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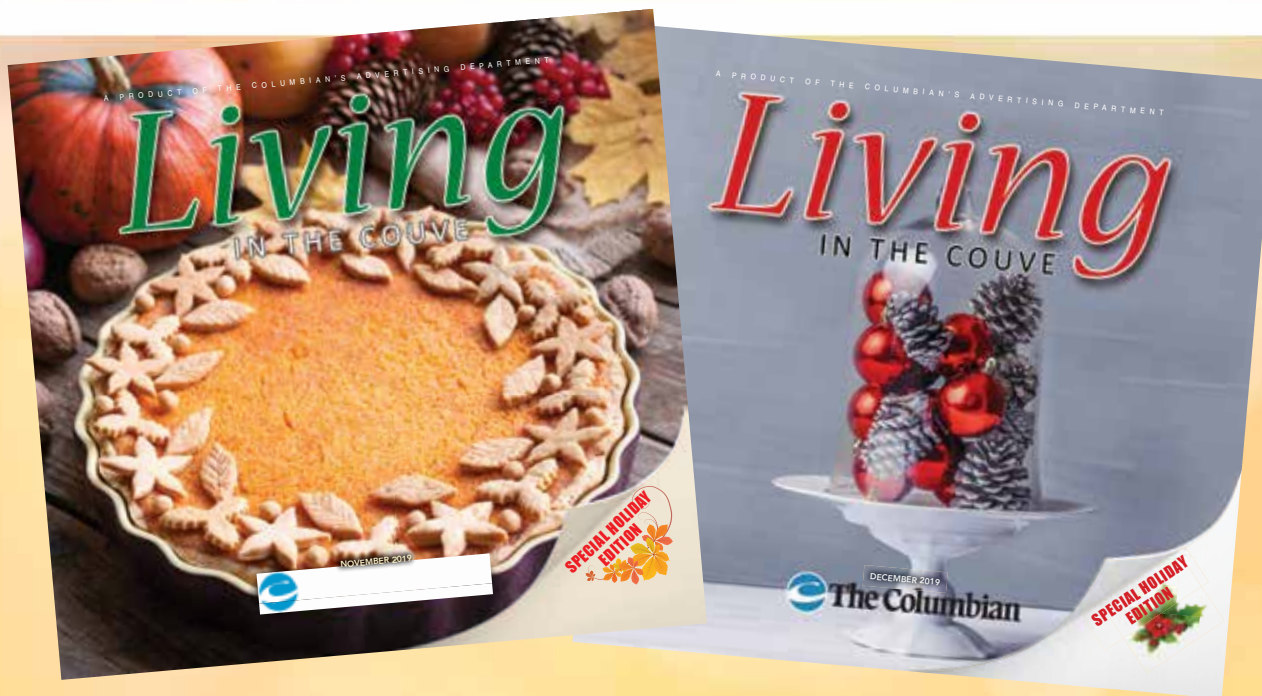
IN THE COUVE



OCTOBER 2019



The Columbian



Watch for 2019 *Living In The Couve* Holiday Editions

The Columbian's November and December *Living In The Couve* Holiday Editions will be filled with gift ideas and places to shop local for that special person, tasty recipes for entertaining, home decorating ideas, local holiday events in and around The Couve, and a lot more.

November's **Holiday Edition** will publish on **Sunday, November 24.**

December's **Holiday Edition** will publish on **Sunday, December 15.**

Don't miss these colorful editions filled with all the joy and cheer of the season!

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Living

IN THE COUVE

Defining "The Couve"

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

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

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

But what does The Couve actually mean?

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

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

by Jacob Schmidt, Visit Vancouver USA

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.

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Photo courtesy Chris Pacanins

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Harvest *and* HALLOWEEN

In and
Around
The Couve



Many cultural traditions from around the world have blended together to bring us all the food, fun, and festivity we enjoy in October. Whether you celebrate the harvest or Halloween, October is a favorite month for many people.

Continued on next page ►

If you like the idea of getting outside when the air is crisp and the leaves are the most colorful, there are some great harvest activities around here. There are many popular pumpkin patch destinations in Clark County that offer the full farm experience of wagon rides, barn animals, finding your perfect pumpkin, and shopping the farm store for late season produce and harvest treats. Bizi Farms in Vancouver and Pomeroy Farms in Yacolt are two popular destinations for a whole day of pumpkin patching, and there are some other patches to check out too. Joe's Place and Velvet Acres Gardens are also in Vancouver. There's also Waltons Farms in Camas and The Patch in Woodland.

Another thing October may make you think of is apples. Saturday October 26 is the annual Apple Cider Pressing at Cedar Creek Grist Mill where all the apples from the harvest will be pressed into cider. At this event you can step back in history to experience a traditional apple pressing with hand cranked presses. The

organizers also encourage visitors who play an instrument to join the Bluegrass Jam on the back deck.

And after other farmers markets have closed up for the season, the Vancouver Farmers Market still runs every weekend through October. It's a great place to find fresh and local produce grown throughout the region, as well as flowers, baked goods, gourmet food, and treasures from local artisans and collectors. You can shop, eat, hear local music acts, and just hang out and spend the day.

The end of October also brings some spooky traditions for young and old to enjoy. Young children will enjoy safe and friendly trick-or-treating on Halloween at Vancouver Mall's Boo-tacular and also Boo-ville on October 26 at Luepke Center. Older kids and adults can find haunted houses and other terrors at Clark County ScareGrounds, The Haunting of Elks Street at Vancouver Elks 823, and The Haunting of Alderbrook Manor at Alderbrook Park.

PUMPKIN PATCHES

Bi-Zi Farms

9504 NE 119th St, Vancouver
bi-zifarms.com

Pomeroy Farm

20902 NE Lucia Falls Rd, Yacolt
pomeroyfarm.org

Joe's Place Farms

701 NE 112th Ave, Vancouver
joesplacefarms.com

Velvet Acres Gardens

18905 NE 83rd St, Vancouver
vancouverpumpkinpatch.com

The Patch

612 Whalen Rd, Woodland
avidgardener.webs.com

Waltons Farms

1617 NE 267th Ave, Camas
waltonsfarms.com



IF YOU GO:

Apple Cider Pressing

@ Cedar Creek Grist Mill

October 26, 9am - 12pm
43907 NE Grist Mill Rd, Woodland
cedarcreekgristmill.com

Vancouver Farmers Market

Every weekend through October
6th & Esther St, Vancouver
vancouverfarmersmarket.com

Clark County ScareGrounds

@ Clark County Event Center

October 25-31
17402 NE Delfel Rd, Ridgefield
scaregroundspdx.com

Nightmares on Elk Street Haunted House

@ Vancouver Elks 823

Through October 26
11605 SE McGillivray Blvd, Vancouver
hauntedhousevancouver.com

The Haunting of Alderbrook Manor

@ Alderbrook Park

Through November 3
24414 Ne Westerholm Road, Brush Prairie
alderbrookparkevents.com

Boo-ville! @ Luepke Community Center

October 26, 10am-1pm
1009 E Mccloughlin, Vancouver
www.parksfoundation.us

Bootacular @ Vancouver Mall

October 31, 5pm-7pm
8700 NE Vancouver Mall Drive, Vancouver
shopvancouvermall.com



Sugar Skull Tradition



Halloween costumes may go away right after October 31, but the celebration of the macabre and spirits do not get buried so quickly. El Día de los Muertos (The Day of the Dead) is celebrated in central and southern Mexico during the early days of November. The day coincides with the Catholic All Soul's Day and All Saint's Day and incorporates many different traditions.

One of the more recognizable traditions is the creation of "calaveritas de azúcar," or "sugar skulls." These are decorative or edible skulls made from either clay or sugar, which are used in celebrations. The origin of these molded skulls can be traced back to the Spanish conquest of Mexico. Although the dead were already honored in Mexico, the Spanish brought their own customs, including molded decorations. Because sugar was readily accessible in Mexico and quite affordable, using it to make molds was a natural choice.

Sugar skulls are placed on an "ofrenda," or "decorated altar," that features candles, buckets of flowers, feathers, fruits, and much more. The name of someone who has

passed away and is to be honored is written across the forehead of the sugar skull. Adherents of this tradition believe that the gates of heaven are opened at midnight on October 31 and the spirits of deceased children can reunite and celebrate with their families for 24 hours. On November 2, adult spirits join the festivities.

In many indigenous or rural areas, the Day of the Dead can be quite expensive, with many families spending several month's income to honor dead relatives. After food and gifts are shared, the celebration is taken to the cemetery, where tombs are cleaned and loved ones are remembered and spoken of. Music and games also may ensue.

The size and colors of sugar skulls vary. Small skulls represent those who passed at a young age, while larger ones are for adults. Sugar skulls are vibrantly colored to reflect life, which the Day of the Dead celebrates. Skulls may have glitter and be decorated with hats and bows.

Some sugar skulls are made entirely of edible ingredients, and very few are solely used as decoration rather than something to eat.



