INTHE COUVE

The Columbian

LOOK FOR LIVING 55 PLUS INSIDE



What is The Couve?

The Couve geographical name

\ 'thē cöv \ rhymes with 'move' (noun)

- **1** —Nickname for Vancouver, Washington.
- **2** —The original Vancouver.
- **3** —A small city with vibrant communities, urban attractions, and natural recreation areas.

See Also: Greater Couve, Clark County, Southwest Washington

> Current issue published February 16, 2020 Look for the next issue on March 22, 2020 March theme: Spring & Home Improvement

> > Find past issues archived online at www.livinginthecouve.com



Each monthly issue of Living In The Couve captures a glimpse of life here in Vancouver and Greater Clark County with special local features and community event listings, as well as regularly occurring topics related to: Health & Fitness, Kids & Family, In the Garden, Tastes & Brews, Food & Recipes, Money & Finance, and Arts & Culture.

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February **HEALTH & National Heart Awareness Month**

SPECIAL FEATURES

To Reduce Heart Disease Risk, Make a Plan To Be Active



08 Don't Miss a Beat Regarding Women's Heart Health



LIVING 55 PLUS: MAKING THE MOST OF LIFE AFTER 55 SPECIAL PULL-OUT SECTION



HOW TO STAY FLEXIBLE AS YOU AGE



TAKE A HIKE Adventure Awaits with Vancouver's Forever Young Walkers

MATURE LEARNING AND **ENRICHMENT CLASSES AT** CLARK COLLEGE

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TO REDUCE HEART DISEASE RISK, MAKE A PLAN TO Be active



One of the most important things you can do to take care of your heart is exercise regularly.

Being active:

- → Strengthens heart muscles
- Improves circulation
- Lowers cholesterol
- → Reduces blood pressure
- Keeps stress at bay

ll of these things reduce your risk of heart attack, stroke, heart failure, and other heart-related problems. It's why the American Heart Association recommends fitting in 150 minutes of exercise every week.

by BEN JOHN, MD, Vancouver Clinic

Even better? It's never too late to start exercising. In a study that came out just last year, people who started exercising later in life—in their 40s or 50s reduced their heart disease risk to levels similar to those who had been active their whole lives. In other words, starting an exercise routine in midlife is worth the effort.

Of course, this is just one study and doesn't take individual health into account. For the best heart health, it's best to be consistently active at every age.

As a cardiologist at Vancouver Clinic, I understand the challenges with fitting in exercise. When the weather is overcast, cold, or rainy, it's easy to make excuses. For families, kids' activities and needs often take priority. But exercise is too important to skip—and life rarely gets less busy. So here's what I recommend:

Make a specific plan

Take some time to think about what exercises you enjoy doing. Look up pool hours, spin class times, gym prices, and equipment. Or think about what walking or running routes work for you. Decide which activities you want to do and when to do them. Then block out the time on your calendar every week. You'll be more successful if you have a consistent routine that you follow week-to-week. The goal is to make exercise as much of a habit as brushing your teeth.

^cTry group exercise classes

Standard gym workouts can be tough for many people. The equipment can be intimidating and it can be hard to figure out what to do. Look for group exercise opportunities: barre classes, water aerobics, Zumba, and more. You'll have people to sweat with and an instructor who will tell you exactly how to move.

Get techy

Exercise in the comfort of your own home using a fitness app. Some feature an AI personal trainer to walk you through a routine while others use celebrity fitness gurus. Still others offer streaming workouts in addition to on-demand content. And if pedometers, calorie trackers, or heart rate monitors are motivating, go for it!

Go outside

Don't let the weather get in the way. Invest in the right clothing so you can get outside for a walk or hike even when it's a little chilly or drizzly. Try to enjoy each season. Go snowshoeing in the winter or enjoy walking in an air conditioned mall during the summer.



Phone a friend

Exercise is more fun with a buddy. Do dance videos with your child or grandchild. Walk with a good friend. Play tennis or shoot hoops with a group. Join a team sport. Work in the yard with your partner.

Aim for good, not perfect

Finally, give yourself some grace if you miss a workout or several. Just get back into your routine the next day. The goal is be consistently active today and into the future. It will do your mind, body, and heart good.

Dr. Ben John specializes in electrophysiology and is chair of Vancouver Clinic's Cardiology Department. He is a Vancouver native and loves serving the people of this community.





Don't miss a beat

REGARDING WOMEN'S HEART HEALTH

> Heart disease might be seen as something that predominantly affects men, but women are not immune to this potentially deadly condition.

Women are urged to wear red during February to shed light on heart disease, the No. 1 killer of females.

n fact, doctors and healthcare professionals advise women to take serious heed of heart disease, which claims more female lives than breast cancer, other cancers, respiratory disease, and Alzheimer's disease combined.

The American Heart Association indicates that more women are now aware that heart disease is the leading cause of death among females than they were 20 years ago. While just 30 percent of women recognized that in 1997, that figure had risen to 56 percent by 2012. However, the AHA reports that only 42 percent of women aged 35 and older are concerned about heart disease. Initiatives like Go Red for Women in February help shed light on the threat posed by heart disease.

- Here are some facts to consider.
- Roughly one female death per minute is attributed to heart disease.
- Heart disease affects women of all ages. In fact, the AHA says that the combination of smoking and

- birth control pills can increase heart disease risk in younger women by 20 percent.
- Mercy Health System says about 5.8 percent of all white women, 7.6 percent of black women, and 5.6 percent of Mexican American women have coronary heart disease.
- According to the Centers for Disease Control and Prevention, almost two-thirds of women who die suddenly of coronary heart disease have no previous symptoms.
- When symptoms are present in women, they are not like the stereotypical clutching of the chest that men experience. Heart disease symptoms in women can include upper back pain, chest discomfort, heartburn, extreme fatigue, nausea, and shortness of breath.
- Even fit women can be affected by heart disease. Inherent risk factors, such as high cholesterol, can counteract healthy habits.

Women are urged to take various steps to reduce their risk of heart disease:



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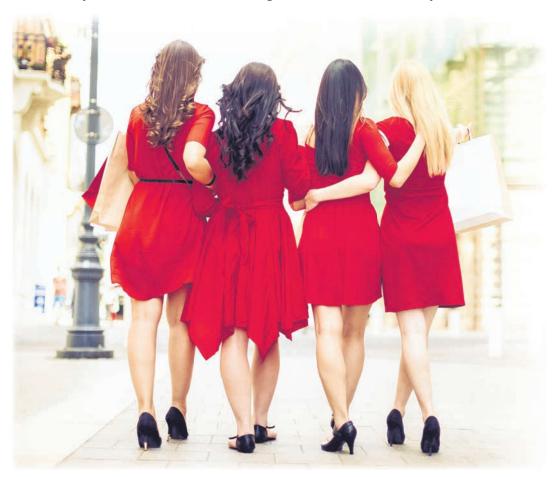
MAKE HEALTHY **FOOD CHOICES**





CONTROL DIABETES

Taking charge of factors they can control can help women improve their overall health and lower their risk for heart disease. Women also should speak with their doctors about heart disease. Learn more at www.goredforwomen.org





by MEG McDONALD, WSU Extension Clark County Master Gardener

The dark days of winter are the time when gardeners may be most likely to dream of a greenhouse - a warm, sheltered space where we can enjoy the company of plants even when the ground is cold and wet. What better time than now to start planning the greenhouse of your future?!

Dictionary.com defines a greenhouse as "a building, room, or area, usually chiefly of glass, in which the temperature is maintained within a desired range, used for cultivating tender plants or growing plants out of season."

In our relatively mild northwestern climate it is possible to extend the growing season using simple and fairly inexpensive equipment like cloches, row covers, cold frames, and hoop houses. These are usually lightweight and portable, and don't require much in the way of site preparation. For the purposes of this article we will not be looking at

such flexible structures, but rather at so-called hobby greenhouses, which are fixed structures intended for home gardens.

Three main considerations should guide your planning: your budget, your gardening goals, and your site. (And remember: wise gardeners advise us to opt for the largest greenhouse your budget

Continued on next page ▶

and site will allow, knowing that gardening projects almost always get bigger and a too-small space will be outgrown in a season or two.)

There are three basic types of greenhouse structures, and your budget will obviously influence your choice. Attached greenhouses include lean-to structures that are joined to a section of a building's wall, while even-span greenhouses are added across the full width of the building, similar to a dormer or sunroom. These have access to the building's electricity and water supplies and may not require their own heating source.

