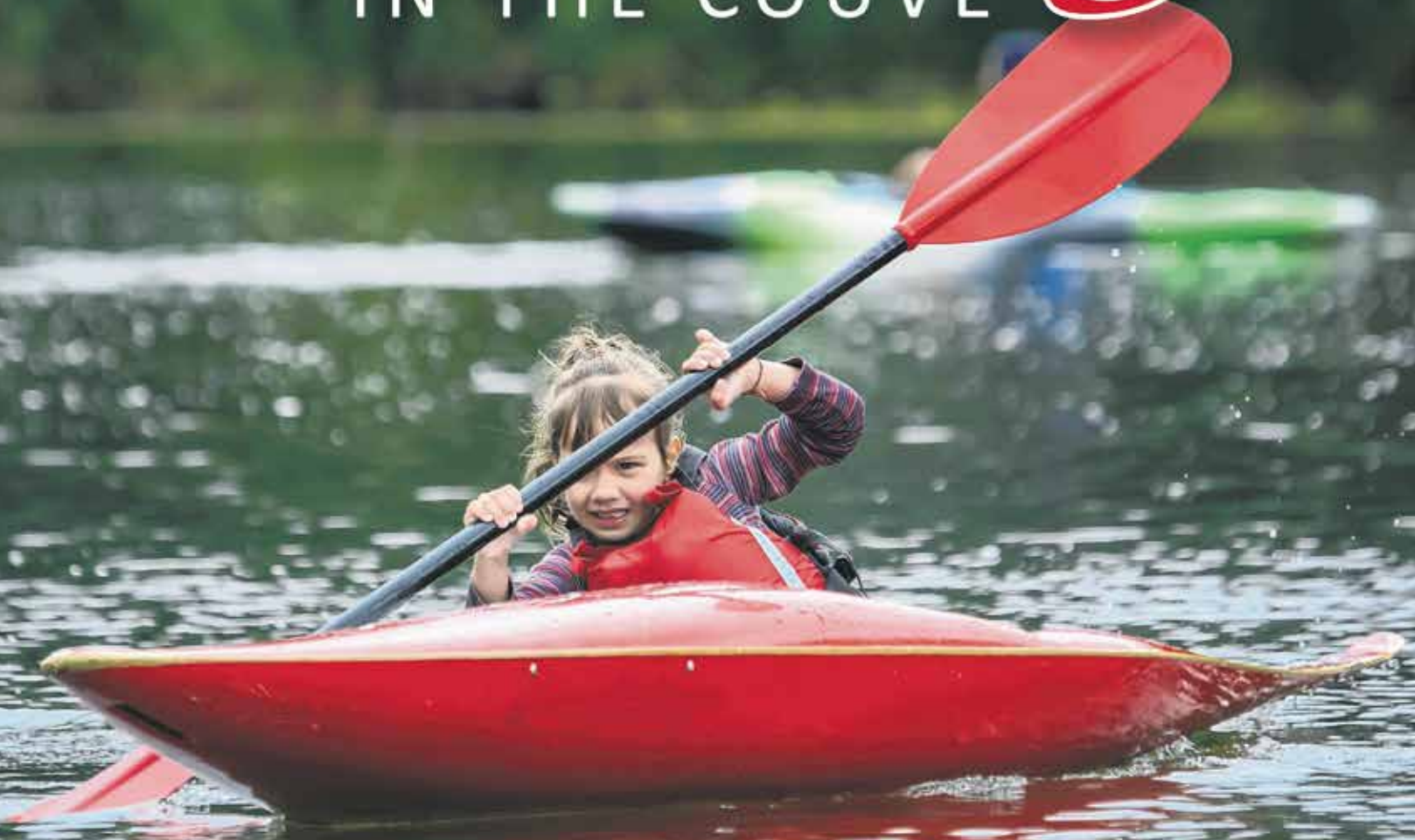


A PRODUCT OF THE COLUMBIAN'S ADVERTISING DEPARTMENT

# *Living* IN THE COUVE



MAY 2019



The Columbian



# stories start here



**Nikon** Z 6

**Z6 body only**

REG ~~\$1,999<sup>99</sup>~~

SALE **\$1,799<sup>99</sup>**

SAVE  
**\$200**

**24.5** | **FX** | **4K UHD**  
Megapixels | Format | 3480x2160 at 30/25/24p

**12 FPS** | **100-51,200**  
Continuous Shooting | ISO (Expandable to 204,800)

Nikon Authorized Dealer ■

**Z6 + 24-70mm** LENS

REG ~~\$2,599<sup>99</sup>~~

SALE **\$2,399<sup>99</sup>**



**Nikon** Z 7

**Z7 body only**

REG ~~\$3,399<sup>99</sup>~~

SALE **\$2,799<sup>99</sup>**

SAVE  
**\$600**

**45.7** | **FX** | **4K UHD**  
Megapixels | Format | 3480x2160 at 30/25/24p

**9 FPS** | **64-25,600**  
Continuous Shooting | ISO (Expandable to 102,400)

LIMITED WARRANTY INCLUDED ©2019 NIKON INC.  
All pricing is valid through June 1, 2019.

**Z7 + 24-70mm** LENS

REG ~~\$3,999<sup>99</sup>~~

SALE **\$3,399<sup>99</sup>**

## Welcome to the future of imaging:

The Z series mirrorless digital cameras, 45.7 megapixel Z 7, and 24.5 megapixel Z 6 in a lightweight, compact body with a deep grip for balanced handling.

The Nikon Z Series is comprised of mirrorless cameras and compatible NIKKOR Z lenses and accessories. This system has been realized through the pursuit of a new dimension in optical performance. It has inherited Nikon's tradition of quality, superior imaging technology, intuitive operability and high reliability, all innovated from its digital SLR cameras.



Visit us at | [www.prophotosupply.com](http://www.prophotosupply.com)

STORE > 1112 NW 19th Avenue | 503-241-1112

EVENT CENTER > 18th & NW Northrup Street

PHOTO LAB > 1815 NW Northrup Street | 503-517-3639

RENTAL > 1801 NW Northrup Street | 503-517-3637

# 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

*Living In The Couve* is a monthly publication of the advertising department of The Columbian Publishing Company. For advertising opportunities call 360-735-4497.

**SPECIAL PUBLICATIONS  
MANAGER**  
Laura Wenrick

**SPECIAL PUBLICATIONS  
EDITORIAL DESIGNERS**  
Kristi Atwood, H. Brannon

**CONTENT EDITOR**  
Kristin Dorsett

**COORDINATORS**  
Valerie Sloan,  
Teresa Davis

## May Focus: NW DESTINATIONS & RECREATION

06 PADDLING AROUND - Kayaking  
and Stand Up Paddleboarding



08 DAY TRIPS FROM THE COUVE



14 IN THE GARDEN  
Your Personal  
PNW Garden Tour



18 ARTS & CULTURE  
Public Art & Mural  
Walking Tour

19 ARTS & CULTURE  
History Walking Tour

20 KIDS & FAMILY  
Whipple Creek Regional Park:  
A Little Known Gem



30 HOMETOWN HIGHLIGHT  
DAYTRIP – Battle Ground/  
North County



36 TASTES & BREWS  
North County Winery Loop



# In this **ISSUE**

## ENVIRONMENT & GREEN LIVING

- 10 CONNECT AND GIVE TO NATURE AND THE COMMUNITY THROUGH VOLUNTEERISM
- 12 SPRING CLEANING: How To Dispose of Hazardous Waste In Your Home

## KIDS & FAMILY

- 22 FAMILY CYCLING IS AN ENJOYABLE ESCAPE

## FOOD & RECIPES

- 24 COOKING WHILE CAMPING
- 26 IT'S TOMATO TIME

## HEALTH & FITNESS

- 28 TO MAKE HEALTHY EATING PERMANENT... Take Time For Your Emotions

## MADE LOCAL

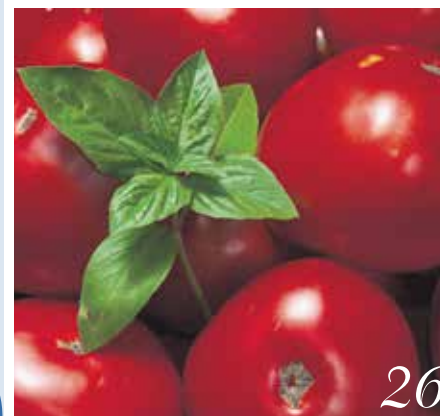
- 32 BE WELL - Vancouver's Original Juice Bar

## MONEY & FINANCE

- 34 GET THE FINANCIAL FACTS ABOUT TIMESHARES

## LOCAL EVENTS

- 38 May - June





# FABULOUS

## flippin Treasures

SHOP SMALL • SHOP LOCAL

# VINTAGE MALL



20% OFF ENTIRE  
PURCHASE  
Every First  
Friday  
ALL DAY

Fabulous Flippin' Treasures - Vintage Mall  
2519 E Fourth Plain Blvd. - Vancouver

360.200.8045

Open 10am - 6pm Everyday

instagram.com/flippintreasures

facebook.com/fabulous.flippin.treasures

A 6000+ Sq Ft. Mall with over 50 vendors. We offer Antique, Vintage, Eclectic, Boho Chic, Shabby, Farmhouse, French Country, Retro, MCM & Trendy Clothing just to name a few with LOTS of furniture to the tiniest Collectibles!



For All of Your  
Catering  
Needs



2411 Main Street, Vancouver  
BleuDoorBakery.com • 360.693.2538



A celebration of community and the natural world through art

## The Procession of the Species

11 am Sunday, June 30

Dress as your favorite plant, animal, or natural element and parade around the Recycled Arts Festival with a live marching band! The parade ends with a costume contest. All ages welcome!

Free weekly costume workshops in June with supplies for creating your masterpiece!

[recycledartsfestival.com/pots](http://recycledartsfestival.com/pots)

CLARK COUNTY  
Recycled  
Arts  
Festival

June 29 -  
30, 2019

Esther Short Park,  
Vancouver



# Paddling Around

## Kayaking and Stand Up Paddleboarding



By EILEEN COWEN, for The Columbian

One of the best things about Northwest summers is getting out on the water. Here in Clark County, we are lucky to have multiple places to beat the heat, either through swimming or boating. Over the last few decades, kayaks and stand up paddleboards (or SUPs) have risen in popularity, and for good reason. They are easily maneuvered, lightweight, and provide great exercise. Perhaps you have thought about joining the convoys

of kayaks on our waterways, but aren't quite sure how to begin. Jumping into a new sport can seem daunting, but with the right resources, you can soon be on an exciting new adventure.

If you don't own your own watercraft, or are just trying it for the first time, you may want to rent a kayak or SUP. Thankfully, there are at least three places in Clark County that can help. The first option is offered as part of the Washington State Parks system

and is located at Battle Ground Lake State Park. In 2018 a company called PaddleEZ ([paddleez.com](http://paddleez.com)) began offering self-service rentals of kayaks and stand up paddleboards. Simply go online to rent gear, and use your exclusive rental code to access the on-site kayaks and life vests. The cost is \$18 an hour and is a great way to dip your toes in the water, so to speak. The lake itself is relatively small and protected from the wind, making it an excellent place for

beginning kayakers and SUPers. Plus, in the event that you fall in the water, the temperature is generally warmer than the glacially-fed rivers and lakes so prevalent in Southwest Washington.

If a full-service water experience is more your speed, Ridgefield Kayak ([ridgefieldkayak.com](http://ridgefieldkayak.com)) offers rentals, education, tours and insider information on the local waterways. Situated in

---

Continued on next page ►

---



Downtown Ridgefield on 6th street, the shop offers back door access to Lake River and Ridgefield National Wildlife Refuge. Their guided tours are an informative way to learn how the Lake River tributary connects Vancouver Lake to the Columbia River.

On the east side of the county, Sweetwater SUP Rentals ([www.sweetwatersuprentals.com](http://www.sweetwatersuprentals.com)) in Camas has all your paddling needs covered. They rent kayaks and stand up paddleboards, even delivering them to Heritage Park at the edge of LaCamas Lake. They offer lessons and personalized coaching to give the beginning paddler the best experience. Individual rentals are very reasonably priced by the hour, with special rates for kids and tandem kayakers. They currently only rent on the weekends, but their weekday rental program begins on June 20.

Now that you have rented a kayak or SUP, the next question is where to drop in. An open secret here of Southwest Washington is just how accessible our waterways are. Water lovers don't have to go much farther than our own back yards for fun afternoon adventures. In addition to mainstays such as Vancouver Lake and Horseshoe Lake in Woodland, there are miles and miles of established water trails meandering throughout the county. In fact, in 2013, the Clark County Parks Foundation published a Lewis River – Vancouver Lake Watertrail Paddling Guide. It lays out how paddlers can use the existing waterways that connect Vancouver to the Lewis River in Woodland. This resource pamphlet includes detailed maps, moorage instruction, gear checklists, and river etiquette tips. The 32-mile water trail is a quiet, intimate way to get to know how our cities physically connect. Plus, the pamphlet includes ample information to make your trip shorter or longer, based on skill and ambition. Copies of the guide can be found at Vancouver City Hall, as well as at the Clark County Public Services Center at 1300 Franklin Street.



*Photo courtesy of Eileen Cowen*

Out in Camas, three adjacent bodies of water offer different kayaking experiences. Round Lake, Fallen Leaf Lake, and LaCamas Lake are all accessible to non-motorized boats. One of the best things about kayaks and SUPs is their portability, increasing access to smaller bodies of water like Fallen Leaf Lake. There is a special kind of serenity to being the only person in the middle of a quiet lake. LaCamas Lake is busier, with more people taking advantage of the boat ramps and day use areas. Since it is a larger lake, you can spend the better part of a day paddling around its marshy inlets.

There are a few great paddling locations near Cougar as well. Yale Lake is a great destination for kayakers and SUPers. Drop in at Yale Park and explore the nearly 7.5 mile lake, taking in stellar views of Mt. Saint Helens and the towering trees along the banks. The lake is relatively calm, but be aware that you will most likely be sharing the views with people in motor boats and on jet skis. Beginner paddlers should carefully observe boat wake to lower the risk of capsizing.

For those who are looking for a quieter paddle spot, Merrill Lake offers a breathtaking view of the forests surrounding Mt. Saint Helens. It is a secluded area with multiple inlets to explore and many opportunities to see birds of prey diving for the abundant fish in the lake. The north and south ends are marshy wetlands teeming with aquatic life. It is well worth the day trip, as it is only about 45 minutes from The Couve.

Although there are many beginner paddler locations in Southwest Washington, but that doesn't mean experts are left high and dry. Our rivers offer an incredible array of experiences for well-seasoned kayakers. The East Fork of the Lewis River in Gifford Pinchot National Forest is a world-class extreme kayaking destination, and rapids vary from Class II to Class IV+. Culminating in a launch over Lower Falls, it goes without saying that this course should be left to the experts.

The Washougal River also includes dramatic Class III and IV rapids, as do the Klickitat and White Salmon Rivers

in Skamania County. Pretty much any rushing river can give a thrill to the properly trained kayak rider. Again, gauge your own experience and training, and listen to your intuition if you choose to tackle some of the more challenging rivers in Southwest Washington.

