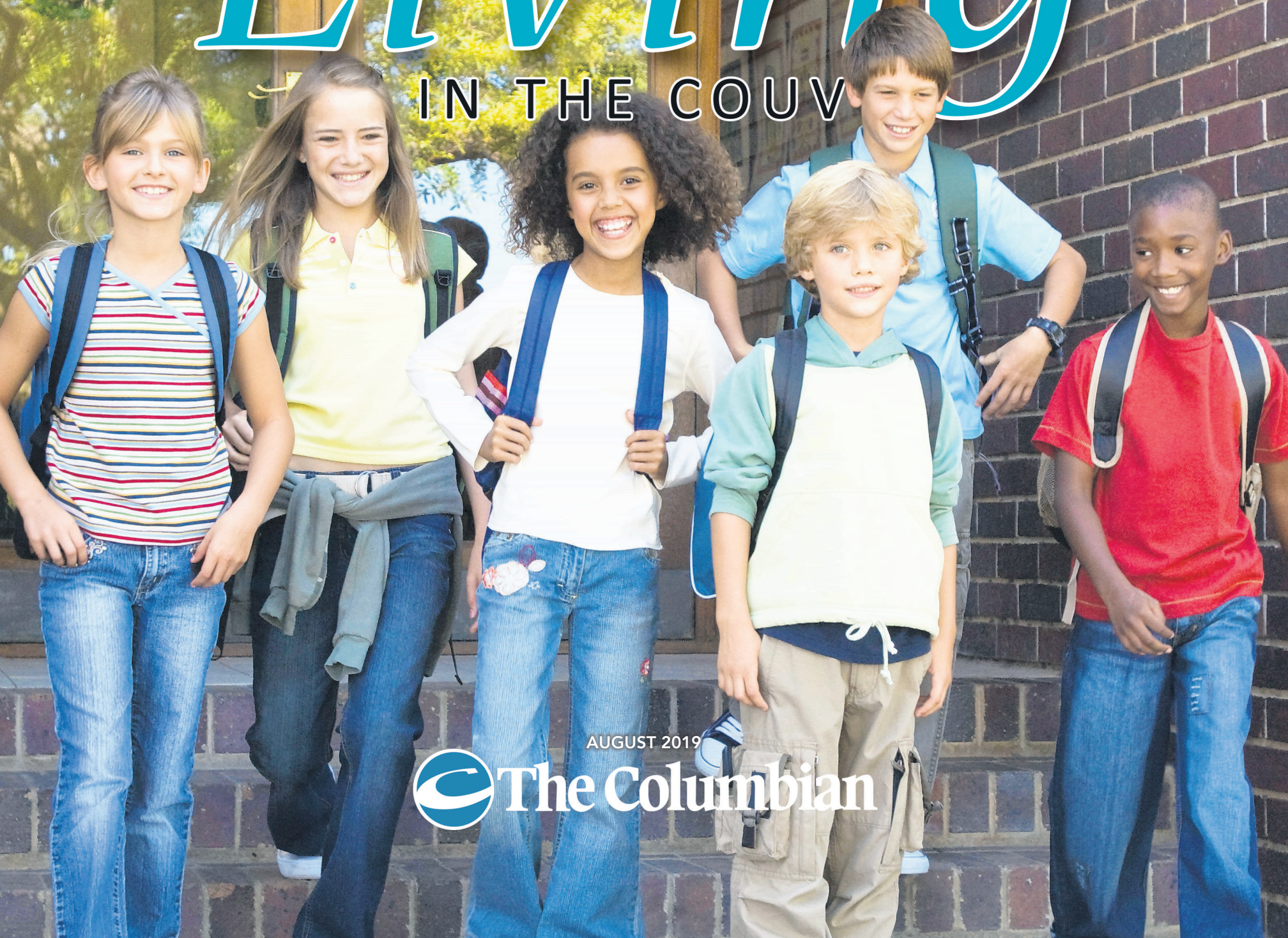


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# *Living*

IN THE COUV



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





# 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

### CONTENT CONTRIBUTOR

Valerie Sloan

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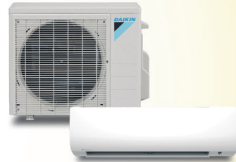


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## Get Ready for Winter!

Now's a great time to weatherize! One of the most cost effective, and most impactful, energy efficiency upgrades you can make to your home is ensuring adequate insulation levels in your attic, crawl space and exterior walls.

Window upgrades can make a difference in how much energy your home consumes. Air sealing and duct sealing are other weatherization options that will help improve the energy efficiency of your home.

Call a Clark Public Utilities energy counselor at 360-992-3355 to see if you qualify for rebates.



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



# Before the Kids Go Back to School...



## Get in a Last Minute Road Trip

By EILEEN COWEN, for The Columbian



**D**uring the summer, there are few things I enjoy more than a good, old-fashioned Sunday drive. I live for cruising with the windows down, warm breeze rushing through the car, and good music blasting from the radio. My family's favorite place to explore is the south side of Mount St. Helens and the area around Cougar, Washington. There are some interesting places to check out that are only about an hour away, making for a fun Sunday drive and afternoon road trip.

From Vancouver, there are two ways to reach Cougar: north through Battle Ground or east from Woodland. Both routes host beautiful scenery, and quickly leave the city behind via winding roads through foothills and forests. Upon reaching Cougar, a nice stop is the Lone Fir Cafe, located at 16806 Lewis River Rd. They serve everything from breakfast, pizza, burgers, and micro-brews. In addition to the restaurant, there is a gift shop with gear and trinkets about Mount St. Helens and of course, the elusive Sasquatch.

Traveling north on Forest Road 90, the road soon meets the junction of Forest Road 83 and the Tale of Two Forests Interpretive Site. This quarter mile walk is often overlooked but well worth the stop. It features lava casts of long-dead trees and old growth Douglas Fir and Western Cedars. It is fascinating to see how an eruption 2,000 years ago left its mark on the landscape. There is even an underground lava tube you can crawl through, if you're feeling adventurous.

Speaking of lava tubes, just a mile past the Tale of Two Forests site is the Ape Cave Interpretive Site. At over 13,000 feet in distance, it is the third longest lava tube in the United States. It was formed through thermal erosion, which simply means a lava eruption made tunnels underground that we are able to explore today. Plan for a couple hours to traverse the caves, and be sure to bring a headlamp. There is no source of light inside the

cave, and a constant temperature of 42 degrees makes a jacket necessary.

Driving further north brings you to the south side of the mountain. There, you can view the remnants of the lahar, a massive mudslide that scoured the land during the 1980 eruption of Mount St. Helens. The sudden melting of Shoestring Glacier pulled mud, rocks, and debris down the side of the mountain at nearly 60 miles per hour. The lahar site is an incredible testament to how powerful the 1980 eruption was, but even more interesting is the visible layers from previous eruptions. Clearly, this area has experienced millions of years of geologic disruption.

Lava Canyon is the last stop on the forest road. Formed by lava flows, the canyon is now home to a raging glacial river, gorgeous waterfalls, and an interpretive trail. Be aware that the suspension bridge traversing the gorge sustained damage in the winter of 2018, so it is currently closed. Check for updates on the Gifford Pinchot National Forest website.

An afternoon drive or quick day trip is a great way to experience all that our region has to offer. Mapping out a few destinations can make that drive more enjoyable, but sometimes driving for the sake of driving is a good enough reason to hit the road. Regardless of your style, the Greater Couve has endless possibilities for a lovely afternoon on the back roads of Southwest Washington.

*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.*

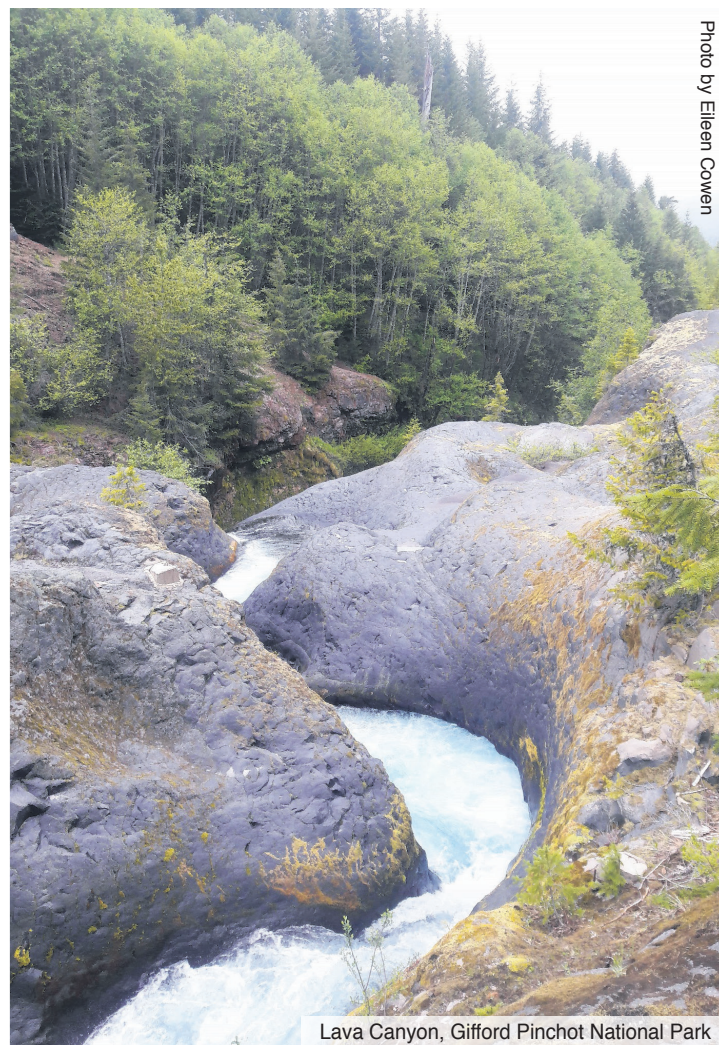
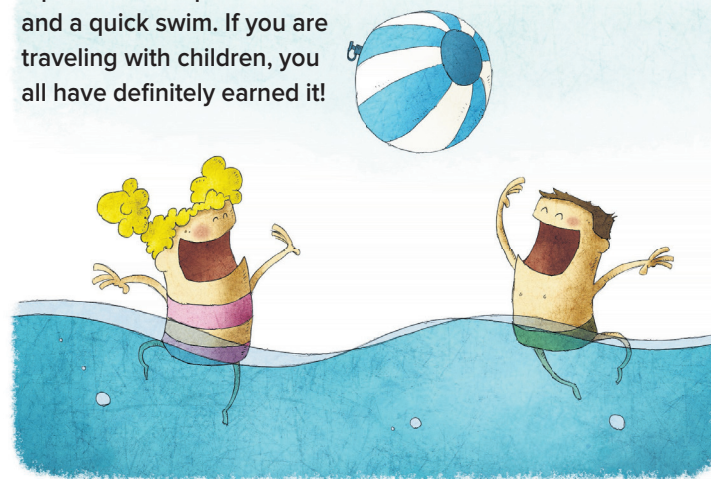