LESSER-KNOWN INFORMATION ABOUT Halloween

Halloween is a day of costumes, hijinks and an often unhealthy helping of sugary sweets. Many celebrants know that Halloween evolved from ancient Celtic festivals, such as Samhain, which marked the end of the harvest season and the dawn of winter. Celts were no longer spending long days in the pastures, and so they gathered in their homes to tell stories and wait out the winter. When Christianity spread, Halloween became intertwined with a feast day dedicated to the saints and deceased loved ones. "All Hallows Eve," eventually got shortened to "Hallowe'en," and then Halloween.

Though certain parts of Halloween history are well-known, there are many additional interesting facts about this beloved holiday that are less widely known. The following are some lesser known Halloween tidbits, courtesy of the websites, The Thought & Expression Company and Random History, as well as "The Halloween Handbook" (Citadel Press) by Ed Morrow.

- The first jack-o-lanterns were made from turnips and beets. Pumpkins were used after Halloween was brought to North America.
- The word "witch" is thought to come from the Olde English word "wicce," meaning "wise woman." Witches once were held in high regard.
- Pumpkins actually are a fruit, a type of squash that is a member of the gourd family. Its cousins include cucumbers, melons, and other squashes.
- Trick-or-treating may have originated with a European custom called "souling." On All Soul's Day, early Christians would go door-to-door begging for "soul cakes," which were square pieces of bread with currants. The more cakes a person received, the more prayers he or she would promise to the dead relatives of the cake donors.
- Witches may have rubbed a sacred ointment made with a hallucinogenic herb onto their skin. This gave them a feeling of flying, and if they had been fasting, they felt even giddier. Many witches rode on horseback, but those who were poor traveled on foot and carried a broom to launch themselves over streams.
- One-quarter of all the candy sold each year is purchased around Halloween. Halloween candy sales in the United States average about \$2 billion annually.

- Some people still celebrate the ancient Celtic customs of Samhain. Many followers of various pagan religions, such as the Druids and Wiccans, observe this day as a religious festival and a memorial day for their deceased friends. It also is a night to practice various forms of divination.
- The owl is a popular Halloween symbol. In Medieval Europe, owls were thought to be witches.
- The first-known mention of trick-or-treating was found in print in 1927 in Blackie, Alberta, Canada.
- Ireland is believed by many to be the birthplace of Halloween.
- Both Salem, Massachusetts, and Anoka, Minnesota, are the self-proclaimed Halloween capitals of the world.
- Pumpkins are now carved and displayed as Halloween decorations. Orange is a color of strength and symbolic of the harvest.

Halloween is a mysterious time, born of various festivals, rituals and symbolism. Over several centuries, the celebration has evolved into a holiday enjoyed by millions, each in their own different ways. -(MC)



Learn How to *Carve a Better* Pumpkin

Toothy grins and a mesmerizing orange glow help make jack-o'-lanterns captivating sights come Halloween. Pumpkin carving is an autumn tradition and runs the gamut of simple designs to more intricate artwork worthy of any medium. Although anyone can grab a pumpkin and get started, when done correctly, jack-o'-lantern designs can last for several days.

- **START WITH A FRESH PUMPKIN.** Look for pumpkins that have a thick, green stem. These usually are fresh and haven't been handled much. A thick stem also may indicate fleshier pumpkin walls that can be carved more easily. Avoid pumpkins that are soft or full of blemishes, or those that have dried, shriveled stems.

- **CUT A HOLE IN THE BACK.** Rather than impeding the structural integrity of the pumpkin by cutting off the top and the stem for interior access, cut a hole in the back of the pumpkin. This will still make it easy to reach inside and clean out the pumpkin.

- **SCOOP OUT THE PULP AND SEEDS.** Be sure to thoroughly clean the inside of the pumpkin. Leaving the pulpy, stringy matter and seeds inside can cause the pumpkin to rot that much faster and produce a foul odor. Scoopers, spoons and even hand shovels can help.

- **KEEP IT COOL.** Heat can adversely affect carved pumpkins, so work in a cool area and store the pumpkin in a cold garage or refrigerator if you need a few extra days before displaying it. Also, carving experts suggest using an electric light inside rather than a candle; by using a candle, you're essentially cooking the pumpkin from the inside.

- **WORK IN YOUR LAP.** When carving faces or intricate designs, looking down onto the pumpkin provides more control.

- **DON'T CUT ALL THE WAY THROUGH.** Many pumpkin designers end up shaving or scraping off the outer rind of the pumpkin, but leave a delicate orange film underneath. Light can still shine through, but the design will not collapse on itself as easily if you were to cut straight through the pumpkin wall. Experiment with different tools to achieve the desired look.

- **MAINTAIN THE FRESHNESS.** Rubbing exposed areas of the pumpkin flesh with petroleum jelly may help keep the pumpkin moist. Some designs will last for a few days. However, since pumpkins are highly perishable, it's wise to wait to carve until a day or two before putting a pumpkin on display.

— (MC)

How to Prepare and Cook **PUMPKIN SEEDS**

Nutrition and Halloween do not necessarily go hand in hand. While many parents may go to great lengths to ensure their youngsters' Halloween treats offer at least a little nutritional value, the bulk of costumed kids' hauls still tends to be candy.

Pumpkin seeds are one delicious yet often overlooked Halloween treat. According to Healthline, an online medical resource that aims to educate readers as they pursue their health and overall well-being, pumpkin seeds provide a host of health benefits. Data from the U.S. Department of Agriculture indicates that a single cup of pumpkin seeds can provide as much as 22 percent of a person's daily recommended value of dietary fiber. In addition, pumpkin seeds are loaded with vitamin K, which plays a role in blood clotting and bone metabolisms and helps to regulate blood calcium levels.

Pumpkin seeds tend to be easily accessible come Halloween, as they're right inside the pumpkins many who celebrate this ghoulish holiday turn into jack-o'-lanterns. When carving pumpkins this Halloween, people can forgo relegating pumpkin seeds to the garbage can in favor of cooking them. The following are some tips, courtesy of Whole Foods, to help Halloween celebrants prepare and cook pumpkin seeds.

- **REMOVE SEEDS FROM THE INNER CAVITY.** Pumpkin seeds may sometimes be covered in excess pulp. Upon removing the seeds from the inner cavity, wipe off the pulp and then spread the seeds out evenly on a paper bag, allowing them to dry overnight.

- **PLACE THE SEEDS IN A SINGLE LAYER ON A COOKIE SHEET.** Once the seeds have dried, they can be placed in a single layer on a cookie sheet. Roast the seeds in the oven at a temperature between 160 and 170 F for 15 to 20 minutes. Whole Foods notes researchers found that roasting pumpkin seeds for more than 20 minutes can lead to unwanted changes in the fat structure of the seeds. To avoid such changes, make sure the seeds are not roasted for more than 20 minutes.

Once they have been roasted, pumpkin seeds can be served as-is as a delicious snack. Whole Foods notes that seeds also can be sprinkled into mixed green salads. Pumpkin seeds can even be ground with fresh garlic, parsley and cilantro leaves and then mixed with olive oil and lemon juice to create a delicious salad dressing. Chopped pumpkin seeds also can be added to cereals.

This Halloween, don't forget to add a little nutrition to celebrations by roasting some pumpkin seeds.



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— (MC)

The GREAT Pumpkin!

by DANETTE GADBERRY,
WSU Clark County Extension Master Gardener



Dani and Gerald with their 1532 lb. pumpkin at a 2017 weight off in Seattle.



Dani with her 1454 lb. 1st place winner and unknown fan at the 2018 Central Market Weigh Off in Shoreline Washington.



Young Atlantic Giant Pumpkin plants have grown out of their cloches

Photos courtesy Danette Gadberry

If you've ever wondered how those award-winning giant pumpkins are grown, WSU Clark County Master Gardener, Danette Gadberry, can tell you. She and husband, Gerald, grow these giants in their back yard in Battle Ground, Washington. Their largest to-date weighed 1,803 lbs.

Gadberry uses only Dill's 'Atlantic Giant' seeds, acquired through trading with or purchasing from other giant pumpkin growers. Gadberry notes that store-bought Dill's 'Atlantic Giants' lack the genetic potential for the extreme size as those bred by giant pumpkin growers.

Giant pumpkin growers tend to be generous with each other and with first-time growers, too. They're often willing to give you a seed if you come to their weigh offs and talk to them.

Gadberry recommends starting seeds indoors in a warm (80 to 90 degrees) area around April 20th. Once the seeds germinate, usually within 3 to 5 days, place them under grow lights for a few days. They can be set outside on May 1st if they are protected from the cold.

She places hers in 6' x 6' cloches constructed of ¾ inch PVC and rebar pounded in the ground to hold them in place. They are covered with inexpensive 6 mill clear plastic. The doors are held in place by binder clips and are lowered during the day to prevent the seedlings from cooking.

Soil should be rich in organic matter and well-draining. Gadberry performs soil testing to determine fertilizer needs and any necessary adjustment in pH. Pumpkins do best with a pH between 6.7 and 7.1.

Gadberry uses only organic fertilizers. In midseason, she performs tissue testing on the plant's leaves to get a snapshot of current nutrient levels.

Gadberry grows just one pumpkin per plant with the average plant taking up about 900 square feet. But you can grow a really big pumpkin in a relatively small space. "Last year we grew a 986 lb. pumpkin in a 150 square foot space," says Gadberry.

