve the growing population of their city, Camas voters approved a bond to build three new schools: Lacamas Lake Elementary, Odyssey Middle School and Discovery High School.

Good public schools are vital to the health of a community, and so are events that bring the community together. Camas residents come together for many monthly and seasonal events throughout the year such as First Fridays, farmers markets, art fairs, concerts in the park, Camas Days, downtown holiday tree lighting, and more.

Did You Know?

Camas was named for the Camas Lily which the original Columbia River valley inhabitants called “Kamass.” The bulb of the plant could be made into flour and was an important part of their diet.



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Green Options in Home Siding

Did You Know?

...that you can use restoration juniper wood beams and decking boards in your garden? Restoration juniper has a high pitch content that allows it to outlast even Western cedar and redwood boards. Juniper is an environmentally-friendly product harvested from Eastern

Oregon grasslands where it has overgrown. Plus, it is more affordable than Western cedar and redwood boards.

I've added restoration juniper beams to our garden to edge a stone path, to build steps and a raised bed, and used the boards to top a patio table. It's rustic looking with bits of bark still



Tabletop made from restoration juniper.

attached, making it ideal for the garden. You can find juniper fence posts at Wilco Farm Stores and a large selection of the product at Sustainable Northwest Wood in Portland, Oregon.



Garden steps made with restoration juniper.

— Laura Heldreth,
WSU Clark County
Master Gardener

If new siding is on the list of must-do home projects this year, there are many factors to consider. Though it's a transformative renovation, replacement siding is a significant and potentially expensive undertaking. Therefore, careful consideration must be given to the materials used and their maintenance, longevity, insulation factor, and cost. Many homeowners also want siding that is eco-friendly.

Sustainability is an important consideration for many homeowners. Data from the National Association of Home Builders' "Green Multifamily and Single Family Homes 2017 SmartMarket Brief" indicates that at least one-third of single-family and multifamily home builders who were surveyed said that green building is a significant portion of their overall activity (more than 60 percent of their portfolio). By 2022, this number should increase to nearly one-half in both the single-family and multifamily sectors. Green building has become an important and established part of the residential construction sector.

Where siding is sourced, the materials that go into its fabrication and how well that siding insulates a home are key aspects of its "green factor." The following are some of the more sustainable options in home siding.



RECLAIMED TIMBER

A house sided with clapboard, or a log cabin-inspired look, is iconic. These types of siding are typically made from insect-repellant pine, cedar, cypress, or redwood. While lumber certified by the Forest Stewardship Council is environmentally friendly, homeowners may want to seek out reclaimed lumber. This wood has history and causes very little environmental impact. Plus, timber salvaged from old buildings or fallen trees may be superior to new wood because it likely came from slow-growing, old trees with dense grain.

Continued on next page ►



BRICK

Avoid any negative environmental impact by choosing locally produced or reclaimed bricks - or those made from post-consumer content. The longevity of bricks can often offset the energy expenditure in their manufacture. Plus, many bricks are made from natural clay, which can be an excellent insulator.



FIBER-CEMENT

Fiber-cement is similar to stucco in that it is made from sand, Portland cement, clay, and wood pulp fibers. It can be fire-resistant and insect-proof and will not rot. It's a stable material that can recover almost 80 percent of the initial cost, according to the National Association of Realtors®.



STUCCO

HouseLogic says traditional stucco is made from sand and Portland cement mixed with water to make a usable plaster. It's tough and durable - often lasting the life of the house. Eco-friendly variants include stucco made with an earth-and-lime mixture, offsetting the CO2 emissions associated with cement production. Stucco can reduce air infiltration that causes drafts in a home.



STONE

This nonrenewable resource can be beautiful on a home and durable, but mining it can impact the environment. If homeowners can use reclaimed or displaced stone, those are more sustainable options. Manufactured stone, which is cement and other materials molded to look like stone, is also aesthetically appealing and more eco-friendly.



Enjoy a Season of the Arts

Do you consider yourself a lover of music and the arts? If you do, you are in very good company. According to the 2012 Survey of Public Participation in the Arts from the National Endowment for the Arts, nearly half of American adults (roughly 115 million people) attended at least one type of visual or performing arts activity that year. Nearly the same amount participated in some type of artistic activity.

Going to the theater or attending a concert are popular ways to indulge one's passion for the arts. Fortunately, there are many additional ways for men and women to support the arts.

- **Become an arts patron.** If you find yourself attending shows multiple times a year, it may be worth the investment to become a patron of a performance group or a particular theater. Membership may entitle you to advance notification and the opportunity to purchase tickets before they go on sale to the masses. Many organizations even provide complementary offerings to members, including free beverages, complementary tickets to certain performances and entry to member lounges before and/or after the show. Don't dismiss local theater groups, either, as even high school and college students put on impressive shows.

- **Join a discount ticket membership group.** Free enrollment in a ticket benefit group is a perk available to men and women who work for certain organizations. Such groups offer discounted ticket rates to members and can help you save a good deal on the purchase of tickets over the course of a year. Speak with human resources personnel at your place of employment to determine your eligibility for such groups.

- **Make it a group night out.** Spread the word about a favorite play or performance by taking in a show with friends

or family members. Inviting others to share in the experience may encourage a love of the arts in your loved ones. Plus, it can be more fun to attend as a group, sharing the experience and making critiques afterward. Theaters and other performance venues are often centrally located, so you can make the most of a night out with dinner before the show and drinks afterward.

- **Explore different genres.** If you have a tendency to gravitate toward musicals, stray from the norm and try a drama on your next night out. Expand your musical horizons as well. Don't shy away from a particular type of music because it isn't what you're accustomed to. You never know what you may discover when you experiment with different musical styles. It's quite possible you will fall in love with a new style of music.

- **Shop well in advance.** Although you may periodically earn discounts if you wait until the last minute to purchase tickets, it's often wise to shop around months before a performance. Shopping early affords you your choice of seats and reduces the risk of losing out to a sellout.

There is no time like the present to enjoy the arts. Don't miss the bevy of artistic endeavors that take place locally and in city centers. —(MS)

Did You Know?

Vancouver is now home to over 25 art murals, with more added each year. Download the walking map: www.ccmurals.org

Vancouver has a thriving performing arts scene. Here are just a few groups bringing great performances to some of our local stages.

