

Living

IN THE COUVE



SEPTEMBER 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 September 12, 2021

Find past issues archived online at
www.livinginthecouve.com



Special Publications Manager
Teresa Keplinger

Special Publications Editorial Designers
Kristi Atwood, H. Brannon

Content Editor
Kristin Dorsett

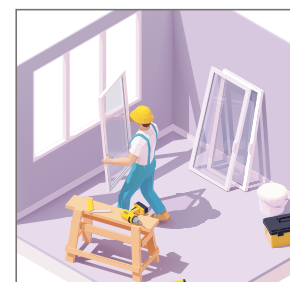
Living In The Couve is a quarterly publication of the advertising department of The Columbian Publishing Company. For advertising opportunities call 360-735-4497. For submission information email: kristin.dorsett@columbian.com.

Fall **Edition**

SPECIAL FEATURES



04 MIGRATION STATION:
Fall Backyard Bird Feeding



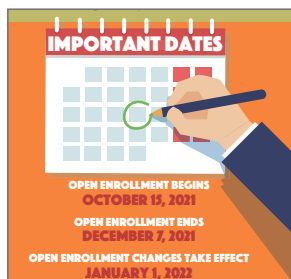
06 Pick a Home
Improvement Project
That Will Pay for Itself



12 FROM GARDEN TO TABLE



14 THE OTHER
POLLINATORS



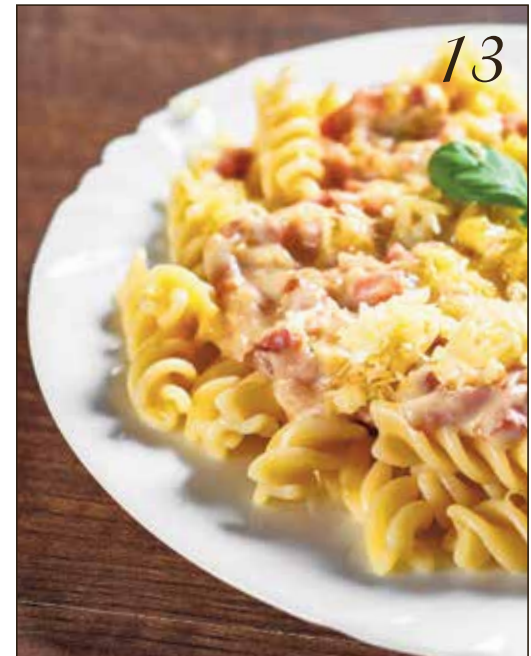
20 MEDICARE -
Open Enrollment Starts Soon



22 CHICKEN SOUP is
Good for More than
the Soul

In this **ISSUE**

- 08 Year-round Options for Free, Safe Disposal of Unwanted Medicine
- 10 How to Handle Sleepwalking in Children
- 13 Pasta with Sausage, Leek and Mascarpone
- 16 How to Effectively Freeze Vegetables
- 18 Popular Renovation Projects During the Pandemic
- 24 Major Benefits to Early Holiday Shopping
- 26 EVENTS
September 2021 - October 2021



Nonprofit Spotlight

- 19 Pathways Clinic
- 21 The Historic Trust
- 27 NW Association for Blind Athletes

Migration Station:

Fall Backyard Bird Feeding

by TODD KAPRAL, Backyard Bird Shop

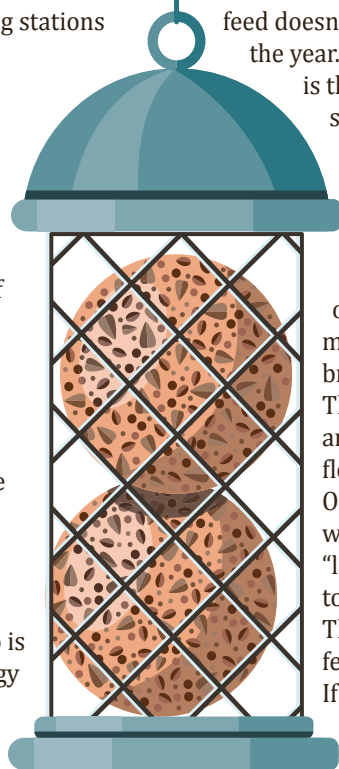


This year I am really looking forward to fall, especially after this summer's heat waves! From a bird feeding perspective, fall migration can add feeder activity. Whether a particular species is heading south or just changing elevation, there are more avian eyeballs on our feeding stations because of this movement.

One of the biggest myths about feeding birds in fall is that you need to take down your feeders so the birds migrate. The fact is that bird migration is associated with the number of hours of daylight, not the availability of food. It is known that birds only get about 25% of their diet from feeders and the rest is from foraging. A bird that migrates south like the Black-headed Grosbeak or Rufous Hummingbird is going to do so regardless of an available feeder. A good source of backyard bird info is the Cornell lab of Ornithology website: Birds.Cornell.edu.

Some birds migrate elevationally. The Dark-eyed Oregon Junco is a great example of this. A member of the sparrow family, the Junco comes down from higher breeding elevations to the valley floor for fall and winter. Juncos are identified by their black hood and white slashes on the sides of their tail when they flit about. Like most sparrows, they prefer millet and cracked corn served on the ground or flat foraging surface.

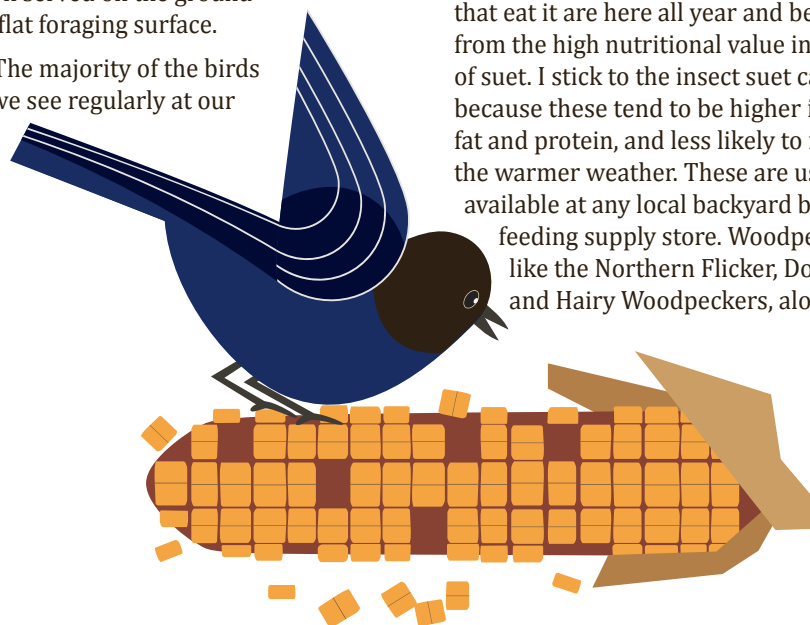
The majority of the birds we see regularly at our



feeders here in the Pacific Northwest are year-round residents. Perching birds like finches, chickadees and nuthatches are here all the time and will benefit from a clean, reliable feeding station. Ground-feeding birds like sparrows are here all the time too. The seed we feed doesn't really change through the year. Black oil sunflower seed is the favorite. I serve the sunflower chips in our yard because there's no shells to make a mess and they generally don't sprout. The American goldfinch, our state bird, can be easily overlooked because the males lose their bright yellow breeding plumage in the fall. They love sunflower chips and can show up in large flocks in the fall and winter. One question I hear often is what seed to use to feed the "little" birds. I tell people not to think big versus small. Think in terms of "elevated" feeding or "ground" feeding. If a bird normally perches to eat, they will be most interested in sunflower seeds or chips. Think

finches, chickadees and nuthatches. If a bird normally forages on the ground or flat surface, they tend to prefer white millet or cracked corn. These birds include sparrows, juncos, towhees, and mourning doves.