Pollinating by hand ensures that the fruit will come true to type. If bees are allowed to pollinate them, cross breeding with other pumpkins, or even squash or zucchini could occur. The result will be a hybrid which will most likely be smaller than a purebred 'Atlantic Giant' would be.

Tiny pumpkins start to appear around mid-June. Gadberry covers them with white sheets to keep the sun from prematurely hardening their tender skins. Later in the summer they are covered with old blankets at night to keep them warm. This helps prevent splitting.

Weigh offs occur in early fall. They are a great time and the competition is fierce! Some contests offer as much as \$30,000 in top prize money.

Gadberry grows five competitive plants each year often losing one along the way. They take their giants to four or five area weigh offs a year, including Christensen Nursery in the Skagit Valley and Bauman's Farms in Gervais, Oregon.

Pacific Giant Vegetable Growers (www.pgvg.org) is a great local source for all things giant pumpkins.



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A photograph of a woman in a white t-shirt with 'VOLUNTEER' printed on it, watering a young tree with a blue watering can. In the background, other volunteers are working on planting trees in a grassy area.

COOLER WEATHER SIGNALS START OF VOLUNTEER SEASON

By DAMEON PESANTI, for Clark Public Utilities

As the autumn weather arrives and leaves start to slip off the trees, many residents in Clark County hang up their gardening tools for the year, but not so for the members of Clark Public Utilities' StreamTeam.

Fall is the best time of year to plant trees in Southwest Washington and StreamTeam makes sure to take full advantage.

Since it was established in 1992, StreamTeam has rooted itself as the premier volunteer-powered environmental restoration organization in Southwest Washington. In years past, the organization has typically planted as many as 50,000 young trees on an annual basis.

"We've perfected our tree planting and maintenance methods to the point where the trees we plant have a 90 to 92 percent survival rate, compared to the industry standard of 50 to 70 percent," said StreamTeam Program Coordinator Ashley King. "When we are working on a project, we make sure we're there for all stages of restoration. So when some trees don't survive we work to identify the problem and find a solution."

Last year, more than 1,000 volunteers contributed well over 5,000 hours of donated time to StreamTeam projects in the Salmon Creek and East Fork Lewis River watersheds. King said offering a diverse and flexible array of volunteer work and educational opportunities are key to recruiting prospective volunteers, and retaining existing volunteers over the long term.

For instance, Make a Difference Day (Oct. 26) and Earth Day (April 18), StreamTeam's marquee events, attract hundreds of volunteers each year. Many of those participants are families who may only

Continued on next page ►



have time to volunteer a few days of the year. Whereas, efforts like ongoing noxious weed control, and the Stream Stewards educational program are better suited for people who want a deeper knowledge of habitat restoration and a desire to play a greater role in ongoing projects.

"We know Clark County residents take pride in living in such a verdant landscape and we want to give them the opportunities to care for it that fit into their busy lives," King said.

Volunteers looking beyond tree planting events have several options available. They can pot saplings and small shrubs at the Clark Public Utilities native plant nursey—one of the largest of its kind in the county.

If folks enjoy plant identification and walking through nature, they can help control invasive weeds such as garlic mustard and Japanese knotweed.

Those who enjoy work with a more analytical bent can assist in tree survival monitoring, or join the utility's StreamTeam group in monitoring water quality.

"That's perhaps our most crucial work. Everything we do is aimed at improving water quality enough to bring the salmon back to local

waterways. So far, our results are promising," King said. "We've found evidence of salmon returning to parts of their historic range in the county where they haven't been seen in years."

The people who help plant, tend and monitor vegetation in Salmon Creek and East Fork watersheds are major players in those successes.

StreamTeam's most involved volunteers, the Stream Stewards are the only volunteers in the program that monitor and survey where salmon are laying eggs. Over seven weeks, prospective Stewards attend 12 courses that increase their awareness of local geology, hydrology, riparian and wetland habitat, wildlife, water quality, stream restoration and leadership. In exchange they're asked to complete 45 hours of volunteer work over the next year.

Whether you're a retiree with plenty of time to spare, a parent looking for occasional projects the whole family can enjoy, or a young person with a few extra hours in an otherwise busy schedule, get in touch with StreamTeam. Opportunities are available all year long.

For those interested, StreamTeam has opportunities for people who want to lead small teams of planting volunteers.

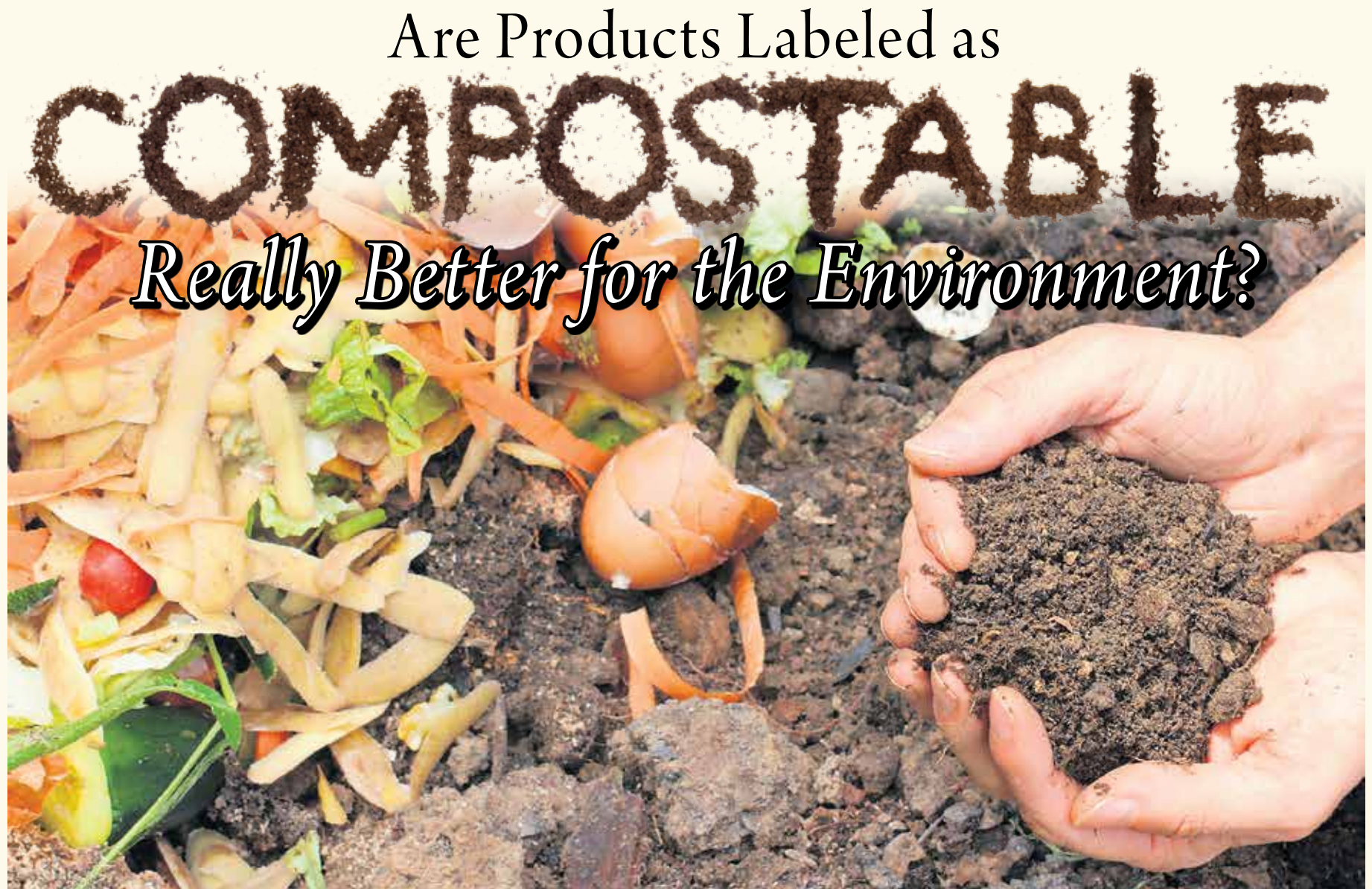
No matter if you work one afternoon per year or become a regular at events every season, you can take pride knowing you've done your part to improve the habitat in your corner of the world.

More information about StreamTeam, volunteer opportunities, and the sign-ups for the StreamTeam newsletter can be found at StreamTeam.net. Those who would rather speak with a person can find out about upcoming opportunities or have specific questions answered by contacting King at 360-992-8585 or StreamTeam@clarkpud.com.

Finally, upcoming volunteer events are frequently posted on the Clark Public Utilities Facebook page.

"We're always excited to welcome new volunteers into the fold," King said. "They're the reason why we've been so successful."





*JERIN DINKINS AND KALEY MCLACHLAN-BURTON, for Clark County
Public Health Solid Waste & Environmental Outreach*

You may be noticing an increase in the availability of products labeled as “compostable” at event venues, restaurants and supermarkets. A lot of people want to find ways to decrease the amount of waste they’re sending to landfills, so they’re searching for more products that are recyclable or compostable. Composting organic materials such as food scraps and yard debris provides numerous environment benefits, including recycling nutrients back into the soil to help grow more crops. While composting is beneficial, many products labeled as compostable have negative

impacts on the environment. Common products labeled as compostable include single-use cutlery, dining ware, bags, and packaging. Why aren’t these products the answer for reducing our environmental footprint and living more sustainably?

