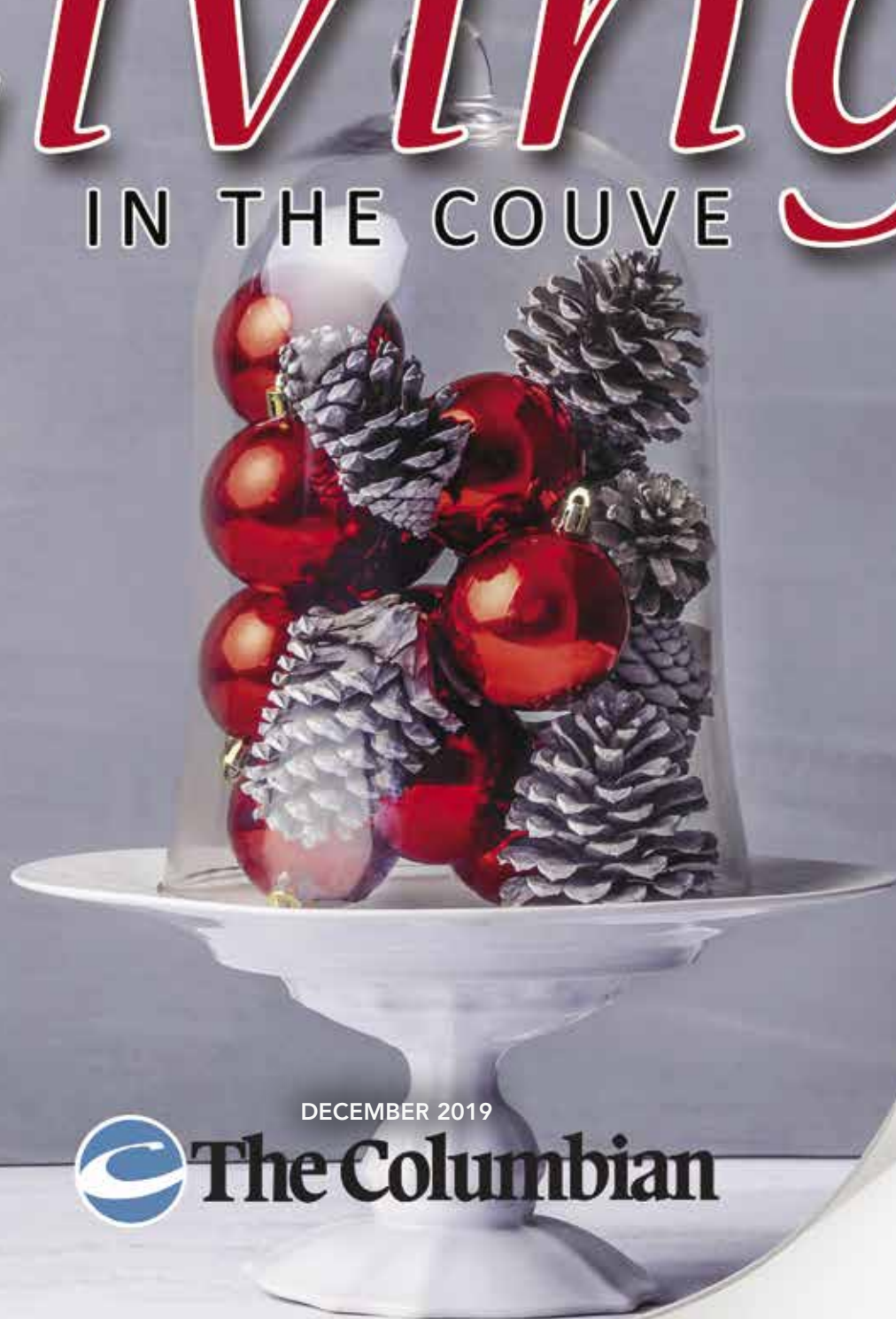


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Living

IN THE COUVE



DECEMBER 2019



The Columbian

**SPECIAL HOLIDAY
EDITION**



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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Holiday TRADITIONS *from Around the World*



Want to Add a Little International Flair to Your Holidays this Year? Countries and Cultures Throughout the World Have a Variety of Traditions that Celebrate Different Days of the Season or Highlight Activities Unique to Their Region

GERMANY

Hiding a Christmas pickle in the tree has long been thought to be a German tradition. On Christmas morning, whoever finds the pickle-shaped ornament gets an extra present. There's a legend about a Civil War soldier from Bavaria who begged for a last pickle before he died, which helped him survive, and another story about St. Nick rescuing two boys from a pickle barrel. But historians believe it likely started with the sale of pickle-shaped ornaments imported from Germany.

ICELAND

People exchange books on Christmas Eve, then spend the evening eating chocolate and reading

them. It's part of a season known as the Christmas Book Flood, or Jolabokaflod; because of this tradition, Iceland publishes more books per capita than any other country in the world, with most of those sold went in September and November.

PERU

Christmas Eve is La Noche Buena and is the main celebration. After Christmas Mass, families have a big meal, open gifts and toast each other at midnight. Houses are decorated with nativity scenes that are intricately carved from stone or wood, and gifts are spread around the manger. The person chosen to put the figurine of baby Jesus in the manger is supposed to have good luck.

SPAIN

Families eat Roscon de Reyes, a sweet bread ring similar to king cake, on Jan. 6 during the celebration of Dia de Reyes, or Kings' Day. This celebrates the arrival of the three wise men. The bread is topped with crushed almonds, candied fruit and powdered sugar and has a baby Jesus doll (or dried fava bean) inside the cake.

POLAND

People often decorate Christmas trees with spider webs because a Polish legend holds that a spider wove a blanket for Jesus, and many Polish people consider spiders to symbolize goodness and prosperity.

Advent

SEASON

Advent, encompasses the Christmas season, starting four Sundays and four weeks before Christmas Day, or starting Dec. 1 and running through Dec. 25.



ADVENT

According to WhyChristmas.com, Advent means “coming” in Latin and signifies the coming of Jesus Christ. The religious purpose to use this time to remember the real meaning of Christmas. Historians don’t have a time for when the celebration of Advent started, but it was at least 567 AD. Advent calendars serve the purpose of counting down this period, while in Germany, the people have an advent wreath with 24 little presents to mark each day.

TWELVETIDE

We’ve all heard the song, but do you know the traditions behind the 12 days of Christmas? Twelvetide, as this holiday is known, officially starts on Christmas Day and finishes on Jan. 5 and is both a religious and secular holiday. Each day celebrates a different person or event in the life of Jesus or the history of the church, including various saints, or a memorial about the children killed by the soldiers of Herod as he searched for the baby Jesus.



ST. NICHOLAS DAY

This holiday is celebrated on Dec. 6 in countries throughout the world, mostly in Europe. Cultures that celebrate St. Nicholas Day use this as the main gift-giving holiday for the Advent season.

Children leave shoes or stockings (wooden shoes, if you want to be really traditional) the night of Dec. 5, and they’re filled with candy, fruit, nuts and gifts overnight. According to the St. Nicholas Center, these gifts should be shared, in keeping with St. Nick’s mission of caring for the needy.



EPIPHANY

The last day of Twelvetide is known as Epiphany Eve. For Christians around the world, Jan. 6 is the 12th day of Christmas and it commemorates how the star led the three wise men to the baby Jesus. According to The New York Times, cultures celebrate with parades and people dressed up as the kings bearing gifts. In Spain and in Latin American countries, Epiphany is the major gift-giving holiday of the season, and children write letters to the Magi on Epiphany Eve.

Kwanzaa

'First Fruits'

Kwanzaa, which is from Dec. 26 to Jan. 1, has its origins in the first harvest celebration of Africa.

The name is derived from the Swahili phrase for “first fruits” and was developed in 1966 by Maulana Ron Karenga, an author and scholar who wanted to preserve, revitalize and promote African-American culture.

According to History.com, Kwanzaa is not connected with any specific religion but instead is practiced by Africans and people with African ancestry. Traditional celebrations include songs and dances, poetry, storytelling and a meal.

Each night of Kwanzaa celebrates a different symbol of the holiday, though traditionally each night the family gathers and a child lights a candle on the candleholder, known as the kinara, and the day's principle and symbol are discussed. On Dec. 31, the karamu, or African feast, is held.

Mazao, or crops, symbolizes work and the holiday's basis of gathering as a family. People place nuts, fruits and vegetables, which represent work, on the mkeka, or a decorative mat used during Kwanzaa.

The vibunzi, or ear of corn, represents fertility. One ear is placed on the mkeka for each child in the family; if there are no children, two ears are still placed to represent the idea that a village raises a child.

Mishumaa Saba, or seven candles, symbolically recreate the sun's power and provide light. There are three red, three green and one black candle, each of which represent a different principle; one is lit each night.

The candleholder, or kinara, represents the ancestors and can be a variety of shapes, as long as all the candles have a distinct place. The place of the ancestors is an important part of African festivals, so remembrance and celebration is an important part of Kwanzaa as well.

The kikombe cha umoja, or the unity cup, is used to perform the libation ritual

during the feast on the sixth day of Kwanzaa. Many societies pour libations for the dead whose souls stayed on their farms or leave the last drink for the dead. During the feast, the cup is passed to everyone present to drink, then the oldest person in the room pours the libation in the direction of the four wind to honor ancestors, then pours it on the ground.

On the seventh day of Kwanzaa, celebrants give zawadi, or gifts, to family members to encourage or reward accomplishments. Often these are handmade and intended to encourage social relationships and connections.