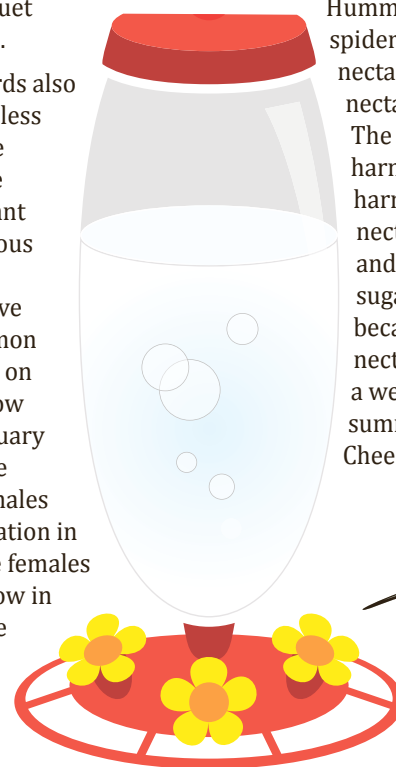
Suet feeding is also beneficial. My suet feeder stays up all year because the birds that eat it are here all year and benefit from the high nutritional value in a cake of suet. I stick to the insect suet cakes because these tend to be higher in quality, fat and protein, and less likely to melt in the warmer weather. These are usually available at any local backyard bird feeding supply store. Woodpeckers like the Northern Flicker, Downy and Hairy Woodpeckers, along with



other usual suspects like the chickadees, nuthatches and bushtits will make good use of a suet feeding station.

Hummingbirds also migrate regardless of the presence of a feeder. The common migrant here is the Rufous Hummingbird. These birds have striking cinnamon red and brown on them. They show up in late February and stay for the summer. The males begin fall migration in August and the females and young follow in September. The Anna's, North America's largest hummingbird, does not migrate. They are green on top and have a whitish/gray belly and breast with no brown

anywhere. As the Rufous move out, the Anna's fill the gaps for the winter. Hummingbirds eat a variety of insects, spider eggs and tree sap. They also love nectar feeders. I make sure I use clear nectar that is not pre-made in a bottle. The premade liquids tend to contain harmful preservatives. The red dye is harmful too. You can make your own nectar using regular white table sugar and water at a ratio of 1 to 4. Organic sugar is harmful for hummingbirds because of the iron content. Change nectar twice a week in summer, once a week in winter. Hopefully the heat of summer is past us as fall is almost here. Cheers!



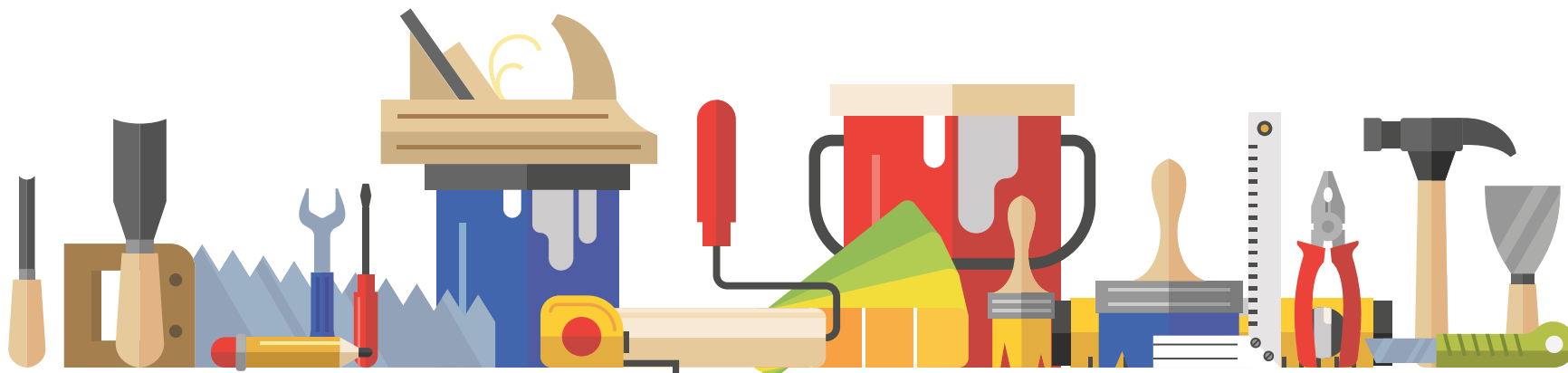
Celebrate Fall!

- Birdhouses & Feeders
- Bird Seed & Suet
- Candles, Chimes & Garden Decor
- Birdbaths, Fountains & Accessories



Thank you for voting us Best Hobby/Collectible Store!

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



PICK A **HOME**IMPROVEMENT PROJECT THAT WILL PAY FOR ITSELF

by DAMEON PESANTI, for Clark Public Utilities

Remodeling is an exciting time for every homeowner. Whether it's something fun and personal like a backyard she-shed or a workshop/man-cave or something more practical like modernizing the home interior, the best projects are the ones that leave you feeling great about your investment for years to come.

Wherever your vision takes you, and however big or small it may be, consider leaving a little extra space for projects that will make your home more comfortable and save enough energy to practically pay for itself in the years ahead.

Clark Public Utilities wants their customers to live well and save. That's why we offer many money-saving rebates, incentives and low-interest loans to customers living in electrically heated homes. They're designed to put energy-saving home improvement projects within reach of anyone looking to upgrade their home.

As anyone who's considered a home improvement knows, choosing where to begin is often difficult — especially when it comes to reducing energy waste and improving personal comfort. That's why the utility requires projects to be completed with a member of their Contractor Network. Those professionals will ensure the project is done by licensed, bonded and insured contractors; that it meets the utility's performance requirements that comfort, safety and sustainability are realized.

According to the Department of Energy, about 40 percent of your home's utility bills are spent on heating and cooling. At around 18 percent, heating water is the second-biggest consumer. Energy efficiency upgrades can help you reduce the energy consumption of those household essentials.



The utility's most popular programs take direct aim at those two categories.

A well-weatherized home is one that's air-tight (or close to it!) and protects the living spaces against whatever temperatures the weather brings. Unfortunately, many older homes weren't built with weatherization in mind and are stuck with thin insulation, and many tiny air leaks and often metal-framed windows. Any or a combination of those three features are certain to be prone to unnecessary energy waste.

Clark Public Utilities offers generous rebates and loans to help customers cover the costs of improving their home's weatherization.

Insulation is one of the most cost-effective and simple efficiency measures that can be done to an older home. With a rebate from the utility customers can save a lot on a professional insulation installation. Whether you're adding it to your attic, floors or walls, the utility offers \$0.40, \$0.50 or \$1.20, respectively per square foot.

See new windows in your future? The utility offers window replacement rebates of \$6 per square foot for qualifying double pane windows and \$8 per square foot for qualifying triple pane windows.

Weatherization doesn't stop there. The utility offers incentives for air sealing leaks throughout the home, exterior door replacements and more. For a complete list, visit clarkpublicutilities.com

Continued on next page ►

Swapping an antiquated electric heating system with a heat pump or ductless heat pump (mini-split) will save energy and improve your home's comfort for years to come. Knowing that a new heating system can be too expensive for many, the utility is willing to loan qualifying homeowners 100 percent of the cost of the installation of a new system. No matter if a person purchases one outright or finances it over time, they may qualify for one of several incentives that can lower the final costs. Rebates are valued at between \$300 and \$2,000, depending on the efficiency rating and your existing heating system.

"Heat pumps are incredible machines and really ideal for our region's climate," said Clark Public Utilities Energy Counselor of the Day Trevor Frick, "They're significantly more energy efficient than electric furnaces or zonal heating systems. Plus, they also do air conditioning, which is great in the summer months."

If you're not ready for a big investment, consider starting small, with a smart thermostat. A smart thermostat can reduce energy waste and keep your home comfortable all year long. Clark Public Utilities customers with an electric heat

system may qualify for the \$50 smart thermostat rebate. Customers with gas furnaces may qualify for a rebate through the Energy Trust, visit energytrust.org to learn more.

Make your shower even more refreshing when you upgrade to an uber-efficient heat pump water heater.

Most heat pump water heaters are two or three times more efficient than traditional electric water heaters,

and have lower operating costs. A traditional electric-resistance 50-gallon electric water heater might cost somewhere between \$400 and \$600 a year to operate. A heat pump water heater, often called a hybrid water heater because they can switch over to standard electric resistance heat automatically, typically costs about half of that.

The utility currently offers up to a \$500 rebate for qualifying heat pump water heater replacements.

If you're ready to upgrade to an electric vehicle, start with a call to Clark Public Utilities. The used EV rebate program helps low- and limited-income customers save up to \$2,000 on a used EV. Homeowners can also save up to \$500 on the installation of a level-II fast charger—certain conditions apply.