Photo by Eileen Cowen

Lava Canyon, Gifford Pinchot National Park

**PRO TIP:** If you are headed out to I-5 via Woodland, pack a picnic and stop at Yale Reservoir or Lake Merwin for lunch and a quick swim. If you are traveling with children, you all have definitely earned it!







# SCHOOL LUNCHES

## The Cost of Convenience

**It's almost that time again. You had a break from packing school lunches for the summer, and now the new school year is just around the corner.**

*By MICHELLE PICINICH of Clark County Public Health Solid Waste & Environmental Outreach and ELLEN IVES of Waste Connections*



**A** home-packed lunch can take on many forms. There are so many new packaging styles that make lunches simple! Toss 'em in; an applesauce pouch, little baby carrots bag, packaged sandwich, granola bar and a juice pouch. Boom! Lunch is packed. Each one an individual serving; it's so easy, so very convenient. And what's more, the lunch cleanup is simple, too – a slam dunk into garbage can and it all goes away. Or does it?

Clark County Green Schools works with Green Teams at local schools on waste-reduction projects. Recently, local elementary students wondered why there was so much garbage being produced during lunch. These students monitor the sort line at their school where they separate garbage, food waste and recycling. These efforts prevent huge amounts of garbage; however, the cafeteria garbage can was still filled to the top more than once each day. We helped the students figure out why.

We worked with the Green Team on a waste audit, where we analyzed the garbage and recycling to reveal one of the causes of the excessive garbage: individual serving packages. Chip bags, applesauce and pudding cups, juice pouches and granola bar wrappers filled the garbage can.

Is this the only way to pack a lunch? It sure is convenient and easy. We decided to go on a discovery mission with these students and compare buying individual serving packages to buying in bulk. Individually packaged items can cost more, sometimes by quite a lot.

We know there is a high monetary cost to haul garbage. However, there is a very real environmental cost to disposing of that garbage, as well. In Clark County, we routinely produce mountains of garbage – more than 6,500 tons each and every week. All that garbage needs to go somewhere. Our landfills are packed with single-serving containers that were used once and then tossed.

So as you prepare for the new school year, weigh the cost of it all: economic, environmental and time. We're all strapped for time, but find easy methods and containers that work for you. Work towards waste-free lunch packing, one container at a time. Make one switch and see how it goes. Small changes make a big impact over the course of 180 days of school. Why not try it and see? For more about school waste audits, waste reduction help, waste-free lunches and school green team info, check out [www.clarkgreenschools.org](http://www.clarkgreenschools.org).

## ***We worked with some students to analyze the cost and environmental savings. Here's what we found:***



Juice pouches create lots of garbage in school lunches. Not only do you have to throw out the pouch, but the straw and straw wrapper too. And who can get the straw in the pouch without spilling on yourself, anyway? Why not send cold water in a reusable bottle? While the economic cost of juice in a bottle versus pouch is about the same, the health and environmental impacts of taking water in your own bottle make this a great choice!

Crackers from a large box cost \$.27 per serving while individual bags come in at \$.33 per serving. Again using a washable container makes this a nearly zero waste choice, as the box is recyclable and just the large inner bag needs to go to the landfill.



A jar of applesauce costs \$.15 per serving while an individual cup is \$.38 and a pouch comes in at \$.69. Using a washable container from home generates no waste, while the cup and pouch need to go to the landfill. The jar of applesauce can be recycled. Send a washable spoon.





# Making the **RIGHT UPGRADES** can Mean **BIG** Home Energy Savings

*By DAMEON PESANTI for Clark Public Utilities*





**EVERY HOMEOWNER HAS A HAS A LIST** of home improvements or upgrades they'd love to do, but finding the money, time and room in our lives to see those projects through is no small feat.

That's why when you do decide to invest in improvements, you should be confident you're making the right decisions for your home's comfort, resale value and your personal finances.

Choosing the right projects can be overwhelming. There's an entire industry built around offering advice and ideas for home improvement, but no definitive guideposts to navigate personal circumstances.

### **So where does the average person begin?**

"We always recommend home improvement to save the homeowner money in the long run," said Clark Public Utilities Energy Services Supervisor DuWayne Dunham.

Improving your home's aesthetics may make your home look great, but putting that money into efficiency will reduce energy waste, lower utility bills and make your home more comfortable all year. Over time, those upgrades could pay for themselves in terms of cost savings on your bills—hard to get that from a new countertop.

Like any other category of home improvement, there are seemingly endless and overwhelming options and combinations of energy efficiency updates available. But, it can be hard to find clear comparisons of how they stack up, and the impact for a specific home.

Clark Public Utilities customers have a team of allies at the utility who have the knowledge and tools to help customers find the right solutions for their unique circumstances.

The energy counselors closely track evolutions and improvements in the world of home weatherization and appliance efficiency. They can help you better understand your home's energy profile and prioritize the improvements that will make the most of your money.

"We can look into county records to see when the house was built and look into our records to see if there have been any projects done on it in the past," Dunham said. "That'll give us a good idea of how the house was constructed and what improvements would be most beneficial to the homeowner."

Customers can speak with energy counselors over the phone or schedule an appointment for an in-home visit for a more detailed analysis – all at no cost. Call 360-992-3355 anytime during business hours to get started.



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*Any efficiency work funded or rebated by a utility incentive program must be done by a contractor in the utility's network. The utility not only confirms those contractors have the required credentials to get the job done right, they also require the contractor to handle all of the customer's rebate paperwork so there's no hassle for the homeowner.*

---

Once you've created your hierarchy of home efficiency upgrades, cross-reference it with the utility's incentive, rebate and loan programs to see if greater savings are available. You may be surprised to see how much more affordable your project could be.

Finding a reputable and trustworthy contractor can also be a challenge. Home improvement directories are full of names and advertisements promising quality work and quick performance, but how is a person supposed to know the contractor is capable of doing what they claim?

Clark Public Utilities maintains a directory of local contractors participating in the utility's Contractor Network. To be accepted onto the list, a contractor has to maintain all necessary licenses, bonds, insurance and whatever professional certifications the state requires. Additionally, they must receive annual updates about the relevant conservation programs and related incentives Clark Public Utilities offers its customers.

Any efficiency work funded or rebated by a utility incentive program must be done by a contractor in the utility's network. The utility not only confirms those contractors have the required credentials to get the job

done right, they also require the contractor to handle all of the customer's rebate paperwork so there's no hassle for the homeowner.

"That way we're assured the job is done correctly," Dunham said. "The contractors participating in the utility's network have also signed a contract regarding how they'll work with our customers in terms of customer service, professionalism and timeliness."

The network isn't an endorsement, recommendation or warranty of the contractor. Utility employees will not provide recommendations for specific contractors, brands or products to customers. The list simply means that participating contractors have met the utility's high standards and are qualified to represent the utility's programs and guide customers through the process. And, it's always smart to get multiple bids.

Once the job is finished, an energy counselor can inspect the work to make sure it was done right. It's just one more way for customers to feel confident when making investments in energy efficiency.

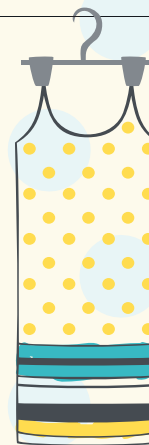
"Every customer gets a survey after participating in one of our programs, and they can tell us how the contractors did. It's very seldom I receive one that's negative, and that's something we take seriously," Dunham said.



# Thrift AND Consignment Stores

## Offering a Frugal & Eco-Friendly Option for Back to School Shopping

By EILEEN COWEN, for *The Columbian*



**B**ack to school shopping is easily my least favorite thing to do at the end of summer. I have three kids in school and it is absolutely overwhelming to get them the clothes they want, not to mention ones that fit. And, as a self-proclaimed frugal shopper, I don't want to spend an arm and a leg to get the styles that will make them happy. Often, I end up shopping at thrift and consignment stores.

Not only does it scratch my frugal itch, but it is an environmentally sound way to stretch a wardrobe.

The question is always, where do I find the right clothes without losing my mind and wallet, all while supporting the incredible local businesses we have here in Clark County? Here are some of my favorite shops in Clark County to find the best deals.

