

Living

IN THE COUVE

JUNE 2021



The Columbian

Living

IN THE COUVE

What is The Couve?

The Couve **geographical name**

\ 'thē cōv \ rhymes with 'move'

(noun)

1 —Nickname for Vancouver, Washington.

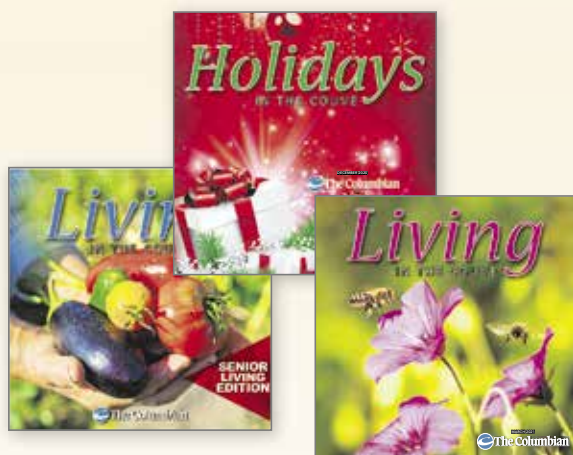
2 —The original Vancouver.

3 —A small city with vibrant communities, urban attractions, and natural recreation areas.

See Also: Greater Couve, Clark County, Southwest Washington

Current issue published June 13, 2021

Find past issues archived online at
www.livinginthecouve.com



Special Publications Manager
Laura Wenrick

Special Publications Editorial Designers
Kristi Atwood, H. Brannon

Content Editor
Kristin Dorsett

Living In The Couve is a quarterly 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.

Summer Edition

SPECIAL FEATURES



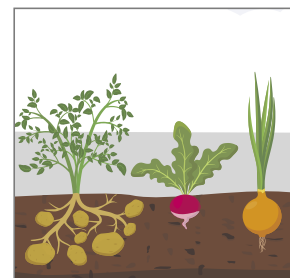
04 GET YOUR GLAMP ON



12 GOT WATER?



14 MULTI-TASKING LANDSCAPES: Using Food Producing Plants in Your Ornamental Spaces



16 Quick Start Guide to Vegetable Gardening



18 Plants that Keep Bugs Away from Outdoor Living Spaces

26 SMOKEY CORN is a Classic Campfire Dish



In this **ISSUE**

06 Electric Power

08 Give Old Paint a New Life

10 Finding and Treating a
Silent Killer

20 Beware of Skimmers
& Shimmers

22 Can I Travel After Getting the
Covid-19 Vaccine

24 Talking To Your Doctor

27 Summer Slush!

28 Adult Coloring Page

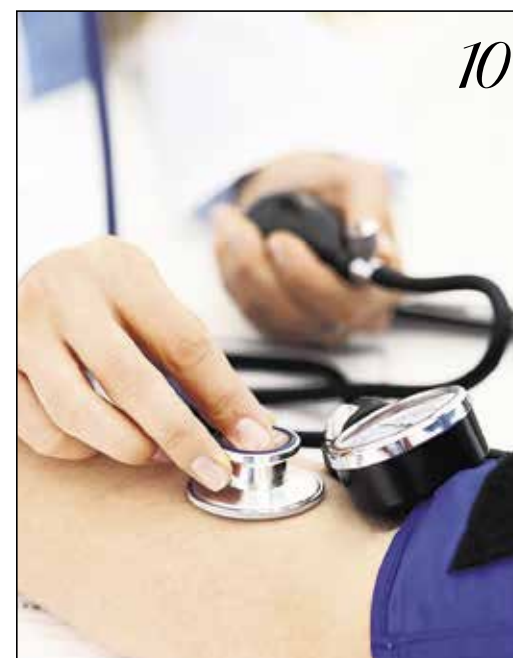
30 EVENTS
June 2021 - September 2021

Nonprofit Spotlight

21 NW Association for
Blind Athletes

25 West Van for Youth

31 Pathways Clinic



Get Your Glamp On

Most people enjoy the great outdoors and the natural beauty of nature, but not everyone enjoys the rugged aspects of actual camping. Just setting up the tent and campsite can be a deterrent to camping for a lot of people, not to mention a bit too much exposure to weather, dirt, and bugs! Now there's a better option. It's called "glamping." And it's become a trend.

Glamping isn't just camping. It's camping in the lap of luxury. More and more campgrounds across the country are offering glamping accommodations that can be cheaper than or comparable to the cost of a hotel room. But with more nature — and more romance. It can even help with your health. According to KOA, 45 percent of American campers says it helps reduce stress and 39 percent say they feel an improvement in their health when they go camping.

Types of Glamping

You can glamp in a variety of structures, none of them ordinary. Cabins are the most home-like and often come with conveniences like included cookware and linens.

Yurts are tent-like structures with fabric walls that originated in Mongolia. Teepees are similar but were used by Native Americans. You can also glamp in travel trailers like Airstream campers, but without having to drive it yourself. Cabins and campers are more likely to have private bathrooms while yurts, tents and teepees are more likely to share a bathroom facility.

What to Look For

A great glamping site should have clean, accessible bathrooms or private restrooms for your use. It should also include linens and electrical hookups and plenty of recreational activities. Also ask your glamping site about their social distancing and cleaning procedures during COVID-19.

What to Bring

Depending on where you choose to glamp, different amenities may be included. But here are some general tips on things to bring with you and keep in mind from KOA. You should bring your own toiletries; consider upping the ante with special luxury items to use. Also bring lanterns, candles and flashlights to give your camping space a cozy glow.

If you're in a cooler climate, bring a heated blanket and, of course, everything you'll need for special meals.

Make Some Plans

Here are some great ideas for making your glamping trip special:

- Visit local farms, wineries, dairies and breweries and pick up fresh ingredients to make a great meal.
- Build a fire and do some stargazing. If you see a shooting star, make a wish.
- Take a long hike and spend some time together in nature.
- Try a new activity together, like ziplining or horseback riding.

Continued on next page ►



This concept puts a glamorous spin on the traditional notion of camping. It's not exactly the Hollywood red carpet kind of glamour, but more about comforts and even a bit of luxury in a natural landscape. Many vacation resorts and campgrounds have begun offering a variety of options for glamping. Here are some places to check out where you can find rest and relaxation, without roughing it. Be a happy glamer this summer!

Airstreams

The iconic airstream trailer has returned to popularity. It's a throwback to the 1950s style family vacation and simpler times. Having your own travel trailer can be a hassle with transport and upkeep. Now there are campgrounds offering an Airstream glamping experience with the accommodations provided onsite.

Hart's Camp – Pacific City, OR

Choose from one of seven unique Airstreams with your own private site, outdoor space and accommodations including full indoor bathrooms and kitchens, as well as outdoor shower with living plant wall. Community amenities include gazebo, games like Giant Jenga, cornhole, and horseshoes; bonfire pit for toasting marshmallows; cruiser bikes for exploring the sites and more. Check for pet friendly options. www.hartscamp.com

Bay Point Landing – Coos Bay, OR

Surrounded by the pristine landscape and breathtaking views of the Oregon Coast, this glamping destination offers Airstream Suites designed as a classic and comfortable retreat. Each suite has a kitchenette and full bathroom, plus an outdoor fire pit. Campground amenities include an indoor heated saltwater pool, fitness center, kids den, and more. Pets and kids are welcome.

www.baypointlanding.com

The Vintages Resort – Willamette Valley

This resort offers 35 fully restored and custom fabricated Airstream trailers available in 23 unique styles such as the 1947 Spartan Manor, 1948 Westwood, and 1956 Santa Fe. Perhaps consider the Neutron Couples option which is a trailer for two (or even just kick it solo!) with luxurious indoor soaker tub. What better way to enjoy a glass of Willamette Valley wine? Community amenities include outdoor grills, cruiser bikes, general store, pool, clubhouse, and a Fireside area for ages 21 and older.

www.the-vintages.com

Luxury Teepees & Tents

Leave your tent and gear at home when you visit these vacation spots. They will take care of the accommodations along with many options for fun and relaxation.