Celebrating Hanukkah

Hanukkah is an eight-day Jewish festival of lights that takes place in late November or December.

It commemorates the rededication of the temple in Jerusalem, which was desecrated after the Maccabean Revolt, thus celebrating the miracle of the Jewish people triumphing against large odds. According to Time Magazine, the most well-known part of the story is how the people only had enough oil to light a lamp for one night, but it miraculously lasted eight days. Time shared the history of some of the most well-known Hanukkah traditions.

THE MENORAH AND EIGHT CANDLES

Hanukkah celebrants have a menorah with eight candles, one of which is lit each night. This tradition actually started in Eastern Europe in the 1700s; candles were a cheaper and cleaner source of light than lamps lit by olive oil, which would have been traditional in the Middle East centuries earlier. The menorah tradition started with Germans more recently, then synagogues started using them.

FRIED FOODS

Eating latkes, or fried potato pancakes, and jelly donuts are traditional during Hanukkah; frying foods in oil is a symbol of the oil used to light the lamps. Hanukkah donuts, or sufganiyot, date back to the Israeli labor group Histadrut in the 1920s; these bakery-produced items provided labor for workers, as opposed to homemade latkes. Latkes became part of Hanukkah traditions in the mid-1800s when potatoes became a staple of the Eastern European diet. The Middle Ages version of latkes were made of cheese.

CHOCOLATE COINS

Chocolate gelt, or foil-wrapped chocolate coins, are part of a traditional Hanukkah celebration, though where the tradition came from is unknown. In the early days in Yemen, Jewish mothers gave their children a coin on each day of Hanukkah to buy sugar and red food coloring to make Hanukkah wine. Another possibility is from 19th century Eastern Europe, when rabbis went from town to town to give Hebrew lessons and were paid with food like whiskey, grain or honey.

DREIDEL

The spinning top game may come from a game from the 1500s that was played in Ireland and then moved to Germany. The four letters on each side of the top are now thought to symbolize the Hebrew words in “a great miracle happened there.” It evolved to represent different wording related to game instructions.

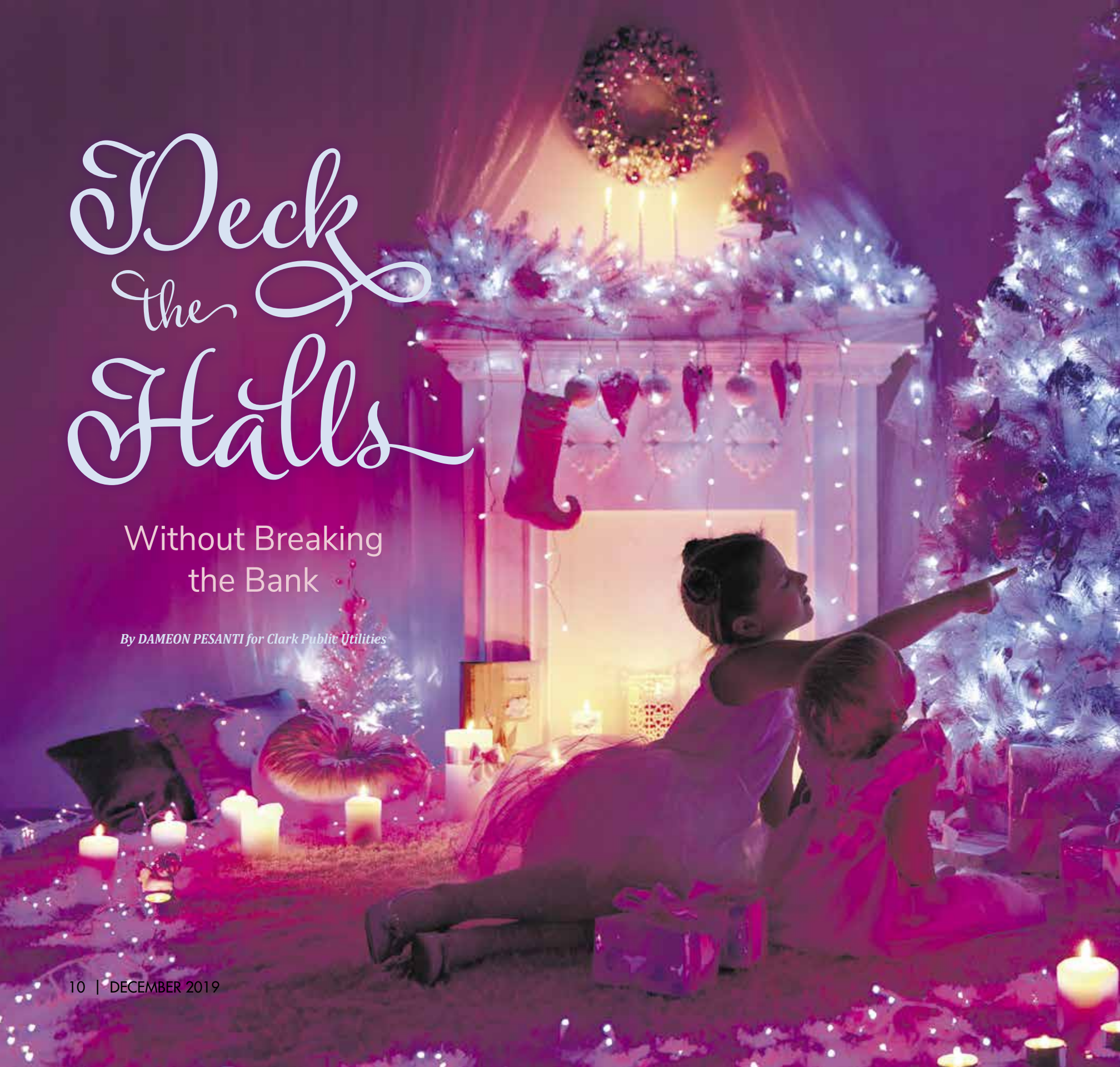
“Dreidel” is a Yiddish word but the top also had other names, including “varfl,” which means “something thrown.”




Deck the Halls

Without Breaking
the Bank

By DAMEON PESANTI for Clark Public Utilities





It's the time of year when many of us are hanging lights, holiday wreaths and any number of yard ornaments and heirloom decorations inside and outside the home.

All that decorating used to mean risking life and limb on slippery ladders, scrambling onto the roof, and hoping not to smash a thumb when hanging strings of incandescent lights along the eaves.

Fortunately for our health and our bank accounts, times have changed. Whether it's Hanukkah or Festivus, Christmas or Kwanzaa, you can celebrate your favorite holiday as colorfully as you please without injuring yourself or driving up the energy bill in the process.

If you haven't done so already, now's the time to get rid of your old incandescent light strands and replace them with LED versions. LED strands are very closely priced to incandescent versions, but they're much safer, more efficient and longer lasting.

"LEDs are a tremendous improvement over incandescent lamps," said Clark Public Utilities Energy Services Supervisor DuWayne Dunham. "They quickly pay for themselves thanks to the energy savings they achieve."

LEDs can also take your display to a new level. Many companies offer LEDs strands that cycle through a sequence of colors and be set to music.

If you want to avoid the hassle of hanging and removing lights on your home while still putting on a good display this year, invest in a laser light projector. Just one projector will shine a colorful and fun display on your home or any other surface nearby. They're very easy to set up, but can get expensive. Expect to pay anywhere from \$15 to more than \$100 for one.

Inflatable yard displays are another low-effort and low energy consuming holiday decoration. They come in countless shapes, sizes and holiday characters. No matter if you're looking for a dreidel or Santa's sleigh, you'll find one to meet your needs.

Once you've switched to LEDs for all your holiday lighting needs, connect your entire display to a timer or two. That'll prevent you from using any more electricity than you'd care to on your decoration. As an added bonus it'll save you from having to remember to turn the lights off before bed every night. To really bring home the energy savings, plug the timer

Whether it's Hanukkah or Festivus, Christmas or Kwanzaa, you can celebrate your favorite holiday as colorfully as you please without injuring yourself or driving up the energy bill in the process.

LED mini light strands cost about the same, maybe a dollar or two more, than incandescent mini light strands. But LEDs use 70 to 80 percent less electricity, which will translate to savings in your holiday electrical budget.

Because LED strands use so little power, very long chains of them can be connected to a single outlet, which will cut back on electrical cord crowding and clutter at the outlets. While only between three and five strands of incandescent mini lights can be connected to a single circuit up to 20 strands of LEDs can be connected to a single outlet.

Not only are LEDs more efficient, they're safer as well. About 90 percent of the energy used by incandescent bulbs is converted to heat, not light. But essentially the opposite is true with LEDs. That makes them less of a fire risk, and it means the lights will last several seasons longer than incandescent strands will.

What's more, LED bulbs are made of epoxy, not glass. That makes them more durable and safer to handle should one break.

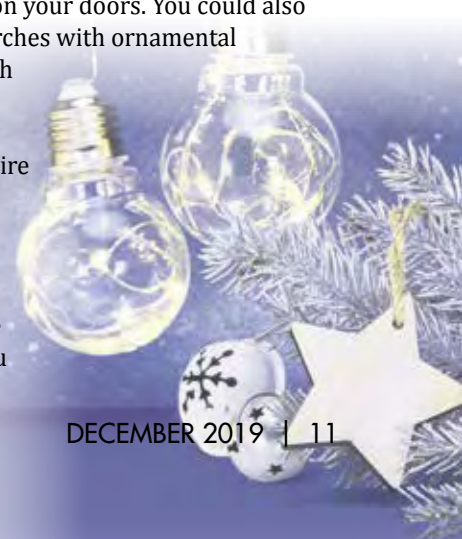
If you're getting rid of old light strands, many retail stores accept them for recycling. Go to www.Recyclinga-z.com to find out more.

into a smart plug or power strip and prevent any vampire draws that might happen after you turn the lights off.