### DENIM AND FRILLS

628 NE 81st St. Ste A,  
Vancouver, WA 98665

After their devastating fire earlier this year, Denim and Frills re-opened in the Hazel Dell Marketplace. They specialize in new and resale of clothing of all sizes, including adults. They also have a wide array of children's furniture, toys, and gifts. Their vibrant consignment business means inventory turns over quickly, giving shoppers many opportunities to find just the right item.

### MOMMY AND ME RESALE

316 SE 123rd Ave, D8,  
Vancouver, WA 98683

Originally started as an online resale site at the end of 2018, Mommy and Me quickly expanded to a brick and mortar location in Southeast Vancouver. What sets it apart from others is their online shopping experience with shipping options, in-store pickup, and even local doordrop delivery. They have a wide assortment of clothing for people of all ages as well as baby gear, toys, and DVDs.

### SPANKY'S LEGENDARY CONSIGNMENT

13503 SE Mill Plain Blvd,  
Vancouver, WA 98684

A true Vancouver mainstay, Spanky's has been in operation for 37 years. Their shop at Columbia Square shopping plaza is chock full of new and consigned clothing at great prices. Spanky's recently took an interesting jump in the digital world: if you see an article of clothing on their Instagram you would like to purchase, you can request through a direct message that they hold it for you. They even host

benefit shopping days to support non-profits, schools, and fundraisers.

### KIDS CLOZ

604 E Main St,  
Battle Ground, WA 98604

Located on Main Street in Battle Ground since 1992, this shop has seen some excellent growth over the last few years. They sell a large variety of consigned clothing and shoes for all ages. They also have daily specials for foster families, military, and seniors. Kids Cloz is definitely worth checking out if you are north of Vancouver.

### PIPSQUEAK RESALE BOUTIQUE

8700 NE Vancouver Mall Dr,  
Vancouver, WA 98662

Yes, I know. It's located in the mall. But, if you are looking for clothes and gear for your little one up to size 10/12, this is a great place to check out. Pipsqueak's is located in a large space and has an active consignment business, giving a variety of options to the pickier clothing purchaser. Check it out on the second level of the Vancouver Mall, near the food court.

### ONCE UPON A CHILD

11505 NE Fourth Plain Blvd, D3  
Vancouver, WA 98662

### PLATO'S CLOSET

8101 Northeast Parkway Dr, #C2  
Vancouver, WA 98662

Although they are chain franchise stores, these shops deserve to be mentioned. Once Upon a Child has children's clothing from baby up to tweens. There are always good deals to be found. If you are shopping for older kids, check out their sister store, Plato's Closet. The store focuses on teens and young adults and offers name brand consigned clothing at discount prices.



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Kubota





Photo by Liz Pike



# HOW TO BUILD A SIMPLE COOP TO RAISE BACKYARD CHICKENS

*There's nothing quite like fresh eggs from your own flock!*

By LIZ PIKE, WSU Clark County Extension Master Gardener

**M**y first foray into raising chickens began with the purchase of eight chicks when I lived on a large city lot in Camas. From the very beginning, raising chickens has been rewarding. They're delightful creatures that perform many functions besides providing fresh and delicious eggs for you and your family. Chickens eat all sorts of pests including slugs. They provide high quality fertilizers for your garden. Then there's "Chicken TV," a phrase I use to describe their daily antics. Raising chickens gave me a new appreciation for

some common sayings; chickens coming home to roost, madder than a wet hen and the pecking order.

## DO SOME ADVANCE RESEARCH

Before buying chicks, research the internet to view different backyard coop designs. Learn about basic tips for raising healthy chickens. I wanted a compact coop that provided all the requirements of a functional hen house: protection from rain and wind, roosting bars, ventilation, security from predators, easy access to nesting boxes and an easy-

clean feature beneath the roosting bars. In the end, I created my own design to utilize some materials that I already had on hand. For a rustic look, I used sturdy natural branches for roosting bars. I added hinges to an antique window that opens for extra ventilation on warm summer days.

## INCORPORATE A GRASSY AREA INTO YOUR COOP CONFIGURATION

If you want the most delicious and nutritious eggs possible, design your coop area so chickens have

Continued on next page ►



plenty of access to a grassy area. Consider building two alternate pasture areas for your flock to free-range in. This way you can alternate their access, allowing grasses to recover. Our chickens at Shangri-La Farm love to roam free. In their most natural state, they eat lots of grass, and love to scratch for bugs and worms living in the soil. This is what makes egg yolks deep orange in color and taste so good.

## ROOSTERS DON'T LAY EGGS!

Be sure to pay a little extra for pullets so that you get hens and not roosters. Most farm stores also indicate which hens produce brown, white or multi-colored eggs. When you purchase chicks, buy the necessary equipment including a heat lamp, a chick feed tray and watering station. If you live within the city limits, be sure to check with local authorities to understand restrictions regarding raising fowl.

## CARE OF BABY CHICKS

It's very important to keep the baby chicks warm under a heat lamp until they are fully feathered. A large cardboard box lined with newspaper and housed in a garage works well as your brood box for the first few weeks. Use a box large enough to fit feed and water containers. For the first few weeks hang the heat lamp above the new chicks so the temperature at their level is about 90 degrees F. For best results, use an inexpensive thermometer that you don't mind getting soiled. Gradually raise the height of the heat lamp so the chicks stay warm at 80 degrees F for weeks three and four, raising it higher again to read 70 degrees for weeks five and six. If it's very warm outside, turn off the lamp during daylight hours. Once the chicks are fully feathered, augmented heat is no longer necessary. When the chicks are about three months old, move them to their permanent home in the coop.



## PROTECTING YOUR FLOCK FROM PREDATORS

Secure the door of your chicken coop each night. Chickens have an instinct to return home to their coops at dusk. After you move chicks to their new home, be sure to account for all of your chickens each evening. They are creative and will look for a low branch on a nearby tree or the top of a fence at night, making them vulnerable to predatory attacks by raccoons, hawks and owls. Return them to their proper coop. Even though they have a brain the size



of a pea, chickens can be trained. After a few nights of this activity, they will figure out their new sleeping quarters.

## DAILY CHORES

Invest in a hanging feeder and waterer for mature hens; this helps keep the contents clean. Be sure to give chickens fresh water each day. Keep their nesting boxes clean and periodically remove chicken manure to a compost area that your chickens do not have access to. Otherwise, your chickens will remove all of the worms from the compost, greatly slowing down the process of decomposing.

## GO BIG OR GO HOME

What began as a hobby with a few chickens has blossomed into a small farm enterprise. My first small flock was so much fun that I added more chicks right away. Within a year or so, I was raising a couple dozen chickens and had a subscription list of egg buyers. I ended up with a rooster and promptly gave it away. There was no upside to disturbing my city neighbors with the rooster's daily trumpet at 4 a.m. I also converted about a third of my front yard to raised beds. That's about the time Neil suggested we move to a farm out in the country. That was a good idea!

We loaded my chicken coop on a flatbed trailer and moved it to our new property in Fern Prairie. As my flock began to grow, I built additional coops by retrofitting the inside of a few of our farm

outbuildings, adding nesting boxes, roosting bars and hanging feeder/watering stations.

Today, a little more than 200 chickens make their home at Shangri-La Farm. All day long, a steady stream of customers pull into my Farm Stand to purchase fresh eggs produced by happy hens, seasonal produce and farm house baked goods. Life with chickens is both enjoyable and rewarding!





Summer Planting  
for  
Fall Harvest

By KATIE WOLF;  
WSU Clark County Extension Master Gardener



Vegetable gardening is often viewed as a spring and early summer activity, however this overlooks the potential of the fall gardening season to extend the harvest. The months of August and September provide prime gardening opportunities to plant additional vegetables for Fall and early winter harvests, or even opportunity to get a head start for spring, planting hardy vegetables that can survive the winter months and deliver crops in early spring. Determining which plants you can start in late summer depends on your zone, but in zone 8, where Clark County falls, there are numerous planting options for the committed gardener.

Zone 8 gardens enjoy a long growing season, with the first frost normally not occurring until around mid to late October or later. This means for crops planted in early to mid August, there is a good chance that a 60-plus day growing window may remain before a killing frost occurs. While Mother Nature can't be predicted, this window of opportunity is sufficient to entice many to plant fall crops that have short growing seasons, that can do well with shorter days and cooler temperatures.

When selecting Fall crops, the trick is to start seeds inside first, to avoid the worst of the August and September heat, the same way you start seeds indoors in the early spring to avoid freezing temperatures. As temperatures begin to cool, and depending on the vegetable, you then transplant the seedlings into your garden beginning in mid September and into early to mid October.

*... for crops planted in early to mid August, there is a good chance that a 60-plus day growing window may remain before a killing frost occurs.*

Examples of crops that can be successfully grown in the fall include Brussels sprouts, cabbages, and cauliflower (start them indoors in August, transplant in September or October, and harvest in November or December); broccoli, peas, kale, beets and carrots can be seeded outdoors as late as late September, and harvested in the November/December timeframe; lettuce and spinach can be seeded as late as October or early November, for harvest in late November and December. For more



details on fall crops, web searches using terms such as 'fall vegetable planting harvesting' will return websites with fall planting calendars, and detailed information about different crops.

And for those wanting to overwinter seedlings for spring or early summer harvest, many can be seeded in the fall and will survive the winter, taking off in the spring when conditions are right. Kale and collards are in the category, providing opportunities for mid winter cut and come again harvest, before coming extremely productive in spring. Onions, shallots, and garlic should be planted in the fall, for harvest the following spring and summer. And you can also pre-seed peas and broad beans, and they will take off in early spring when conditions are right.