A less dramatic, but equally beautiful river ride is on our own Columbia River. Depending on tide, season, weather, and wind, a paddle can be a very relaxing rendezvous. Drop in at any open park from Captain William Clark Park in Washougal all the way to Frenchman's Bar in Vancouver, and you can spend some quality time on the enormous waterway that fuels our entire region.

No matter which body of water you choose to explore, kayaks and SUPs give a different view of the areas you know and love. With the right preparation and proper gear, you will soon be exploring Clark County off the noisy, beaten highway and onto its quieter, more serene waterways.

### **DON'T MISS: THE BIG PADDLE**

Ridgefield's yearly celebration of their waterways. This year it takes place on June 1st and features a recreational paddle, live music, a kayak polo demonstration, and obstacle course. The Farmer's Market will be open, as will a beer garden and carnival. For more information, visit <https://www.ridgefieldbigpaddle.com/>

### **WASHINGTON STATE PARKS BOATING PROGRAM**

As with any new undertaking, make sure you read up on correct safety information and current regulations. A great resource is the Washington State Parks Boating Program. Offering safety tips, educational courses, and links to regional paddling clubs, the program wants to make sure people are making good decisions on the water to minimize dangers. The program also offers information on green boating and minimizing impacts on natural areas. Call or email for more information: 360-902-8555 or [boating@parks.wa.gov](mailto:boating@parks.wa.gov)

# DAY TRIPS *from The* COUVE

By VALERIE SLOAN, *The Columbian*

There may be a lot to do in The Couve, but with warmer weather comes the urge to travel. There are plenty of historic, educational and recreational places that you can enjoy in a day, or a weekend if you have the time.

## GIG HARBOR, WA (140m)

[cityofgigharbor.net](http://cityofgigharbor.net)

Gig Harbor is a charming maritime village located near Puget Sound with scenic views of nearby Mount Rainier. This picturesque community has a “getaway” feeling while still being close to everything. Best known for its stunning walkable waterfront and historical maritime history, Gig Harbor offers a pleasant escape from the city. Stroll along Harborview Avenue for views of the Puget Sound and Mount Rainier, while browsing the local shops that line the waterfront. If the water looks too inviting to resist, rent a kayak or schedule a tour with Destiny Cruises or the Gig Harbor Gondola. You can also rent your own watercraft or electric boats at Gig Harbor Yachts. Don't forget to take a tour of Heritage Distilling, home of the famous Brown Sugar Bourbon. You can learn how spirits are distilled on their tour and join their famous cask club.



## MOUNT HOOD / TRILLIUM LAKE, OR (100m)

[fs.usda.gov/mthood](http://fs.usda.gov/mthood)

One of the most picturesque landscapes in Oregon is Mount Hood, a beautiful natural wonder to explore. Known by the native Multnomah tribe as ‘Wy’east’, Mount Hood is, in fact, an active volcano. There are a range of gentle walks and more challenging hikes through the foothills, forests and along the rivers. The charming town of Hood River is home to dozens of quaint, locally run restaurants from which you can dine and marvel at the magnificence of the mountain. Sitting at the base of Mount Hood is one of Oregon's

best kept secrets, Trillium Lake. This idyllic spot is perfect for picnics (there are plenty of safe BBQ areas). Swimming is permitted in the clean and crystal clear lake. There aren't any kayak or paddleboat rentals, but you can bring your own.

## LAVENDER VALLEY, OR (82m)

[Lavendervalley.com](http://Lavendervalley.com)

Bring a picnic, relax and enjoy a breathtaking view of Mt. Hood. Shop at their farm stand for a wide variety of hand-crafted lavender products made on-site with consciously grown lavender. Cut U-Pick flowers to make a bouquet for someone special. Create unforgettable memories while enjoying the color, splendor and aroma of lavender.

## MOUNT ST HELENS, WA (61m)

[mountsthelens.com](http://mountsthelens.com)

Having last erupted in 2008, Mount St Helens is still very much an active volcano. At the Mount St Helens Visitor Center, you can learn about the volcano's most prolific eruption in May 1980. You can also learn about the geology of volcanoes and see

a functioning seismograph that displays the activity of Mount St Helens via a live feed. From the Johnston Ridge Observatory, you can take in amazing views of the smoldering crater.

## FRUIT ON THE LOOP, OR (60m)

[hoodriverfruitloop.com](http://hoodriverfruitloop.com)

The Hood River County Fruit Loop is located in the beautiful Hood River Valley at the foot of majestic Mt. Hood. The Fruit Loop is approximately 35 miles of orchards, forests and farmlands. The twenty-nine member stands offer you a variety of wines, fruits, vegetables, flowers, ciders, and food. Check their website to see what stands are open on your day of travel.



## WILLAMETTE VALLEY, OR (56m)

[willamettewines.com](http://willamettewines.com)

A valley world-renowned for its wineries, a day tour of the Willamette Valley is a real treat. This area is famed for producing some of the best Pinot Noir in the world. Aside from wine tasting, you can learn about the cool-climate production process, the unique volcanic soil of the

area and how these together give the wines their distinct flavors.

## BRIDGE OF THE GODS, WA (45m)

[portofcascadelocks.org/bridge-of-the-gods](http://portofcascadelocks.org/bridge-of-the-gods)

According to scientific history, the first, natural Bridge of the Gods was created by an enormous landslide between the lava cliffs of Table Mountain and the North wall of the Columbia Gorge, somewhere between 1100 and 1250 A.D. The bridge dammed the river, standing between 200 and 300 feet above sea level,

high enough that Native Americans could safely cross the river. This natural dam created an inland sea in eastern Oregon, Washington, and into Idaho. The Bridge of the Gods collapsed around the 1690s, creating the rocky Cascade Rapids. Learn the Native American legend here: [cascadelocks.com/about-cascade-locks/bridge-of-the-gods](http://cascadelocks.com/about-cascade-locks/bridge-of-the-gods)



## BONNEVILLE DAM, WA (43m)

[nwp.usace.army.mil/bonneville](http://nwp.usace.army.mil/bonneville)

The Bonneville Dam is a hydroelectric dam built across three islands - Robins, Bradford and Cascade - at Columbia River Mile 146. Once known as the “Cascade Rapids”, this area was a major obstacle to navigation on the Columbia. The Rapids were a result of the Bonneville Landslide, a massive landslide which gave rise to the

Continued on next page ►



legend of the Bridge of the Gods. This National Historic Landmark features visitor center facilities with free admission where visitors can watch salmon climb fish ladders, learn about hydropower generation, hike a trail and watch vessels pass through the navigation lock.

### VISTA HOUSE, OR (28m)

[vistahouse.com](http://vistahouse.com)

Vista House is a museum at Crown Point in Multnomah County, Oregon, that also serves as a memorial to Oregon pioneers and as a comfort station for travelers on the Historic Columbia River Highway. The site, situated on a rocky promontory, is 733 feet above the Columbia River on the south side of the Columbia River Gorge. The hexagonal stone building was designed by Edgar M. Lazarus in the style of Art Nouveau, and completed in 1918 after nearly two years of construction. The Vista House is located within the Corbett city limits, and is listed on the National Register of Historic Places.



### COLUMBIA RIVER GORGE, WA (18m)

[www.columbiarivergorge.info](http://www.columbiarivergorge.info)

Columbia River Gorge is the largest national scenic area in the United States: a land of natural contrasts between rain forest and desert, sea-level passage and alpine meadows. Along the hiking trails, from lowlands to windy ridges, you'll also have the chance to marvel at Latourell Falls, Bridal Veil Falls and famous Multnomah Falls - the most iconic part of the Gorge's landscape. At the western end of the Gorge, the view from Crown Point is a front-row seat to the mighty Columbia as it unfurls and cuts through the Cascade Mountains.



# CREEKSID

Contracting, LLC

## HOME PAINTING SPECIALIST

Cont # CREEKCL997RH

# SAVINGS UP TO 30% OFF

Call Nick Springer (Member) 360-574-9400

[www.creeksidecontractingllc.com](http://www.creeksidecontractingllc.com)



# shop

- Tinctures
- Capsules
- Muscle Rubs
- Aesthetics
- Pet Treats
- Gummies

# Hemp World

at Vancouver Mall

**Great Prices &  
Knowledgeable Employees**

**Bringing the Truth of Hemp to the World**



Gron  
100mg  
Dark Chocolate  
**\$19.99**



Lazarus Naturals  
Calming Pet  
Tincture  
225mg - **\$11.99**  
900mg **\$37.99**



Healthy Roots  
500mg 2oz.  
Root Butter  
**\$43.99**



Lazarus  
Natural  
Balm  
.5oz. 300mg - **\$14.99**  
2oz. 1200mg - **\$43.99**

**Order  
Online!**

**[shophempworld.com](http://shophempworld.com)**

**(360) 903-0512**

8700 Vancouver Mall Drive Vancouver, WA 98662  
In front of Starbucks

The Federal Food and Drug administration (FDA) has not approved Hemp-Derived CBD products as a dietary supplement or cure for any disease. Always consult with your doctor before using CBD products.

# CONNECT AND GIVE TO NATURE AND THE COMMUNITY THROUGH VOLUNTEERISM

*Many local organizations are looking for  
ambitious and passionate people*

*By DAMEON PESANTI, Clark Public Utilities*





Whether your perfect day means backpacking through the mountains, hooking into a chinook or birdwatching at a wildlife refuge, Southwest Washington's landscape has something to offer anyone with an interest in the outdoors.

Spending time in nature, away from the noise and chatter of urban life, the mind tends to wander — and wonder about the landscape it finds itself in. What animals depend on mature trees for habitat? Were ancient volcanos or ancient floods more influential in our geology? What pollinators live in Southwest Washington? How can we get noxious weeds off the landscape and native vegetation back into our watersheds?

Fortunately, Clark County is full of nonprofit organizations ready and willing to educate, train and enlist community members who want to better understand and improve our local habitats.

Kathy Plamondon is one of those people. A few years ago, she wasn't exactly looking forward to retirement. After a career as a teacher, she loved sharing knowledge, building connections with other people and being within Clark County's natural landscapes.

She knew volunteering was a natural solution, but it took some time to find the right fit for her personality. Then she discovered the Stream Stewards program offered by Clark Public Utilities.

"I got into the Stream Stewards program, and — oh, my gosh — I learned so much about our area," she said. "I think it was a second or third week workshop we went to the Lewis River and did water quality testing and we saw salmon swimming and spawning right around us."

The Clark Public Utilities StreamTeam offers several programs for environmentally minded community members to volunteer and learn at a level that suits their schedules and interests.

StreamTeam hosts a number of volunteer events and programs throughout the year, all with the goal of restoring salmon habitat and reducing invasive plants. Between utility staff, a team of AmeriCorps volunteers and help from individual community members, StreamTeam typically pots and plants more than 50,000 native trees a year. And they're always looking for people to dig in and lend a hand.

**“I got into the Stream Stewards program, and — oh, my gosh — I learned so much about our area...”**

*~ Kathy Plamondon, Stream Stewards Volunteer*

The Stream Stewards program is geared toward people looking for a longer commitment, more action, and broader and deeper knowledge of Clark County's natural landscape and local watersheds. Clark County residents accepted into the Stream Stewards program are invited to participate in a free seven-week training course to build awareness of geology, hydrology, riparian and wetland habitat, wildlife, water quality and stream restoration.

There is no charge to participate in the Stream Steward program, but those who do are asked to commit to a total of 45 hours of volunteer time at StreamTeam or program partner events throughout the first year.

"StreamTeam has a lot of partnerships with other local organizations, so people who go through the training are welcome to work as volunteers with those organizations and are considered already trained," Plamondon said.

Volunteering as a Stream Steward can include anything from potting and planting trees in the utility's native plant nursery, tabling at StreamTeam events, educating students in local classrooms, and more. Volunteers can choose the activities they prefer and leadership opportunities are also available. Additionally, program participants have access to continuing hands-on training and education.

"When I first saw the Stream Stewards ad I didn't know it meant planting stream banks like we do, but I'm so glad we have all those opportunities," Plamondon said. "I'm 71 years old now so my going out and planting trees days are kind of limited. So now, I like to do a lot of tabling at many StreamTeam events."

Plamondon is in her third year as a Stream Steward and she has no plans of slowing down any time soon. In fact, she uses her training as a tool to get even more involved in the community. In addition to StreamTeam events, she volunteers with Columbia Springs and the city of Vancouver.

"As a volunteer I get to go play outside and make friends with other like-minded people," she said. "How many others can say they get to do that?"



# VOLUNTEER

# SPRING CLEANING:



## How to Dispose of Hazardous Waste in Your Home

By CLARK COUNTY PUBLIC HEALTH SOLID WASTE EDUCATION & OUTREACH

**W**hen you hear the phrase 'hazardous waste,' you may picture scenes from movies and television of barrels marked 'radioactive,' or hazmat-suited squads taking action to contain a dangerous situation. In reality, most of us encounter hazardous waste every day, in our own homes. Automotive products, household cleaners, paints and solvents, and poisons/pesticides are common sources of household hazardous products and waste. These products have the potential to harm people, pets, and wildlife if they are not stored, used, and disposed of properly. Clark County Public Health's Solid Waste and Environmental Outreach team works to help residents reduce the amount of potentially hazardous products in their homes, and dispose of them safely.

How can you tell if a product is potentially hazardous? Look for words on the product label such as poison, danger, warning, caution, toxic, explosive, or flammable. Avoid products marked 'danger'. Products marked 'caution' or 'warning' are safer but the best choice of all is a product that doesn't require any warning.

Proper disposal of hazardous products is essential to protecting water, wildlife, and human health. Never pour hazardous products/waste down the drain, into the storm drain, or place them in your garbage or recycling carts. When hazardous products are

disposed of in the storm drain, sink, or toilet, they can end up in local water bodies or groundwater. If you throw them in the garbage or recycling, the products can endanger collection and disposal workers. Disposing of household hazardous waste in the garbage or recycling carts can also potentially release the chemicals into the environment when they are transported or landfilled. Clark County residents can dispose of household hazardous waste at the three waste transfer stations in Clark County on most Fridays and weekends for free. There are also a dozen paint stores in Clark County that accept unused or leftover paint. Additionally, there are many free or low cost local disposal drop-off locations for other types of household hazardous waste such as medications, batteries, light bulbs, Freon-containing appliances (refrigerators and freezers), and electronics. To find options for safe and proper disposal of hundreds of items, use the "Recycling A-Z Directory" search tool at [www.RecyclingDoneRight.com](http://www.RecyclingDoneRight.com).

There's a lot of information to consider when purchasing, using, storing, and disposing of household hazardous products, but it's important that we all do our part to protect people, pets, wildlife, drinking water, and the natural environment that we enjoy in Clark County. These are the important things you should remember about household hazardous products:

- 1** Before purchasing a product, read the label to understand the product's risks and requirements for safe use and storage.
- 2** Choose safer alternatives when possible. The Clark County Master Composter Recyclers host workshops about safer and environmentally friendly cleaning alternatives. For more information call (360) 397-2121, ext. 4961.
- 3** Follow the directions on the product's label for safe storage and use. Avoid and quickly clean up leaks or spills, and ensure that caps and lids are secure.