1. “Certified Compostable” may not mean what you think.

Not all products labeled as “certified compostable” actually have the ability to rot or break down quickly enough to be composted alongside food scraps and yard debris, even at commercial compost facilities.

This means that pieces of the compostable products are found in the finished product. You’re not going to want to buy a bag of compost for your garden that has pieces of packaging in it! Compostable packaging adds an economic and environmental burden for compost facilities that need to create a high-quality product.

2. It takes a lot of energy and natural resources to make “compostable” products.

For most of the products we use in our daily lives

Continued on next page ►

the greatest environmental impact comes from their manufacture and transport, not their disposal. A study by the Oregon Department of Environmental Quality found that compostable products often require more fossil fuels and generate more greenhouse gas emissions to create than their conventional, non-compostable counterparts.

3. They contain toxic chemicals.

Many compostable products contain toxic chemicals. When these products are tossed into compost bins, the toxins can seep into the compost and negatively impact people and the environment. One type of toxic substance, perfluorinated alkyl substances (PFAS), can work their way into our food through compost added to soil. PFAS compounds are used to create the resistance to water and grease we expect from single-use dining ware, but they also endanger our health and have been linked to negative impacts on child development and increased risk of some cancers.

4. Products labeled as “compostable” usually cost more.

Compostable products are more expensive to make and those costs are passed on to the consumer. While many environmentally-conscious consumers are willing to pay more for products with lower

environmental impacts, the environmental benefits of compostable products (or lack thereof) don't justify the increased price.

5. You wouldn't want to try to compost these products at home.

Compostable products won't break down even after several trips through commercial composting facilities where the piles reach temperatures high enough to kill germs and sterilize any seeds. Your backyard compost pile doesn't get nearly as hot and while you could maybe get these compostable products to break down eventually, it would take a lot of time, water, energy and effort.

6. “Compostable” products prohibit finished compost from being used in organic farming.

Certified organic farms heavily depend on compost, in lieu of synthetic fertilizers, to grow their crops. USDA organic certification requirements prohibit the use of compost that included any type of compostable packaging or products in its source materials. Use of compostable products reduces the supply of compost that meets this requirement, making it more difficult and expensive for organic farmers to maintain their USDA organic certification.

7. “Compostable” plastic packaging does not degrade, especially in marine environments.

About 10% of the world's plastic ends up in oceans. Much like traditional plastics made from fossil fuels, compostable plastic will not degrade or decompose in marine environments. Instead, those products will further contribute to oceanic plastic pollution.

If not compostable products, what is the solution to creating less waste? Consider reusable alternatives to single-use products. Composting and recycling are good, but the best way to reduce your impact is to reduce the amount of waste you produce. Reusable plastic dining ware only needs to be reused ten times to be better for the environment than a single-use plastic product, even if that product is recyclable or “compostable”.

Are you a Clark County resident interested in learning more about composting, recycling, and sustainable living? Become a Master Composter Recycler volunteer! For more information, visit ClarkCountyComposts.org.

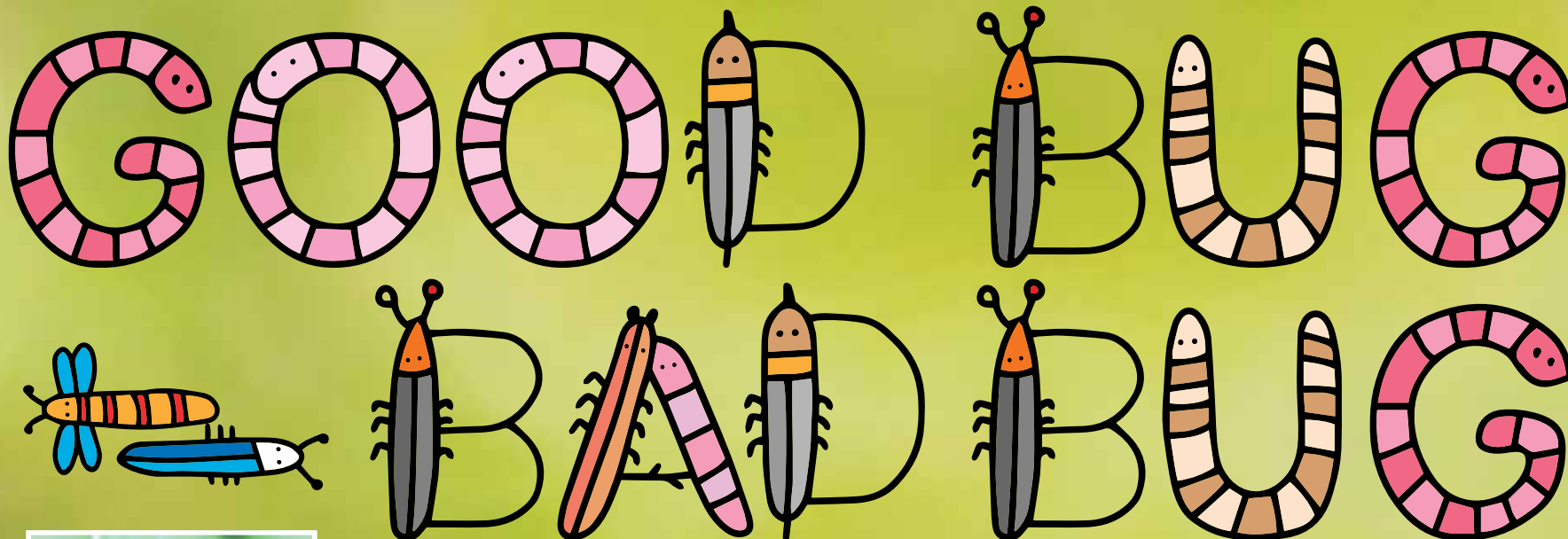


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Open to all ages, lunch provided. Pre-registration required:
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By LAURA HELDRETH, WSU Clark County Extension Master Gardener



Did you know that more than 99% of insects are beneficial for your garden and landscape? That means that less than 1% of them are pests. Attracting more good bugs into your garden and creating a healthy habitat for them will help manage the bad bugs and keep your garden healthy.

FIVE TIPS ON CREATING A GOOD BUG HABITAT

- Provide flowers in bloom
- Provide insects water in a shallow dish with stones
- Provide shelter with mulch, stepping stones, and fallen leaves
- Avoid pesticides. And **NEVER** spray a pesticide on a plant in bloom.
- Grow cover crops and let them bloom

Following these simple steps will help to create an oasis for your good bugs. And don't forget to tolerate some bad bugs like aphids in your garden so your good bugs have something to eat!



Photos courtesy Laura Heldreth



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DIVISION

that Multiplies

(Our Plants)

By SUSAN COX, WSU Clark County Extension Master Gardener

When we plant perennials, we sometimes expect them to just continue as planted without much intervention from us. In some cases that works, but in others the plant's continued growth produces overcrowded conditions that weaken the plant through competition for light, water and nutrients.

First do your research. While some perennials love to be divided, others won't tolerate it.



As the plant becomes more stressed, flowering will reduce, the foliage color may fade and the new stem structures will be smaller and weaker. What can you do? Explore the possibilities of division! Not only will you refresh your plants, you'll multiply them as well by dividing them into more plants.

First do your research. While some perennials love to be divided, others won't tolerate it.

If the plant can be divided, the next question is when. In general, the best time to divide a perennial is when it's at its peak of health, before it is weakened by competition; the divisions will be healthiest and most likely to recover quickly and thrive.

Though it is often suggested that plants be divided every three years, it actually varies from plant to plant. Chrysanthemums can be divided annually, and other

plants that are growing vigorously may also need more frequent division.

Most sources recommend dividing spring flowering perennials in the fall and fall flowering perennials in the spring, but this isn't a hard and fast rule. Dividing needs to be done after the plant has flowered, since the plant is no longer putting energy into vegetative growth and instead is focused on root growth.

The most important point is to insure you do your division and replanting at least six and preferably eight weeks before the first frost. This allows them time to establish good root structure before the freezing and thawing of winter pushes plants with unestablished roots up out of the soil and dries them out, stressing and usually killing the plant.

Don't divide on warm sunny days. This will unnecessarily stress the plants by drying out the roots. Wait for cooler, wetter weather, and if it hasn't been raining recently, be sure to water the day prior to dividing. Try to divide in the morning on a cloudy day for the least stress.

Before you do any dividing, thoroughly prepare for what you intend to do next with the divisions. If you are replanting them in the ground, prepare the bed where you will place them. If you are potting them, get the pots and planting medium ready. Your goal is to minimize the length of time that those tender roots will be exposed to air, resulting in dehydration.

If you must divide, but won't be able to plant or pot immediately, wrap the root ball with wet burlap or cover it with damp mulch and place it in a shady place. Keep it moistened. In this circumstance, it may be advisable to cut the top growth of the plant back to about six inches to reduce water loss through the leaves.

In order to divide successfully, first identify the type of root system your perennial has, since each requires a slightly different approach.

