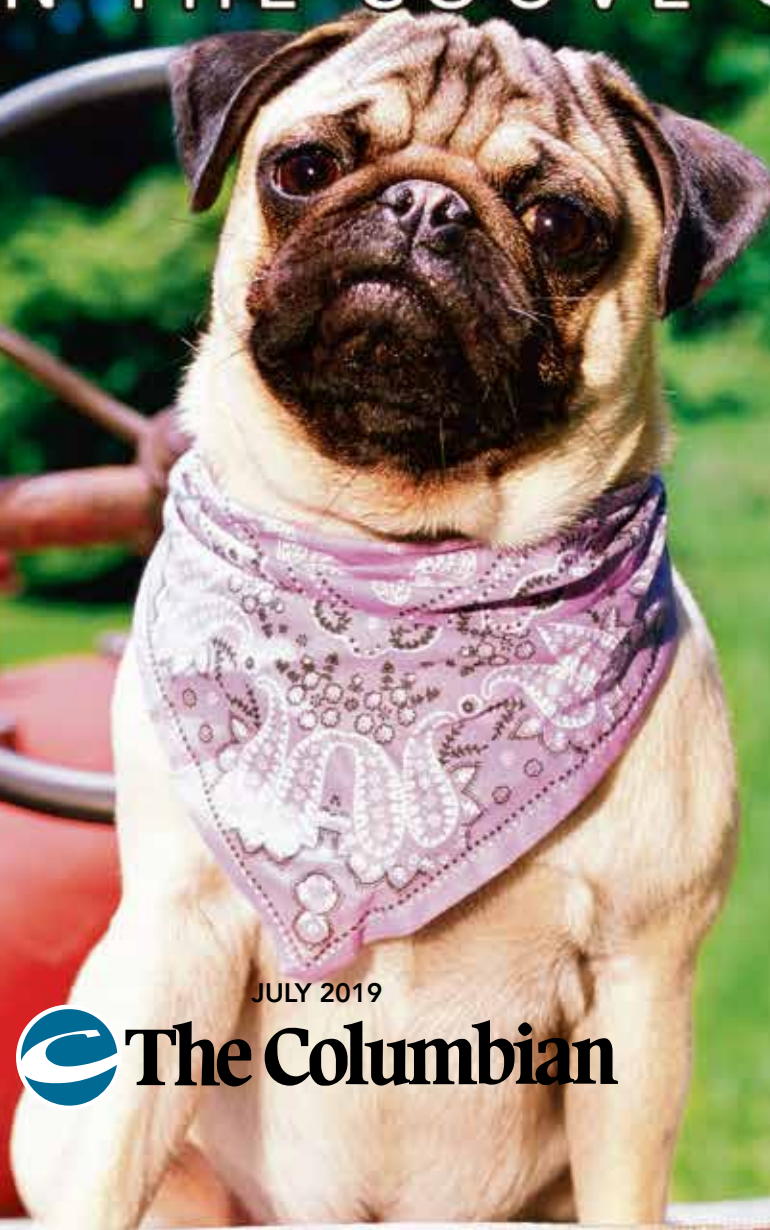


A PRODUCT OF THE COLUMBIAN'S ADVERTISING DEPARTMENT

# *Living* IN THE COUVE



JULY 2019

 **The Columbian**



**PATIO SEASON HAS ARRIVED!**  
Warm weather is here...**FINALLY!**  
It's time to enjoy a cold, hand-crafted cocktail or locally brewed beer on the patio.



**GRAYS** | 301 west 6th street  
360.828.4343

**TO ADVERTISE IN  
LIVING IN  
THE COUVE,  
PLEASE CALL  
360.735.4497**



**The Columbian**



## Why Install a Smart Thermostat?

Heating and cooling costs make up the largest portion of your energy bill. While there are many ways to cut costs, installing a smart thermostat can reduce energy waste, while still keeping your home comfortable. If you're a Clark Public Utilities customer currently heating your home with an electric furnace or heat pump, you may qualify for the \$50 smart thermostat rebate. If your home is heated with a natural gas furnace, you also may qualify for the rebate through the Energy Trust.



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

# 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. For submission information email: [kristin.dorsett@columbian.com](mailto:kristin.dorsett@columbian.com).

### SPECIAL PUBLICATIONS MANAGER

Laura Wenrick

### SPECIAL PUBLICATIONS EDITORIAL DESIGNERS

Kristi Atwood, H. Brannon

### CONTENT EDITOR

Kristin Dorsett

### COORDINATORS

Valerie Sloan,  
Teresa Davis

## July Focus: **PETS: DOG DAYS OF SUMMER**

06

Simple Tricks To Keep You  
and Your Pets Cool at Home  
This Summer



08

OUR FELINE FRIENDS:  
How You Can Help Clark  
County's Feral Cats



09

What To Do When Your  
Pet is Missing



10

CALLING ALL DOGGOS & PUPPERS:  
Take Your Humans to These Dog  
Parks This Summer

12

ENVIRONMENT & GREEN LIVING  
Myths About Pet Waste



15

IN THE GARDEN  
7 TIPS: How to Successfully  
Garden with Your Big Dog





# In this ISSUE

## IN THE GARDEN

- 14 Why, When and Where: Questions to Ponder Before Pruning Your Shrubs

## ARTS & CULTURE

- 16 Art Fests Celebrate Summer: Local Creatives Display Their Work

## FOOD & RECIPES

- 22 Summer Cocktail Test  
24 Pupsicles  
25 Blackberries: Wonderful or Horrible Either Way, They're Tasty

## HEALTH & FITNESS

- 26 Ecotherapy in The Couve  
27 It's Not What You're Eating, It's What's Eating You

## KIDS & FAMILY

- 28 Protect Your Kids from "Nature Blindness"

## HOMETOWN HIGHLIGHTS

- 29 La Center

## MADE LOCAL

- 30 Pup Town Cafe

## MONEY & FINANCE

- 32 The Cost of Caring for the Family Pet

## Tastes & Brews

- 34 Dog Friendly Drinking Holes  
36 Hot Dogs: The All-American Food

## LOCAL EVENTS

- 38 July - August

## Dog Days of Summer



People frequently refer to the month of August as "the dog days of summer."

The dog days of summer get their name from the star Sirius, commonly known as the "Dog Star." In ancient times, when artificial lights did not obscure the stars, people looked to the sky as a source of inspiration and answers to questions they

otherwise could not explain. Groupings of stars known as "constellations" were used to tell stories, and these stories were part of ancient folklore.

One constellation prominent during the summer months is Canis Major, which includes a bright star named "Sirius." Ancient peoples surmised that this star's brightness warmed the Earth, not unlike the sun. In addition, Sirius rises and sets in conjunction with the sun in the summer. It was believed that Sirius added even more heat to the sun, creating the humid and especially hot days of summer. This time on the calendar was thusly named the dog days of summer.

Thanks to scientific study and a better understanding of astronomy and weather, it is known that the dog days of summer do not owe their extreme warmth to Sirius. Rather, the heat is a direct result of the Earth's tilt on its axis during this time of the year. (Metro Creative)







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



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



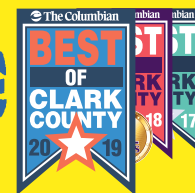
**CREEKSIDE**  
Contracting, LLC

HOME PAINTING  
SPECIALIST

Cont # CREEKCL997RH

**SAVINGS UP TO 30% OFF**

Call Nick Springer (Member) **360-574-9400**  
[www.creeksidecontractingllc.com](http://www.creeksidecontractingllc.com)



Did you know?  
**Pet food bags are not recyclable.**



"Can I recycle this?" Find out with the  
**RecycleRight app**

Use the search tool to find donation, recycling, and safe disposal options for hundreds of items.

Available for download on the Apple app store and Google Play store for Android devices.

Don't have a smart phone? Go to  
[RecyclingDoneRight.com](http://RecyclingDoneRight.com)

Clark County solid waste planning and programs are a cooperative effort of Clark County, Battle Ground, Camas, La Center, Ridgefield, Washougal, Vancouver, and Yacolt.





# SIMPLE TRICKS

to keep you and your pets cool at home this summer

By DAMEON PESANTI, for Clark Public Utilities

Rain is such a central part of life in Vancouver that it's easy to forget how hot the summers can be until we're in the dog days of the season.



Continued on next page ►



“... you can help your pets cool down by putting ice cubes in their water dishes and even putting some of their toys or appropriate snacks in the freezer.”

**S**peaking of dogs, this time of year can be especially hard on our pets. It's well-known that leaving animals in a hot car during the summer can be fatal; but what about leaving them in a hot home?

When it's too hot indoors, people have options to escape. Seeing a movie, going to the pool, the mall, the library or a variety of other community spaces affords us the opportunity to cool off. But, unless it's a service animal, our four-legged friends can't join us in most of those places.

Generally, pets are safer indoors when temperatures spike, but that doesn't mean they're any less miserable in the heat than we are. To make things worse, they're stuck wearing a fur coat regardless of the weather.

If you don't have an air conditioning system or don't want the expense of operating the one you do have, there are a number of things you can do to cool your home down without breaking the bank. It'll not only make you and your family more comfortable, it'll make your pets happier and healthier.

"Generally speaking, using fans, shading windows, opening and closing windows at the optimum times are great ways to stay cool economically," said DuWayne Dunham, energy services supervisor at Clark Public Utilities.

Shutting your blinds during the day should be step one. Windows are poor insulators. Allowing the sun's rays indoors turns your home into something like a greenhouse. Keeping your blinds shut, or ideally, using blackout curtains, will help insulate the room and limit how much heat comes inside.

"The best thing to do is shade your windows from the outside," Dunham said. "Deciduous trees are best but shades and awnings are also very beneficial."

At night, open all the windows and consider putting box fans in one or two of them to encourage circulation throughout your home. Remember to seal everything up in the morning and never sacrifice safety by leaving entry points to your home unsecured.

Trap cool air in the rooms you use most often. Heat expands any direction it can go, limit how far it can travel by closing off any rooms you don't use—especially those on the southern and western sides of your home.

Find comfort in a bowl of ice. Fill a large bowl with ice, or anything else frozen, and place it at an angle in front of a fan, just be sure to place it out of reach of children and pets. The fan will blow that icy, misty air

throughout the room. Be careful to position it so the fan can't fall into the bowl, this is critical for when the ice melts.