Vancouver Symphony Orchestra

The Vancouver Symphony Orchestra has brought symphonic music to the community since 1972, presenting time-honored masterworks, newly commissioned world premieres, and unique and intriguing repertoire, including works by prominent new composers. Each year, the VSO performs more than 20 classical, pop, educational, and family concerts in Vancouver. vancouverSymphony.org

Vancouver USA Singers

The Vancouver USA Singers is an all-volunteer, mixed-voice chorus representing all walks of life and with ages ranging from as young as 15 to over 80 years. They present several concerts of sacred and secular choral music per season. vancouverusasingers.org

Magenta Theater

Magenta Theater is a community theater in Vancouver's downtown arts district. Since 2002 Magenta Theater has brought to the stage comedies, mysteries, dramas, and musicals. In addition, Magenta encourages creativity through its improv team (MIT), promotes education through Academy, and hosts a variety of local performers. magnetatheater.com



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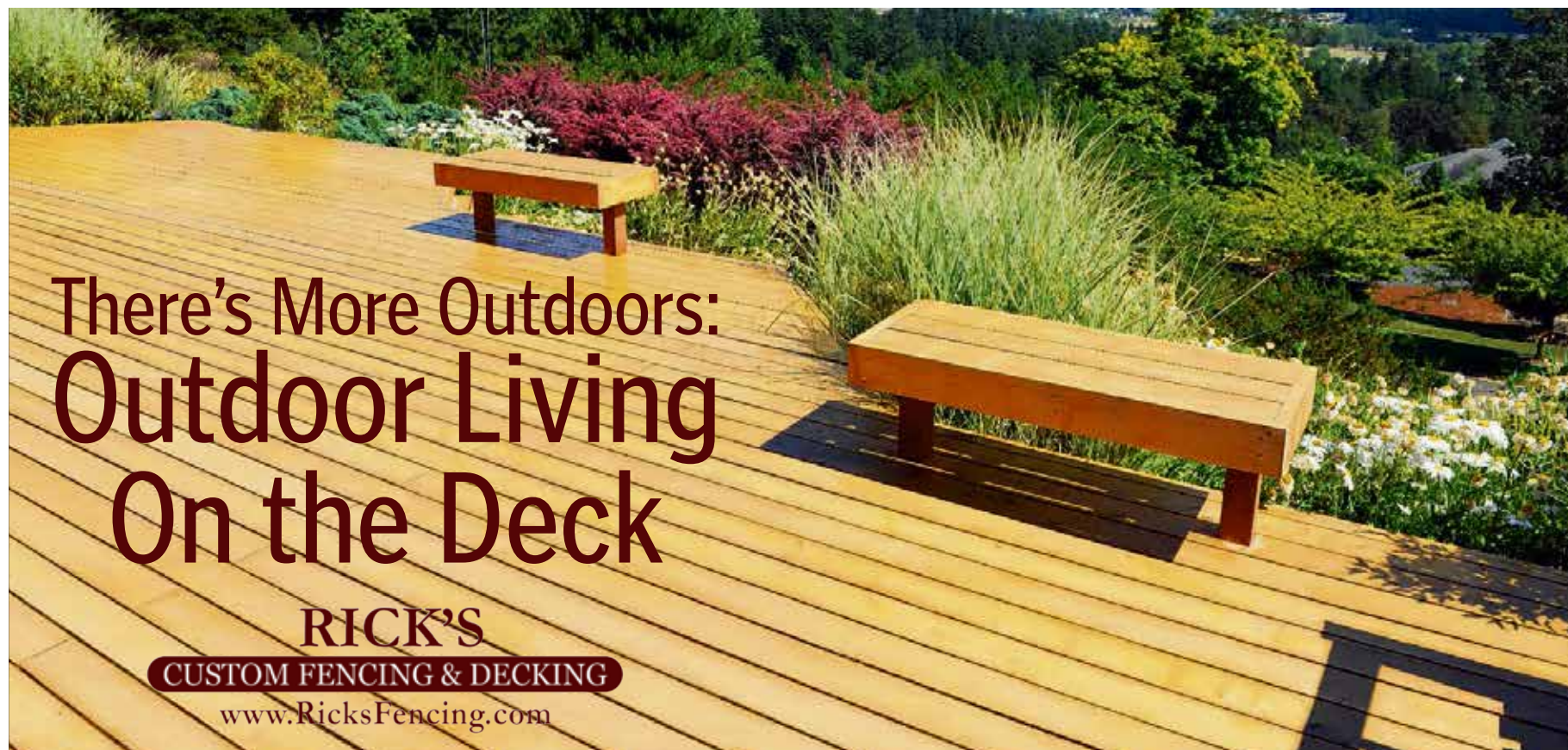
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There's More Outdoors: Outdoor Living On the Deck

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With warmer temperatures on the way, it's a good time to think about a deck. There are many benefits to having a deck, many of which are relaxing, delicious and fun! A deck can be a social gathering place for brunch and barbecues, as well as an oasis retreat for quiet time with a good book. A custom deck can frame a view, create outdoor living space, and soften boundaries between indoors and out. Pergola-shaded areas for entertaining are also great ways to make the most of your home in the warmer months. Larger outdoor decks have become popular for use as year round expansions of the home. Adding a patio cover can extend the use of your deck year-round.

The latest innovations in design and materials are worth checking out. Fully functional outdoor kitchens are becoming popular, as are free-standing fire pits and water features. Synthetic

materials are also trending. PVC is low-maintenance, durable, and slip-resistant, and advances in composite decking technology, like Armadillo's LifeStyle HDPE line of products, provide a durable, easy to maintain, eco-friendly surface for your deck or patio. The possible combinations of design, materials,

“We are the one-stop deck, fence and patio-cover installation company. We take our craft very seriously.”

– Rick's Custom Fencing & Decking

features, and accessories are endless—and all warmly illuminated with sophisticated advancements in contemporary lighting.

If all this sounds wonderful but you still need a more practical reason to justify the purchase of a deck, the experts at Rick's Custom Fencing & Decking say that up to 85% of a cost of a new deck is recouped in the value it adds to a home. These additions boost curb appeal and resale value by creating space and enhancing the overall aesthetic of a property.

Rick's Custom Fencing & Decking are local experts in building quality decks that can serve as outdoor living spaces and extensions of a home. Since they don't use subcontractors, their build crews are made up of a wide network of full time employees who take great pride to diligently craft each and every project for quality deck construction. They promise clients full service from their seasoned team of designers and builders

through every phase of the process, from drafting and designing, to engineering and construction. They also stress the importance of proper permits, as well as a safe, compliant, and standardized engineering process. Rick's works with all major insurance networks.

Rick's Custom Fencing & Decking has been building decks since 1980, and around Clark County since 1995. For more information on custom backyard deck ideas, small space solutions, or to learn about financing options and special promotions, explore their website, call, or visit one of their five store locations in Vancouver, Gresham, Hillsboro, Salem or Tri-Cities.

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Henderson & Daughter are local window and door replacement specialists who take pride in a “no pressure” style to ease the process. From start to finish, they help their customers navigate the details such as choosing whether to focus on design or energy efficiency, selecting materials and finding market incentives. To

take the mystery out of how it will look and how much it will cost, they offer free in-home design consultation and estimates, as well as several financing options.