Clumping root systems are compact and usually thick and intertwined. Offset shoots can be snapped off or the denser crown can be cut apart using a sharp implement (spade, knife, machete, etc.), ensuring you have sizable enough chunks for each to have a few

buds and sufficient root structure attached. This works for plants like Hosta, Asters, Echinacea and Coreopsis.

Plants with taproots like Euphorbia or Poppies (Papaver) can also be split apart after ensuring each piece has a viable root structure.

Spreading root systems can be surface or underground. The new shoots will already be somewhat separate with individual root structures. Simply separate the shoots from the mother plant by cutting between the plants. Surface rooted plants include Sedums, Monarda and Rudbeckia, while underground running rooted plants include Anemones and Geraniums.

Similarly, plants with woody root structures form new plants where the woody branches rest against the soil. These can also be cut apart from the main plant. Examples include Phlox, Lavender and Candytuft.

Finally, rhizomes differ from other root structures in that the plants are growing from an underground stem with nodes that branch out shoots and roots. Plants that grow from rhizomes, like Canna Lilies, Ginger and Bearded Iris, can be cut into individual pieces with nodes and root structure attached.

Once you're done, plant the divisions right away. Use a hole twice as wide as the root ball and slightly deeper. If you must use fertilizer, make it one low in nitrogen and don't use nitrogen until the following year – nitrogen encourages vegetative growth at the expense of root growth. Place the plant so it is slightly higher than the surface, so that it will end up at the soil line after firming the soil and watering.

Leave the original soil on the root ball and fill carefully all the way around it, tamping the soil firmly to avoid air pockets. Water well and keep it watered over the following weeks. If you divide in fall, mulch thickly after the ground freezes. You're not trying to keep the ground from freezing; instead, you want to keep the bed frozen to avoid damaging the transplants as the ground heaves in a thaw and freeze cycle.

Properly done, division will help you keep your perennials healthy and lush, and it will multiply the number of plants in your landscape as you spread the bounty throughout your yard.

Grooves in The Couve: Where to Find Live Music, Local Acts

By EILEEN COWEN,
for *The Columbian*

The lights. The sounds. The dancing. There are few things I enjoy more than seeing live music, especially when the weather outside turns chilly. I mean, you're going to be inside anyway, so what could be better than sitting in a cozy taproom listening to a band, or dancing at a club while the DJ spins? Here in the Couve, we are lucky to have some excellent local bands to provide quality entertainment. However, the nightlife scene can sometimes seem a

little lacking. Frankly, there just aren't many places to perform. Outside the ilani Casino and Sunlight Supply Amphitheater, it seems like there are no midsize venues in town. That absence makes it difficult to lure large-scale entertainers into town, and it sometimes feels like you have to search to find any venue that regularly hosts live music.

Thankfully, there are some bars and restaurants that have prioritized live performance in the area, choosing

to host some of the great local acts that add to the arts scene in the Couve. Whether you fancy honky tonk, rock and roll, bluegrass, or even electronic dance music, there are bands here in Vancouver that will fit your musical tastes. Here are a few of the best places I've found for live music, and don't be surprised if you keep going back for the tasty food and drinks!

Continued on next page ►

SAY CIAO! COLUMBIA RIVER TAPROOM AND EATERY

Located in an unassuming strip of the industrial area on Columbia Way, Say Ciao has been quietly hosting live music and open mic jams for the past few years. Since the area inside is somewhat small, Chef Peter Gallin has chosen to have singer songwriters perform in his space, lending to excellent dinner music. Local legend Aram Arslanian performs there often, as does the bluegrass act Fadin' By Nine. Even local songstress Brittnee Kellogg of American Idol fame has graced Say Ciao's dining room. In the summer, their patio concert series is a great way to enjoy music in the fresh breeze. If eating delicious food and listening to quality acoustic music is your jam, Say Ciao is an excellent choice. All ages. **2501 SE Columbia Way #270, Vancouver.** say-ciao.com

BRICKHOUSE BAR AND GRILL



Photo courtesy Chris Pacanins
Jeremiah Lehman performs at the
Brickhouse in Vancouver.

The Brickhouse is a standard for music in Downtown Vancouver. Since 2008, Steven and Angela Deans have been scheduling staple Couve acts such as Lincoln's Beard, The Syndicate, Part Time Perfect, and many other full rock bands. They host open mics every week and have a rotating cast of monthly performers. For instance, Peter Yeates performs traditional Irish music the Second Thursday, while Jeremiah Lehman plays delta blues every fourth Thursday. On Mondays, don't miss KMHD's DJ Tenface performing live. Brickhouse is definitely the place to hear the sounds of Vancouver. All ages until 9pm. **109 W 15th St, Vancouver.**

www.vancouverbrickhouse.com

BILLY BLUES BAR AND GRILL



Photo courtesy Eileen Cowen
Earth, Wind & Fire tribute band, Kalimba,
at Billy Blues Bar & Grill.

Travel a few miles north on Hazel Dell Avenue and you will soon come upon Billy Blues. They have one of the largest stages in the region and are able to host some excellent rock acts. If you enjoy tribute bands, head to Billy Blues to see Petty Fever, Valhalla

(a Led Zeppelin tribute act,) Abbey Roadster, Eagles tributes, and many more. In fact, their fall lineup is chock full of some excellent regional tribute acts, so be sure to check their calendar for what suits your fancy. Not to leave out the local acts, the stage also hosts Hit Machine, Hell Cats, and The Myxx, as well as some of the larger rock bands in the area. A notable event is their weekly youth jam night, happening every Sunday evening. Live music nearly every day sets Billy Blues Bar and Grill apart from other venues. All ages until 9pm. **7115 NE Hazel Dell Ave, Vancouver.** www.billybluesbarandgrill.com

MARYHILL WINERY VANCOUVER

Located at the Vancouver Waterfront, the Maryhill Winery is a newcomer to the arts scene. They have chosen to make a splash by including live music to their extensive entertainment menu. The winery and restaurant hosts acts such as Bossa Nova jazz ensembles, classical pianists, Spanish guitarists, and other talented instrumentalists. Maryhill hosts music a few nights each week, so be sure to check their schedule to find the right fit for your tastes. All ages until 9pm. **801 Waterfront Way, Suite 105, Vancouver.** www.maryhillwinery.com

NOTABLE MENTIONS

Although these Vancouver restaurants don't host music daily, it is definitely worth checking out their calendars. Most host open mic nights which is a great way to get a sample of who is up and coming in the local music scene. Who knows, you may find the perfect soundtrack to your evening out!

THE HEAVY METAL BREWING CO. (all ages until 9pm)
809 MacArthur Blvd, Vancouver
www.theheavymetalbrewingco.com

CREED COFFEE CO. (all ages)
10718 NW Lakeshore Ave, Vancouver
creedcoffee.com

THE SPOT BAR AND GRILL (21+)
7225 NE Fourth Plain Blvd, Vancouver
www.facebook.com/thespotvancouver/

SILVER STAR SALOON (21+)
6718 NE Fourth Plain Blvd, Ste B, Vancouver
silverstarvancouver.com

99 SALOON AND GRILL (21+)
7005 NE Hwy 99, Vancouver

BROTHERS CASCADIA BREWING (all ages until 9pm)
9811 NE 15th Ave, Vancouver
www.brotherscascadiabrewing.com



UPCOMING TRIBUTE BAND PERFORMANCES

October 26, 7pm-11pm
"NIGHTMARE" ALICE COOPER TRIBUTE @ HEAVY METAL BREWING
\$15/All ages until 11pm
809 MacArthur Blvd, Vancouver

November 9, 9pm
"PETTY FEVER" TOM PETTY TRIBUTE @ BILLY BLUES
\$10/21+ only
7115 NE Hazel Dell Ave, Vancouver

November 16, 8:30pm
"SWEET EMOTION" AEROSMITH TRIBUTE @ HEAVY METAL BREWING
\$10/All ages until 11pm
809 MacArthur Blvd, Vancouver

November 16, 9pm
**"21 GUNS" GREEN DAY TRIBUTE &
"BLINK180TRUE" BLINK-182 TRIBUTES @ BILLY BLUES**
\$10/21+ only
7115 NE Hazel Dell Ave, Vancouver



COMPLIMENTARY LIVE MUSIC IN MARYHILL WINERY'S TASTING ROOM – 5PM-8PM

PIANO NIGHTS: October 24, November 5

JAZZ NIGHTS: November 7, November 14

CLASSICAL GUITAR: November 12

PLAYTIME

is Creative Time for a Lifetime

By PAT STEPHENS, for *The Columbian*



Photos courtesy Pat Stephens

What's not to love about watching kids play happily, and seeing their creativity emerge to big smiles and encouragement? Play-based learning takes place from the first minutes of life after birth, until life ends, if we let it happen naturally. Just about any activity in our lives can be approached as a playful skill-building activity, from sports to cooking to reading and study. Let things be fun, not drudgery.

I indulged my inner child this week, and visited two great locally owned shops that specialize in childhood fun and play while letting kids learn new skills and ideas.

Kazoodles Toy Store employee Leah Pickering is a Certified Play Expert through the American Specialty Toy Retailing Association. She and store owner Mary Sisson earned this certification through an intense three-day workshop, learning research-based information about the value of play for human development through the lifespan.