Freestanding greenhouses are separate from any other structure, and need their own utility hookups. They range from simple and inexpensive DIY frames covered with flexible polyethylene to very solid structures built with metal framing and glass, which can cost thousands of dollars.

Always keep your gardening goals in mind when thinking about the design. Your greenhouse must be able to provide the environment needed by the plants you want to grow. If you dream of starting flats of annual vegetable seedlings, growing citrus or tomatoes year-round, or propagating tropical plants, you are looking at a fixed greenhouse with climate-control features.

The third consideration when planning a greenhouse is the site. Your greenhouse should be located where it gets the greatest possible exposure to sunlight, particularly from November to February. You may find that a deciduous tree that shades the greenhouse on a summer afternoon allows for the most winter sunlight once the leaves are gone. The south or southeast side of your house is usually the best choice, with the east side a good second option, though if you

plan to cultivate shade-loving plants a more northerly exposure may work.

Sunlight is not the only consideration when looking at a potential greenhouse site. A lightweight polyethylene greenhouse would not stand up for long in a location exposed to strong wind. The site must be level for the stability of your structure. Avoid areas with poor drainage, and keep in mind microclimates such as cold spots. Where snow is a concern you will need to consider the weight rating of the frame and glazing material.

When you have decided on your gardening goals, the site, the price range and general style of your greenhouse, you will be ready to take a deeper look at the options for materials and equipment. You

may choose to build the greenhouse yourself, order from the wide range of kits, or buy from a full-service design and installation company.

Many small home greenhouses are built from easily available plans using materials such as PVC piping, rebar, and polyethylene film. Another economical glazing option is greenhouse grade fiberglass, which is lightweight and fairly durable, though it may weather over time, reducing light transmission. The most popular glazing options for higher-end hobby greenhouses are glass or plastics like polycarbonate. Frames may be wood or aluminum.

The greenhouse you select, however sturdy, economical, or beautiful, is only as good as the climate created inside it for your plants and your comfort while working with them.

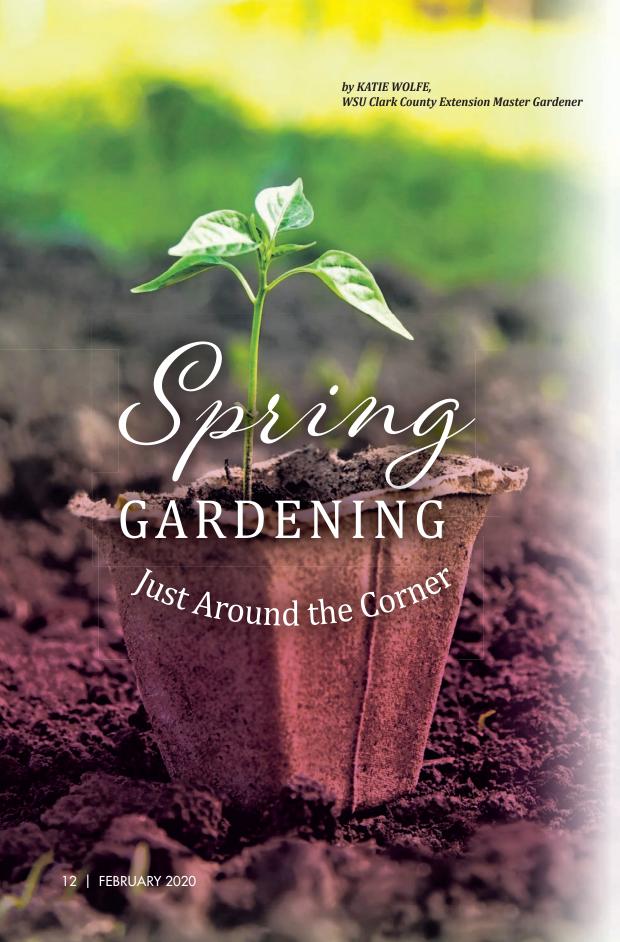
Your design should include adequate space for growing benches (plan on one square foot of bench space per six-inch pot), shelving, and easy access to every plant. Ideally, your greenhouse will have a water source and electrical hookup. These utilities may require permits.

Climate control equipment includes ventilation, humidity, and heating. The desired interior temperature will depend on the needs of your plants, but in general the recommended minimum temperature will be 45 degrees F, maximum 85 degrees.

Effective ventilation is critical to prevent heat buildup, and many greenhouse designs include louvered roof vents. You can also moderate the hottest sunlight using roll-up blinds or paint-on coatings. Humidity can be increased using a misting system or a design called fan and pad, in which air is blown through cooling pads installed in the wall.

Heating systems may be the most debated topic in greenhouse gardening because of their cost, both financial and environmental. In our area, electric heating is probably the most convenient, often using a combination of greenhouse space heaters and fans for heat distribution. You can improve the efficiency of your heating system by sealing any crack or opening, using horticultural bubble wrap as an inner layer of insulation, dividing the interior of the greenhouse into separate spaces using plastic sheeting, and using row covers on your plants. Use an automatic thermostat to switch off the heater at the minimum allowable temperature. Some gardeners recommend putting a compost pile inside a larger greenhouse to warm the space. Enjoy delving into the possibilities!





ith Winter Solstice and the holidays over and the days beginning to lengthen, your inbox and mailbox may be overflowing with yard, garden, and seed catalogues. The gardener inside of each of us begins to awaken as well. Visions of sugar plum fairies are replaced with visions of straight garden rows and plants exploding with vegetable and fruit offerings, as fingers twitch for the 'warm enough' early spring days when we can once again greet our friend, the soil.

Bringing your dream garden to reality requires more than enthusiasm and a collection of seed catalogues, however. It requires developing a plan of attack; an understanding of which vegetables you want to harvest and of when to sow seeds or plant seedlings in the soil so that they grow and mature on schedule.

Whether planting vegetable starts or beginning from seed, there is an optimal time frame during which each plant can be started and an optimal time frame during which each plant should be ready for harvest.

Each plant has its' own unique time window, and they can be quite broad (months) or sometimes quite narrow (weeks). Outside of these windows, likelihood of failure increases.

Growing your own starts from seed can offer many benefits over purchasing starts. Starting from seed enables you to grow the specific variety of a vegetable that you want, rather than sticking to a smaller selection that nurseries offer in bulk.

Where growing seasons are short, starting your own seed indoors enables you to effectively lengthen the growing season. Even if you're only gaining a few weeks, it can make all the difference in the harvest schedule, which is generally ended by the frosts of fall.

If you want to grow a lot of plants, starting from seed is economically more efficient, where you can acquire hundreds of seeds for a few dollars, verses a single start.

To increase your seed pool while limiting costs further, you can explore seed sharing with friends.

Finally, growing from seed allows you to lessen potential impacts from weather risks and pests.

Once you've decided to start your own plants from seeds, the collection of seed catalogues that arrived in the fall become a wealth of information. Reading them will tell you which are easy to start indoors, which prefer direct-sowing outside in the garden, and importantly, the duration of time from germination to harvest.

When ordering seeds, consider the limitations of your garden space verses the needs of each plant, your personal preferences and tastes for veggies, and whether the seeds you seek to grow should be started indoors, or seeded directly into the garden.

Common 'indoor start' vegetables include broccoli, brussels sprouts, cabbage, cauliflower, eggplant, lettuce, peppers,

pumpkins, swiss chard, tomatoes, and watermelon, while common direct sow plants include beets, carrots, corn garlic, onions, peas parsnips, potatoes, radishes, and squash.

There are multiple online resources to help the curious discover the optimal planting window (whether from seed or starts) for your garden zone, a simple web query of "when to start vegetables from seed" will reveal many, along with practical advice about container selection, soil, feeding, and watering requirements. Almanac.com offers a free, easy to use planting calendar to assist gardeners in determining, based on their location, the best dates for planting vegetables and fruits, considering the applicable frost dates for a given area.

Starting plants from seeds isn't without risk, however, and common mistakes can be avoided with sufficient planning and awareness. Starting plants too early, such that they are ready for transplant before outdoor conditions are optimal, can result in leggy, weak plants.

You'll also need to ensure you have the proper indoor lighting conditions (essentially, fluorescent lights), growing medium, and containers, and that you monitor temperature moisture conditions. Seeds need to be warm and moist to germinate. Seed packages also contain a wealth of information and their advice should not be ignored.