Since 1977, Henderson & Daughter has been supplying superior design service, quality windows, entry doors, patio doors, and window installation to the Portland, Oregon and Vancouver, Washington metropolitan areas. They have many happy remodeling and new construction customers as far south as Salem, north to Longview, west to Tillamook and east to Hood River.



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MOTIVATION is in the DOING

Article by LETHA BRANDENBURG, Owner,
The Healthy Weigh, Vancouver, WA



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In my 38-year career of helping men and women lose weight I've seen a pattern. It's easy to start out strong, but not as easy to finish strong. Finishing strong takes discipline, commitment and persistence! It also takes constant motivation; personal, inward, meaningful motivation. I say meaningful, because what might motivate one person won't motivate another. Motivation comes from the word motive. Motivation: the motive that causes one to act.

We all know from the experiences that have taken place in our lives that hard things happen to people. Pain, loss and stress get us off track and it's hard to get back at it! When we're trying to accomplish something great like weight loss and we experience difficulties, we can't expect ourselves to just "get over it." I've taught my clients for years that "motivation is in the doing." So even those times when we don't feel like "doing," that is the time to get back on track. Sometimes our motivation will flip a switch and turn our thinking around.

Here's a list of tools to keep our motivation alive:

Journal your feelings

It's not so much about what you're eating, it's more about what's eating you. Journaling will help you get to the root of your feelings.

Make a list of the pain that overeating has caused you

We do everything we do to avoid pain or seek pleasure. Attach enough pain to overeating and you will automatically see yourself begin to turn from it. Use pain as your friend.

Make a list of the pleasure eating healthy brings you

Overeating has been treated as "pleasure" for most of us. When we go on a diet, that pleasure is stripped away. We MUST attach pleasure to eating healthy for us to continue to want to live this new healthy way and have permanent change.

Prep your food

There's something about opening up a fridge full of healthy prepared foods that gives you a little motivational lift!

Visualize yourself at goal weight living the life you want to live

Gold medalists do it and we should do it too. Visualization will help you program your subconscious mind to take the actions to achieve your weight loss goals.

Make a collage or vision board

The time you spend doing this fun and easy project will begin to turn your mind around. What we focus on is what we get.

Get out a calendar and look ahead to the reasons you want to reach your goal

Is it family gatherings, a wedding coming up this summer, a reunion with friends?

Make a list of rewards attached to even the simplest things

Rewards are a proven method of motivation for any kind of desired change. Attach rewards to even the smallest action of getting in all your water today. Rewards change the brain in ways nothing else will.

Hang smaller clothes out in front of your closet

Out of sight, out of mind. You want these motivational tools in your mind.

Try on clothes

You might be surprised what fits better. Or maybe you need to see what doesn't!

Motivation is in the doing! We MUST become experts at motivating ourselves! To finish strong with our weight loss goals or for any change we are trying to make we've got to master motivation.

Letha Brandenburg,
Owner,
The Healthy Weigh,
Vancouver, WA



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Items to Consider when Outfitting a Home Gym



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Home gyms can make working out more efficient, save time driving to a fitness facility and enable people to stick to a workout regimen during inclement weather. Having a gym at home also may motivate people to work out more frequently and more effectively, as they can exercise at any time of day they choose and won't need to share equipment with fellow fitness enthusiasts.

While workouts will vary from individual to individual, the Centers for Disease Control and Prevention recommend adults should combine both aerobic and strength training to achieve optimal health. The CDC recommends adults do at least 150 minutes a week of moderate-intensity aerobic activity, or 75 minutes of vigorous-intensity aerobic activity. In addition, the CDC advises adults to include moderate- or high-intensity muscle-

strengthening activities, involving all major muscle groups, in their workout regimens two or more days per week. When constructing their home gyms, homeowners should keep CDC recommendations in mind so they can enjoy as complete a workout as possible.

The following are some items homeowners can consider when outfitting their home gyms.

- **Barbells:** Barbells aren't just for biceps. Barbells can be used to work all the major muscle groups, including arms, chest, shoulders, legs, and back. Purchase a set of barbells of various weights so workouts can be varied depending on the muscle group being targeted.

- **Bench, bar and plates:** A bench, bar and plates also can be invaluable to people who want a fitness facility-quality workout at home. Purchase

Continued on next page ►

plates of various weights but remember to be cautious with the amount of weight you lift when no partner or spotter is present. When shopping for a bench, look for one that can incline and decline, which increases the range of exercises you can perform at home.

• **Land line:** If the gym will be in a basement or another area of the home where access to a mobile network is unreliable, the presence of a land line in the room can help in the case of emergencies. Those who work out at home will be doing so without gym staff or other fitness enthusiasts nearby, so the land line can be invaluable should someone suffer an injury when exercising alone. If possible, place the land line in the middle of the room so it's not too far away from any particular area.

• **Flooring:** Homeowners have various flooring options when outfitting their home gyms. Carpet tiles, rubber flooring, foam flooring, and vinyl tiles are popular options. Each has its

advantages and disadvantages, and the right choice may depend on how the gym will be used. For example, foam flooring may be compressed

under heavy equipment, which may be problematic for homeowners who want to include lots of equipment in their home gyms. Before considering

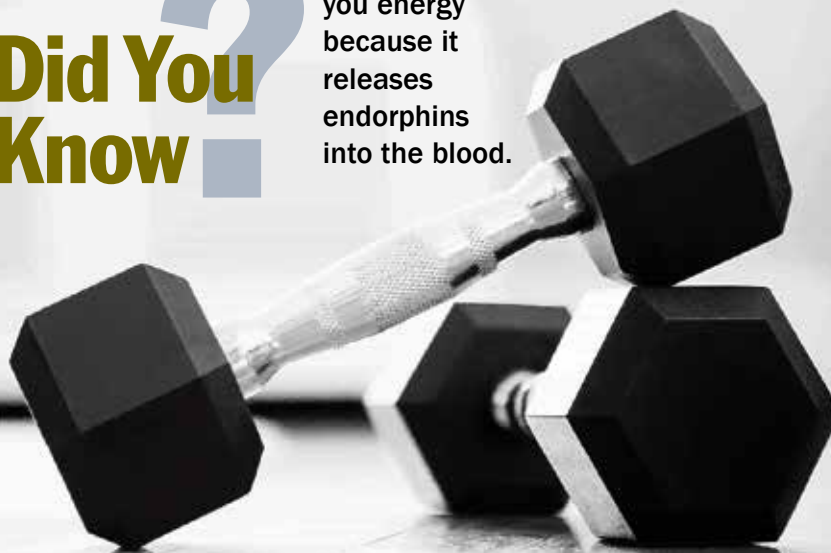
which flooring material to lay down, write down your likely workout routine before taking that write-up with you to a flooring contractor who can recommend the best material for you.