**4** NEVER pour hazardous products down the drain, into the storm drain, down the toilet, or in your garbage or recycling containers. Find disposal options for hundreds of items using the search tool at [www.RecyclingDoneRight.com](http://www.RecyclingDoneRight.com).

**5** Transport items for disposal safely, in containers free of leaks and rust and secured away from the driver and passengers of the vehicle, ideally in the trunk of the car or truck bed.

Ensure containers are sealed to avoid leaks if they tip during transport, and never mix products together. The safest and best way to transport household hazardous waste for disposal is to put all hazardous products (in their containers) into a tub or bucket, with a lid if possible.

You can find more information about household hazardous waste, alternatives, and proper disposal at [www.ClarkGreenNeighbors.org](http://www.ClarkGreenNeighbors.org). You can also sign up to receive the monthly Green Neighbors newsletter, which includes information about local workshops and events where you can learn about safer alternatives to hazardous products in and around your home.

We wish you happy, and safe, spring cleaning!





Help us bring the salmon back.



Sign up at [www.StreamTeam.net](http://www.StreamTeam.net)



# GREENHEAD

## CANNABIS™



VANCOUVER'S PREMIERE  
**MEDICAL MARIJUANA  
DESTINATION**

### MEDICAL CARD PRINTING

Our consultants will enter your information into the state database and print your "green card" for you.

### PRIVATE MEDICAL CONSULTS

Full staff of state certified medical marijuana consultants at your service seven days a week.

### MEDICAL GRADE PRODUCTS

The most extensive collection of medical grade CBD flower, topicals, RSO, concentrates, edibles and vaper in the Vancouver area.

# 20% OFF

## STOREWIDE DISCOUNT

FOR MEDICAL CARD HOLDERS



[GREENHEADCANNABIS.COM](http://GREENHEADCANNABIS.COM)

2815 ST. JOHNS BLVD. STE. B  
VANCOUVER, WA  
360.433.9753

Warning: This product has intoxicating effects and may be habit forming. Smoking is hazardous to your health. There may be health risks associated with the consumption of this product. Should not be used by women who are pregnant or breastfeeding. For use only by adults twenty-one and older. Keep out of reach of children. Marijuana can impair concentration, coordination, and judgement. Do not operate a vehicle or machinery under the influence of this drug.



# Your Personal PNW Garden Tour

*By MEG McDONALD, WSU Clark County Extension Master Gardener*

However much you love the return of the sun and the chance to finally dive into your own gardens, at some point you may have had enough of weeding, seeding, planting and mowing, and start to look outward to some of our region's many beautiful public gardens.

Inside Vancouver and Clark County are gardens where you can spend an hour or an afternoon, not only taking in their beauty but learning where they fit in Washington history, or how to apply their lessons to your own outdoor spaces. Throughout the Pacific Northwest, breathtaking, world-class gardens in a wide range of styles invite you to stroll, photograph, picnic or meditate. Their inspiration may lead you to the irresistibly tempting demonstration gardens of our great area nurseries, and then back again to your own yard with your new treasures.

The following are ten gardens and nurseries in Washington and Oregon, listed in order of their distance from the first garden in the Pacific Northwest, which is:

**Ft. Vancouver Heritage Garden; Ft. Vancouver National Historic Site**, 612 E. Reserve St., Vancouver, WA. This is a partial reproduction of the garden that was created at the original fort in 1825. The fort was located on a ridge above the river, and relocated to its current site in 1829. Originally the garden consisted of 5-8 acres, on which were grown strawberries, root vegetables, cabbage, squash, cucumbers, peas, tomatoes and beets, a variety of fruits, and flowers

such as roses and dahlias.

The current garden is smaller and positioned differently, but it incorporates many of the varieties of fruits, vegetables, and herbs that would have been included in the 19th century. The volunteer gardeners who care for it are always happy to answer visitors' questions. In May you are likely to find them transplanting greenhouse-grown vegetable starts. While you are there, be sure to cross the Confluence Land Bridge over Hwy. 14 to visit the Old Apple Tree, which was planted in 1826 on the grounds of the fort and is believed to be the oldest apple tree in the Pacific Northwest.

## Under 20 miles



**Portland Japanese Garden**; 611 SW Kingston Ave., Portland 97205. This exquisite collection of gardens is truly a haven of tranquility and a stunning example of traditional Japanese gardening mastery.

In 2013 "The Journal of Japanese Gardening" called it "the finest public Japanese garden in North America." Its eight garden spaces are lovely in any season, but the meticulously tended spring blossoms of azaleas and rhododendrons

will reward you bountifully for climbing the wooded switchback pathway to the entrance (a shuttle is available).

The placement and proportions of stone, trees, shrubs, and water features lead the visitor to feel an integral part of the natural world. Meticulous craftsmanship is demonstrated in every aspect of the garden and its Cultural Village, where visitors can learn about Japanese traditions such as ikebana and the tea ceremony. This Portland treasure receives no public funding so there is an admission fee. Parking can be difficult; consider taking the shuttle from the Washington Park light rail station or the 63-Washington Park TriMet bus.

**NatureScaping Wildlife Botanical Garden**; 11000 NE 149th St., Brush Prairie 98606. The nine NatureScaping garden spaces were designed, created and are lovingly tended by volunteers.

Among them are the Entrance Garden full of sturdy yet graceful perennials, Northwest Natives Garden, Cottage Garden in the English style, a Manor Garden featuring a more formal layout and hardscaping, and Hummingbird Place. All of them demonstrate how gardeners can use favored plants and techniques to create habitat for diverse wildlife, from native bees and insects to mammals.

This is a hidden treasure of Clark County where you may stroll at will any day of the year (admission

---

**Continued on next page** ▶



is free). Sign up to receive information about monthly speaker presentations, the Master Composter/Recycler program, or volunteer opportunities.



**Elk Rock Garden of the Bishop's Close;** 11800 SW Military Lane, Portland 97219. Built by Peter Kerr, a Scot who made his fortune in the grain business around the turn of the 20th century, Elk Rock Garden is thought to be the oldest and largest intact private garden in the Pacific Northwest.

Kerr and his wife spent nearly 60 years developing it, using native plants and many others Kerr acquired from around the world. The property was donated to the Episcopal Bishop of Oregon in 1959 with the stipulation that free public access be retained, and the recent sale of the property to Mr. Jordan Schnitzer is not expected to change that.

Enjoy the lush walkways, peaceful fountains and streams, lawns edged with flowering shrubs, but no picnicking, please. Skilled volunteer gardeners help to maintain this lovely space. The garden is open to the public, 8am to 5pm daily, every day.

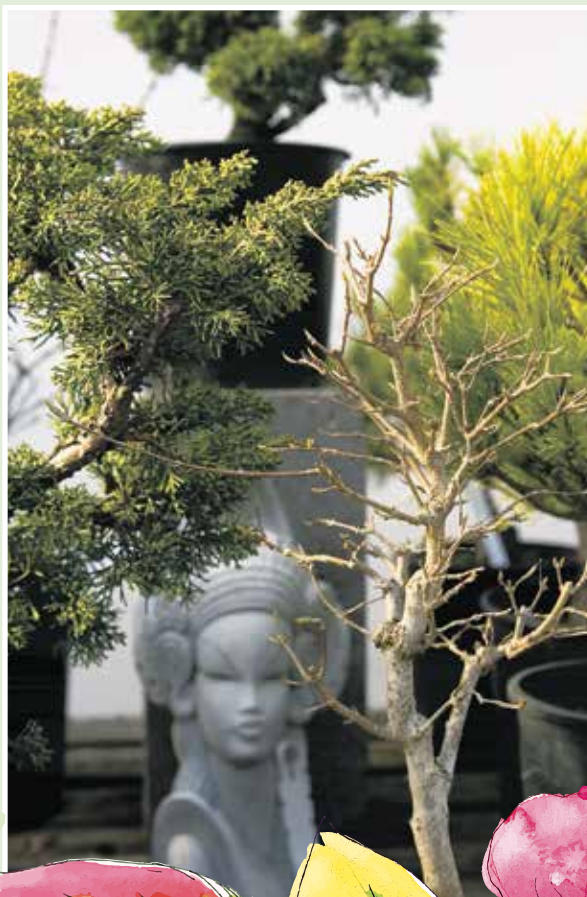
**Leach Botanical Garden;** 6704 SE 122nd Ave., Portland 97236. Part of the Portland park system, Leach Botanical Garden is open to the public at no charge Tuesday through Sunday.

Originally the home of John Leach, a pharmacist, and Lilla Leach, a botanist, the 4.5-acre park also includes their former house and their original stone cottage, called Sleepy Hollow. Native plants dominate, along with many additions and even botanical discoveries by Lilla Leach. Their vigorous spirit lives on in this active public space, which contains over a mile of walking trails (download a scavenger hunt from the website [leachgarden.org](http://leachgarden.org) before you visit) and will soon offer expanded educational outreach into environmental science and sustainability. Guided tours are available on the first Saturday of each month from 11am to 12pm. No pets, please.

## 21 to 50 miles

**Tsugawa Nursery;** 410 E. Scott Ave., Woodland, WA 98674. By this point in the tour, your gardening impulses have been restored and you are champing at the bit to find something new and special for your garden.

Tsugawa Nursery has long been a community fixture and a friendly, reliable source of beautiful plants and helpful information. Known for their expertise in Japanese maples and bareroot fruit trees, along with sheer, joyful color, Tsugawa's also carries a bounty of vivid spring annuals, perennial shrubs, and a mouthwatering supply of David Austin roses, plus everything the gardener needs to plant and tend them.

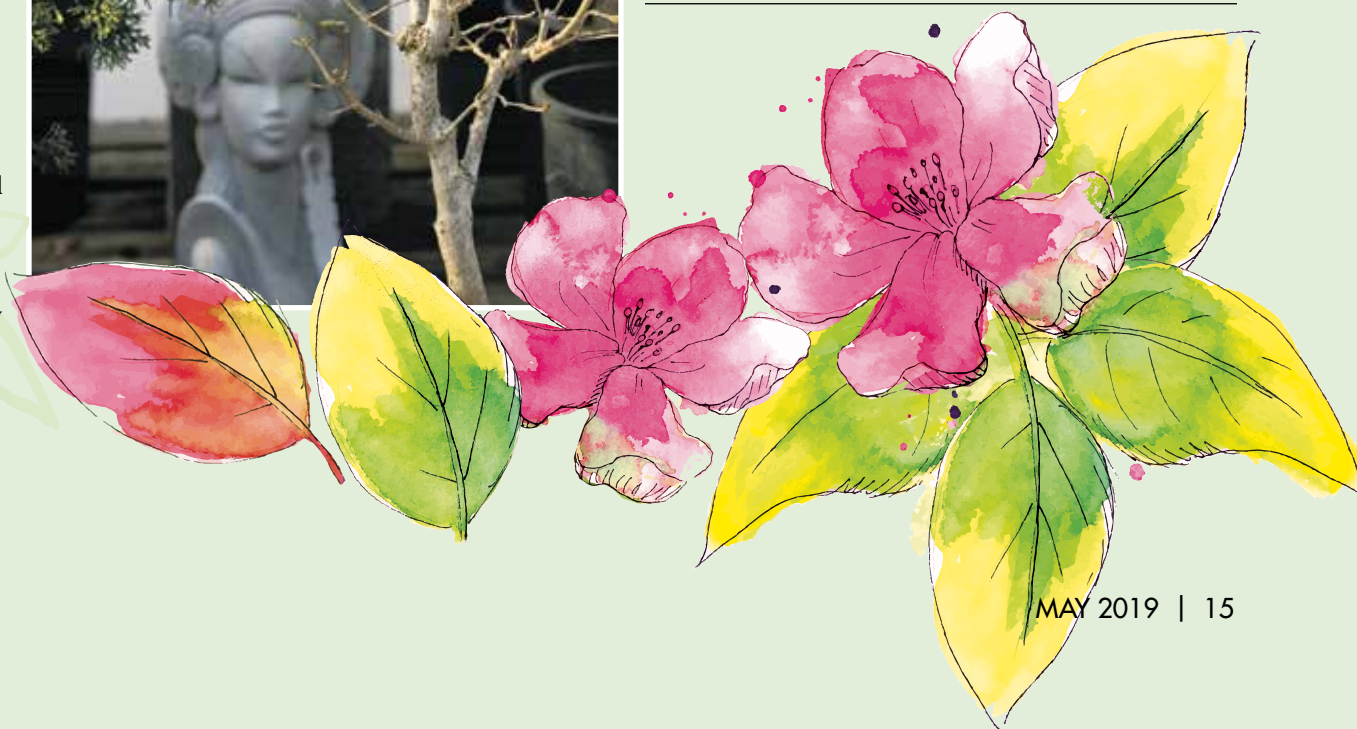


**Joy Creek Nursery;** 20300 NW Watson Road, Scappoose, OR 97056. Joy Creek is an essential destination for plant lovers between March and October, and is well known nationwide.

Founded in 1992 by three plantsmen who dreamed of establishing a nursery that would carry the rare and wonderful plants they were unable to find, it is still run with dedication and deep expertise by Maurice Horn and Mike Smith. The property, a former dairy farm, contains numerous microclimates and varieties of terrain, which enhance the gardens' design and showcase the native vegetation alongside the nursery's offerings. Wander the paths around the old farmhouse on 4.5 acres of demonstration gardens and you will come upon specialty plantings of Siberian iris or hardy fuchsias, mature shrubs and trees, and drought-resistant varieties of every category. Shop the 1.2-acre retail area with a wish list from the extensive online catalog, or let temptation and impulse rule. The stock includes many plants developed at the nursery, such as *Rudbeckia hirta* "Joy Creek Select." Sunday workshops and tours are another source of delight at this beautiful garden destination.

**Hulda Klager Lilac Gardens;** 115 South Pekin Road, Woodland, WA 98674. For many of us the scents and colors of lilacs evoke an earlier, simpler time. The Victorian-style garden at this National Historic Site features many varieties of lilacs, many created by Hulda Klager, known in her own time as "the Lilac Lady," as well as an arboretum containing a diverse range of plants favored in that period.

Continued on page 16 ▶







**Hulda Klager Lilac Gardens**

The 1889 farmhouse was built by Hulda Klager's German immigrant parents. Hulda began to hybridize lilacs in 1905, after first creating successful apple varieties. Over the years she developed so many types of lilacs that she established her annual Lilac Week, when plants were displayed and offered to visitors. In 1948 the river flooded the property and all of her lilac plants were destroyed, but 83-year-old Hulda started over and was able to bring back Lilac Week in 1950. Lilac Week has continued ever since as Lilac Days, which this year is from April 20 through May 12. Lilac season may be winding down but there is still time to enjoy blooms that range in color from white through magenta, and in scent from mild to extreme, in a garden that is a trip back in time.

**Adelman Peony Garden;** 5690 Brooklake Rd NE, Salem, OR 97305. This garden and specialty nursery dazzles in spring with over 25 acres of massed peonies and 2 acres of elegant display gardens.