Whether you are a new gardener or you are a seasoned green thumb, beginning to think about your garden goals now can go a long way toward a healthy and abundant harvest.







Garden Journal

by LAURA HELDRETH, WSU Clark County Master Gardener

o you keep a garden journal? One of the best, but underutilized tools for a gardener is a garden journal. It doesn't have to be fancy; mine is a big black spiral notebook overflowing with photos, design sketches, plant tags taped into the pages, comments and muddy finger prints.

It details the journey of my garden with all of the hopes, dead plants, lessons, pest problems and successes.

Now is a perfect time to start a garden journal! You can purchase a garden journal or spiral notebook or even put together a three ring binder. Then, start writing about the current state of your garden and future plans.







Assess your site:

Note any challenging areas like overly-wet spots, slopes or windy areas.

Make a light exposure map of the light in the garden during different seasons. You can take photos on clear days or draw sketches.

Draw out your irrigation system and placement if you have one.

Photos of garden:

Photograph your garden each season and add them to your garden journal. These will track the changes and growth of your garden over the years.

List of garden plants:

Write a list of all of your garden plants. You can list them alphabetically or by location in the garden.

Continued on next page

Plant shopping list:

Create a plant shopping list to help guide you when you visit plant sales and nurseries.

Garden Design ideas:

Include photos of ideas from garden magazines, Pinterest and blogs.

Sketch out design ideas for containers and plant combinations in beds.

A garden journal is a useful tool to document the ongoing adventure of growing a garden. Flipping through the pages you'll remember the different challenges and how you learned to overcome them. The muddy fingerprints, scrawled notes, and pictures will mark the seasons of your life in your beautiful garden.





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How to stay Texibe as you age

en and women may begin to feel less flexible as they get older. According to the University of Maryland Medical Center, that loss of flexibility is because muscles lose both strength and elasticity as the body ages.

A lack of flexibility can make men and women more vulnerable to certain types of injuries, including muscle strains and tears. While people might not be able to maintain the flexibility they enjoyed in their twenties, there are ways for them to combat age-related loss of flexibility.

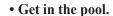
• Stretch frequently.

Stretching is a great way to combat age-related loss of flexibility. Stretch major muscle groups, such as hamstrings and shoulder muscles, several times per week. When practicing static stretching, the goal is to gradually elongate the muscle being stretched before holding the elongated position, and ultimately allowing the muscle to return to resting position. As flexibility improves, elongated stretches can be held for 30 seconds.

Avoid stretching muscles that are sore or injured, and discontinue a stretch if you feel pain or discomfort.

• Include yoga in your exercise regimen. Practitioners of yoga typically love how this unique discipline that exercises the body while relaxing the mind improves their flexibility. Many yoga poses are designed to improve the strength and flexibility of muscles, and some physicians may even recommend yoga to aging patients. Yoga DVDs or streaming sessions can be great, but beginners may want

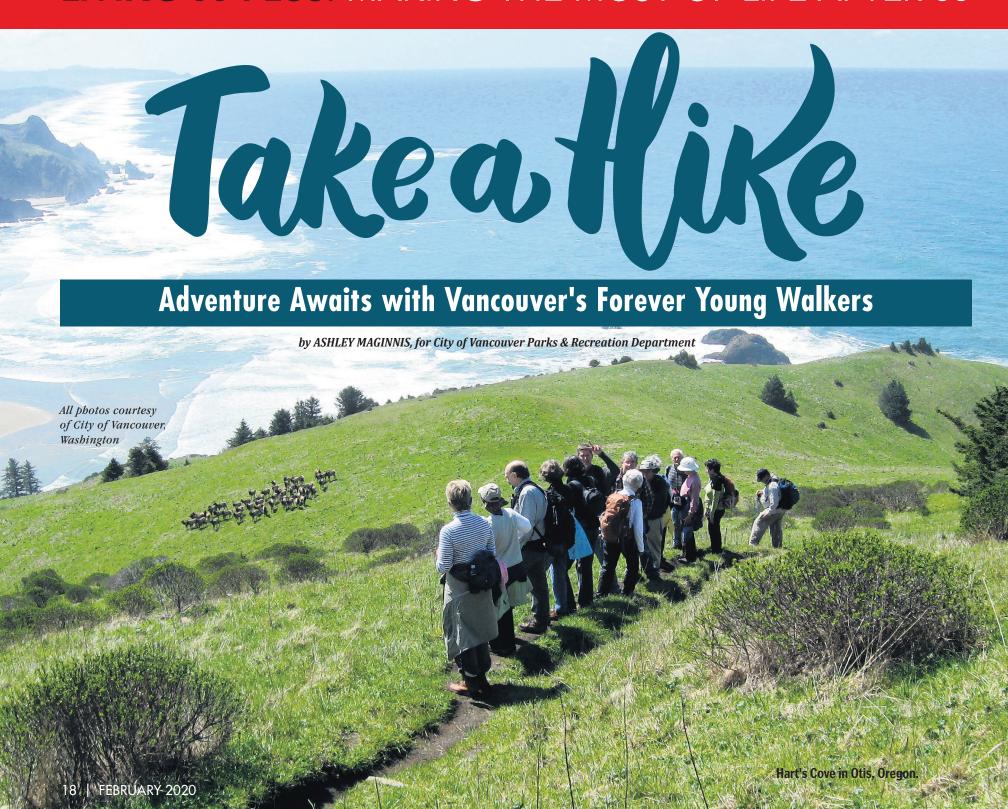
to visit yoga studios or sign up for classes at their gyms so instructors can personally ensure they are doing each pose correctly. As their flexibility improves, men and women can try more difficult poses and classes if they so desire.

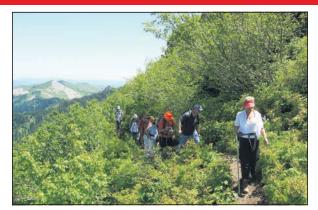


Swimming is another activity that can help aging men and women improve their flexibility. Strength-training exercises are an important component of a well-balanced exercise regimen, but such workouts tend to focus on one or two muscle groups at a time. That means other muscle groups may be inactive and tighten up as a result. Swimming works the entire body, which helps all muscle groups stay loose and flexible. One or two swimming sessions per week can contribute to great gains in overall flexibility, especially for men and women who remember to stretch when they get out of the pool.

Flexibility may decrease as men and women age, but there are various ways to combat the natural loss of flexibility. -MC







Forever Young hikes range from brisk walks on a flat surface to more strenuous mountain climbing.



Bells Mountain Trail in Yacolt, Washington.



Bald Mountain in Government Camp, Oregon.

ne of the many benefits of living in the Pacific Northwest is access to scenic outdoor activities. When picturing a typical outdoor enthusiast, older adults may not be the first population that comes to mind, but the City of Vancouver Parks and Recreation Department is working to change that through their "Fifty and Better" program. Designed for active, older adults, the "Fifty and Better" program provides a variety of opportunities that focus on fitness and friendship including SilverSneakers® and Silver&Fit® exercise classes, travel programs, and weekly hiking adventures.

"Forever Young Hikers" takes groups of older adults on hiking trips at least once a week, yearround. The program offers hikes in multiple difficulty categories—from three to five mile walks with little to no elevation gain, to eight-mile treks with steady climbing. Mary Jo has been a volunteer hiking guide for the past seven years. "A friend of mine participated in the program and suggested that I join and lead hikes," she said. Mary Jo stuck



Viewpoint at the top of Multnomah Falls.

with it for the socializing and incredible views of the great outdoors, saying, "People make lifelong friends going on these hikes."

Duke, another volunteer hiking guide, has been with the group for over a decade and agrees that community is a big part of what makes the program unique but that for older adults, hiking has an added benefit. "It's really the best allaround exercise," he said. Hiking actively engages the entire body, especially the cardiovascular system, muscles, and bones. It also improves balance, coordination and dexterity. Since the Forever Young hikes range from brisk walks on a flat surface to more strenuous mountain climbing, there is an entry point for most levels of ability and experience. Being outdoors with a peer group also has added benefits for mental health and all of these factors combine to improve overall wellness and quality of life for older adults.

Vancouver Parks and Recreation ensures participants are prepared to participate safely by mandating an in-person orientation, which hikers must complete prior to registering for a hike. During the orientation, trained volunteer guides like Mary Jo and Duke work with new hikers to select the appropriate difficulty level for each participant.