• Cardiovascular equipment:

Homeowners don't have to reinvent the wheel when purchasing cardiovascular equipment for their home gyms. If a treadmill worked for you at the gym, purchase one for your home gym as well. Cardio equipment can be expensive, but savvy homeowners may be able to find fully functional secondhand equipment online. If you currently have a gym membership, speak with the owner about purchasing a used item directly from the facility. Outfitting a home gym requires homeowners to give careful consideration to their workout preferences so they can tailor their gyms to their specific needs. —(MS)

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We create our own patterns from hand drawn artwork, cut our printing blocks, print our fabric, and cut and sew everything right here in our studio. We create unique patterns and customized designs for our clients. Our printing inks and blocks are eco friendly, ie. our inks are non-toxic, non-solvent, and water based and our printing blocks are made with bamboo, a sustainable material. After the inks are heat set, they are permanent and can be machine-washed or dry cleaned.

WHAT IS YOUR COMPANY'S MISSION AND VISION?

We inspire creativity through education and experience that builds passion and appreciation for beautifully handcrafted products. We feature artists from around the world on our blog to promote and support the arts.

WHAT IS ONE OF YOUR BUSINESS GOALS FOR THE NEXT YEAR?

We will launch two new textile collections this year as well as increase awareness of our company, our workshops, and our websites through influencer collaborations and community outreach.

ANYTHING ELSE YOU WOULD LIKE READERS TO KNOW ABOUT YOUR COMPANY AND YOUR PRODUCTS?

In addition to our studio workshops we offer private workshops for office team building, girl's night out, and other groups. Depending on the workshop, we can accommodate up to 25 people.

Our newsletter is posted twice a month and is full of home décor inspiration, workshop updates, and other inspiring material! You can subscribe at www.madeon23rd.com/inquiries

If you are interested in attending or teaching a workshop, please contact Deb.



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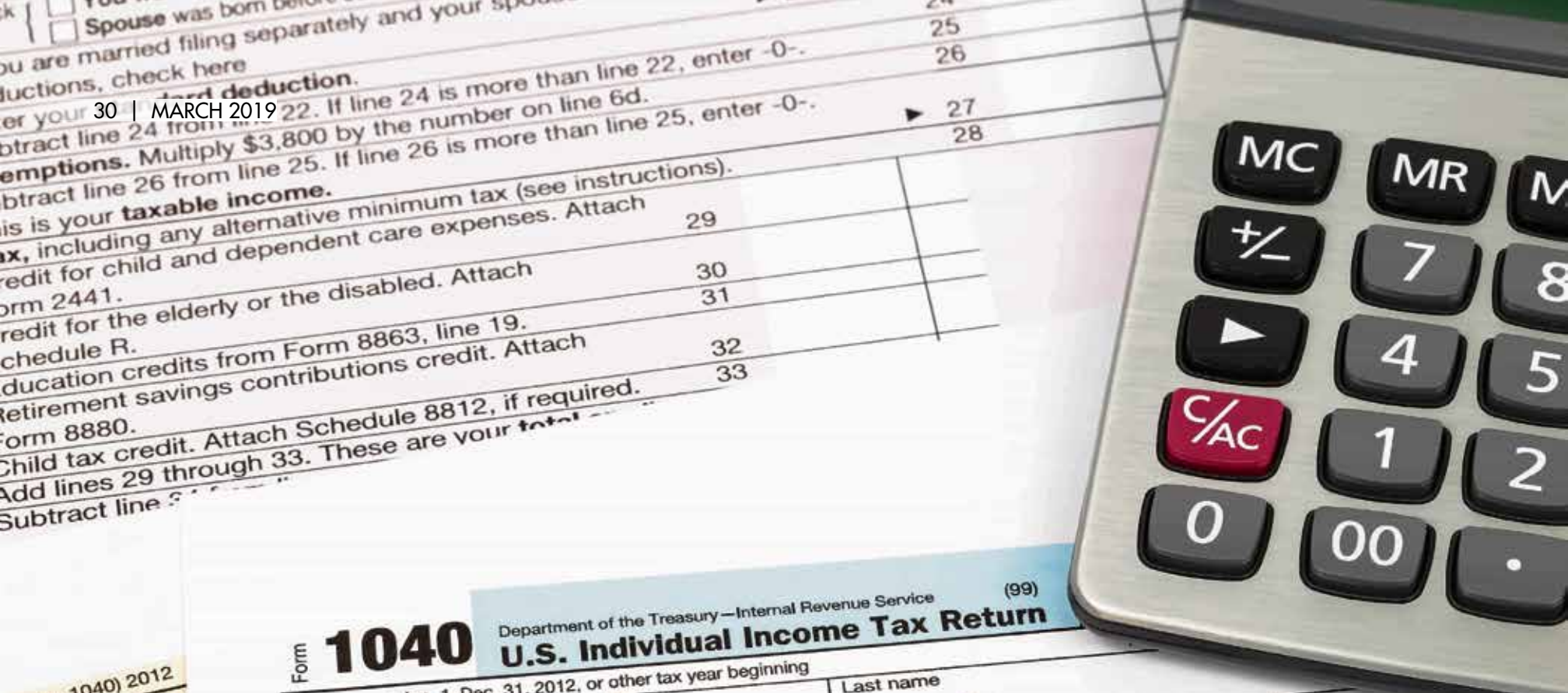
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Tax Season Basics

Understanding Your Personal Income Taxes

Article by **MORGAN STANLEY** and provided courtesy of Morgan Stanley Financial Advisor

While taxes may not be top of mind for much of the year, now might be a good time for a quick refresher on some important information that impacts how much you'll owe Uncle Sam. Taxes impact nearly every aspect of your financial life, from your overall financial and investment strategy to how you choose to save for your most important goals, such as a dream vacation, retirement or your child's education. Understanding

tax concepts and tax planning strategies—and opportunities that may reduce your tax bill—will help you make the most of the money you've worked so hard to earn.

In order to plan for your tax obligations and take advantage of common tax strategies, you need to know what forms you will need, how different types of income are taxed and how your federal taxes are calculated.

COMMON TAX FORMS

W-4 Form. This is the form your employer uses to determine what percentage of your pay will be deducted for taxes. Filling out your W-4 form correctly helps ensure you don't underpay or overpay your taxes during the year.

W-2 Form. Your W-2 statement provides a breakdown of your earnings and the amount of taxes withheld from your paycheck for the year. If

contributions to your retirement plan and health savings account were deducted from your paycheck, you will see this on your W-2, as well.

Form 1099-INT. If you received any interest income, it will be reported on this form.

Form 1099-DIV. If you received any dividend income, it will be reported on this form.

Continued on next page ►

Form 1040. This is the official form used to file your individual income tax return each year.