"Some electronic devices can draw power even when they're shut off," Dunham said. "It's not a large amount of energy, but if you're concerned about your consumption, a timer with a smart plug could be a wise investment."

Of course, if you'd rather forego lights entirely, there are plenty of fun holiday options for you to choose from. Consider hanging locally made wreaths on your doors. You could also line windows, doorways, or porches with ornamental garland, many varieties of which don't require power.

Create displays in your windows with glass bowls or wire baskets filled with Christmas ornaments, hang large paper snowflakes in them, or display a row of holiday-colored candles. Just be sure to take the proper safety precautions if you choose to light them.



Last Minute LOCAL GIFTS

by EILEEN COWEN,
for The Columbian

You know what's coming up. Yes, the holidays. But for those of us who procrastinate, an even crazier time is at hand: Crunch Time. It sneaks up and rears its ugly head every year, despite my best efforts to be organized. There is a specific point in every holiday season when I look at my calendar and see that I have yet **ANOTHER** holiday party obligation and **OH NO IT'S TODAY!** Without fail, the mental gymnastics of trying to find a thoughtful gift lands me in a flop. The problem is that I love to support local producers and makers, but when I'm stressed or rushing, I make a mad grab for a random gift card or generic pre-made basket off the shelf at the grocery store. And, let's be honest, a summer sausage basket doesn't feel very personal or supportive of the dozens of artisans here in the Greater Couve.

This year, however, I'm prepared. Throughout the summer, I've been on the look out for the perfect last-minute, locally made gifts. My theory is, if I have things at least in mind, it will make it easier to shop during the last few weeks of holiday madness. I hope some of these suggestions make your holiday Crunch Time a little less stressful, and a whole lot more meaningful.

Silagy Sauce

Everyone knows a hot sauce lover. Silagy Sauce is located here in Vancouver and produces some incredibly flavorful sauces. Two or three bottles combined with a box of fancy crackers can make a great gift for the spicy person in your life. You can purchase them online if you're thinking ahead of time, or grab some at Chucks Produce if you're in a rush. Either way, your recipient will certainly enjoy your thoughtfulness and support of local businesses. www.silagysauce.com

The Soap Chest

Things are smelling awesome in Camas these days. The Soap Chest is a locally owned shop with fantastic botanical soaps, lotions, and balms. And, these soaps aren't just for the ladies. Recently, they paired up with local brewery Grains of Wrath to make a dude-worthy bar of Beer Soap called the Papermaker Pale. Not only is the soap a cool homage to the city of Camas, it is a fun gift for the non-traditional gift recipient. Find their shop in Downtown Camas. www.soapchest.com

Slumberkins

Despite all appearances, shopping for children can be more difficult than it seems. But, it is hard to go wrong when stuffed animals are involved. Slumberkins are part cozy blanket, part stuffed animal, and include themed books that foster compassion. Plus, they were dreamed up right here in Vancouver! They come in adorable animals such as a fox, hammerhead shark, alpaca, and even Yeti. Look for them at Kazoodles toy store and online. www.slumberkins.com

Ants, Ants, Ants

Music for kids can be... well, terrible. Thankfully, one local act is working to make music for the preschool set that won't drive parents crazy. Ants, Ants, Ants is a Vancouver and Portland-based rock band that has two albums cool enough for even the hippest of little ones (and their parents will love the music, too!) You can find their vinyl records at Kazoodles, or digitally on iTunes, Amazon, Spotify and any digital streaming service. www.antsantsants.com

Vance Family Soy Candles

My daughter and I have a guilty passion: we love smelling candles. It is mostly to see which ones smell weirdest, but we honestly love each and every one of Vance Family Soy Candles. They have a wide variety of amazing scents that are made from locally derived essential oils, and unlike other candles, are made of soy instead of petroleum products. The end result is a clean, smokeless burn that emits lovely aroma. Find Vance Family Soy Candles at New Seasons, online, and at various Couve boutiques. www.vancefamilysoycandles.com

Fleur Chocolate

Located in an unassuming storefront on Main Street in Vancouver, Fleur Chocolate has quietly been kicking out tasty European style truffles and more for the last few years. It is an excellent go-to place to put together a fancy hostess gift, or even grab a couple of quick sweets for the kids. Coupled with a pound of craft-roasted coffee, Fleur Chocolate makes a thoughtful gift for the chocolate lover in your life. www.fleur-chocolate.com



If gift cards are your thing, remember: they don't have to be boring! Here are my top five local places to get gift cards for the funky people in my life:

BEACOCK MUSIC, for musicians of any and all levels

1420 SE 163rd Ave., Vancouver, WA 98683
360-694-7134
www.beacockmusic.com

LOVE POTION MAGICKAL PERFUMERIE, for the friend who loves crystals, perfumes, and tarot cards

703 Main Street, Vancouver, WA 98660
360-695-3965
lovepotionperfume.com

VINTAGE BOOKS, for the avid reader who is always searching for the perfect book
6613 E Mill Plain Blvd., Vancouver, WA 98661
360-694-9519
www.vintage-books.net

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REDUCE, REUSE
AND RECYCLE FOR A
Greener
Holiday
season

By **MARISSA ARMSTRONG**
for Clark County Public Health
Solid Waste & Environmental Outreach

The holiday season is upon us. For many of us, the next two weeks will be filled with food, family and gifts. But the seasonal festivities can lead to a lot of waste.

Between Thanksgiving and New Year's Day, American households send an additional 1 million tons of trash per week to landfills. But it doesn't have to be this way! You can have a greener holiday season without losing any holiday cheer.

When it comes to gift-giving, there are several ways you can reduce your environmental impact. Opt

for durable products. The longer an item lasts, the less often it will need to be replaced. Or, better yet, give the gift of an experience, time or talent. Give a museum membership, make a charitable donation in the recipient's name or teach someone to play an instrument. These gifts not only reduce waste, but they create wonderful memories!

Before placing your gifts under the tree, wrap them in reusable bags, old maps, newspaper or leftover pieces of fabric. And when giving home-baked goodies, package them in reusable containers, such as holiday

tins or jars, rather than plastic bags. These options not only reduce waste, but they allow your recipient to re-gift them later.

If you're hosting a holiday party this year, ditch the disposables! Single-use plates, cups, napkins and silverware end up in the landfill. Instead, dish up on reusable dinnerware. Be sure to set out containers for recyclables so your guests know what to do with their empty cans and bottles. And a container for food

Continued on next page ►

scraps means more material for your compost and less food in the garbage!

Be sure to plan holiday meals so you don't end up over-buying food. Over-buying means more food waste and a bigger hit to your wallet. Use the "Guestimator" dinner party calculator, www.savethefood.com/guestimator, to estimate how much food you need to keep your guests happy and full. Then, when the meal is over, send leftovers home with guests in reusable containers and compost the food scraps.

And don't forget your reusable bags for those shopping trips!

After the holiday gatherings, save gift bags, tissue paper, bows and ribbons to reuse next year. Recycle the wrapping paper – as long as it's not adorned with foil – that cannot be reused. Paper holiday cards without the adornments can also go in the recycling bin.

Recycle your Christmas tree rather than sending it to the landfill. Remove the lights, tinsel, ornaments and stands and place your tree in your yard debris cart for pickup. Trees can also be taken to recycling locations or set out for collection on a designated day by the Boy Scouts of America, where available.

If you have string lights that didn't survive the holiday season, take them to designated drop-off

locations for recycling. Just never put string lights in your recycling cart; not only are they not recyclable, but they can get wrapped up in machinery at the recycling facilities, causing shutdowns for the whole system.

Save your holiday decorations to reuse next year. If it's time to update your décor, consider trading with a friend or family member. Then you both get new decorations without spending money or adding to the landfill. You can donate unwanted decorations to a thrift store and shop there for new-to-you décor.

Thrift stores are also a great place to donate old toys and clothing. The Clark County Green Neighbors website, www.clarkgreenneighbors.org, has a map of local thrift stores.

If you received new electronics, be sure to recycle your old gadgets that no longer work or donate items that can be reused. Block foam used in packaging can also be recycled at drop-off sites across the county. Search www.recyclingdoneright.com for recycling options for electronics, block foam and hundreds of other items.



By taking these simple steps to reduce, reuse and recycle, you can have a less wasteful – and equally festive – holiday season. For more holiday waste-reduction tips, visit www.clarkgreenneighbors.org.

When it's time to un-deck the halls, find options for tree recycling at ClarkGreenNeighbors.org



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



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Greenhouse

Alternatives



for Gardeners

By *SUSAN COX*,
WSU Extension Clark County Master Gardener

Many gardeners dream of having a greenhouse: a special season-extending sanctuary where seeds can be started well ahead of warming temperatures and vegetables can be grown well past the end of summer.

For many of those dreamers, however, financial and space constraints kill the dream. While the simplest structures may be readily affordable, there are other ongoing costs to consider like lighting, heating, air circulation, water availability and related aspects that add to the initial investment as well as the upkeep costs.

