

WE WISH YOU A VERY ★

HAPPY
HOLIDAYS

★ IN THE COUVE ★

DECEMBER 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

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Find past issues archived online at
www.livinginthecouve.com



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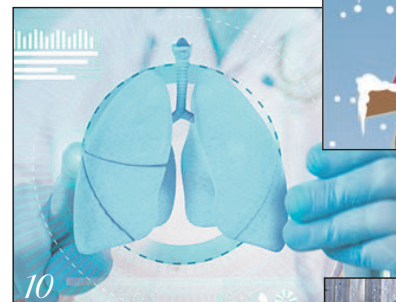
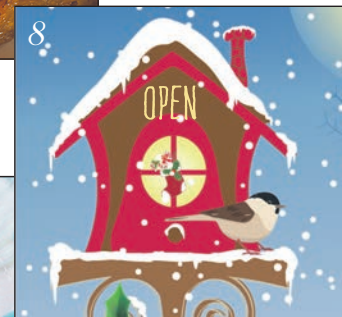
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Holiday Edition

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Spotlight

For information contact communitypartnerships@columbian.com



Community in Motion

Our mission is connecting our neighbors with access to reliable transportation to support healthy, independent living.

Our services include:

- **Employment Transportation**
- **Mobility Management**
- **Non-Emergency Medical Transportation**
- **North County Shuttle Service**
- **Reserve-A-Ride Transportation**
- **Sponsor-A-Ride Transportation**
- **Trip Resource Center**
- **Volunteers in Motion**

To learn more about our work, sign up to volunteer, or make a charitable gift to support our mission, please visit:

CommunityInMotion.org



The means to stay mobile ●

Community in Motion (formerly known as the Human Services Council) has connected people in need with vital services and support for more than 60 years. Today, the organization's sole focus is linking individuals who live in Southwest Washington with reliable transportation services and resources so they can live rich, healthy, and independent lives. To that end, our programs assist people with trips to Medicaid-covered appointments, life-sustaining medical appointments, employment, other critical transportation needs, and social activities. Our services are especially useful to seniors, individuals with disabilities, veterans, and other underserved communities. Our goal is help people age in place for as long as possible.

Community in Motion works closely with various community agencies, businesses, and other non-profit organizations to fulfill their clients' transportation needs. The organization takes a collaborative, open, and solutions-based approach that focuses on the individual and the need - not who gets the credit.

Our newest program, North County Shuttle Service, runs in north Clark County to drive people into Battle Ground for shopping, medical, social, and other needs. The shuttle divides the rural area into different routes depending on the day.

Anyone may use our Trip Resource Center (TripResourceCenter.org) to identify their transportation

options. The service offers special features and programs for seniors, individuals with disabilities, veterans, and other underserved communities. Information given could include public transportation, private transportation companies, travel trainers, or non-profits.

Additionally, we now work with qualified individuals through a program called Volunteers in Motion where trained volunteer drivers are matched with their Clark County neighbors that require transportation assistance. Come join us: We are always looking for volunteers to help drive our community members. Volunteers have the option to drive their own vehicle for mileage reimbursement or one of our vans. We have an accessible van as part of our fleet. The accessible van is also available to local non-profits to shuttle their passengers.

Thanks to the generosity of numerous funders, including state, regional and local program grants as well as individuals, most of our services are available at little to no cost to the recipient. All of our work helps to ensure that our neighbors stay engaged in our community and have the means to stay mobile.

We encourage you to consider volunteering with us, applying to join our board of directors, and/or making a financial contribution to support our work. To learn more, please visit our website: www.communityinmotion.org.

Holiday Table Ideas

Silver and Gold

Farmhouse Flair

Harvest Bounty

Winter Elegance

Old Fashioned

Welcome the New Year

Besides a season of giving, this is also the season of eating. Gathering around a table together to share a tasty holiday meal is a special tradition for many people. Whether you're planning a grand feast with extended family and friends, or choosing to celebrate with just your own household, here are some ideas to make your holiday table special and festive. Visit your local craft stores and artisan markets to find décor for your perfect table setting.



Festive Food

You may be serving a traditional meat or plant-based entrée, with sides of mashed potatoes or riced cauliflower, cornbread stuffing or turkey dressing, and gravy...so much gravy. And with rich desserts of fudge and caramel, pumpkin and pecan. As you plan your holiday menu consider adding in more color and even a bit of crunch for a fresher take on the holiday meal. Try shopping your local fall farmers market and asking the vendors for cooking tips.



Autumn fruits, root vegetables, and greenery can add more color and texture to your meal.



Instead of mashed potatoes, try a mixture of roasted beets, yams, squash and with red, Yukon, or fingerling potatoes.



A Christmas cake topped with figs, cranberries and sprigs of mint is almost too pretty to eat.

Mulled spiced pears in red wine is light and bright dessert after a meaty main course. There are many variations of this recipe online to find and try.



Hot Spiced Tea

- 6 cups water
- 1 teaspoon whole cloves
- 1 (1 inch) piece cinnamon stick
- 6 tea bags, black tea of your choice
- $\frac{3}{4}$ cup orange juice
- $\frac{1}{2}$ cup white sugar
- $\frac{1}{4}$ cup pineapple juice
- 2 tablespoons lemon juice

Bring the water to boil in a pot. Add cloves and cinnamon stick. Add tea bags to water and remove heat to steep the tea to the strength you prefer (at least 5 minutes). Remove the cloves, cinnamon stick, and tea bags. Stir orange juice, sugar, pineapple juice, and lemon juice together in a saucepan and bring to a boil, stirring until the sugar dissolves completely. Pour juice mixture into the spiced tea and serve hot. Add garnishes of cinnamon stick, slices of orange or lemon, and star anise as desired.

Recipe adapted from Allrecipes.com

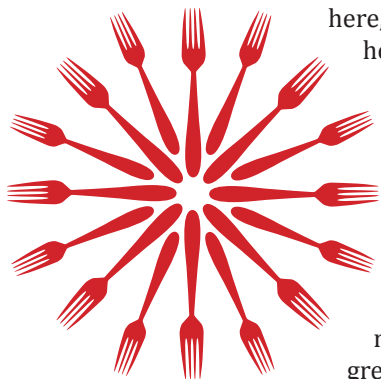




PRALINE FRENCH TOAST BREAD PUDDING



On this side of the pond, a pudding is usually a sweet, milk-based dessert that's similar to custards or mousse. In other countries puddings can describe both sweet and savory dishes. We're not concerned with those here, because holidays mean treats and treats mean sweets. Puddings in the States can also refer to bread puddings and rice puddings, all great choices for your holiday table.



PRALINE FRENCH TOAST BREAD PUDDING

Recipe is from Epicurious.