Each rebate, incentive and loan program has unique qualifications and requirements that must be met before funds are distributed. **To learn more, visit our website or ask the energy counselor of the day during business hours, Monday – Friday at 360-992-3355 or Ecod@clarkpud.com.**

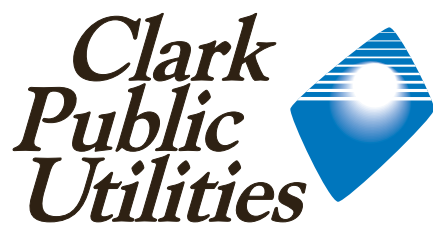


Park, Plug in and Power Up!

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



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

- Controlled substances (such as OxyContin)
- Pet medications

Not Accepted

- Herbal remedies, supplements, cosmetic products, personal care products, devices, batteries, medical equipment containing thermometers, illicit drugs, and pesticides.
- Pharmaceuticals, medicine, and other health products.

Keep medication in its original container or sealed in a zip-top bag. To protect privacy, remove all personal information from labels and packaging before disposal.

For batteries, mercury-containing thermometers, sharps and pesticide products, visit clarkgreenneighbors.org/a-z to search for disposal options.

- Controlled substances (such as OxyContin, Ritalin)
- Pet medications

Not Accepted

- Herbal remedies, vitamins, supplements, cosmetics, other personal care products, medical devices, batteries, mercury-containing thermometers, sharps, illicit drugs, and pet pesticide products, medicines from businesses

Keep medication in its original container or sealed in a plastic, zip-top bag. To protect your privacy, remove all personal and identifying information from labels and/or packaging before disposal of expired or unwanted medicines.

For batteries, mercury-containing thermometers, sharps and pesticide products, visit clarkgreenneighbors.org/a-z to search the A-Z Directory for disposal options.

Convenient, year-round medicine drop-off locations include pharmacies, medical facilities and law enforcement offices. No identification needs to be shown or form filled out when dropping off medication. In Clark County, there are 14 drop-off sites residents can visit during business hours to dispose of unwanted medicine:

- Battle Ground Police Department, 507 SW First St., Battle Ground
- Genoa Healthcare, 1601 East Fourth Plain Blvd., Bdg. 17, Ste. B260, Vancouver

Continued on next page ►

Do you have a cabinet full of expired, unwanted or unused medicine? Good news! Clark County Public Health has teamed up with the nonprofit Medication Education & Disposal Project (MED-Project) – a convenient product stewardship program for residents – to properly dispose of medication at local drop-off locations or through its mail-back program.

Washington state's medicine stewardship program passed into law on March 22, 2018 and launched November 21, 2020. Product stewardship means that manufacturers that design, make, and sell consumer products bear some responsibility for the full life-cycle costs of the products, including disposal. Drug manufacturers fund this program at no cost to taxpayers.

MED-Project simply takes the guesswork out of where to take controlled and non-controlled substances because they accept these medications in any dosage form. Controlled substances are under the authority of the Drug Enforcement Administration and includes prescription medications such as pain killers and tranquilizers. Non-controlled substances include over-the-counter drugs as well as prescription medications that are not regulated by the Controlled Substances Act.

- Prescription medication
- Non-prescription (over-the-counter medications)

- Hi-School Pharmacy, 1365 Lewis River Road, Woodland
- Hi-School Pharmacy, 3200 NE 52nd St., Vancouver
- Kaiser Permanente Cascade Park Pharmacy, 12607 SE Mill Plain Blvd., Vancouver
- Kaiser Permanente Orchards Pharmacy, 7101 NE 137th Ave., Vancouver
- Kaiser Permanente Salmon Creek Pharmacy, 14406 NE 20th Ave., Vancouver
- QFC Pharmacy, 3505 SE 192nd Ave., Vancouver
- Ridgefield Police Department, 116 N Main Ave., Ridgefield
- Rite Aid Pharmacy, 2800 NE 162nd Ave., Vancouver
- Rite Aid Pharmacy, 13511 SE Third Way, Vancouver
- Sea Mar Community Health Center, 19005 SE 34th St., Vancouver
- Washougal Police Department, 1320 A St., Washougal
- Woodland Police Department, 200 E Scott Ave., Woodland

There are more than 150 additional drop-off sites across the state and there are plans to add more. View a map of drop-off locations in Clark County at med-project.org/washington.

In addition to these locations, separate take-back events are held in Clark County in the spring and fall. Citizens may drop off any unwanted medications and illicit drugs free of charge and no questions asked. Events are a partnership of multiple Clark County agencies and the US Drug Enforcement Administration.



MAIL-BACK SERVICES

All Washington residents can request pre-paid mail-back services for expired or unwanted medicines for free. You can also receive item-specific packaging for undamaged inhalers or pre-filled injectors (e.g. epinephrine) that are still in their original containers. Fill out the mail-back online form at med-project.org/washington or call 844.633.7765.

All medications collected are destroyed at waste facilities that meet state and federal disposal regulations.

SAFE MEDICATION DISPOSAL AND STORAGE

Proper medication storage and disposal helps prevent pharmaceutical waste from getting into the wrong hands and ending up in the environment.

- Protect your family and pets from accidental poisoning by making sure safety caps are locked and hidden from view.
- Consider storing medication in a secure location such as a locking cabinet, cupboard, or a medicine lock box to reduce drug abuse.
- Avoid flushing medicine down the toilet and placing in the trash, recycling, or compost because it can contaminate ground water and lead to environmental harm.

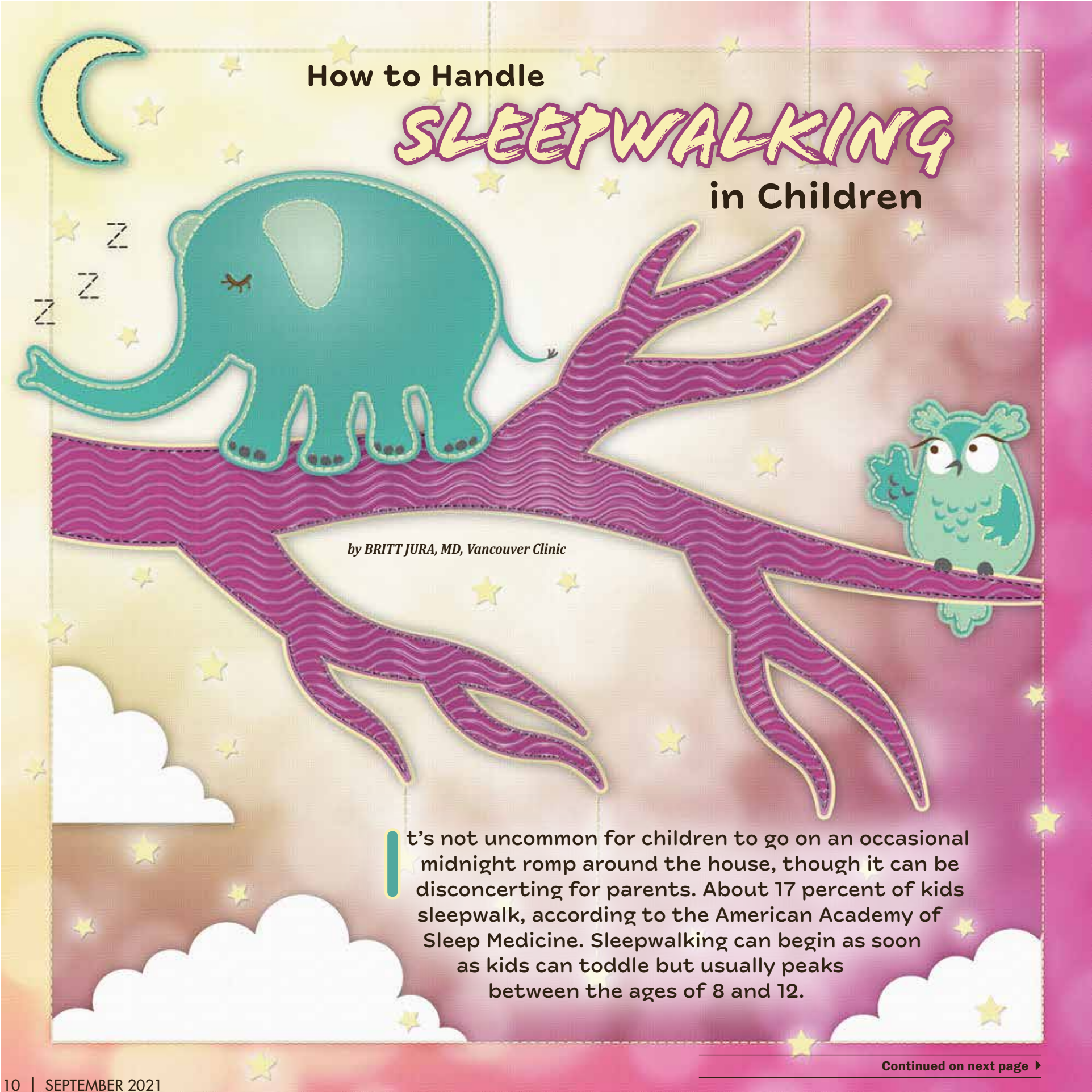
FREE Fall Workshops

Learn about composting, green cleaning and more from Master Composter Recyclers!