If you're dreaming in vain, are there other options available to you that can satisfy some of your needs? Absolutely! Let's

Continued on page 18 ▶

Old fashioned glass cloches and cold frame





Cold frame

look at a few that may fill the bill, from DIY projects to purchased solutions.

For starting seeds earlier or extending the growing season into fall and even winter, there are options that have been used successfully for generations. Cold frames, hot caps, tents, tunnels and floating row covers protect plants from cold and wind, allowing you to start seeding early and keep harvesting until late in the year.

A cold frame is essentially a box with a transparent lid, usually of glass, fiberglass or a double walled plastic used for greenhouse construction. The box is either constructed with a higher back wall or placed into the ground with the front wall buried deeper on the side facing the sun. The lowered front allows more sun into the frame to warm the inside of the box. The lid is hinged along the back wall to allow it to open for access to the plants and to vent to prevent the air from becoming too warm (and it will even in cold weather, so plan to vent during the day and close it up at night or get one with a self-opening mechanism that's triggered when the air gets warm).

Cold frames are a great DIY project, especially if you have access to unused windows. Just make sure the lid fits snugly when down to keep the cold out. The Utah State University Extension has a YouTube video "How to Extend the Growing Season" that shows one option for creating your own cold frame and shows a couple of other protective options as well. There are a variety of plans available online to meet your needs. If you paint the wood white, it will reflect more light into the box.

A hot cap is any cover for an individual plant that traps heat like a miniature greenhouse and protects

against wind. You can purchase cloches (French for "bell") made of glass or plastic, use empty milk jugs or soda bottles with the bottom cut off, or buy waxed paper cone hot caps from a garden supply store. Whatever you use must be vented in some way to allow excessive daytime heat to escape (with the milk or soda containers, just remove the cap on sunny days and replace it at night). Light weight hot caps

will need to be anchored to keep them in place (using stakes, garden staples, or by burying the edges), but cloches typically have enough weight to stay in place on their own.

Tomato water walls allow plants like tomatoes, peppers and eggplant to be transplanted into the garden several weeks earlier than normal. The walls filled with water store heat during the day and release it at night. They can be used until the plant becomes visible at the top. You can also purchase red, micro-perforated plastic film in a tube shape that is cut and placed over the tomato cage, staked at the bottom, and tied at the top at night to keep more heat around the plant.

Tent structures can be purchased or constructed to provide protection over a larger area. You can buy pop-up tents that operate like a camping tent or beach shelter. They can be placed over the bed after planting and accommodate taller plants than cold frames or hot caps. You can build a tent structure out of wood or PVC pipe and cover it with plastic sheeting to create a similar effect. The USU video referenced above shows a nice structure with self-venting mechanisms and offers a link to plans.

Continued on next page ►



Plastic greenhouse

Row covers (or plant blankets) are synthetic fabrics that can be used alone or over wire frames to create low tunnels to provide protection from cold and wind. There are various weights available depending on the temperatures you're facing. Whatever you use must be staked or weighted down to protect the plants from flapping fabric on windy days.

Heavy row covers can protect to 20° but they block about half of the available light to the plant and will kill the plant with heat if they're not properly vented on sunny days. They're best for brief periods with danger of overnight freezing. Medium weight covers can protect against light frost and allow most of the available light to penetrate. They also need to be vented if it gets too warm. Covering greens in September can allow them to grow well into fall. Lightweight row covers should be saved for insect protection during the normal growing season; they're just not heavy enough for cold protection.

Supporting the row cover on a wire frame gives more room to the growing plants. You can bend three to five foot lengths of 9 or 10 gauge wire into a U shape and sink the ends about six inches into the soil, spacing the supports about three feet apart. You can also use leftover chicken wire or similar fencing

and shape it into a U shape over your rows. Cover the supports with the fabric, use soil staples or other securing options on the sides, and then leave the fabric open on the ends on warm days and gather and secure it at the ends at night or on cool days. Tunnels can collapse under snow, so clear them quickly.

Some people use **plastic sheeting** on low tunnels, but managing temperature becomes trickier, because even cooler sunny days with insufficient ventilation can build up enough heat to kill your plants. You need to be available every day to vent with normal plastic sheeting. Even if the heat doesn't kill your plants, combined with the higher humidity in the tunnel, it makes the plants more susceptible to disease and robs them of the sugars they've accumulated to withstand the winter cold. Although it is more expensive, if you're not available for daily venting you can purchase perforated plastic sheeting with slits that expand and open in the heat and contract and close with cooling temperatures.

Although they can't replace all that a greenhouse can offer, these options will allow you to extend your growing season in each direction and increase the bounty of your garden.



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winter pruning for Fruit Trees

by SUSAN COX,

WSU Extension Clark County Master Gardener

Before we prune, we need to understand how fruit trees grow. In the sunny months, trees use sunlight to photosynthesize and store sugars in their leaves. As the weather cools in autumn, the sugars move from the dying leaves into the roots and the wood (mostly the bark of the trunk), where they are stored as fuel in readiness for next year's growth.

Pruning in late winter or very early spring (late January is ideal here), when a tree is dormant and without leaves, provides an opportunity to assess its structure and prune to create a strong skeleton to support the size and shape you desire. If you prune too early in winter, the tree is too dormant to heal the wounds.

Winter cuts stimulate vegetative growth (the branches and leaves of the tree), because it reduces the number of branches that will tap into the stored sugars; thus more energy is available to push into the remaining branches.

Don't remove more than 25-30% of the branch structure in the winter, or the tree will put all its efforts into replacing vegetative growth at the expense of fruit production, since it needs vegetative growth for photosynthesis. This is when you'll get all those watersprouts - the spindly upright branches growing straight up from the top of the tree.

Don't wait for winter to remove dead or diseased branches. Take them out whenever you see them and don't count dead branches in the 30% limit. Be sure to properly dispose of diseased or infested plant matter so you don't spread the problem.

There are a few other things you need to know before you start cutting. At the point where each branch originates at another branch or the trunk is a roughened, rolled-looking area where the smoother branch emerges. This is the branch collar; you can cut up to the branch collar but never into it. The wound created won't heal properly and will invite disease or pest infiltration.

You need to know that a branch's orientation affects how it grows: the more vertical a branch is aligned, the more vigorous and vegetative it will be, while the more horizontal a branch is aligned, the slower it will grow and the more likely it will produce flowers and fruit. To assure enough photosynthesis, you need to keep some more vertically aligned branches (about a 45 degree angle is great), just not the ones that are most vertical.

Continued on page 24 ►



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You need to know that there are two basic pruning cuts: a heading cut shortens a branch and a thinning cut removes it entirely. You need to think carefully about what you want to achieve through your pruning in order to choose the best cuts for your tree.

You should also understand that the terminal bud on the end of each branch secretes a hormone called auxin that inhibits the growth of all the buds farther down the branch. Removing the terminal bud through a heading cut will stimulate growth in all those repressed buds and can result in a lot of side growth.

You also need to know what to use to make the pruning cuts. Bypass hand shears work well on branches up to ½ inch. Larger branches need loppers or fine toothed hand saws. Keep your blades sharp to protect the tree - you want clean cuts, not mangled or crushed cuts.

Finally, you should have a plan for the final shape of the tree. Many experts advise an open, saucer-shaped structure to allow more sunlight into the center and to keep you off a ladder when you harvest the fruit. Trees need light to set fruit buds, so reducing the canopy to allow more sun in can help set buds for future fruit growth.

First remove all dead, diseased and damaged branches, and then focus your next cuts on the top third of the south-facing side of the tree. Remove the most vertical of the watersprouts, the least desirable of two branches that rub against each other and weaken the bark, and old branches that no longer bear fruit. Waterprouts will regrow, so next spring, snap them off with a quick motion when they are small and soft (before they become woody).

If you are within your 30% limit, move to the north upper third of the tree and do the same thing. As long as you are within 30% of the branches, you can keep moving down the tree a third at a time, always starting with the south side and moving to the north to maintain access to sunlight inside the canopy.

A good structure will have adequate spacing between branches to allow light and air to pass through. Branches should radiate out from the trunk in a reasonably circular pattern, and you will want to assess the number of vertically aligned branches, with a goal to reduce the ones that are too upright.

If you have otherwise desirable branches that are moving in a direction you don't like, a heading cut can correct the problem. Look at the lower buds on the branch and find one that is facing the direction you'd like the branch to turn. Cutting at that point will push new growth out from that bud.

Cutting too far from the bud leaves the stub to die and weaken the branch, inviting disease. Cutting too close to the bud can damage or dry it out, killing it. Cut just beyond the bud at about a 45 degree angle sloping down just behind the bud. Ideally the cut won't be at an angle that collects rainwater, which can weaken it over time.

Removing a large limb requires a three step cut to avoid damaging the tree by ripping the bark. First cut about a quarter of the way through the branch from the underside about six to twelve inches beyond the branch collar. Next cut from the top about two inches beyond that cut until the branch falls. Finally cut the remaining stub off just along the surface line of the branch collar without cutting into it.