To learn more about Vancouver Parks and Recreation's Forever Young Hiking program, or to register for a hike orientation, visit www.citvofvancouver.us/50andBetter.

FEATURED ACTIVITIES & EVENTS FOR LUEPKE/MARSHALL **CENTER & FIRSTENBURG COMMUNITY CENTER**

Upcoming Forever Young Hike Orientations

Before registering, new hikers must complete an orientation. The orientation includes one hour of classroom time plus a 90-minute hike along the Vancouver Waterfront Trail, maintaining a 20-minute mile pace. For orientation reservations, please call Kelly at 360-487-7084.

• Thursday, April 2 • Thursday, June 4

NEW! Ukulele Club

Dust off your music skills and play tunes with new friends! Club meets on the 1st and 3rd Thursdays of the month from 2-3:30 p.m. at the Firstenburg Community Center. Bring your uke and a music stand, music is provided. Beginners are invited to arrive at 1:30 p.m. to work with an instructor before the club begins. Club fee is \$2, payable at the front desk.

Silver & Fit

Firstenburg and Marshall community centers offer dozens of group classes for all fitness levels, ages and abilities. Vancouver community centers also participate in the SilverSneakers® Fitness Program, Silver&Fit® and the Renew Active Fitness Program, which are designed specifically for Medicare recipients. Become a passholder and take as many classes as you want for one low, monthly fee! If you are Medicare eligible, you may qualify for a free pass. Contact Tammy at 360-487-7038 or Tammy.Bryan@cityofvancouver.us to learn more.

Save the Date for the Senior Prom

Don't miss Vancouver Parks and Recreation's annual Senior Prom! Friday, May 1 from 6 to 9 p.m. at the Luepke Community Center. Visit www.vanparksrec.org to learn more.



MATURE LEARNING AND **ENRICHMENT CLASSES** AT CLARK COLLEGE

Classes are designed especially for lifelong learners age 55 and better. Explore history, culture, arts and more with engaged, interesting people in a relaxed, open and welcoming atmosphere to learn more about subjects like art history, WWII, art, or Tai Chi. Classes are taught by qualified, motivated instructors at an affordable cost.

There's still time to register for February and March classes. Spring term begins April 6. Watch your mailbox the first week of March for the Spring 2020 course catalog.

Register early!

Call 360-992-2939

Register Online at ecd.clark.edu

Locations

MAIN CAMPUS:

1933 Fort Vancouver Way Park for free in any unmarked spot

COLUMBIA TECH CENTER (CTC) Campus: Eastside 18700 SE Mill Plain Park for free in any unmarked spot

ARTS & CRAFTS



Crochet 101

A beginner-level introduction to the basic stitches and techniques of crochet. Each week will focus on advancing the skills learned in the previous classes, ultimately teaching you how to read a pattern and start making your own hand-made gifts. Eastside; 2/18-3/10, Tu 6:30-8:30PM; \$69 CTC

Rm: 210; A. Holmes

Ebru Monoprints: Turkish Marbling

Ebru is the ancient Turkish art of marbling. In this process, colorful inks float on the surface of a viscous solution. Designs in the ink are created with special rakes and combs and are then transferred to paper or fabric. The process is active, fun, and results in surprisingly vibrant and beautiful monoprints. The prints created in class can be used to make gifts, cards, simple books, scarves, textile design, etc. Includes a one-hour break for lunch. Supply list posted on class webpage.

Main Campus; 2/22 Sa 10AM-2PM; \$99 APH Rm: 112; L. Jarzombek

Make Beauty Products from Coffee

Espresso Yourself! In this do it yourself beauty class, we will make coffee soap, luxurious mocha lip balm and an espresso body scrub. Treat yourself to naturally made beauty products that smell good enough to eat! Eastside; 3/7 Sa 10AM-12PM; \$59 CTC

Rm: 153; R. Michaels



Floating Ink

Practice the art of marbling paper that the Japanese call Suminagashi. It is an ink transfer process where colorful Sumi inks are dropped onto the surface of water to float, then are transferred to a sheet of paper or fabric. The prints created in class can be used to make gifts, t-shirts, cards and simple books. Supply list posted on class page on webpage. Bring a brown bag lunch.

Main Campus; 3/14 Sa 10AM-1PM; \$149 APH Rm: 112; L. Jarzombek

COOKING



Whole Food Desserts

Making delicious cookies, candies and ice creams without sugar, eggs, milk, butter, and flour may sound like a fairy tale, but you'll learn to do just that in this class. Join us for a fun-filled afternoon while learning to make several types of ice cream, cookies and candies using simple fruits and nuts. And yes, there will be chocolate!

Eastside; 2/22 Sa 11AM-2PM; \$69 CTC

Rm: 153; S. Parrish

Continued on next page ▶



Jewels of the Mediterranean

Explore the Mediterranean through its cuisine: discover delicious dishes from France, Italy, Morocco, and Spain rich in olive oil and savory spices. Recipes include: French Fennel Salad, Moroccan Chicken Tagine, Italian Green Beans with Pine nuts, and Almond Tart from Santiago, Spain. Eastside; 2/27 Th 5:45-8:30PM; \$69 CTC Rm: 153: E. Garcia-Andre

Chinese Dumplings

In northern China, dumplings ("Jiaozi") are one of the most popular staple foods. Making and eating dumplings is an important activity for most families on the Eve of Chinese New Year, as it's a unique opportunity for family members to gather at a table, wrapping and eating dumplings together. Experiment with a variety of fillings as well as seasoning sauces and soup recipes. Celebrate the Year of the Pig! HANDS ON, Level: Beginner. Eastside: 2/29 Sa 11AM-2PM: \$75 CTC



Rm: 153; J. Zou



Empanadas

Almost every culture has a version of hand meat pies but never as varied as the empanadas from Latin America. Brought by Spanish but every country has their own variations and dough. Learn to make Argentinian Empanadas, Mexican potato and chorizo, Jamaican meat pies, and Columbia chicken empanadas. Eastside; 3/5 Th 5:45-8:30PM; \$75 CTC Rm: 153; E. Garcia-Andre

Continued on page 22



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Losing a loved one is never easy. When people experience loss, they need a strong support network to provide comfort and offer encouragement.

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 Help families make well-planned preparations in their time of need

- Provide a peaceful and soothing environment where people can gather to honor and celebrate the life of a loved one
- Preserve longstanding traditions and customs
- services and products
- Reach out to the greater community

We believe that the success of any business requires dedication and professionalism. In our business, in particular, it also requires a great deal of kindness, compassion and attention to detail. You'll find these qualities in each and every member of our staff at Evergreen Memorial Gardens. Put your trust in us to make this experience as comfortable and carefree as possible.

TECHNOLOGY



Excel I

Fast Track Designed for the new Excel user, this class is a fast track into learning. When time is limited, learn Microsoft Excel 2016 basics in just one day! This fast-paced class will cover spreadsheets and navigation using the Ribbon. Learn formulas and functions, and create charts. See the supply tab for textbook information.

Eastside; 2/22 Sa 9AM-4PM; \$109 CTC

Rm: 339; G. White



Sell it on eBay!

Discover if your item will sell or not in just one minute! Learn how to create a seller account, upload photos, accept PayPal payments, and determine shipping costs. Includes insider tips, tricks and traps, what to sell and not sell, where to get FREE shipping supplies and home pickup. Also learn photography tips that make your items "Pop," plus the best-selling strategies for antiques, collectibles, and items too big to ship. Lecture.

Eastside; 3/9-3/10 M, Tu 6-9PM; \$105 CTC

Rm: 340; K. Boyd



Smart Phone Photography

This course will introduce you to smartphone photography. We will learn how to take a great photo on your phone, what editing apps to use, and how to share and print your final product. Eastside; 3/9 M 6-8PM; \$39 CTC

Rm: 338; P. Muhich

HEALTH





Mindfulness Retreat

Join this mini retreat and give yourself a period of focused, distraction-free time and space to practice mindfulness. This retreat is ideal for those new to mindfulness who would like a brief immersion, and those familiar with the concept who wish to energize and deepen their practice. Together we will review the elements of mindfulness and explore a variety of sitting, walking and light stretching meditations. Main Campus; 2/29 Sa 10AM-2PM; \$99 BHL

Rm: 105; J. Mitchell

Welcome to Medicare

Do you need help understanding Medicare? Come to a free, informative session that explains Medicare parts A, B, C, and D, as well as advantage plans vs. Medicare supplement plans, and prescription drug coverage. SHIBA (Statewide Health Insurance Benefits Advisors) volunteers will be available to answer your individual questions. SHIBA provides unbiased, confidential information on your Medicare rights and options. SHIBA is a program of the Washington State Office of the Insurance Commissioner.