Virtual workshop registration at clarkcountycomposts.org



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



How to Handle

SLEEPWALKING

in Children

by BRITT JURA, MD, Vancouver Clinic

It's not uncommon for children to go on an occasional midnight romp around the house, though it can be disconcerting for parents. About 17 percent of kids sleepwalk, according to the American Academy of Sleep Medicine. Sleepwalking can begin as soon as kids can toddle but usually peaks between the ages of 8 and 12.

Continued on next page ►

“... I try to reassure parents that their kids will more than likely grow out of the condition.”

Fortunately, sleepwalking itself is harmless. It's a type of parasomnia—a disorder of arousal that involves complex behaviors or movements during sleep. When kids sleepwalk, their brains are in a non-dreaming sleep and an awake state. They can perform major motor activities, such as walking, opening doors, and going to the bathroom (though not always in the correct spot). However, sleepwalkers have minimal cognitive functioning and can't remember anything that happened in the morning.

A number of factors make kids more prone to sleepwalking. Scientists suspect that genetics may play an important role. A study appearing in the *Journal of the American Medical Association Pediatrics* found that 47 percent of children who had one parent with a history of sleepwalking also sleepwalked. For children whose mother and father both had a history of sleepwalking, the rate was 61 percent.

Poor-quality sleep is another cause: Not getting enough sleep and not having a regular bedtime can be contributing factors. Sleep disruptors such as stress, illness, and a full bladder can also increase the likelihood of sleepwalking. Addressing these sleep hygiene issues can often reduce or eliminate nighttime incidences.

As a sleep medicine physician, I try to reassure parents that their kids will more than likely grow out of the condition. In the meantime, in addition to helping children

get enough rest, one of the best things parents can do is remove any tripping hazards from the bedroom and living areas. They can also put padding on sharp corners and secure outside doors and windows with locks. While rare, there are cases where kids have ventured outside.

Finally, when parents do witness a sleepwalking episode, it's best to gently coax the child back to bed. Waking them up will likely disorient and alarm them, so it's better to let them continue to sleep.

For kids who suffer from frequent sleepwalking episodes or other parasomnias, scheduled awakenings are a good option. Going in to gently wake the child before she or he usually gets up to sleepwalk can “reset” the brain. While there are medications to suppress sleepwalking, physicians like myself rarely prescribe them. It's generally best to address the issue with lifestyle changes or to just wait it out.

If you have questions about sleepwalking in your child, talk to your pediatrician or family medicine doctor. If the primary care provider is concerned about an underlying sleep issue, or if better sleep hygiene isn't reducing sleep walking, she or he may refer you to a sleep medicine expert. Sleep doctors can confirm that there aren't any undiagnosed causes for the disruptions.

For most families, however, a good sleep routine and a comfortable and hazard-free bedroom reduce incidences and offer parents peace of mind.

WHAT ABOUT ADULTS?

Sleepwalking in adults is rare, affecting only about 4 percent of the population, according to the American Academy of Sleep Medicine. When adults sleepwalk, particularly if it's a new habit, it's usually best to talk to a sleep medicine physician.

A sleep expert can carefully evaluate the patient, consider sleep testing, and discover if there's an underlying sleep issue that should be addressed.

Dr. Britt Jura is a pulmonologist and sleep medicine physician at Vancouver Clinic. He believes in offering care that supports patients' whole health and incorporates their preferences.



MyChart@TVC

- Send messages to your care team
- View test results

Enrollment is easy.

Simply visit mychart.tvc.org/mychart/signup



from garden to table

by DAVE ANDERSON,
WSU Extension Clark County Master Gardener

One of the joys of planting and nurturing a vegetable garden is the immense variety of plants that are available to grow. It was with great pleasure that I was able to secure a 20' x 20' garden plot at the Heritage Farm Community Garden in late 2019, and for the first time in several years was able to plan over the winter for the bounty of a large vegetable garden.



I knew I wanted to grow the main ingredients for salsa (tomatoes, peppers, onion, tomatillos, cilantro) and some leafy greens (spinach, Swiss chard, kale), and was curious about growing other things that I had never tried to grow before, one of which was leeks.

Anxious to get my garden up and running, I planted the tiny Large American Flag variety of leek seeds in late February, just before the covid pandemic completely upended our lives. Unusually, the seeds are sown in a three-inch-deep trench with only an eighth of an inch of fine soil on top. It seemed to take forever, but the tiny thin shoots began to emerge, and for several weeks I added a bit of soil to the three-inch trench around the base of the plants. To grow tender white stems, according to the seed packet, the seeds are sown in a shallow trench and soil is added gradually while growing so the plant base is always covered.

It was fascinating to watch the 15-foot-long row of thin green shoots gradually growing taller and filling out, crowding each other in the row. After thinning to about 4 inches apart, I waited until mid-August before the first harvest.

Now that they were ready to harvest, I was faced with the question of how to cook leeks. What recipes could I find to savor their flavor? I loved growing leeks, but frankly could not remember ever using them in a recipe before. Another benefit of having a vegetable garden is growing unusual things and learning new ways of enjoying their unique qualities.

Here is a delicious recipe for pasta with sausage, leek and mascarpone from a food column called *maA Kitchen* in Rome on The Guardian newspaper website. I've altered it a bit to suit my palate and converted the metric volume measurements to the United States system.

Continued on next page ►



Pasta with sausage, leek and mascarpone

Serves 4

- | | |
|--|---|
| <input type="checkbox"/> 2 Smoked Andouille Chicken Sausages | <input type="checkbox"/> 1 glass white wine |
| <input type="checkbox"/> 1 large leek | <input type="checkbox"/> 2 oz. pecorino or parmesan, grated |
| <input type="checkbox"/> 5 tbsp olive oil | <input type="checkbox"/> 3 tbsp mascarpone |
| <input type="checkbox"/> A few fresh thyme stalks | <input type="checkbox"/> 20 oz. short pasta |

1. Bring a large pan of water to a boil for the pasta. Cut the sausages into bite-sized pieces.

2. Trim the leek, stripping away the outer layer, then trim the root and very dark green parts, split, rinse very well and slice.

3. In your largest frying pan, fry the leek in the olive oil until soft and collapsed, then add the sausage and thyme, and cook, stirring, until the meat is no longer pink. Pour over the wine and leave to bubble gently.

4. Once the pasta water is boiling, add salt, stir, then add the pasta and cook until al dente, bearing in mind that it is going to cook for another minute with the sauce.

5. While the pasta cooks, scoop out three tablespoons of the cooking water and mix in a small bowl with the mascarpone and pecorino.

6. Once the pasta is done, drain, saving some of the cooking water, and add the pasta to the sauce (or use tongs or a spider to lift directly into the sauce). Toss, swishing the pan vigorously, and cook for 45 seconds, always stirring or shaking the pan, adding a bit more cooking water if it seems dry. Pull the pan from the heat, scrape in the mascarpone and add a few grinds of black pepper, and swish again, so everything comes together. Serve, passing round more grated cheese.



Creekside Place
Memory Care

"Exceeding Expectations for Loving, Thoughtful Care"

Memory Care Now OPEN!