HOW INCOME IS TAXED

Your taxable income includes more than just the money you earn at work. Taxable income can be divided into ordinary income and capital gains. Ordinary income includes the compensation you receive from your job, as well as interest income. Capital gains include money you make on selling an asset, such as stock or real estate, as well as investment property. If you lose money selling an asset, you incur a capital loss.

It is important to distinguish between ordinary income and capital gains or losses because these two types of income are treated differently for tax purposes. For capital gains, your tax will rate will depend on how long you held the asset. If the holding period was longer than one year, your capital gain or loss is considered long-term



and is subject to a lower tax rate. If you have capital losses you can offset them against gains or against a maximum of \$3,000 of ordinary income. If you still have capital losses left over, you can carry them forward to the next tax year.

HOW YOUR TAXES ARE CALCULATED

Important components of your tax calculation include:

Gross Income. This includes all your income from all sources.

Adjustments to Income. These

are deductions that reduce your gross income, such as traditional IRA contributions, student loan interest payments and contributions to a health savings account.

Standard or Itemized Deductions.

These are deductions, such as medical expenses, mortgage interest and charitable gifts that reduce your taxable income.

Credits. These are credits that reduce your tax liability, such as child tax credits and education credits.

TAX PLANNING STRATEGIES

There are a number of tax-deferred accounts that you may be able to use to set aside money for specific needs and to potentially reduce your liability. These include flexible spending accounts, health savings accounts, commuter accounts or commuter benefits programs, education savings accounts, employer-sponsored retirement plans and individual retirement accounts.

Another strategy that may help to reduce your tax liability is to maximize your contributions to your company retirement plan and/or your IRA(s).

With your permission, a Financial Advisor can work with your tax advisor to help ensure that your tax strategy aligns with your overall wealth management strategy and is tailored to your individual goals.

Spencer French is Associate Vice President Financial Advisor in Vancouver, WA at Morgan Stanley Smith Barney LLC ("Morgan Stanley"). He can be reached by email at spencer.french@morganstanley.com or by telephone at 360-992-7984.

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Options for funding your next *Home Improvement Project*

Before starting a home improvement project, either on one's own or with the assistance of a professional contractor, homeowners must first consider the costs involved. According to the home improvement resource HomeAdvisor, more than one-third of homeowners do not understand what hiring a professional will cost, and then cannot successfully budget and secure financing once they have set their sights on a renovation project.

HomeAdvisor says that some of the more popular projects, such as remodeling a kitchen or bathroom or building a deck, can cost, on average, \$19,920, \$9,274 and \$6,919, respectively.

Homeowners may find that the more expensive renovations require them to secure some type of financing. Those who have never before sought such financing may want to consider these options.

Continued on next page ►

1 Cash-out refinancing: With cash-out refinancing, a person will begin the mortgage process anew with the intention of paying off the current mortgage balance, and then taking out additional funds for other purposes. Cash-out refinancing is a way to tap into a home's existing equity for use on improvements or other expenses, such as college tuition.

2 Home equity line of credit: The financial experts at Bankrate indicate that a HELOC works like a credit card, with the house as collateral. There is a credit limit, and borrowers can spend up to that limit. The interest rate may or may not be fixed. However, the interest may be tax-deductible if the financing is used to improve, buy or build a home.

3 Home equity loan: Individuals also can borrow against equity in their homes with a fixed interest rate through a home equity loan. Most lenders will calculate 80 percent of the home value and subtract a homeowner's mortgage balance to figure out how much can be borrowed, according to the financial advisory site The Simple Dollar.

4 Personal loan: Homeowners can shop around at various financial institutions for competitive personal loans to be used for home improvement purposes. Funds may be approved within one business day, which can be ideal for those who want to begin their improvements soon.

5 Personal line of credit: A personal line of credit allows borrowers to borrow only the money needed at the time, and offers a variable interest rate that is generally lower than fixed loan rates. Again, like a credit card, PLOC gives a person a maximum borrowing amount and is ideal for ongoing purchases.

6 Credit cards: In a pinch, credit cards can be used to finance improvements, but they do come with the cost of very high interest rates if the balance is not paid in full by the time the bill comes due. However, for funding smaller projects and maximizing rewards points through home improvement retailers or specific credit card company promotions, credit cards can be a way to earn various perks in addition to the benefit of improving a home.

Homeowners looking to finance their next improvements should speak to a financial advisor and shop around for the best types of funding for them. —(MS)



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3 Ways Oatmeal Can Benefit Your Body



Oatmeal is one of many options people have when sitting down to breakfast each morning. Though brand name cereals or staples like bacon and eggs might be the most popular choices at the breakfast table, few foods pack as nutritious a punch as oatmeal.

Instant oatmeal might be found in the pantries of many households. But it's important to note that packets of instant oatmeal are often loaded with sodium and sugar, which can compromise the nutritional benefits of the oats. In fact, WebMD says some instant oatmeal packets contain as much as eight teaspoons of sugar per serving. Store-bought plain rolled oats, or steel-cut oats, are typically nutritious and low in both sugar and sodium. For example, Bob's Red Mill® Extra Thick Whole Grain Rolled Oats contain just one gram of sugar per serving and no sodium.

Oatmeal can provide a great start to your day and pay other dividends as well, though it's important that consumers read package labels so they are getting the nutritional benefits of whole grain oats without the added sugar and sodium. The following are three of the many ways a morning bowl of oatmeal can benefit your body.

1. Oatmeal can help lower "bad" cholesterol.

According to the Mayo Clinic, oatmeal contains soluble fiber, which can reduce the absorption of cholesterol into the bloodstream. And it doesn't even take much soluble fiber to reap such benefits. Five to 10 grams of soluble fiber per day has been shown to decrease lowdensity lipoprotein cholesterol, which is commonly referred to as "LDL" or "bad" cholesterol. A single serving of Bob's Red Mill® Extra Thick Whole Grain Rolled Oats provides 1.6 grams of soluble fiber, helping people get a healthy head start on lowering their LDL throughout the day.

2. Oatmeal is loaded with vitamins and minerals.

The online medical resource Healthline® notes that oats contain a well-balanced nutrient composition that can help people get well on their way to consuming their recommended daily intake of various vitamins, minerals and antioxidants. For example, half a cup of oats contains 41 percent of the RDI of phosphorous and 20 percent of the RDI of iron. That same serving contains 51 grams of carbohydrates and 13 grams of protein.

3. Oatmeal can help people maintain healthy weights.

Oatmeal, so long as it isn't instant oatmeal, is one of the rare foods that's both filling and low in calories. That makes it an ideal choice for those who want a filling breakfast that won't affect their waistlines. Oatmeal is filling because of its fiber content. Unlike other carbohydrates, fiber does not break down into sugar once it's consumed. When fiber is consumed, it absorbs water and takes up space in the stomach, leading to feelings of fullness that can prevent overeating.