1 pound of challah or brioche
8 extra-large eggs
2 cups heavy whipping cream
1 1/2 cups whole milk
1 cup sugar
1 tablespoon pure vanilla extract
1/2 teaspoon salt
1/2 teaspoon ground nutmeg

PRALINE TOPPING

1/2 cup unsalted butter, softened
1 cup firmly packed dark brown sugar
3/4 cup coarsely chopped pecans
1 teaspoon cinnamon
3 tablespoons maple syrup

DIRECTIONS

1. Generously butter a rectangular baking dish. Set out a large shallow pan for a water bath.
2. Cut the bread into 3/4-inch-thick slices. If not using a braided bread, cut the slices into four triangles each. Arrange the bread slices in rows, leaning and overlapping them if necessary.
3. In a large bowl using an electric mixer, beat the eggs on high until light golden and slightly thickened, about three minutes. Beat in the cream, milk, sugar, vanilla, salt and nutmeg.
4. Pour over the bread in the dish, lifting the bread up slightly to pour between the slices and letting the custard soak in.
5. Using a pastry cutter or two knives, combine all the

- ingredients for the praline topping except the syrup. Spread the mixture over the top of the soaked bread, pushing some down between the slices. Cover with plastic wrap and refrigerate for at least an hour or overnight.
6. Preheat the oven to 350 degrees Fahrenheit. Remove the plastic wrap and drizzle the maple syrup over the top. Place the dish in the larger pan and pour hot water into the larger pan until it covers an inch of the sides of the bread pudding dish. Bake until the pudding is puffy and golden brown, about 35-40 minutes. Do not overbake. The top should be spongy, not dry or crusty.
7. Serve hot.

- Greenshoot Media



When hosting friends and family at home, it's understandable that hosts direct so much of their focus to the foods they plan to serve. The main course is often the focal point and most memorable aspect of a dinner party, and that's true whether the get-together is a backyard barbecue, a holiday meal with the family or a formal affair with colleagues.

Food might be a focal point, but guests also will need something to drink. Traditional spirits like wine and cocktails are the standard, but hosts who want to get a little creative should not hesitate to do so. When choosing a special beverage, timing is everything. Guests will want to cool down on warm summer evenings, so something cold and refreshing can make for the perfect signature cocktail. When hosting on nights when the mercury has dropped, a warm beverage can heat up guests in a matter of minutes. On such nights, hosts can serve this version of "Hot Mulled (Sherried) Apple Cider" courtesy of Laurey Masterton's "The Fresh Honey Cookbook" (Storey). One added benefit to Masterton's recipe is it can produce a welcoming winter aroma, helping hosts establish a warm ambiance for the festivities.

❄️ HOT MULLED (SHERRIED) APPLE CIDER ❄️

INGREDIENTS

| | |
|-------------------------------------|---|
| 1 gallon apple cider | 4 sticks cinnamon |
| 1 orange, unpeeled, cut into slices | 1/4 cup honey, preferably cranberry honey |
| 1/4 cup whole cloves | 1 cup sherry (optional) |

DIRECTIONS

1. Combine the cider, orange slices, cloves, cinnamon, and honey in a large pot over medium heat. If you are picky about things floating in your cider, make a little bundle out of cheesecloth and place the cinnamon and cloves inside before adding to the cider. I like to chew on cloves, so I just toss everything in. Bring to a boil, and then reduce to a simmer over low heat for an hour or so to spread these lovely winter aromas around your home.
2. If you're serving it to adults, add the sherry. It might make everyone want to go sledding!

- Metro Creative



❄️ MINI CHEESE BALL BITES ❄️

INGREDIENTS | MAKES 12

8 ounces light cream cheese, softened
 1 cup shredded sharp cheddar cheese
 3 tablespoons drained, chopped pimentos
 1 teaspoon garlic powder
 1 teaspoon paprika
 Pinch kosher salt
 Pinch freshly ground black pepper
 1/2 cup crushed pecans
 1/4 cup chopped chives
 12 pretzel sticks

DIRECTIONS

1. In a large bowl, stir together the cream cheese, cheddar, pimentos, garlic powder, paprika, salt, and pepper until well combined. Cover and refrigerate for at least 30 minutes.
2. Place the crushed pecans and chives in a small bowl. Set aside.
3. Roll the cheese mixture into twelve 1-inch balls. Evenly coat each ball with the pecan-chive mixture. Press a pretzel stick into the top of each cheese ball just before serving. Serve at room temperature or chilled.

- Metro Creative

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HOLIDAY SHOPPING:

Why You Should Keep Your Dollars Local

by TODD KAPRAL, *Backyard Bird Shop*



Can you feel it? The holidays are upon us again. This time it feels different. We are feeling a deep sense of gratitude. As a community, the last two years have presented challenges nobody has had to face in modern times. For many small, locally owned businesses, these challenges have been impossible to overcome. Here at Backyard Bird Shop, we feel very fortunate to have weathered the storm and are still here to serve our community.



year a special year of giving and from February 2021 through February 2022 a portion of our proceeds will be going to a different nature related cause each month. More information about that can be found at www.backyardbirdshop.com

As I get out and about, I see thriving groups of small businesses in and around town. From the revitalization of downtown Vancouver to the wonderful shopping district in downtown Camas, there are hard-working small merchants who are still serving their communities. New small businesses are sprouting up as well. As I go into these stores, I realize that these businesses also have a similar “shop local” mentality. When we support these stores, we are also supporting their local supply chain as well. You can call it The Main Street Mindset. I get inspired by going into these shops and seeing the effort, ingenuity, and thoughtfulness that goes into running these businesses successfully. As for Backyard Bird Shop, our greatest asset is our experienced and dedicated staff. People who have a common interest with our customers in bird feeding and the environment. With this expertise, they can provide in depth service that can be elusive in big box stores.

This holiday season and beyond, please consider shopping your local merchants. In doing so, not only will you be keeping your dollars local, you will likely be rewarded with a more genuine and knowledgeable experience.

While many people were stuck at home, or working remotely for the last 18 months, they discovered the hobby of bird feeding. It is a wonderful, very organic way to pass the time and enjoy nature that is right outside your window. Our dedication to our employees, our customers, and our long list of small, local vendors is what made it possible for us to survive. It has been very exciting to interact with all these new birders who are seeing their very first goldfinch or hummingbird. It really has enhanced the feeling of community for us.

Our philosophy of supporting local and US suppliers, artists, and craftspeople has not only helped them stay in business, it has allowed us to keep our shelves stocked and offer many unique goods that aren't available elsewhere. By now I think we all have heard about the incredible backlog of ships full of imports that are unable to dock and unload, resulting in empty shelves across the country. Our shelves are stuffed with more inventory than we have had at any point in our 27-year history here in Vancouver. We have bird houses, feeders, birdbaths, wall art, jewelry, cards, books, pottery that are made in the US or right here in the Pacific Northwest.

Our “shop local” philosophy involves our business practices as well, from print shops to local sign makers, sketch artists to computer technicians, and even advertising in your locally-owned newspaper.

Additionally, giving back to the community is equally important. 2021 marks the 30th anniversary of Backyard Bird Shop as a company. We decided to make this

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NEW LUNG CANCER SCREENING PROGRAM

saving lives in Southwest Washington

by **NICHOLAS WYSHAM, MD**

When doctors catch lung cancer at its earliest stage there's a 90 percent cure rate. Frequently, the only treatment needed is surgery. Yet all too often, patients and doctors miss the opportunity to prevent the disease's deadly progression.

As a pulmonologist at Vancouver Clinic, I've seen too many missed opportunities to identify lung cancer before it spreads. That's why for the past two years I've been leading Vancouver Clinic's effort to offer the very first fully accredited lung cancer screening program in Southwest Washington.

As of this fall, the program has more than 1,500 people enrolled.