Services and Amenities Include:

- Individualized Care Plans
- 24-hr Emergency Staff Assistance
- Medication Management
- Dietitian Approved Menus
- Weekly Housekeeping & Laundry
- Active Life Enrichment Programs

***When living at home is no longer an option,
you need a Caring Place.***

"The most difficult thing I have ever done was to place my Mother in Memory Care... especially during COVID. We were blessed beyond words to find Creekside, the love and compassion for their clients is just heartwarming. I have found staff to be just wonderful to work with. My mom is safe, happy and very well cared for, I could not ask for more." -G.S. Family of Resident



(360) 667-1178

208 SW 20th Ave. Battle Ground, WA 98604

www.CaringPlaces.com

The Other Pollinators



by BEKAH MARTEN, WSU Extension Clark County Master Gardener

Over the last few weeks, various bees and butterflies have been busy at work pollinating flowers in our landscapes. These insects are the ones most commonly associated with plant pollination, but did you know that there are a variety of other insects and animals that are prolific pollinators as well?

Pollination, in its simplest form, is the movement of pollen grains from one flower species to another flower of the same species. This is primarily done by insects, animals, or wind. Around the world a great number of our flowering plants, almost 90 percent, rely on pollinators for fertilization.

In the Pacific Northwest, we have many other insects beyond bees and butterflies who are active pollinators in our landscapes. Insects such as moths, flies, wasps, beetles, and ants all play a role in flower fertilization. Hummingbirds are yet another winged pollinator visiting area gardens.

While butterflies are seen visiting flowers during the day, many moths perform pollination at night. Moths also differ from butterflies in that they have more feather-like antenna, can be less colorful, and have more hairy bodies. Moths prefer pale colored, strongly scented flowers that open in the afternoon or evening. To

encourage moths in your garden, consider planting honeysuckle, jasmine or other evening scented flowers.

Many flies are not the nuisance we may have considered them to be, specifically the syrphid fly. This small, black and yellow insect may look like a bee, but it is actually a fly. Also referred to as hover

flies, the syrphid fly can be differentiated from bees by their single pair of wings instead of the two sets of bees.

In a recent study conducted by Rae Olsson, a WSU post-doctoral fellow and lead author of the study published in Food Webs, it was found that 35 percent of the pollinator visits to flowers in the study were done by flies. Syrphid flies can commonly be seen pollinating zinnias, a variety of garden herbs, cosmos, peas, daisies, and many other flowers. A bonus of these flies is that their larva are voracious eaters of aphids.

Hummingbirds are another fantastic pollinator in the garden.

In our area, we see

both the iridescent green Anna's Hummingbirds and the copper-colored Rufous Hummingbird. Hummingbirds prefer tubular shaped flowers in our landscape. To entice these birds to your



Continued on next page ►

garden, plant bee balm, penstemon, salvia, or petunias.

To ensure that these pollinators visit your garden, there are a few additional steps homeowners can take. Include a variety of plants in your landscape that flower at different times throughout the

year. Not all pollinators are active at the same time. Staging bloom times of flowers will keep a supply of pollen out for the different pollinators. Eliminating, or greatly reducing, the use of chemicals in your garden will provide a safe, non-toxic space for these insects to thrive. Leaving

out water sources for pollinators is greatly appreciated.

A shallow dish with some pebbles placed in the bottom and filled with water is all that is required.

To read more about how to landscape for pollinators in the Pacific Northwest, use this resource published by the Pollinator Partnership and the NAPPC:

<https://www.pollinator.org/PDFs/PacificLowlandrx8.pdf>

Read more about the syrphid fly and its pollinizing power here:

<https://news.wsu.edu/2021/06/22/bee-impersonating-flies-show-pollinator-potential/>



All photos Bekah Marten

Every Home Needs A Kubota!

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

BX2380

- 21.6 Gross HP,† 3-Cylinder Kubota Diesel Engine • 4WD with Rear Differential Lock Standard
- Performance-Matched Implements Available

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

MX5400HST

- 55.5 Gross HP,† 4-Cyl. Kubota Diesel Engine
- 4WD
- Hydrostatic Transmission
- Performance-Matched Implements Available



B2301HSD

- 20.9 Gross HP,† 3-Cyl Kubota Diesel Engine
- Semi-Flat Deck
- Performance-Matched Implements Available



LX2610HSD

- 24.8 Gross HP,† 3-Cyl. Kubota Diesel Engine
- 3-Range Hydrostatic (HST) Transmission
- Performance-Matched Implements Available



*© 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 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 12/31/21. 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/offers.† 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. K1059-04-145468-27

How to effectively FREEZE VEGETABLES

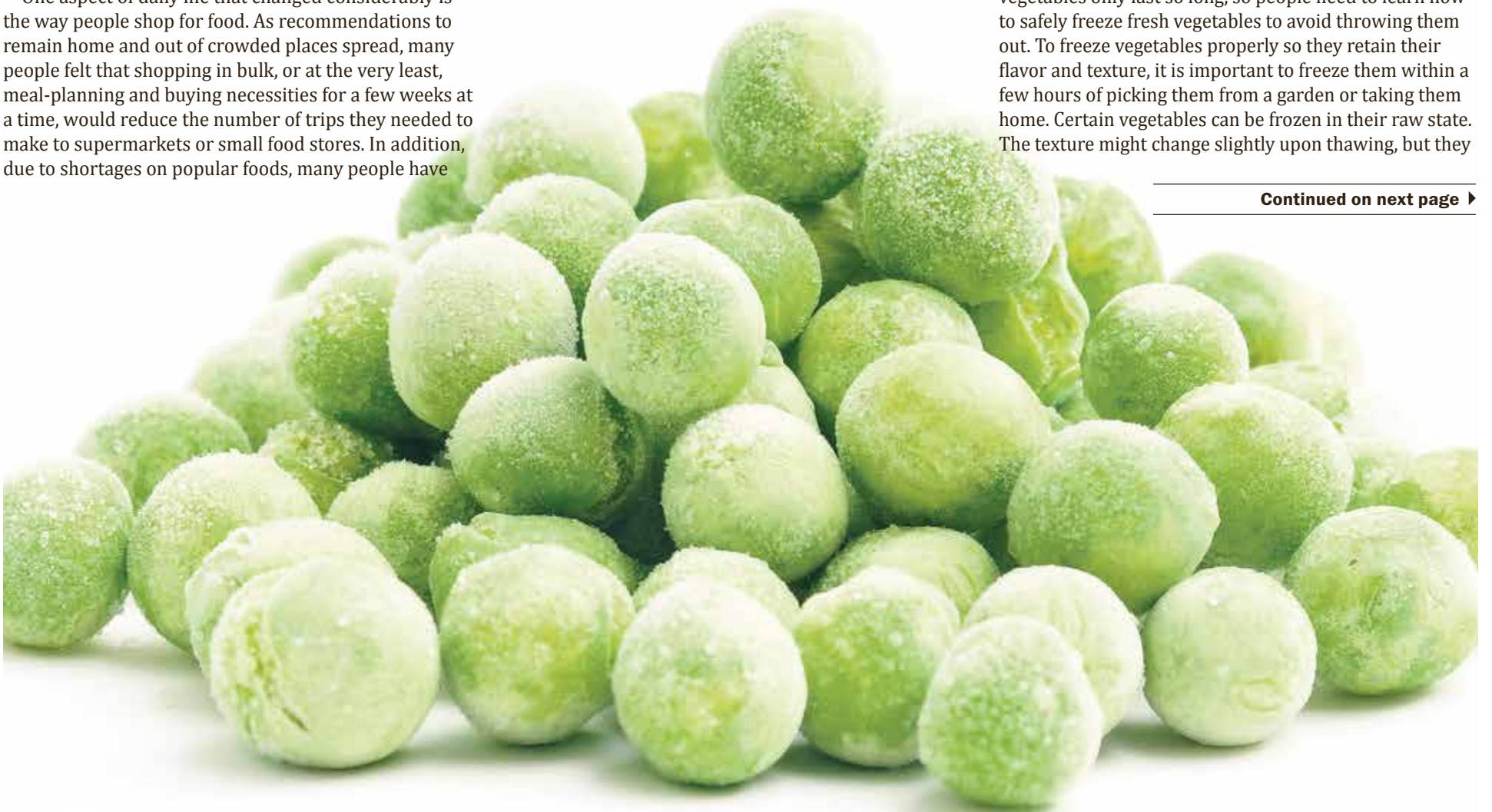
To say that COVID-19 transformed daily life would be an understatement. Few, if any, aspects of life were untouched once the virus hit.

One aspect of daily life that changed considerably is the way people shop for food. As recommendations to remain home and out of crowded places spread, many people felt that shopping in bulk, or at the very least, meal-planning and buying necessities for a few weeks at a time, would reduce the number of trips they needed to make to supermarkets or small food stores. In addition, due to shortages on popular foods, many people have

purchased items they did not necessarily need in anticipation that such foods may not be available in the coming weeks or months.