To prepare for fall planting, gardeners should first remove plants that are no longer performing well or that have been harvested, and then work in some organic matter to feed the soil. Plant seedlings slightly deeper than you would in the spring, to give the plant roots easier access to cooler soils and moisture, provide about an inch of water a week, and fertilize based on the needs of the plant. And as plants mature and harvest dates approach, keep an eye on weather forecasts so you can harvest before any anticipated freezes. Happy gardening!



# U-Pick Clark County

by KATIE WOLF,  
WSU Clark County Extension Master Gardener



*The days of summer are a favorite time of year for many, with the long daylight hours and warm temperatures delivering increased opportunities for outdoor activities. But along with recreation, the summer months also provide opportunities for people to explore the benefits of living in a county with significant, accessible agricultural resources.*

## Local Harvest

Call or go online for U-Pick schedule, what's fresh in store, hours, events, and more

### U-Pick & Farm Fresh Market

#### JOE'S PLACE

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

Facebook: @JoesPlaceFarms

701 NE 112th Ave, Vancouver • 360-892-3974

### U-Pick & Farm Fresh Market

#### VELVET ACRES GARDENS

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

Facebook: @VelvetAcresGardensProduce

18905 NE 83rd St, Vancouver

### Farm Fresh Store

#### BIZI FARMS

[www.bi-zifarms.com](http://www.bi-zifarms.com)

9504 NE 119th St, Vancouver

360-574-9119

### Produce Market

#### CAMAS PRODUCE

Facebook: @CamasProduce

2940 NE Everett St, Camas • 360-834-4657

### Produce Market

#### BATTLE GROUND PRODUCE

915 E Main St, Battle Ground • 360-687-1718





While for most months, grocery stores are the main source of fruits and vegetables, over the summer months numerous local crops are available at farms offering U-pick services, providing opportunities to self-harvest your favorite crops and enjoy farm to table freshness. U-picks allow people to experience an aspect of life lost to wide swaths of society that aren't geographically proximate to agricultural offerings, provide educational opportunities for children and access to fresh local produce, and direct support to local farmers and businesspeople.

Whatever the motivation, a simple web search such as "u-pick Clark County Washington" can tell you where to go and when, dependent on the crop you seek. Try Washington State University's "Farm Finder" tool on [foodsystems.wsu.edu](http://foodsystems.wsu.edu) to locate local u-pick opportunities. Also the "Washington State Harvest Calendar" at [www.pickyourown.org](http://www.pickyourown.org) will return detailed information on various crops and when they ripen.

Although fruits and berries are popular U-pick options, especially for individuals who enjoy preserving their own jams and jellies, numerous vegetables U-pick options are available as well as community supported agriculture (CSA) programs.

August is a terrific month for apples, apricots, blackberries, blueberries, raspberries, melons, peaches, nectarines, figs, and much more. And for those seeking vegetables, August is a great time to seek out green beans, beets, corn, cauliflower, cucumbers, peppers, peas, onions, squash, tomatoes, and more. If a crop is available at a local farmers market, inquire, and discover whether you can U-pick it! Discussions with local farmers at farmer's markets can also reveal local CSA opportunities where families can buy "shares" of fresh produce, tailored to their family's needs. Whether self-harvested, procured at a farmer's market, or through a CSA program, Clark County farmers can deliver!

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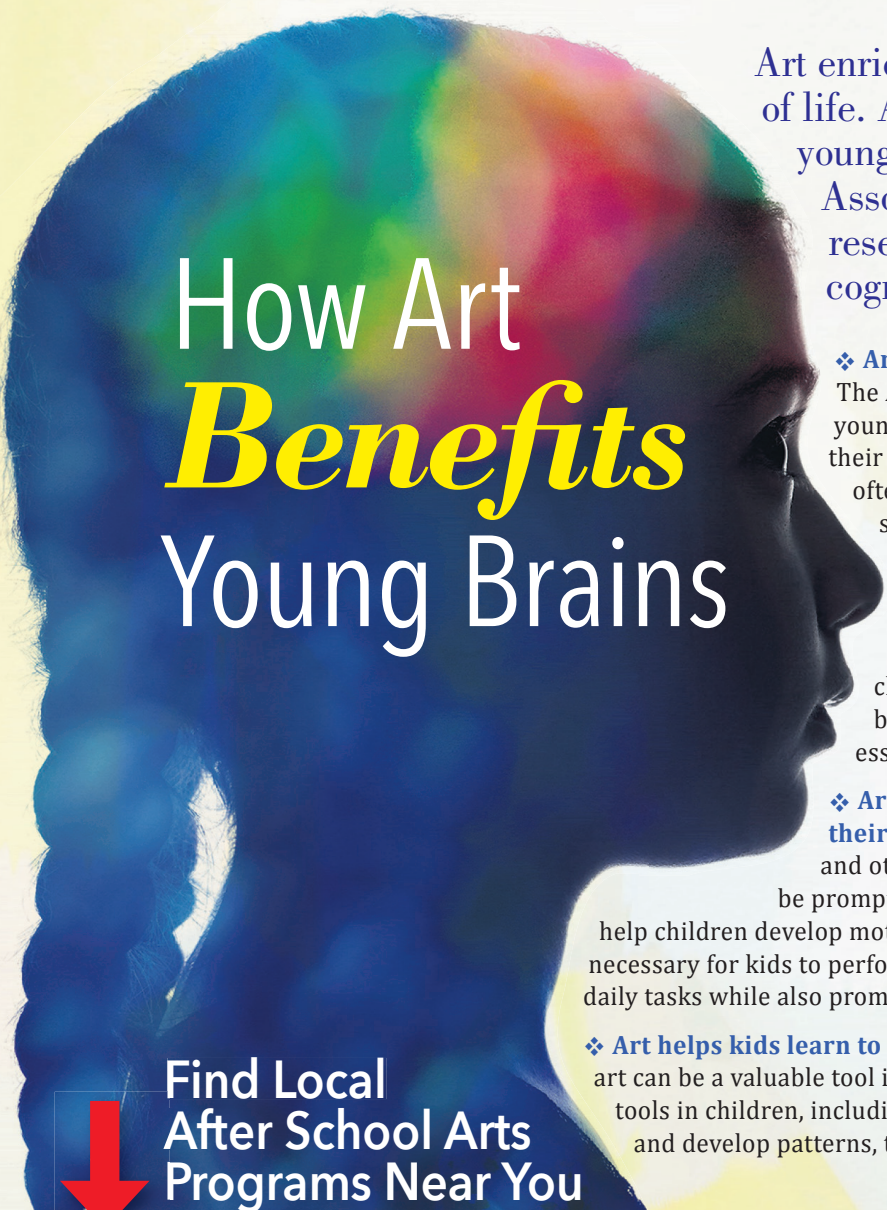
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# How Art *Benefits* Young Brains

Find Local  
After School Arts  
Programs Near You



Art enriches lives and can be used to connect people from all walks of life. Among the many additional benefits of art is its effects on young people and the development of their brains. The American Association of School Administrators notes that neuroscience research has shown that the effects of the arts on a young brain's cognitive, social and emotional development can be profound.

❖ **Art helps to wire the brain.**

The AASA notes that especially young children spend much of their time playing, and that play often includes forms of art such as singing, drawing and dancing. These artistic activities engage various senses and help to wire the brain so it can learn. As children age, these seemingly basic activities remain essential for young brains.

❖ **Art helps children develop their motor skills.**

Dancing and other movements that might be prompted by exposure to art help children develop motor skills. Motor skills are necessary for kids to perform important and necessary daily tasks while also promoting independence.

❖ **Art helps kids learn to think.** The AASA notes that art can be a valuable tool in instilling essential thinking tools in children, including the ability to recognize and develop patterns, the ability to form mental

representations of what is observed or imagined, and the ability to observe the world around them.

❖ **Art can improve memory and focus.** The AASA cites studies that listening to music can stimulate parts of the brain responsible for memory recall and visual imagery. In addition, background music played in a classroom has been shown to help students remain focused while completing certain learning tasks.

❖ **Art can positively affect how students approach other courses.** Studies have shown that incorporating arts into core curriculums can have a number of positive effects on students' overall academic performance and benefit students socially. Studies indicate that students involved in such integrative programs are more emotionally invested in their classes and work more diligently than those not studying in such conditions. In addition, students may learn more from one another when the arts are integrated into core curriculums than when they are not.

Art is often mistakenly seen as a strictly fun component of children's education. But the effects of art on young brains is considerable, helping young people develop in ways that may surprise many men and women.  
-(Metro Creative)

**VANCOUVER SCHOOL DISTRICT** is offering two extracurricular arts programs for 2019-2020. Students registered for 5th grade during the 2019-2020 school year are invited to sign up for orchestra and band classes. This free music program will be offered twice a week beginning mid-September and run through June. Students in grades 3-8 during the 2019-2020 school are invited to attend a free after school dance program. The dance classes are once a week for two 8-week sessions. Go

to [www.vansd.org](http://www.vansd.org) to get more information and download registration materials for these programs. The registration deadlines are September 13 for orchestra and band, and September 20 for dance.

**CAMAS COMMUNITY EDUCATION** offers enrichment classes throughout the year for students in Camas schools: [communityed.camas.wednet.edu](http://communityed.camas.wednet.edu) or call 360-833-5544.

**BOYS & GIRLS CLUBS OF SOUTHWEST WASHINGTON** encourages creativity

through a variety of after school art activities. Find your nearest club at [www.mybgc.org](http://www.mybgc.org) or call 360-448-7089.