Speaking of ice, you can help your pets cool down by putting ice cubes in their water dishes and even putting some of their toys or appropriate snacks in the freezer.

While pets usually love a soft bed, you may notice them opting to lay on the uncarpeted floors during summer. If that's the case, it may be worth buying them a cooling pet mat for them to rest on.

Ceiling fans should be adjusted with the seasons. Setting it to spin counter-clockwise in hot weather will create a breeze effect that can make your home feel airier.

Embrace your exhaust fans. Whether you're taking a shower, cooking or doing laundry, make sure to use the exhaust fan. As the hot air rises the fans will pull it out of the room along with extra moisture.

Avoid running the clothes drier during the day. You can also use the hot weather to your advantage and save electricity by hanging your clothes instead. For cooking, consider grilling outdoors or using the microwave instead of a stove or oven.

"Those solutions will help when it heats up, but when the hottest days arrive air conditioning is recommended to keep pets safe," Dunham said. "Heat pumps can lower your heating bills in the winter and cool air in the summer, and good insulation helps keep your home temperature just where you like it all year long."

"Clark Public Utilities offers programs and incentives to make those home upgrades in electrically heated homes more affordable—whether a person owns or rents their home," he added.



# OUR FELINE FRIENDS

## How You Can Help Clark County's Feral Cats

By EILEEN COWEN, for *The Columbian*

Go for a walk in any neighborhood or park across Clark County, and chances are you will see at least one outdoors cat. I see many of them in my own neighborhood, as well as at public places such as Leverich Park and Vancouver Lake. In general, these cats are not much of a problem: although they are responsible for many bird deaths, they also keep our rodent populations in check, reducing the chance of rodent-transferred illnesses such as deadly Hantavirus. If the cats are registered and with responsible owners, they usually have access to veterinarian care and healthy food sources, making them mostly harmless. However, a major issue in Clark County is the ever-growing, unregistered feral cat population that creates strain on our Animal Control office. Fortunately there are efforts underway to help these animals while addressing some of the negative impacts of feral cats.

There are an estimated 60,000 feral cats in Clark County. The majority of them are hiding out in our expansive wooded and rural areas. We simply don't see them, making it easy to pretend they don't exist. This raises the question, how can we address a problem that we can't see? There are efforts underway to sterilize these feral animals, provided they can be caught. The rural areas and smaller cities of Clark County, such as Camas and Ridgefield, rely heavily on the County's animal control services to help keep populations under control.

Within city limits, the municipal code of Vancouver requires registration of cats over six months of age. Recently, the city officially recognized that "community cats," or feral cats with no specific owner, roam freely in the city. They often have people who feed them irregularly or at the very least, tolerate kitties hanging around outside their homes. In the past, these animals would be rounded up and euthanized, but code changes in the last few years found a friendlier solution for cats and the people who passively look out for their well-being. Now, community cats are caught, sterilized and vaccinated, and released back to the area in which they were found. This has proven to be a much more humane solution to population control. The program also reduces the numbers of cats admitted to already overcrowded shelters. It is truly a win-win.

There are many ways the average cat owner can help control the feral cat population. First, make sure your cat is properly licensed. Licensing fees help financially support feral cat sterilization and vaccination programs, as well as fund animal control services. Second, make sure your cat is sterilized and vaccinated against rabies and other illnesses so they don't spread diseases unnecessarily. Third, help identify those

cats who may need spaying or neutering in your neighborhood. You may be surprised how many feral kitties are roaming your streets. Finally, consider donating to groups that provide medical care to unattended cats. These non-profits include the Humane Society of Southwest Washington, the West Columbia Gorge Humane Society, Feral Cat Coalition of Oregon, and the Animal Shelter Alliance of Portland. Together, we can all make a dent in the feral cat population while supporting the health of our furry friends.

*Eileen Cowen is a transplanted Mainer living with her Washingtonian husband and children in Downtown Vancouver. She enjoys hiking, camping, playing music, tasting local beers, and talking to neighborhood cats.*



---

### PLEASE SPAY OR NEUTER YOUR CAT

**SW Washington Humane Society's Spay & Save program provides cost assistance for low income cat owners. To learn more about this program or to make an appointment, please call 360-213-2632.**

**Second Chance Companions offers low cost dog and cat spay/neuter services (no income restriction). Apply at [www.sccpets.com](http://www.sccpets.com).**



# What To Do When Your Pet is **MISSING**

A family's beloved pet can go missing at any time of the year and for a variety of reasons. Overall, more pets go missing during Fourth of July than any other time of the year. So what do you do if your beloved pet is lost? There are many local resources for finding a lost pet.

## SW WASHINGTON HUMANE SOCIETY

Submit a lost pet report online or by calling 360-213-2621. You can also view stray animals currently in their care online ([southwesthumane.org](http://southwesthumane.org)) or by visiting 1100 NE 192nd Avenue during business hours (Tues-Sun, 12:00pm-6:00 pm).

Tips from SWWHS:

- Register with **Finding Rover**. HSSW is a registered partner with Finding Rover. Go to [www.findingrover.com](http://www.findingrover.com) and click 'I Lost a Pet', upload your pet's picture, and Finding Rover will search found reports which will include animals in their care.
- Download a Lost Pet Poster to post around your neighborhood.
- Notify local veterinary offices in your area.
- Verify your contact information on your pet's microchip is current.

## I PAW'D IT FORWARD

I Paw'd It Forward is a volunteer-based service that provides lost and found pet services to Clark County, WA and surrounding areas, including chip scanning and transport. Contact: @IPawdItForward on Facebook or [ipawditforward.org](http://ipawditforward.org) or 833-360-PAWD (833-360-7293)

## FACEBOOK

There are a few places on Facebook to post information about your Lost pet and also to search public posts about Found pets. There appear to be two similarly named pages to search. A Community Page called "Lost and Found Pets in Vancouver, WA" and a Public Group called "Lost & Found Pets in Vancouver, WA."

There is also a Community page called "Lost Pets of Clark County."

## ONLINE & LOCAL NEWSPAPER

- Post a picture and description of your pet and details about when they went missing to your neighborhood group on [Nextdoor.com](http://Nextdoor.com).
- Post in lost/found and pets categories on local **Craigslist**
- Place a lost/found pet notice in **The Columbian** and **Camas-Washougal Post Record** newspapers by calling **360-735-4585**



Photos courtesy of Nora Syverson

## \$\$\$ Reward for Return of Jack the Cat

Jack was stolen off his back porch near 18th and Columbia on Wednesday, June 5, 2019 at 8:18pm. Security cam evidence of the abduction can be seen at "I Paw'd It Forward" on Facebook. The identity of the thieves has been discovered and police are involved but Jack is still missing. The search area encompasses the neighborhoods of Hough, Carter Park, and Uptown Village.

# the Herbery

PREMIUM CANNABIS PRODUCTS

21+

## ARE YOU A LEADER?

Do you take pride and ownership in the place you work?

## DO YOU LOVE POT?

Explore, discuss & discover how The Herbery supports its staff with healthcare benefits for full-timers, access to some of the best cannabis in Washington state, & career pathing for those looking to make weed their full-time career.

## INTERESTED?

Email [fit@theherberynw.com](mailto:fit@theherberynw.com) to be invited to the next Herbery Q&A where you interview leadership at The Herbery to see if we are the right fit for you.



## Winner, Best of Clark County 4 years in a row!

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.

# Calling All Doggos & Puppies:



## Take Your Humans to These Dog Parks This Summer



**T**he dry season is the best time for dogs and humans to get outside to stretch their legs, run around, and play. It's also a great season for dogs and dog owners to meet and socialize with each other, which is healthy for our community. There are many great places around Clark County for furry friends and their humans to meet up.

### **DOGPAW Off-leash Dog Parks**

DOGPAW is a non-profit who creates and maintains off-leash dog parks in SW Washington.

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

**K-9 Memorial Parks** are named for fallen K9 officers. Park features include dog drinking fountains; small dog areas; dog rinse off areas.

### **Dakota Memorial Dog Park**

(Pacific Community Park)  
1515 NE 164th Ave, Vancouver  
Features: ½ mile trail, small dog area, dog drinking fountain, dog rinse off area, restrooms, shade

### **Kane Memorial Dog Park**

(Hockinson Meadows Community Park)  
10910 NE 172nd Ave, Brush Prairie  
Features: 1/5 mile trail, dog drinking fountain, shade

### **Lucky Memorial Dog Park**

10100 NE 149th St, Brush Prairie  
Features: large/small dog areas, dog water spigot, fenced agility course

### **Ike Memorial Dog Park**

5167 NE 15th Ave, Hazel Dell  
Features: ¾ mile trail, small dog area, dog drinking fountain, benches

### **Barks in the Parks**

Barks in the Parks is a series of three pop-up, off leash dog parks hosted by Vancouver Parks & Rec in neighborhoods throughout Vancouver. Each pop-up park will be about one-acre and completely fenced with garbage cans and waste bags available. Dogs need to be vaccinated and licensed to play, and owners must remain inside the enclosure with their dogs. All parks will be staffed by City employees and DOGPAW volunteers.

### **LOCATIONS:**

July 1-19 | Endeavour Park | 2701 N.E. Four Seasons Lane

July 22-August 10 | Bagley Park | 4607 Plomondon St.

August 12-30 | David Douglas Park | 1016 N. Garrison Road

### **HOURS:**

Monday-Friday, 4-8 pm  
Saturday-Sunday, 10 am-2 pm

### **Lake Shore Athletic Club Doggie Dive**

Once a year on the last day of the outdoor pool season the Lakeshore Athletic Club invites the canine swimmers in the community to come take a dip, or a doggie paddle. Every kind of dog from the tiniest Chihuahua to the largest St. Bernard is welcome

to dive in, splash around, and play fetch on this one special day of the year when Lake Shore's outdoor pool becomes a wet and wild dog park.

This year's Doggie Dive will be on Saturday, September 21, from 10am to 2pm. The event is sponsored by Mud Bay, a supplier of natural pet food and supplies. Proceeds benefit Southwest Washington Humane Society. For registration information, visit [southwesthumane.org/doggiedive](http://southwesthumane.org/doggiedive).