The Adelmans switched from food crops to peonies in 1993, and since then have produced year after year of award-winning plants. From 19th-century heritage peonies favored by the pioneers for their sturdy, uncomplaining habits, to the very latest hybrid bush and tree peonies, the Adelman garden has them all,

over 500 varieties. Their spring Open House runs from April 27 through June 16, the peak of the blooming season. You are welcome to picnic on the grounds while you take in the sights and scents, then purchase cut flowers or place an order for the roots that will ship next fall.

## Over 100 miles

**Soos Creek Botanical Garden;** 29308 132nd Avenue SE, Auburn, WA 98092. This astonishing garden is the creation of Morris Skagen, a descendant of the Norwegian farmers who cleared the property on the Soos Plateau in the late 1800s. It is open Wednesday through Saturday from 10am to 3pm, and plant lovers will want to spend as many of those hours as possible exploring it.

Skagen started in 1963 with overgrown farmland and the remains of native woods, from which he has gradually, and mostly by hand, created a 22-acre public nonprofit garden containing almost a dozen different environments. He was guided both by his study of the great gardens of England and Japan and by the diverse offerings of northwestern specialty nurseries. Perennial borders inspired by the designs of Gertrude Jekyll face a long English-style lawn descending to Soos Creek.

The Elizabeth Fenzel Garden Room is a quiet enclosure for sitting that is formed by trees, flowering vines, and tall shrubs. The Unusual Perennials Garden contains over 100 collectors items from around the world. (Of 300 different types of trees on the property, Skagen states that only a handful are natives.) The Heritage Flower Garden is built around the types of familiar domestic plants traditionally shared by friends and neighbors, such as iris, roses, peonies, and fruit trees. The Cedar Grove, the Wildflower Prairie Meadow, and the Oie Native Woodlands all demonstrate different native plant environments. WSU Master Gardener volunteers tend a large vegetable demonstration garden. When you arrive, pick up a map at the Heritage Center near the entrance and plan your strategy. This unexpected pocket of natural beauty is made available to visitors free of charge, but donations are gratefully accepted.

These are just a handful of the many, many gardens and nurseries throughout the Pacific Northwest, from Central Oregon into British Columbia, that deserve a visit. Pick two or three from this short list and enjoy the springtime beauty of your area's great gardens.





809 Washington St. Vancouver • 360-718-8378  
Local Beers • From Scratch Kitchen



*May is Small Business Month*  
*Support Local Small Businesses*  
**SHOP LOCAL, NATURALLY**

#### IN VANCOUVER

- Wide Selection of Fresh Seed & Suet
- Bird Feeders & Houses
- Hummingbird Feeders & Swings
- Jewelry & Wind Chimes
- Garden Globes & Statuary
- Thermometers & Solar Garden Art
- Birdbaths & Misters
- Mason Bee & Bat Houses
- Squirrel Feeders & Houses
- Bird Guides & Nature Books



*A Local Flock of Shops Connecting  
People with Nature for 28 Years*

**Vancouver** | 8101 NE Parkway Dr. near Olive Garden & TJ Maxx | **360-253-5771**

**BackyardBirdShop.com**



## HIGH FIELD OPEN MRI



- State of the Art Equipment • Compassionate Care
- The Choice is Yours, Choose The Best!

*Not all Open  
MRI Machines  
are created equal.*



**Open MRI**

360-425-5131 • 700 Lincoln Street, Suite 100, Kelso, WA 98626

## NEW VAN STERDAM CANNABIS MARKET

**The Largest Selection In Clark County**



**- WEEKLY SPECIALS -**

**CBD SUNDAYS • MUNCHIE MONDAYS • SHATTERDAY**  
15% OFF ALL CBD PRODUCTS    BUY 1 EDIBLE GET 1 HALF OFF    20% OFF 4+ CONCENTRATES



THIS PRODUCT HAS INTOXICATING EFFECTS AND MAY BE HABIT FORMING. MARIJUANA CAN IMPAIR CONCENTRATION, COORDINATION, AND JUDGMENT. DO NOT OPERATE A VEHICLE OR MACHINERY UNDER THE INFLUENCE OF THIS DRUG. THERE MAY BE HEALTH RISK ASSOCIATED WITH CONSUMPTION OF THIS PRODUCT. FOR USE ONLY BY ADULTS TWENTY-ONE AND OVER. KEEP OUT OF THE REACH OF CHILDREN.

# PUBLIC ART

Not only does urban art beautify our streets, it builds a sense of community pride and culture. During the warm, dry summer months it can provide inspiration to get all walks of life, well, walking—which can have a unifying and energizing effect on residents of a community.



## **“FLYING UMBRELLAS”**

Corner of Evergreen & Main, Downtown  
A whimsical, brightly colored structure made of steel with sustainability in mind. LED lighting for the art piece costs only pennies a month, and the umbrella features are constructed so that water drains to the plants below.

**By Cobalt Designworks**

# PUBLIC ART

AND

# MURAL

## WALKING TOUR

### **“MOVIE MADNESS”**

NW Corner of 11th & Main, Downtown

The kinetic, art deco style piece incorporates original film reels from the Kiggins Theatre. The artwork was created to honor Vancouver’s 12 historic downtown theaters, including the Kiggins Theatre, which is the only one still operating.

**Artist Paul Springer**



### **“THE PHOENIX”**

8th & Main, Downtown

A “whirly-gig” kinetic sculpture made of metal and glass, powered by wind.

**Artist Andrew Carson**

# MURALS

Since 2004, it has been the mission of the Clark County Mural Association to increase tourism and improve commerce through mural art, while creating a greater appreciation of the visual arts and historical roots that establish the face and identity of Vancouver. Visit [ccmurals.org](http://ccmurals.org) for a list of murals and a downloadable walking tour map. Find them on Facebook @ [ClarkCountyMurals](https://www.facebook.com/ClarkCountyMurals) for updates on current projects and 2019 Summer of Murals.



### **“THE VISITOR”**

23rd & Main, Uptown Village

A welded steel art piece featuring a rusty steel tentacle emerging through a sewer manhole holding an actual City of Vancouver manhole cover.

**Artist Matthew Dockrey**



**MURAL: “JOYO TRIBUTE”**

Location: 1011 Main St, Downtown

Artist *Cimarron Brodie***MURAL: “LUEPKE HISTORY”**

Location: Luepke Flowers and Finds, 1300 Washington St., Vancouver

Artist *Michael Feliz***MURAL: “150 YEARS OF SERVICE”**

Location: 2515 Main St, Downtown

Artist *Guy Drennan***MURAL: “MOVING BUSINESS/ COMMUNITY FORWARD 125 YEARS”**

Location:

Greater Vancouver Chamber of Commerce, 1101 Broadway, Vancouver

Artist *Bijan Shariff***MURAL: “THE COLUMBIAN NEWSPAPER”**

Location: The Columbian, 701 W. Eighth St., Vancouver

Artist *Guy Drennan*

1st place in 4th annual Summer of Murals

# HISTORY WALKING TOUR

Summertime is the right time to visit and learn the stories of people who have lived, worked, and carved out their place in Clark County. Clark County Historical Museum’s History Walking Tours are an annual and popular series that offers an opportunity to get out and visit some of Clark County’s most fascinating neighborhoods and city centers. These history tours are a fascinating glimpse through the windows of time, offering a mix of memories, research, and architectural details.

Guides will lead up to 25 people for approximately a mile, making frequent stops along the way to view buildings, tell stories, and answer questions. Good walking shoes and balance aids are recommended; terrain varies and consists mostly of city sidewalks.

The tours kick off Friday, May 31, and Saturday, June 1. Tour hours are 12pm on Fridays and 9am on Saturdays. Each weekend highlights a different destination.

**Vancouver:** Officers Row (May 31-June 1), Esther Short Neighborhood (June 6-8), Lower Main Street (June 21-22), Middle Main Street (June 28-29), Uptown Village (July 12-13), Hough Neighborhood (July 19-20), Arnada Gardens (July 21), and Old City Cemetery (July 26-27)

**Around the County:** Downtown Ridgefield (Aug. 2-3), Downtown Camas (August 9-10), and Downtown Battle Ground (August 16-17)

All are welcome on the tours, though they are best suited for those 13 years and older. All persons attending over the age of six need a ticket, and tours happen rain or shine so check the forecast in order to dress and hydrate appropriately. Also note that there are no restroom stops on the tours.

Tickets are \$10 for Clark County Historical Society members, and \$12 for non-members. For residents within the Ridgefield zip code, our Downtown Ridgefield tours are free of charge. Online reservations can be made at [cchmuseum.org](http://cchmuseum.org) under the Events menu. Arrive 15 minutes early for same day ticket purchases.

**For more information, call 360-993-5679, or email [events@cchmuseum.org](mailto:events@cchmuseum.org)**

**CCHM members use discount code: CCHM.**

**Ridgefield residents within the zip code use discount code: 98642.**



# WHIPPLE CREEK REGIONAL PARK:

## A LITTLE KNOWN *Gem*

By EILEEN COWEN, for The Columbian

*Whipple Creek Regional Park is an underrated gem in the Clark County Parks system. Located just west of the Clark County Fairgrounds and Event Center, the over 350-acre park boasts 4.3 miles of trails that are suitable for all sorts of adventures. The heavily wooded environment operates as an oasis for flora and fauna in an otherwise developing area of Clark County.*

The trails throughout the park are the primary attraction. Meandering through groves of Douglas Firs and patches of nettles and mint, the trails often spin back on themselves. It is easy to do mini-loops off the main paths. Despite the fact that some of the trails are missing their markers, it is very difficult to get lost. The park itself is bordered by streets, horse paddocks, and private farm land. Once you get the lay of the land and landmarks, the trails actually make clear sense.

Last month, my family and I spent a few hours exploring the park. We walked down to the abandoned gazebo, ate lunch at the old mill, and watched the water stream under the stone bridge. We even saw a young doe snacking by the creek. Since it is so close to Urban Greater Vancouver, we often take short Saturday morning trips to the park to get some fresh air. The kids get to run around and we all get a chance to escape the concrete jungle, if only for a couple hours. We love identifying various plants, mushrooms, and the random slug or centipede.

The plant biodiversity of the park is at once pristine and invasive, depending on general area. Some trail loops are flanked by red flowering



currants, salmon and thimble berries, native plums, and various mushrooms popping up in predictable places. Others have English ivy, blackberry brambles, and other invasive species creeping alongside the developed trail. The focus on native diversity and eradication of invasive species is one of the goals of Clark County Parks, and their efforts at Whipple Creek are quite commendable. Additional to the County eradication work, the Whipple Creek Restoration Committee holds frequent work parties intent on improving accessibility throughout the park. Comprised of a dozen volunteers, the group's primary goals are maintaining and expanding the trails for the park's most hardy visitors: horses.

What's that, you say? A horseback trail located close to the amenities of the city we all enjoy? Yes! That is what makes Whipple Creek such a special place. On any given day, one can count up to a dozen

Continued on next page ►







horses strolling the park trails. It is like entering a semi-secluded world where trail runners and urban hikers can clock miles, horses can get some well-needed exercise, and children of all ages can wander and explore our little slice of the Northwest.

If you and your family are feeling a little adventurous, check out Whipple Creek Regional Park. It is located at 17202 NW 21st Avenue, Ridgefield. Unlike some other Clark County Parks, you do not need a pass to park in the parking lot.



**WHIPPLE CREEK RESTORATION COMMITTEE** is a nonprofit citizens advocacy group working with the Clark County Parks Foundation and the help of many great local sponsors to repair existing trails and restore historical features so that Whipple Creek Park may be enjoyed by future generations. To find out about upcoming Whipple Creek clean up events and how you can help contact Anita Will at 360-687-4760 or Tyler Castle at 360-607-3130 [whipplecreekproject@gmail.com](mailto:whipplecreekproject@gmail.com)



**EVERGREEN**  
AUDIOLOGY

**TRUSTED  
HEARING AID  
EXPERTS**

SINCE 1997



**Dr. Chris Lawson**



- Comprehensive Hearing Tests
- State-of-the-Art Hearing Aids, Fittings & Follow-Up Care
- U.S. Veterans Service
- Tinnitus Management
- Walk-In Hearing Aid Clean & Check
- Caption Call Phone Referrals



**360.892.3445 | [EvergreenAudiology.com](http://EvergreenAudiology.com)**  
**Open Mon-Fri: 9am to 5pm**  
 16209 SE McGillivray Blvd., Suite M, Vancouver, WA



**REMEMBER THE MAGIC OF YOUR HOMETOWN TOY STORE?**  
**IT'S STILL HERE!**

**Toys, Books & Games for Healthy Play**  
**from Vancouver's Favorite toy store!**

**Great Selection  
 Amazing Service  
 Expert Advise**

**13503 SE Mill Plain Blvd. #B-3 Vancouver, WA 98684**  
**360.823.0123 | [KazoodlesToys.com](http://KazoodlesToys.com)**





Photo Copyright  
Kinkley and Sara

**QUALITY FOOD, DRINK & SERVICE SINCE 1992**



1929 MAIN STREET  
 VANCOUVER, WA 98660  
**(360) 737-9907**  
[DULINSCAFE.COM](http://DULINSCAFE.COM)

**Serving Breakfast and Lunch**  
**Tues - Sat 8AM - 3PM ~ Sunday 8:30AM - 2PM ~ Monday Closed**





# Family Cycling is an Enjoyable Escape



Going for a bike ride is one of the best ways for people to exercise in fresh air. Cycling is not only earth-conscious and convenient, but it also is a fun and popular activity that anyone can enjoy.

The Alliance for Biking & Walking discovered that 0.6 percent of all commuters in the United States biked to work in 2013, up from 0.5 percent in 2009 and 0.4 percent in 2005. But many people are embracing cycling as an entertaining form of recreation that the entire family can enjoy.

Adults may have fond memories of their own cycling adventures as children that they want to pass down to their kids. Since families may feature cyclists with various levels of experience, it can be safe to employ certain strategies in the hopes everyone gets the most out of their time in the cycling saddle.

• **BUY THE RIGHT BIKES.** Take time to research different brands of bicycles and what they offer. Some bikes are ideal for streets or paved trails, while others are better for rustic roads and trails. A qualified bike retailer can help shoppers find the right bike for them and their families, ensuring everyone in the family is riding the right size bike and the one commensurate with their skill level.

• **LIMIT THE DISTANCE.** Children won't be able to put in as many miles as their parents or older siblings. Limit cycling excursions to a reasonable amount of time so youngsters' health is not compromised.

• **FOCUS ON FUN.** Consider what kids will get out of the trip and gear the afternoon around that. Choose a path that leads riders to a playground or one that circles a scenic lake. Make your cycling excursion more of an afternoon out than a marathon biking session.

• **TAKE FREQUENT BREAKS.** Little legs may not be able to keep up, and adults will need to anticipate stopping along the way.

• **KNOW THE TERRAIN.** Stick to routes you have ridden before. Leave the more intense courses that include extreme climbs and dips for those times when kids are not in tow. Stick to lightly trafficked routes, or travel during off-peak hours. Consult with trail guides and read reviews as well.