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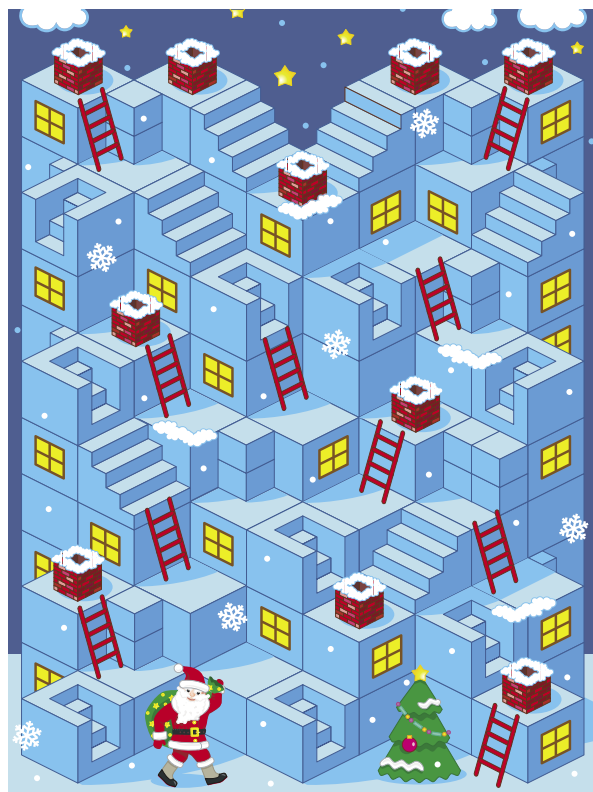
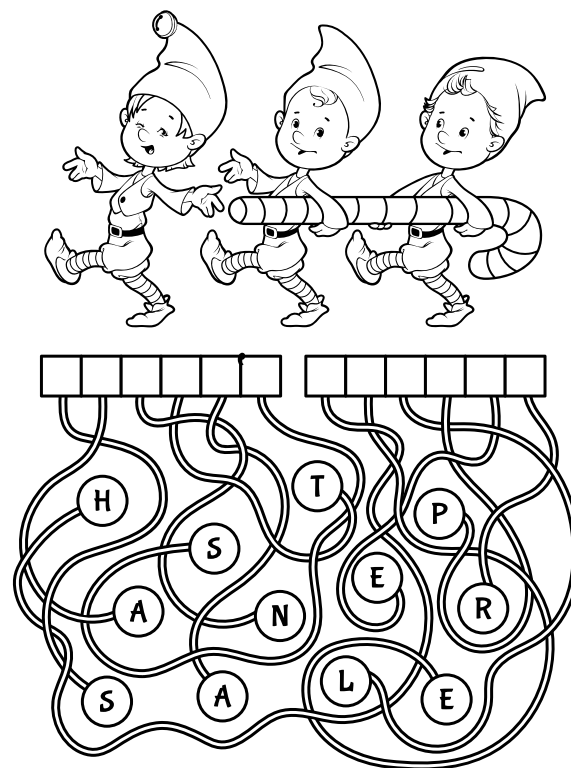
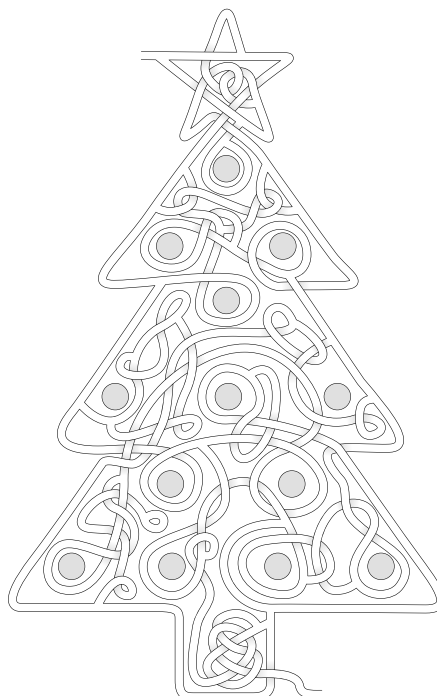
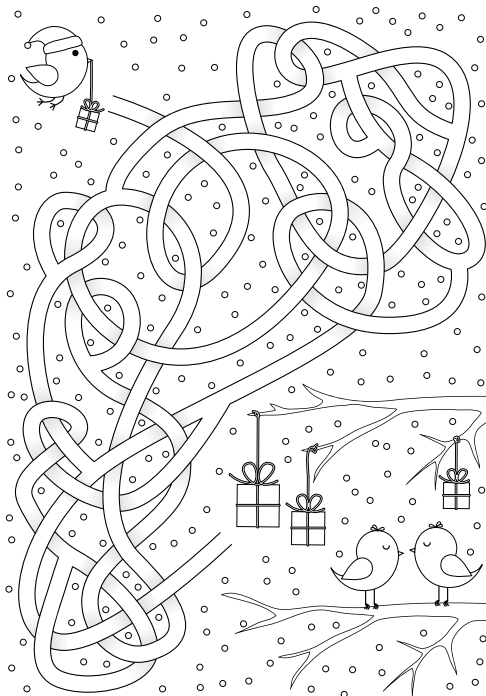
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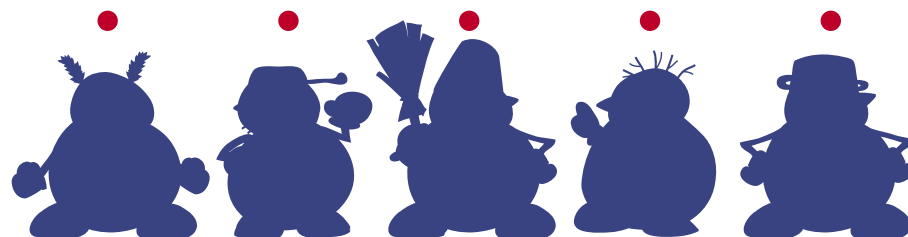
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Rudolph almost had a blue nose and was nearly named Reginald.

Adults and children alike are familiar with the tale of “Rudolph the Red-Nosed Reindeer.” As the lyrics of the song illustrate: Rudolph the red-nosed reindeer had a very shiny nose / And if you ever saw it, you would even say it glows.

Popularized by the song written by Johnny Marks and sung by Gene Autry, Rudolph the Red-Nosed Reindeer dates back to 1939. A copywriter named Robert L. May created the story of the misfit reindeer in 1939 when working for Montgomery Ward. The retail giant was producing marketing holiday coloring books for children and wanted to come up with a clever character.

Although Rudolph is now beloved, May’s original ideas included Rollo and Reginald. Also, Rudolph’s famed red nose almost didn’t come to be. Because a red nose at the time was viewed as a sign of alcoholism, Montgomery Ward was hesitant to be on board with the bulbous, red snoot. A blue nose was considered, but later changed. In its first year of publication, Montgomery Ward had distributed 2.4 million copies of Rudolph’s story.

The catchy tune came thereafter, followed by a cartoon short in 1948. In 1964, the stop-motion animated television special further propelled Rudolph to celebrity and became the most recognizable Rudolph adaption.

Today, Rudolph is known across the globe as the reindeer responsible for navigating Santa’s sleigh through tricky weather on Christmas Eve.

He continues to be loved by many, young and old.

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Holiday In Review

WHEN THE FUN AND EXCITEMENT OF THE SEASON COMES TO END, IT'S A GOOD TIME TO SIT DOWN AS A FAMILY TO REFLECT ON THE HOLIDAYS AND UPCOMING NEW YEAR.

NEW YEAR.
WHAT ARE OUR FAVORITE MEMORIES OF
THE 2019 HOLIDAY SEASON?

WHAT THINGS DID WE DO WELL? WHAT COULD WE HAVE DONE BETTER?

WHAT DO WE WANT TO REMEMBER TO DO AGAIN NEXT YEAR?

WHAT DO WE WANT TO REMEMBER NOT TO DO AGAIN NEXT YEAR?

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Kids In the Kitchen

Homemade Holiday Bark

by **DONNA FERGUSON**,
for *The Columbian*

Cooking with kids is always fun but why not spend some time in the kitchen this holiday making treats that you can share with others?

No-Bake treats are a great way to get kids involved in the kitchen while keeping them away from a hot stove or oven. Making home made holiday bark is guaranteed to get some smiles and it's so simple even the littlest elves can help. Fun to make and easy to do, this holiday treat is sure to be a hit with kids of all ages, even just the kids at heart. Jingle Bark is topped with bits of crunchy candy cane and mini marshmallows, just like the cocoa they serve at the North Pole. It's a perfect recipe for young chefs because they can roll up their sleeves and get in on the fun from start to finish: stirring the chocolate as it melts,

breaking the candy canes into pieces, sprinkling all the toppings onto the bark, and helping to drizzle the white chocolate. Once the bark cools, they can break it into pieces and then fill the cellophane bags or tins for gifting. Let them help with the gift tags, too. A handmade gift tag with a heartfelt message makes your gift more personal and even sweeter, especially when it's signed by the giver. Those first tries at signing your name are precious. Don't miss this great opportunity to show them off.

Using semi-sweet chocolate morsels lets you skip having to chop the chocolate into pieces, and their uniform, smaller size helps speed the melting process. Because you do the melting in the microwave, you don't need to worry about stovetop burns, but do use care with the melted

chocolate, as it can be quite hot. Use your Pyrex liquid measuring cups for melting the chocolate. The larger, 4 cup measuring size, works well for the chocolate morsels, and the small, 1 cup size, is just right for the white chocolate. Covering your work space with a large piece of waxed paper before you begin keeps your kitchen counter clean and also gives you a good spot to rest that chocolate covered rubber spatula in between stirs. Tape your parchment paper using a small piece of painter's tape in each corner of your sheet pan to secure your paper so it doesn't move around when you spread the melted chocolate.