**N**ot all dogs enjoy playing with other dogs or being around large groups of dogs. Consider your dog's personality and temperament before releasing them into an off leash dog park for the first time. Socializing is good for them, but should be eased into slowly if you're not sure of their social skills. Even doggie BFFs can play too rough so watch your dog at all times for signs of overstimulation and give your dog frequent breaks as needed. If you would like for your dog to become better socialized, get a recommendation from your veterinarian for local dog training classes.

### **Signs of friendly greetings between dogs:**

- Avoiding eye contact
- Approaching in an arc with wagging tails
- Moving slowly with soft body language
- Play biting with open mouth

### **Signs of trouble between dogs at play:**

- Staring down another dog
- Hackles up
- Circling around another dog with tense, stiff bodies
- Closed mouth with barred teeth





#### 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**



*Make Summer  
A Splash*

SHOP LOCAL, NATURALLY



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



## SUMMER IS SHORT, SMOKE THE FINEST.

Blaze your next trail with the highest grade flower, prerolls, topicals,  
RSO, concentrates, edibles and vaper in Vancouver.

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.



**GREENHEAD**  
CANNABIS™





# MYTHS About Pet Waste

By JESSICA FISCHBERG, Clark County Public Health Solid Waste and Environmental Outreach



**E**ven those of us who love our furry friends don't love dealing with their poop. We've all seen it: dog poop on the sidewalk, in the grass, and on the street. Sometimes it's wrapped neatly in a bag and yet still left behind, adding some plastic pollution to the mix. The truth is that pet waste contains pathogens that are harmful to people, wildlife, and bodies of water we play in. Keeping this harmful waste out of our environment is essential for keeping our community and pets safe. The best thing to do with pet waste is to put it into the garbage, but there are a lot of misconceptions about the proper ways to dispose of pet waste. Let's get down to business and talk about dealing with your pet's business!

#### MYTH:

**"If it's only in my own yard, then it's not hurting anyone if I don't pick it up."**

When pet waste mixes with rainwater or runoff from watering your lawn, it goes into the storm drains that lead to our local streams, creeks, lakes, and rivers. This feces-filled runoff is a major contributing cause of toxic algal blooms that can make swimmers sick, harm wildlife, and can be deadly for dogs. Clean up the pet waste in your yard regularly by bagging it and placing it in the garbage.

#### MYTH:

**"It's natural!"**

"Wildlife does it all the time without anyone cleaning it up, so why do I have to clean up after my pet?" The reality is that no watershed is prepared to naturally accommodate the amount of waste produced by the thousands of domesticated pets living in our community. It's our responsibility to clean up after them to protect our water.

#### MYTH:

**"I flush my waste, I'll just flush theirs!"**

Whether what you flush goes to a septic system or the municipal sewer system, flushing your pet's waste is a bad idea. Few private septic systems are equipped to properly process pet waste. Municipal sewer systems are built to remove the solids from what we flush, and kill most of the pathogens present in human waste, before the treated water is released back into the environment. Many of the pathogens in pet waste are really tough and are able to survive the municipal waste treatment process, which means that flushing your pet's waste adds dangerous germs to our water.

#### MYTH:

**"It's inconvenient to keep bags handy to clean up after my pet."**

Tie bags onto your dog's leash so that you always have one. Many parks also have bag kiosks for pet waste that are free to use. Just make sure the bagged waste makes it into the garbage!

#### MYTH:

**"I can compost it!"**

We use cattle manure to fertilize crops, and many who compost in their

backyard use chicken and sheep manure, so why can't we compost pet waste? The difference is in the diet: cats and dogs eat meat and meat-derived foods, and livestock such as cows and chickens do not. The meaty diet that dogs and cats need means there are dangerous pathogens in their waste that aren't present in chicken, cow, or sheep manure. These pathogens are tough and can't be killed or sterilized through composting.

#### MYTH:

**"Plastic bags are bad for the environment, so it's better if I dispose of my pet's waste loose, instead of bagged."**

Plastic bags make it safe and easy to throw pet waste into the garbage, and are needed for the same reason we use plastic garbage

can liners:

they improve sanitation and prevent spills into the environment during transport to the landfill.

While we recommend bagging your pet's waste, no matter what method you use the important thing is to protect yourself from making direct contact with the waste, throw it away safely in the garbage, and wash your hands when you're done cleaning up.

#### The bottom line?

We can all agree that protecting our water, families, and habitats is important, so we should all agree to pick up our pet waste! Check out Clark County Clean Water to learn more and have your dog take the "Canines for Clean Water" pledge, and get a free bandana! Go to [clark.wa.gov/public-works/canines-clean-water](http://clark.wa.gov/public-works/canines-clean-water). To learn more about sustainable living, including tips for approaching neighbors about cleaning up their pet's waste, visit [clarkgreenneighbors.org](http://clarkgreenneighbors.org).





# Why, When and Where:

## Questions to Ponder Before Pruning Your Shrubs

By BEKAH MARTEN, WSU Clark County Extension Master Gardener

**T**here are a few things to consider when heading out to prune your landscape shrubs: why you are pruning, whether it is the right time of year to prune and what the natural shape of the plant is.

Considering why you are pruning will help you determine which branches to trim. Pruning is done to remove dead or diseased areas of a shrub. It can also be done to shape a shrub or to open it up for better air circulation providing for a healthier plant.

To some extent, pruning can be done to maintain the overall size of a landscape shrub.

Many of the shrubs we grow in our landscapes need little pruning if at all. If the right location and space, soil type, and light and watering needs are met, your landscape shrubs will need little care from you.

Knowing the right time of year to perform pruning is important. Some plants bloom on last season's growth while others grow on the current season's growth.

Knowing which will indicate when pruning should occur. The majority of any pruning will be done in the dormant season (winter) or in the late spring

after the shrub has bloomed. As a general rule, it is advised to not prune in the summer or in early fall because this can stress the plant.

Many spring-blooming shrubs bloom on last season's growth and should be pruned following bloom. If pruned before bloom, you may be limiting the amount of blossoms you see that season.

Some examples of shrubs to prune after spring bloom are Lilac, Forsythia, Mock Orange, Weigela, Azalea and Rhododendron, Star Magnolia, Daphne, Chinese Redbud, and Japanese Quince.

Summer- and fall-blooming shrubs typically bloom on the current season's growth and should be pruned in their dormant season. Pruning them in late winter will encourage vigorous growth through the spring and a great show of blooms, come summer.

Some examples of shrubs to prune in the dormant season are Japanese Beautyberry, Peegee Hydrangea, Snowberry, Fig, Rose of Sharon, and Japanese Spirea.

One last consideration before picking up your pruners is to look at the natural shape of the shrub. If

it has not been pruned in many years, you may need to do a quick internet search to see how the plant is supposed to look. Step back and observe the shrub; is it vase-shaped, rounded, weeping or upright?

Knowing how your plant wants to grow naturally, will help you to decide which branches or canes to ultimately cut. Pruning a shrub to its natural shape will lessen the overall work needed to maintain the plant, and it will encourage proper blooming for the shrub.

*If you find yourself stumped about when or how to prune a plant in your home landscape, don't hesitate to contact the WSU Clark County Extension Master Gardeners. The Answer Clinic is staffed Tuesday through Thursday year-round, with Master Gardener volunteer ready to assist you. You can call them at (564) 397-5711, email them at [MGAnswerClinic@clark.wa.gov](mailto:MGAnswerClinic@clark.wa.gov), or stop in their offices as 1919 NE 78th St, Vancouver. Visit <https://extension.wsu.edu/clark/community-education/#clinic> for clinic hours and more details.*





**ABOVE:** Just another dane in the garden. **BELOW:** Mr. Barnaby the Great Dane.  
Photos courtesy of Laura Heldreth

By **LAURA HELDRETH**,  
WSU Clark County Extension Master Gardener

A dog-friendly garden design enables Mr. Barnaby, my 200-pound Great Dane, to help me tend my garden without hurting it. In the morning, Mr. Barnaby “helps” me water by holding the water wand and he plays with the weeds and sticks that I add to the bucket. And when we’ve completed our chores, he collapses on the patio furniture with crunchy fir cone or ‘hides’ in plain sight in his favorite spot in the back garden under the dogwood tree.

#### 7 Tips for Gardening with Your Dog

##### 1. Create dog paths around the perimeter of the garden.

From the day we adopted Barnaby, I walked him on the dog paths to train him where he could and couldn’t go. So, start young and be consistent.

**2. Use dog-friendly mulches in the garden paths and patios.** We’ve added pebble bark on the perimeter path and have added more hardscape and quarter-10 gravel to prevent muddy footprints in the house.

**3. Expect some plant damage and select tough plants.** If a plant doesn’t stand up to daily dog damage, I compost it and try something new.

**4. Plant densely.** Plant in masses so it is clear where the dog paths begin and end.

**5. Container garden.** I grow the plants that I adore in large containers up above Barnaby’s big feet and his pee line. I also place containers up on stumps and wood blocks.

**6. Provide places for your dog to enjoy being a dog.** Mr. Barnaby has cushions to lay on, water to sip, a high spot to overlook the garden, stumps to mark, and a grass buffet to snack on.

**7. Enjoy spending time in the garden with your dog.** Mr. Barnaby and I putter in our garden daily.

## How to Successfully Garden with Your Big Dog







# ART FESTS

## celebrate summer:

### *Local Creatives display their work*

By PAT STEPHENS, for *The Columbian*

Summer is in full bloom, so enjoy a relaxing day looking at beautiful, unique works of art. Even better is the opportunity to talk with the artists who created them.

When buying locally, you are supporting people who live and work in your community and are making at least a part of their living with their art. These artists work hard and are passionate about tapping into their creativity to make unique and unusual pieces.

What a great feeling to be able to tell admiring friends the story of finding the art and then meeting and talking with the artist, too. Sometimes the backstory of the art piece is as interesting as the art itself. It's a great way to find beautiful feature pieces for your home or office, and each piece triggers a great memory.

Check out galleries, street markets, and later in the fall, local bazaars for things handmade and local.

During the next few weeks, several events offer you browsing and buying opportunities, all presented and created by area communities, groups, or individuals.

### Night Market Vancouver

The monthly Night Market Vancouver continues to grow in numbers of vendors and types of entertainment, featuring a large variety of craft and art vendors, musicians, and food vendors. The event is family-friendly, and celebrates local businesses, highlights regional talent and brings our community together.