Panacea at the Canyon – Central Oregon

This high desert experience is a "signal-free sanctuary." Go off the grid and surrender to a 40-acre spa experience with custom made safari tents, holistic treatments, yoga, meditation, farm to table dining, and premier hospitality. Choose from seven Stargazer Luxury Tents with en-suite bathrooms. Activity options include hot air ballooning, rock climbing, or explore the nearby Smith Rock State Park and Lake Billy Chinook.

www.panacearesort.com

Smokiam Resort - Soap Lake, Washington

While these waters are not "hot," Soap Lake has possibly the most diverse mineral content of any body of water in the world which the ancients called "healing waters." Mud Baths, soaking, and swimming are all ways visitors can absorb the nutrients of this natural wonder. Accommodations include cabins and teepees. Park amenities include a swimming pool, two hot tubs, steam room sauna, restroom and showers, laundry room, playground, mini golf,

www.smokiamrvresort.com

Crystal Crane Hot Springs - Burns, Oregon

Choose from several teepee styles or even an authentic Sheep Herders Wagon converted into a beautiful room. Each of these options come with a private enclosed patio with a fire pit, charcoal barbecue, picnic table, and a two-person soaking tub. You can also choose to soak in the natural 7' deep public pond or one of the six private indoor bath houses with cedar tubs. www.cranehotsprings.com



Electric Power

by DAMEON PESANTI, for Clark Public Utilities

⚡ teven Lough's family owned a GMC dealership for 46 years and in 1980 they made headlines when they rolled four new electric vehicles onto the showroom floor.

"The newspaper, television and radio reporters marveled at them, of course this was during the gas crisis," he said. Yet despite the excitement, it took three years to get all of them sold, and at prices below his invoice cost.

Perhaps best described as the early adaptor's early adaptor, Lough's love for the electric car never faded. For 32 years he was president of the Seattle Electric Vehicle Association. Today, the fully electric Chevy Volt parked in his driveway today is the eighth EV he's owned.

"(EV)s are really fun to drive," he said. "The immediate response is so overwhelming compared to a similarly priced car with a four- or six-cylinder engine."

Continued on next page ▶



He said the pep of an EV combined with the incredible fuel and maintenance savings make purchasing an EV, new or used, worth it to just about any driver. Plus, they offer peace of mind to those who want to shrink their carbon footprints and reduce transportation emissions.

Clark Public Utilities wants to help more local drivers experience the fun and efficiency of driving electric, so we now offer a suite of rebates to help customers make the switch.

The utilities' Board of Commissioners approved the Transportation Electrification Plan in March, which included several EV rebates. The Used EV Rebate Program and Level II Charger programs, offered to both residential and business customers, officially launched in early April.

The Used EV Rebate Program is designed to help low- and limited-income customers enjoy the savings and reliability of an electric vehicle. Income-qualified customers are offered a rebate of \$1,000 or \$2,000 for the purchase of a used EV costing \$20,000 or less. The rebate amount is based on the household's income, not the cost of the vehicle. So, a qualified customer will get the same amount for whatever EV they choose under the price limit. There is a limit of one rebate per household.

Electric vehicle owners often love their cars because they're fun to drive and cheap to own. Drivers wave goodbye to gas stations, oil changes and other traditional vehicle maintenance. All that savings adds up quickly and many used EVs end up paying for themselves after a few years.

Curious to know what you could save? Check your potential with the Electric Vehicle calculator on the utility's website at myaccount.clarkpublicutilities.com/evCalculator. There you can enter your current vehicle's fuel mileage, current gas prices and see how much money you could save every month and every year in an EV. The results may surprise you.

"Switching from a gas to an electric car will save consumers a lot of money, switching will also significantly reduce their emissions and help improve local air quality," Clark Public Utilities Energy Resources Program Manager Matt Babbitts said. "When a vehicle is powered by our electricity it'll reduce the owner's personal transportation emissions by nearly 90 percent."

In fact, the average gasoline powered vehicle is estimated to produce 11,435 pounds of CO2 emissions per year, while an EV powered by Clark Public Utilities electricity will produce about 1,260 pounds of CO2 emissions.

Lough said older EVs are a great choice for many, especially those who are on a budget and commute less than 30 miles one-way. He said he recently sold his Mitsubishi EV, which was loaded with extra features, to an older gentleman for about \$4,500. The car has a range of about 75 miles on a full charge, but that was far less than the new owner's daily drive.

While EVs generated a lot of interest a few years ago, range anxiety was a common factor holding many people back. But with more than 100 public charging stations around Clark County alone, drivers don't need

to worry about running out of juice any more than they worried about running out of gas.

Electric vehicles can be charged at a standard electrical outlet, but that method can require days to reach a full charge. A level II charger significantly speeds up the process, but at 240 volts and up to 50 amps, these chargers need to be installed by a professional electrician.

Another EV program from Clark Public Utilities will provide residential customers with up to a \$500 rebate for the installation of an Energy Star-rated, and internet-connected level II charger, or a \$100 rebate to install any kind of level II charger without internet connectivity. Business customers are eligible for a \$500 rebate without a limit on the number of chargers per site.

More details about owning an EV and links to the EV rebate programs are available on the "Plug in, Power up and Drive" page of the utility's website, clarkpublicutilities.com. While you're there, consider using the "customer input portal" and offer your suggestions and ideas for future EV programs.



Park, Plug in and Power Up!

Save money and cut emissions with an electric vehicle

If you own or are considering an electric vehicle, incentives are available for the installation of various charging stations and more. There are incentives for business customers, too.

Visit our website for more information:

clarkpublicutilities.com/ev



clarkpublicutilities.com





GIVE OLD PAINT

A NEW LIFE

by **TINA KENDALL** and **JESSICA FISCHBERG** for Clark County Public Health Solid Waste and Environmental Outreach

Spring cleaning on your mind and wondering about those dusty paint cans in the garage or shed? You're not alone and it may be time to recycle them responsibly.

A new paint recycling program is available in Clark County, allowing households and businesses to recycle leftover paint, stain, and varnish conveniently and sustainably.

Operated by the nonprofit PaintCare, the program

launched April 1 and has partnered with 18 retailers countywide and counting to offer paint recycling drop-off sites and more than 150 sites across the state. PaintCare is replacing the Clark County Paint-Take-Back program that has operated in the absence of a stewardship program since 2005 through a partnership between Clark County and Waste Connections.

PAINT RECYCLING DROP-OFF

Signs that your paint may be past its prime include a

strong, rancid odor; a puffed-up lid or bulging can; or paint that doesn't mix well or starts to separate after 10 to 15 minutes. Even if the paint looks all right, it may be worth testing it out on cardboard to look for a smooth application and uniform color. Oil-based paints have up to a 15-year shelf life and latex paint up to a 10-year shelf life with proper care and storage.

Continued on next page ▶

PaintCare drop-off sites do not accept aerosol spray cans, solvents, and products designed and labeled for industrial or non-architectural use. Dried, rock-hard paint cannot be recycled so please dispose of as trash. Remove the lid from the container so that the collector is aware there is no liquid inside.

In preparation for your visit, ensure that lids are tightly secured with no leaks and in their original containers with manufacturer label. Please do not mix paints together or drop-off empty paint cans. Empty metal cans can be taken to a recycling facility and empty plastic cans should be placed in your garbage container. Visit recyclinga-z.com or download the RecycleRight app for detailed information.

Drop-off locations for paint recycling can be searched for at paintcare.org/drop-off-sites. Most sites accept both latex and oil-based architectural paint products, including paints, stains and varnishes.

WHAT HAPPENS TO LEFTOVER PAINT?

Leftover paint that is collected through this program is assessed according to a policy of highest, best use. The better-quality paint is made available to consumers through reuse programs and the rest is recycled.

Latex-based paint makes up about 80% of what PaintCare accepts, most of which is sent to processors to manufacture recycled-content paint products. Sometimes it is used for concrete mixtures,

landscaping materials or as a component of daily cover for landfill management. Oil-based products make up the remaining 20% of items received through the program that is then used as fuel. Even the paint containers are source-separated and mostly recycled by paint processors.

If you're interested in promoting reuse, consider purchasing recycled-content paint from a local retailer.

PAINT STEWARDSHIP

PaintCare was chosen by the Washington State Department of Ecology to manage leftover paint in the state, following the paint stewardship law signed by Gov. Jay Inslee in 2019.

The law ensures that everyone who produces, sells, and uses paint work together to manage its entire life cycle. To date, PaintCare has processed more than 46 million gallons of paint across nine states and the District of Columbia.

A small fee — called the PaintCare fee — on the sale of new paint funds all aspects of the program including paint collection, transportation, processing, and public education. The PaintCare fee in Washington is the same as in neighboring Oregon and varies by container size: \$0 for half pint or smaller; \$0.45 for larger than half pint up to smaller than one gallon; \$0.95 for one gallon up to two gallons; \$1.95 for larger than two gallons up to five gallons.