Eastside campus; 3/21 Sa 10-11:50AM; CTC; Rm: 144

Join **VOLUNTEERS** IN MOTION

and make a

Difference!

by HUMAN SERVICES COUNCIL, for The Columbian



Picture hearing about a concert at Esther Short Park that you really want to go to, or looking in your kitchen and seeing that a grocery shopping trip is needed, or a doctor's appointment that you really need to get taken care of... now think about not having any way of getting yourself there. That is the reality for over 3.5 million people every year. They lack transportation.

Volunteers in Motion (VIM) is a new program of the Human Services Council that is recruiting volunteers who would like to give back to Clark County's aging adults and others who need transportation to maintain their physical and emotional health and independence. Volunteers in Motion will screen and register passengers that need transportation

to meet their basic needs and engage willing volunteers to assist them in getting where they need to go. These appointments might be a medical appointment, a shopping or nutrition trip, or some socialization like the library, a movie, a visit with friends or relatives, or other event.

BECOME A VOLUNTEER DRIVER - A

volunteer driver can either choose to use their own vehicle to provide rides. or they can volunteer to drive a small group of people using the Human Services Council's Community Access vans. Drivers using their own vehicle will be reimbursed mileage for these trips. All drivers need to be at least 21, have a current driver's license, clean driving record, current insurance, and be able to pass a background

check. Drivers are provided thorough training and expenses for background checks. Other related requirements will be paid for by the Human Services Council. Even if you only find time in your schedule to drive a few trips a week, it would be greatly appreciated by Volunteers in Motion, the passengers, and their families.

CAN'T DRIVE... DONATE - If being a driver isn't an option for you right now, could you Give the Gift of a Lift? For \$20 you could provide someone a much needed round trip that will allow them to maintain their health and independence. Donate here: www.hsc-wa.org

To volunteer call Volunteers in Motion 360-735-3680 or email volunteersinmotion@hsc-wa.org

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BRAIN-HEALTHY HABITS TO EMBRACE

ognitive decline is a condition that is often associated with aging, but even middleaged people can experience memory loss or cognition issues.

The Alzheimer's Association says that more than five million Americans are living with Alzheimer's disease and other dementias. By 2050, that number could rise to as high as 16 million people. More than 747,000 Canadians are living with Alzheimer's or another dementia, says the Canadian Alzheimer's Association.

Although there is no definitive way to prevent dementia, living a long, vibrant life may be possible by encouraging some healthy habits for the brain. It is never too late or too early to begin health and lifestyle changes.

EXERCISE

Becoming more active can improve brain volume, reduce risk for dementia and improve thinking and memory skills. The journal Neurology found that older people who vigorously exercise performed better on cognitive tests than others of the same age, placing them at the equivalent of 10 years younger. Increased blood flow that occurs with physical activity may help generate new neurons in the hippocampus, an area of the brain involved with learning and memory.

The Harvard Medical School says aerobic exercise may help improve brain tissue by improving blood flow and reducing the chances of injury to the brain from cholesterol buildup in blood vessels.

QUIT SMOKING

The Alzheimer's Association indicates that evidence shows smoking increases the risk of

cognitive decline. Smoking can impair blood flow to the brain and cause small strokes that may damage blood vessels.

LOGIC FLEXIBILITY

AWARENESS ORIENTATION
CONTROL
GOAL EMOTIONS

ATTENTION DEPOSITION SOFF

MOVEMENT PROCESS

IMAGINATION

UNDERSTANDING
SPEECH LANGUAGE

MEMORY

RESPONSE

HEARING

FOCUS VISION INFORMATION

COORDINATION

BALANCE

EAT HEALTHY FOODS

PLAN PROBLEM

SKILLS IDFA

SMELL

CONCENTRATION

Foods that are good for the heart and blood vessels also are good for the brain. These include fresh fruits and vegetables, whole grains, fish-based proteins, unsaturated fats, and foods containing omega-3 fatty acids. Neurologists state that, while research on diet and cognitive function is limited, diets, such as Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to a lower risk of cognitive issues.

CONSUME CAFFEINE

Caffeine may help boost memory performance and brain health. A Journal of Nutrition study found people ages 70 and older who consumed more caffeine scored better on tests of mental function than those who consumed less caffeine.

Caffeine may help improve attention span, cognitive function and feelings of well-being. Information from Psychology Today also indicates caffeine may help in the storage of dopamine, which can reduce feelings of

depression and anxiety. In addition, compounds in cocoa and coffee beans may improve vascular health and help repair cellular damage due to high antioxidant levels.

WORK THE BRAIN

Engaging in mentally stimulating activities can create new brain connections and more backup circuits, states Dr. Joel Salinas, a neurologist at Harvard-affiliated Massachusetts General Hospital. Working the brain through puzzles, reading and participating in social situations can stimulate the release of brain-derived

neurotrophic factor (BDNF), a molecule essential for repairing brain cells and creating connections between them.

A good way to combine these lifestyle factors is to take an exercise class with friends, mixing the social, stimulation and exercise recommendations together.

Cognitive decline can come with aging, but through healthy habits, people can reduce their risk of memory loss and dementia.

PACIFIC NW WEEKEND TRIP

Did you know?

Few things embody the spirit of the open road as well as recreational vehicles, or RVs. The mere sight of an RV traveling alongside them has inspired many motorists to plan their own road trips, and such road trips have only been made better by RVs. While they might seem like a relatively recent phenomenon, RVs actually trace their origins to 1910. According to Go RVing®. an online resource for RV enthusiasts, the first modernized campers were built in 1910. While those campers were downright primitive compared to modern RVs, the latter would not be possible if not for the development and success of the former.

Go RVing® notes that the 1913 Earl Travel Trailer is an ancestor to the contemporary travel trailer, though people who see one today may mistake it for a modern horse trailer due to its appearance. Modern RVs come in all shapes and sizes, and travelers' options in terms of amenities are endless. Basic RVs can be an ideal, no-frills choice for budget-conscious road trippers. For those who want all the amenities of home but the open road, too, luxury RVs, complete with high-tech indoor/outdoor entertainment systems and stacking washer/ dryer units that can put an end to vacation time spent at the laundromat, can make for the perfect vehicle.





By DAMEON PESANTI, for Clark Public Utilities

acific Northwest winters aren't for the faint of heart—the sun doesn't shine, sometimes for weeks on end; temperatures plummet; the rain is constant; and the slightest skiff of snow can shut down entire cities for days at a time.

While it's enough for a person to consider an extended trip to Arizona, the mold and mildew lurking in our environment couldn't be happier.

The dank, damp, and darkness of the season are the perfect conditions for mold to thrive; but not only is it an unsightly nuisance, mold can be downright dangerous to your health.

In some people, mold can cause allergic reactions, as well as nasal and respiratory issues. But the United States Centers for Disease Control and Prevention, reports that prolonged exposure to mold can have numerous negative health impacts, regardless of how healthy a person is.

"This time of year, our homes tend to be a few degrees cooler and much more humid and that means there's going to be more condensation in the rooms where we cook, do laundry, bathe and sleep," said DuWayne Dunham, Clark Public Utilities Energy Services Supervisor. "If those conditions aren't

properly addressed, mold can establish itself and become very difficult to remove."

The best way to keep mold at bay is to make your home's as inhospitable to mold spores as possible. That means keeping your home warm, keeping air circulating throughout your home and removing as much excess moisture as possible.

Keeping indoor humidity low is a critical step toward staving off a mold outbreak. Run exhaust fans during and for even up to an hour after bathing,

Continued on next page ▶

cooking or doing laundry. That's not an option for everyone because many older homes often do not have exhaust fans. In those cases, a dehumidifier might be a good investment.

Homes that rely on zonal heating, such as cableceiling, or baseboard heaters, should consider using indoor fans in different rooms to keep air circulating. Even though it's too cold to open the windows and allow the home to air out, you can still clean your indoor air with an indoor air purifier —just be sure to select one that's large enough for your home.