On August 2, attendees may look forward to over 80 local vendors, and the outdoor patio facing the water will be open for more vendors and entertainment. "The market is a mix of returning favorites as well as new vendors each time, with varying entertainment and music each month so it keeps it fun and exciting,"

Continued on next page ►





said Jessica Chan-O'Donnell, Night Market Founder.

Food vendors will be offering barbecue, Filipino foods, Asian, Cajun, and more. Musicians will include Fadin' by 9 and others. And there will likely be a balloon artist for the kids. Expect some dancing and other entertainment.

Chan-O'Donnell said the artistic offerings will include housewares, plants, locally made desserts (gluten free & vegan options too!), illustrators/artists, stationary, the chance to create your own masterpiece on 100% silk scarves, snacks that include gourmet sauces/ jams, dressings, and skin care products and jewelry.

The Market also showcases locally designed clothing brands. "We're actually launching our own, too, for Vancouver City Pride gear called 'Couve Style!' to help support Night Market venue expenses," said Chan-O'Donnell.

Market events remaining in 2019:

August 2nd (Friday);  
September 6th (Friday);  
October 4th (Friday);  
November 22 & 23 (Friday & Saturday).

1. There are over 80 vendors to visit at Night Market Vancouver
2. Official NMV staff
3. Portland DJ Dan Weisman entertains the crowd
4. NMV is fun for the whole family
5. A henna tattoo artist is one of the many fun vendors to visit

## River Art Fair – Washougal

The River Art Fair is in its third year, growing from 10 artists the first year, to projected 20 artists this year. It's held along the Washougal River, in a beautiful outdoor setting just 6 minutes from town.

Founding artist Deborah Roberts described the Fair as a place for local artists to show their art. "We have a lot of artists in the Northwest and need more places to show our art that does not cost us an arm and a leg," she said. "Attendance has grown from about 75 in 2017 to over 500 last year."

Roberts is an artist herself, painting in acrylic, oil pastel, watercolor and colored pencil. "I mainly get commissioned to do pet portraits, and my main focus is animals. I have been creative all my life. I come from a very creative family in California. I have a very excitable inner self, especially when I get an idea in my head. Then I just have to create it!"

Participating artists this year include watercolor, oil and acrylic artists, jewelry makers, quilters, soap makers, leather bag makers, and even a recycled art creator.

Parking and admission are free.



6. Deborah Roberts, founder, River Art Fair; 7. Painting by Sharon Ballard; 8. Australian Shepherd by Deborah Roberts. Photos courtesy of Deborah Roberts.

Continued on page 20 ▶



Photo from the 2018  
Washougal Art Festival  
1. 2018 WAF Art by  
Ena E. Designs

Photo Courtesy of Rene Carroll, WACA



*“We have so much local talent and it’s wonderful to see it showcased.”*

~ Carrie Schulstad



## Washougal Art Festival

The Reflection Plaza in Washougal will become a gallery of fine works of juried art on Saturday, August 10. The Washougal Arts and Culture Alliance (WACA) show features 29 professional regional artists.

“We were blown away by the number of artists desiring to be a part of this event,” said Rene Carroll of WACA. A jury of local professionals selected 29 from a field of 50 applicants to display their creations for this show, an increase over 25 last year.

Art forms include sculpture, photography, wood work, fiber arts, ceramics, jewelry, painting in many mediums, and much more.

Local muralist Travis London created the art for the poster, and will have a booth at the festival.

The family friendly Paint Roller – Mobile Paint Party will provide free fun projects for the kids to create their own art.

New this year will be a silent auction of works of art donated by participating artists. The proceeds will help fund an original Heather Soderberg casting, “Dreaming,” a life-sized bear, to add to the public art in Washougal.

And you won’t go home hungry as you take advantage of the offerings of Alex Smokehouse serving up barbecue, and the Washougal Lions selling root beer floats. Music and dance will add to the excitement.

## Downtown Camas Vintage & Art Street Faire

The Vintage & Art Street Faire features 60+ vintage and local art vendors in the tree lined streets of Downtown Camas on Saturday, August 24th, from 9 am to 3 pm, on 4th Avenue and Birch Streets.

“This event is so relaxed and charming,” says Carrie Schulstad, Executive Director of the Downtown Camas Association (DCA). “It has a comfortable, strolling feel and the artists and vintage vendors love to chat with people about their art and all the vintage treasures. We have so much local talent and it’s wonderful to see it showcased. Live jazz music throughout the day adds to the festivities. Local shops are all open so it’s the perfect way to spend the day in Downtown Camas.”

Vintage offerings include a variety of indoor and outdoor furniture, home and garden items, clothing and accessories. Art offerings include quality paintings, woodworking, glass art, metal work, handmade jewelry, fiber art, repurposed art, and more. Live music and fresh, delicious food will also be available.

*Get out and enjoy relaxing days soaking in summer and art while supporting local arts in our Clark County communities*

### IF YOU GO:

#### Night Market Vancouver

Port of Vancouver Terminal 1 (Warehouse '23 event area)  
100 Columbia St, Vancouver  
Fridays, 5-10 pm; monthly through November  
[www.nightmarketvancouver.com](http://www.nightmarketvancouver.com)

#### River Art Fair

1705 SE Washougal River Rd, Washougal  
Saturday, Aug 3, 10am-4pm  
[www.riverartfair.com](http://www.riverartfair.com)

#### Washougal Art Festival

Reflection Plaza, 1703 Main St, Washougal  
Saturday, Aug 10, 9am-4pm  
[www.WashougalArts.org](http://www.WashougalArts.org)

#### Downtown Camas

Vintage & Art Street Faire  
4th Ave & Birch St, Camas  
Saturday, Aug 24, 9am-3pm  
[downtowncamas.com/event/camas-vintage-art-faire](http://downtowncamas.com/event/camas-vintage-art-faire)



Downtown Camas Vintage & Art Street Faire:  
2. Vintage vendors on 4th  
3. Gary Suda  
4. Liz Pike

Photos courtesy Downtown Camas Association





## NAVAJO JEWELRY WHOLESALE PRICING

50% OFF Native American Handmade Jewelry • 10% OFF Home Decor



Largest selection of NAVAJO and ZUNI jewelry in the Northwest!  
Visit Us At Vancouver Mall, Space 244

**360-256-3319**

ENJOY THE AUTHENTIC TASTE OF MEXICO!

Now Open on  
Sundays!



7900 E. Mill Plain Blvd. Vancouver, WA  
**360.718.8193 • www.woodystacos.com**

WE SELL  
PROPANE  
TANKS!

Call For  
Current  
Pricing!

**APP** PROPANE  
800-929-5243  
www.apppropane.com

# PROPANE

**Clark County Homeowners**

**Northwest's BEST VALUE in Propane!**

www.apppropane.com  
(800) 929-5243 APP Leased / Customer Owned

NEW  
**VAN STERDAM**  
CANNABIS MARKET

The Largest Selection In Clark County



- WEEKLY SPECIALS -

**CBD SUNDAYS • MUNCHIE MONDAYS • SATURDAY**  
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.



# Humane Society

FOR SOUTHWEST WASHINGTON

We have all heard the quote about a fork in the road. It encourages you to be courageous and never look back. Take the new path or you'll regret it. HSSW is still on its path but we are taking the fork in the road. Healthy pets. Happy families. is the way we talk about it. We have worked with our community and have learned that we can do more to meet new needs for People + Dogs + Cats.

60% of calls to HSSW are from people searching for medical help for their animals.

HSSW has been able to provide limited help through gifts from partners and the community.

Begin Again



**Clinic for Healthy Pets. Happy Families.** We believe that anyone should have a cat or dog to love. And we also believe that these pets should have access to medical care. HSSW is developing a low-income clinic to do just that. Fees will be on a sliding-scale so everyone can provide proper medical care for their "families."



## We can help

Collaborating with community nonprofits, strategic partners and local veterinarians in 2019, we will conduct free wellness veterinary clinics for homeless and low-income pet owners helping people and animals in our community.

70% of animals are surrendered because their families don't have the resources for medical care. We want to help them keep their pets.

Woof



**HSSW wants** to do its part. Through a grassroots effort, HSSW has worked with statewide partners to change the law so shelter veterinarians can help pets of low-income families in our community on a sliding-scale fee basis. In late April, Governor Inslee signed SB 5004.

Healthy PETS. Happy FA



# The Road Ahead

People  
+  
Dogs  
+  
Cats

HSSW



**Animals in** and animals adopted. That isn't changing. We are not leaving our core mission of caring for animals that are transitioning to new homes. We're evolving to meet current community needs. And we are moving forward thanks to you.

While the  
cat's away,  
the mice  
will play

**We have never been alone.** HSSW is reaching out to private-practice veterinarians asking them to commit to supporting our low-income clinics. We have always been better together!

FAMILIES.



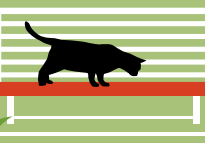
**The calls keep coming** and we want to be the leading resource to help with all things companion animals. Beginning in 2020, a Call Resource Center will open to serve our community. It's as simple as saying, "hello, how can I help you?"

Whoever  
said that  
diamonds are  
a girl's best  
friend never  
had a dog

BEHAVIOR,  
EDUCATION &  
TRAINING  
CENTER

Meow

**There are additional** reasons that animals and people don't stay together. Often it's a lack of training and simple techniques can change everything. In the future, HSSW will assemble teams of local trainers and dog and cat experts to assist and help shelter animals as well as family animals and their people.







#### THE DRINK:

### Parsley Julep

We started classy, classic, with a parsley julep. This is a fresh spin on an old standby, and I personally was surprised by how refreshing it was. The gin, soda and simple syrup balanced out nicely, but the muddled parsley was more garnish than flavor. That was until a brilliant taster suggested we chew the parsley because "Then you can taste it!"

#### Recipe:

**8 parsley leaves**  
**¾ oz fresh lime juice**  
**¾ oz simple syrup**  
**1½ oz gin**  
**1 oz club soda**  
**Lime wheel**  
**Crushed ice**

In cocktail shaker, muddle the parsley, then add lime juice and simple syrup. Add ice and gin, shake well. Strain into glass. Stir in soda and garnish with lime wheel.

#### Our Thoughts:

It was well rounded, crisp and fresh. Also, easy to drink, and a fun alternative to mint. (Look out for greens in your teeth!)