• **CHECK BIKES BEFORE DEPARTING.** Make sure tires are inflated and everything else is in working order. Bring a small tool kit along in case a repair needs to be made.

Cycling as a family can be an enjoyable way to spend an afternoon and get some exercise. –(MetroCreative)

## BEST PLACES TO RIDE



### COLUMBIA RIVER WATERFRONT RENAISSANCE TRAIL

A five-mile paved path, lined with local restaurants, eye-catching sculptures, and historical markers which now connects to the new Vancouver Waterfront community on the west side of the I-5 bridge.

### LACAMAS HERITAGE TRAIL

Skirts 3.5 miles of shoreline at Lacamas Lake on a shared-use, gravel trail.

### FRENCHMAN'S BAR PARK

Offers another scenic waterfront pathways for cyclists with 2.5 miles of paved pathways along the Columbia River and

Vancouver Lake. Cyclists will appreciate the extensive bike lanes on the NW Lower River Road leading to the park.

### BURNT BRIDGE CREEK TRAIL

Find open grasslands and wooded areas. The eight-mile, hard-surfaced pathway begins at the mouth of Burnt Bridge Creek and winds its way east, crossing over Interstate 5 and ending at Leverich Park.

### THE COUGAR TRAILS AT WASHINGTON STATE UNIVERSITY VANCOUVER

Several miles of interpretive, multi-use trails bordering the scenic campus.

## NEED A BIKE OR BIKE REPAIR? WANT TO DONATE A BIKE?

### WHEEL DEALS

Open House Ministries Wheel Deals is a full service bicycle shop, selling refurbishing bicycles and offering complete repair service at very affordable prices. All proceeds go to help homeless families in Clark County.

900 W 12th St, Vancouver  
360-737-0300

Facebook: @WheelDealsBicycles



### BIKE CLARK COUNTY

Bike Clark County is the bicycle education and advocacy organization for Southwest Washington. Their Community Hub is a full service bicycle repair and retail shop carrying new and used gear and refurbished used bicycles. All proceeds from the shop are invested back into community programs such as School Safety Course, Earn a Bike Camp, and Bike to Leadership.

1604 Main St, Vancouver  
360-450-7145

[bikeclarkcounty.org](http://bikeclarkcounty.org)



# ART STUDENT WINS BEST IN STATE, 5TH IN U.S.

Check Out  
Our Summer  
Camp Weeks!

**Evelyn Tsang** Trained at  
Medallion Art School  
2018 Junior  
Duck Stamp Winner  
for Washington



**Other 2018 Jr. Duck Stamp  
Award Winners Trained at  
Medallion Art School**  
Contest Sponsored by  
National Parks & Wildlife

## MEDALLION ART SCHOOL



Drawing



Pastels



Paintings

**GREAT  
INTRODUCTORY OFFER!**  
Four 2 hour lessons \$40  
Six 2 hour lessons \$60  
**NEW STUDENTS ONLY!**

<WATCH our VIDEO at:>  
**MEDALLIONART.COM**  
Weekly Classes in  
Drawing, Pastels, Oil Painting  
and Watercolors  
**Ages 5 to 95**  
Class Size Limited

\* New Student Offer Exp. June 15, 2019

**Two Vancouver Locations • 360-260-1690**



BAKERY TREATS | CUSTOM CAKES

The Icing on Every  
Special Occasion



**607 WASHINGTON ST | 360-896-7321**  
MON - SAT 7-5

SPECIAL EVENTS ♡ DAILY DELIVERIES ♡ WEDDINGS

WE APPRECIATE YOUR  
BUSINESS

**Stem**  
FLORAL DESIGN

WWW.STEM-FLORALDESIGN.COM  
360-524-5941  
1798 SE COLUMBIA DR.  
VANCOUVER, WA 98661



**LOCALLY OWNED & OPERATED  
FOR OVER 32 YEARS**

**BLAIRCO**  
INCORPORATED  
HEATING & AIR CONDITIONING

CALL TODAY FOR A  
FREE ESTIMATE ON  
A/C INSTALLATION  
OR SCHEDULE YOUR  
HVAC MAINTENANCE



FOLLOW US



**360-695-1476**  
**WWW.BLAIRCOHEATING.COM**  
BLAIRI\*087J1

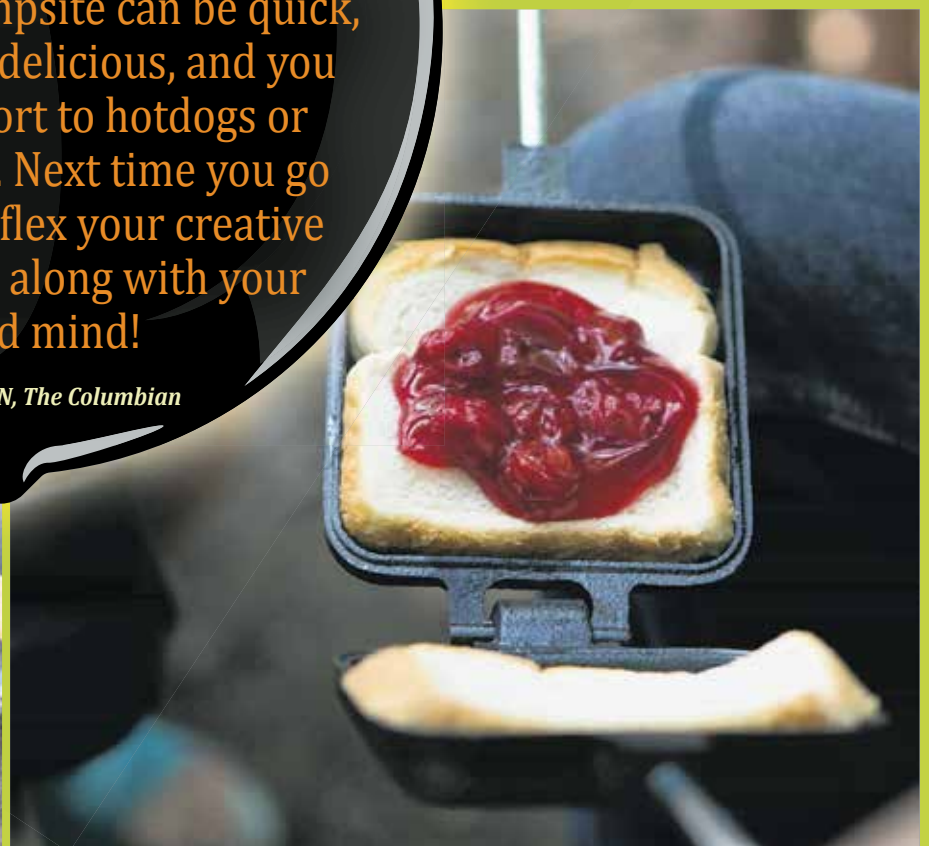
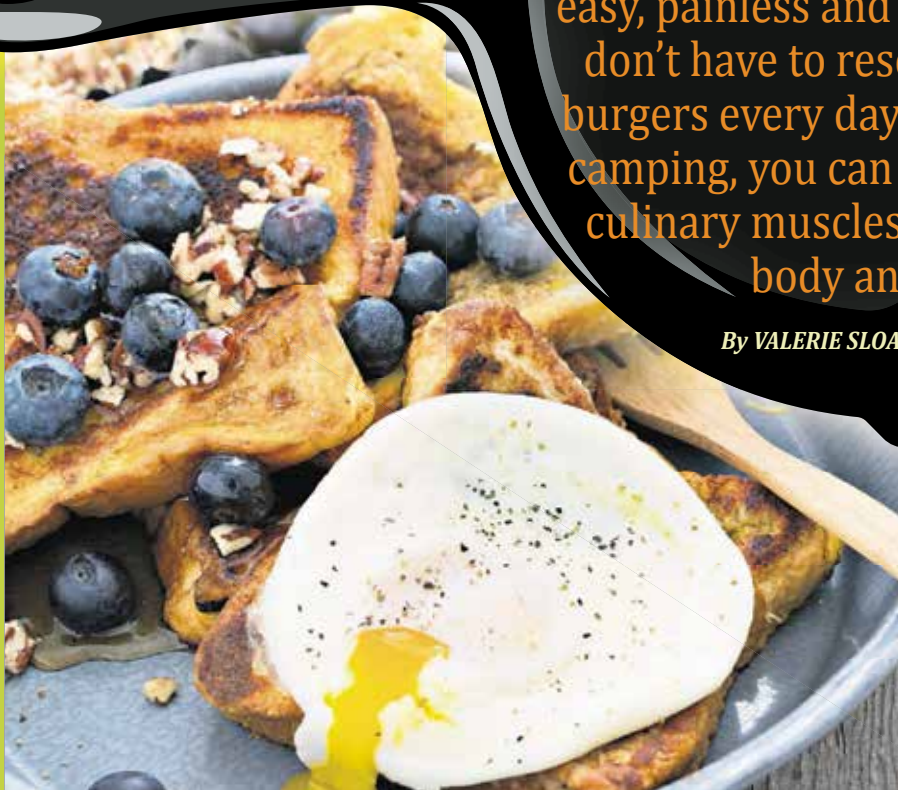




# Cooking *While Camping*

Cooking at your campsite can be quick, easy, painless and delicious, and you don't have to resort to hotdogs or burgers every day. Next time you go camping, you can flex your creative culinary muscles along with your body and mind!

By VALERIE SLOAN, *The Columbian*





## BREAKFAST MEALS

**Fresh Fruit, Granola, and Yogurt.** Minimal effort required.

**Omelets in a Bag and Toast.** Use a gallon-size ziplock bag and pour in two eggs for each person. Add meat, tofu or veggies. Fire up the stove, boil a suitable size pot of water, drop in the bag and boil for 12-13 minutes.

**Oatmeal or Breakfast Grains.** Individual packets of oatmeal are easy to bring, and almonds or walnuts add flavor and crunch.

**Breakfast Burritos.** A great choice, no matter the time of day. Burritos can be pre-made at home or you can use a camp stove to heat up your favorite fillings. If you make the burritos beforehand, wrap them in aluminum foil. Just drop the burrito into the camp fire for an easy heating option.

## LUNCH MEALS

**Peanut Butter and Jelly Sandwiches.** Classic.

**Quesadillas.** This lunch is super easy to make: chop your veggies at home, place in tupperware or ziplock bags, shred the cheese beforehand. Wrap in foil and toss in the fire or on the grill.

**Fireside Toastie or Grilled Cheese.** Start with a loaf of French bread, and cut the bread in slices, leaving a quarter-inch at the bottom. Spread butter on the slices and then add your toppings into the slots of bread. Wrap the sandwich in foil and cook in the fire or on the grill for 15-20 minutes.

## DINNER MEALS

**Fire-roasted Veggies (with or without Meat).** Chop your veggies ahead of time; think sweet or regular potatoes, onions, peppers, cauliflower, zucchini, squash, cabbage, carrots, celery, garlic, and tofu, fish or meat. Don't forget your salt, pepper, and fresh herbs. Wrap in aluminum foil and freeze ahead of time, or put directly in your cooler on your way out the door. To cook, place on your grill or put in the fire, turning every so often.

**Campfire Pizza Log.** Use your own dough or a store bought. Add tomato sauce, mozzarella, and all the toppings you want. Roll the dough up and pinch the ends closed. Sprinkle on any fresh herbs, wrap in foil and freeze. Ready to cook it? Get the fire nice and hot. Turn frequently for 25-30 minutes.

**Chili.** Plan ahead and make a delicious chili or soup in your slow cooker. Package it in a ziplock, and pour into a pan when you're ready to warm up lunch.

**Foil-Wrapped Pasta with Goat Cheese and Tomatoes.** Boil pasta. While pasta is boiling, sauté olive oil, onion, garlic, and tomatoes and season with salt and pepper. Add the pasta to the skillet, and top with fresh basil.

**Polenta Rounds with Caramelized Onions and Goat Cheese.** Slice polenta thinly and cook on medium heat with olive or coconut oil. Once the sides begin to slightly harden, flip them over. While the polenta is cooking, caramelize your onions. Add in a few tablespoons of oil, three tablespoons of sugar, and two onions. Cook on high low heat, stirring frequently until the onions have hardened (about 12-15 minutes).

Bring your favorite goat cheese! Once the polenta rounds and onions have finished cooking, assemble: polenta round on the bottom, followed by caramelized onions, and topped with goat cheese.

## FUN OUTDOOR MEALS FOR KIDS

**Fireside Mac and Cheese.** Roast over the open fire.

**Basic Burritos.** Open a can of refried black beans (or substitute for your favorite kind of beans). Using a butter knife, slather the beans on the tortilla, then add cheese and any other toppings that your child eats. Heat the burrito in foil over the fire (or on the grate) for about 10 minutes, turning frequently to prevent burning.

**Grilled Cheese.** Butter two slices of bread and add your favorite cheese. Wrap in foil and turn frequently in the fire, on the grill or in in the skillet (minus the foil for the grill or skillet versions).

**Cream Cheese and Veggie Sandwich.** This is for the picky eaters out there. Slather cream cheese on two slices of bread and add cucumber, tomato and any veggies or meats that your kids like.

**Tortellini and Pasta Sauce.** Buy a package of tortellini or ravioli, boil according to the directions on the package, toss with pasta sauce and top with parmesan cheese.

**Fireside BBQ Chicken and Potatoes.** Good for the entire family. Cook diced chicken and potatoes in a pan and then douse in BBQ sauce. Pop it in your cooler the day you leave. Wrap it in foil and reheat on the grill or in the fire.

Just because you are camping doesn't mean you shouldn't enjoy the foods you love. Plus, some easy preparation at home will give you more time for enjoying the great outdoors. Bon appetite!





# it's tomato time

*By JOHN MOORE, WSU Clark County Extension Master Gardener*

**T**omatoes are probably the most popular vegetable grown in home gardens. That's no surprise since they are relatively trouble-free and have the old fashioned, rich tomato flavor that is so hard to find in supermarket fare.

That is because commercial varieties are often bred for characteristics like size, transportability, and shelf life-- at the expense of taste. If you love that tomato taste (and who doesn't) it is worth the time and effort to grow your own. The varieties you can grow at home are usually bred to thrive in a certain climate, resist disease, and most importantly, for taste.

To improve your odds of getting great results, here are some considerations to keep in mind as you begin your gardening adventure.

## Variety Selection

It pays to choose your varieties carefully. Tomatoes in general are hot weather plants, and our relatively mild weather results in a fairly short growing season for hot weather crops. In order to ensure that your tomatoes will get ripe before Mother Nature ends the growing season, choose varieties with a short time to maturity: plants with 75 days (calculated from transplant time) should have plenty of time to mature in Western Washington.

Also, look for disease resistance. The tag or seed packet may spell out this information or list codes like V, F, N, or T, indicating a resistance to common diseases and pests.

Next, decide whether you want determinate or indeterminate varieties. Determinates stay relatively compact, so they require little support and will not wander all over your garden. They usually produce a lot of fruit over a short time period, useful for those who can or freeze their bounty—not so useful for those who want tomatoes all summer.