**FORT VANCOUVER REGIONAL LIBRARIES** have after school, evening, and weekend arts, crafts, and maker classes and activities. Check the events calendar to see what's going on at a library near you: [www.fvrl.org](http://www.fvrl.org).

**YMCA AFTER-SCHOOL ENRICHMENT** offers a range of after school enrichment classes at elementary schools around

Vancouver. See if your elementary has YMCA after school enrichment: [www.ymcacw.org](http://www.ymcacw.org) or call 360-885-9622.

**ROCK SOLID TEEN CENTER** provides safe after school fun for students in grades 5-12 in the Battle Ground and Hockinson school districts. Activities emphasize life skills, business skills, good homework habits, leadership skills, healthy eating, sports, the arts, and community service. Go to [www.rocksolid-teen.com](http://www.rocksolid-teen.com) or call 360-885-2181 for registration information.



# Art & Culture on a budget

*You don't need a lot of money to be a patron of the arts. There's a lot of things to see and appreciate around here – for free – for everyone from the greatest art enthusiast to the casual interested observer.*

## **The Fort Vancouver Visitor Center**

Watch a short film about the history of the site over time, see exhibits that explain local history and highlight local artists, shop at the Friends of Fort Vancouver Bookstore, and more.

HOURS: Tues-Sat, 9am-5pm.

1501 E Evergreen Blvd, Vancouver

## **First Friday Artwalk**

The Vancouver Downtown Association hosts the First Friday event downtown where participating businesses open their doors after hours for visitors to see great art, eat fabulous food, and have a glass of wine or two.

**Kate Singh Photography**  
1006 Main St

**Art on the Boulevard**  
210 W Evergreen Blvd,  
Suite 300

**The Difference**  
clothing boutique

110 East Evergreen Blvd

**Aurora Gallery**  
1004 Main St

**Cellar 55 Tasting Room**  
1812 Washington St

**Soldera Properties**  
525 W 8th St

**Burnt Bridge Cellars**  
1500 Broadway

## **Slocum House**

On the first Saturday of every month from April through October, the historic yellow Slocum House open its doors for a pop-up art show and sale from 11am-3pm. These First Saturday art events will feature artwork (available to buy) from Mosaic Arts Alliance.

605 Esther St, Vancouver

## **Mosaic Arts Alliance**

Due to continually rising rents, they no longer have a permanent gallery space, but their membership is thriving. See the work of the members of Mosaic Arts Alliance on display all over town at their business partner locations.

**Angst Gallery**  
1015 Main St

**Elements**  
907 Main St

**Hilton Hotel  
Second Floor Gallery**  
301 W 6th St

**Koi Pond Cellars**  
212 E Evergreen Blvd

**Low Bar**  
809 Washington St

**Springhill Suites  
by Marriott**

17717 SE Mill Plain Blvd

**Siren Salon**

104 W Evergreen Blvd

**Slocum House**  
605 Esther St

**Touchmark at  
Fairway Village**  
2911 SE Village Loop

**Vinnie's Pizza**  
1000 Main St

## **Clark County Historical Museum**

Rotating exhibits of local history, culture, and art. One of the current exhibits is Music, Movement, & Sound: An Exploration of Clark County's Musical Roots.

The museum offers free admission every First Friday from 5pm-9pm. 1511 Main St

## **Fort Vancouver Regional Library**

Your local library is a great place to find local art. Most FVRL Community Libraries have rotating exhibits of art in display cases or gallery showings. Find events happening at all branches at: [www.fvrl.org](http://www.fvrl.org)



# 7 TIPS for Internet Safety



By EILEEN COWEN, for *The Columbian*

It goes without saying: the internet has invaded our lives in incredible ways. It dictates how we socially interact, how our children study and research projects, and even how we organize our family activities. In light of all of this, it sometimes seems overwhelming to address internet security and safety for our kids. We all depend on media, and it can be difficult to set responsible parameters for something that has such a permeating influence on our lives. As we get ready to send our students off to school for the new year, here are some points and tips to keep in mind so your child will be set up for internet success rather than failure.

**1** Limit social interaction online, expand it in person. Yes, students are going to text and message each other. However, humans are social creatures, and we thrive on face-to-face interaction. Encourage students to actually talk with their friends in person. Studies show that those kids who physically interact - even through phone conversations - have better interpersonal skills and more readily pick up on facial and physical social cues. Of course, this applies only to people they actually know, and kids should NEVER physically meet someone they met online. That's just not smart. Which brings up my next point:

**2** Critical thinking skills are a must! If a story seems too good to be true, chances are, it is. This is especially important to keep in mind as students research projects, but this also goes for online social interactions. Let your children know that if they encounter something they have questions about they can come to you for guidance and support.

**3** No information is really private. Anything you post or send to someone is permanently online, for better or for worse. And, as recent news stories show, what you do in your past can cloud future opportunity. No one wants to lose college admission status or jeopardize future employment over a nasty internet message.

**4** Check their viewing history - including YouTube. It may seem like snooping, but it may also save you some heartache in the long-term. Predatory people have found a secret safe haven online, and our children and their information are the prey. Keep this in mind and be careful, but remember that being proactive is OUR responsibility as parents. Have conversations with your kids so that they know you have their back if they get involved in something questionable. The best way to avoid issues is to keep lines of communication open before they happen.

Continued on next page ►



5

Spend time online with your kids. I know it may seem weird, but hear me out. If your child is on social media (Instagram, for instance,) follow their feed. Interact with them on their terms. Get a good idea of who they interact with, and pay attention to things like bullying. Help them with research, or simply play a multi-player game with them. Not only is it a way for parents to stay in the loop and build trust, but a good way to observe how your child navigates the online world.

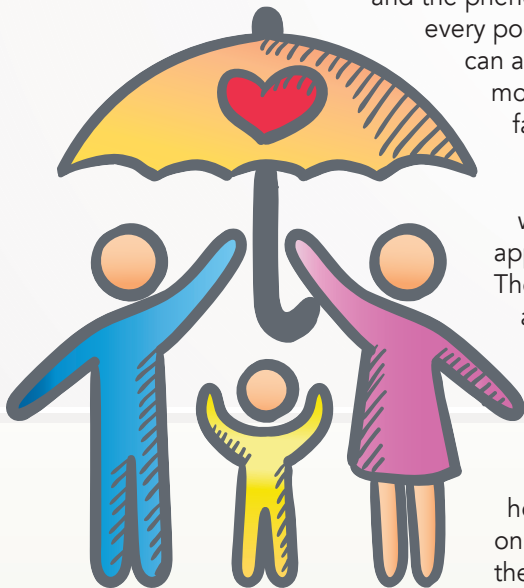
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Keep internet tools in common areas of the home. Let's face it: kids are curious! Children with PS4s or computers in their rooms will sometimes make poor choices online if they think they can get away with looking at something in private. Keeping laptops and smart phones in common areas of the home, like a living room or den, will discourage some of this behavior. Also, keep their phones and tablets out of their rooms at night so they can sleep without distraction.

7

Internet security is the responsibility of parents. If you do not know how to block problematic material online, it's time for you to do your own research. There are kid-appropriate search engines you can install, such as Kiddle (the family-friendly version of Google). Other parental controls include timer apps, text and message monitoring, and website blocking.

If all this seems a bit complicated, it's because online safety IS complicated. The internet is ever growing and the phenomenon of smartphones in every pocket complicates how we can address internet security. The most important suggestions for families is to know your kids' logins, monitor their internet usage, and constantly talk with your kids about what is appropriate behavior online. They learn from watching us, and it is our responsibility to make sure they have the right tools to succeed. By keeping these ideas in mind, we can help our students establish healthy habits and effective online skills that will benefit them now and in the future.



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# HEALTHY & EASY SCHOOL LUNCHES

## (That Aren't Sandwiches)

By VALERIE SLOAN,  
The Columbian

The lunchtime sandwich may be as American as the flag itself, but let's face it: Slapping the same smears onto bread — day after day, week after week — can leave kids and parents a little bored.

Here are some ideas for sandwich-free lunches that take cues from home and abroad. Test drive them all with your little eaters (or yourself!) to find new, interesting lunch box variations that keep everyone's appetites healthy.

### 1. FOOD ON STICKS

Think chicken satays, beef skewers, or sausage kebabs, packed on lunchbox-sized sticks for kids, because everything is more fun on a stick. (For young kids, use flat, blunt-edged bamboo sticks, not the stabby toothpick-like kind.)

#### Grilled Smoked Sausage Skewers with Zesty Sauce

2 lbs smoked sausage  
Neutral cooking oil (canola or safflower, for brushing)  
6 skewers (if wooden, soak for 30 mins before grilling)

#### Creamy Horseradish Dip:

1/4 cup mayonnaise  
1 1/2 teaspoons prepared horseradish, or to taste  
1 teaspoon cider vinegar  
Pinch of kosher salt  
Pinch of sugar

1. Preheat grill.
2. Cut sausages into 1 1/4-inch pieces on the diagonal. Thread 4 to 5 pieces of sausage onto a skewer, leaving about 3/4 inch of space between each piece for even cooking.
3. Lay the skewers parallel to the grates. Close the cover and cook, turning the skewers once, until sausages are lightly charred and heated all the way through, about 4 to 6 minutes per side.

**Pack with:** Rice, sliced cucumbers, sliced mango, yogurt-covered pretzels

### 2. QUESADILLAS

They're kid favorites for a reason — and contrary to our adult biases, they don't need to be piping hot to be delicious.