Yearly low-dose CT scans catch cancer early

Lung cancer is the number one cause of cancer deaths in men and women. It accounts for more deaths than breast, prostate, and colorectal cancer combined. According to the American Cancer Society, 80 percent of lung cancer cases are related to a history of heavy tobacco use. By specifically screening current and former smokers we can save lives. A U.S. Preventive Services Task Force report on lung cancer screening found that one life

is saved for every 130–323 individuals screened.

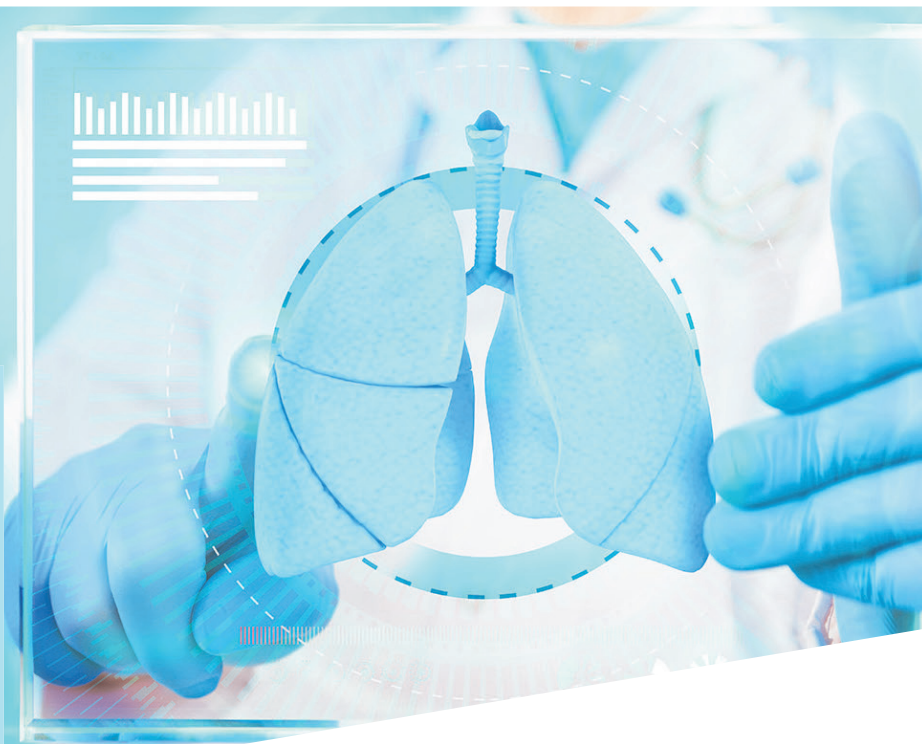
Vancouver Clinic's lung cancer screening program provides high-risk patients with ongoing monitoring and support. Patients in the program receive a low-dose CT scan once a year. Renee Klein, RN, our nurse navigator and coordinator, helps make sure patients get the care they need by calling with appointment reminders and arranging additional scans, biopsies, and follow-ups with specialists, as necessary.

The comprehensive nature of the program means that patients are supported at every step. Individuals are less likely to put themselves at risk by skipping their annual scans. Should a concern arise, they get help connecting with expert doctors—including local oncologists. What's more, because the program is designed around Centers for Medicare & Medicaid Services (CMS) guidelines, screening costs are typically reimbursed by insurers.

False positives possible, but benefits greater

The science shows that lung cancer screenings are highly effective. It's why I continue to be a huge advocate for this program. However, it's important for patients to know that there are risks. It's possible to get a false positive result, which can be scary. In extremely rare instances, someone might undergo surgery for what turns out to be

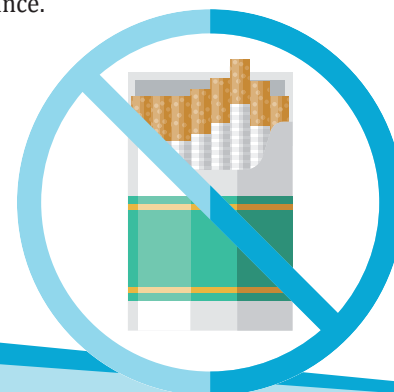
a benign nodule. What physicians don't consider a huge risk is the radiation exposure. Radiation from a yearly scan is minimal. Please talk to your provider if you have questions about whether this program is right for you.



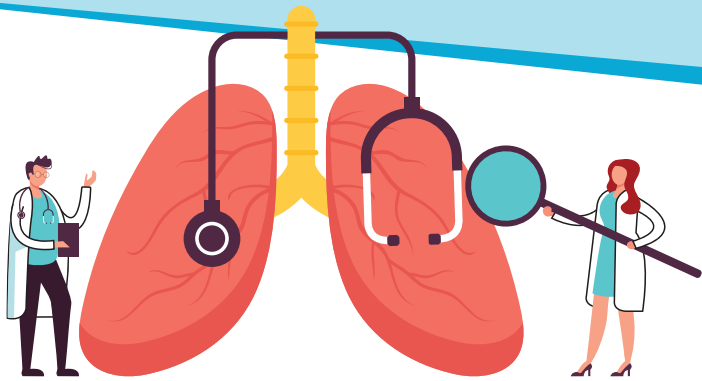
Current, former tobacco users program's focus

Patients who are between the ages of 55 and 77 and who have smoked a pack a day for 30 years, or two packs a day for 15 years, are eligible to be enrolled. Patients who qualify but haven't joined the program should talk to their provider. I'm hopeful that, in the future, CMS will broaden its guidelines to include younger patients and individuals who smoked or are smoking fewer cigarettes a day.

The screenings are already saving lives. So far, our team has identified 12 early-stage cancers. These patients have a much higher chance of survival now than if the cancer had progressed. The screenings are also providing peace of mind. At least half of the people receiving scans are former smokers. They overwhelmingly regret smoking and feel they made a mistake. Yearly scans provide much-needed reassurance.



Continued on next page ►



Collaborative approach puts patients first

One of the most valuable parts of the lung cancer screening program for patients is our team approach. Patients have a direct line to our care coordinator, making it easy to ask questions and get help with scheduling. Our pulmonologists have deep connections with other physicians in the community, allowing ongoing collaboration—no matter where in the screening or care process a patient is.

As an example, I'm currently learning a new bronchoscopic biopsy technique from Dr. Bhanu Patibandla, a colleague at PeaceHealth Southwest Medical Center. This robotic method allows doctors to biopsy nodules that are deeper in the lungs with greater than 85 percent accuracy. It's exciting to see how Vancouver Clinic's lung cancer screening program and the greater medical community are all working together to expand our skills and knowledge and do what's best for the patients we serve.