The nutritional benefits of oatmeal make it a must-have item for anyone who wants to start their day off in a healthy way. —(MS)



March 18
is Oatmeal Cookie Day

“Healthy” Morning Oatmeal Muffins

Say good morning
with these delicious
and nutritious whole
wheat muffins packed
with pineapple,
carrots, zucchini,
banana and raisins.

Provided by Laura Wenrick

RECIPE

INGREDIENTS

- 1 1/4 cups whole wheat flour
- 1 1/4 cup uncooked quick-cooking oats
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon baking powder
- 1 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup vegetable or olive oil
- 1/3 cup agave or stevia
- 2 large eggs plus 1 egg white
- 1 1/3 cups crushed pineapple, undrained
- 2 small mashed bananas
- 1 large (2 small) zucchini, shredded (about 1 1/2 cups)
- 3 large carrots, shredded (about 1 1/2 cups)
- 3/4 cup raisins (optional)

DIRECTIONS

1. Preheat oven to 350 degrees F. Use standard muffin tin sprayed with non-stick spray.
2. In a large bowl, whisk together the flour, oats, baking soda, baking powder, cinnamon and salt.
3. In another bowl with a mixer or spoon beat the oil, agave, eggs, banana and pineapple. Add the flour mixture and beat until just combined. Using a spatula, stir in the carrots, zucchini and raisins. Scoop the batter into the prepared muffin tin, filling each three-quarters full.
4. Bake until a toothpick or fork inserted in the center of a muffin comes out clean, about 18-20 minutes. Transfer the muffins to a wire rack and let cool. Serve warm or at room temperature. Other optional add ins may include nuts, dried cranberries or chocolate chips.

Note-the muffins will keep in an airtight container at room temperature for up to 4 days. You can also freeze them for up to 6 weeks.



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Looking for a new **Hobby?** Try Home Brewing

The rise of craft breweries and niche wineries has probably caught the attention of those who like beer or wine. The Brewers Association says two breweries open per day in America and three-quarters of Americans of legal drinking age live within 10 miles of at least one brewery. Establishments have popped up in

neighborhoods across the country, and many inspire a new crop of enthusiasts who want to try crafting their own brews and vintages at home.

Home brewing has been done for centuries. In fact, both George Washington and Thomas Jefferson were home brewers. Just a few years ago, home brewing (particularly of

beer) started surging across the United States. The American Homebrewers Association reported the number of U.S. homebrew shops peaked at 820 in 2016. As more people discover the ease and creativity involved with brewing their own beer and wine, there is a strong chance more home brewers will be born.

Anyone looking to jump into home brewing will find there are many resources at their disposal. Brew shops are now in many towns, and they can provide space, equipment and resources to help novice brewers get on track.

For those who find local resources are limited, brewing supplies and advice can be located in abundance online. Online retailers provide items that can be purchased a la carte or in specially designed beginner kits. As individuals become more experienced with brewing, they can vary the ingredients and experiment with their own flavors.

Both beer and wine are fermented using yeast. There are many different varieties of yeast that perform well in beers and wines. Temperature and sanitation are very important to the brewing process. To ensure quality beverages, all items need to be thoroughly sanitized to prevent natural yeasts and contaminants from

impacting taste. Ambient temperature can influence how fast the product will ferment and the final flavor.

Brewing wine or beer at home can be a rewarding hobby. People can learn how to turn ingredients into flavorful alcoholic beverages, socialize with others who share the same interests and produce beverages that align with their individual tastes.

There are many places online to learn more about home brewing and to purchase supplies. But to learn from the local experts in person, check out Bader Beer & Wine Supply on 711 Grand Boulevard.

If you're interested in connecting with other local brewers, the Cascadia Brewers Alliance is a brewers club welcoming brewers of any scale. They meet at Bader Beer & Wine Supply on the 1st Thursday of every month at 7:00pm. —(MS)

www.baderbrewing.com
www.cascadiabrewers.com



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Know**

Vancouver was rated **#2**
“coffee city” in the US
in ApartmentGuide’s
national top 50

It’s one of our most cherished traditions and it won’t take long for you to discover your favorite coffee house. Whether it’s for a customary cuppa Joe, a coffee-lab syphon poured espresso, or a creamy marshmallow mocha, you will find the taste you crave. These ten coffee haunts are each beloved for one or more special touches: ambiance, Fair Trade ethics, organic locally sourced ingredients, location, and small batch in-house roasted coffee. Whatever your coffee pleasure, it’s all here in The (very caffeinated) Couve!

JAVA HOUSE

210 Evergreen Blvd. #400

Vancouver’s first downtown espresso shop, opened in 1991 in an old automobile dealership showroom. Known for their cappuccino and Americano.

RIVER MAIDEN

5301 E Mill Plain

Proudly serving the great neighborhoods of The Couve with killer coffee and seasonal food.

PAPER TIGER

703 Grand Blvd.

In-house small batch roasters of Direct Trade & Fair Trade coffees from all over the world.

KAFIEX

720 Esther St.

Their mission is to provide freshly roasted, organic Fair Trade coffee that is sustainable and delicious. Also, they plant a tree for every bag of coffee sold.

BREWED CAFÉ & PUB

603 Main St.

Popular coffeehouse pairing its coffee with beer, wine and munchies.

THATCHER’S COFFEE

104 Grand Blvd. #100

Offering ingredients & products that are sustainable and earth-friendly. Their motto “Serving coffee is what we do, caring for people is why we do it.”

RELEVANT COFFEE

100 E 19th St. #500

Passionate about educating others, they believe in the power of coffee!

MON AMI

1906 Main St.

In the heart of downtown, this artsy café serves an assortment of crepes, tea and locally roasted Stumptown coffee.

COMPASS COFFEE ROASTING

817 Washington St.

“Coffee as culinary from crop to crop, soil smoke & steam.” Small batch roasters, ethically and sustainably sourced.

SAVONA

1898 SE Columbia River Dr.

Friendly atmosphere, wonderful hidden gem on the Columbian River. Caffè D’Arte!

Cold brew, hot brew, French press or syphon, there is no shortage of coffee houses, brew pubs, cafes and roasters where you can find your favorite method or discover new ways to enjoy your java!