*A few of the Living In The Couve staff decided to do some summer cocktail research for the benefit of our readers. We discussed newfound recipes, favorites and hybrids. And now we present our findings...*

#### THE DRINK:

### Riesling Sangria with Pears and Raspberries

Wow! This one was beautiful. Fun to make, pretty to look at... but, we had to refrigerate it for an hour. Otherwise, I would have begged for this to be our first drink. In a pitcher, we added orange slices, a can of sliced pears in syrup, raspberries, simple syrup, dry sake, lemon juice and triple sec. After refrigeration, we added the Riesling.

#### Recipe:

(Makes one pitcher)

**1 orange**  
**1 cup raspberries, halved**  
**½ cup dry sake**  
**½ fresh lemon juice**  
**½ cup triple sec**

**20 oz can of pears in heavy syrup**  
**Riesling**  
**Ice**

Peel orange and squeeze juice into large pitcher. Add raspberries, lemon juice, triple sec and pears with syrup. Refrigerate at least 1 hour. Stir in Riesling and serve over ice.

**Our Thoughts:** The actual recipe called for dry Riesling, and we used sweet. It also called for brandy, which we left out altogether. The end result was a unanimous "That's way too sweet!" (Although we did manage to finish most of the pitcher.) Eating the boozy fruit was a bonus.



#### THE DRINK:

### Orange Mule

Honestly. I think we were all relieved to try something dry at this point. Ginger beer, vodka and oranges over ice. Uncomplicated. We didn't have traditional copper mugs, but this brew stayed plenty cold enough.

#### Recipe:

**8 oz ginger beer**  
**1 ½ oz vodka**  
**quarter of an orange**  
**Ice**

Put ice in glass (or copper mug). Add vodka and ginger beer. Squeeze orange on top. Garnish with orange wheel.

**Our Thoughts:** So delicious, I had two. The orange blended well with the ginger beer. We used an orange wheel as garnish, which was also a terrific straw holder.



Continued on next page ►



## THE DRINK:

### Blackberry Bramble

Such a pretty drink. We mixed gin and soda with muddled blackberries. In retrospect, we should have used ginger beer instead of club soda because, after our first three cocktails, this one was a little bland. We garnished with sprigs lavender.



## Recipe:

**1½ oz gin**

**Club soda (or ginger beer)**

**Ice**

Muddle blackberries in glass. Add ice, gin and club soda. Garnish with lavender spring boughts

## Our Thoughts:

Not as tasty as the previous three, and certainly not too sweet. Maybe we needed a palette cleanser, but we didn't find much to get excited about.



***Our dust will soon settle!  
Come visit our newly  
expanded dining room  
later this summer.***



***Dine In or Take Out***

1905 Main St., Vancouver, WA 98660



**La Bottega**

**360.571.5010**  
**LaBottegaFoods.com**

## THE DRINK:

### Citrus Sangria with Grapes

Another sangria, but we made this one with oranges, lemon juice and red grapes. We refrigerated it for a few hours before adding the wine.

## Recipe:

*(Makes one pitcher)*

**3 cups seedless red grapes**

**2 oranges cut into ½ inch wheels**

**2 lemons cut into ½ inch wheels**

**1 750ml bottle rose**

**4 ounces simple syrup**

**Ice**

Add all fruit in a large pitcher. Stir in simple syrup, wine, and refrigerate for 1-8 hours. Serve over ice.



## Our Thoughts:

The best drink ever! It was beautiful, tasty and worth the wait. Was it because this was our fifth drink recipe? Or was it because we had taken a break and put some food in our bellies? We collectively agreed that this was our favorite drink of the day. It was fruity, not overly sweet, and a perfect way to finish off our afternoon of "research".

***Have fun experimenting with these drinks. We improvised, sometimes we left out ingredients, and we used fruits of our choosing. There is no wrong way to spend a sunny day drinking with your friends. We really had fun creating some delicious cocktails. Look for more summertime concoctions in the next Living in The Couve!***

# RECIPES

## 4-Ingredient Yogurt Pupsicles

Provided by  
Valerie Sloan, *The Columbian*



### INGREDIENTS

- 1 large banana, frozen
- 2 tablespoons natural peanut butter
- 2 tablespoons honey
- 17.6 ounce container plain Greek nonfat yogurt
- Plastic dog bones or sturdy edible dog chews

### INSTRUCTIONS

1. Cut frozen banana into pieces and place it in a blender. Add peanut butter and honey. Blend on high speed for 3 minutes, or until the mixture is smooth.
2. Add yogurt and blend for three minutes, or until mixture has a milkshake consistency.
3. Pour into ice pop molds or small disposable cups. You can also use an ice cube tray to make single servings. If desired, use nylon dog bones or sturdy dog chews as ice pop sticks.
4. Place dog bones upright in the middle of mixture. Transfer the cups to a baking sheet and place in the freezer until solid, about 2 hours.

### Pumpkin-Banana Frozen Pup Pops

*A hypo-allergenic doggie treat!*

#### Ingredients:

- 1 cup plain non-fat yogurt
- 15 oz. can of pumpkin puree
- 1 tsp honey
- 1 ripe banana

1. Blend banana and pumpkin puree until smooth.
2. In large bowl, combine mixture with yogurt and honey. Stir until all ingredients are combined.
3. Spoon mixture into ice cube trays and freeze 3-4 hours.

### Frozen Watermelon Treats

*Watermelon and coconut milk...  
we might try these ourselves.*

#### Ingredients:

- Quarter of a watermelon (seedless works best)
- One can of coconut milk

1. Scoop out watermelon and blend with coconut milk.
2. Pour into ice cube tray and freeze for 2 hours, or until solid.

### Strawberry-Banana Smoothie Dog Treats

*A refreshing doggo delight! (Taste-testing allowed.)*

#### Ingredients:

- 2 cups sliced strawberries or 16 oz. bag of frozen strawberries
- 1 ½ cups plain low-fat yogurt
- 1 sliced banana
- ¼ cup skim milk
- 3 TBSP honey

1. Place all ingredients in blender. Blend on medium speed for 2 mins.
2. Pour into ice cube trays and freeze for 4 hours or more.



**B**lackberries in the Pacific Northwest, it is a fine line between love and

hate, often determined by whether a someone is trying to cultivate a known variety for its tasty fruit, or whether a property owner is fighting to prevent the tenacious vines from taking over some portion of their property. Whether friend or foe, native or invasive, blackberries are prevalent in Clark County; this article provides general information about blackberries, control techniques, culinary uses, and how to distinguish native varieties from those that have been introduced from other parts of the world.

Blackberries are best known for their tasty black fruit and are commonly eaten fresh (because most folks just can't wait) or are used in jams, pies, cobblers, and other tasty desserts, or as a summer topper on salads. High in antioxidants, vitamin C, and iron, blackberries are abundant throughout the Pacific Northwest. They are perennials and they fruit on second-year canes, which can be erect, semi-erect, or trailing, depending on variety. Although normally referred to as a berry, technically, the fruit of the blackberry is a drupelet. And for those who haven't searched online for jam or dessert recipes, a quick query will return enough promising recipes to last a lifetime. It is no wonder this berry is a favorite of so many. Whether grown in the garden or foraged during a summer's hike, blackberries are a culinary delight.

There are thousands of blackberry hybrids, as people have crossbred them to encourage desirable traits such as fruit size, taste, and a preference

for thornless canes. Several invasive varieties, such as the Himalayan blackberry, have spread rapidly throughout the Pacific Northwest, threatening and displacing native plant life.

The Himalayan invader is more or less evergreen, with large leaves that protrude in sets of three to five. With heavily prickled stems, it will first appear as individual canes, quickly reaching up to three meters tall. The trailing canes can spread 20-40 feet and can take root from the tips of each.

The fruit of the Himalayan variety ripens later than native blackberries, not until mid-summer and on into autumn.

The Himalayan and other invasive blackberries present an ecological threat to riparian areas, as well as woodlands and meadows. Any relatively open area is fair game, with the blackberry outcompeting native vegetation, destroying native plant understories and creating thickets that are so thick, they inhibit wildlife movement.

To control Himalayan and other invasive blackberries, a two-prong method is generally recommended; first, removal of the above ground/visible plant, and second, removal of the root crowns and main supporting root structures. Controlling invasive blackberries using such methods



*By KATIE WOLF, WSU Clark County Extension  
Master Gardener*

requires dedication and focus, as the plant will not give up easily. Herbicide options are also available, and your local university extension program can recommend how and when to treat with herbicides. And if they are available to you, grazing animals can also be a control mechanism, however they may be non-selective in what vegetation they eat and could do more harm than good.

The native blackberry of the Pacific Northwest is the trailing blackberry, dewberry, or Pacific blackberry. It is a low, trailing shrub that will also climb other structures, or commonly, trees. It produces white or pink five-petaled flowers, and fruits from April until August. It is found in open areas or dense woods, and is often intertwined with Himalayan blackberry. Native Americans on Vancouver Island were known to use blackberry vines of the trailing blackberry under and over foods in steam cooking pits, and used the fruits to stain items purple. The berries were also dried into cakes, and the leaves and roots were used to treat a variety of ailments.





# *Ecotherapy* in The Couve

By **DEBBIE TOMASOVIC**, licensed Ecotherapist at *A Better Way Counseling*

In our yards, we sow native plants into our surrounding landscape. We grow vegetable gardens, landscape to attract butterflies, maintain ground cover providing sanctuary to birds in the winter, and develop homes for pollinating bees. Fostering the resurgence of pollinating bees, including friendly mason bees, aids our continuing need to harvest fruits and vegetables, for our very existence. As we nurture nature, nature nurtures us.

In our neighborhoods, we join with neighbors to plant trees along road ways to enhance our protective tree canopy, foster a community garden of vegetables and flowers, rally together for a clean-up project and reinvigorate neglected green spaces. Residents gather in groups as concerned citizens, taking crucial action and supporting local initiatives addressing climate change.

Throughout Vancouver, we wander our countless parks and trails, reveling in the sheer size of the giant sequoias in Esther Short Park, dipping our toes in the cool Columbia River waters of Frenchman's Bar, volunteering to assist in salmon restoration along Salmon Creek, or simply taking in the views of Mt. Hood and Mt. St. Helens on a clear day.