Clinic and area doctors can refer patients

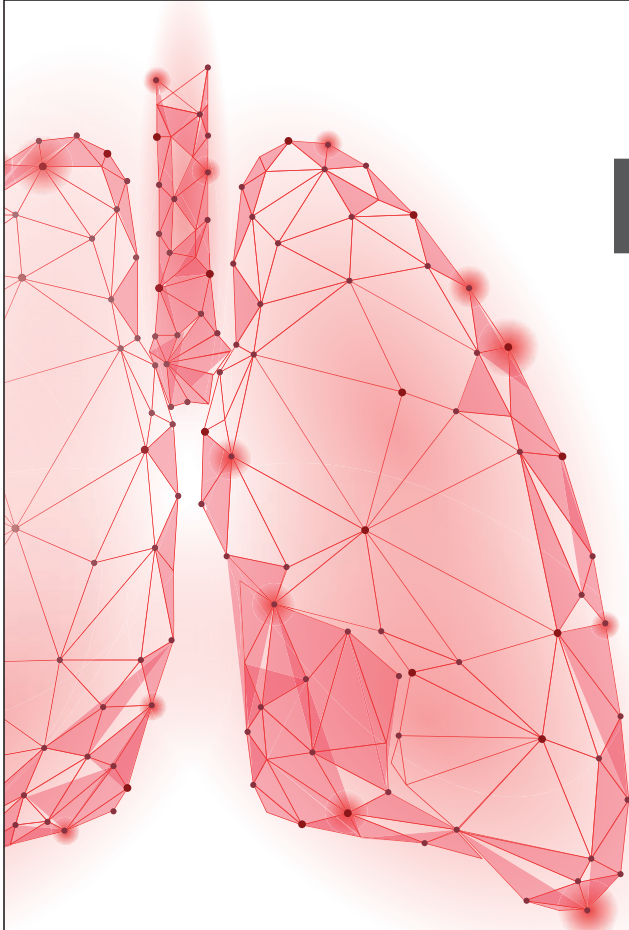
If you believe you or a loved one qualify for regular lung cancer screenings, talk to your provider. Vancouver Clinic is accepting program referrals from our own doctors as well as other physicians in the community. Our goal is to provide the long-term monitoring individuals with a history of tobacco use need to protect their health for the future. Learn more at tvc.org/services/pulmonology.

Dr. Nicholas Wysham is a pulmonologist practicing at Vancouver Clinic's 87th Avenue location. He focuses on caring for patients with advanced lung disease and improving their quality of life.

LUNG SCREENING

tvc.org/lung-screening

Early detection saves lives



Visit the Free



Art Exhibit in January

by SHANNON HUNTER and CAMILLE SHELTON
for Clark County Public Health Solid Waste and
Environmental Outreach

Waste Connections of Washington and Clark County Public Health present the Trash to Treasure: Artist in Residence art exhibit. The exhibit features sculptures created by experienced Recycled Arts Festival artist, Bill Leigh, from unwanted objects discarded at local transfer stations. Each piece of artwork consists of at least 75% recycled materials and will be available for purchase during the gallery show in January. Bill focuses on crafting sculptural pieces, which he describes as “geometric abstract,” from recycled materials. He draws inspiration from each salvaged piece of material pulled directly from the Clark County transfer stations to craft his truly unique, one-of-a-kind art pieces.

The exhibit will run Jan. 5-29, 2022 at Art At The Cave in downtown Vancouver (108 E. Evergreen Blvd.). Art At The Cave’s gallery hours are 10am to 4pm Tuesday through Saturday. The gallery will be participating in the First Friday Art Walk from 4pm to 8pm on Friday, Jan. 7. Join Bill to learn more about recycled art at a reception hosted by Waste Connections of Washington from 2 to 4pm on Saturday, Jan. 22. Light snacks and coffee will be available.

The Artist in Residence pilot program was launched in summer of 2021. Bill is a self-taught artist and a local Clark County resident who has been crafting beautiful artwork for over a decade. He was inspired to become the Artist in Residence after participating in the Recycled Arts Festival for over 10 years, as his chosen art mediums (metal and wood) lend themselves well to using salvaged and recycled pieces instead of virgin materials. Bill has collected materials from customers

dropping “garbage” off at the transfer station and has seen an astonishing amount and variety of usable items discarded. He is passionate about recovering and extending the life of materials through his artwork. You too can creatively reuse unwanted belongings instead of contributing to the overflow of landfills.

Many of the items discarded as “garbage” at the three transfer stations in Clark County are materials that are not at the end of their usable life. These usable materials can easily be repurposed into new items, including art pieces. With just over half a million citizens, Clark County is the fifth most populous county in Washington state. The county’s ever-growing population has also increased the amount of waste produced; Clark County sends over 35,000 tons of waste to the landfill each month! This program aims to inspire county citizens to rethink how they view “garbage.” Instead of throwing away usable materials, we hope to advocate for creative reuse and inspire the community to think outside the box to artistically repurpose once landfill-bound materials.

Bill approached Clark County Public Health several years ago with the idea to create a program for an Artist in Residence to craft art from trash. His artistic perspective and technical expertise have driven this program forward. As a result of this program, Bill has diverted several thousand pounds of material rescued from the landfill and repurposed into his artwork. Bill says “When looking at trash, I think what can I make with that?”

Clark County’s Trash to Treasure Artist in Residence program was inspired by many



Geometric art piece created out of transfer station materials by Bill Leigh.

Photo by Bill Leigh

successful artist gleaning programs around the country, including the GLEAN Artist in Residence program based in Portland. The GLEAN program is a partnership between local government, waste haulers and local non-profits. Clark County was inspired to create a similar program with a partnership between Waste Connections of Washington and Clark County Public Health.

Visit this Trash to Treasure exhibit to jump-start your inspiration to create, donate, recycle, and make use of trash! Check out recycledartsfestival.com and follow @recycledartsfestival on Facebook and Instagram for updates. Follow artist Bill Leigh on Instagram @wmleigh and learn more about his work at billeigh.com.



Photo by Shannon Hunter.



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Trash to Treasure Artist in Residence Exhibit

Art At The Cave

108 East Evergreen Boulevard, Vancouver

Gallery Hours: 10am to 4pm | Tuesday–Saturday

First Friday Art Walk: 4 to 8pm | Friday, Jan. 7

Reception: 2 to 4pm | Saturday, Jan. 22

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



Exhibit runs January 5–29, 2022

recycledartsfestival.com





by DAMEON PESANTI,
for Clark Public Utilities

OUTAGE SAFETY

Winter is a busy time of year for utility line crews and servicemen in Southwest Washington. The blustery, rainy storms and atmospheric rivers put the local utility grid through its paces and often lead to an increase in power outages, compared to the rest of the year.

Clark Public Utilities works hard to keep the local power grid as robust as can be, but sometimes nature's wrath is too much to withstand.

In the Pacific Northwest, power outages are inevitable, but they don't have to be unbearable. With a little time and energy, your household can be ready to handle the next one with minimal disruption.

In general, people living in town will experience few and short-lived outages because the grid in urban areas is built with quite a bit of redundancy. Folks living in forested areas or out at the furthest ends of the grid will experience more frequent and often longer outages because power lines in those areas are more prone to damage from falling trees and limbs.

Outages lasting longer than a day are rare and typically only occur after a powerful storm slams into the county. Still, it's good to be prepared. A little bit of planning can make an outage much more comfortable.

"Everybody should have at least three days' worth of emergency supplies," said Clark Public Utilities Safety Manager Justin Zucconi. "If you don't have an emergency kit already, build one. If you do, this is a good time of year to go through it and see if anything needs to be replaced or replenished."

When building your kit, start with a communications plan. Make sure everyone in your household knows how to get in contact from school, work, the road or wherever they may be when an outage or emergency occurs. Don't forget to find ways to be in touch with vulnerable friends or family members who may need assistance.

Before assembling your emergency/outage kit, make a list of any supplies every individual in your household may need over three days. **Be sure to include important items such as, but not limited to: medications, first aid supplies, food, water, flashlights, batteries, pet supplies and other important items.** After you've gathered everything, leave your list with the kit so you'll be able to refer to it in the future when it's time to replenish the supplies.