"The key for kids is to allow open-ended, unstructured play, leading kids to discover on their own through experimentation. Don't jump in and do it for them, allow their sense of wonder, curiosity, and creativity to emerge," she stressed. "Doing it wrong and having something not work the first time is valuable learning, too. They will figure out



a better way that works the next time."

Pickering commented that family life will be enriched by participating actively and engaging with each other, unplugged and off screen. Our most important memories in later life will not be a Facebook conversation, but will include time engaging with other people in our lives. This does not need to cost a lot of money, but can be as simple as taking half an hour to go for a walk, rake leaves and jump in them, play charades, decorate freshly baked cookies, play a quick game, or turn on some music and dance and sing wildly together. Set up a bin of dress-up costumes, and encourage the kids to act out stories and create plays and parades. On a cold winter evening, make hot chocolate and

Continued on next page ►

add marshmallows – with some extras to eat on their own!

Toys that actively engage a child’s mind and hands are a large part of the carefully curated selection of products at Kazoodles. Think science kits, art activities, toys that encourage make believe and help develop motor skills.

Books are a great stimulus too. In downtown Vancouver, **Dickens Childrens’ Books & Publishing Lab** is a magical place. The colorful murals of characters on the wall draw kids into the store, there’s a stage with costumes for playtime, and of course lots and lots of books.

Store owner Kari Ferguson explained that, “We opened Dickens not just to expose children to old and new classics of literature but also to encourage kids to use their own creativity—not all children are passionate about sports or physical activities, and there are of course times when kids are indoors and can’t really be out playing. At



Dickens, we encourage kids to use their imaginations, whether making a puppet show, coloring, reading a book, or writing their own books. At the publishing lab, children can use a guided worksheet to brainstorm and then write their own story. Once

they have written and proofread it, they can then type (on actual manual typewriters) or handwrite their story. Kids can use a comb binding machine to bind their book together before they illustrate it themselves. Since any part of the process can be worked on at

home, they are welcome to take home their worksheets and write or draw their books there.”

The shop carries a huge selection of old and new favorite books, including interactive board books for younger children, picture books, graphic novels, middle grade and young adult literature, and non-fiction books about science, nature, history, and culture. Activity books are perfect for rainy or gloomy days—including coloring books, “Where’s Waldo?” and “I Spy” titles, hobby and craft books.

Ferguson said she hopes to hold an art workshop style author/illustrator visit in October, a letters to Santa workshop in December, and other craft activities on select Saturdays. They can also host story and book writing workshops for birthday and private parties.

As shorter days and wet weather closes in, look for ways to keep the kids engaged and their minds and creativity active and unplugged from electronic devices.



Photos courtesy Dickens Childrens’ Books

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Apple Crisp

Provided by Krista Cunningham

It's apple harvest time! What better way to bring the orchard to your table than homemade apple crisp. It's the taste and smell of fall.

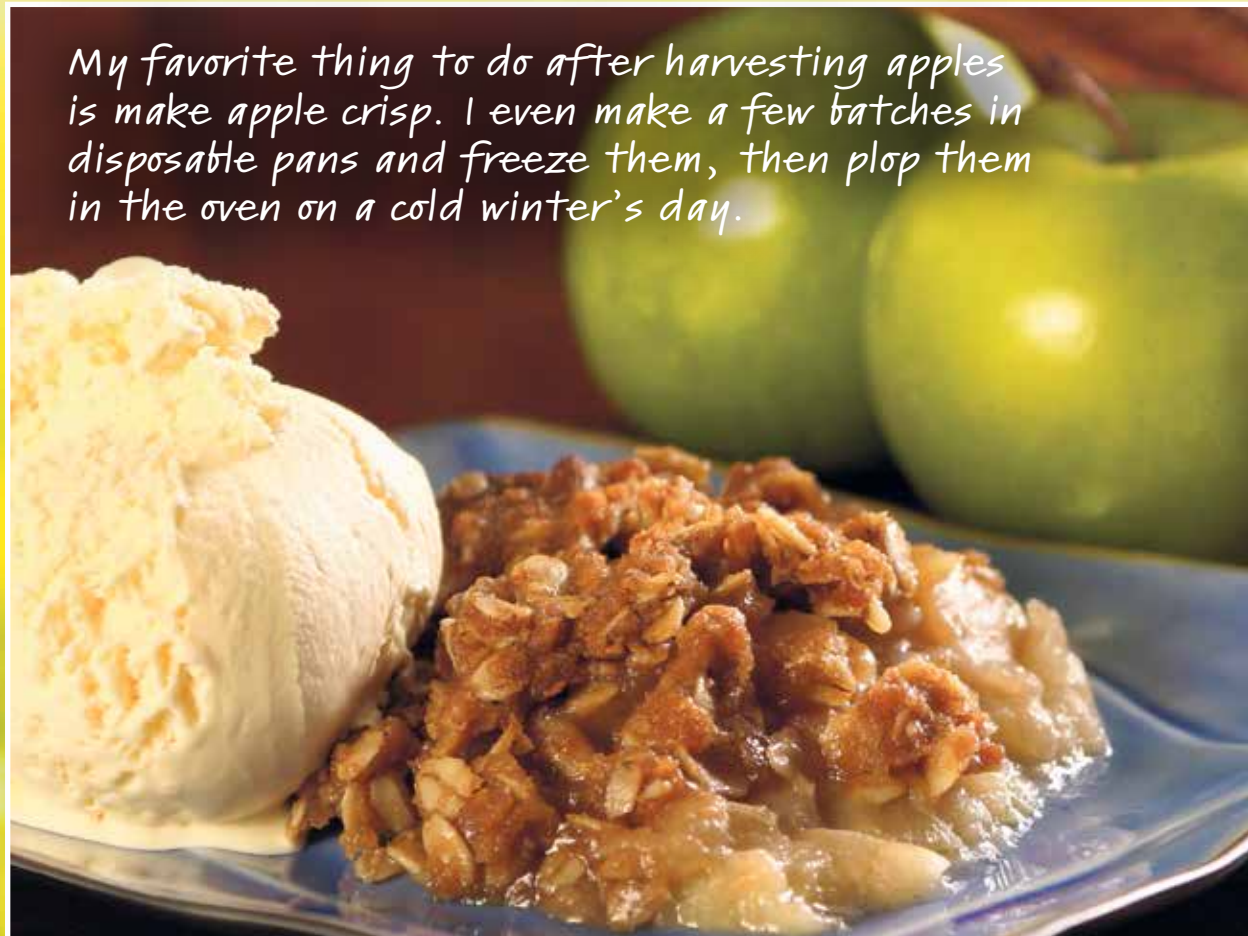
INGREDIENTS

- 1 cup sweet cream butter
- 3 cups brown sugar
- 3 cups oatmeal
- 1 c. flour
- 2 tsp. cinnamon
- 8-10 apples, peeled and sliced

INSTRUCTIONS

1. Melt butter and add brown sugar.
2. Mix together oatmeal, cinnamon, and flour and add to the brown sugar mixture.
3. Peel and slice apples and half fill a 9x12-inch glass dish.
4. Sprinkle streusel mixture on top.
5. Bake at 350 degrees for 30-35 minutes.

Great topped with ice cream!



*Krista Cunningham is an Advertising & Marketing Guru for
The Columbian and Sprout Digital | Willamette Valley Hobby Farmer
Follow Krista's articles on ColumbianHomes.com*



There's HOPE for the Holidays

by LETHA BRANDENBURG, Owner, *The Healthy Weigh*

The average American gains 12 pounds from Halloween to New Year's Day! Even people who are working hard to eat healthy and exercise find it difficult to maintain their healthy habits throughout the holidays. To lose weight and keep it off, we've got to get serious about some new holiday habits.

Let me paint a picture of a typical American holiday season beginning with Halloween!

It's Halloween...it started weeks ago with the candy suppliers marketing their sweets wrapped in orange and black. They build displays in stores that you have to walk around. Goopy recipes are calling your name on social media, making you feel like you're missing out if you don't partake.

Continued on next page ►



Halloween night kids collect more candy than they need to eat in a year. Childhood obesity is an epidemic in America, but that doesn't stop what happens Halloween night. Parents eat candy at home while they pass it out to little

ones in cute costumes and then they eat their kids' candy for the next two weeks. The candy goes on sale the next day for 50% off pressuring (manipulating) people to buy it and eat some more... and they do!

Then the calendar flips to November. November... that's Thanksgiving month!

"I can't be on a diet now, it's Thanksgiving!" "I've got to start baking and shopping." The pressure is on...it's almost Christmas! Oh that's right, the Christmas displays were up next to the Halloween candy and we roll from one holiday to the next.

Then we begin "the most wonderful time of the year." Parties, goodies, traditional food, food at work, food at school, food at home, food at church, food everywhere!

The average American caves. They cave in to the pressure and they start eating, which causes an unhealthy cycle.

Carbs, fat, sugar and cravings, feeling crummy and gaining weight. Carbs, fat, sugar and cravings, feeling crummy and gaining weight. "When was the last time I ate protein? Protein? I'll eat that in January!"

They roll into January, feeling discouraged and disappointed, but think, "Hey, I've got this! January 2020...oh yea. I'm going to change my life this year! It's all-good! I'm 20 pounds heavier than I've ever been but I'm going to start now!"