Just outside Vancouver, we find ourselves hiking, backpacking, kayaking, and camping, gloriously far from cell signals and screen time. Just recall

how refreshed and alive you felt the last time you reemerged from the forest or waterways, where your senses reveled in the sweet smell of pine trees, sound of rushing water, and sight of expansive vistas.

If you relate to connecting with nature in any of these ways, you are engaging in healing practices supported by Ecotherapy. Ecotherapy refers to healing and growth nurtured by healthy interactions with Earth, according to Howard Clinebell.

Ecotherapy is based on a wonderfully simple premise, that nature nurtures us and we nurture nature. Ecotherapy involves a gaggle of creative practices aiding us in applying the theory and ideas behind "ecopsychology."

Ecopsychology examines how our mental health is supported by our relationships with the natural world. The more disconnected we are from our natural world, the more isolated, anxious, and depressed we become. When we seek and maintain connection with our natural world, it enhances our emotional and physical well being. Just one reason our own folks told us to, "Go outside and play!"

As a marriage and family therapist of 25 years, I support clients in reconnecting with the natural world, in order to reconnect with themselves. Our busy culture encourages many disconnecting habits that promote depression and anxiety. Our phones,

screen time, reduction in face to face conversations, more time spent inactive and indoors, and hectic pacing are not doing our mental health any favors. We are social creatures meant to connect. We are part of nature. When we forget that reality, our mental health suffers. When we lose sight of our need for clean air and water, both Earth and people sadly suffer.

Thankfully, ecotherapy suggests these harmful disconnections are repairable. We might simply go for a walk, listen to birdsong, feel the breeze upon our skin, observe flowers budding up in our neighbor's yard, or even engage our neighbor in friendly conversation. When feeling overwhelmed by global issues affecting the health of our planet, we can gather with other concerned citizens, making needed change to our impact upon Earth.

These simple actions reconnect us to our very nature. Setting a simple intention such as these supports our emotional well being and strengthens our connection with ourselves, Vancouver and Earth, where we call home.

**Debbie Tomasovic is a licensed Marriage and Family Therapist, Ecotherapist, and owner of A Better Way Counseling in Vancouver, WA.**  
[www.abwccs.com](http://www.abwccs.com)



# It's Not **WHAT** You're Eating, It's What's **EATING YOU.**

**LETHA BRANDENBURG, Owner, The Healthy Weigh**

**I**f I believed that losing weight and keeping it off for life had everything to do with what we were eating, I wouldn't have spent the last 35 years working in the weight loss industry at The Healthy Weigh. That's simple math, calories in and calories out. I wouldn't have needed 35 years to help people figure out that math problem. Losing weight and maintaining it is a much bigger problem.

It does make sense however, to think these things about our weight problems; "Food is what got me here." "I eat too much." "I like food." "I eat the wrong foods." "I don't want to give up the food I love." "Isn't my weight problem all about food?"

All of those statements are true. But the question still remains...why?

Why, if we are desperate to be healthy, live our best lives and feel good about ourselves, do we eat more calories than our body needs?

Why, if we want to look our best, be free of medication, and want our children and spouses to be proud of us, do we use food to numb and avoid our problems?

Why, when we are discouraged, and brought to tears because of our weight do we keep putting food in our mouths that we don't need?

Why???

Why is the insidious pull of food stronger than the inspiring pull of living our very best lives? I'll tell you why.

**It's NOT about what we are eating...  
it's about what's eating us!**

We are wounded, anxious, fearful, hurting, rejected, lonely, angry, insecure, frustrated, bored, and overwhelmed people. THAT'S why we keep doing what we don't want to do and get the results we don't want!

To lose weight and keep it off we must spend time dealing with the real issue. Facing our stuff. There are many ways to face your stuff, but I'll focus on one very effective method... journaling.

There are so many benefits of journaling for men and women. I can't help but think about men who don't take to the practice as easily as women. Keeping a journal, once a manly activity, has recently come to be viewed as a feminine pastime. However, many masculine men have kept journals. Meriwether Lewis, William Clark, James Madison, all wrote in journals at least for part of their lives. It's a historic activity with huge benefits. I figured if Lewis and Clark kept a journal, my male friends at The Healthy Weigh could too!

Journaling is a big deal and everyone would be emotionally and physically healthier if they got good at it and practiced it often.

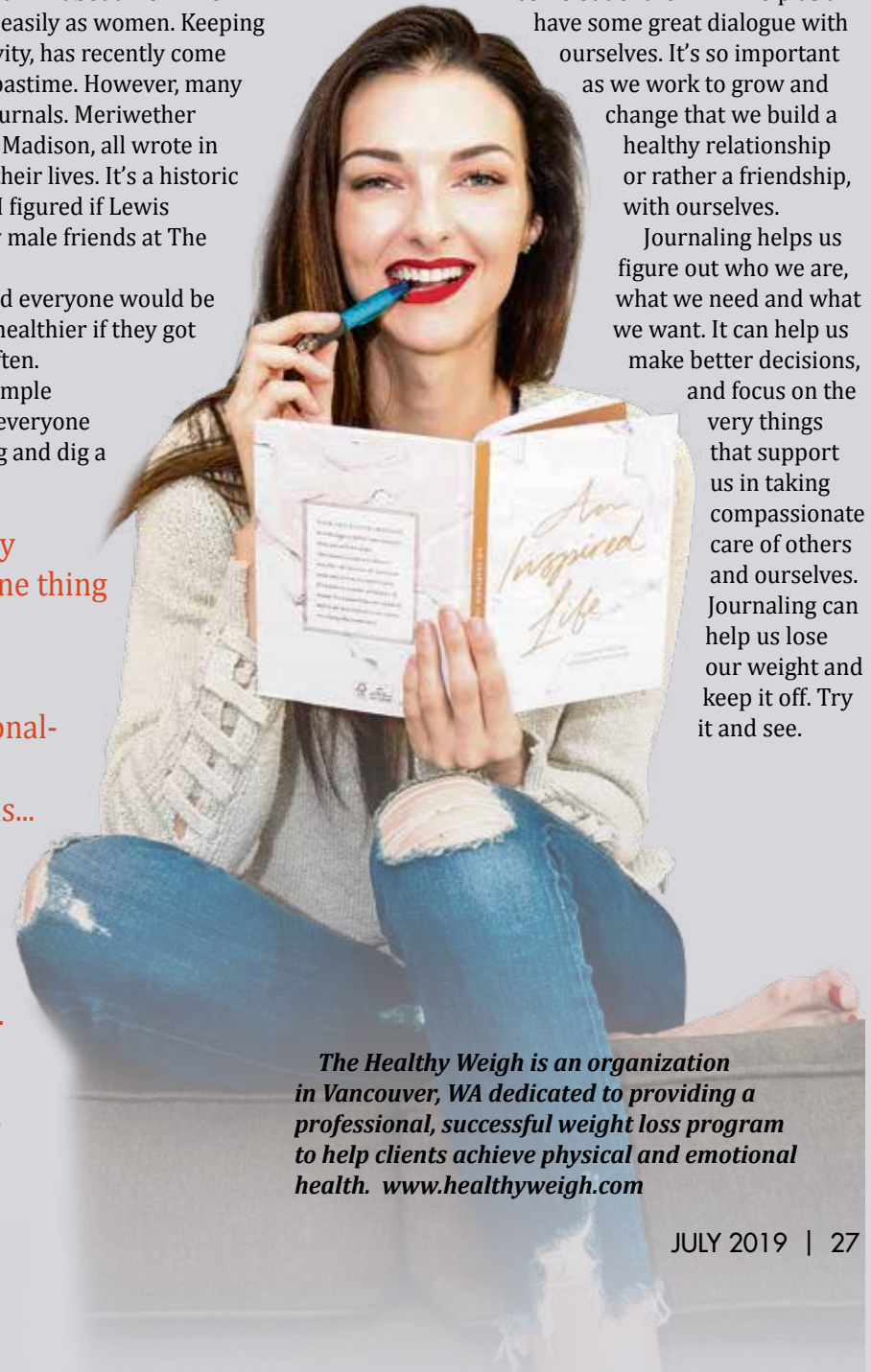
Here's a short a list of 5 simple journaling prompts to help everyone get on board with journaling and dig a little deeper.

1. If I could talk to my teenage self, the one thing I would say is...
2. When I'm in pain-physical or emotional- the kindest thing I can do for myself is...
3. I feel happiest in my skin when...
4. If my body could talk, it would say...
5. Write the words you need to hear...

I believe these prompts and the journaling that will come out of them will help us all have some great dialogue with ourselves. It's so important as we work to grow and change that we build a healthy relationship or rather a friendship, with ourselves.

Journaling helps us figure out who we are, what we need and what we want. It can help us make better decisions,

and focus on the very things that support us in taking compassionate care of others and ourselves. Journaling can help us lose our weight and keep it off. Try it and see.



***The Healthy Weigh is an organization in Vancouver, WA dedicated to providing a professional, successful weight loss program to help clients achieve physical and emotional health. [www.healthyweigh.com](http://www.healthyweigh.com)***



# PROTECT YOUR KIDS from “Nature Blindness”

by EILEEN COWEN, for *The Columbian*



I recently heard a term that I had never heard before: “Nature Blindness.” Known as the inability to identify plants as they occur naturally in the wild, it is changing who we are as humans on earth. We have historically depended on our identification skills to keep us alive, but with dwindling interaction with nature, we are losing these skills. In fact, most people who walk in the woods will have a difficult time differentiating what the individual plants are – even to the point of not seeing differences at all, rather viewing a forest as a sea of green. This inability to identify plants furthers the disconnect urban residents have with nature, and studies show that less access to natural green spaces negatively affects our mental health. So, what’s a human to do? Thankfully, there are ways to combat our own nature blindness and help our kids create a greater connection to the natural world.

## **SPEND TIME IN NATURE**

This is the obvious answer, but most difficult to enact for the majority of urban dwellers. Thankfully, here in the Greater Couve, we have incredible options within just a few miles. Vancouver Lake, Moulton Falls, and Burnt Bridge Creek are all well within our reach, providing easy access to natural areas.

28 | JULY 2019

Further outside our Cascadia bioregion, there are multiple opportunities to see plants that grow in the high desert, the Palouse, and even on coastal wetlands. Finding new ways to spend time in nature will give you a better idea of which plants flourish in each region.