That's where the indeterminates come in. The vines will grow and put on fruit until frost kills them. They need to be pruned and kept off the ground with hefty cages, trellises or stakes. The fruit tends to be bigger, so the days to maturity will often push up to the first frost date--be ready to bring in the just-ripening green tomatoes to finish indoors...they will still be better than most of the tomatoes you can get in the grocery store.

## Timing

If you've already planted your tomatoes, be patient. Tomato seeds won't germinate until the soil temperature is about 60 degrees and if seedlings are planted at less than 60 degrees, growth will be painfully slow. You might be able to get things moving by using a cloche, cover, or other products designed to warm the soil and extend your growing season.

It's a good idea to delay planting until the nighttime temperatures stay above 55 degrees. Use the time to harden off your plants by gradually increasing exposure to outdoor weather every day for at least week. Then, after the plants are in the ground, watch carefully for a late frost: even a very light frost can damage young seedlings. If it looks like the temperature might fall to 32 degrees, cover the plants with a light cloth to help prevent damage.

## Planting

Choose a spot in full sun. There's really no compromising on this, and even though many sources define full sun as 6-8 hours per day, more is much better.

You can add fertilizer at planting time, but be careful not to overdo it. In Western Washington, it's a fair bet that your soil is low in nitrogen, but the other nutrients vary widely. If you're starting a new garden or having difficulty getting plants to grow in an established plot, a soil test can steer you in the right direction.

Either organic or synthetic fertilizers will work fine. Organics have the benefit of building your soil and the microbes that live in it, but most organic products take time to work (they need to be digested by microbes before the plants can take them in). The upside is that they are less likely to burn your plants than quick-acting synthetics. Whichever type you choose, using too much can cause as many problems as too little. Be sure to check the label.

Plant tomato starts as deeply as you can. You can remove 75% of the lower growth and bury the stem up to the remaining leaves: roots will form all along the buried stem, creating a stronger plant.

Make sure the soil is moist when you plant: try soaking the bottom of the transplant's container in a bucket of water for several minutes before planting.



After planting, be sure to keep your tomatoes evenly moist throughout the growing season. Plan on about 1 inch of water per week, but to be sure, test the soil often at the root level with your finger. A layer of mulch will help in keeping moisture levels even and also deter weed growth.

## Problems

Inconsistent moisture can lead to one of the most common problems we see in the Pacific Northwest: blossom end rot. This dark patch on the bottom of the fruit is caused by a lack of calcium in the end of the fruit. There may be sufficient calcium in the soil, but other factors can interfere with its use. In addition to uneven moisture, plant stress, root damage, or incorrect soil pH can prevent the plant from using calcium. If this is a consistent problem and you water evenly, a soil test may be in order.

There's not much you can do about a virus once it is present, evident by wilting, deformed or discolored leaves. Get rid of diseased plants in the trash. Next year, opt for resistant varieties and rotate crops around your beds.

Early and late blight, caused by fungi, can also be problems in our area. There are chemical remedies that may help (be sure to follow label directions precisely), but prevention is the way to go. Keep the plants off the ground with cages or trellises. Wet leaves are an invitation to fungi, so restricting overhead irrigation is a good idea, especially late in the day. If you must use irrigation that wets the canopy, water in the morning so the leaves will dry in the sun. Pruning excess foliage will help by allowing air and sunlight into the plant to combat fungi.

## Tomato time is here!

You can enjoy tasty, home-grown tomatoes this year. Just do a little homework before selecting varieties, plant correctly and improve the odds by preventing diseases. At harvest time you won't regret it!

# THAI ORCHID

213 W 11TH STREET • (360) 326-3287



**CELEBRATING A SPECIAL OCCASION?**  
Book our Private Party Room or Let us cater your next event!

Delicious Thai Cuisine and One-of-a-Kind Sushi



## HAPPY HOUR 3-6 AND 9-CLOSE

[thaiorchidvancouver.com](http://thaiorchidvancouver.com)





**the Herbery**

PREMIUM CANNABIS PRODUCTS

Another year, another new look...



Join us for the reveal on May 21st!

On our 4<sup>th</sup> birthday,  
we'd just like to say...

It's been an honor exploring, discussing & discovering  
premium cannabis with our growing community.  
We're looking forward to many years to come!

COME SAY HIGH AND HAPPY BIRTHDAY TO  
OUR ST. JOHNS CREW ON TUESDAY, MAY 21<sup>ST</sup>!

THE HERBERY ST JOHNS

6018 NE St. Johns Road - Vancouver, WA 98661





(360) 841-7505

www.theherberynw.com

OPEN

8AM - 11PM  
7 days a week!

WARNING: This product has intoxicating effects and may be habit-forming. Marijuana can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of children.

# *To Make Healthy Eating Permanent...* *take time for your* **EMOTIONS**

By **LETHA BRANDENBURG**, owner of *The Healthy Weigh*

**P**ermanent change takes more than temporary motivation or inspiration. I know that for my clients and I know that for myself.

I've spent over 35 years discovering ways to make permanent changes in my life. Not only in regards to my eating habits, but in other areas of my life that require excellence as well! I've gotten better and better at it.

There are two things that are important to invest in, to continue to make permanent changes: time and emotions.

Do you want to change for good and find tools that keep you motivated? Do you wake up each morning and say "This day is going to be better" and by the time you lie down at night, you're discouraged with yourself again? If you are willing to spend some time, and feel some feelings, you too can find the motivation inside of yourself to stay the course and make changes for life.

**TIME** - We rarely take the time to get to know ourselves. We race through this life, taking care of other people and obligations without the important connection with ourselves. Can you stop at a coffee shop today and sit in a corner by yourself? Can you drive to a big parking lot and sit in your car on your lunch hour? Can you go to a room in your house that never gets used and spend some time there today? Get alone with yourself! Invest some time in YOU. Some of us are alone a lot...but are we alone, focused on ourselves? Permanent change requires time and focus on you.

**EMOTIONS** - I can promise you, if you have been overeating and unable to follow through with your healthy eating plan for even one day, you are stuffing

your emotions! It's time to look at them and allow them to surface.

The first question I ask myself is "Letha, What's up?" I ALWAYS get an answer! You will too. (That's why you're afraid to ask it.) If you have a journal... start writing in it. If you have junk mail in the floorboard of your car, that works too. Get something down on paper!

Your overeating has caused you to be irritated, mad at the world and not very fun...how's that working for you and your family? Your clothes don't fit, you feel frumpy, and you don't want to do much of anything! Your overeating is affecting EVERY area of your life!

Now... if you have done a good job on that list... it's time to move ahead... if

feeling attractive and in control, made a difference in those relationships? How's your wardrobe? How much energy do you have? Are you fun? Do you laugh more? Do you take pride in how you look and enjoy going out? Is EVERY area of your life affected by how you eat and what choices you are making? Don't stop short of dreaming about what life will look like at your goal weight as you make this list. Allow the good feelings to overwhelm you and fill you with hope.

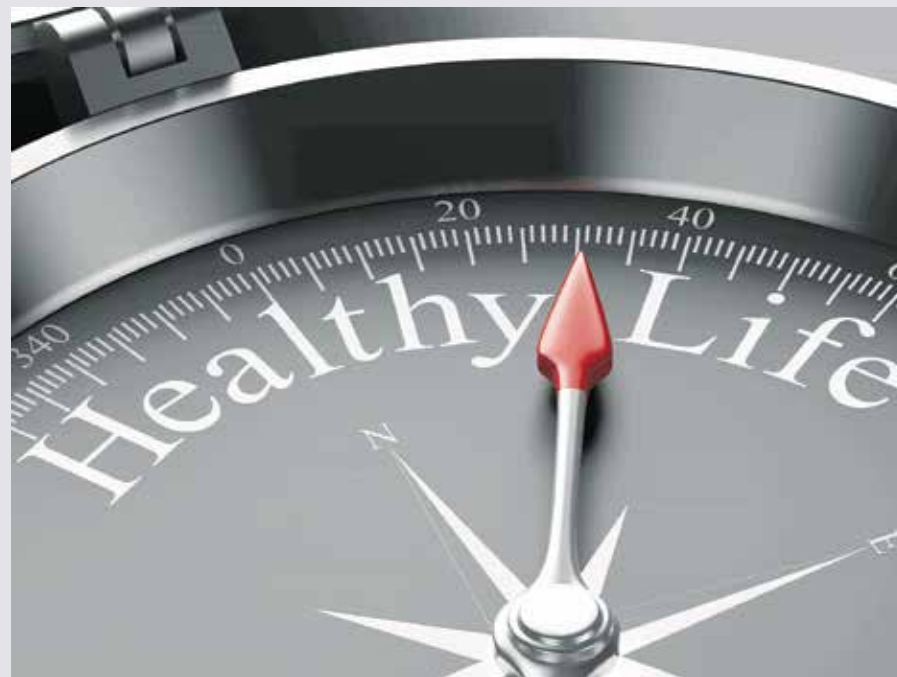
Look at those two lists. Now ask the all important question. "Why am I living here...when I could be living here?"

I've had clients tell me, "I've done the pain and pleasure list thing and it doesn't work." I'm wondering have they REALLY done it? Have they really taken the time to look at the way their eating is affecting their life and the lives of all the people around them? Have they asked themselves, "Why am I letting food win?" "Why am I letting food be the boss of me?"

To lose weight and keep it off, you must be able to use pain as your friend and connect pleasure to new things other than food. Everything we do, we do out of our need to avoid pain or seek pleasure. Pain really is your friend if you use it to change your life!

This power tool as I call it, can be and should be used to motivate you in ANY area of your life. Use pain and pleasure and just see what happens. You'll be glad you have this tool in your tool box for life! I promise.

Permanent change is what we are all after. Time and emotions will get us there. Invest in both and you'll see yourself changing. I promise.



Another effective tool I use to get myself back on track and get in touch with me is the pain and pleasure list! It's the never fail "power tool" that works for me every time.

Make a list of the pain overeating is causing you. If you have an hour, spend at least 30 minutes of it on this list! Don't forget to include family, children and spouses in this list. How has your overeating affected them?

you haven't, you are not really serious about getting back on track with your healthy lifestyle or you're just scared.

Your next list is a lot more fun! This is the list that includes all the emotions that you feel when you are on your program, eating healthy, and setting limits for yourself! Have fun, spend time on this list too. Don't forget to include your family, children and spouse also. How has eating healthy,





# La Bottega





## Wine Tasting

Every Wednesday 5 to 8

**Tuesday is  
1/2 OFF Wine Day!**

ALL DAY - Dine In Only

~ Half OFF Bottles \$50 and Under ~

~ \$25 OFF Bottles Over \$50 ~

1905 Main St., Vancouver • **360.571.5010** • [LaBottegaFoods.com](http://LaBottegaFoods.com)

# Vancouver Farmers Market

Saturday 9-3 ♡ Sunday 10-3

Find flowers for your  
garden or table!

Celebrating 30 years!

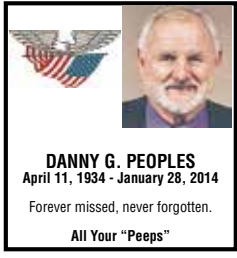
...for those who have been especially dear to us...

## In Remembrance

On **Monday, May 27th**, we will be publishing a special **Memorial Page** in memory of friends, family members and anyone whose memory you still hold dear. This special page will also be viewable online at [www.columbian.com/greetings](http://www.columbian.com/greetings). To have your loved one included, simply fill out the coupon below and select a tribute and a graphic.

Order form can also be found online at [www.columbian.com/greetings](http://www.columbian.com/greetings).




**SAMPLE LISTING**  
Cost: \$37





**Select one of these Tributes:**

1. We'll never forget you. May God cradle you in His arms for eternity.
2. Forever missed. never forgotten.
3. Your courage and bravery inspire us, and your memory strengthens us to bear the burden of your loss.
4. Create your own: \_\_\_\_\_

**Select one of these Graphics:**

**Please include my loved one on the special Memorial Tribute Page:**

Name of deceased (please PRINT) \_\_\_\_\_

Deceased's date of birth \_\_\_\_\_ Date of passing \_\_\_\_\_ Selected tribute (1-4): # \_\_\_\_\_

Selected graphic (A-E): \_\_\_\_\_ Remembered by \_\_\_\_\_

Include a photo of your loved one (\$5.00 additional charge)

☐ Yes (please enclose with order) ☐ No

**PLEASE DO NOT SEND ONE-OF-A-KIND, IRREPLACEABLE PHOTOS.**

Your Name (please PRINT) \_\_\_\_\_ Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Daytime telephone number \_\_\_\_\_ Email Address \_\_\_\_\_


Method of payment: ☐ Cash ☐ Check ☐ Credit Card

VISA, Discover or MasterCard # \_\_\_\_\_ Expiration date: (M/Y) \_\_\_\_\_ Signature of cardholder \_\_\_\_\_

The cost of this special memorial is \$37 with photo, or \$32 without photo. Create your own tribute with photo for \$37 for 3 lines of text, or \$32 without photo. Each additional line of text is \$1 per line.

Memorial Tribute Page Deadline: Monday, May 20, 2019, 4 pm.

**Mail or bring your Memorial Page tribute information to:**  
The Columbian offices at 701 W. 8th St.  
PO Box 180, Vancouver, WA 98666-0180  
ATTN: Private Party. OR  
E-mail to [stuff@columbian.com](mailto:stuff@columbian.com)



# Battle Ground/North County

## Hiking Lucia Falls & Moulton Falls, Shopping/Dining in Battle Ground

By LAURA WENRICK, *The Columbian*



### VANCOUVER TO BATTLE GROUND VIA WA-503 NORTH

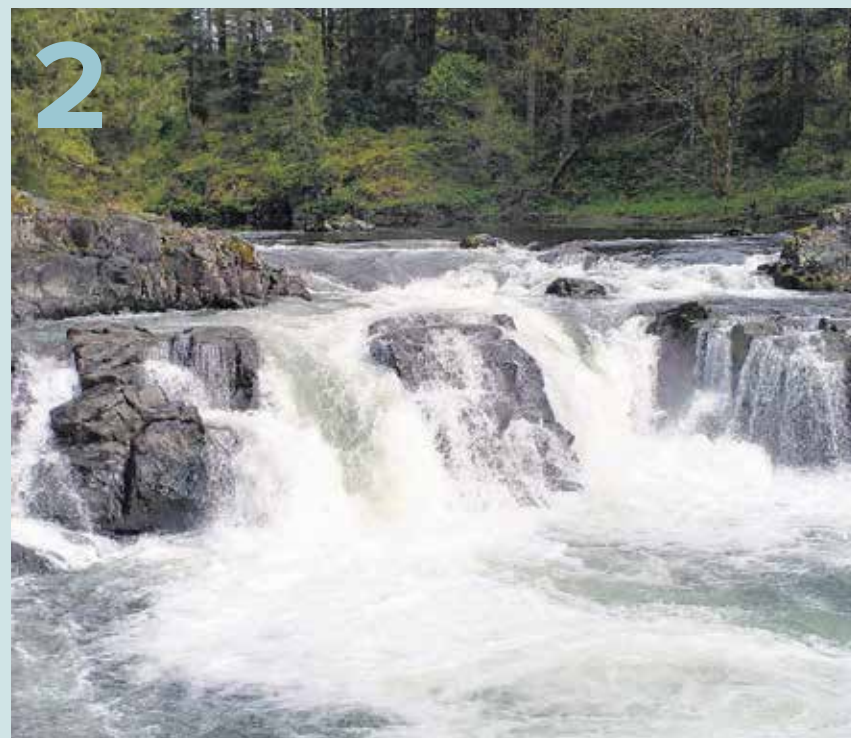
There are many quaint places to grab coffee and breakfast along Battle Ground's historic Main street. **Old Town Battle Grounds** at 316 E Main St is a church remodeled as a comfy coffeehouse serving light fare and Stumptown coffee. **(16 miles)**

### BATTLE GROUND TO LUCIA FALLS REGIONAL PARK VIA LUCIA FALLS RD

Going east on Main Street, head north on Grace Ave which takes you out of Battle Ground city limits and turns into 142nd Ave where you will pass small family farms like **Olequa Cellars** and **Morrow's Blueberry Patch**. Veer to the right onto NE Axford Rd/NE 147th Ave. Stay on the highway as it becomes 279th St going east, at one point following a bend in the East Fork Lewis River before passing the **Schumaker Tree Farm** and meeting Heisson Rd.