Large packages of meat and poultry can be broken down and frozen easily. But what about the fresh produce that many people rely on for important nutrients? Fresh vegetables only last so long, so people need to learn how to safely freeze fresh vegetables to avoid throwing them out. To freeze vegetables properly so they retain their flavor and texture, it is important to freeze them within a few hours of picking them from a garden or taking them home. Certain vegetables can be frozen in their raw state. The texture might change slightly upon thawing, but they

Continued on next page ▶



will remain flavorful. Other vegetables may require blanching before freezing. Blanching requires scalding vegetables in boiling water or steam for a brief time. Blanching helps stop the enzymes that cause vegetables to decay, a process that can occur even in frozen storage. Items that do well with blanching include spinach, kale, winter squash, and broccoli, according to HGTV.com.

Another way to freeze produce is to remove the air that can compromise the food. You can do so by filling containers or bags and pushing out the extra air. Vacuum sealers can work to remove the air and help preserve items in the freezer longer; otherwise, use a tray pack method to freeze items. Place chilled and drained blanched vegetables in shallow trays or pans. Freeze them until the vegetables are firm and then quickly fill freezer bags or containers, says the National Center for Home Food Preservation.

Remember to label and date containers so items can be used in the order in which they were packed. Most vegetables maintain high quality for eight to 12 months at 0 F or lower, according to the University of Georgia.

Freezing fresh vegetables is an option when stocking up on essentials. Flavor and texture can be retained and items will not need to be discarded before they can be eaten. - Metro Creative



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
thaiorchidvancouver.us

Have you had Thai Orchid lately?



OPEN FOR DINE IN, TAKE OUT & DELIVERY

Delicious Thai Cuisine and One-of-a-Kind Sushi

Remember Thai Orchid for all of your catering needs.




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.

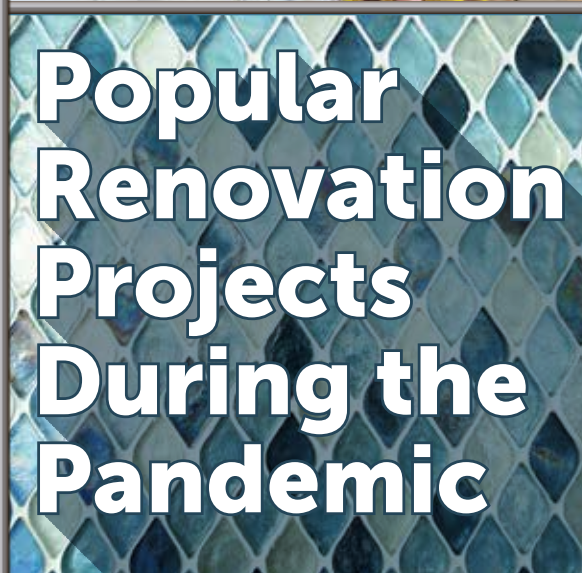
Please call us at **(360) 254-4666** for more information and to schedule a tour.



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



Popular Renovation Projects During the Pandemic



Spending so much time at home during the pandemic led many homeowners to spruce up their homes. According to HomeAdvisor's 2021 State of Home Spending report, spending on home improvements increased by an average of \$745 per household in 2020.

In the face of travel restrictions and social distancing guidelines, many homeowners pivoted in 2020 and spent money they initially intended to use for vacations on home improvements. Though many such projects required the services of a professional contractor, others, including the most popular project among the 5,000 homeowners who participated in the HomeAdvisor report, were do-it-yourself endeavors. That not only gave homeowners' homes a new look, but also gave them something to do during quarantine. The following are the five most popular home improvement projects of 2020 according to the HomeAdvisor report.

1. INTERIOR PAINTING: Just under 35 percent of participants reported taking on an interior painting project in 2020. Interior painting projects can be perfect for DIYers, but homeowners also can trust this task to skilled professionals.

2. BATHROOM RENOVATIONS: Real estate professionals routinely report how much prospective buyers love updated bathrooms, so it's no surprise that roughly 31 percent of homeowners who took part in the HomeAdvisor report indicated they renovated their bathrooms in 2020.

3. FLOORING: Floors took on a lot of extra traffic during the pandemic, so it shouldn't be too surprising that flooring projects were popular in 2020. More than one-fourth of participants told HomeAdvisor their homes were updated with a new floor during the pandemic.

4. LANDSCAPING: With nowhere else to go to escape the daily grind in 2020, many homeowners took to their yards. Twenty-four percent of those homeowners reported making their backyard retreats more appealing by repairing or upgrading the landscaping outside their homes. In fact, the average homeowner reported completing 3.4 landscaping projects in 2020.

5. KITCHEN: Another project that makes sense given the circumstances, kitchen renovations were the fifth most popular home improvement project in 2020. Restaurant closures and social distancing guidelines led many people to dine in more often than they otherwise would, and just under 23 percent of homeowners reported renovating their kitchens in 2020.

As the world gradually emerges from the pandemic, many homeowners who caught the renovation bug while in quarantine also will be emerging with what feels like an entirely new home.

-Metro Creative

NONPROFIT

Spotlight

For information contact communitypartnerships@columbian.com



PATHWAYS CLINIC



FAMILY & PREGNANCY
RESOURCE CENTER

Giving Hope • Sharing Grace • Changing Lives

Help her know she's not alone.

Join us September 23 for
24 hours of online giving.

**GIVE
MORE
24!**

COMMUNITY FOUNDATION
FOR SOUTHWEST WASHINGTON

www.pathways180.com • 360-834-2829

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 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 in our community experiencing crisis pregnancies and difficult financial situations.

On September 23rd, along with hundreds of other local non-profits, we are participating in Give More 24, hosted by the Community Foundation for Southwest Washington. This annual 24 hour giving event showcases the non-profits striving to make a difference in our communities and the generosity of the people of Southwest Washington, who support these life changing efforts. Pathways is honored to be recognized and included as one of these organizations.

We believe that every life has a purpose and that every life deserves a chance. We offer evidence based, medically accurate information so 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.

Pathways

- provides compassionate help and hope to those who find themselves unprepared for pregnancy.
- encourages and supports practical and informational programs which help to stem the tide of unplanned pregnancies in our community.
- makes referrals when needed for social services, medical care, adoption, and for those who suffer emotional, physical or spiritual trauma from a previous abortion.
- provides pregnancy testing and ultrasounds free of charge to those experiencing an unplanned pregnancy.
- provides pregnancy, childbirth, parenting, and life skills education.
- assists our clients with obtaining insurance, job and career preparation, financial literacy, housing, and food support.
- welcomes all individuals regardless of race, religion, gender identity, sexual orientation, or financial status.
- provides material help and referrals to other social services for families in need, regardless of pregnancy.

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, our services, or how to participate in Give More 24, please call Kimberli at 360-834-7256. 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.



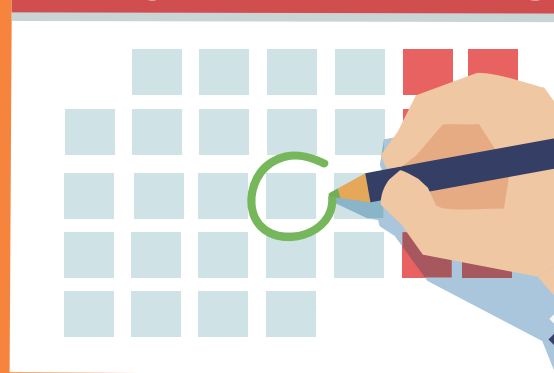
MEDICARE

**don't
forget!**

**OPEN
ENROLLMENT
STARTS
SOON**

If you're age 65 and older, or a younger adult with a qualifying disability, then you're likely becoming more familiar with the complexities of Medicare. This is the time of year that the changes to plans are announced.

IMPORTANT DATES



**OPEN ENROLLMENT BEGINS
OCTOBER 15, 2021**

**OPEN ENROLLMENT ENDS
DECEMBER 7, 2021**

**OPEN ENROLLMENT CHANGES TAKE EFFECT
JANUARY 1, 2022**

Open Enrollment Season is also the season for fraud and scams. Even if you've been enrolled in Medicare for many years, it can still be mysterious territory. Don't travel alone and beware of unsolicited offers and requests for personal information. When in doubt, call Medicare directly at **1-800-MEDICARE (1-800-633-4227)** or your local SHIBA (Statewide Health Insurance Benefits Advisors) office at **1-800-562-6900**.