Old Paint. A New Life.

New paint recycling options for households and businesses in Clark County!

paintcare.org/wa



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

FINDING AND TREATING



A SILENT KILLER

by MICHAEL PAULL, MD, *The Vancouver Clinic*

You can't see it. You can't feel it. Yet it contributes to nearly 1,300 deaths a day across the U.S.

High blood pressure is a silent killer. Unaddressed, it can damage blood vessels and lead to heart disease, heart attacks, and strokes. With appropriate treatment—including diet, exercise, and medication when necessary—high blood pressure can be controlled.

This spring, Vancouver Clinic launched a new program focused on high blood pressure. Helping patients control this important metric, and educating people about the condition, is part of our ongoing commitment to our community's health.

More than 1 in 4 adults in Washington have high blood pressure, also called hypertension. Those with hypertension tend not to develop symptoms, which

means it can easily go unnoticed. It's usually detected when patients receive medical care or check for it at home. High blood pressure is relatively common, and people often fail to realize how important it is. Because it may seem normal, they stop worrying about or treating it.

At Vancouver Clinic, we're addressing hypertension on multiple fronts, starting with measurement. Accurate blood pressure readings are essential, helping us identify individuals who can benefit from more support. We're providing additional training to all of our staff on how to obtain blood pressure readings. We advise patients who are monitoring blood pressure at home to use the same standards:

- Try to avoid drinking caffeine, smoking, or exercising 30 minutes before measuring

- Relax quietly beforehand
- Sit upright with feet flat on the floor and the back supported
- Place the cuff over a bare arm and keep the cuffed arm on a flat surface at heart level
- Resist talking or scrolling on a phone.

As an organization, we're also increasing communication of patient blood pressure information. For example, if an individual with a history of high blood pressure has a high reading while seeing a specialist, they will hear from one of our panel coordinators via a phone call, letter, or MyChart message. From there, staff will suggest whether they should see their managing provider, monitor blood pressure at home, or come in for a nurse visit.

Continued on next page ►



Sometimes the patient may just need more education about lifestyle changes. Patients can better control blood pressure by adopting several habits:

- Get regular exercise
- Eat a healthy diet
- Reduce salt intake
- Maintain a healthy body weight
- Avoid smoking
- Continue routine preventive care visits.

For many patients, these changes alone may not be sufficient to control blood pressure. In these cases, medications are a valuable tool. Taking a prescription as directed is sometimes necessary to make a significant impact on blood pressure control.

Sometimes individuals have significant barriers to managing their blood pressure. They may have trouble understanding what they need to do and why, paying for medication, or finding the time or resources to make diet and exercise changes. By partnering with targetbp.org, an American Medical Association and American Heart

Association joint program, Vancouver Clinic is starting to tackle one of these obstacles. We're offering a limited number of blood pressure cuffs for home monitoring to patients at our neighborhood clinics.

As a family medicine physician, I routinely see patients with high blood pressure in my practice. I've found that a strong partnership between the patient and provider helps patients achieve their goal. Working together as a team also ensures patients are able to maintain a healthy blood pressure into the future.

Reducing hypertension in our community is a challenge—one we know that we can meet. If you have concerns about your blood pressure, or haven't had your blood pressure measured recently, I encourage you to make an appointment with your clinician. Taking control of your blood pressure is one of the most important things you can do for your health.

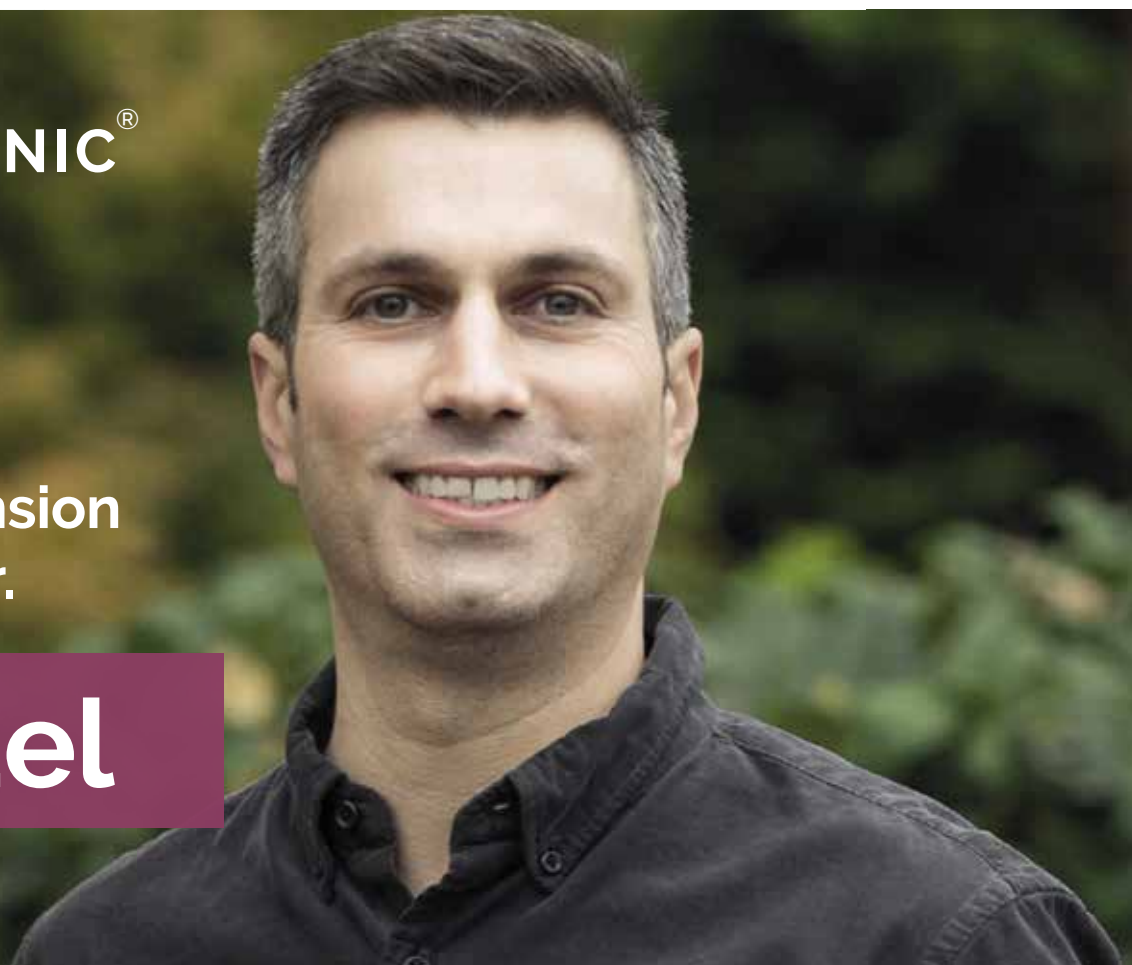
As medical director of primary care and continuous improvement at Vancouver Clinic, Dr. Michael Paull finds innovative ways to help patients live healthier lives.



Soccer coach. Hypertension expert. Medical director.

Meet Michael

tvc.org/meet-michael



got

Water?

by TODD KAPRAL, Backyard Bird Shop

When people think about accommodating the birds in their backyard it is important to consider offering a source of water in addition to food. For me, watching the birds in my yard splash around in the bird bath or fountain is somehow meditative.

Here in SW Washington, this past April was one of the driest on record. A birdbath can be an attractive and welcome source of water and not just for seed-eating birds. All birds need fresh, clean water and a birdbath is a good way to attract new birds to your yard (ie, American Robin, Cedar Waxwing, etc ...)... Birds need this supply of

water for both drinking and bathing. If you are considering adding water to your backyard offerings, there are a lot of options to choose from.

No matter if a bird bath is low to the ground, on a pedestal, or hanging, the main attribute that makes it bird “friendly” is depth, or should I say lack of depth. Since our backyard feathered friends are not good swimmers, the preferable bath is only going to be an inch or so deep. If you happen to have a bath that is deeper than that, you might consider shallowing it up with some rocks or pebbles. I had some extra pieces of flat limestone leftover from a garden path that I used in mine. Having a shallow area will encourage smaller birds like finches and sparrows and the deeper part will appeal to Robins and other larger birds. The height of the bath off the ground isn’t as important as the depth. Remember, without us, they bathed in puddles. Although, I will say if there are neighborhood cats around, having a bath up off the ground might be better.