Store your supplies in a sturdy bag or tote and place it in a location that'll be easy to access in an emergency. Consider covering it in glow in the dark paint or stickers so it'll be easy to find in the dark.

It's also smart practice to prepare your home for outages. Protect your electrical equipment, like computers, TVs, stereos and appliances from potentially damaging interruptions with surge protectors. Take a moment to learn how to manually open your garage door, if it has an automatic opener. Have a camp stove on hand to cook during a prolonged outage, just remember to use them outdoors to avoid carbon monoxide.

If you live in especially rural or forested parts of the county, you may own or be thinking about purchasing a generator to help you make it through long outages.

"Generators can help make prolonged outages more comfortable, protect certain investments, and power life-sustaining medical equipment," Zucconi said. "But for safety's sake, they require planning and careful operation to keep residents and our line crews safe."

To prevent carbon monoxide poisoning, generators must be operated as far as possible from your home or windows. They should never be used under a carport or in a garage — even with the door open. They should always be connected directly to the appliances that need to be powered. Never connect a generator to the home's electric panel. Unless it's done by a professional electrician, connecting them to the electric panel directly creates a backfeed that is extremely dangerous for utility crews. Line crews could be electrocuted and even killed if they touch power lines being backfed by a nearby home generator.

For comprehensive supply lists and additional emergency planning tips, visit clarkpublicutilities.com or the Red Cross website. If the lights go out, report it by calling 360-992-8000 or using the mobile-friendly reporting tool on the website. Stay at least 30 feet away from downed power lines and any conductive material they may be touching, such as metal fences. Report it to the utility immediately and only call 911 in case of fire, injury or immediate danger.



Heat a Home, Warm a Heart!

For local families in financial crisis, Operation Warm Heart has been a lifeline for more than 30 years. Funded by donations from utility customers, employees and local businesses, the program helps keep homes warm and safe for Clark County families in need. Please help by making a tax-deductible donation to Operation Warm Heart.



Heat a Home, Warm a Heart!

clarkpublicutilities.com



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1 Complete the picture

2 Connect the Dots!

5 Complete the Maze

START

FINISH

4 Find 5 Birds

3 Holiday word search game

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| I | P | C | I | R | F | B | E | L | L | M | F |
| S | K | C | X | G | A | R | L | A | N | D | I |
| T | X | S | K | U | Y | S | N | O | W | O | R |
| A | S | N | S | A | N | T | A | H | S | E | E |
| R | T | C | H | R | I | S | T | M | A | S | P |
| I | O | H | B | G | X | E | S | H | H | U | L |
| Z | C | G | C | R | O | T | G | D | O | D | A |
| E | K | P | J | C | H | I | R | S | L | K | C |
| V | I | D | F | G | E | A | D | J | L | T | E |
| E | N | O | I | L | C | I | L | J | Y | R | D |
| S | G | L | S | S | F | X | C | O | J | E | Y |
| E | L | F | M | W | R | E | A | T | H | E | B |

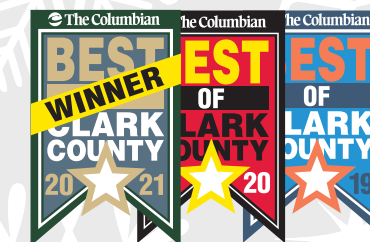
Words may be horizontal, vertical and diagonal.

- | | | | |
|-----------|---------|--------|-----------|
| ELF | SNOW | HOLLY | CARD |
| STOCKING | GARLAND | BELL | CHRISTMAS |
| WREATH | EVE | LIGHTS | STAR |
| FIREPLACE | TREE | SLEIGH | SANTA |

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How You Can Help People in Need

THIS HOLIDAY SEASON

Even under a normal circumstances, the holiday season can be a difficult time for many residents of our community. With the ongoing effects of the public health emergency, local needs are at an all-time high with increased rates of homelessness and hunger in Clark County. Charities and outreach organizations work especially hard during the holidays to make the season brighter for those in need.

There are many different ways you can help by supporting the efforts of local agencies who are collecting clothing, toys, food, and monetary donations to meet local needs.

CLOTHING & TOYS

Santa's Posse *santasposse.com*

Santa's Posse was created in 1997 as a way to help families in need during the holiday season and to increase positive contacts between law enforcement and the community. This year the partnership between the Clark County Sheriff's Office and the local community expects to collect toys, food, and personal care items for more than 3,000 children and their families. There are several ways to contribute to this cause: A) Mail a check to CLARK COUNTY SHERIFF'S OFFICE, ATTENTION: SANTA'S POSSE, PO BOX 410, VANCOUVER, WA 98666. B) Do your holiday shopping at smile.amazon.com and select Santa's Posse as your favorite charitable organization. C) Follow @SantasPosse on social media for fundraising events. D) Make a donation online to the Santa's Posse PayPal Giving Fund. Call 564-397-3380 for more information.

KPTV Toy Drive *kptv.com*

Drop off new unwrapped toys at participating non-profit partners locations. Go online for locations and list of suggested toys.

Marine Toys for Tots *toysfortots.org*

2020 Local Impact: 27,479 Toys Distributed, 26,360 Children Supported.

Go to www.portland-or.toysfortots.org for drop sites and donation information.

Randall Children's Hospital Toy Drive-Thru *legacyhealth.org*

Every child at Randall Children's Hospital receives a toy, and kids who are hospitalized during the holidays or a birthday get a special toy, book or craft project to lift their spirits. You can help Randall Children's Hospital replenish their stock of toys this year by delivering new unwrapped toys during the drive-thru donation event on Saturday, December 18 from 10:00am to 3:00pm in front of Randall. Or place your toy donation in the secure bin at the outside entrance of Randall Children's Hospital. You can also purchase toys directly from the RCH Child Life wish list on Amazon.com. For additional information contact the Child Life donations team at 503-413-1370 or email childlife@lhs.org

FOOD & GIFTS

Salvation Army *vancouver.salvationarmy.org*

Your donation will provide essential gifts of food, shelter, bill-pay assistance, and hope to those hurting right here in your community. Donate online to Vancouver's Salvation Army to keep your gift in our local community to help provide vital programs and services. Call 360-892-9050 for more information.

Society of St. Vincent de Paul *svdpvancouverusa.org*

Providing food boxes and gifts to families at Christmas is a favorite yearly tradition. Approximately 400 boxes are distributed every year, usually on the Saturday before Christmas. In 2020 420 food boxes were distributed, at a value of \$50 per box, a total of \$21,250. Non-perishable foods and cash can be donated at the Stapleton Road facility or through the parishes. Serving residents living within the Vancouver and Evergreen school district boundaries. Call 360-694-5388 or go online for current information on how to donate.

The Columbian's People In Need *columbian.com/adoptafamily/*

Thousands of Clark County residents struggle to afford bare necessities let alone gifts for their children during the holidays. Donations to The Columbian's People In Need Fund are distributed to the local non-profits serving the urgent needs of children and families throughout Clark County including the local Salvation Army's Adopt A Family program during the holidays. To make a difference in your community donate online to Community Foundation (www.cfsww.org/donate/people-in-need) or send a tax-deductible check payable to "The Columbian People In Need Fund" to: The Columbian People In Need Fund c/o The Community Foundation for Southwest Washington 610 Esther St, Suite 201, Vancouver, WA 98660

Walk & Knock Food Drive *walkandknock.org*

If you didn't get a chance to contribute to this year's food drive, it's not too late. You can still make a financial contribution to this year's effort. All the money collected goes directly to the Clark County Food Bank to help those in need. Checks can be sent to PO Box 353, Vancouver, WA 98666,

payable to Interservice Walk & Knock. Credit card donations can be made online through Paypal, even if you do not have a Paypal account. Call 877-995-6625 for more information.