And THAT is a typical American holiday with typical holiday habits.

I want to convince you to have new holiday habits. I want you to let go of some of the habits that don't serve you and exchange those for healthy habits and hope. **Hope for the holidays**, that's what I want you to have...a little hope!

Hope; a feeling that what is wanted, will happen. To grab hold of a new habit, you've got to let go of an old one. How about this year, letting go of the unhealthy habits of the holidays and grabbing hold of healthy habits full of hope for the holidays!

A feeling that what is wanted will happen.

The big question is **WHAT IS WANTED????**

Have you ever set goals about how you want to experience the holidays, or do you just aimlessly push through, holding your breath and just hoping you get through them? You can be, and will be in control of your eating and exercise and feel fabulous this January if you set some holiday goals. Here are some new holiday habits that might help you get started:

Halloween

Make a deal with your kids. Have you heard of the Candy Fairy? She comes in the night and replaces all the candy, except for a few pieces the kids have saved out, for a wonderful gift. (The candy then, is donated or taken to a dentist office locally where it is shipped to our arm forces, after



they pay you for it by the pound!) Some kids like to take it there themselves and use the money they earn to go and purchase their own gift. Look into participating dentists in our area. Whatever you do, **GET THE CANDY OUT OF THE HOUSE!** If candy lives at your house, chances are, your willpower will fade after time. It needs to go away! I repeat. It needs to go away!

Thanksgiving

I've got good news. There are 90 meals in the month of November; one of them is the Thanksgiving meal. Set a goal about how you'll eat those 89 meals. Do you think if you eat healthy for 89 meals the month of November and enjoy a holiday meal with your family you'll have a healthy November? You bet you will. Plan a walk

on Thanksgiving. Start a new healthy tradition with your family to participate in a Turkey Trot... they've got them in every town. What if you spent the month being thankful? Keeping a journal of the 5 things you're grateful for every day of November. Get your mind off of food and on to the blessings of life. With gratitude we can let go of holiday habits that have hurt us and take on holiday hope that changes us!

December

One of the hard parts about December is that it seems celebrations last all month long! How are you going to celebrate apart from food? Set some goals about that. Here's a thought...you don't have to bake gifts this year. You don't have to bake at all. Some would say that's a little extreme but what if someone was really interested in changing their identity from an overweight person to one that's healthy and believes that they can keep their weight off for life? Couldn't they forfeit baking this year? What might happen? What could they donate that money to? Who could they bless with the extra time? I've purchased beautiful baked goods at holiday bazaars in the past, frozen them, and pulled them out for holiday gatherings.

You can have a wonderful holiday season going to parties and gatherings taking the most beautiful stand up veggie platters and you can re-gift the food people give you too! Look up the Jingle Bell Run, and other fun activities in your area. You can decide what cause you'll give to and what family you might help. Taking your eyes off yourself and putting your eyes on the needs of others is a holiday habit that will change your life. Eating healthy, staying active and giving to others while you're taking on a new attitude about this holiday season, that's hope for the holidays.

To make a shift in your holiday plans it's going to have to take a shift in your holiday thought life! So start now, setting some holiday goals about your eating, your exercise and your healthy behavior. You will find yourself heading into January of 2020 feeling healthier than you've felt in a long time and looking back over a holiday season that was full of hope.





Get to Know **Yacolt**

Along the scenic route through North Clark County and quietly nestled in the foothills of the Cascade Mountains is the Town of Yacolt. For such a heavenly setting you wouldn't expect that Yacolt has such a devilish meaning. According to Native American legend, the name Yacolt means "valley of the demons" which comes from a ghost story about children who wandered away from camp and were never seen again. The belief was that evil spirits took them.

If you're into the spirit of Halloween and spooky adventures, then Yacolt might be a good place to visit this month. **The Chelatchie Prairie Railroad**

is offering a special Headless Horseman Halloween Train excursion during the last weekend of October. Riders will enjoy the spooky 330-foot tunnel as well as candy, warm beverages, and a haystack full of goodies. While you're there, check the schedule for the railroad's special Christmas Tree train rides running through December.

Another popular October destination around Yacolt is the historic **Pomeroy Farm**. The Pomeroy's arrived on the farm in 1910. To this day much of the farm has been preserved to reflect life there before electricity. Each year the living history farm hosts Pumpkin Lane.

Visitors young and old will love the mile-long hayride to the pumpkin patch that's decorated with festive pumpkin characters along the way, as well as many other harvest and Halloween activities.

All year round the area around Yacolt is a great place to visit as an opportunity to get out of the cities and find the peace of the forest. There are many hiking and nature viewing opportunities nearby such as **Moulton Falls** and **Lucia Falls**, which are great places to see the leaves change in the fall, and also to find shade and refreshing mountain streams in the heat of summer.



Yacolt Destinations

HEADLESS HORSEMAN HALLOWEEN TRAIN CHELATCHIE PRAIRIE RAILROAD

207 Railroad Ave, Yacolt

360-686-3559

October 26 & 27

9:30am, 12:00pm, 2:30pm

\$18 for adults, \$17 for 60+, \$12 ages 3-12

tickets.bycx.org

POMEROY FARM PUMPKIN LANE

20902 NE Lucia Falls Rd, Yacolt

360-686-3537

Every weekend in October

Sat 10-4, Sun 11-4

\$6 for Adults, \$4 for Kids 3-11,

2 and under FREE

pomeroymfarm.org



Sacred Crystal Co.

OWNER OR CEO:

Ricardo Mendoza

YEARS IN BUSINESS:

5

WHAT PRODUCTS DO YOU MAKE?

We hand make artisan crystal jewelry. Each of our pieces is intuitively created and wrapped in rose gold, yellow gold, sterling silver or copper. We specialize in necklaces, rings, earrings and bracelets. We absolutely love doing custom orders!

WHERE ARE THEY AVAILABLE?

We sell every weekend at the Vancouver Farmers Market. Once the market wraps up for the season at the end of October, you can find us at the Holiday Market downtown Vancouver at the Hilton. Amongst other holiday shows such as the Holiday Night Market in Vancouver, and the Food and Gift Show at the Convention Center. You can find us locally around town at Celestial Awakenings and New Renaissance on 23rd St. in Portland. And always on Instagram and Etsy as well!

WHAT MAKES THEM UNIQUE AND SPECIAL?

Each piece of jewelry we make is unique in itself. We hand the pick stones and mindfully create the piece depending on the flow of the stone. That's the beautiful thing about stones and crystals, each one tells a different story and we feel like we are here to elevate that. We work very closely with a dear friend and local lapidary artist, Maxx, who brings his genius to cutting a lot of the stones in our jewelry. He is brilliant at cutting the stone intuitively and it creates magic.

WHAT IS YOUR COMPANY'S MISSION AND VISION?

Our mission is to spread awareness surrounding mindfulness and open up people's minds. We feel like by sharing this type of jewelry brings in new perspectives and deeper understandings. Our vision is to share love through creativity, authenticity and connection.

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

We are currently looking at collaborating with another local business such as a boutique, to have a more permanent space to send our customers to on the weekdays! Our vision is to have a small section where you can find a array of our creations on a consistent basis. It would be the perfect way to collaborate and keep it local!

MADE LOCAL



Etsy:

www.etsy.com/shop/SacredCrystalCo

Instagram:

[@sacredcrystalco](https://www.instagram.com/sacredcrystalco)

Facebook:

facebook.com/sacredcrystalco/



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

Don't Trip This Fall; *Invest for Success*

By JASON ROTHKOWITZ, Program Manager at Financial Beginnings Washington

We often think of cleaning as a “spring” thing, but fall decluttering can be oh so satisfying. Which is why fall is the perfect time to take a good look at your investment strategy and portfolio to ensure you don’t get burned on the returns you earn.

It’s a good idea to start with a comprehensive review of all of your investment accounts, both pre-tax (Traditional IRAs, 401ks, etc.) and post-tax (Roth IRAs, brokerage accounts, etc.). Take a good, hard look at the fees you’re paying – fees are the number one drag on your returns over a long period of time in the market. In fact, when you look at the math, what fees you pay are almost more important than which stocks or funds you pick.

Consider this; if you were to invest \$100,000 for 25 years and achieved a 6% total annual return (with no additional investments made), you’d end up with \$430,000. In that same scenario, with a 2% management fee, you’d only have about \$260,000. That’s an almost 40% lower total return!

So how do you control these costs? Look for investment options that have low fees – index funds are a good place to start – and ensure your trading strategy accounts for costs associated with your trades. If you use a brokerage with high transaction fees, consider switching to one which doesn’t cost so much to execute your trading strategy. Remember that every dollar invested is your dollar – don’t give away one penny more than you have to!