Continued on next page ▶





Water in motion is also very attractive to birds. Rock bubblers can be added to a birdbath to get things moving. There are plug-in pumps, solar-powered pumps, and misters or drippers that attach to your outdoor faucet. The plug in bubblers usually involve a faux rock cover over a small electric pump. These work great in deeper baths because the pumps need deeper water to operate and at the same time, provide a shallow spot on top of the rock form for bathing. The solar powered pumps are nice because they are self contained and don't require an outlet or faucet. In my experience, these are truly solar-powered and only work in direct sun, so location is key. You can add a dripper or mister to a bath to introduce a slow supply of fresh water. They usually attach to your outdoor faucet with a 'Y' valve so you can still use your garden hose. Some simply clip on the side of a birdbath and others just sit flat. Hummingbirds love a good mist and will often hover in it to bathe. With drippers and misters, the water will tend to overflow but it can help keep a shallow bath full. One side benefit I discovered with them is that the slow introduction of fresh water really cuts down on the algae and keeps the water a lot fresher. This brings me to cleaning.

The best way to clean a birdbath is with a 10% solution of bleach and water. I usually allow the bleach to sit for a few minutes to kill any bacteria and then rinse thoroughly. A stiff brush can be handy on a concrete bath to scrub out the crevices and remove tough debris.

There are also natural enzymes you can use weekly in your bath or fountain that are safe for fish, pets, and wildlife. Start with a clean bath and add a capful a week. It's as simple as that. You can usually find these enzymes at your local backyard bird feeding supply store.

In the winter, water is just as important. I try to keep my birdbath and fountain cleaned regularly. With lots of birds using them, they can get dirty fast. If we expect freezing weather, bird bath de-icers are also a good way to keep things thawed out. Some even have a built-in thermostat that turns the heater on and off only when needed. If you happen to have a bird bath that is glass or pottery, having a de-icer is a good way to keep a delicate bath from cracking if it freezes.

Whether you choose a fancy bath or something as simple as a plastic dish on the ground, offering water can help create the oasis your feathered friends are looking for.



Make Summer a Splash!

- **Birdbaths & Fountains**
- **Misters & Drippers**
- **Wind Spinners & Solar Garden Art**
- **Gazing Globes & Garden Decor**

Visit our website to get our **FREE** quarterly newsletter.

Vancouver | 8101 NE Parkway Dr. | 360-253-5771 ext. 5

BACKYARDBIRDSHOP.COM







MULTI-TASKING LANDSCAPES:

USING FOOD PRODUCING PLANTS IN YOUR ORNAMENTAL SPACES

by BEKAH MARTEN,
WSU Extension Clark County Master Gardener

JUST AS OUR HOME DESIGNS HAVE EVOLVED OVER THE YEARS TO INCLUDE MORE OPEN CONCEPT OR MULTI-PURPOSE SPACES, OUR GARDENS CAN TOO.

We often relegate food producing fruits and vegetables to a sunny back corner of our yard, but we don't have to compartmentalize plant types. Many fruit and vegetable plants are beautiful or showy enough to take a prominent place in your landscape.

Using edible plants throughout your landscape allows you to make the most of your space. Many people are growing on smaller, suburban lots where space is tight. Incorporating edible plants into your flower beds or other landscaped areas asks plants to be not only eye-catching but also food producing, therefore becoming multi-tasking plants.

Instead of filling the containers on your porch with flowering annuals each spring, consider choosing plants that are multi-purpose. Flowers such as nasturtium and calendula give your porch a pop of color and their petals are a great addition to your dinner salad.

Many herbs grow well in containers on a sunny porch or deck. Rosemary, basil, lavender, thyme, and others can

greet guests with a beautiful scent and are appealing to look at as well.

As you plan out your flower bed plantings, incorporate some edibles into the mix. Leafy lettuces, kale, and chard would all mingle well with your petunias. Rhubarb can multi-task in the flower bed with its large, showy leaves and bright, red stalks. And you can't have rhubarb without strawberries! Strawberries are fantastic used as a ground cover in your garden space.

There are many fruiting shrubs that provide visual appeal along with berries. Blueberry bushes really show off in the garden each fall with their flaming, red foliage. The leaf shape of dwarfing or standard fig trees adds a tropical vibe to ornamental garden beds. And the black elderberry bush will not only provide you and local wildlife with nutritious berries, but its dark, lacy leaves and pink flower clusters are a gorgeous addition to any landscape.

We may be familiar with the large form of the standard apple tree and think that an apple tree would not fit in an

ornamental landscape. But there are columnar, dwarfing varieties that make a great entrance to a path or in front of a gate. Growing two feet wide and 8-10 feet tall, these don't require a lot of space.

Espalier fruit trees such as apple or pear can create a living, edibles producing fence for your property. They are visually quite striking when mature. With proper care and training, you can have a conversation piece for your neighborhood.

A pergola over your back patio could be home to a climbing floral vine like jasmine or honeysuckle, or you could use it as a support for grapes or kiwis instead. These beautiful vining plants give you the same effect of dappled shade while also providing delicious fruit.

When looking to incorporate edible trees, shrubs, or plants into your ornamental landscape spaces, it is important to choose an appropriate location. Determine

Continued on next page ►



All photos Bekah Marten

the light requirements for each. Many, but not all fruits and vegetables need six or more hours of sun each day.

Space is important as well. Take into account the physical space needed for the proposed tree or shrub. Consider the size of the tree or shrub at maturity, not what it currently looks like in its nursery pot. For visual folks, take a tape measure and mark out a space representing the tree at full size to really see how wide and tall it will become.

Don't forget to consider the time investment when growing edibles. Fruit trees and shrubs will need to be pruned in order to produce well. Fertilizing and watering needs will differ slightly from ornamentals. Fruit and vegetables must be harvested at proper times and then eaten or preserved.

Lastly, get creative with your landscape. Break away from thinking that your fruits and veggies are merely being grown for food and should be stuck in a back corner. Or that you wouldn't have the space to grow them in small city lot. As you can see, it's easy to add them into any space and be both food producing and eye catching. Let your plants multi-task for you.



Gentle Prices

at a difficult time....



EVERGREEN STAPLES
FUNERAL HOME

- Pre-Arrangement Plans Available
- Explore Cremation Services
- Personalized Funeral and Burial Arrangements
- Own & Operate Our Crematory located at 1101 NE 112th Ave., Vancouver
- Для Вашего удобства, у нас имеется русско-говорящий сотрудник!
- Serving Clark County for more than 100 Years!

Local Family Owned and Operated

Please visit our website
www.evergreenstaples.com

Online Arrangements Available

- OUR NEW LOCATION -

3414 NE 52nd Street

(at St. Johns & 52nd Street)

360-693-3649



Quick Start Guide

to Vegetable Gardening

by BEKAH MARTEN, WSU Extension Clark County Master Gardener

The sunny spring days we have had over the last few weeks has many wanting to get outside and plant a garden. But if you haven't grown a vegetable garden before, it can feel overwhelming. Rest assured, it can be managed in just a few simple steps.

First; location, location, location! Choose a sunny spot in your yard that receives a minimum of 6 hours of sun each day. You're asking your plants to provide you with food, and they will need the energy from the sun to complete this task.

Continued on next page ►

Rich, loamy soil is a prerequisite for healthy plants. But what does that mean? Loamy soil is a balance of sand, silt and clay. If your soil drains rapidly, it may have high sand content. If it holds standing water for hours, it may be more on the clay side. You can amend your soil with compost, peat moss or other organic matter to help achieve a better balance.

Hydration is important to keeping your veggies growing well. Make sure there is a water source near your garden area. You do not need to have an elaborate irrigation system. Some soaker hoses or a trusty watering can will do just fine. Watering at soil level, as opposed to overhead sprinklers, is preferred.

Once you've accomplished these three key elements, you're ready to plant. You can choose to start your vegetables from seeds or starts. Some vegetables, like beans and zucchini, grow quite easily from seed and therefore can save you money by buying packets of seeds. While others, like tomatoes and peppers, require a longer growing season so you have an advantage when buying them as starts. Follow directions on the seed packet or plant tag for proper spacing between plants.