Share Holiday Cheer Program *sharevancouver.org*

Collecting donations of gift cards, holiday meal boxes, and unwrapped Wish List items. Donations can be dropped off at the Share Warehouse Open Hours at the Share Fromhold Service Center, 2306 NE Andresen Road, on Tuesdays, 10 a.m. to 12 noon & Thursdays, 1 to 3 p.m. Extended Holiday Donation Hours: December 14, 15, 16, 20, & 21 from 10:00 a.m. - 12:00 p.m. and 1:00 p.m. - 4:00 p.m. You can also purchase Wish List items online and have the gifts shipped directly to the Share Fromhold Service Center. Call 360-448-2121 for more information.

YWCA Clark County Holiday Shop *ywcaclarkcounty.org*

More than 12,000 families, children, youth and adults access YWCA's programs for free every year. Thanks to donations from community members the YWCA can pack personalized gifts for these families. Gifts and donations are needed by December 16. Choose a gift from the online Wish List or find a gift tag at a local partner then bring the unwrapped donation to 3609 Main Street, Vancouver, WA 98663. Donations are accepted from 9am -12pm and 1pm - 5pm every weekday. Or shop from the YWCA gift registries at Target, Walmart, and Amazon. If you don't have time to shop you can make a secure online donation or mail a check to P.O. Box 2206, Vancouver, WA, 98668-9921 and YWCA will do the shopping for you. Call 360-696-0167 for more information.



Continued on page 20



Giving Back

The holiday season is a great time to be thankful for what we have.

One way to put into sharp focus all we have to be grateful for is to schedule some time to give back to others. Remember you may not just be able to walk in and volunteer; giving back may take some planning. Some places require training before you can work your first volunteer shift, so take that into account.

Here are some ways to work volunteering into your family's holiday traditions.

Hospitals and Nursing Homes

These are great places to volunteer all year round, but especially during the holidays, when people may be stranded in hospitals or nursing homes on their own. Ask the hospitals if you can visit with patients that haven't gotten any visitors lately. Bring a deck of cards or other games and keep them chatting while you're there.

Homeless Shelters

Some things you may be able to do are cook and serve meals, pack up toiletries, toys and clothes to hand out, or help entertain children during their stay at

the shelter. Consider rounding up your friends and family to bring donations in, too. Look at your area's domestic violence shelters, too. Incidents of abuse tend to spike along with holiday stress, and these organizations can quickly become overwhelmed with some of a community's most vulnerable residents.

Delivering Meals

Find local organizations that deliver meals and groceries to the home bound, and offer to make deliveries or do the shopping for these organizations. You can also help wrap gifts that these groups sometimes give out at Christmas or collect and distribute non perishable foods.

Animal Shelters

Don't forget the four-legged friends, too. Collect donations for your local animal shelter, then volunteer to walk or play with the pets spending the holidays there to take the strain off of shelter staff. Your input could also help a lonely pet find their home for the holidays.

If your family is staying around the house, you could also consider being a foster family and letting a shelter pet rest and relax in your home.

- Greenshoot Media



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ANIMALS IN NEED

Don't forget about the animals during the holiday season—they are part of the family too!

SW WA Humane Society Pet Food Drive

southwesthumane.org

Donations support animals currently in shelter care as well as pets in low-income families in our community. Supplies most needed include adult dog food (dry), adult cat food (wet and dry), and kitten pâté style wet food, dry food, kitten milk replacer. You can donate to the adoption center by purchasing from their Charity List at Amazon Smile (smile.amazon.com) or find pet food donation barrels at these locations:

- HSSW Adoption Center-Shelter and ReTails Thrift Store
- All Natural Pet Supply
- Columbia River Veterinary Specialists
- East Mill Plain Animal Hospital VCA

Furry Friends Giving Tree furryfriendswa.org

Furry Friends' mission is to help homeless, neglected, or abused cats by providing food, shelter, and medical care including spaying and neutering to cats in their care waiting to be re-homed, as well as community education about responsible pet ownership. Help this organization stock up on supplies for the coming year. You can shop their wish list on Amazon Smile (smile.amazon.com) and have items shipped directly to their mailing address (6715 NE 63rd St, Suite 450, Vancouver, WA 98661) or find collection boxes at participating businesses. Call 360-993-1097 or email information@furryfriendswa.org for more information.



Answers to Kids Zone puzzles from page 16 - 17.



NONPROFIT

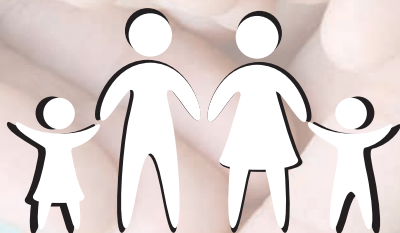
Spotlight



What started as moms at a kitchen table supporting each other has grown into an organization dedicated to all those affected by mental health disorders.

NAMI Southwest Washington is a household name, bringing hope and healing to thousands of families every year through educational courses, support groups, advocacy efforts, and bringing awareness to our community.

These unique services are unavailable or inaccessible elsewhere for individuals and families affected by mental health issues. All our services are free to participants.



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**2500 Main St. Suite 120 Vancouver, WA 98660
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www.namiswwa.org**

In the early 1970s, small groups of family members, nationwide, began to gather around kitchen tables searching for support and understanding of their mentally ill family member. Most of those meeting together were moms blamed by the medical profession that their parenting skills caused their child's schizophrenia or other mental health disorder.

NAMI has since become the nation's largest grassroots organization and leading voice on mental health issues. Today, we are an association of hundreds of local affiliates, state organizations, and volunteers who raise awareness and provide support and education that was not previously available to those in need. NAMI SW WA relies on financial gifts, the time and talents of many volunteers, and in-kind contributions to support our important work.

Education services include NAMI Basics, for parents and caregivers of children with mental and/or behavioral challenges; NAMI Family-to-Family, for adults who have an adult family member living with a mental health condition; and Family and Friends, a short seminar for family members and friends of those adults living with a mental health condition.