Central air systems circulate and filter indoor air quite well. But it's important to never close or obstruct any of the vents. Closing vents, not only inhibits good air circulation, it can negatively affect the health of your HVAC system. Blocking vents with sofas, beds, or rugs practically invites mold to grow into the fabric. Sometimes vents are built in the least convenient places and when that's the case, consider investing in heat and air deflectors to redirect air flow into a different part of the room.

This time of year, moisture tends to consistently and subtly build up around doors, windows and the cooler corners of a home—that includes closets, basements



and storage areas. Make it a habit to look those spots over occasionally. Wipe up any moisture you see, or take steps to improve air circulation in the room.

Periodically ensure your plumbing is in good working order. Leaks can cause, not only mold issues, but significant water damage that can be very expensive to repair.

Keeping your home warm will help keep mold at bay, but it also means higher energy bills. However, for a limited time. Clark Public Utilities has doubled its home

weatherization incentives, including windows and insulation. Adding insulation is almost always the most cost-effective way to keep a home comfortable while reducing wasted energy all year long. A wellinsulated home stays warmer, longer and will help prevent mold's ideal growing conditions.

Find out more at clarkpublicutilities.com/ weatherization or speak with the Energy Counselor of the Day desk Mon-Fri from 8 a.m. to 5 p.m. to speak with an Energy Counselor at 360-992-3355, or call the customer service department 24 hours a day, seven days a week at 360-992-3000.

No matter how hard a person tries, practically every home, regardless if it's old or new, large or small is bound to have mold crop up eventually.

If it's caught early, and the problem is superficial, then addressing it is usually as simple as treating it with a mold killing cleaning product or proven home remedy. If the infestation is fairly large, be sure to wear protective gear including gloves, a facemask and eye protection.

If left unchecked, mold can easily grow into walls, flooring and other materials. In those cases, a professional should be called in to assess and recommend next steps.







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clarkpublicutilities.com 360-992-3000

Healthy Comfort Jood Nutritions Comforthe Winter Slump

by EILEEN COWEN, for The Columbian

he winter slump is a tough time of year to eat right. The holidays are long past, and the resolve of New Year resolutions is waning. Yes, we all said we were going to eat more nutritious food during 2020, but it is already mid-February and frankly we are sick of this darn healthy eating. Additionally, fresh vegetables and greens can be hard to find, as Clark County farms are in the early stages of waking from winter slumber. For my family, that only leaves three options - fast food, boring food, or what I like to call, "easy food."

Easy food is the bag of tricks you keep in your dinner arsenal for hectic days. For some, it is boxed mac and cheese, canned chili or any other pantry staple that can be prepared quickly. Although these foods have their place, they aren't usually the healthiest options. Getting through the mid-winter doldrums while keeping resolutions to eat healthy requires a little forethought and creativity. Using base ingredients that can be included in multiple dishes can save time as well as money. Here are five of my favorite things to keep on hand for easy food. Hopefully these suggestions can help you stay on track, save some cash, and get you through the February slump.

Roasted Root Vegetables

About once a week, roast a batch of root vegetables. Potatoes, yams, beets, parsnips, turnips and carrots are all excellent choices. Dice the vegetables, toss in olive oil, salt, and pepper, and roast for 30 minutes at 400 degrees. There are multiple uses for roasted root veggies and they keep very well in your refrigerator. Add them to bean burritos, or a hummus and veggie wrap. Toss them with arugula, goat cheese, and walnuts for a quick lunch salad. Serve hot with pesto and Italian sausage as a main meal. You can even cook them into a quiche or tart. Get creative, you may be surprised how adaptable they are.

Rice, Barley, or Quinoa

Yes, I know. These grains alone seem so bland. But I'm here to tell you, you really can't go wrong having a few cups of cooked grains ready to go in your fridge. A stir fry becomes a cinch if the rice is already prepared. Barley soup pulls together in 10 minutes, and a quinoa salad or grain bowl literally takes minutes to put together. And, if you haven't used the refrigerated rice by a couple of days, rice pudding is a quick and healthy dessert option. There are endless possibilities!

Quick Bread

Mastering the art of a quick bread can save you a lot of time, while stretching your home dinner options. Baked goods such as biscuits, corn bread, beer bread, or even pancakes are incredibly versatile and literally take 30 minutes to cook start to finish. On busy days, biscuits and mushroom gravy or beer bread and soup from the freezer can save suppertime as well as your meal budget. On days when we have pancakes for dinner, I make an extra batch to keep in the freezer. Pop them in the toaster for a quick breakfast or use to make a peanut butter and banana sandwich for lunch.

Roasted (hicken

The best thing about a roasted chicken is that if you are short on time, you can buy one pre-cooked from the grocery store. It can be diced into chicken salad, shredded for tacos or burritos, added to soup, sliced for sandwiches, or added to green salads. When you are done with the bird, be sure to make a batch of broth for soups by simmering the bones in water with herbs, carrots, celery, onions, garlic, salt and pepper. Simmer in a crock-pot overnight, strain the clear liquid and voila! You have easy, inexpensive broth. It is easily frozen in quart containers and can really speed up your dinner plans when the evenings get hectic. Use the broth as a soup base or try your hand at homemade ramen. There are dozens of recipes online, so get creative!

Lentils, Split Peas, and Garbanzo Beans

Known for cooking up super fast as well as being super affordable, lentils and split peas can be the powerhouse of your fridge. Cook up a few batches and you are half way to making curry, veggie burgers, soup, or use them cold as a salad topping. Split pea soup is a favorite of my children and cooks up in less than 30 minutes. Another versatile bean is the garbanzo bean, or chickpea. They can be used similarly to lentils, and although they take a bit longer to cook, they freeze well and hold their texture after thawing. Hummus takes just minutes to blend if you have cooked garbanzos on hand – blend 2 cups of beans, a couple tablespoons of tahini, a clove or two of garlic, ¼ cup of olive oil, squeeze of lemon juice, salt and cumin into a food processor to create your own homemade spread for just pennies.

A favorite soup of my family's is minestrone made with garbanzo beans, vegetables, broth and tomato sauce, and any leftover pasta shells that are in the fridge. Here's my recipe, but the glory of minestrone is the versatility: simply use up whatever you have on hand. If I'm in a rush, I stop by Bleu Door Bakery on Main Street for a baguette or ciabatta rolls to sop up the soup. The soup is an easy meal, and tastes great the next day for lunch, too.

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

Continued on next page

RECIPE

INGREDIENTS

2 tbsp. olive oil

1 medium onion, diced

2 medium carrots, diced

2 stalks of celery, diced

 $1\frac{1}{2}$ cups of chopped vegetables (green beans, zucchini, or squash are all good choices. Sometimes, I employ the ultimate hack and grab a bag of mixed veggies from my freezer.)

3 cloves of garlic, minced

4 cups broth (chicken or vegetable broth are both great options)

2 cups water

1 tbsp. red wine vinegar

½ cup tomato paste

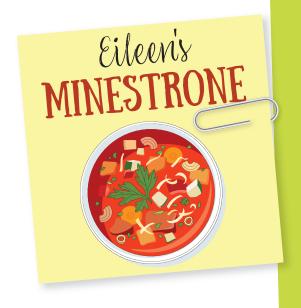
1 large can (28 oz) diced tomatoes

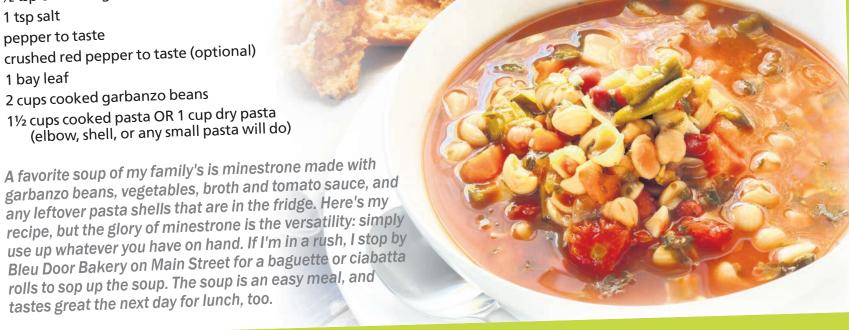
½ tsp each: oregano, thyme, rosemary

1. In a stockpot over medium-high heat, add oil to sauté vegetables and garlic for about 5 minutes, or until soft. Add in herbs and continue cooking until onions are slightly translucent (2-3 extra minutes).