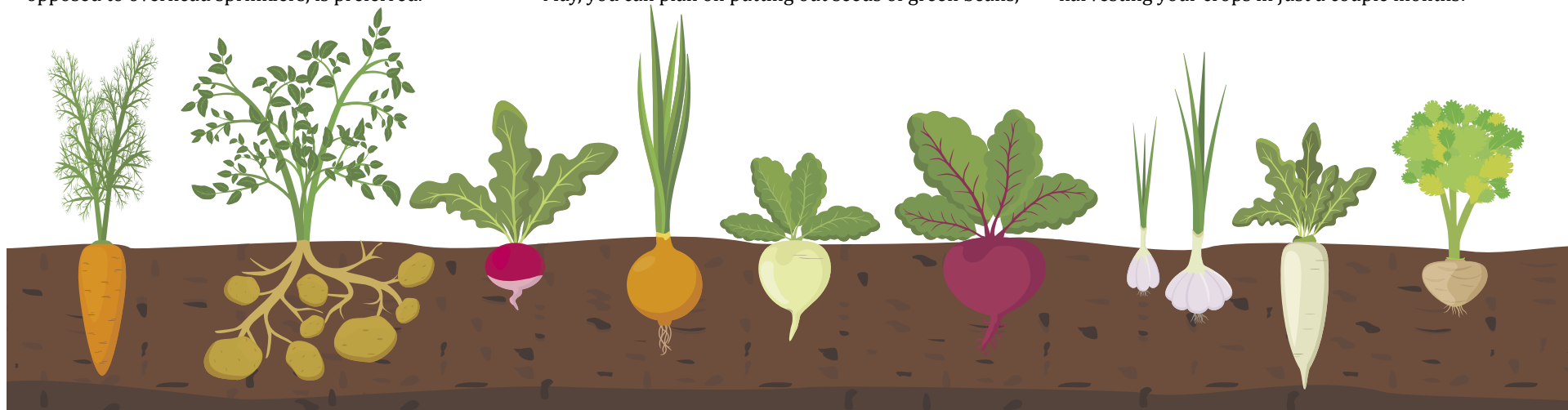
Knowing when to put your vegetables into the ground is important too. There are many planting calendars for our area that will help guide you. For the month of May, you can plan on putting out seeds of green beans,

pumpkins, cucumbers and summer squash by the middle of the month.

If our nights are warm enough, you can also plant your starts of tomatoes, peppers and basil in mid-May. But don't worry if you don't get them into the ground until early June. These heat-loving crops will like the warmer days and nights we see in June.

For a handy planting reference guide, check out Portland Nursery's Planting Calendar: <https://portlandnursery.com/docs/veggies/VeggieCalendar.pdf>

Once everything is in the ground, keep your soil watered and the weeds pulled. You will be out harvesting your crops in just a couple months!



EVERY HOME NEEDS A KUBOTA

Z231KW-42

- 21.5 Gross HP,[†] Gasoline, Air-Cooled V-Twin Engine
- 42" Welded Mower Deck
- Ultrascaper Z Rear Tires
- Sliding High-Back Seat with Plenty of Legroom

T2290KW-42

- 21.5 Gross HP, 2-Cylinder Gasoline Engine
- 42" Mower Deck • Hydrostatic Transmission
- Short 14" Turning Radius

BX2380

- 21.6 Gross HP,[†] 3-Cylinder Kubota Diesel Engine
- 4WD with Rear Differential Lock Standard
- Category I, 3-Point Hitch

**\$0 DOWN, 0% A.P.R.
FINANCING FOR UP TO 84 MONTHS*
ON SELECT NEW KUBOTAS!**

*© Kubota Tractor Corporation, 2021. Offer valid for residents within states of CA, AZ, NV, UT, WY, ID, OR, MT and WA only. \$0 Down, 0% A.P.R. financing for up to 84 months on purchases of select new Kubota B, BX, L, L60 and LX Series equipment from participating dealers' in-stock inventory is available to qualified purchasers through Kubota Credit Corporation, U.S.A.; subject to credit approval. Some exceptions apply. Example: 84 monthly payments of \$11.90 per \$1,000 financed. Offer expires 6/30/21. Terms subject to change. This material is for descriptive purposes only. Kubota disclaims all representations and warranties, express or implied, or any liability from the use of this material. For complete warranty, disclaimer, safety, incentive offer and product information, consult your local Dealer or go to KubotaUSA.com. [†]For complete warranty, safety and product information, consult your local Kubota dealer and the product operator's manual. Power (HP/KW) and other specifications are based on various standards or recommended practices. K1278-24-145468-11



Dan's Tractor, Inc.

Serving Clark County Since 1963

**8012 NE 219th Street • Battle Ground, WA
360-687-3000 • M-F 8-5, Sat 9-1
danstractor.com**

Plants that Keep Bugs Away from Outdoor Living Spaces

Outdoor living spaces have become increasingly popular among homeowners in recent years, and that popularity grew even more over the last year. As social distancing guidelines issued in response to the COVID-19 pandemic encouraged people to stay home as much as possible, a desire for accessible, enjoyable outdoor spaces grew. A 2020 study of Google trends data from the home decor retailer Living Spaces found that searches for items such as patio daybeds and small-space outdoor furniture grew by more than 200 percent between the early part of 2020 and the middle of the year.

If outdoor living spaces are in demand, so, too, are ways to make those spaces as comfortable as possible. There's much homeowners can do to make the most of their outdoor spaces, but they might feel helpless against some unwanted, often relentless guests: insects. Insects can turn relaxing days on the patio into wars of attrition with hungry bugs like mosquitoes. Thankfully, there are ways to fight back

against insects while simultaneously adding a little aesthetic appeal to the backyard. The Farmer's Almanac notes that planting these insect-repelling plants around the patio or backyard can help homeowners successfully repel unwanted insects, including mosquitoes.

- **LAVENDER:** Lavender is a fragrant plant that adds a pop of purple and has been known to repel mosquitoes, fleas, flies, and moths.

- **BASIL:** Basil can provide the best of both worlds, as it's been found to repel flies and moths and also makes for a tasty addition to pasta sauces and other dishes.

- **THYME:** Also a valuable ingredient to keep in the kitchen, thyme can help keep hungry mosquitoes at bay.

- **MINT:** The Farmer's Almanac warns that it's easy to overplant mint, so homeowners should only plant with care and make a concerted effort to prevent overgrowth. Also great in the kitchen, mint has long been considered an effective mosquito repellent.

Continued on next page ►





• **ALLIUMS:** Like lavender, alliums can add a burst of purple to your patio. And though they aren't believed to repel mosquitoes, alliums have been found to be helpful against cabbage worms, aphids, carrot flies, and slugs.

• **CHRYSANTHEMUMS:** If ants are drawing homeowners' ire, chrysanthemums may do the trick. These eye-catching flowers also are believed to repel fleas and roaches, among other insects.

• **MARIGOLDS:** The scent of this awe-inspiring plant is known to repel mosquitoes and other pests. Marigolds also attract insects like ladybugs that are known to consume aphids, which are minute bugs that reproduce rapidly and feed by sucking sap from plants.

— MetroCreative

Law Office of

Jon M. Fritzler



- Wills & Trusts
- Probate
- Guardianships
- Elder Law

Call For FREE Consultation • Licensed in WA & OR
360-450-2557 • FritzlerLaw.com

THAI ORCHID

213 W 11TH STREET • (360) 326-3287



OPEN FOR **DINE IN,**
TAKE OUT, DELIVERY & CATERING



Delicious Thai Cuisine
and One-of-a-Kind Sushi
thaiorchidvancouver.com



Celebrate Life at Prestige Senior Living

At **PRESTIGE SENIOR LIVING BRIDGEWOOD**, our goal is to not only provide quality care, but to keep our residents active and engaged by nurturing body, mind and spirit.

Our independent and assisted living community offers Celebrations, a wellness-focused lifestyle program that focuses on an array of wellness opportunities designed to help you celebrate life and feel your best, no matter your age.

Please call us at **(360) 254-4666** for more information and to schedule a tour.



Managed by
Prestige Senior Living, L.L.C.



Prestige Senior Living Bridgewood • 11700 NE Angelo Dr. • Vancouver, WA 98684 • (360) 254-4666 • www.PrestigeCare.com



BEWARE OF SKIMMERS & SHIMMERS

Personal safety refers to physical and mental well-being, but individuals also must take steps to safeguard their financial well-being.

Thieves have various ways to steal individuals' personal data — everything from hacking into banking or shopping accounts to stealing physical mail. But thieves also have more sophisticated, often hidden ways to steal private financial data. Consumer Reports says the public should be aware of skimmers and shimmers, which are sophisticated devices that steal data when people use public credit and debit card readers at ATMs, gas pumps and other locations.