The old **Heisson General Store** is a good place to stock up on refreshments for your hike. (And while you're there, check the tasting schedule at the nearby Heisson House Vineyards for a possible stop on the return trip.)

From the Heisson community, travel north on Heisson Rd until it crosses East Fork Lewis River and meets Lucia Falls Rd. Go east on Lucia Falls Rd as it meanders along the north bank of the river. Shortly after passing the historic **Pomeroy Farm** and **Pomeroy Cellars** watch for the parking lot for **Lucia Falls Regional Park** on your right. **(7.7 miles)**





### LUCIA FALLS TO MOULTON FALLS

Lucia Falls Regional Park is a 24 acre scenic, forested park with hiking and picnic areas. Swimming is not allowed to protect sensitive fish spawning grounds. It's a great place to watch for steelhead leaping up the spectacular falls.

From there, a 2.5 mile trail connects Lucia Falls to the nearby Moulton Falls.

In the event the parking lot is full at Lucia Falls, there is another chance park and see the area by continuing on Lucia Falls Rd by car as it follows the river all way to Moulton Falls Regional Park at the confluence of the East Fork Lewis River and Big Tree Creek.

**Moulton Falls Regional Park** is 387 acres with two waterfalls, a three-story arch bridge, and a swing bridge. Swimming is allowed at Moulton Falls, at your own risk. Known by some old-timers as "the cold hole," generations of visitors have enjoyed taking a cool dip in these waters on hot days. The park has volcanic rock many visitors can experience up close by walking or climbing on the formations.



At Moulton Falls, more serious hikers can access the 7.7 mile Bells Mountain Trail. Or, if you weren't able to park at Lucia Falls, the 2.5 mile Lucia Falls Trail and Moulton Falls Trail will get you there on foot.

**(3.3 Miles by car or 2.5 miles by trail)**

By now your legs should be tired and your stomach rumbling. Finish the day at **MILL CREEK PUB** back on highway 503 for a burger and beer, or something else from their full menu of delectable choices for any appetite.



The Chelatchie Prairie Railroad excursion train passes through the park on weekends, stopping at Moulton Station, which is another way to experience this area as a daycation. See the schedule of these rail adventures at: [tickets.bycx.org](http://tickets.bycx.org)

### MOULTON FALLS TO BATTLE GROUND

4

After a day in nature and you're back in your car, head back to Battle Ground (maybe even stopping for wine tasting or berry picking somewhere along the way). For anyone with energy still left to shop, the **Urban Basics Antique Mall** is a destination to find vintage, antique, and upcycled treasures.

Also, check out **Rusty Glamour** for vintage furniture as well as other vintage shops. **(10.9 miles)**

## AMERICA'S FAVORITE IS BETTER THAN EVER!



#### **BX1880**

- 16.6 Gross HP<sup>†</sup>, Kubota Diesel Engine
- Category I, 3-Point Hitch
- 4WD

**STARTING AT \$99\***



#### **RTV-XG850**

- Powerful 48.3 HP<sup>†</sup>, Gasoline Engine
- CVT-Plus Transmission
- Selectable 4WD

**STARTING AT \$196\*\***



#### **L2501HST**

- 24.8 Gross HP<sup>†</sup>, 3-Cylinder Kubota Diesel Engine
- 4WD • Hydrostatic Transmission (HST)

**STARTING AT \$149\*\***

## Dan's Tractor, Inc.

**Serving Clark County Since 1963**

**8012 NE 219th Street • Battle Ground, WA**

**360-687-3000 • M-F 8-5, Sat 9-1**

\* 0% A.P.R., 20% down, financing for 84 months on purchases of new Kubota BX1880 plus 54" standard mower-deck from participating dealers in-stock inventory is available to qualified purchasers through Kubota Credit Corporation USA; subject to credit approval. Example: 84 monthly payments of \$11.90 per \$1,000 financed. Example amount based on sales price of \$10,395. Each dealer sets own price. Prices and payments may vary. Offer expires 6/30/19. \*\* 0% A.P.R., 20% down, financing for 84 months on purchases of new Kubota L2501HST w/R4 tires from participating dealers in-stock inventory is available to qualified purchasers through Kubota Credit Corporation USA; subject to credit approval. Example: 84 monthly payments of \$11.90 per \$1,000 financed. Example amount based on sales price of \$15,645. Each dealer sets own price. Prices and payments may vary. Offer expires 6/30/19. \*\*\* Payments of \$195.17 per month on new RTV-XG850 based on sales price of \$12,849 at \$0 Down, 2.99% A.P.R. financing for up to 72 months. Financing available through Kubota Credit Corporation, U.S.A.; subject to credit approval. Payments do not include implements, freight, delivery or taxes where applicable. Some exceptions apply. Offer expires 6/30/19. See dealership for details. Class is based on these models: Polaris Ranger XP 900, John Deere XUV835M & Kawasaki Mule PRO-FXR. The handling comparison was performed on the FSAE SKIDPAD course in gravel conditions. © Kubota Tractor Corporation, 2019. † For complete warranty, safety and product information, consult your local Kubota dealer and the product operator's manual. Power (HP/KW) and other specifications are based on various standards or recommended practices. K1011-24-142224-12



# *Be Well Vancouver's Original Juice Bar*

**OWNER OR CEO:**

Melanie Concannon

**YEARS IN BUSINESS:**

Established in 2015. 4 months in business with new owners.

**WHAT PRODUCTS DO YOU MAKE?**

We make juice, coffee, smoothies, pastries, chili, bento, salads, avocado toast, and acai bowls.

**WHERE ARE THEY AVAILABLE?**

Our products are available in our store at 1012 Washington St in downtown Vancouver, and also online at [bewelljuicebar.com](http://bewelljuicebar.com).

**WHAT MAKES THEM UNIQUE AND SPECIAL?**

Our produce is sourced from the Vancouver Farmers Market. All of our products are vegan, dairy free, and gluten free. Also, everything is made to order and made with love!

**WHAT IS YOUR COMPANY'S MISSION AND VISION?**

We have a mission to feed Vancouver healthy organic food in order to promote energy and wellbeing.

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

Be Well Juice Bar plans to keep growing and expanding, while also giving back to the community.

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

Our employees and customers are our family! We love serving the Vancouver community.

**MADE LOCAL**

**Contact:**

360-726-5135

**Instagram:**

@BeWellJuiceBar

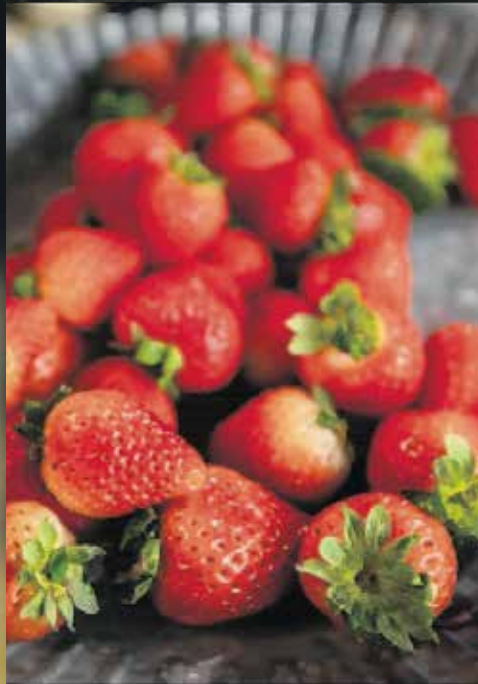
**Websites:**

[bewelljuicebar.com](http://bewelljuicebar.com)

**Facebook:**

@BeWellJuiceBar





If you or someone you know is a local maker that we might feature, please send contact information to [laura.wenrick@columbian.com](mailto:laura.wenrick@columbian.com) for consideration.



# GET THE FINANCIAL FACTS ABOUT

# Timeshares

Many people turn to timeshares as a way to enjoy annual vacations. But is investing in a timeshare a financially sound decision? That depends on who you ask. Getting the facts about how timeshares work and learning a few tricks can help anyone make an educated decision about timeshares.

In a timeshare, individuals purchase a place to stay in vacation property. They typically can then use this room and the surrounding amenities once per year, and often must travel to the same location time and again. Timeshares long have held appeal because they are marketed toward people who may not be able to buy a vacation home, but still want to vacation each year.

There are some advantages to timeshares. They provide a guaranteed vacation destination each year in a familiar place. This is great for people who value familiarity. Timeshares also make it possible to afford a vacation

in an expensive resort. Sometimes a person can trade times or locations with other timeshare owners, enabling more versatility and new destination experiences. For those who have to skip a year, it may be possible to sublet the timeshare or let family and friends use it if the agreement allows.

Timeshares have some notable drawbacks as well. Cost-efficiency is one notable drawback of timeshares. The American Resort Development Association, a trade group for timeshare companies, offers that the average cost of a timeshare is around \$20,000, with an annual maintenance fee of \$660. Those fees are paid even if the resort isn't used that year. Chances are a person can get a comparable vacation elsewhere for a lower cost — especially with the abundance of vacation property rentals available from traditional hotels as well as sites such as Airbnb.

A timeshare is not like a traditional real estate investment. According to Investopedia, it is an illiquid asset that is likely to lose value over time. Those who decide to sell their timeshares often find they must do so at a deep discount. Furthermore, those who sell a timeshare at a loss may find the Internal Revenue Service doesn't let them claim a capital loss, which is often the case with other investments and property.

To make timeshares work, individuals can opt to buy used, which is often at a fraction of the cost offered new by resort developers. Also, realize that a timeshare is a lifestyle purchase, not exactly a real estate investment. Timeshares are not a way to turn a profit. Try to purchase in desirable locations as well. Doing so increases the likelihood of resale in the future. —(MetroCreative)





Patio season is RIGHT around the corner!

Gather around one of our fire pits with a tasty appetizer and a craft beverage to welcome the warmer weather.



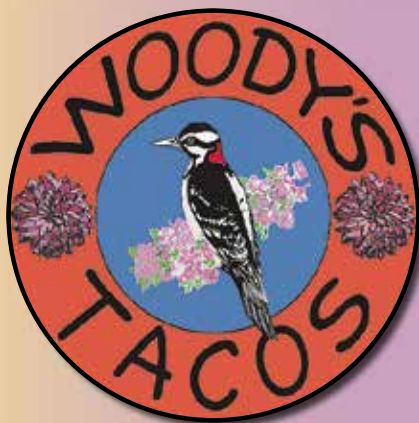
**GRAYS**

301 west 6th street  
360.828.4343

ENJOY THE AUTHENTIC TASTE OF MEXICO!

Now Open  
For Brunch!

Sat & Sun 9 - 2

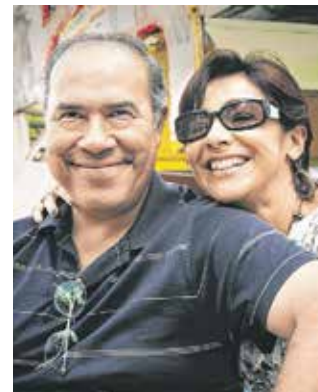


7900 E. Mill Plain Blvd. Vancouver, WA  
360.718.8193 • [www.woodystacos.com](http://www.woodystacos.com)

Morgan Stanley

Please Join Us for a Seminar on

## Understanding Social Security



Saturday,  
May 25th, 2019  
10:00am

Morgan Stanley  
1701 SE Columbia River Dr., Ste 120  
Vancouver, WA 98661

Speaker(s):

**Spencer French**

Associate Vice President  
Financial Advisor

RSVP:

(360) 992-8063

Hosted and Sponsored by:

Morgan Stanley  
1701 SE Columbia River Dr., Ste 120  
Vancouver, WA 98661

Morgan Stanley Smith Barney LLC ("Morgan Stanley"), its affiliates, and Morgan Stanley Financial Advisors and Private Wealth Advisors do not provide tax or legal advice. Clients should consult their tax advisor for matters involving taxation and tax planning, and their attorney for matters involving trust and estate planning, charitable giving, philanthropic planning and other legal matters.

© 2018 Morgan Stanley Smith Barney LLC. Member SIPC.

CRC 2045354 03/18

CS 9171704 03/18



# DAY TRIP - NORTH COUNTY *Winery Loop*

The fertile, rolling hills around Ridgefield, Battle Ground, and Yacolt have been gaining notoriety for producing some amazing wines. This scenic loop through the vineyards is great for a leisurely drive in between tastings.

Know before you go: in order to get the most of your wine country day trip, check ahead for events, tasting room hours, food options, and family accommodations (including fur family).