WHAT TO DO

1. Watch the mail in September for the "Medicare & You" 2022 handbook and your "Annual Notice of Change" letter from your Medicare plan.
2. Review the letter and handbook to learn about changes to Medicare benefits and coverages, and changes to your current Medicare plan.
3. If you like your current plan and it's still available for 2022, you don't need to take any action.
4. If you want to change your plan, go to Medicare Plan Finder: www.medicare.gov/plan-compare, or get help by calling Medicare directly at 1-800-MEDICARE (1-800-633-4227) or your local SHIBA (Statewide Health Insurance Benefits Advisors) office at 1-800-562-6900.
5. Complete all plan changes between October 15 December 7, 2021.

NONPROFIT

Spotlight

For information contact communitypartnerships@columbian.com



THE HISTORIC TRUST

Preserving Community Treasures for Generations to Come

The Historic Trust's Preservation Team
provides stewardship and maintenance for:

- ~ **Grant House**, the oldest building on Officers Row, built in 1849
- ~ **62 residential units** throughout the historic site
- ~ More than 100 species of **heritage roses** at the O.O. Howard House
- ~ **76 commercial spaces** at Providence Academy
- ~ Landscaping includes **50 species of trees**
- ~ **46 commercial units** along Officers Row and throughout the historic reserve site
- ~ **Providence Academy**, one of 29 buildings in Pacific Northwest designed by **Mother Joseph**. The only one still in operation.

thehistorictrust.org



In 2006, the City of Vancouver invited The Historic Trust to preserve and manage the city-owned Officers Row and West Vancouver Barracks historic properties. That request included managing all the residential and commercial leases in those buildings. And thus, began a love affair between the Trust, the historic site and the Southwest Washington community. The men and women of the Trust are dedicated to the preservation and management of historic buildings and facilities. So much so, that the Trust expanded in 2015, purchasing the Providence Academy, only steps from Officers Row. Since that time, the Trust has invested more than \$16.5 million in the purchase, maintenance and renovation of the Academy.

In summer, you'll find the preservation team managing exterior repairs, replacing porches, painting, inspecting and repairing latticework throughout the Historic Reserve. Landscape maintenance and tree and plant replacements are ongoing through spring, summer and fall, while in winter snow removal and ice safety measures keep the team busy.

Typically, the preservation experts target interior painting projects and carpet replacement in the winter, undertaking repairs and replacements for residential living quarters throughout the year. They also manage system inspections for all commercial tenants to ensure code compliance.

In this season of COVID, the preservation team prepared more than 20 spaces for new tenants, which normally includes painting, carpeting, new blinds, changing out kitchen sinks and faucets and more. They have replaced six heat pumps, seven hot water heaters, one large blower, four dishwashers, two microwaves, and three washing machines, in addition to regular ongoing maintenance. It's all in a day's work. For more information: www.thehistorictrust.org

Chicken Soup

is Good for *More than the Soul*

Cold season never seems to take a year off. Experts estimate that colds are so widespread that very few humans escape infection. Some people come down with colds more than once per year. That should not come as too great a surprise, as there are now thought to be more than 200 different strains of cold.

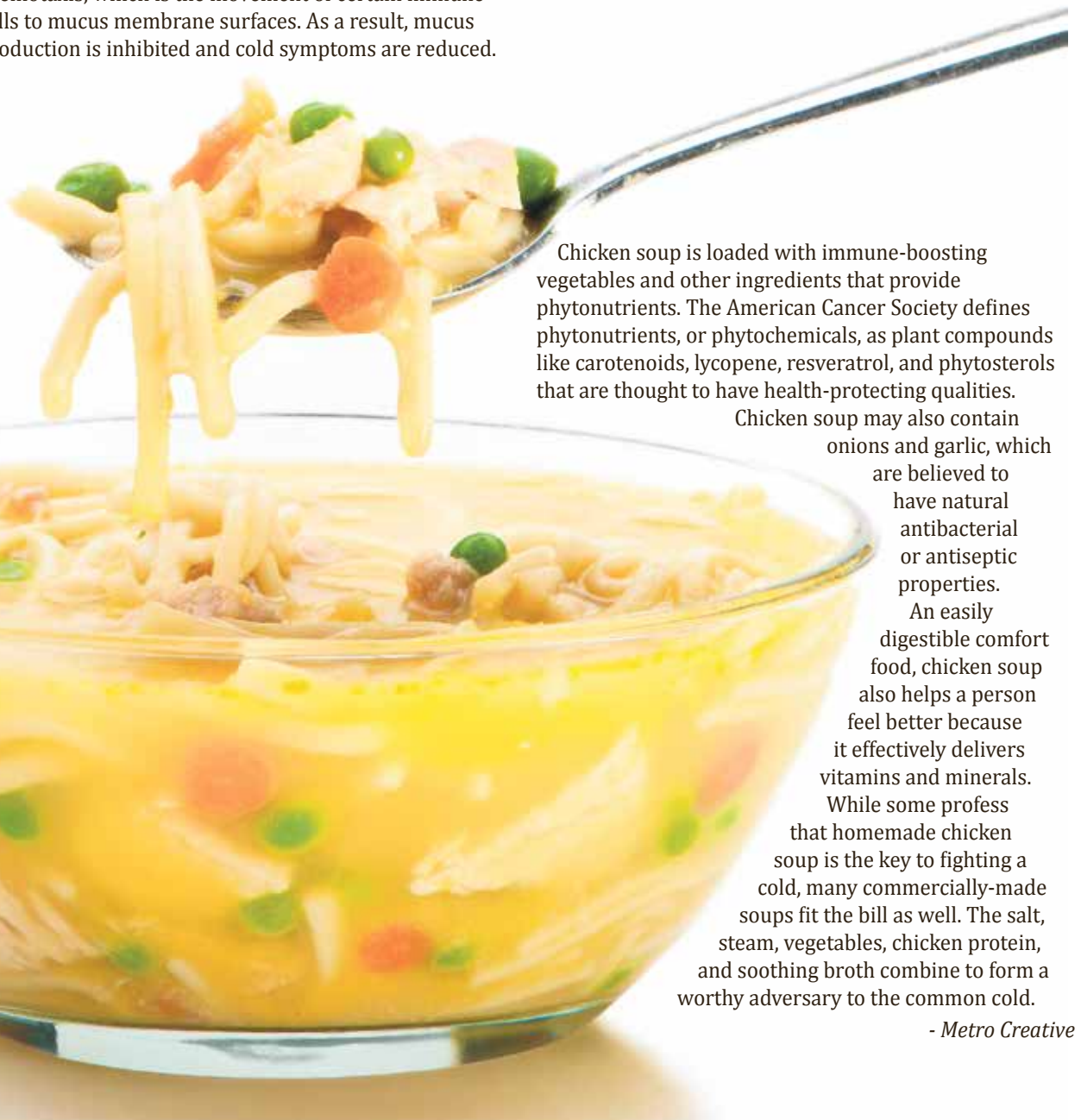
For the past 50 years, researchers studied two classes of viruses responsible for a total of roughly 100 different incarnations of the common cold. Two years ago, after development of molecular techniques to look at the viral genome, researchers found a third class of rhinoviruses, according to James Gern, MD, an asthma specialist at the University of Wisconsin School of Medicine and Public Health. This discovery doubled the number of potential cold viruses.

While there's no cure for the common cold, cold remedies have been around for centuries. Chicken soup remains one of the more popular cold remedies. Grandmothers have long espoused the virtues of chicken soup with regard to treating colds, but now research is backing up those claims.

Researchers have long examined the potential health benefits of chicken soup in an attempt to understand why it seems to be such an effective tonic at treating colds. A 1998 report found that broth may help improve the function of the tiny hairs in noses called cilia. The cilia help prevent contagions from getting into the body. Hot fluids also can help increase the movement of nasal mucus, helping to relieve stuffiness and congestion.

Chicken soup also can help reduce inflammation, which often results as the immune system works to fight the cold virus. A study in the journal *Chest*

found that chicken soup appears to inhibit neutrophil chemotaxis, which is the movement of certain immune cells to mucus membrane surfaces. As a result, mucus production is inhibited and cold symptoms are reduced.