A card skimmer is placed on top of the point-of-sale terminal. When a person swipes his or her credit or debit card, the device collects data from it. That data can be used to make fraudulent purchases and to produce counterfeit cards. Among the newest tools scammers use are shimmers, which are tiny types of skimmers that are capable of reading data from new chip-based cards, according to the ATM Industry Association, a nonprofit trade organization. Criminals can even retrofit hidden cameras at ATMs and other locations with card skimmers. Skimmers and shimmers are often Bluetooth-based circuit boards that can transmit stolen card data wirelessly. A thief can drive by a terminal to download card data remotely from a mobile device or laptop.

Devices are getting harder and harder to spot and are turning up in some unlikely places. According to Matt Hayes, a special agent for the United States Secret Service, "You're never going to know the skimmer is installed on the point-of-sale terminal [of a store]." Recent surveillance video from inside an Aldi grocery store in Pennsylvania showed someone installing a skimming device right in front of a clerk who was unaware of what was happening.

The ATM Industry Association says about half of the skimmers currently in use are relatively invisible. The credit scoring company FICO indicates the latest data showed there was a 70 percent increase in the number of debit cards that were compromised in 2016 at ATMs and other card readers used by merchants, and the numbers continue to grow.

Monitoring credit card and banking statements as well as credit reports is the best way to keep on top of scams. Quickly report any unauthorized withdrawals, payments or purchases; otherwise, you may be responsible for charges and face long-term financial repercussions.

— MetroCreative

NONPROFIT *Spotlight*

For information contact communitypartnerships@columbian.com



**CONFIDENCE.
COMMUNITY.
CONNECTION.**

— The Campaign for Camp Spark —



*Give confidence, community,
and connection. Give today.*

Being blind or visually impaired creates obstacles that for many can feel impossible to overcome, such as finding sustainable employment, participating in sports and activities, and connecting with one's community. These barriers can lead to a sedentary lifestyle, social isolation, poverty, and lower health outcomes.

Most of the nation's school-age children who are blind or visually impaired have never participated in sports, physical activities, or a proper physical education program. When introduced to physical activity and sports, individuals with visual impairments are given the support and confidence to follow their dreams.

With your generosity, nearly 1,700 individuals at the Northwest Association for Blind Athletes (NWABA) are given the opportunity to enjoy adaptive sports such as goalball, tandem bicycling, skiing, hiking, and swimming—all with a supportive community. NWABA offers more than 130 days of programs each year, free of cost to children, families, and adults.

This spring, NWABA is raising funds for our Camp Spark program. Camp Spark is a comprehensive, overnight sports camp for individuals who are blind and visually impaired. This unique model uses sports, physical activity, orientation, and mobility as a catalyst to encourage leadership, independence, advocacy, empowerment, daily living skills, and overall greater quality of life. Camp Spark, costing approximately \$3,200 per athlete, is 100% free for our athletes thanks to those who donate.

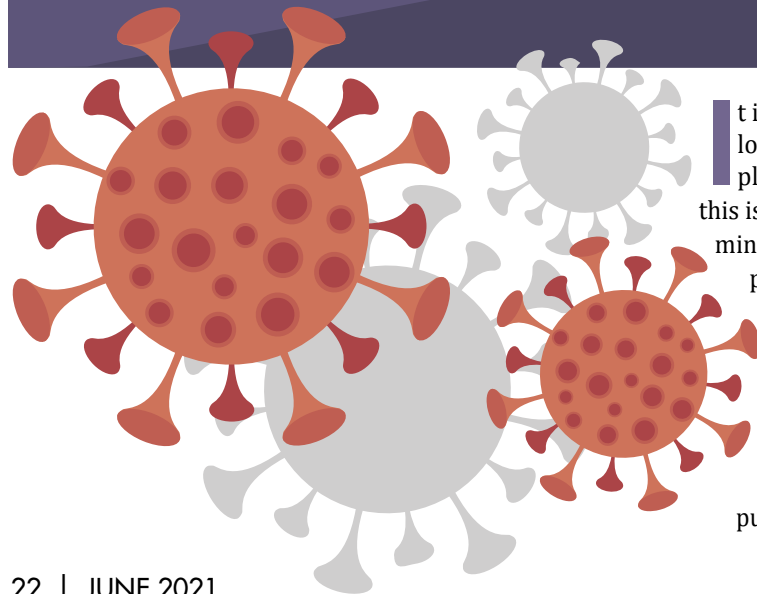
Donate today to support our adaptive equipment and lending library. To donate, go to www.nwaba.org/donate to help us reach our goal or to www.nwaba.org/campaignforcamp to learn more!

“ To me, confidence means knowing that I can accept myself as a person, knowing that I am loved, valued, and reassured. Camp Spark really helped with that. After the first week of Camp Spark, we did our last care to share and I remember feeling so amazing as I said to a counselor, ‘Oh my goodness, everybody believes in me.’ and she said, ‘And now you have to believe it too. That is the key— you have to believe it too.’ I smile thinking about that moment and I get to believe in myself now.”

— Elora, NWABA Athlete



CAN I TRAVEL AFTER GETTING THE COVID-19 VACCINE?



It is that time of year when many people are looking forward to their summer vacation plans. However, people may be wondering if this is finally a time when they can travel with minimal health risks, or if they may have to postpone adventures once again, just as they did last summer, when the global pandemic was still raging?

Though social distancing, sanitation and crowd limits press on this year, a few things have changed since last summer. After a year of living in a pandemic, doctors and the public in general have learned what is working

and what is not in regard to managing surges and avoiding a rush on hospitals and health centers. In addition, at press time, various effective COVID-19 vaccines have been administered to millions of people, and another is potentially on the horizon. According to the Centers for Disease Control and Prevention, these vaccines are effective at protecting people from getting seriously sick. People who have been fully vaccinated can start to do some things they ceased doing because of the pandemic. Many may wonder if that means traveling.

Experts say that those who have been fully vaccinated (receiving both shots for the Pfizer-BioNTech or Moderna

Continued on next page ►



vaccines or one for the Johnson & Johnson/Janssen vaccine) it is likely safe to travel again. But caution is still needed. The vaccines do not immediately provide full protection. The Pfizer or Moderna vaccines provide full vaccination two weeks after the second dose, while the J&J vaccine provides protection two weeks after the single dose is administered.

The CDC offers that those who have been fully vaccinated can gather indoors with fully vaccinated people without wearing masks, and gather indoors with unvaccinated people from one other household without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.

However, some things have not changed even for people who have been vaccinated. Gathering with unvaccinated people (or if you cannot confirm they've been vaccinated, such as on an airplane or in other public settings) still requires wearing a mask, staying at least six feet apart from others, avoiding crowds, and avoiding poorly ventilated spaces.

"Getting vaccinated does not say you have a free pass to travel, nor does it say you have a free pass to put aside all the public health measures," said Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases.

Experts, like Dr. Chris Beyrer, a professor of epidemiology at the Johns Hopkins Bloomberg School of Public Health notes, "We also do not know the answer to the question, 'Are people who have been immunized still infectious to others?'"

There also is concern about how well vaccines will protect against all the COVID variants.

Until more is known about long-term vaccine efficacy and until more people receive their full doses, it may be wise to avoid normal travel patterns this summer, and standard precautions should still be implemented for those who choose to get away.

— MetroCreative



Creekside is now a MEMORY CARE Community!

Our mission as a Caring Places community is
"Exceeding Expectations for Loving, Thoughtful Care".



Creekside Place
 Memory Care Community

We provide many services and amenities such as:

- Safe and Secure Community
- Individualized Care Plans
- 24-hr Emergency Staff Assistance
- Personal Care & Medication Management
- Weekly Housekeeping & Laundry
- Dietitian Approved Meals & Snacks
- Life Enrichment Program
- Brain Music & Brain Builder Programs

**Questions? Call us (360) 666-8588
 or visit www.CaringPlaces.com**

Find us on Facebook!
www.facebook.com/CreeksidePlaceBattleGroundWA

208 SW 20th Ave. Battleground, WA 98604

— TALKING TO YOUR — D O C T O R

Mental health issues can be a difficult subject to broach with your doctor.

Don't be embarrassed. Mental health problems are more common than you think and your doctor is there to help you. If you don't feel like your doctor is listening to you, here are some tips from Mental Health America on how to open good lines of communication with your health care professionals.