EVENTS

MARCH - APRIL

March 17, 7:30pm-10:30pm

SERENADE FOR WINTER CLARK COLLEGE BAND CONCERT

The Clark College Concert Band under the direction of Dr. Doug Harris presents its Winter Concert in the Fort Vancouver High School Auditorium. Featured on the program is John Barnes Chance's classic band work Incantation and Dance, Pageant by Vincent Persichetti and Leroy Anderson's fun-filled Irish Washerwoman, among other pieces. The "title" work for this concert is Derek Bourgious' Serenade, a truly delightful piece. Admission to the performance is free and open to the public. Donations to the Clark College Music Department are welcome at the door. 1933 Fort Vancouver Way, Vancouver

March 17, 10am-3pm

VANCOUVER FARMER'S MARKET OPENING WEEKEND

Come celebrate the first day of the Vancouver Farmer's Market. Enjoy fresh produce, delicious food, arts & crafts, and live music brought to the market by your friends and neighbors. 605 Esther St, Vancouver



March 20, 6pm-7:30pm

3RD ANNUAL GREEN AWARDS @ KIGGINS THEATRE

The Green Awards is an annual event where awards made from recycled materials are presented to our community's best environmental champions of the previous year. The 2019 Green Awards will be hosted by an improv group from Curious Comedy Theater. Admission is FREE. 1011 Main Street, Vancouver

March 22, 5pm-10pm

NIGHT MARKET @ TERMINAL 1

A family-friendly, monthly marketplace that celebrates local businesses, highlights the regional talent, and brings the people of our community together. Featuring 80+ vendors, live music, entertainment, drinks, food and more! Free to attend and open to all ages. 100 Columbia St, Vancouver

March 23 & April 6, 6pm-9pm

NEW MOON COMMUNITY DRUM & FIRE CIRCLE @ WATTLE TREE PLACE

Come together to drum, dance, play and co-create with the magic of community. Drumming, Dancing & Fire Spinning. Community Connecting, Expressing & Creating. New Moon ceremonial activities for those who wish to participate. Bring drums, shakers, rattles, flow toys, altar or ritual items & whatever inspires you to move, connect and celebrate! The event takes place at street level with a covered porch and pavement surfaces as well as inside the Wattle Tree building. The main entrance is on Broadway. 1902 Broadway St, Vancouver

March 23 & 30, 7pm-8:30pm

LANTERN TOURS @ FORT VANCOUVER

An Evening at the Fort take place inside the Fort Vancouver stockade. Participants are treated to historical vignettes in several buildings as a park ranger guides them through the reconstructed fort. These vignettes transport the visitor back in time to exhibit what life was like at Fort Vancouver in the 1840s. The Lantern Tours begin at 7 pm, but visitors must arrive at 6:45 pm. Admission is \$25 per adult, and \$10 per youth. 612 E Reserve St, Vancouver

March 23, 10pm

ROCKY HORROR PICTURE SHOW @ KIGGINS THEATRE

The Rocky Horror Picture Show with live shadowcast - The Denton Delinquents. \$10 admission.



March 24, 9am-1pm

COUVE CLOVER RUN

Why Racing and Main Event Sports Grill host the 5th Annual Couve Clover 3, 7 or 10 mile Run/Walk. All courses to take you through some of the most scenic areas of Vancouver including Officer's Row, Fort Vancouver, the Columbia Riverfront, the Waterfront Trail, and more. The course is mostly flat with a couple short hills. Kids 17 and under get to race the 5K for FREE! Go to whyracingevents.com for ticket and race information.

March 27, 5pm-7pm

REPAIR CLARK COUNTY @ VANCOUVER COMMUNITY LIBRARY

Bring your broken items and have them fixed for free by skilled volunteer "fixers." Repair

Clark County holds events roughly monthly that are open to the public. You can bring in items in the categories of: sewing, sharpening, small appliances, electronics and bicycles. You can learn more about Repair Clark County at columbiasprings.org/repair. The events encourage waste reduction and efficient resource use by keeping usable items out of the landfill. 901 C St, Vancouver

April 4, 7pm-9pm

WEST COAST SWING

Barborton Grange

All ages welcome. No partner required. \$5 donation requested.

7:00-7:30pm Beginning lesson with Carole Duttlinger

7:30-9:00pm West Coast Swing Social

Dance and Practica (DJ Carole Duttlinger)

NOTE: Do not park on the north side of the grange building, as you risk being towed. When parking on the south side of the building, please park close together to make room for as many cars as possible. 9400 NE 72nd Ave, Vancouver

April 5, 9pm

JOHNNY CREDIT AND THE CASH MACHINE Brickhouse Lounge

A mix of Rockabilly, country, roots, with twist garage rock. Front man Wade Oliver has a sound that can best be compared to Johnny Cash, Elvis, Carl Perkins with a twist of Lux Interior. For the last 10 years he has regularly entertained various audiences from 1st birthdays to weddings around the Pacific Northwest. 109 W 15th Ave, Vancouver



April 5, 6pm-8pm

ADAGIO

Cellar 55 Tasting Room

Get ready to groove and dance along to some beautiful, soulful jams. Adagio plays the old school classics from Stevie Wonder, Etta

James, Nina Simone, Sam Cooke and so many more. Come have a nice glass of wine in the comfortable setting. Come early, seats go fast! 1812 Washington St, Vancouver

April 7, 6pm

SUNDAY NIGHT JAZZ

Tommy O's

Sunday Night Jazz Jam with the Tom Grant Band. Catch special musical

guests each week, and enjoy fabulous food and drink. The music starts at 6pm in the lounge. 801 Washington St, Vancouver



April 7, 6:30pm

NEITHER WOLF NOR DOG

Kiggins Theatre

Celebrate what would've been the 100th birthday of Dave Bald Eagle. Witness a stunning, landmark performance from Lakota Elder, Dave Bald Eagle, who passed on after filming at aged 97. Synopsis: A white author gets sucked into the heart of contemporary Native American life in the sparse lands of the Dakota's by a 95-year-old Lakota elder and his side-kick. 1011 Main St, Vancouver

April 12 & 13, 9am-4pm

SPRING BAZAAR

American Legion Smith-Reynolds Post 3rd annual spring bazaar. 4607 NE St James Rd, Vancouver

April 12, 9pm

STUMP CITY SOUL

Cascade Bar & Grill

Stump City Soul, Portland powerhouse 10-piece soul band is coming north to Vancouver! Bringing dynamic vocals, deep grooves and a the best horn section around, Stump City Soul provides high energy dance music ranging from the golden age of soul to today. 15000 SE Mill Plain Blvd, Vancouver

April 12 & 13

ANNUAL FISHING EVENT

Klineline Kids Fishing will host another kids fishing event. April 12 will be an all ages special needs fishing event from 9am-4pm. April 13 will be kids fishing for ages 5-14. CTRAN will pick up at the 99th Street Transit Center every

Continued on next page ►

15 minutes for FREE shuttle to the fishing area. Highly skilled volunteer fishing guides will be on hand to help your kids catch a fish. Prizes awarded for the largest & smallest fish. There will be an hourly drawing for kids bikes as well as lots of extras going on in the park! \$5 registration fee gives each participant an event t-shirt and their very own fishing rod and reel all set up and ready to fish. 99th St Transit Center: 9700 NE 7th Ave, Vancouver