#### Anything Goes Quesadillas

2 to 3 cups filling: leftover cooked vegetables, cooked meat, crumbled tofu, cooked beans, fresh or frozen corn, cooked rice or grains, diced onions  
2 teaspoons butter or vegetable oil, divided  
4 large flour tortillas (9-inch to 10-inch)  
2 cups shredded cheese, such as cheddar, Monterey jack, colby,

1. **Prepare the filling.** Pick a few of the suggested filling ingredients above, enough to make 2 to 3 cups of total filling.
2. **Melt 1/2 teaspoon butter or oil in the skillet.** Ironically, the key to a crispy quesadilla is less fat in the pan, not more. Too much fat will make your quesadilla soggy instead of crispy. Use just enough to coat the bottom of your skillet — about 1/2 teaspoon of butter or oil. Warm it in the skillet over medium to medium-high heat.
3. **Add the tortilla and top with cheese.** Place 1 tortilla in the skillet and sprinkle all over with 1/2 cup of cheese.
4. **Add the filling.** Spread about 1/2 cup of filling in a single layer over just half

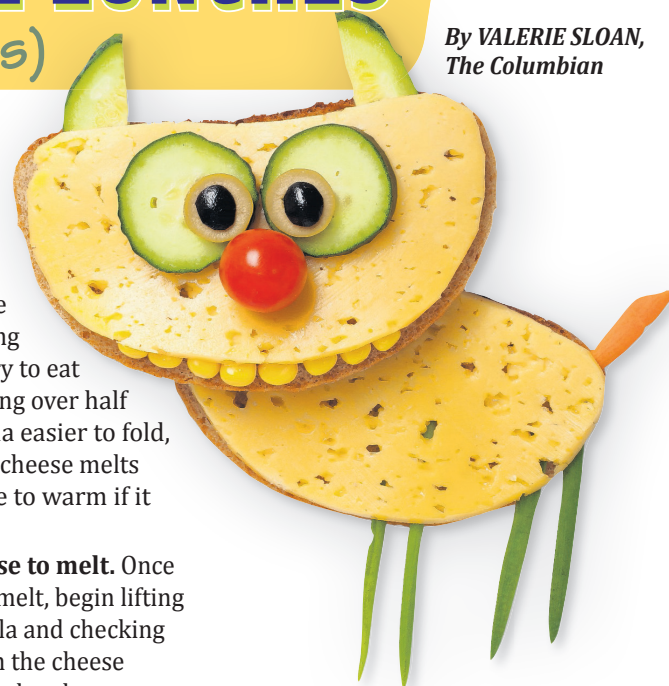
the tortilla. Don't use too much or the filling will fall out as you try to eat it. Spreading the filling over half makes the quesadilla easier to fold, and adding it as the cheese melts gives the filling time to warm if it has cooled.

5. **Watch for the cheese to melt.** Once the cheese starts to melt, begin lifting a corner of the tortilla and checking the underside. When the cheese has completely melted and you see golden-brown spots on the underside of the tortilla, the quesadilla is ready.
6. **Fold the quesadilla in half.** Use the spatula to fold the quesadilla in half, sandwiching the filling.
7. **Transfer to a cutting board and cut into wedges.** Slide the quesadilla onto a cutting board. Let cool for a minute or 2 for the cheese to set, then cut into wedges.
8. **Wipe the pan clean and repeat.** Wipe the pan clean if needed, melt another dab of butter, and continue cooking quesadillas as described above.

**Pack with:** Avocado slices or guacamole, jicama sticks, pineapple chunks, pumpkin seeds, or tortilla chips

### 3. SPRING ROLLS

Rice paper wrappers or large lettuce leaves make great rolled-up meals that are fun to eat. Fill them with tofu, pork or shrimp, or let your kids branch out using their own ideas.



#### Rainbow Vegetable Spring Rolls

1 medium red bell pepper  
1 medium yellow bell pepper  
1 large carrot  
1/4 small head purple cabbage  
1 medium avocado  
1 cup microgreens or sprouts  
1 1/2 tablespoons rice vinegar  
1 teaspoon sugar  
1 teaspoon sesame oil  
1/4 cup mayonnaise  
1/2 to 1 teaspoon Sriracha (optional)  
10 large rice paper wrappers

#### 1. First, prepare all the vegetables.

Slice the peppers lengthwise as thin as possible. Peel the carrot, then cut it into very thin matchsticks (or shred on a box grater). Slice cabbage into thin shredded pieces. Cut the avocado in half, remove the pit, and then slice it (still in the peel) into very thin slices; use a soup spoon to scoop the slices from the peel.

Continued on next page ►



2. Next, whisk together the dressing and dipping sauce. Whisk together the rice vinegar, sugar, and sesame oil in a small dish. In another dish, whisk together the mayonnaise with a little Sriracha; taste and add more if needed.

3. **Assemble the spring rolls.** Fill a pie pan or other shallow dish with very warm water. Submerge one of the spring roll wrappers in the warm water until softened but still slightly stiff, 15 to 25 seconds. (If you wait until it is entirely softened, it's more likely to tear when you assemble the rolls.) Lay the softened wrapper on your work surface. Quickly lay a few pieces of peppers, carrots and cabbage in the lower-middle of the wrapper. Lay a few pieces of avocado beneath the veggies and lay a small pile of microgreens on top. Sprinkle a spoonful of the rice vinegar dressing over the vegetables. Fold the sides of the wrapper over the filling, then roll it up, starting at the bottom. Repeat with filling and rolling the remaining spring rolls.

You can also wrap the spring rolls individually in plastic wrap and eat them within a few hours; the plastic wrap helps keep them from becoming soggy or sticking to each other.

**Pack with:** Cubed meat or cheese, sliced red bell peppers, blueberries, chocolate square.



## 4. DELI MEAT ROLL-UPS

Think outside the bun! Rolling sliced deli turkey, ham, or roast beef around cheese sticks, cream cheese, and even greens can change the way your kiddos think about lunch meat.

**Pack with:** Whole-wheat pretzels, celery, cinnamon-sprinkled apple slices, cookie.

## 5. COLD NOODLE SALADS

Think soba with black sesame seeds, or plain udon.

### Soba Noodles with Wilted Bok Choy

- 1 carrot, peeled and cut into thin matchsticks
- 2 bunches bok choy, sliced into ribbons
- 1/2 pound dried soba noodles
- 6 scallions, thinly sliced
- 1/2 cucumber, peeled and cut into matchsticks
- 1 tablespoon sesame oil
- 2 tablespoons rice vinegar
- 1 1/2 tablespoons soy sauce
- 1 teaspoon hot sauce (optional)
- 2-4 eggs (optional)

Fill a medium-sized sauce pan with water and bring it to a boil. Drop the carrots and one tablespoon of salt into the boiling water. Blanch for 30-60 seconds (depending on how cooked you like them) and remove from water using a slotted spoon. Run the carrots under cold water, then empty into a medium-sized bowl.

Let the water come back to a boil and add the bok choy. Blanch for 30 seconds and then remove using a slotted spoon. Run them under cool water and add to carrots.

Let the water come to a boil again and cook the soba noodles according to package instructions (usually 5-8 minutes, until al dente). Strain the noodles, cool them down, and add them to the bowl with the carrots

and bok choy. Add the scallions and cucumbers to the bowl and gently toss everything together.

Whisk together the sesame oil, rice vinegar, soy sauce, and hot sauce (if using). Pour this over the noodles and vegetables, and then toss until everything is evenly coated.

If cooking eggs, empty all but 4 inches of the water and let it come back to a gentle simmer. Crack the eggs into individual measuring cups. Add a splash of white vinegar to the water and slip the cracked eggs in one at a time. Poach for 4 minutes for soft boiled eggs or 5 minutes for a firmer yolk. Strain and set aside until serving.

Divide salad into individual bowls and add a poached egg to each bowl. Salad can be served warm or cold, and it can keep refrigerated for about 3 days.

**Pack with:** Cubed chicken or tinned fish, snap peas, clementines, chocolate raisins.

## 6. HUMMUS AND PITA PLATE

Nine out of 10 kids love a good smear of hummus. Why not make it the star of the show?

**Pack with:** Salami, olives, carrots, baby tomatoes, and grapes. (Note that dipping is easier and less messy if you pack the hummus in a separate container.)

## 7. QUINOA SALAD

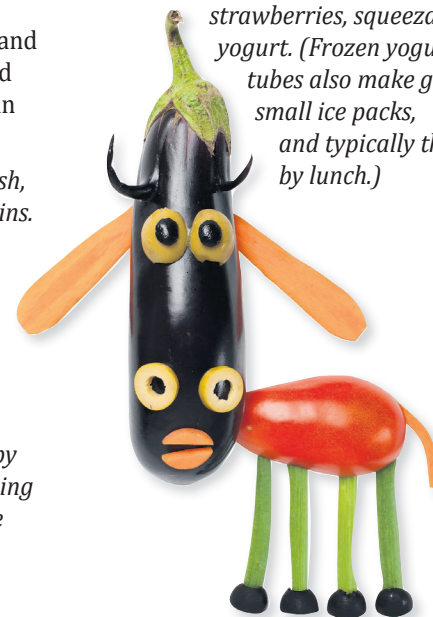
Mix the meats, cheeses, and veggies your kids like into plain quinoa and dress lightly with a basic vinaigrette.

**Pack with:** Tomato/mozzarella/basil lollipops, popcorn, pear slices, brownie bite.

## 8. BREAKFAST FOR LUNCH

Make extra food when you have time for a nice breakfast on the weekend, and save the leftovers for lunches—think hard-boiled eggs, leftover pancakes and sausages.