PREPARE

Before your appointment, write down your questions and concerns so that you can talk to the doctor about how you're doing and what you need to move forward. Some organizations offer a checklist you can print out to organize your thoughts in advance. You can give it to the doctor if you feel like it would save time.

You can also ask a trusted friend or family member to come with you to your appointment. This person can help you and your doctor talk to and listen to each other. Then, after the appointment, go over what you heard and understood with your friend. Ask them to be a sounding board for what they heard you say and what they heard the doctor say.

AT THE APPOINTMENT

If you believe you're not being heard, talk to your doctor about why your concern is important to you and ask the doctor about treatment plans. If you have doubts about that plan, express them clearly and ask for more information. Ask about any other options for treatment.

You might disagree with your doctor. That's OK. You can still reach an agreement on what treatment plan to try. You're more likely to follow and have success with a treatment plan you agree with. Discuss the pros and cons of each treatment idea with your doctor. Whatever, you do, don't stop seeing your doctor right away. If you don't agree with their plan, explain what you would like to do and promise to keep them updated on how you're feeling. Make it clear what your objections are. It's also possible you misunderstood what your provider said. Try saying something along the lines of, "I heard you say ...," and give the doctor a chance to clarify.

It's perfectly fine to seek a second opinion. Just keep your provider updated.

— Green Shoot



NONPROFIT

Spotlight

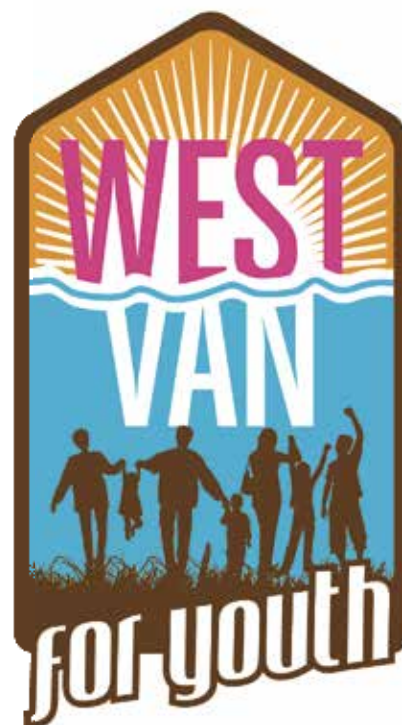
For information contact communitypartnerships@columbian.com



**96% OF ADULTS IN
OUR COMMUNITY HOPE
YOUTH SPEAK UP IN TIMES
OF NEED. (COMMUNITY SURVEY 2018)**

WEST VAN FOR YOUTH WORKS TO:

**build community to promote
healthy choices and reduce
substance abuse among youth so
our young people can grow into
thriving and productive adults.**



**ENGAGED COMMUNITY.
HEALTHY YOUTH.
BRIGHT FUTURES.**

westvanforyouth.com

Washington State
Health Care Authority



SMOKEY CORN

IS A CLASSIC CAMPFIRE DISH

Many different foods call to mind campfire cooking. Foods cooked over an open fire take on a unique, smokey and savory flavor that is hard to replicate.

There's something special about collectively preparing, cooking and sharing a meal in the great outdoors that makes camping so appealing.

Although s'mores may be the first treat that comes to mind when considering classic campfire foods, everything from casseroles to soups to cobblers can suffice. Even vegetables and seafood can be cooked over a campfire with the right preparation.

Corn on the cob is a tasty side dish that is tailor-made for campsite cooking. The sweet flavor of corn complements just about any meal, and those kernels take on a robust flavor when touched with a little char. Enjoy this recipe for "Campfire Corn on the Cob," courtesy of Kampgrounds of America (KOA).

Campfire Corn on the Cob

4 Corn on the cob (do not husk)

Water

1/2 to 1 cup sugar (optional)

Butter to taste

Salt to taste (optional)

Mix the water and sugar in a clean bucket, cooler or large pan (add enough water to cover corn). Add the corn to the water mixture and soak for 1 to 2 hours. Remove the corn from the water and place over the campfire or on the grill, turning often to avoid over-burning the husk. Cook for approximately 20 to 30 minutes or until tender; remove corn from the fire. Peel back the husk and silk, spread with butter and/or salt. Enjoy steaming hot.

—MetroCreative

S U M M E R

Slush!



4 Cups Water
6 Cups Sugar
5 Mashed Bananas
2 Large Cans Frozen
Orange Juice
1 Large Can Frozen Lemonade
1 46 oz. Can Pineapple Juice
6 Bottles Ginger Ale

1. Place water and sugar in a large pan and heat until sugar is dissolved. Let cool.
2. Add bananas, frozen orange juice, lemonade and pineapple juice to sugar water mixture. Mix well.
3. Pour into freezer containers and freeze overnight.
4. Remove from freezer, let thaw a bit, then chop into punch bowl.
5. Add ginger ale until punch is half ginger ale and half frozen slush.
6. Enjoy!



Welcome

to Knights of Pythias Active Retirement Center

- Waiting lists open for our subsidized apartments
- For Private Pay Options Please Contact Lori
 - 24 Hour Security
 - Convenient Location
 - Small Pets Welcome with Deposit
 - Life Enrichment Activities

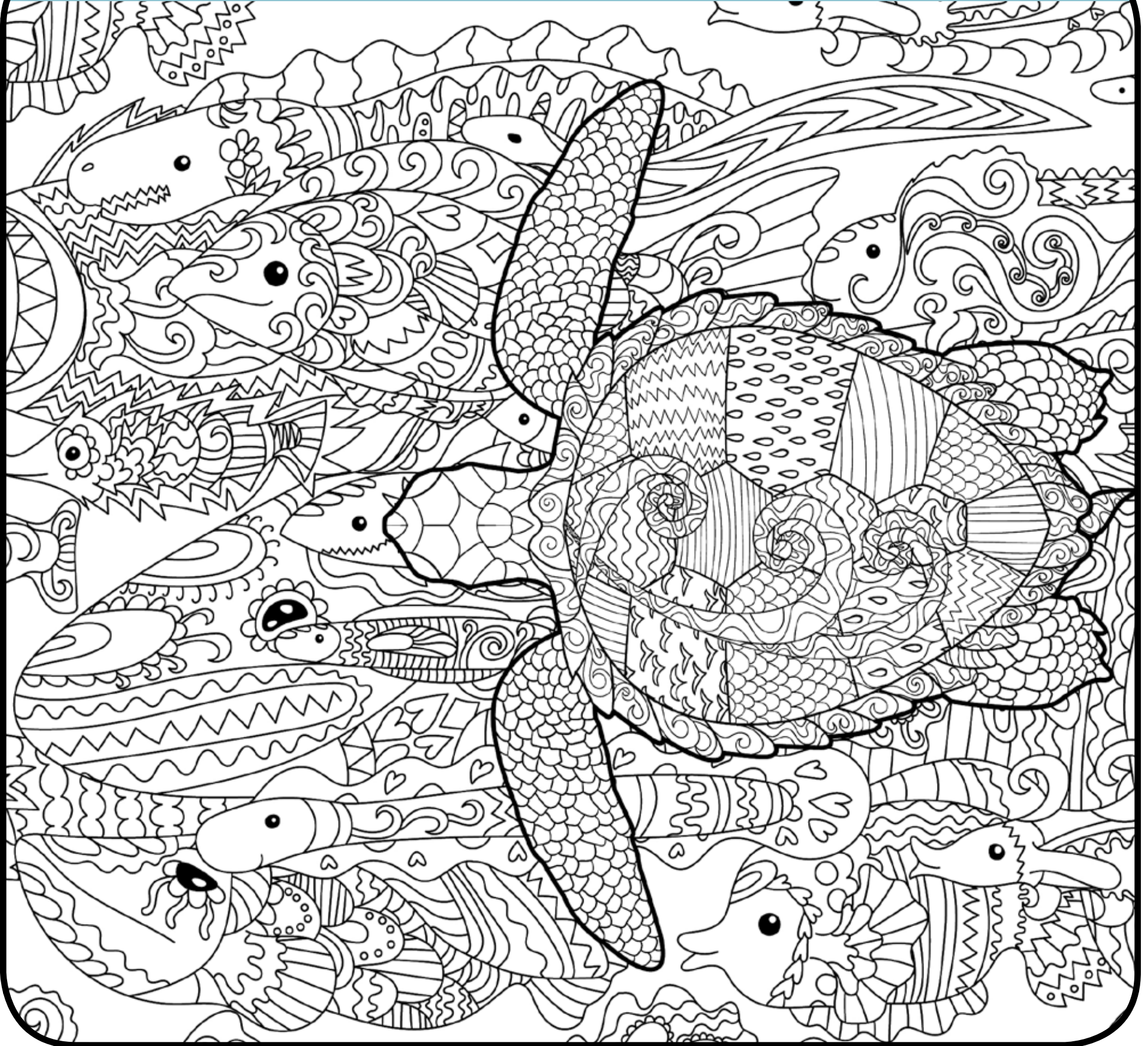
**Optional
lunch
available for
purchase.**



**Contact Lori for details.
Call 360-696-4375
or email lori@kopc.com.**

**3409 Main Street, Vancouver
www.koprc.com**







A Tradition of Caring

For More Than 69 Years

Caring Staff • Convenient Location • Beautiful Grounds

Family Owned Funeral Chapel, Cemetery and On-Site Crematory

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

At Evergreen Memorial Gardens, we take great pride in what we do. Our purpose is to:

- 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

- Offer personalized and affordable 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.