INSTRUCTIONS

2. Add in stock, water, vinegar, tomatoes, paste, bay leaf, and salt and pepper. Simmer the soup for about 15 minutes, then add in beans and pasta and continue cooking for about 10 minutes. (If using dry pasta, simmer an additional 10 minutes or until the noodles are al dente.) Dish into bowls and serve with grated Parmesan cheese or a drizzle of olive oil to finish.





etachment A Healthy life by LETHA BRANDENBURG. **Owner The Healthy Weigh** 30 | FEBRUARY 2020

t's the love month... the one with all the hearts and the flowers. It's the month when we express our love to people we care about the most. As I consider all the ways I've helped people take better care of themselves over the years, love is a topic I've covered often. Loving yourself as well as others makes for a healthy life.

Through the years I've learned to love others and myself better through the practice of detachment. The word DETACH doesn't sound very loving does it? I've discovered that it might be one of the most loving things we can do...for others and ourselves.

Detachment and love play out in my relationships. Love means different things for different people but detachment expresses love with every one of them. Another word for it is boundaries. Detachment takes boundaries to another level. Detachment, although harsh sounding, I've discovered, is one of the greatest forms of LOVE there is.

Detachment, according to the dictionary, means "separation." Embrace means to "come together." How can we do both at the same moment? I believe that we can't really come together without embracing the willingness to lovingly detach.

DETACHMENT IS:

- Being peaceful rather than right
- Not being dependent on others for good feelings
- Never letting someone else control how we think, feel or act
- Living one's own life while letting friends and family live as they choose
- A sure way of expressing unconditional love
- Giving up our fear about another person's journey
- Making no one a project
- · ...and so much more!

I want to be able to live MY life to the fullest because I'm allowing others to do the same. I don't want to take away any part of someone else's journey in this life because I've stepped in to rescue or fix what is only their responsibility. Detaching means that I don't judge or try to control anyone's actions. I don't allow others to determine my

thoughts, feelings or behaviors. It's about taking full responsible for yourself all while you are allowing others to live their own lives.

FOR MY HUSBAND

Detachment means loving him just like he is. It means not only "allowing" him to be him, but also embracing who he is without judgment or control. It's smiling when he stands and picks meat off the chicken bones the minute he walks in the house from work. It's supporting him by freezing leftovers because he fixed food for 30 when 2 were coming for dinner. Detachment is listening sincerely to his stories and the choices he makes in his work knowing that I might make different decisions. It's offering advise when he asks, period. Detachment with my husband is not being dependent on him for my good feelings. Detachment in my marriage is unconditional love.

FOR MY ADULT SON

Detachment means letting go. The greatest display of love a mother shows is allowing her children to spread their own wings and fly. Having only one child has allowed me the opportunity to get it right or fail one time. I've done both. Detachment with my son means, when he's anxious, I pray instead of fix. When he has issues with Dad, I stay out of it, instead of triangulate. It's realizing that walking beside him and offering an opinion when asked

is not the same as taking his "work" away from him. We all have specific assignments in this life. Detachment insures that I won't prevent the growth in my son that he needs to achieve.

FOR MY FRIENDS AND EXTENDED FAMILY

Detachment means not being dependent on them to meet my needs. The thrill of living our lives in harmony with others is amazing, but we must have the freedom to fulfill our part of the journey alone. It's like we are all puzzle pieces... and every piece needs to fill the space of the beautiful completed picture. Detachment with family and friends means I love them for who they are and embrace our differences. It's remembering that I should walk a long side those I love without getting into their business. Detachment loves them right where they are at without expectations.

When we quit trying to live other people's lives for them, quit spending time and energy on the life assignment that has nothing to do with us, we are forced to take a long look at our own life. We find the time to take care of ourselves

Always encouraging you, Letha





Todd Alan Woodcraft

BUSINESS NAME: TODD ALAN WOODCRAFT

Owner or CEO: Todd Alan and Kyle Mangino

YEARS IN BUSINESS:

One year and 8 months but we have over 30 years experience in wood working

WHAT PRODUCTS DO YOU MAKE?

We started out with Charcuterie, Cutting & Serving boards and progressed into a variety of Culinary products for home and professional use. We've recently added a variety of beer, wine and spirits "flight" products for home, restaurant, and bar applications as well. We also create "Industrial Era" steel with wood lighting and Modern Chic lighting for home and office. We do custom tables and benches for home and business. We're an all-around shop. One new recent project is a home and professional line of "Kyoto style" drip cold brew coffee towers. On any given day you can come in and see us brewing cold brew using beans from local roasters. It takes about 8 to12 hours to produce cold brew this way but the taste is phenomenal. We're always happy to let customers try a sample, if we have it available.

WHERE ARE THEY AVAILABLE?

We have a showroom conveniently off of I-205 and NE. Fourth Plain Blvd. We're at 5305 NE 121st ave in unit #501 that's open to the public Tuesday thru Friday and other days by appointment -or- online at ToddAlanWoodcraft.com

WHAT MAKES THEM UNIQUE AND SPECIAL?

Instead of buying pallets of wood, we hand select each piece going through hundreds of exotic and domestic boards and slabs to find ones that meet our standards. Out of the ones we do choose, we selectively pick each piece for the products we make. It's detailed and sometimes challenging process, but it preserves the quality we want each product to have. The quality is in the end product. We strive to make affordable heirloom quality items for everyone.

WHAT IS YOUR COMPANY'S MISSION AND VISION?

Our mission is to continue to grow the business and relationships locally while also maintaining the quality standards we've put into place for both our products and our impact on the local and global environment.

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

Our goal is to continue to create distinctive and powerful new elements in woodworking that people from all lifestyles can use. Elegant and affordable. Products that are as much artwork as they are functional items for the daily world.

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

The quality is in each end product. We strive to make affordable, timeless, heirloom quality items for every one of our customers. Many of our products are online, but we have a lot of original and One-of-a-Kind culinary and lighting items that can only be found by visiting our Todd Alan Woodcraft showroom.

<u>Website</u>: toddalanwoodcraft.com <u>Instagram</u>: instagram.com/toddalanwoodcraft <u>Facebook</u>: facebook.com/toddalanwoodcraft



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.

GOOD MONEY HABITS: Teaching Kids About Money

By JASON ROTHKOWITZ, Financial Beginnings Washington

hat do children need to know about money? Why is financial literacy critical for youth? When children are not taught good money habits and, perhaps more importantly, the reasoning behind them, they are highly likely to develop habits that can harm their future. Young people often learn about money informally through socialization, such as observing and listening to their caregivers, influential adults, and peers. When 31% of adults surveyed have no savings and 15% roll more than \$2,500 in credit card debt each month, it's clear that a significant percentage of children are not being shown the best habits to develop.

So, what is the potential impact when a child doesn't have a good relationship with money? As described by Youth.gov, American young people are increasingly facing higher levels of debt. The average debt of students when they graduate from college rose from \$18,550 (in 2004) to \$28,950 (in 2014), an increase of 56 percent. From 2004 to 2009, the median credit card debt among college students increased by 74 percent. A survey of 15-year-olds in the United States found that 18 percent of respondents did not learn fundamental financial skills that are often applied in everyday situations, such as building a simple budget,

comparison shopping, and understanding an invoice. A report on the results of a financial literacy exam found that high school seniors scored on average 48 percent correct, showing a strong need for more comprehensive financial education for youth in high school. According to the 2008 wave of the National Longitudinal Survey of Youth, only 27 percent of youth knew what inflation was and could do simple interest rate calculations.

Financial illiteracy is more common among lowincome individuals because they typically do not have wide access to accurate financial information. With such illiteracy, youth in low-income households can fall victim later as adults to scams, high-interest rate loans, and increasing debt.

It's important to note that students want financial literacy education. However, what kids want to learn and what adults think they should learn are often two different things. For example, almost 70 percent of adults surveyed felt that teens should learn about how to complete and file a tax return form, but only 39 percent of the teens were interested in learning about this topic. And interests can differ even between student peer groups; when surveyed, pregnant or parenting teens and teens in the juvenile justice

system or on probation were most concerned about learning how to save money for a home. Migrant teens and teens in school were most interested in learning how to save money for college.

When children learn financial literacy at an early age, even as early as Kindergarten, they become less influenced by the attitudes of money held by the adults around them. Once kids understand proper money management skills, they tend to keep and use them throughout their lives. Early financial literacy teaches kids how to have a good relationship with money, an invaluable lifelong skill they won't forget. From learning to identify coins, to more complex topics like budgeting and distinguishing needs from wants.