April 13 & 14 MARYHILL WINERY VANCOUVER GRAND OPENING CELEBRATION

It's the official grand opening celebration for the new tasting room located at the Vancouver Waterfront. All weekend enjoy tastings of award-winning wines, live music performances by Sundae + Mr. Goessl (Saturday, 4-8pm) and Jessie Marquez (Sunday, 2pm-5pm), and an enhanced small plate menu while taking in waterfront views from inside or on the outdoor patio. Premium Wine Club members can savor the club experience from the exclusive Club Room. 801 Waterfront Way, Suite 105, Vancouver



April 13, 8pm REGGAE MUSIC PARTY WITH SOLESSENTIAL AND ROOTIKALS Heavy Metal Brewing Company

A fun night of Island music, great food and amazing in-house brewed beer. This is an all ages show until 11pm. \$7 cover. Wear your Tie-Dyes. 809 MacArthur Blvd, Vancouver

April 14, 4pm – 6pm SIPS & SONGS

A small gala fundraising event for Vancouver USA Singers. Two pours of wine, hors d'oeuvres, and wonderful music. Tenor soloist, Ryan Allen, along with soprano soloist, Alexis Balkowitsch, will perform beautiful, romantic solos. Darcy Schmitt will also perform a set of Jazz standards. There will also be an auction. Please join us and show your support. Space is limited. Niche Wine Bar: 1013 Main St, Vancouver

April 19, 5pm-9pm FORTUNE FRIDAYS

Love Potion Magickal Perfumerie
Mini Psychic Faires every third Friday of the month with a rotation of different divination styles and readers! Tarot, Tea Leaves, Palmistry, Crystal Ball, Crystals, Runes, Oracle Cards, complimentary treats, and more! 10 Minute Readings for \$10 each. 703 Main St, Vancouver



April 19 & 20 COLUMBIA DANCE PRESENTS! SWAN LAKE!

Columbia Dance Company performs their signature concert, Columbia Dance Presents! featuring excerpts from Swan Lake, plus exciting choreographic works by Suzanne Haag, Jan Hurst, David Justin

and Shaun Keylock. This classical story ballet, set to music by Tchaikovsky, has inspired Artistic Director, Jan Hurst, to fill the stage with carefully selected excerpts from Act I and Act II. Tickets: columbiadance.org/tickets. Friday, 7pm. Saturday, 2pm & 7pm. Royal Durst Theater, VSAA: 3101 Main St, Vancouver

April 20, 9am – 12pm EARTH DAY MULCH PARTY AT THE CONFLUENCE LAND BRIDGE

Join Confluence volunteers spread mulch and tend native plants on the Confluence Land Bridge. Meet at Old Apple Tree Park, 168 Columbia Way, Vancouver

April 20 FREE NATIONAL PARK DAY

Park entrance fees will be waived. For a list of participating parks visit: www.nps.gov

April 20, 6pm – 9pm FULL MOON COMMUNITY DRUM & FIRE CIRCLE

Come together to drum, dance, play and co-create with the magic of community. Drumming, Dancing & Fire Spinning. Community Connecting, Expressing & Creating. Full Moon ceremonial activities for those who wish to participate. Bring drums, shakers, rattles, flow toys, altar or ritual items & whatever inspires you to move, connect and celebrate! The event takes place at street level with a covered porch and pavement surfaces as well as inside the Wattle Tree building. The main entrance is on Broadway. Wattle Tree Place: 1902 Broadway St, Vancouver



April 24, 10am BASIC KNITTING CORNER Craft Warehouse

Every last Wednesday of the month, learn new knitting techniques, cast on methods, and win fun prizes! Be sure to bring in your current projects to work on and share. 9307 NE 5th Ave, Vancouver



April 26, 5pm-10pm VANCOUVER NIGHT MARKET Terminal 1/ Warehouse 23

A family-friendly, monthly marketplace that celebrates local businesses, highlights the regional talent,

and brings the people of our community together. Featuring 80+ vendors, live music, entertainment, drinks, food and more! Free to attend and open to all ages. 100 Columbia St

April 27, 5pm GLITZ! GLAM! RED CARPET! SHARE'S 40TH ANNIVERSARY GALA! Hilton Hotel Vancouver

Presented by Riverview Community Bank Includes dinner, table wine, silent auction, raffle, plus Heads & Tails for a beautiful piece of jewelry designed by Rand Jeweler – all to celebrate Share's 40th anniversary! \$125 per person | \$1,250 Table of 10 | \$1,500 Sponsor Table – Tickets on sale now! Embrace the theme & dress in style to walk the red carpet! Sponsorship is available from 'On the Waterfront' Supporting Sponsor at \$7,500 to 'Out of Africa' Table Sponsor at \$1,500. Contact Kim Hash: (360) 952-8227 or devdir@sharevancouver.org

April 27 HEATHEN BREWING 5K FUN RUN

Participants walk, jog, or run approximately 3.1 miles, then drink beer! Everyone is invited to enjoy the day's entertainment: live music, great food, giveaways and activities with partners and sponsors. Everyone receives a craft brew, and collector's pint glass or seasonal swag item. 10% of our proceeds help support our nonprofit partners, the Oregon Brewshed Alliance, Dollar For Portland, and Life Vest Inside. Registration is limited. A safe and fun running route on sidewalks, through parks, and along trails! Rain or shine! Find more information: FB @ feralpublichouse



April 28, 10am WALK MS: VANCOUVER 2019 Vancouver Farmers Market

Walk MS brings together a community of passionate people for one powerful cause: to end MS forever. It is because of YOU and your involvement in Walk MS that people affected by multiple sclerosis have access to around-the-clock information, support and resources they need to live their best lives. Team up for someone you love and register today for Walk MS. With every step you take, we are closer to ending MS forever. www.facebook.com/walkMS

April 28, 9am – 3pm VANCOUVER TOY JUNKIES IS BACK WITH A BIG VINTAGE SHOW!

Over 120 tables of vintage and collectible toys, dolls, games, trains, retro video games, transportation, die-cast, comic books, records and other pop culture fun! Early Bird 9:00 am: \$10 admission. General admission 10am-3pm: \$3 admission. Kids 16 and under Free. Warehouse 23 Event Center: 100 Columbia Blvd, Vancouver. Free parking.



April 29 ART JOURNALING CLASS Craft Warehouse

Splatter, smooch, swipe, rip, layer, and more. Learn how to apply gesso, salt, acrylic layers and more to create inspiring one of a kind looks. Materials provided. Participants are responsible for purchasing their own Dylusions Creative Journal prior to attending a class. Space is limited, pre-registration is recommended. Walk-ins are welcome, but subject to availability. 9307 NE 5th Ave, Vancouver



*Clark
Public
Utilities*



HOME & GARDEN IDEAFAIR

April 26 to 28

Clark County Event Center

Friday & Saturday
9 am - 6 pm

Sunday
10 am - 5 pm

FREE ADMISSION • \$6 Parking

For more information, call 360-992-3000 or visit www.homeandgardenideafair.com