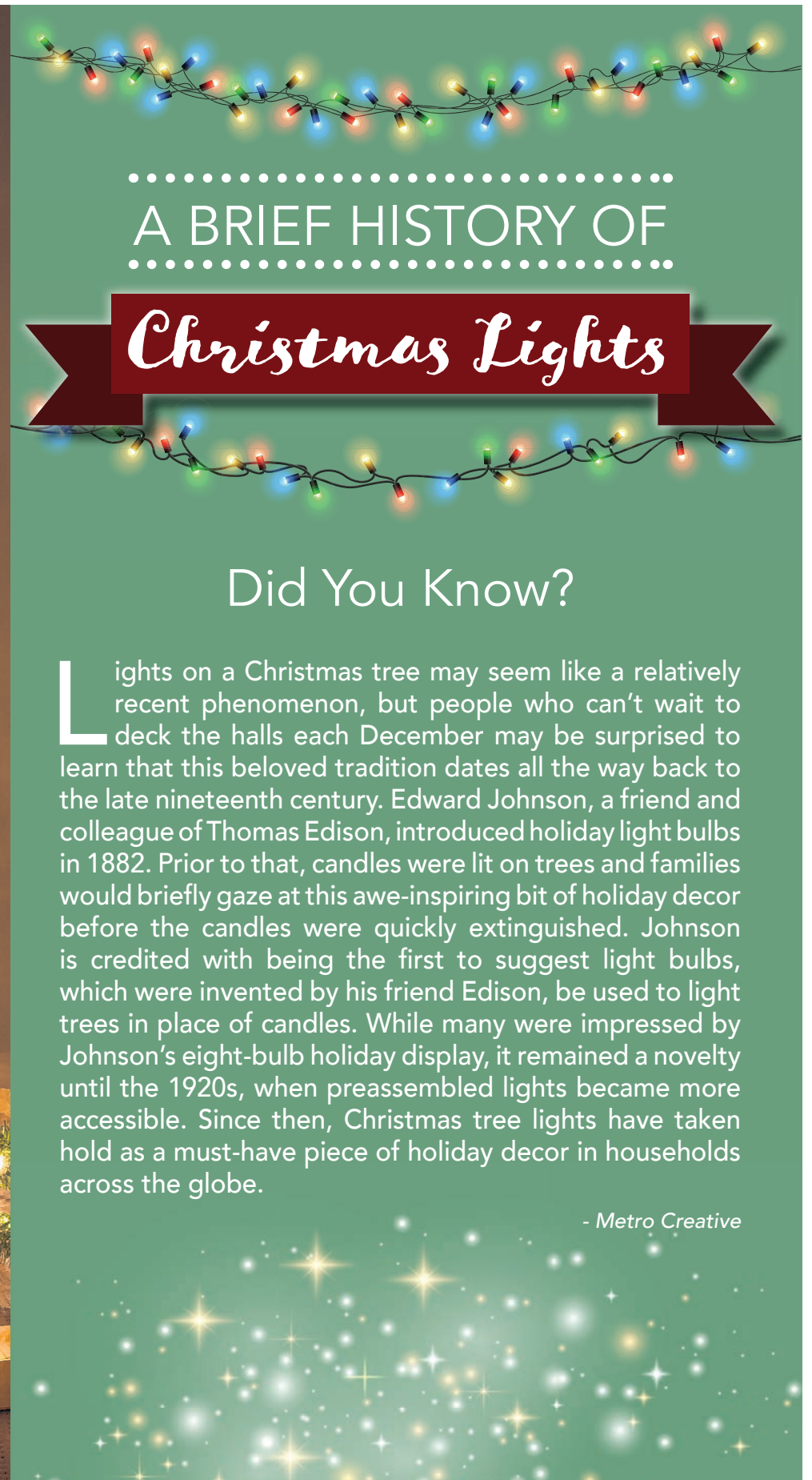
Support services include Family Support Group for adults who have an adult loved one living with a mental health disorder; Connection Recovery Support Groups, for adults living with

a mental health disorder; Creative Writing for Wellness, a group with time to socialize while working on writing skills; and Adult Autism Social Group, for adults living with autism spectrum disorder.

Anti-stigma presentations include SEE ME, for first responders and students in medical fields; StigmaFree Company, for company management positions; Ending the Silence, for middle and high schoolers, their parents, and teachers; and FaithNet, for faith communities.

Recent additions to NAMI SW WA include Recite Me, a website accessibility tool allowing people with challenges reading or understanding English to access the robust information on the site; YouTalk, a website for youth with family members experiencing mental health challenges; WRAP (Wellness Recovery Action Plan) Classes, a tool to let people plan, be involved, and stay in recovery; and Trusted Adult, a program for community members to help youth with mental health challenges in collaboration with a coalition meeting to address the issue.

NAMI SWWA's goal is to listen to the community, find solutions to problems presented, support and educate people that thinking differently doesn't make people less.



A BRIEF HISTORY OF

Christmas Lights

Did You Know?

Lights on a Christmas tree may seem like a relatively recent phenomenon, but people who can't wait to deck the halls each December may be surprised to learn that this beloved tradition dates all the way back to the late nineteenth century. Edward Johnson, a friend and colleague of Thomas Edison, introduced holiday light bulbs in 1882. Prior to that, candles were lit on trees and families would briefly gaze at this awe-inspiring bit of holiday decor before the candles were quickly extinguished. Johnson is credited with being the first to suggest light bulbs, which were invented by his friend Edison, be used to light trees in place of candles. While many were impressed by Johnson's eight-bulb holiday display, it remained a novelty until the 1920s, when preassembled lights became more accessible. Since then, Christmas tree lights have taken hold as a must-have piece of holiday decor in households across the globe.

- Metro Creative

NONPROFIT

Spotlight

For information contact communitypartnerships@columbian.com



YOUR GIFT CHANGES LIVES



Columbia River

Mental Health Services

CRMHS.org

On the Road Again: With Help, Mother Conquers Post-Accident Fear of Driving

Lucy is one of those people who always greets you with a beautiful smile, a hug and a kind word. Her friends and neighbors know her as optimistic and upbeat.

The mom of three healthy kids, she loves to volunteer at her kids' school. Although she has a taxing job as a nurse, she always had time for school activities, where she emerged as a volunteer leader – until a recent car accident that left Lucy afraid to get behind the wheel again.

After the accident, Lucy began experiencing panic attacks when she needed to get in her car or any other vehicle. Every time she approached it, her heart would race, she'd get short of breath and her body would tremble; she couldn't bring herself to get inside. She began calling in sick to work. She stopped volunteering. She couldn't run the simplest of errands. Lucy's anxiety was taking control of her life. But Lucy simply could not let down her children or her patients at the hospital. She knew she needed help. Then a concerned friend threw her a lifeline.

The friend told her that she, too, had suffered from anxiety and panic

attacks. Her doctor referred her to Columbia River Mental Health Services. "It was life-changing," the friend reported. Lucy picked up the phone and reached out for help.

That was six months ago. Today, Lucy is back behind the wheel, once more bringing a cheerful smile to her family, friends and co-workers. "Columbia River's counselors really listened to me and helped me find relief with my panic attacks through coping strategies, and then worked at digging deep to tackle the larger issue with my post-traumatic stress disorder," she says.

Lucy is encouraging everyone she knows to make a gift this holiday season to Columbia River Mental Health Services. Donations help provide mental health counseling to someone in need, whether they are suffering from trauma, depression, anxiety, substance dependence or any number of other symptoms. Please consider joining Lucy in supporting all of the work of Columbia River Mental Health Services. You'll be part of providing mental health counseling to people like Lucy.

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Indie Bookstores

Margins are thin for independent bookstores in the best of years, but the pandemic didn't do them any favors.

The American Association of Publishing noted that bookstore sales dropped around 30% in August 2020, and that's with many local bookstores offering new services, such as to-your-doorstep delivery.