## **MAKE OBSERVATIONS**

Spend time looking at plants with your family. Not glancing at them, I mean really looking at them. Ask your kids questions about them, for instance, how does the leaf curl? What is the shape of this pine cone? What shade of pink is that flower? How many petals, and how is the stem curved? Make visual comparisons and contrasts with other plants in the surrounding area. These are all ways to mentally imprint a plant into your brain, creating better connections with the outside world.

## **READ ABOUT NATURE**

Field guides give excellent information about plants and offer ways of identification. Some guides, such as specialized flower or tree guides, provide the reader with a clear path to identification. Others are organized in more informative ways, such as by region, color, or type of plant. Even just flipping through a field guide gives the reader a greater

understanding of how to observe nature. The Fort Vancouver Regional Library has dozens of field guides and identification books, and any librarian can help you find exactly what you need.

## **KEEP A NATURE JOURNAL**

Multiple studies show that writing or drawing create mental paths that solidify information in our brains. This is especially true with botanical illustrations. The act of drawing solidifies visual characteristics in our minds that helps us more easily recognize plants and animals. Drawing is a great way to involve young children in a nature journal project. Tracing or creating rubbings can have similar results. Additionally, writing simple descriptions about plants forms connections and correlations with our natural world. The point is to use whatever creative outlet works best for the age and abilities of each observer.

Employing some of these tactics can help better our appreciation for the things that grow on our Earth. The most important thing is for us to simply get out in nature, for the benefit of our physical and mental health. Combating our nature blindness will help us have a better relationship with the natural environment in which humans thrive.



# LA CENTER



LEFT: Mascot on East Fork, at La Center, May 13, 1900  
RIGHT: Steamboat Landing, La Center, Circa 1912.



If you don't know the history of this area and maybe have visited La Center's Sternwheeler Park, or their annual Steamboat Celebration—but you don't see any actual steamboats anywhere, you may be wondering, What do steamboats have to do with La Center?

Except for fishing and recreational watercraft, the East Fork Lewis River is pretty quiet as it meanders through the city of La Center. But back in earlier times and especially during the heyday of the timber industry, the East Fork Lewis River was a busy waterway with people and supplies being brought in, and products being shipped out. And...many of the boats that were used to navigate these waters were steam-powered sternwheelers. One particular little sternwheeler was named La Center, for the town.

The era of the steamboats on the East Fork Lewis River ended with the decline of the timber industry. Though the city of La Center isn't quite so much the hub for commerce as it used to be, its long-time residents show pride in their history

with their annual La Center Our Days Steamboat Celebration, and also the addition of Sternwheeler Park in 2004.

This year's celebration will be July 26 & 27 beginning with a free movie night at Sternwheeler Park at dusk on Friday, July 26. A community parade will begin on July 27 at 10am, ending at Holley Park where most of the celebration activities will take place. While the children play at the Kids Zone, parents can browse the wide variety of vendors or check out the car show. The whole family can enjoy the mainstage entertainment. Check out [www.lacenterourdays.com](http://www.lacenterourdays.com) for a full list of events.

Learn more about the history of La Center at [thelacentermuseum.org](http://thelacentermuseum.org), or visit in person on the first and third Saturday of each month from 12:00pm to 4:00pm.

## IF YOU GO:

LA CENTER OUR DAYS STEAMBOAT CELEBRATION

July 26 & 27

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



# Pup Town Cafe

**MADE LOCAL**

## OWNER OR CEO:

Dawn Martin

## YEARS IN BUSINESS:

Since September 2015

## WHAT PRODUCTS DO YOU MAKE?

We make gourmet dog treats, doggie birthday cakes, donuts, cupcakes, and decorated cookies

## WHERE ARE THEY AVAILABLE?

Currently, all of our products are available online at [www.puptowncafe.biz](http://www.puptowncafe.biz). During the summer months you can find us at some local farmers markets.

## WHAT MAKES THEM UNIQUE AND SPECIAL?

All of our treats are handmade in small batches. We don't use any artificial ingredients or preservatives, and our secret ingredient is "love". We started making treats for our furry family members, as a healthy alternative, and now we want to share them with your furry family members.

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

Our mission is to provide a healthy treat for your pups, as well as an enjoyable, mouth watering, experience with bite.

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

One of our biggest goals for this next year is to have our own cafe/bakery where all dogs are welcome to come in and enjoy everything we have to offer.



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

Our company is a family owned and operated company. We love what we do and love to spend time getting to know our furry friends. To stay up to date with what is going on with us, you can follow us on Facebook and Instagram, @PupTownCafe.

**Contact:**  
360-903-2266

**Instagram:**  
@PupTownCafe

**Websites:**  
[www.puptowncafe.biz](http://www.puptowncafe.biz)

**Facebook:**  
@PupTownCafe





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.





# The **CO\$T** of Caring for the Family Pet

**A**mericans love their pets and consider them important and equal members of their families. So it's not surprising that some owners choose health coverage for their pets just as they would for themselves. We all know someone who refers to their pet or pets as their "children."

Columbian employee Rebecca Fry is just that someone. Rebecca has three Persian cats—her "boys". They wear little outfits and ride around town in a stroller. You can often catch them touring around Downtown Vancouver and attending events at Esther Short Park. All three of Rebecca's cats have pet healthcare insurance plans through their veterinarian clinic.

"I feel like my boys were put on this Earth for me to care for and providing quality health coverage is a big part of that responsibility," Rebecca said. "Carrying pet health insurance aids them and in the long run saves me quite a bit of money in meeting their needs as they arise."

According to the National American Pet Health Insurance Association, more than 1.6 million of the estimated 179 million pets in America are covered by some form of insurance valued at \$774 million. Pet policies, like people policies, come in a wide variety of coverage that provide benefits for a range of care and illnesses and the associated treatment and recovery costs.



**LEFT:** Edward, 9, Angus, 7, and Oliver, 5 months, get routine care at Banfield Pet Hospital.

**BELOW:** The boys take in the Recycled Arts Festival at Esther Short Park.

Besides the obvious medical benefits, pet insurance offers owners an emotional comfort that is worth the expense to many. Here's some things to consider when choosing pet insurance.

**Consult your veterinarian:** No one is more qualified to advise you on the types of illnesses your pet may confront as it ages. Besides random accidents, pets are prone to certain diseases and hereditary conditions based on their breed.

**Cost of coverage:** Unlike people policies, most pet policies require you to pay bills upfront and wait for reimbursement, according to Consumer Reports. Costs will vary based on breed, age and the increasing cost of veterinary care. Most policies exclude pre-existing conditions.



**Types of policies:** Plans vary, but most insurers cover accidents, illness and routine care, ranging in price from almost \$300 for cats to \$500 for dogs per year. Accident-only policies represent a significant savings, averaging half the price of the accident-illness policies.

**Providers:** Pet insurance is a specific industry with specific providers, such as the ASPCA and companies such as Healthy Paws and Trupanion and almost a dozen others.

Most cover only cats and dogs, but one, Nationwide, also insures birds, rabbits, snakes, turtles and other animals, according to NAPHIA. Visit their website for more information.

**Alternatives:** Keeping your pet healthy with preventative care and medication available at pet supply stores will help spare you medical expenses. You can also create a pet health savings account that can offset emergency care and more expensive illnesses. (Green Shoot Media)

Simply Sweets

Thanks again, Clark County!



The Columbian

BEST OF CLARK COUNTY 2018-2019

11 YEARS

607 Washington St • 360-896-7321 • MON - SAT 7-5

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

JULY 2019 | 33



**dog-friendly**  
**drinking holes**

**PETS  
WELCOME**



**W**hen the weather warms up and sun comes out, the humans around Vancouver tend to do more outdoors, especially drinking and dining. Summer is when many of the pubs and restaurants around here open up their patios and sidewalk tables for open air food and refreshments—and many put out the welcome mat and water bowls for our furry family members to join us.

According to BringFido.com these are the top rated (5 dog bones) local destinations for drinking and dining with your dog:



## 1 TIP TOP TAVERN

They up have a dog-friendly outside patio, offerings of dog water bowls, and sometimes treats too! Word has it that four-legged drinking buddies are also welcome to hang out inside at this popular Uptown Village watering hole too. 2100 Main St, Vancouver

## 2 BRICKHOUSE BAR & GRILL

This Midtown Vancouver family pub looks forward to the summer months when the fur babies can join their humans on the patio. Good to know: Happy Hour food and drinks all day Friday until close. 109 W 15th St, Vancouver

## 3 HEATHEN BREWING FERAL PUBLIC HOUSE

In 2018 this Downtown Vancouver family restaurant and taproom opened an oversized, partially covered patio where four-legged friends are welcome. The new patio features a walk-up

bar serving award-winning Heathen Brewing craft beers and food. 1109 Washington St, Vancouver

## 4 SHANAHAN'S PUB & GRILL

A casual and friendly neighborhood Irish pub with a recently expanded enclosed patio area that is dog-friendly, smoke-friendly, and where you can also relax to watch a game. 209 W McLoughlin Blvd, Vancouver

## 5 BEACHES

For river views and dining, Beaches Restaurant & Bar has specially designated dog-friendly outdoor tables where canine companions can sit and gaze at the river with their humans. Beaches also hosts the annual Howl 'Oween Barkfest fundraiser brunch for the SW Washington Humane Society where dogs in costumes take over the inside of the restaurant for a pet parade and prizes.

1919 SE Columbia River Dr, Vancouver

*Here are a few more places we know about where the whole family is welcome:*

**3 PEAKS PUBLIC HOUSE AND TAPROOM:** Large enclosed grassy backyard where kids and dogs play, adults enjoy craft brews, and food can be ordered and brought over from Pacific Northwest Fish Company or Papa Jones BBQ.

**VICTOR23:** DB Cooper themed craft brewery with front patio and picnic tables  
2905 St. Johns Blvd, Vancouver

**TAP UNION FREE HOUSE:** A community social hub inside the historical Luepke Station building  
1300 Washington St, Vancouver

## GHOST RUNNERS BREWERY AND KITCHEN:

Dogs can be inside or with owners outside on sidewalk patio. Find it a bit off the beaten path on the north side of Minnehaha street in the back of a light-industrial business park, 4216 NE Minnehaha Street #108, Vancouver

## TRAP DOOR BREWING:

Large patio for the whole family where you can get food from the carts right outside the patio entrance or have Vancouver Pizza deliver right to your table.  
2315 Main St, Vancouver

**BADER**  
BEER & WINE SUPPLY

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





**W**ein, Vienna and Frankfurt, Germany both claim to be the true origin of what we know here as the “hot dog.” Though its true origin is still hotly contested, there’s no question that the “hot dog” has become a classic all-American favorite food. Whether you’re at a ball game or a backyard barbeque—or whether you say frank, weiner, or dog—summer is the season for this national cuisine served up on a bun.