Strategy should be your next point of examination. How long is your time horizon – are you looking at 30 years in the market, or 10? The length of your time horizon has significant impact on what a wise investing strategy looks like for you. In this

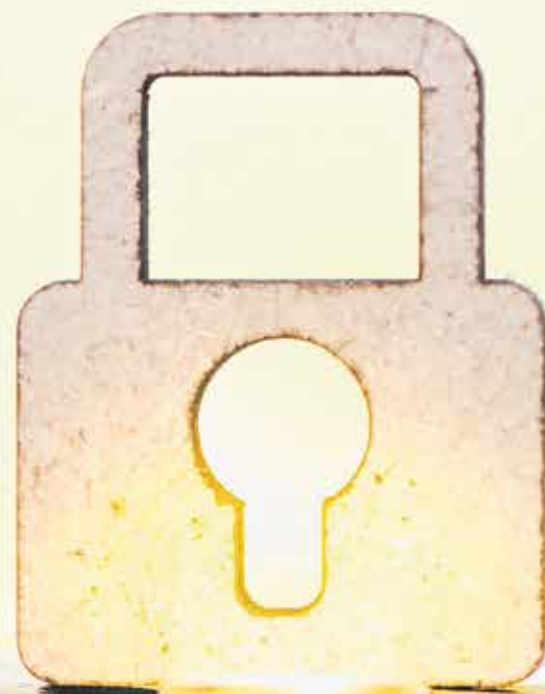
day and age is absurdly easy to access investment information online – you owe it to yourself to use some of the free tools out there to measure and examine how your strategy holds up over the time horizon you have.

When developing or revising your investment approach, think carefully about your personal tolerance for risk. Most investors who try to time the market lose, and sometimes lose big. Time in the market will virtually always beat timing the market. You’re probably not as good an investor as Warren Buffet – that’s ok, you don’t need to be to earn solid returns. What you do need to be is disciplined and savvy. Your investment strategy should not rely on headlines in the news.

Which brings us to the big point of consideration. All of the best strategies recognize one truly paramount element to investing – human emotion. The fact is, it’s really hard to look at an investment portfolio when it’s in the red. It’s even harder to look at that portfolio when it stays in the red for a long period of time. Our emotions play a huge role in either our success, or our failure when executing an investment strategy. You owe it to yourself to practice strong mental discipline when it comes to the swings that are inevitable over any length of time in the investment market. Whether it’s stocks, bonds, municipal debt, real estate, or anything else you might invest in, it’s guaranteed that you’ll experience downswings. Maybe short, maybe long, but they 100% will happen. If you’ve formulated a strategy based on your risk tolerance, your financial goals, and your needs for the future, stick with it, even when times are bad. Otherwise you run a good chance of buying high and selling low – the exact opposite of your goal as an investor.

Ultimately, there’s no single approach to investing that’s “right” or “wrong”; there are strategies that tend to work well, and others that tend to lose money. Do your research and look for the strategies that tend to do well over the medium-to-long term, and for the sake of your sanity don’t chase headlines! Otherwise you might find yourself falling on a bad trip.

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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Last Chance for 2019 Dine the Couve

October is the official dine out month for our local restaurants, pubs, and bistros. **During the entire month, participating dining establishments are offering special “3 for \$23” menus.**

Whether it's a date night, a group outing, or you just want to try a new place—Dine The Couve is a great chance to sample our culinary scene without fear of sticker shock when you get the check.

Restaurants like **Eatery at The Grant House** and **Warehouse 23** are offering a choice of one item per course from the selected items on their Dine the Couve 2019 menu.

Hudson's Bar & Grill, Maryhill Winery, and Twigs Bistro & Martini Bar are including craft beverage specialties as one of the three choices along with their selected course offerings.

For more casual dining, pizza lovers can visit **Rally Pizza, Vancouver Pizza Company, Nonavo Pizza, and Vinnie's Pizza**. And at **Mighty Bowl** you can get three bowls for \$23 after 3pm at their storefront location in downtown Vancouver.

Note that the \$23 does not include tax or tip, and in most cases, menu substitutions.

Go to visitvancouverusa.com/dinethecouve/ for the complete list of participating businesses and to see each of their #DineTheCove menus for 2019. Then make a plan for your nights dining out around The Couve for the rest of October.



2019 DINE THE COUVE PARTICIPATING EATERIES INCLUDE:

Barlow's Public House	Maryhill Winery
Beaches Restaurant & Bar	The Mighty Bowl
C'est La Vie	Niche Wine Bar
Eatery at the Grant House	Nonavo Pizza
Elements Restaurant	Rally Pizza
Farrar's Bistro	Say Ciao! Tap Room & Eatery
Ghost Runners Brewery	Sixth Avenue Bistro
The Grocery Cocktail & Social	Tommy O's Pacific Rim Bistro
Hopworks Urban Brewery	Trusty Brewing
Hudson's Bar & Grill	Twigs Bistro & Martini Bar
Koi Pond Cellars Winery & Bistro	Vancouver Pizza Company
Loowit Brewing	Vinnie's Pizza
	Warehouse '23



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EVENTS

OCTOBER - NOVEMBER

October 25, 7pm-12:30am

MASQUERADE BALL @ WAREHOUSE 23

Sexy, Scary, Naughty or Nice... All costumes are welcome! On the Friday before Halloween come out and enjoy an elegant evening of Fun, Friends and Dancing with Portland's favorite dance band 5 Guys Named Moe. Free Parking. \$12 online or \$14 at the door. 21+

Find tickets on tickettomato.com

100 Columbia Street #102, Vancouver



October 25-30, 6:30pm and 7:30pm

CLARK COUNTY HAUNTED TOURS

Reservations: \$18 general admission | \$15 for CCHM Members

Interested in the strange and peculiar side of our local history? Adventure through Clark County's haunted history. Beginning at 6:30 p.m. and 7:30 p.m. Oct. 25-30, guides from the Clark County Historical Museum will lead groups along Main Street and beyond to explore the unexplained. Reservations are \$18 for the general public or \$15 for CCHM Members. Tours meet at the Clark County Historical Museum, 1511 Main Street. For more information, please visit their website, or contact the museum at 360-993-5679 or events@cchmuseum.org.

October 25, 26, 27, 30, 31 & November 1 & 2

FRIGHTGATE HAUNTED HOUSE

A free haunted house. FrightGate Cemetery is scheduled to open again this season for a few nights of fun, fright and candy! The yard display has been expanded with lights, sound, fog and some special effects (weather permitting) and a walk thru maze if you dare venture into the Crypt! Best time to see the ghosts is after it gets dark. Opens at 7 PM



October 25-27

ILANI WINE & FOOD FEST

The Pacific Northwest Premier Wine and Food Event. A full weekend of fine dining and entertainment. Get the full schedule of events at ilaniresort.com. Tickets for all Ilani Wine & Food Fest events are on sale now via Ticketmaster.com.

October 26, 9am-12pm &

October 29, 5pm-8pm

URBAN ABUNDANCE HARVEST

Help rescue fruit from trees throughout Vancouver from going to waste! Volunteers get to take home fruit with them after each event and the rest goes to the Clark County Food Bank. Harvest events are family friendly and free of charge, though donations are welcome. Dress for work/weather bring gloves and a bag or container for bringing home your share of fruit. Volunteers under 18 must be accompanied by an adult, or provide signed youth waivers (sign at event or request PDF ahead of time). Meet at the Clark County Food Bank and caravan to the location, or email the harvest coordinator for the location address. Contact Lynsey, the Harvest Coordinator, at lynsey@slowfoodswwa.org



October 26, 9pm

HALLOWEEN KARAOKE COSTUME PARTY @ RENEGADES BAR & GRILL

A SPOOKTACULAR Rocking Costume Karaoke Halloween Party with themed Drink Specials, prizes for great costumes, and do the Monster Mash w/ DJ Danny Chavez. 115 E 7th St, Vancouver

October 31, 11am-4pm

AFTERNOON AT THE MUSEUM

@ DEVIL-ISH LITTLE THINGS MUSEUM

A private collection of whimsical mainly European novelty objects depicting devils, satyrs, krampusses, mephists and other impish horned creatures. No reservations necessary on October 31 for small groups of one or two. To visit other days or in larger groups, send a message through Facebook or call 503-841-4232 to schedule your visit. Admission is \$ 8 per person, all ages. 3409 L St, Vancouver



November 9, 11am

33RD ANNUAL VETERANS PARADE

@ FORT VANCOUVER NATIONAL HISTORIC SITE

Honor veterans from all branches of service at The Lough Legacy Veterans Parade. The Lough Legacy Veterans Parade celebrates the service and sacrifice area veterans have made for our freedom in partnership with the City of Vancouver.

1501 E Evergreen Blvd, Vancouver

KIDS & FAMILY EVENTS



October 26, 11am

CREATURE FEATURE REPTILE ZOO @ VANCOUVER MALL LIBRARY

Prepare yourself for the ultimate reptile adventure! Steve goes beyond the scope of TV's exciting wildlife programs with a live intimate look at some of the world's most fascinating creatures. Kids and adults alike will be captivated by this exciting, interactive experience. Ages 4 and up.
stevescreaturefeature.com

October 27, 3pm-6pm

FAMILY FRIENDLY HAUNTED HOUSE @ VANCOUVER ELKS 823

A family-friendly haunted house session for younger and more sensitive guests with less-scary actors who hand out trick-or-treat candy.
hauntedhousevancouver.com
11605 SE McGillivray Blvd,
Vancouver



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NOV 2: NW's Largest Garage Sale

NOV 15-16: Junk Queens Country Christmas

NOV 15-17: Jurassic Quest



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