6 Years in a Row!

EVENTS

JUNE 2021 - SEPTEMBER 2021

RIDGEFIELD RAPTORS HOME GAMES

June 2 – August 8

Go see the Ridgefield Raptors, a wood bat West Coast League baseball team playing home games on their home field. Games start at 6:35 pm, except Sunday games start at 1:05 pm. Location: Ridgefield Outdoor Recreational Complex. Price: \$5-17 ridgefieldraptors.com



NW'S LARGEST GARAGE SALE & VINTAGE SALE

July 24

Location: Clark County Event Center at the Fairgrounds.
Show Hours: 8am to 5pm. Early Birds 7am.
Visit websites for more details and admission information.
nwgales.com

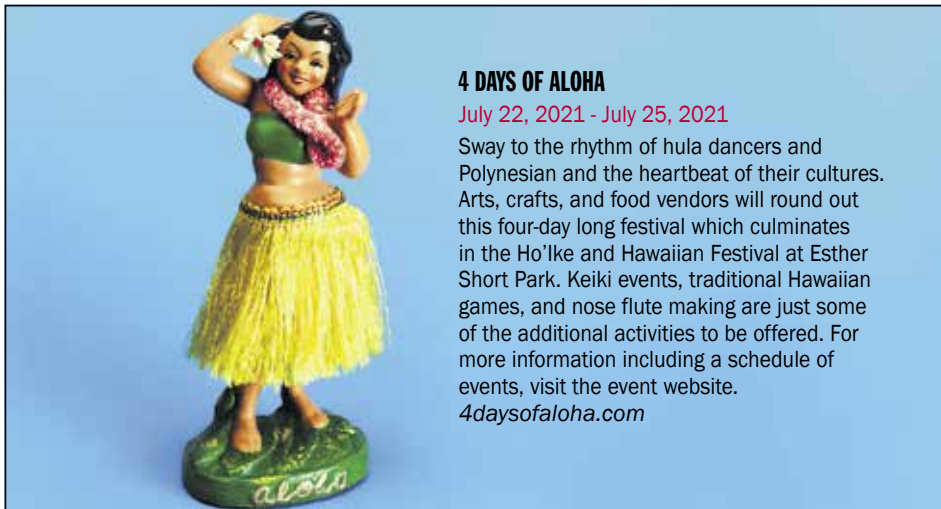


VIRTUAL RECYCLED ARTS FESTIVAL

Starting online August 7

See how people are giving new life to old items that would otherwise have been lost in a landfill. While the live festival won't be at Esther Short Park this year, there are plans for online studio tours with some of the artists.

recycledartsfestival.com



4 DAYS OF ALOHA

July 22, 2021 - July 25, 2021

Sway to the rhythm of hula dancers and Polynesian and the heartbeat of their cultures. Arts, crafts, and food vendors will round out this four-day long festival which culminates in the Ho'Ike and Hawaiian Festival at Esther Short Park. Keiki events, traditional Hawaiian games, and nose flute making are just some of the additional activities to be offered. For more information including a schedule of events, visit the event website.
4daysofaloha.com



GARLIC & TOMATO FESTIVAL

Check website for dates

Washington State University (WSU) Master Gardeners will be on hand to showcase different varieties of tomatoes and garlic all for the tasting. The Garlic Festival is an all day event that features live music, tomato and garlic tastings, fresh fruits and vegetables, craft and art vendors, activities for the kids and a whole lot of fun. **FREE!**

10 am – 6 pm.

Location:

17713 NW 61st Ave, Ridgefield.
northwestorganicfarms.com

FARM DAYS AT POMEROY LIVING HISTORY FARM

June – August

The historic Log House, blacksmith shop, and grounds will be open for visiting. 20902 NE Lucia Falls Rd, Yacolt. Check their website for dates and details.
pomeroymfarm.org



VANCOUVER FARMERS MARKET

The market is Southwest Washington's #1 visitor attraction and home to more than 100 vendors. You'll discover fresh and local produce, flowers, plants, baked goods, delicious food, pet treats, and accessories for yourself, home, or garden.

Two locations

2021 Downtown Market

March 20 - October 31

Saturdays 9am - 3pm. Sundays 10am - 3pm.
8th & Esther St.

East Vancouver Farmers Market

June 17 - August 26

Thursdays 10am - 2pm.
17701 SE Mill Plain Blvd



NONPROFIT

Spotlight

For information contact communitypartnerships@columbian.com



PATHWAYS CLINIC



FAMILY & PREGNANCY
RESOURCE CENTER

Helping her know she is not alone.

For 27 years, Pathways Clinic has served the East Clark County and Skamania County Communities by providing help and support to women, men, and families experiencing unplanned pregnancies and other difficult situations.

Pathways is a 501(c)3 faith-based nonprofit organization funded solely through private individual and community donations. Through the generosity of our supporters, we are able to offer all of our services completely free of charge. Pathways receives no federal or state funding and we do not bill insurance. Our goal is to support those our community experiencing crisis pregnancies and difficult financial situations by serving their practical needs, as well as their emotional and spiritual needs.

We believe that every life has a purpose and that every life deserves a chance. We offer evidence based, medically accurate information so that our clients can make a fully informed decision regarding their pregnancy. We do not profit from their reproductive decisions, and we are here to support them and walk with them for as long as they need help, regardless of the decision they make.

At Pathways

- We provide compassionate help and hope to those who find themselves unprepared for pregnancy.
- We encourage and support both practical and informational programs which help to stem the tide of unplanned pregnancies in our community.

- We make referrals when needed for social services, medical care, adoption, and for those who suffer emotional, physical or spiritual trauma from a previous abortion.
- We provide pregnancy testing and ultrasounds free of charge to those experiencing an unplanned pregnancy.
- We provide pregnancy, childbirth, parenting, and life skills education.
- We assist our clients with obtaining insurance, job and career preparation, financial literacy, housing, and food support.
- We welcome all individuals regardless of race, religion, gender identity, sexual orientation, or financial status.
- We provide material help and referrals to other social services for families in need, regardless of pregnancy.

At Pathways, we believe that every client that comes through our door is a divine appointment and that we are to be an example of the "no matter what" kind of love that God shares with us. No matter what their situation, no matter what led them to our door, no matter what decisions they make, we will continue to show compassionate love and support for as long as they need us.

We would love to share our story and our beautiful facility with you. If you would like a tour or have questions about Pathways Clinic or our services, please give us a call at 360-834-7256.

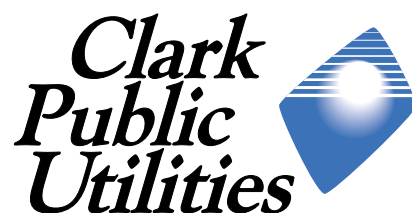
Giving Hope • Sharing Grace • Changing Lives
www.pathwaysclinic.care • 360-834-2829

Through it all, we're always here.



You depend on electricity every day, and even though our offices remain closed, we're available 24 hours a day, seven days a week by phone, online and email.

Remember, if you can't pay your utility bill, call us or send an email right away. We can help!



360-992-3000 • mailbox@clarkpud.com



Clark Public Utilities ranked highest in customer satisfaction among residential mid-size utilities in the west, 13 years in a row.

For J.D. Power 2020 award information, visit jdpower.com/awards

ClarkPublicUtilities.com