Got a craving for hot dogs for dinner but no time or energy to fire up the grill? Or maybe you just need a quick lunch on the go? When you need hot dogs on demand there are places in and around Vancouver that exclusively serve up this specialty, not just in summer, but all year round.

## RESTAURANTS

### Smitty’s Original Coney Island

Specializing in coneys but serve other dog house specialties: Bacon dog with bbq sauce and onion rings; Chicago dog with mustard, relish, sport peppers, onion; and, Veggie dog with mustard and coleslaw. 8058 E Mill Plain Blvd, Vancouver. [www.smittysconey.com](http://www.smittysconey.com)

### MADdogs Gourmet Hot Dogs

Build your own from an extensive list of toppings for the dog of your choice or choose one of the menu specialties such as Reuben dog, Nacho dog, or BBQ Pork dog. If a chili dog is your hankering there are three different kinds of chili: beef chili, pork chili verde, turkey & black bean chili. 1900 NE 162nd Ave D114, Vancouver. [www.maddogsgourmet.com](http://www.maddogsgourmet.com)

## HOT DOG STANDS

### Weiner Wagon

The Weiner Wagon and its iconic mascot Wacky McWeiner have become a local lunchtime landmark in Downtown Vancouver since 1976. The Weiner Wagon has low prices, generous portions, and a loyal local following. 12th and Main St, Vancouver: 10:30 - 3:00, Mon. - Fri.

### Black Dog Hot Dogs

A seasonal summer time hot dog food cart specializing in Southwest green chili dogs and other classic dog varieties with premium toppings available. 2019 summer lunchtime schedule: Tuesdays and Thursdays at 13th and Franklin (Courthouse) Wednesdays at 801 Broadway (brick patio by Bank of America)



**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 Advice

Photo Copyright  
 Kinkey and Sarai

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

**Kazoodles**  
 kid-powered toys



# 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!



Thanks For  
Voting Us  
Best Bakery!



2411 Main Street, Vancouver  
BleuDoorBakery.com • 360.693.2538

# 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



## A/C SALE

CALL TODAY FOR A **FREE** QUOTE!

DAIKIN DUCTLESS MINI SPLIT  
STARTING AT

**\$6840**  
Per Month  
O.A.C.



COLEMAN AC  
INSTALLED  
STARTING AT

**\$7132**  
Per Month  
O.A.C.

**(360) 694-6974** INFO.ACAS@COMCAST.NET

Locally Owned & Operated Right Here in Battle Ground

LIC#AMERICA\*853MZ

For limited time. Some restrictions apply. Call us for details.

# EVENTS

JULY - AUGUST



July 25-28

**17TH ANNUAL 4 DAYS OF ALOHA @ ESTHER SHORT PARK**

The festival begins with a **FREE** event open to the public on Thursday July 25th from 6pm-10pm for a Hawaiian style Pa'ina at Clark College's Gaiser Hall. Friday July 26th-Sunday July 28th will be held at Esther Short Park. 4 Days Of Aloha features master practitioners by the likes of Robert Cazimero, Keali'i Reichel, Victoria Holt Takamine and many more! You will also enjoy 80+ vendors, Hawaiian Food court, Shave Ice, Hula, Kids Activities, flower making, etc. [hawaiianfestivalpnw.com](http://hawaiianfestivalpnw.com)

**Tuesdays starting July 23, 3pm-7pm**  
**FOURTH PLAIN COMMUNITY MARKET @ GROCERY OUTLET**  
July 23 is the opening day for the Fourth Plain Community Market. Visit the market every Tuesday through August at the Grocery Outlet & Dutch Bros parking lot. Live music, games, and family fun complement a growing number of vendors.  
5800 NE Fourth Plain Blvd, Vancouver

August 2, 5pm-10pm

**NIGHT MARKET AT TERMINAL 1/WAREHOUSE 23**

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

August 9 & 10

**VANCOUVER BREWFEST @ ESTHER SHORT PARK**

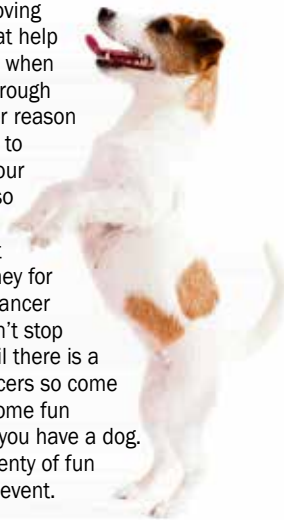
A 2 day celebration of beer, cider, farmhouse ales, meads and a live music concert series tribute to the 50th Anniversary of a little party called Woodstock. Your ticket gets you entry to either day or BOTH days. Use tokens for 4oz pours of over 100 different beers, ciders, farmhouse ales and meads! Order your tickets in advance and SAVE vs the ticket price at the door. [vancouverbrewfest.com](http://vancouverbrewfest.com)



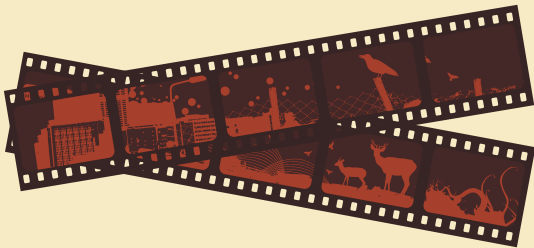
August 10, 10am-2pm

**BARK FOR LIFE 2019 @ MARSHALL COMMUNITY PARK**

The second annual Bark For Life is an event to recognize our loving companions that help us see the light when we are going through cancer. Another reason for this event is to recognize that our companions also get cancer. This is an event that raises money for the American Cancer Society. We won't stop fundraising until there is a cure for all cancers so come out and have some fun whether or not you have a dog. There will be plenty of fun throughout the event.



## FREE Summer Movies & Music



**MOVIES IN THE PARK**

Friday Night Movies in the Park are family friendly and closed captioned. Pre-movie activities start at 7 pm while movies start at dusk (exact time will vary due to weather conditions). A few vendors will have snacks and non-alcoholic beverages for purchase. You are also encouraged to bring your own pre-prepared food and picnic fare.

- July 26, 7pm: Jurassic World Fallen Kingdom @ Columbia Tech Center Park
- August 2, 7pm: Bumblebee @ Bagley Park
- August 9, 7pm: Fantastic Beasts—The Crimes of Grindelwald @ Marshall Park
- August 16, 7pm: Captain Marvel @ David Douglas Park

**Wednesdays 12pm, July 24-August 14**

**NOON RHYTHMS CONCERTS @ ESTHER SHORT PARK**

Free summer concerts presented by Hilton Vancouver Washington! Add some musical inspiration to your work week with live noon concerts at Esther Short Park on:

- July 24: Fox & Bones
- July 31: Jujuba
- August 7: The Cabin Project
- August 14: Dina Y Los Rumberos

**Thursdays, 6pm-8pm**

**SIX TO SUNSET CONCERTS @ ESTHER SHORT PARK**

Beer and wine will be available for purchase at these events in a fenced beer garden. Put down a picnic blanket and some lawn chairs and enjoy. Enjoy food provided by a variety of local vendors or bring your own pre-prepared food (BBQs are not allowed at Esther Short Park). Alcohol is not allowed except for in the fenced Pub in the Park area. The Lineup:

- Thursday, July 25: Stone in Love
- Thursday, August 1: Hit Factory featuring Patrick Lamb
- Thursday, August 8: Life During Wartime
- Thursday, August 15: Super Diamond

**Sundays 6pm-8pm, July 7-August 11**

**SUNDAY SOUNDS CONCERTS**

**@ COLUMBIA TECH CENTER PARK**

Free summer concerts presented by Gaynor's Automotive. Grab your picnic blankets and lawn chairs and join us for fantastic live music and delicious food vendors at Columbia Tech Center Park this summer:

- Sunday, July 28: Hit Machine
- Sunday, August 4: My Happy Pill
- Sunday, August 11: Precious Byrd





# KIDS & FAMILY EVENTS



August 14, 10am - 1:30pm

**GET READY TO GO READY!**

@ HUDSON'S BAY HIGH SCHOOL

This annual event helps students and families prepare for going back to school.

The 2019 festival will offer:

- Free haircuts, immunizations and clothing for students
- Free lunch-Family-friendly activities
- Information about food and housing, employment, health care, parent and family support, after-school programs, early learning and a variety of other community resources. Go Ready is free and open to all VPS families and students.



## ORIGAMI TUESDAYS @ DICKENS

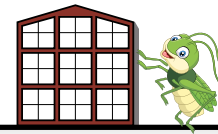
Come and do origami from 2-3 pm on Tuesdays this summer. All kids welcome. Cost is \$2/child for supplies or FREE for kids club members. 1911 Main St, Suite A, Vancouver



August 12, 9am-4pm

## 5TH ANNUAL ISABELLA'S WAKE THE WORLD @ MARINE PARK

An event benefiting foster families of the SW Washington area. Community building with a day of water sports, food, school supplies and fun. [www.isabellawtw.com](http://www.isabellawtw.com)



## CLARK COUNTY EVENT CENTER *at the Fairgrounds*



## ART STUDENT WINS

### BEST OF SHOW

**Jessica Johnson**

Winner, Best in Show



**2019 Washington State  
Jr. Duck Stamp Art Contest.  
Top 10 National Placement.**

Contest Sponsored by  
National Parks & Wildlife

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

**Check Out Our  
Summer  
Camp  
Weeks!**



## MEDALLION ART SCHOOL



Drawing



Pastels



Paintings

<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. August 20, 2019

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

# Keep Comfy and Cool without Higher Costs!



**Ductless heat pumps are one of the most efficient electric heating systems available and also provide efficient cooling. Call a Clark Public Utilities energy counselor at 360-992-3355 to learn more about upping home comfort while lowering energy costs.**



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