**Pack with:** Sliced strawberries, squeezable yogurt. (Frozen yogurt tubes also make great small ice packs, and typically thaw by lunch.)



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# RECIPE

## Corn, Tomato and Avocado Salad

*Provided by Sydnee Reid*

### INGREDIENTS

2 cups cooked corn, fresh or frozen (see Note below)  
1-2 avocados, cut into 1/2-inch cubes  
1 pint cherry or grape tomatoes, halved  
1/2 cup finely diced red onion

### DRESSING:

2 tablespoons olive oil  
1/2 teaspoon grated lime zest  
1 tablespoon fresh lime juice  
1/4 cup chopped cilantro  
1/4 teaspoon salt  
1/4 teaspoon pepper

### INSTRUCTIONS

Combine the corn, avocado, tomatoes and onion in a large glass bowl. Mix together the dressing ingredients in another bowl, pour over the salad, and gently toss to mix. Chill salad for an hour or two to let flavors blend.

*Fresh corn is really best to use here. There are many ways that you can cook corn, here are just a few:*

- *Bring a pot of water to boiling and boil the corn for 3-5 minutes.*
- *Grill the corn over medium high heat for 3-5 minutes.*
- *Keep the corn in its husk and microwave for 3-5 minutes. It steams the corn.*
- *Cut the corn off the cob and saute in a pan with a little oil for 3-5 minutes.*

Source: Paula Deen





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# HEALTHY KIDS RUNNING SERIES

## Announces Fall 2019 Series

FIRST RACE: SEPTEMBER 22 AT DAVID DOUGLAS PARK

Registration Is Now Open For Vancouver: [HEALTHYKIDSRUNNINGSERIES.ORG](https://HEALTHYKIDSRUNNINGSERIES.ORG)

**H**ealthy Kids Running Series ("HKRS") is a national, community-based nonprofit which provides a fun, five-week running program for ages 2-14 that gets kids active, helps them feel accomplished and lays the foundation for a healthy lifestyle. HKRS is seeking participants for its program in Vancouver, WA. The first of five consecutive Sunday afternoon races commences on Sunday, September 22 at 4:00 p.m. at David Douglas Park (900 N. Garrison Rd, Vancouver WA). Each Healthy Kids Running Series takes place once a week and offers age appropriate race distances. Kids compete each week for a chance

to earn points. At the end of the Series, the top boy and girl with the most points in their age division earn a trophy. All participants receive a finisher medal, race bag and Healthy Kids Running Series tech shirt for their achievements courtesy of Healthy Kids Running Series. Healthy Kids Running Series teaches its participants to live an active lifestyle through goal setting and dedication. Renee Sisco Collins and Andrea Long are the Community Coordinators. Both are local moms who were looking for a way to get their elementary school aged children involved in running.

Continued on next page ►





Photos this page by Jill McMillan Photography

4 and 5 year old runners having fun in their 75 yard dash event.

The Vancouver races began in Spring 2018 with 120 runners, the most recent series was Spring 2019 with 230 runners, and the Fall goal is 250+ runners! "Healthy Kids Running Series is designed to combat the increasing rates of child obesity in America," said Jeff Long, Healthy Kids Running Series Founder. "My goal is to motivate and inform kids to be healthy and active. We are providing a fun environment to improve their self-esteem and inspire them to adopt a 'Get Up and Go' attitude. The support and growth of our Series have confirmed our value and mission." "The Healthy Kids Running Series is about having fun and encouraging our kids to remain active," said Tamara Conan, National Director, Healthy Kids Running Series. "Our goal is to provide a fun and positive experience for every participant and see them improve over the five weeks."

## DIVISIONS AND RACE DISTANCES

2/3 years old to Pre-Kindergarten: 50 Yard Dash

4/5 years old to Pre-Kindergarten: 75 Yard Dash

Kindergarten & 1<sup>st</sup> Grade: ¼ Mile

2nd & 3rd Grade: ½ Mile

4th & 5th Grade: 1 Mile

Middle School: 1 Mile

To register a child, volunteer or become a sponsor, please visit

[www.HealthyKidsRunningSeries.org](http://www.HealthyKidsRunningSeries.org)

Register by September 1st for discounted price.

The Healthy Kids Running Series was founded in 2009 to combat increasing rates of childhood obesity through the introduction of running. What began in West Chester, PA, now operates in upwards of 200 communities across the country. HKRS is a non-profit entity managed by the Pattison Sports Group staff, Philadelphia's premier sports marketing firm specializing in Corporate Consulting, Property Representation and Event Management.

**CONTACT:** Andrea Long or Renee Sisco Collins  
hkrsvancouverwa@gmail.com



2nd and 3rd graders setting a solid pace in the 1/2 mile event.



GET TO KNOW

# Washougal





*A*ccording to the most recent population estimates, over 16,000 people live there. Those of us who don't live there may only know it as the small city we pass through at the Gateway to the Gorge. But residents know Washougal is a lot more than a roadside attraction.

### WHAT'S OLD

#### **Pendleton Woolen Mill - Washougal Mill Store**

World famous wool blankets woven in the USA since 1863. Washougal has one of the few woolen mills still in operation in the United States today. Visitors can take a free tour of the mill where they can see the process of how the distinctive Pendleton blankets are made, from the state of the art dye house, through spinning and weaving, to the finished product. The Mill Store sells selections from Pendleton's array of menswear, womenswear, blankets and fabrics.

### WHAT'S NEW

#### **Washougal Waterfront Park**

Washougal has a new waterfront park that just opened in June of this year. The natural play area, which overlooks the scenic Columbia River, doesn't have the typical hard iron and steel jungle gym playground equipment. Instead, the focal point is a 9 foot tall sasquatch statue and a huge boulder thought to have been deposited in the area by the ancient Missoula Floods. Kids can climb onto the sasquatch via climbing ropes, jump around on logs and stumps, and play outdoor musical instruments blended into the landscape.

### MUST SEE

#### **Scenic Views**

In Washougal you don't have to hike to higher elevations for magnificent views of Mount Hood. The *Marina at the Port of Camas-Washougal* is the perfect spot to sit or stroll while taking in breathtaking sunset views. For avid birdwatchers, *Steigerwald Lake National Wildlife Refuge* features shallow ponds, marshes, open fields and riparian woodlands for prime wildlife viewing. Motocross enthusiasts may be interested to learn that *Washougal MX Park* has the distinction of being "America's Most Scenic Raceway."

### MUST DO

#### **Community Events**

Located in the middle of Washougal's downtown area, *Reflection Plaza* is the site of many fun community events throughout the year. It's a great place to find local art exhibits, family activities, seasonal celebrations, and more. The SR-14 Pedestrian Tunnel connects Reflection Plaza and downtown visitors to the Columbia River, *Steamboat Landing Park*, and *Cottonwood Beach* at *William Clark Park*. Cottonwood Beach will be the location of this year's pirate themed festival—*Pirates in the Park*. On August 24 from 1pm-9pm there will be costumes, music, dancing, food, beer, and of course, sword fighting.

OPPOSITE PAGE: Port of Camas/Washougal and the Puffin Cafe.

RIGHT, TOP: Riders take off in the 450 Class Moto #2 during the Washougal National Lucas Oil Pro Motocross at the Washougal MX Park; MIDDLE: Hayes Hatfield of Camas, 4, climbs on the Port of Camas-Washougal's new natural play area along the Washougal Waterfront Park walking path; BOTTOM: Mt. Hood is visible from Steamboat Landing Park in Washougal

Alisha Jucevic/The Columbian



Alisha Jucevic/The Columbian



Alisha Jucevic/The Columbian





# Briar Handmade

**MADE LOCAL**

## **OWNER OR CEO:**

Rachel Goode (Founder, owner, CEO)

## **YEARS IN BUSINESS:**

4 years

## **WHAT PRODUCTS DO YOU MAKE?**

We specialize in making beautifully handmade, quality bonnets and tie-hats for the modern, fashionable parent. All of our bonnets are thoughtfully made in the USA.

## **WHERE ARE THEY AVAILABLE?**

Briar's bonnets are available on our website, [briarhandmade.com](http://briarhandmade.com), as well as in dozens of retailers across the world and online. We offer free shipping on all orders, as well as a pickup option for our local friends!

## **WHAT MAKES THEM UNIQUE AND SPECIAL?**

All of our bonnets are made from the highest quality natural fibers, including linen, cotton, and wool. Our team of experienced sewists carefully craft each bonnet with the utmost care, so you can be sure it will stand up to all your little one's adventures. (In fact, most of our customers either store their child's bonnets as an heirloom, or resell them when they no longer fit.) And we make many of our bonnets in Briar's studio, right here in downtown Vancouver!

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

Here at Briar, we:

- Employ women (and men) in our community
- Empower women to be leaders
- Value diversity
- Foster a positive, healthy work environment
- Proudly (and ethically) manufacture all products in the USA
- Make bonnets for the little people and moments you cherish most

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

In the coming year, we're excited to launch many new styles, and continue to engage with our wonderful customers. We also have our sights set on expanding our studios here in Vancouver to accommodate the incredible growth we've experienced these last few years!

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

We love meeting new customers, so don't be shy about stopping by our studio downtown. We're happy to help you with the perfect fitting bonnet - and show you where the magic happens!

## **Instagram:**

@briarhandmade

## **Websites:**

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

## **Facebook:**

@briarhandmade



Rachel Goode – Briar's Owner/Founder




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.