Make the recipe below, or get creative with your toppings and maybe even tailor them to the recipient. Combine peanuts, pretzels and

Continued on next page ►

Jingle Bark Recipe

by Donna Ferguson



INGREDIENTS

- 1/3 cup peppermint candy cane pieces (4 regular size candy canes)
- 1 12 ounce package semi-sweet chocolate morsels
- 1/2 cup mini marshmallows
- 1/3 cup white chocolate chips
- 1/4 teaspoon coconut oil with a rolling pin/zip top bag.

INSTRUCTIONS

1. Cut a piece of parchment paper to fit inside a large rimmed baking sheet. Using a pencil, draw an 8 x 11-inch rectangle on the paper, then turn paper over so pencil marking is on the underside. Secure parchment paper to pan by taping each of the corners with a small piece of painter's tape. Place candy canes into a quart-sized zip top bag and break into pieces using a rolling pin.
2. Place three-quarters of the chocolate in a heatproof glass bowl and microwave on high for 30 seconds. Stir chocolate with a rubber spatula, then microwave another 30 seconds. Stir again, then continue to heat and stir in 30 second intervals until chocolate is just melted. Add the remaining chocolate and stir again. Let sit, stirring often, until completely smooth. (Microwave for 15 seconds if needed.)
3. Pour melted chocolate onto parchment and spread to fill rectangle. Sprinkle evenly with the candy cane pieces and marshmallows, pressing very lightly to help set the toppings in the chocolate.
4. Place white chocolate in a small, heatproof glass bowl and microwave it for 30 seconds. Stir with a rubber spatula, then microwave for 15 seconds. Stir and continue to heat at 15-second intervals until just melted. Add coconut oil to chocolate and stir until smooth. Using a spoon, drizzle white chocolate in straight lines across the bark.
5. Set aside until firm, 3 or more hours. Cut or break bark into pieces. Store covered.

chocolate for your favorite sports fan, or keep it merry and top your chocolate with pistachios and dried cherries or cranberries for a traditional red and green combo. Be creative and use any combination of nuts, seeds, dried fruit or other candy pieces to make this just the way you want.

Package your bark in clear cellophane bags or holiday tins for gift giving. Add a bow or some ribbon. You can tie a bell, candy cane, cookie cutter, or small ornament to the bow, and if you want to be especially nice, you could add a gift card.

Homemade bark is a little bite of fun for both kids and kids at heart. Make some merry and make some memories by spending some holiday kitchen time with your kids.



20/20 *Vision*

By LETHA BRANDENBURG,
Owner, *The Healthy Weigh*

When our son was growing up in our home we had a phrase we'd say about the movies we thought were pretty good: "Quality movie." Remember *The Titans*, "quality movie." *The Count of Monte Cristo*, "quality movie." *Zorro* "quality movie." (well, *Zorro* wasn't so amazing in my book but we watched it at least ten times.)

I'll always remember a few really good lines from that movie. One of my favorites was when the governor of California asks Alejandro, "Are you a man of vision?" He replied, "I am a man in search of a vision!"

As we head into the year 2020, we all need to ask ourselves those questions. Are you a person of vision, or are you a person in search of a vision?

Continued on next page ►

Vision: a dream, a mental picture, foresight, the ability to see the future.

To change, to lose weight permanently, to have a vital, strong, healthy life, you **MUST** have **vision!**

Without vision...people perish...(give up the ghost), die!

The first step to any change is to know what you want, to have vision or at least be in search of one. Vision is about looking ahead, looking to what you want.

Vision is a picture or idea you have in your mind of yourself, or your life. A clear vision helps you pursue dreams and achieve goals. A vision that is clear will open your thoughts to the endless possibilities of the future. Your thoughts dictate your feelings and your feelings dictate your actions so you've got to have vision to open your thoughts and keep them on the right track!

A vision will help you to overcome obstacles that get in the way and will help you hold on when times get tough. A vision that is well defined helps you to focus and create a purpose that becomes your measurement for your success.

If you do not have a vision of who you want to be, how you want to succeed or what you want out of life, you begin to lack drive and your life becomes just an order of events.

A strong and current vision connects with your passions and greatest potential. Regardless of what is going on in the world or challenges that present themselves, a vision helps you know what and why you are doing the things you are doing. Having a vision is most important in the path of your success in life.

A vision might be the most powerful way to keep focused on what you want in life while keeping you motivated in achieving it. A vision will open up your mind to many possibilities and a brighter and bigger future. When you can envision a future that is better, happier and more productive, you are going to make the changes that are necessary for you to reach that type of life.

Who do you want to be?

Your vision should include who you want to be. It is important to know clearly who you are right now to know who you want to become. This includes your habits, attitudes, and your beliefs. If you are unclear about yourself, you will be unclear about your future. The destination of your vision should be emotional, physical, spiritual and intellectual.

When you create a successful vision, you begin to feel passionate about it and your actions show it. Over time, you will begin to see more parts of your vision coming true until one day you see yourself living your vision. You gained your weight little by little. You didn't wake up one morning with 30 extra pounds on your body because of what you ate last night. That's how it is when we begin to live a new life, with new habits, based on a vision of the life we really want. Little by little we begin to see that vision lived out.

A vision is the capability to see beyond your current reality, creating and inventing what does not now exist and becoming what you are not right now. A vision is important in all aspects of life; body, soul and spirit. Building your vision does not have to be difficult as long as you know exactly what it is you see for yourself in the future. But that can be the problem sometimes, not knowing what we really want.

Important things to remember when creating a vision:

Know exactly who you are.

Brainstorm, imagine and dream.

Focus on things that give your life purpose and meaning.

Do not put limits on your dreams.

What do you really want? Why have you set out to lose fat off your body? Is your vision to weigh less, or is your vision to live more!?

If you have not created a vision for the life you want to be living, the life you **MUST** live, then now is the time to do it!

It's really about having the discipline to sit down and dream. We are all so different about how we go about it, but it helps me to dream in compartments. A vision for my physical body, a vision for my soul; my mind, will and emotions, and a vision for my spiritual life; the deepest place of who I am.

Creating a vision should be intense. It's about knowing who you are today, knowing how you live today and saying "I want it to look different." "I want a new life." "I want it to be different!" Then and only then, will you be inspired to move, create, and leave behind what you've known to that new place!

Without vision, people perish. Be a person of vision as we head into 2020!

*Always encouraging you,
Letha*



Two Beloved Holiday Films

BEHIND THE SCENES

Holiday movies have a way of making audiences laugh and cry while inspiring those warm and fuzzy feelings that perfectly complement the season of family and giving. Depending on the individual, favorite movies may include old classics or new releases.

A lot of work goes into making movies, and holiday films are no exception. Fans may be surprised by some of the events that went on behind the scenes of their favorite holiday films, as well as background information about the actors and settings of the movies.

Get into the festive spirit by learning about the following beloved holiday films.

"It's a Wonderful Life"

Anyone who has ever wondered what life would be like if they took a different path or made different decisions can relate to this classic Christmas film. It's difficult to make it through the holiday season without seeing "It's a Wonderful Life," and many people make it a point of to view it every year. The following are some interesting tidbits about George Bailey and the film that put savings-and-loan managers on the map.



★ The movie began as a short story titled "The Greatest Gift." Writer Philip Van Dornen Stern was unsuccessful at shopping the story and turned it into a Christmas card for 200 friends and family. A producer at RKO pictures got a copy and purchased the movie rights for \$10,000.

★ Many now agree that Jimmy Stewart was the perfect choice to play lead character George Bailey, but studio heads originally had Carey Grant in mind for the lead. The role went to Stewart when Frank Capra signed on to the film and named Stewart his leading man.

★ Although Donna Reed was a seasoned actress prior to the movie, "It's a Wonderful Life" marked her first starring role.

★ Bedford Falls, the fictional town in the movie, is reportedly based on upstate New York towns Bedford Hills and Seneca Falls. Nearby cities like Rochester and Buffalo are referenced in the movie. However, the movie was not filmed on location. It was filmed in the summertime on a back lot in the San Fernando Valley section of Los Angeles.

★ The movie received a technical Academy Award for the snow effects, which were created by using

a "snow" mixture of water, soap and a fire-fighting chemical called Foamite.

★ The movie was not well received upon its release in 1946. The film received mixed reviews, which might surprise those who consider it a cinematic classic.

"A Christmas Story"

An equally beloved holiday film and a cult favorite, "A Christmas Story" follows a 1940's Indiana family anchored by Ralphie, the cynical but lovable schoolboy played by actor Peter Billingsley. The movie was based on autobiographical tales penned by author and radio personality Jean Shepherd, who narrates the film.

★ The movie was a low-budget film that used virtually no special effects. It also used tracking shots instead of Steadicam.

★ The setting for the movie is based on Shepherd's hometown of Hammond, Indiana. Shepherd grew up on Cleveland Street and went to Warren G. Harding Elementary School.