### CONFLUENCE VINEYARDS & WINERIES

19111 NW 67th Ave, Ridgefield  
360-887-2343  
www.confluencewinery.net  
Facebook: @ConfluenceWinery  
Open Saturdays, 12-6 pm and Sundays 12-6 pm  
*Quaint, comfortable boutique winery in a serene, pastoral setting.*

### GOUGER CELLARS

26506 NE 10th Ave, Ridgefield  
360-909-4707  
gcwinery.com  
Facebook: @GougerCellars  
*Enjoy fine food and wine in a remodeled firehouse with patio and rooftop seating.*

### THREE BROTHERS VINEYARD & WINERY

2411 NE 244th St, Ridgefield  
360-887-2085  
www.threebrotherswinery.com  
Facebook: @ThreeBrothersVineyardWinery  
*Pizza, appetizers, and entrees available in the Old Operations Room. Trivia night Saturdays and big screen TVs for catching up with sports during your visit. Outdoor Summer concert series.*

### BETHANY VINEYARD & WINERY

4115 NE 259th St, Ridgefield  
360-887-3525  
bethanyvineyard.com  
Facebook: @BethanyVineyardWinery  
*23 acres of estate vineyards. Picturesque lakeside patios. Lush lawn. Food and picnic lunches available to order. "Music in the Vines" summer concerts. Outdoor spaces 21 and older. Under 21 allowed in tasting room with adult.*

### DOLIO WINERY

11001 NE 314th St, Battle Ground  
360-831-1478  
Facebook: @DolioWinery  
www.doliowinery.com  
*Small snacks available for palate cleansing. Visitors are welcome to bring their own snack or picnic.*

### REZABEK VINEYARDS

11700 NE 279th St, Battle Ground  
360-896-0218  
Facebook: @RezabekVineyards  
www.rezabekvineyards.com  
*Kid and pet friendly, especially in the summer months.*

### HEISEN HOUSE VINEYARDS

28005 NE 172nd Ave, Battle Ground  
360-207-4480  
heisenhousevineyards.com  
Facebook: @HeisenHouseVineyards  
*The 15-acre site, formerly a pioneer homestead, features a turn of the century Victorian farmhouse and barn surrounded by, gardens, vineyard, and expansive pastoral views. Kid and pet friendly. Outside food allowed. Nearby Detroit Pizza delivers.*

### RUSTY GRAPE VINEYARD

16712 NE 219TH St, Battle Ground  
360-606-4303  
www.rustygrape.com  
Facebook: @RustyGrape  
*Woodfired pizza, small plates, salads, Mac & Cheese bar. Backyard BBQ with its own wine bar, fireplace and miniature vineyard. Kid friendly.*

### EMANAR CELLARS

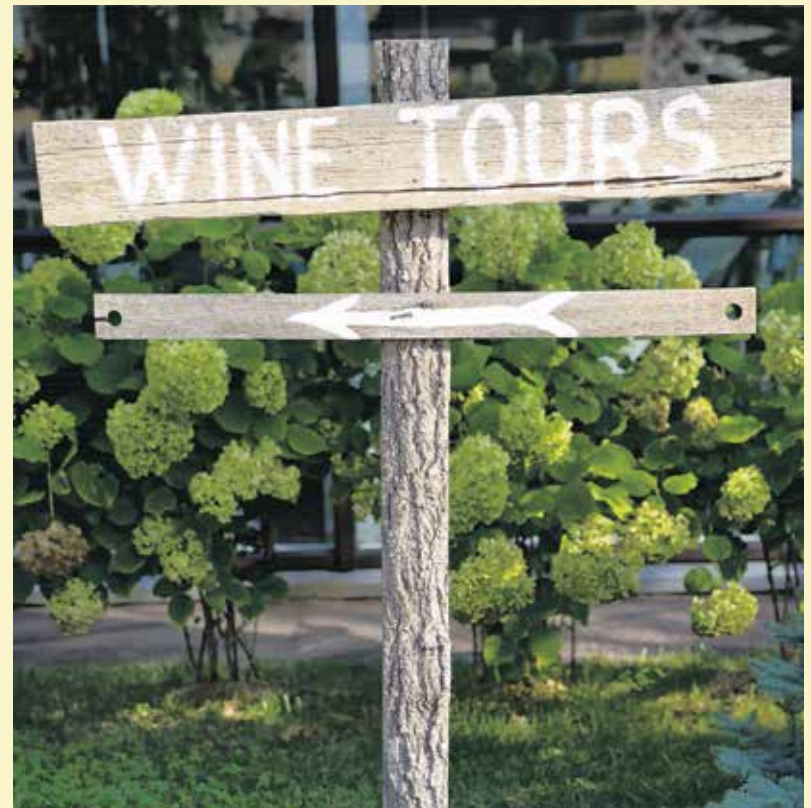
1113 SE Rasmussen Blvd, Battle Ground  
360-513-2448  
www.emanarcellars.com  
Facebook: @Emanarcellars  
*Featuring wines made from grapes of Spain and SW Washington. Authentic Spanish tapas. Events and live music. Kid friendly.*

### POMEROY CELLARS

20902 NE Lucia Fall Road, Yacolt  
360-686-3785  
www.pomeroycellars.com  
Facebook: @PomeroyCellars  
*Located on the historic Pomeroy farm, surrounded by the picturesque views of the beautiful Lucia Vallery countryside. Small snacks available. Visitors are welcome to bring picnics. 1920s era speakeasy style tasting room. Lush outdoor space with bocce court and picnic tables. Guests are encouraged to bring picnics and enjoy the beautiful scenery.*

### MOULTON FALLS WINERY

31101 NE Railroad Ave, Yacolt  
360-686-4070  
moultonfallswinery.com  
@MoultonFallsWinery  
*Woodfired pizza, salads, meat & cheese snack platters. No outside food.*





**OPEN  
7 DAYS  
A WEEK!**

**MENTION THIS  
AD & RECEIVE  
\$25 OFF  
BEER OR WINE  
STARTER KIT!**

Since 1992

**Everything you need to make your own beer, wine, cider and Kombucha!  
Check out our "Starter Kits," for the aspiring home brewer or vintner at:**

**www.BADERBREWING.com**

711 Grand Blvd., Vancouver, WA 98661 | (360) 750-1551 | (800) 596-3610

# EVENTS

MAY - JUNE



June 1, at 9 a.m. along Fort Vancouver's Officers Row. Runners and walkers, kids and adults, all paces and faces are welcome! Post-race party, giveaways, and special surprises from national partner, Brooks! Cost: FREE. Register at [www.fleetfeet.com](http://www.fleetfeet.com)

**June 1, 6pm-9pm**  
**NEW MOON COMMUNITY DRUM & FIRE CIRCLE WATTLE TREE PLACE**  
Drum, dance, play and co-create with the magic of community.

Bring your drums, shakers, rattles, flow toys, altar or ritual items and whatever inspires you to move, connect and celebrate! Cost: Please contribute to Wattle Tree by purchasing retail items in their shop.  
1920 Broadway St, Vancouver

**June 2, 3pm-5pm**  
**PRIDEFUL VOICES**  
Unitarian Universalist Church of Vancouver  
A heartfelt afternoon of storytelling and music featuring local young LGBTQ+ voices and music from Acchord, plus a resource fair with local LGBTQ service providers. This is a fundraising event for three Vancouver area charities: Triple Point, Queer Youth Resource Center, and PFLAG Southwest Washington. Bring food donations for Martha's Pantry! 4505 E 18th St, Vancouver

**June 5, 1:30pm-3:30pm**  
**10TH ANNUAL TURN THE TOWN PURPLE WORLD ELDER ABUSE AWARENESS**  
Luepke Senior Center  
Dance the afternoon away with Charles and the Angles, and don't forget to wear PURPLE! There will be prizes to give away, and TONS of fun to be had. Join in the fun as a "dignitary dancer" and spend the afternoon with some very special seniors. The dance is free, but the memories are priceless.  
1009 E McLoughlin Blvd, Vancouver

**June 5, 6pm-8pm**  
**FLEET FEET VANCOUVER**  
For the third year, Fleet Feet and Brooks Running will come together on June 5th to host The Big Run. The annual nationwide 5K brings thousands of runners together on Global

Running Day to do what we love most—run. Runners and walkers, kids and adults, all paces and faces are welcome! Post-race party, giveaways, and special surprises from national partner, Brooks! Cost: FREE. Register at [www.fleetfeet.com](http://www.fleetfeet.com)

**June 7, 5pm-10pm**  
**NIGHT MARKET AT 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

**June 7 & 8**  
**CLARK COUNTY HISTORICAL MUSEUM'S HISTORY WALKING TOURS**  
This tour starts outside of the historic Slocum House. To buy tickets that day, please arrive 15 minutes early. Clark County Historical Museum's History Walking Tours is an annual and popular series that offers an opportunity to get out and visit some of Clark County's most fascinating neighborhoods and city centers. The tours kick off Friday, May 31, at noon, and Saturday, June 1, at 9 a.m. along Fort Vancouver's Officers Row. For more information, call us at 360-993-5679, or email at [events@cchmuseum.org](mailto:events@cchmuseum.org). Tickets are \$10.00 for CCHM members, and \$12.00 for non-members.

**June 7, 5pm**  
**CRAFT BEER & WINE FEST**  
20 Pacific Northwest wineries, 5 excellent food vendors, 60 unique beer taps, 4 craft distilleries, local art and a weekend of live music at Esther Short Park. Find tickets at [www.tickettomato.com](http://www.tickettomato.com)



**June 9**  
**WASHINGTON STATE PARKS FREE DAY**  
On Washington State Parks Free Days your family can visit Washington State Parks without paying the entrance/day use fees. Learn more at [www.discoverpass.wa.gov](http://www.discoverpass.wa.gov)

**June 12, 5:30pm**  
**GUIDED WALKS: TOURS OF COLUMBIA SPRINGS**  
Interested in learning more about Columbia Springs? Join us on a Guided Walk on the second Wednesday of the month, April through October at 5:30 p.m. Learn about the Vancouver Trout Hatchery, Columbia Springs education programs and unique features on our site! Meet at Visitor Center and our tour guides will lead the way from there. 12208 SE Evergreen Hwy, Vancouver. Learn more at [www.columbiasprings.org/events](http://www.columbiasprings.org/events)

**June 12, 7pm**  
**FIRE-BENDING: COFFEE ROASTING AND ITS EFFECT ON THE BEAN**  
Kiggins Theater  
Rob Hoos (<https://hoos.coffee/>), author and Director of Coffee at Nossa Familia, will introduce us to the world of coffee roasting, as well as dive into some of the science that underpins and guides the profession of a coffee roaster. Looking at the process from start to finish, we will come to understand the basic design, chemistry, and thermodynamics of the process as well as dive into current research on the manipulation of flavor development during coffee roasting. Beer, wine, pizza slices, popcorn and snacks available.  
1011 Main St, Vancouver

**June 15, 9am - 3pm**  
**2ND ANNUAL SCHOOLS OUT- GO FISH, GIVEAWAY**  
Rods and Reels for Kids 2nd Annual Schools OUT - GO FISH giveaway. Sponsored by: Bar None Auction (Portland), Additional Storage Burton West (Vancouver), Les Schwab Tire (Southwest Washington), Sportsmans Warehouse (Vancouver), NW Rods (Kalama). Prizes, raffles, a day of fun! For more information contact: Kent, 360-524-3620. Additional Self Storage Burton West: 11000 Northeast Burton Rd, Vancouver

**May 19, 7:30pm-9:30pm**  
**IN MULIERIBUS PRESENTS GARDENS OF DELIGHT**  
The Proto-Cathedral of St. James the Greater Enclosed gardens, rich with symbolism, allegory, and complex meanings across many cultures, are depicted in visual and literary arts throughout the ages. This program will explore musical settings of poetic texts containing floral and garden imagery, including extant music from the 12th century manuscript Hortus Deliciarum. 218 W 12th St, Vancouver

**May 25, 11am-4pm**  
**VETERANS CARNIVAL FUNDRAISER**  
Vancouver Lake Eagle Picnic Shelter  
This year's big non-profit fundraiser is an all out carnival. Food, games, and entertainment. Hosted by Clark County Veterans Assistance Center. Purchase tickets by phone at 360-693-7030. \$20

**May 25, 10pm**  
**THE DD PRESENTS: ROCKY HORROR CELEBRATING 6 YEARS AT THE KIGGINS**  
With live shadowcast - The Denton Delinquents. \$10. 1011 Main St, Vancouver

**May 31 & June 1**  
**CLARK COUNTY HISTORICAL MUSEUM'S HISTORY WALKING TOURS**  
This tour starts at the O.O. Howard House. To buy tickets that day, please arrive 15 minutes early. Clark County Historical Museum's History Walking Tours is an annual and popular series that offers an opportunity to get out and visit some of Clark County's most fascinating neighborhoods and city centers. The tours kick off Friday, May 31, at noon, and Saturday,

Continued on next page ►



# KIDS & FAMILY EVENTS



## MAY 23 LITTLE LEARNERS

### @ FORT VANCOUVER NATIONAL HISTORIC SITE

Caregivers and children ages 3 to 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. Entrance fees to the reconstructed fort are \$7 per person; ages 15 and under are free. 612 E Reserve St, Vancouver

## MAY 25 FAMILY NATURE DAYS AT COLUMBIA SPRINGS

What do a salmon scale and a tree ring have in common? What critters live in the wetland? Explore these questions and more at Columbia Springs' Family Nature Days! Start at the Visitor Center for maps, information and activities. Choose your own adventure around the forests from there with volunteer led activities, games and Guided Walks! Guided Walks will happen at 11:00 a.m. and 1:00 p.m. Donations encouraged. Learn more at [www.columbiasprings.org/familynaturedays](http://www.columbiasprings.org/familynaturedays) 12208 SE Evergreen Hwy, Vancouver

## MAY 27, 5PM-8PM ALL AGES FAMILY KARAOKE NIGHT FROM 5-8PM

The Heavy Metal Brewing Co  
809 MacArthur Blvd, Vancouver

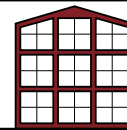
## JUNE 1, 10AM-3PM GET A HEAD START ON SUMMER COMMUNITY RESOURCE EVENT

Educational Opportunities for Children and Families is hosting our Get a Head Start on Summer Community Resource Event in June. The event will be held at 5300 MacArthur Blvd, Vancouver, WA 98661. We are extremely excited to have organizations from our community come share general organization information and/or information on summer related activities, camps, or safety information with families in our community. Information vendors will be provided a 10' x 10' booth space at no charge. You will need to provide all equipment and supplies for your space. Please remember that this is a family focused event, and no sales of products will be allowed.

It is our goal to help families have a summer full of experiences and continued learning at little to no expense to them. For more information or to be a vendor contact Grant Gilson at 360-567-2727 or [grant.gilson@eocfwa.org](mailto:grant.gilson@eocfwa.org) June 10, 7:30am-4pm

## JUNE 8 WASHINGTON FREE FISHING WEEKEND

Fishing licenses are not required. Catch Record Cards are required to fish for salmon, sturgeon, steelhead, Puget Sound Dungeness crab, and halibut (if open). Free fishing days are valid for everyone. All other rules still apply, including seasons, area and lure or bait restrictions, and size and catch limits. A Vehicle Access Pass, Columbia River Salmon/Steelhead Endorsement, and Two-Pole Endorsement are not required during this weekend. Residents and non-residents may participate in Free Fishing Weekend.



## CLARK COUNTY EVENT CENTER

*at the Fairgrounds*

## SAVE THE DATE

MAY 25-26 Oregon Region Pony Club Show

JUN 07-09 Columbia River Agility Dog Show

JUN 14-16 Columbia Agility Dog Show



## NAVAJO JEWELRY

**WHOLESALE PRICING**  
NATIVE AMERICAN  
HANDMADE JEWELRY  
50% OFF AND  
10% OFF HOME DECOR

Vancouver Mall Space 244 • 360-256-3319

Largest selection of NAVAJO and ZUNI  
jewelry in the Northwest!

# *MyAccount* Makes it Easy!



From quick, secure online payments to simple ways to cut energy waste and lower your bill, MyAccount gives you instant access to your utility account, anytime. Need help getting started? Call us 24 hours a day, seven days a week at 360-992-3000 and we can help.



[clarkpublicutilities.com](http://clarkpublicutilities.com)