# DON'T BE A FOOL

## Use These Tools to Rule Your Return to School

By JASON ROTHKOWITZ, Program Manager at  
Financial Beginnings Washington



It's hard to believe, but the start of school is just around the corner. Pop quiz! How much credit does it take to graduate? Trick question! Credit is more than just a metric for graduation. It's possibly one of the most powerful and important financial tools you can develop.

Access to credit can offer you a world of opportunities beyond just the power of your money today. Credit gives you a multiplier effect to your money - the multiplier of time. Used wisely, this effect can let you acquire knowledge or assets today which will produce returns for you tomorrow and beyond!

However, there's a downside to credit. Used irresponsibly, credit can impede your ability to achieve your dreams and goals. Improperly managed credit can be a drag on your financial future, and leave you struggling to meet your needs today, let alone plan and invest for tomorrow. So how do you manage credit effectively?

First, let's make sure we're using the same terms. Credit, is simply the ability to borrow money, regardless of amount or source (credit card, personal loan, home mortgage, auto loan, etc.). Your credit score is a calculation lenders use to determine how likely you are to successfully pay back any money you borrow. "Good credit" is simply a high credit score; "bad credit", the opposite.

Continued on next page ►



How do you ensure you have “good” credit? First, build up your credit history, if you haven’t already. If you’ve never had any kind of loan, a good place to start is with a secured credit card. Secured credit cards require you to put a small amount of money into an account with the lender, who then lets you use that money as a short-term credit card loan. After a few months of using the secured card, you can request to change it to an unsecured card, which is the kind most people are accustomed to thinking of when discussing credit cards.

Note, when it comes to credit cards, the smartest use is to only purchase items for which you already have the cash to pay. Credit cards have more consumer protections than debit cards, checks, or cash. If you buy your ordinary daily and weekly items on a credit card, and pay the charges off before the end of your statement cycle, you won’t pay any interest, will receive the maximum amount of consumer protection available, and will build your credit history and score. All for spending money you were going to spend anyway!

This is especially effective when paying for things like school supplies, technology, books, and other essentials for your return to class.

Next, once you have some credit history built and a decent (or improving) credit score, shop around for the services you commonly use. Things like car or homeowners/renters insurance can potentially be cheaper when your credit score improves. And if you’re applying for student loans, your improved credit score will lower the interest rate you pay!

Finally, to ensure your credit remains good, there are some best practices you can follow which will let you utilize credit effectively, without getting into financial trouble or harming your money goals. In addition to only using credit cards to buy what you already have the cash to pay for, be sure to check your statement at least monthly, but preferably weekly or even once a day. That way you can keep tabs on not only what you’re spending, but you can catch any potential fraud or breach before it has a chance to spiral out of control. A few minutes of daily monitoring can save you dozens of hours in the event one of your accounts is breached. And if you report any fraudulent activity within sixty days of occurrence, your liability is limited to a maximum of \$50 for credit cards (\$500 for debit).

Above all, make on-time payments on all of your loans. If you think there’s even a chance that you might not make it in a given month, reach out to your creditor immediately and see if you can work out a plan. The absolute worst thing you can do for your credit is try and pretend there isn’t a problem and hope it will go away. Credit problems will not go away on their own! You can save yourself money, stress, and time if you proactively reach out to a creditor if you’re having trouble paying your bill.

There’s no magic to maintaining good credit, but using these tips and tools wisely can help you remain at the top of your class.

Jason Rothkowitz is a Program Manager  
at Financial Beginnings Washington.  
Contact him at 800-406-1876 ext 202 for  
more information about classes and events.



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yum!

# It's **BLT** Sandwich Season

**B**eefsteak or Heirloom tomatoes, cut into thick slices. Crisp lettuce. Some type of bacon. Toasted white or sourdough bread. Mayo optional. It's pretty basic, yet complex. We don't really know who was the first person to put bacon, lettuce, and tomato together on slices of bread, but the culinary lineage of the BLT suggests that it began with Victorian-era tea sandwiches. Now the BLT has become a classic American sandwich, and, arguably, America's favorite sandwich.

The best way to make a BLT can be a hotly contested topic. There is even an entire cookbook devoted to BLT recipes, aptly named, *The BLT Cookbook* by Michele A. Jordan (2003). Real BLT connoisseurs know the truth: it's all about the tomato. This sandwich tastes best during tomato season, with sun-ripened tomatoes straight from the garden. Here in the cooler Pacific Northwest climate that season is now.

You can find inspiration for the best tomatoes to build your next BLT sandwich at Shorty's Garden Center on August 24 from 12pm – 4pm. They will have a selection of traditional and unusual tomato varieties for sampling. There will be fresh-made BLTs made by Mill Creek Pub, and local craft beer and cider for refreshment.

If the thought of a BLT with garden fresh tomatoes and a cold, craft beer makes your mouth water—or if you just want to do some research for growing next year's tomatoes—then this is the event for you.

## **IF YOU GO**

### **Tomato Tasting at Shorty's**

Saturday, August 24, 12pm – 4pm

Shorty's Garden Center

10006 SE Mill Plain Blvd, Vancouver, Washington 98664

Free tomato samples, live music, food and craft brews for purchase

\*Get your garden tools sharpened for a small fee



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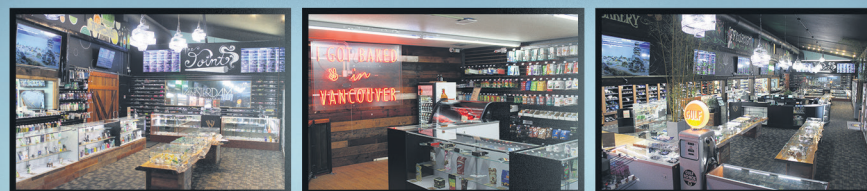
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# EVENTS

AUGUST - SEPTEMBER



August 18, 4pm – 7pm

**2019 HOT RODS & HOT DOGS @ FIRST EVANGELICAL CHURCH**

**FREE EVENT, ALL ARE WELCOME.**

**\*\* CAR SHOW \*\*** If you have a car, entry for all cars is “FREE.” HOT DOGS, Music, Face Painting, Crafts for the Kids, Bounce House ~ FREE Packs with School Supplies (K-5 ONLY) Parents/ Guardians Please be Present so your child can receive a Back Pack, Gently Used Clothing as well in the Church Lobby.

4120 NE St Johns RD, Vancouver



August 24, 10am

**OPEN SATURDAY @ PEARSON FIELD EDUCATION CENTER**

Open Saturday is **FREE** to the public. Experience aviation at the first airport in the Pacific Northwest and the second oldest continuously operating airfield in the country. 201 A Reserve St, Vancouver

September 2, 10am

**HANDS ACROSS THE BRIDGE @ ESTHER SHORT PARK**

The 18th annual Hands Across the Bridge. Held annually on Labor Day, the event includes leaders from the recovery community, elected officials, community organizations, treatment centers, and people who support recovery and substance abuse prevention.



September 7, 11am-3pm

**FIRST SATURDAY ART @ SLOCUM HOUSE**

The historic Slocum House will be open from 11am to 3pm on the First Saturdays of each month, April through October. Artwork by members of Mosaic Arts Alliance will be available for purchase.

**Admission is free.**

605 Esther Street, Vancouver



September 6, 5pm

**NIGHT MARKET VANCOUVER @ 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

Columbia Springs education programs and unique features on the site! Meet at Visitor Center and tour guides will lead the way from there. Learn more at [www.columbiasprings.org/events](http://www.columbiasprings.org/events) 12208 SE Evergreen Hwy, Vancouver

September 11, 5:30pm – 6:30pm

**GUIDED WALKS @ COLUMBIA SPRINGS**

Interested in learning more about Columbia Springs? Join a Guided Walk on the second Wednesday of the month, April through October. Learn about the Vancouver Trout Hatchery,



September 14, 9am-4pm

**PEACE & JUSTICE FAIR @ ESTHER SHORT PARK**

Furry Friends will be offering their cats and kittens for adoption at the Peace and Justice Fair. Come on out and “purruse” the adoptable cats, talk with the Furry Friends volunteers relax and listen to music, get all sorts of info on what you can do to help the kitties besides adopting a cat and check out some of the great cat themed merchandise that Furry Friends will have for purchase. Discounted Avid FriendChip ID microchipping for dogs and cats available 9am to 1pm. The chips will be implanted in your pet by a volunteer licensed vet tech for only \$20 (a \$60 value). No annual maintenance fee is required. For more information about Furry Friends, visit [www.furryfriendswa.org](http://www.furryfriendswa.org)



# KIDS & FAMILY EVENTS



August 22, 10am

**READING IN THE WILD**

@ **WATER RESOURCES EDUCATION CENTER**

A free outdoor reading series for kids, ages 3 to 6 years old. The program connects fun stories with nature activities. Sit under a tree, listen to a story, then roam around the garden to play with plants, rocks, water or critters in the dirt. Learn more:

[www.cityofvancouver.us/WaterCenter](http://www.cityofvancouver.us/WaterCenter)



August 24, 10 am - 4 pm

**VANCOUVER KIDS LIVE! @ VANCOUVER MALL**

Add some fun to your family back-to-school shopping with music, dancing, martial arts, kickboxing, educational activities, promotions, prizes, a red-carpet photography area, arts and crafts, and more! Located in the lower-level common area of Vancouver Mall.



**AUGUST 27**

Vancouver  
Evergreen  
Washougal  
Battle Ground  
Woodland

**AUGUST 28**

Ridgefield  
Green Mountain  
Hockinson  
La Center  
Mt Pleasant

**SEPTEMBER 3**

Camas

**FALL TERM 2019 BEGINS SEPTEMBER 23**

Clark College

**FALL TERM 2019 BEGINS AUGUST 19**

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