However, the movie was filmed in Cleveland, Ohio, and Toronto, Ontario, Canada. The house

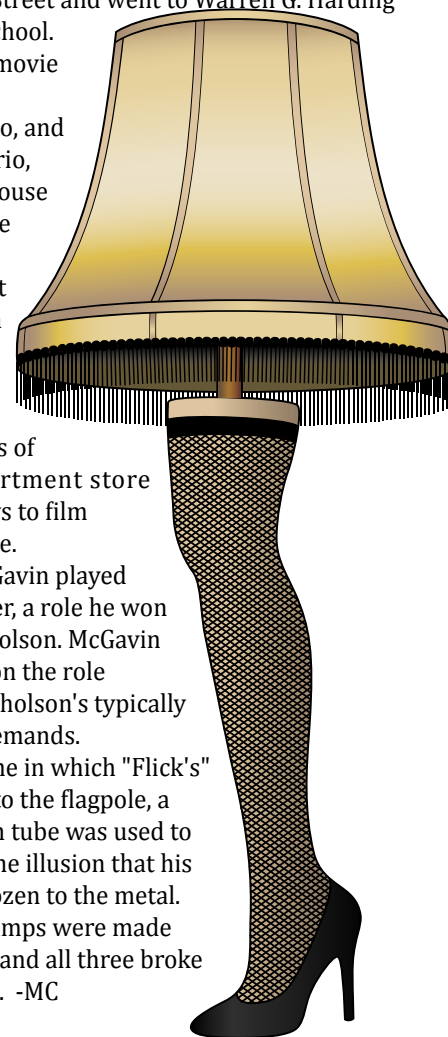
from the movie still stands in Cleveland. Part of the decision to film in Cleveland stems from

the willingness of Higbee's department store to allow crews to film inside the store.

★ Darren McGavin played Ralphie's father, a role he won over Jack Nicholson. McGavin might have won the role because of Nicholson's typically large salary demands.

★ For the scene in which "Flick's" tongue sticks to the flagpole, a hidden suction tube was used to safely create the illusion that his tongue had frozen to the metal.

★ Three leg lamps were made for the movie, and all three broke during filming. -MC





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RESOLVED

2020 Will Be a Year of Personal Financial Accomplishments

By JASON ROTHKOWITZ, Program Manager at Financial Beginnings Washington

Can you believe 2019 is nearly at an end? As another year draws to a close, it's the perfect time to take inventory of your financial picture, and begin thinking about goals for the new year.

We all know how easy it is to set resolutions for ourselves that we've no intention of keeping. The modern American gym business is most profitable in February each year. Why? Because all the people who signed up in January stop going, yet keep paying their membership dues. Cha-ching!

What are you paying for but not using? Now's your chance to do a complete financial inventory and set yourself up to start the new year off right. Embrace your inner Scrooge and resolve to not part with *one penny more* than you intend to!

Intent is really the keyword here. You shouldn't feel guilty for spending your money on the things you really want, *provided* you know they're things you *really* want. If you want 2020 to be a good personal finance year, the best place to start is by thinking through all of your expenditures and asking yourself how long it took you to work for that item. An hour? A day? A week? A month...or longer?

Even smarter, take stock of all your small purchases and really do the math on how much you've spent on them this year. There's nothing wrong with an affordable indulgence, but if it's a daily habit, can you really call it an indulgence anymore? How much are you spending on convenience items, and is that *really* where you want your money to go in 2020. If the answer is yes, then great! Keep going as you are.

But it's probably a good bet that your answer is at least partially no...in which case you have the chance to make your 2020 self look back at your 2019 self with gratitude if you take a simple financial inventory and refocus your spending on your actual desires.

After all, a \$5 coffee twice a week for a whole year is \$520. What would you *rather* do with five hundred bucks? Fly somewhere warm and fun? Pay down debt or save for retirement? \$500 here and \$500 there adds up to real money, real fast.

Once you've established what your goals are and taken stock of how you're currently spending your money, you'll be in a position to establish the steps to take to accomplish your vision.

For example, if your goal is to save for retirement,

determine a specific amount you think is reasonable to save each month, and set that amount to deposit automatically into your retirement account(s). If your goal is to take a vacation, create an auto-transfer from each paycheck to a designated account that's *only* for that use. Out of sight, out of mind works wonders for focusing your spending on your specific goals.

As you look to the new year, remember that this is *your* money. Focusing your spending on specific goals can help make 2020 your best personal finance year ever!

Jason Rothkowitz
is a Program
Manager at
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DON'T SHOP 'TIL YOU DROP

Take a break at a local eatery



Holiday shopping can sure build up an appetite. During the hustle and bustle of finding gifts for everyone on your list, don't forget to take a break and check out a locally owned restaurant during your adventure. You may just discover your new favorite dish at an eatery you haven't considered trying out.

While you can find a great meal at a chain restaurant, many people enjoy the fresh food and community friendly cooking from independents.

Fresher Food

One advantage featured in most locally owned restaurants is the fresher food that makes up their menu. According to the organization Local Harvest, the average commute for commercially distributed fruits and vegetables is 1,500 miles. To maintain its integrity over long distances, it's common for goods to be bioengineered with agents that impact their quality.

Independent restaurant owners are more apt to support their local farmers and markets, which provides fresher ingredients. When searching for a place to dine, look for menus that advertise farm fresh and locally grown for the most delicious meal.

Premiere Service

Since most independent owners play a large role in their establishment's

daily operation, they will be invested in quality service. It's likely that chefs and servers also have a stake in the business, so their best efforts are also shown. Supporting a locally owned eatery also gives diners easy access to the people in charge of decision making. It's easy to address concerns or patting them on the back for providing an exceptional experience within your community.

Hometown Flavor

Every town across the United States has something unique that sets it apart from other nearby areas. Get to know your local business owners and establishments by shopping locally this holiday season.

You should also expect dishes to be based off your neighborhood's unique customs and flairs when you sit down at a local establishment. Take a break during your holiday shopping adventure to enjoy the delicious tastes your town is known for. Bring along family members and friends with similar tastes to fill up your local restaurants. Or opt for gift cards to so you can help create year-round business at these establishments.

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HOLIDAY

AND Events Activities



December 19-24

FESTIVAL OF THE LAST MINUTE @ PORTLAND SATURDAY MARKET

Portland Saturday Market returns with its one-stop event for all those who've delayed starting their shopping — and those who simply don't want to stop. Open daily from December 19 right through Christmas Eve, the marketplace will feature the work of talented area artists with some 40 categories of arts and crafts. In addition to the shopping extravaganza, daily holiday festivities are sure to add to the experience. Stop by Santa's booth, get cozy at several warming stations, and enjoy the sights of seasonal decorations and the sounds of roving carolers. www.portlandsaturdaymarket.com

December 19, 6pm

SANTA'S POSSE WRAPPING NIGHT

Wrap and deliver gifts and food boxes to over 1,000 Clark County needy families. Delivery day: December 22, 8am. Clark County Event Center: 17402 NE Delfel Road, Ridgefield, WA 98642. No tickets or RSVP needed, just show up. santasposse.com



December 21, 9am-2pm

BOOK-N-BALL @ LORD'S GYM

A benefit for the Give to Give Project which helps single moms and their children who have been affected by drugs, alcohol or the justice system. Over 50 vendors, free coffee and cocoa, and kid's crafts. Photos with Santa 11am-2pm. 2410 Grand Blvd, Vancouver.

Continued on page 48 ▶



December 21, 10am-5pm

REINDEER MAGIC @ SHORTY'S GARDEN CENTER

10006 SE Mill Plain Blvd, Vancouver
Meet Santa, Mrs. Claus and the Reindeer for a magical holiday memory. Tickets are \$6 per person or \$20 for a family 4 pack; free for children under 1 year old. For an additional \$20 you can get a special holiday photo with Santa. Find ticket and event information at www.shortysgardencenter.com

Through December 24

SANTA'S POLAR EXPRESS HOLIDAY HOME @ VANCOUVER MALL

This year find Santa's "The Polar Express" holiday home inside Vancouver Mall at the H&M court. Santa's visiting schedule is online at www.shopvancouvermall.com/santa/

December 16, 2pm-6pm

PHOTOS WITH SANTA CLAUS

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Happy Holidays from Chuck's



Let Us Cater Your Holiday Party in Chuck's Style!

Swing by our "This and That" Gift Store for one of a kind Christmas gifts. Or simply ask up front for a Chuck's Gift Card, \$25-\$100. Perfect Stocking Stuffer!



7 Years in a Row!

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SALMON CREEK • 360.597.2160 • 2302 NE 117th ST.

Find out more at www.facebook.com/chucksproduce
www.chucksproduce.com

Open Christmas Eve 7am - 5pm
Closed Christmas Day





Holiday **LIGHTS** and more

Through December 28, 6pm-10pm

MIRACLE OF A MILLION LIGHTS @ VICTORIAN BELLE MANSION

Visit the richly decorated mansion and gardens where the entire 2.5-acre estate is filled with twinkling lights and unique elements transforming this historic Portland landmark into a Christmas wonderland. Go to victorianbelle.com for more information of ticket prices and special events.

Through December 30, Nightly 5pm – 9:30pm

CHRISTMAS FESTIVAL OF LIGHTS @ THE GROTTO

The Festival of Lights is a walk through event and visitors can expect to walk approximately one quarter mile. All entertainment areas are either indoors or fully tented but visitors should dress for cold and/or wet weather. Family entertainment in The Grotto's plaza area includes outdoor caroling, puppet shows and a live petting zoo. A puppeteer presents a Christmas-themed show at 6:00, 7:00 and 8:00pm. Holiday food and beverages for purchase as well as seasonal shopping in The Grotto Gift Shop. Festival grounds close at 10pm.

Tickets sold at the gate and at The Grotto Gift Shop during regular hours. Visitors are encouraged to bring a donation of canned or dry food. Go to thegrotto.org for more information.

Through January 4

WINTER WONDERLAND HOLIDAY LIGHTS @ PIR

The largest drive through light show in the Northwest. Find times and ticket information at portlandraceway.com

Through January 5

ZOO LIGHTS @ OREGON ZOO

See a dazzling display of more than 1.5 million lights and experience the zoo in a whole new way as you visit elephants, mountain goats and other wildlife. You can also ride the popular lighted train and carousel, and enjoy hot drinks and local food carts. Photos with Santa will be available for the little ones every evening through Dec. 24



NEW YEAR'S EVE **PARTIES**

BILLY BLUES

ROAR into 2020 with the Hellcats!