Chicken soup is loaded with immune-boosting vegetables and other ingredients that provide phytonutrients. The American Cancer Society defines phytonutrients, or phytochemicals, as plant compounds like carotenoids, lycopene, resveratrol, and phytosterols that are thought to have health-protecting qualities.

Chicken soup may also contain onions and garlic, which are believed to have natural antibacterial or antiseptic properties.

An easily digestible comfort food, chicken soup also helps a person feel better because it effectively delivers vitamins and minerals.

While some profess that homemade chicken soup is the key to fighting a cold, many commercially-made soups fit the bill as well. The salt, steam, vegetables, chicken protein, and soothing broth combine to form a worthy adversary to the common cold.

- Metro Creative

Gentle Prices

at a difficult time....



EVERGREEN STAPLES
F U N E R A L H O M E

- 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



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



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

3409 Main Street, Vancouver
www.koprc.com



Major Benefits to Early

HOLIDAY SHOPPING

Some people begin their holiday countdowns the day after the festivities have come and gone. With 365 days until the next celebration, it may seem like one has all the time in the world to complete holiday tasks. But before long, holiday crunch time arrives and some people find themselves rushing around to buy gifts and other essentials.

A 2020 Gallup poll found the average holiday shopper planned to spend \$942 on gifts in 2019. The personal finance site Mint.com from Intuit reported roughly \$729 billion was spent during the holidays in 2019 — making it the biggest holiday season to date.

Though the pandemic changed the holiday shopping landscape in 2020, a return to normalcy appears to be on the horizon for the 2021 holiday shopping season. In fact, the adage of “the early bird catches the worm” could help shoppers scoop up gifts and bargains before the holiday shopping rush begins. Individuals who start their holiday shopping early this year may discover there are many benefits to such an approach.

SPREAD OUT SPENDING

Those who begin shopping well before the holiday season arrives can spread their spending over several months rather than a short period of time. This can make



shopping more affordable for those who may have limited financial leeway. It may be easier to swallow spending an extra \$100 per month throughout the year as opposed to having a \$1,000 bill at year's end.

SHOP SALES

A Coresight Research survey found that more than 25 percent of shoppers expected to start holiday shopping earlier than usual in 2020, when retailers offered their promotions earlier than normal to compensate for a decline in brick-and-mortar shopping. While it remains

to be seen what retailers will do this year, shopping early means people are not beholden only to holiday sales promotions; they can take advantage of major sales throughout the year, including Martin Luther King Jr. Day, Memorial Day, Labor Day, back to school season, tax-free weekends (often offered in August), and even retailer-specific sales like Prime Day.

AVOID DELAYS

Continued pressure on shipping companies as online shopping has become so prevalent inadvertently leads to delays. Couple this with supply chain disruptions due to the pandemic, and certain items may be out of stock or on back order.

“With potential product shortages continuing, if you see something you know you want, go ahead and buy it,” said Karl Haller, retail industry expert at IBM Global Business Services.

Shopping early also assists those who have to ship gifts domestically or internationally. Shopping early ensures those presents get to their recipients on time.

Getting a head start on holiday shopping is advantageous to shoppers who want to budget, save and ensure items are available. - *Metro Creative*



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.



7 Years in a Row!

EVENTS

SEPTEMBER 2021 - OCTOBER 2021

RIDGEFIELD FARMERS MARKET

Through September 25

Saturdays, 9am-2pm. Vendors offer a great selection of products to choose from including local produce, plant starts, baked goods, flowers, soaps, jewelry, home décor items, clothing and more. Overlook Park, 113-131 S Main Ave.

CAMAS FARMERS MARKET

Through September 29

Wednesdays, 3-7pm. Freshly harvested seasonal produce, flowers, natural products, food vendors, kids' activities, and live local music. 4th Ave, between Everett and Franklin.

SALMON CREEK FARMERS MARKET

Through October 5

Tuesdays 11am-3pm. Seasonal produce, wholesome food, and crafts primarily from local farms, artisans and small businesses throughout SW Washington. 14406 NE 20th Ave, in the Kaiser parking lot.

VANCOUVER FARMERS MARKET – DOWNTOWN MARKET

Through October 31

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



TACOS IN THE PARK

September 17 – 19

Fri, 5-10pm; Sat Noon-10pm; Sun Noon-7pm. General Admission \$20: 3 taco tickets, water, and entry. VIP Admission \$80: 5 taco tix, 2 drink tickets and tequila tasting. Tequila Tasting \$50: Four different types of tequila. Live music all weekend. Proceeds support the Arc of SW Washington. Esther Short Park, 301 W 8th St.



ELKTOBERFEST

September 17 & 18, 4-10pm

Fun, music, traditional German fare and general merrymaking. \$5 entry. All ages. Elks Vancouver Lodge, 11605 SE McGillivray Blvd.



VSO CLASSICAL CONCERT SERIES

Sept. 25-26

Schubert's Tragic Symphony.

Oct. 23-24: Kodaly's Dances of Galanta.

Skyview Concert Hall, 1300 NW 139th St. Go online for concert dates and ticket information: vancouversymphony.org



WALK TO END ALZHEIMER'S SW WASHINGTON

September 26, 12-3pm

The world's largest fundraiser for Alzheimer's care, support and research will be held at Esther Short Park and also with an option to participate online. Go to alz.org for event information.

PUMPKIN LANE

Through October 31

Take a trip down Pumpkin Lane and see pumpkin people vignettes, visit farm animals, have yummy treats, enjoy beautiful autumn scenery and pick out pumpkins to take home. Pomeroy Living History Farm, 20902 NE Lucia Falls Rd, Yacolt. Thurs-Sun, 11am-4 pm. Go to pomeroyfarm.org for more event information.



SCARY RUN

October 31, 8:30am

Put on a Halloween costume and run or walk a Half Marathon, 10K or 5K. Festive food and drink to follow the race. Reflection Plaza, 1703 Main Street. Go to whyracingevents.com to register.

FIGHTING FOR THE RIGHT TO FIGHT EXHIBIT: AFRICAN AMERICAN EXPERIENCES IN WWII

October 1 – January 15, 2022

Recurring weekly on Sunday, Tuesday, Wednesday, Thursday, Friday, Saturday. Oral histories, profile panels, and artifacts about the wartime stories of individual service members from unheralded heroes to famous names—including Alex Haley, author of Roots (US Coast Guard); Benjamin Davis, Jr. (US Army Air Forces); Medgar Evers (US Army); and more. \$10 Adults - Kids under 12 are free. Artillery Barracks at Fort Vancouver, 600 E Hatheway. 10am-3pm.



NONPROFIT

Spotlight

For information contact communitypartnerships@columbian.com



CREATING

Boundless

OPPORTUNITIES THROUGH SPORTS
AND PHYSICAL ACTIVITY

GIVE
MORE **24!**



NW ASSOCIATION
FOR
**BLIND
ATHLETES**

WWW.NWABA.ORG/GM24

NWABA creates boundless opportunities for individuals who are blind and visually impaired.

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.

The Northwest Association for Blind Athletes (NWABA) provides **boundless** opportunities for blind and visually impaired individuals to follow their dreams. They are provided opportunities 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.

September 23rd, 2021 is Give More 24! This is the biggest giving day of the year for the Community Foundation for Southwest Washington. **YOU** can help make it the biggest day of the year for the individuals and families at Northwest Association for Blind Athletes. **With your generosity, we will be able to serve our community both virtually and in-person, expand our adaptive equipment library, support our video resource library, and reach future athletes!**

Please join us in creating boundless opportunities for children, youth, and adults with visual impairments and help us reach our \$51,000 goal! To see our impact, join us on social media on September 23rd to enjoy videos from our athletes, athlete families, and volunteers, as they speak to NWABA's impact in their lives. @nwblindathletes

To learn more about Give More 24, go to www.nwaba.org/gm24!

"NWABA was instrumental in getting our students interested in games tailored to our blind and visually impaired students. Now those games are a part of our P.E. curriculum as well as our extracurricular activities."

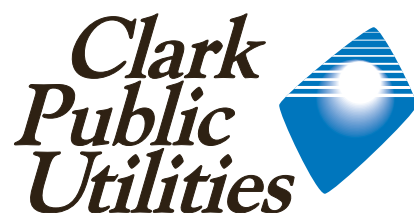
- Jim Dammarell, Orientation and Mobility Specialist, ISEDB

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