According to the National Financial Educators Council and Youth.gov, children are not consistently introduced to more formal instruction on money matters. Classroom curriculum on saving, spending, allowances, and the importance of focusing on shortterm goals (e.g., purchasing an item, saving money, paying off a debt) to be able to get to long-term financial goals (e.g., saving for college, buying a house) is critical. Although Washington State has Learning Standards for Financial Literacy in its public schools, there is no requirement that school districts provide any class time to enable students to meet these learning standards which passes the responsibility of this instruction to parents and community resources. Financial Beginnings Washington is a nonprofit resource providing accessible and unbiased financial education programs for youth at no cost. All curriculum and supplemental materials are mailed to participating schools and trained volunteers are provided teach the lessons.

Schools and community organizations are invited to sign up for a financial education program by emailing wa-programs@finbegwa.org or go online to www.finbegwa.org. Professionals and retirees from the financial industry who would like to learn about volunteering to teach can register for volunteer orientation day online at finbegwa.org.



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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A renewed focus on health doesn't mean You're stuck sipping water. Look for Mocktails - mock cocktails - without the booze. Here are some recipes to help.

Dirty Tonic

From Real Simple

1 ounce olive brine

1/2 ounce lemon juice

4 ounces tonic water

3 dashes angostura bitters

Green olives, for garnish

Pour the ingredients into a cocktail shaker filled with ice. Stir until very cold, then strain into a glass. Garnish with olives.

Non-Alcoholic Sangria

From Plated

2 cups boiling water 1 orange, sliced into rounds 1 lemon, sliced into rounds 2 black tea bags 2 cinnamon sticks 1 lime, sliced into rounds 1 apple, cored and cut into 1/2 cup sugar 2 cups cranberry juice chunks 2 cups orange juice 3 cups sparkling water

- 1. Pour the boiling water over the tea bags and cinnamon sticks in a large pitcher. Steep for 5 minutes. Discard the tea bags and stir in sugar.
- 2. Add the cranberry juice, orange juice and cut fruit. Refrigerate for an hour or overnight.
- 3. Just before serving, add the carbonated water. Serve over ice.

Strawberry Watermelon Slush

From Taste of Home

1/3 cup lemon juice

1/3 cup sugar

2 cups cubed seedless watermelon

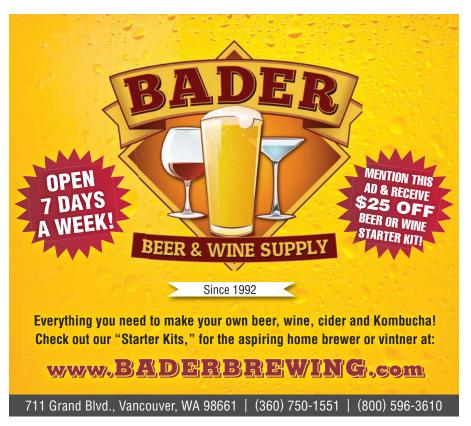
2 cups fresh strawberries, halved

2 cups ice cubes

Place first four ingredients in a blender and puree. Add the ice cubes and blend into a slush.



-GreenShoot Media





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EVENTS

FEBRUARY - MARCH



February 22 & 23, 10am-4pm

WINTER CHAUTAUQUA @ ARTILLERY BARRACKS

The Historic Trust hosts a Winter Chautauqua, "African Americans in the Columbia Basin." The Winter Chautaugua will explore the African-Americans in the Columbia Basin through lectures and exhibits. A special panel will convene on Saturday at 2:00 pm at the Artillery Barracks to explore ideas of the Vanport Flood, historical timelines of African-Americans in the region, and the Buffalo Soldiers. This is a free event. Please RSVP at thehistorictrust.org. 600 Hatheway Rd, Vancouver



February 22, 7:30pm-9pm

LANTERN TOUR @ FORT VANCOUVER

An opportunity for guests to experience the reconstructed Hudson's Bay Company's Fort Vancouver by candlelight, tour reconstructed fort buildings, and encounter historical vignettes and costumed living history interpreters. Visitors will learn what activities would have occurred during the evening hours at Fort Vancouver and enjoy a cup of hot cider at the end of the tour. Tours meet at the entrance gate at 1001 E Fifth St. Arrive at 7:15pm. Cost: \$25 for adults, \$10 for children 15 years and under. Reservations are required for all Lantern Tours. Reservations and payments can be made online at friendsfortvancouver.org/events.





March 5, 6pm-8:30pm

HOOPS FOR HOPE @ CLARK COUNTY FAMILY YMCA

The event hosts a Celebrity Basketball game along with a 3-point competition open to anyone. Suggested \$5 donation at the door. VIP Experience: \$35 or \$125 for four. 3pt Competition: \$20 per player. Contributions raised will be used to serve more than 8.000 youth in sports leagues, summer camps, swim lessons, swim team, Y-Time, licensed childcare and after school and evening programs. As a VIP supporter, you will receive access to private seating and catered food from Main Event Sports Grill, Purchase an individual ticket or bring a group of four friends to share in the VIP



experience. Visit ymcacw.org/hoops-for-hope to learn more. 11324 NE 51st Cir, Vancouver

March 6, 11am-9pm

DINE FOR CHARITY @ RALLY PIZZA

Enjoy great pizza and raise funds to support the Free Clinic of Southwest Washington, 25% of meal proceeds will go to the Free Clinic to celebrate their 30th year providing and facilitating access to free, compassionate, quality health care for children and adults who otherwise would be unable to obtain such services. What began as an urgent care medical clinic one night a week is now the largest walk-in, urgent care free clinic in the state of Washington. All care is provided by 500+ volunteers from the health care community (doctors, nurses, dentists, medical assistants). Rally Pizza, 8070 E Mill Plain Blvd, Vancouver



March 7

DANCING WITH THE LOCAL STARS @ ilani RESORT

Eight local stars will compete for best dance, voted by judges. The grand champion will be the local star who raises the most funds. The event benefits the Three Creeks Rotary Club's giving program. Find tickets at www.dancingwiththelocalstars.com

March 11, 7:30pm-10:30pm

CLARK COLLEGE ORCHESTRA WINTER CONCERT

This all-orchestral extravaganza will include Overture to an Unwritten Tragedy by Parry, Mala Suite by Lutoslawski, Festspel, op. 25 by Alfvén, and Symphony No. 2, op. 30 "Romantic" by Hanson. Admission is free and open to the public. Donations to the Orchestra General Fund will be accepted at the door. Clark College Music Department, 1933 Fort Vancouver Way.



March 22, 9am-1pm

COUVE CLOVER RUN

The 6th Annual Couve Clover 3, 7 or 10 mile Run/ Walk. Courses take you through some of the most scenic areas of Vancouver including historic Officer's Row, Fort Vancouver, the Columbia Riverfront, the Waterfront Trail and more. The course is mostly flat with a couple short hills. Post-event festivities hosted by Main Event. Kids 17 and under get to race the 5K for **FREE**. Register at whyracingevents.com





February 22-23, 28-29, March 1

SUESSICAL JR @ FORT VANCOUVER HIGH SCHOOL Seussical Jr explores the witty, wild and whimsical world of Dr. Seuss as you've never seen it before. Travel back to your childhood to the Land of Whos and the Jungle of Nool and re-discover the delightfully zany characters created by one of the most

beloved storytellers of all time. Both audiences and critics have been eating Seussical up like Green Eggs and Ham! Seussical has been called the "best family musical to hit Broadway in a long, long time!", and Journey is bringing it to you! Hosted by Journey Theater. Made possible in part by assistance from the City of Vancouver's Culture, Art and Heritage Grant Program. Get tickets and showtimes at journeytheater.org

March 14, 1pm-3pm

SECOND SATURDAY @ WATER RESOURCES EDUCATION CENTER

Every second Saturday of the month kids and their families are invited to explore a different topic through hands-on activities, games and stories. March topic: Celebrating Wetlands. This is a free activity. Children must be accompanied by parent or guardian. 4600 SE Columbia Way, Vancouver



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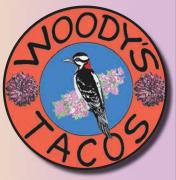
FEB 22: Storm City Roller Derby Tournament

MAR 06-08: 10th Washington State Horse Expo

MAR 21-22: NW Gold & Treasure Show

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