7115 NE Hazel Dell Ave, Vancouver

Reservations suggested: 360-694-3114. billybluesbarandgrill.com

UNDERBAR

Ring In the Roaring 20s NYE Party

1701 1/2 Broadway, Vancouver

360-258-1146. underbar.pub

WAREHOUSE 23

Vancouver's NYE Roaring into the 20s

701 SE Columbia Shores Blvd, Vancouver

360-750-7256. warehouse1923.com



December 20, 6:30pm-10:30pm
REINDEER GAMES FRIDAY FUN NIGHT
@ KIDS CLUB & FITNESS

Drop Off Event for kids 4-11 years old. Activities Include: Pin the nose on Rudolph, Snowball Tag, Stocking relay race, Capture the Snowman, Time in The Jungle, Gymnastics room & more. \$20.95. Join the pizza party for \$6 more. 13914 NW 3rd Ct, Vancouver. kidsclub4fun.com

December 21, 1pm-3pm
\$10 MAKE AND TAKE @ CRAFT WAREHOUSE

Make a snow globe for yourself or as a last minute gift. Choose from a selection of mini figurines and glitter! Fun for all ages. 13503-A SE Mill Plain Blvd, Vancouver. Find more craft activities at: craftwarehouse.com

WINTER BREAK FUN
@ VANCOUVER COMMUNITY LIBRARY

Dec 23: Robots **Dec 26: Slime**
Dec 27: Crafts **Dec 30: Movie**
Dec 31: Games

Age Group: Kids, Tweens, Families. In the Children's Program Room. 2:30pm-4pm. 901 C St, Vancouver. Find more library events at: fvrl.org

December 23, 9am
NUTCRACKER BALLET CAMP

Learn and dance the story of The Nutcracker in this ballet and craft camp using props, costumes and music from The Nutcracker. For ages 3-5.

\$50 per child. Family discount applies. No registration fee. Register online: riversidepa.com/register-here/ 1307-B NE 78th St, Suite 9, Vancouver

December 26, 2019 at 9am - 1pm
TAPPING IN TOYLAND
@ RIVERSIDE PERFORMING ARTS

Children will learn the beginnings of percussive music and tap dancing using stories, props, fun music and their own homemade instruments. Tap shoes welcomed, but not required. Tap shoes available to borrow for free. \$50 per child. No registration fee. Family discount applies. Register online: riversidepa.com/register-here/ 1307-B NE 78th St, Suite 9, Vancouver

December 31, 8pm-8am
NYE ALL NIGHTER @ NAYDENOV GYMNASTICS

Music, Trapeze Bar, Movie, Free Play, Games, Ropes, Friends, Zip Line, Foam Pits, Trampolines. Girls 6yrs & up, Boys 6-11yrs. Cost: \$45.00 includes Pizza. www.ngymnastics.com



ICE SKATING!

Chances are that it will never be cold enough here to skate on Vancouver Lake, but you can still practice your Figure 8 right here in The Couve at Mountain View Ice Arena. It's the only ice rink in Clark County, and one of the few full-sized ice arenas in this region. It's home to many local skate and hockey clubs and leagues. It's also where former Olympic figure skater Tonya Harding is known to practice. Mountain View Ice Arena 14313 SE Mill Plain Blvd, Vancouver 360-896 8700



CLARK COUNTY
EVENT CENTER
at the Fairgrounds

SAVE THE DATE

JAN 11-12: CrossFit Ft. Vancouver Championship

JAN 18-19: Antique & Collectible Show

JAN 26: NWDRA Swap Meet

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ALL DAY

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January 8- 12

PORTLAND BOAT SHOW @ THE EXPO CENTER

The 60th annual Portland Boat Show is Oregon and Southwest Washington's largest boat show with more than 250,000 square feet of covered and heated display space, dozens of boat dealers, boating accessories of every description and over 100 different brands of boats. See new boat manufacturers, new fishing boat models, ski, wakeboard and wakesurfing boats, pleasure boats, runabouts, cruisers, sailboats, yachts, personal watercraft and the world's largest display of welded aluminum boats. For complete details and a 2-for-1 discount coupon visit www.pdxboatshow.com



January 11, 10am-1pm

2020 PRESCHOOL FAIR @ VANCOUVER COMMUNITY LIBRARY

FREE event hosted by MOMS Club of Vancouver-South. We have gathered 20 preschools in the same room. They will be available to tell you about their program, answer questions, and provide registration information! This is a family friendly event and all proceeds benefit the EOCF. 901 C St, Vancouver

January 18-19

CLARK COUNTY ANTIQUE & COLLECTIBLE SHOW @ CLARK COUNTY EVENT CENTER

Saturday 9am-6pm. Sunday 10am-4pm. The show returns with many thousands of outstanding vintage items ranging from period lighting to estate jewelry and everything in between. \$6 (good for both days), \$3 children, \$20 early bird, \$6 cash parking. 17402 NE Delfel Rd, Ridgefield

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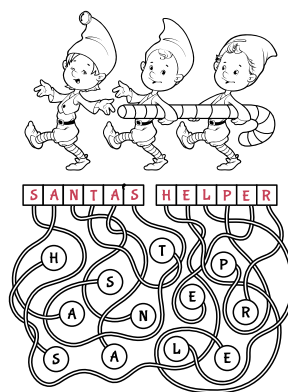
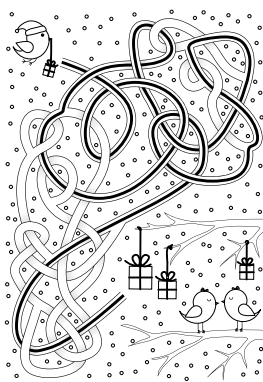
DECEMBER	ASSEMBLY TIME	ASSEMBLY AREA	DESTINATION
Sunday, 15	4:30PM	Coon Island	Scappoose/Multnomah Channel – Combined Fleet
Tuesday, 17	7:00PM	RiverPlace Marina	Johns Landing to Fremont Bridge
Wednesday, 18	7:00PM	RiverPlace Marina	Milwaukie
Thursday, 19	7:00PM	RiverPlace Marina	Johns Landing to Fremont Bridge
Friday, 20	7:00PM	RiverPlace Marina	Milwaukie & Oregon Yacht Club
Saturday, 21	4:30PM	RiverPlace Marina	Lake Oswego – Combined Fleet
Saturday, 21	8:00PM	RiverPlace Marina / Meet & Greet	
Sunday, 22	2:00PM	RiverPlace Marina / Meet & Greet	
Sunday, 22	5:00PM	RiverPlace Marina	St. Johns Bridge/Cathedral Park – Combined Fleet

All performance times are approximate and subject to safety, commercial river traffic, weather and water conditions which are beyond the control of Christmas Ships, Inc.

For more information visit: www.christmasships.org

January 18, 7pm
LANTERN TOUR
@ FORT VANCOUVER HISTORICAL SITE
An opportunity to experience the reconstructed Hudson's Bay Company's Fort Vancouver at night. Each adult will carry their own candle lantern and tour with a Park Ranger through the reconstructed fort's Counting House, Fur Store, Chief Factor's House, Kitchen, and Bake House. In each building, visitors will experience historical vignettes with costumed living history interpreters, including graduates of the park's Youth Volunteer Programs.
612 E Reserve St, Vancouver.
www.nps.gov/fova

Answers to Kids Activities - page 28



2019 CHRISTMAS SHIP PARADE SCHEDULE

2019 COLUMBIA RIVER

DECEMBER	ASSEMBLY TIME	ASSEMBLY AREA	DESTINATION
Sunday, 15	4:30PM	Coon Island	Scappoose/Multnomah Channel – Combined Fleet
Tuesday, 17	7:00PM	James M. Gleason Boat Ramp	I-5 Bridge/Hayden Bay
Wednesday, 18	7:00PM	James M. Gleason Boat Ramp	Washington Shores/Wintler Park
Thursday, 19	7:00PM	James M. Gleason Boat Ramp	I-5 Bridge/Hayden Bay
Friday, 20	7:00PM	James M. Gleason Boat Ramp	North Portland Harbor
Saturday, 21	4:30PM	RiverPlace Marina	Lake Oswego – Combined Fleet
Saturday, 21	8:00PM	RiverPlace Marina / Meet & Greet	
Sunday, 22	2:00PM	RiverPlace Marina / Meet & Greet	
Sunday, 22	5:00PM	RiverPlace Marina	St. Johns Bridge/Cathedral Park – Combined Fleet

All performance times are approximate and subject to safety, commercial river traffic, weather and water conditions which are beyond the control of Christmas Ships, Inc.

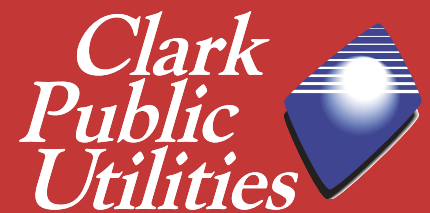
For more information visit: www.christmasships.org

Life Support Medical Certificates

Power outage preparation plans



Customers who require electric medical devices for at home life support are encouraged to complete an equipment certificate as part of a power outage preparation plan. Providing additional information to the utility assists in planning system maintenance or responding to power outages.



clarkpublicutilities.com