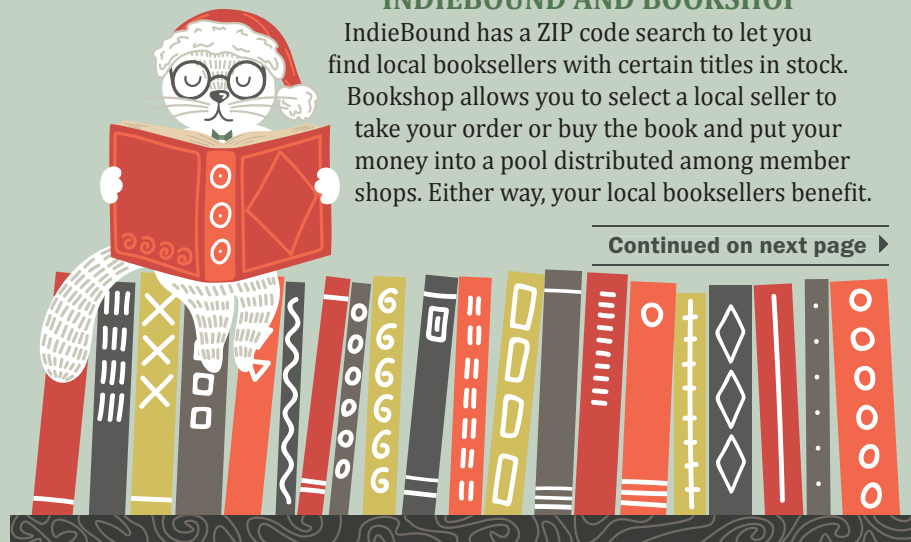
ORDER DIRECTLY

Some stores started to offer direct ordering and delivery during the pandemic, and those services are more than likely here to stay. Search for local booksellers in your neighborhood and use those instead of ordering from a multinational corporation. If you're not sure about the tastes of the readers in your life, grab a gift card and let them pick out whatever they want.

INDIEBOUND AND BOOKSHOP

IndieBound has a ZIP code search to let you find local booksellers with certain titles in stock. Bookshop allows you to select a local seller to take your order or buy the book and put your money into a pool distributed among member shops. Either way, your local booksellers benefit.

Continued on next page ►





ATTEND AN EVENT

Many local bookshops host events like author signings (great, personalized holiday gift right there), restaurant partnerships and charity drives during the holiday season. Visit during one of those, have a great time, support a great cause and maybe pick up a few gifts as well.

LOCAL AUTHORS

Independent bookshops are more likely to showcase and carry books by local authors and on local subjects. So if you're looking for gifts for someone that loves their hometown, look no further than the hometown's local bookshop. If you're clueless, the shop's staff can usually give you some great recommendations.

MORE THAN BOOKS

Most bookshops — but especially indie bookshops — are more than just books. You can get games, puzzles, great local apparel, housewares, tote bags and more. Bookshops are also full of great stocking stuffers, such as pens, stationery sets, bookmarks and more. You can also find your holiday cards there, often with a great local bent that will make your holiday cards this year something special.

- Greenshoot Media



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2021

CHRISTMAS SHIP PARADE SCHEDULE

2021 WILLAMETTE RIVER

| DECEMBER | ASSEMBLY TIME | ASSEMBLY AREA | DESTINATION |
|---------------|---------------|-------------------|--|
| Sunday, 12 | 4:30PM | Coon Island | Scappoose/Multnomah Channel – Combined Fleet |
| Tuesday, 14 | 7:00PM | RiverPlace Marina | Johns Landing to Fremont Bridge |
| Wednesday, 15 | 7:00PM | RiverPlace Marina | Milwaukie |
| Friday, 17 | 7:00PM | RiverPlace Marina | Milwaukie |
| Saturday, 18 | 4:30PM | RiverPlace Marina | Lake Oswego – Combined Fleet |
| Sunday, 19 | 5:00PM | RiverPlace Marina | St. Johns Bridge/Cathedral Park – Combined Fleet |
| Monday, 20 | 7:00PM | RiverPlace Marina | Milwaukie |
| Tuesday, 21 | 7:00PM | RiverPlace Marina | Johns Landing to Fremont Bridge |

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

2021 COLUMBIA RIVER

| DECEMBER | ASSEMBLY TIME | ASSEMBLY AREA | DESTINATION |
|---------------|---------------|------------------------------------|--|
| Sunday, 12 | 4:30PM | Coon Island | Scappoose/Multnomah Channel – Combined Fleet |
| Tuesday, 14 | 7:00PM | M. James Gleason Boat Ramp | Vancouver Waterfront/Hayden Bay |
| Wednesday, 15 | 7:00PM | M. James Gleason Boat Ramp | M. James Gleason Boat Ramp, Washington Shoreline |
| Friday, 17 | 7:00PM | M. James Gleason Boat Ramp | I-205 Bridge area, Steamboat Landing |
| Saturday, 18 | 4:30PM | RiverPlace Marina | Lake Oswego – Combined Fleet |
| Sunday, 19 | 5:00PM | RiverPlace Marina | St. Johns Bridge/Cathedral Park – Combined Fleet |
| Monday, 20 | 7:00PM | M. James Gleason Boat Ramp | Vancouver Waterfront/Hayden Bay |
| Tuesday, 21 | 7:00PM | Salty's/M. James Gleason Boat Ramp | North Portland Harbor |

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

For more information visit: www.christmasships.org



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- 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!



HOW TO CARE FOR *Orchids*

by **JANIS MCBRIDE**,
WSU Extension Clark County Master Gardener

How many of us have received a beautiful orchid in full bloom as a gift only to see the plant wither away and die? With a little bit of care, those orchids can provide beautiful long-lasting blooms for decades. The most popular orchid sold is the *Phalaenopsis* genus and, since they like a similar environment as people, the various species are easy to grow in the home.

Most orchids naturally occur in the tropics and are “epiphytes” which basically means they are air plants. Their roots have a waxy “velamen” cover to hold water and secure the plant non-parasitically onto shady areas of trees. Unfortunately, many orchids are sold with their roots in a medium that is designed specifically to secure the plant during transport, but not designed for the long-term survival of the plant. The transport medium typically holds too much water – essentially suffocating the roots of the plant. So, the first step to care for your orchid is to re-pot the roots into a bark medium that will give those roots space to breathe. This should be done as soon as possible and can even be done with the blooms in place if done carefully. But if you feel that you cannot re-pot without breaking off a flower spike, certainly wait and re-pot immediately after blooming. In the meantime, it is critical not to overwater.

When the blooms have ceased, cut the spike(s) down. (Always clean tools prior to use by wiping them with rubbing alcohol.) Cutting the spike down to the base of the plant allows the plant time to develop new leaves and roots before attempting to put out new flower spikes. Alternatively, a secondary flower spike in the next season can be attempted by simply cutting just above the second or third node of the spike. If the spike ends up turning brown, then this attempt did not work and the brown spike should be cut down to the base of the plant.

When re-potting, any dead root and leaf structures should be trimmed off. (Always clean tools prior to use by wiping them with rubbing alcohol.) Cut away any brown leaves and any roots that have lost their firm structure.

When choosing a pot, I prefer using a double pot method whereby the main interior pot has large holes allowing for ample drainage. This is then placed inside a decorative pot that has no drainage holes. Choose an interior pot that will accommodate the remaining roots and allow for some growth. Place the roots down into the interior pot and add bark medium to fill the space between the roots and secure the plant. Attempt this several times until the plant is centered and attractive. Add additional bark medium as it recesses throughout the year. Re-potting to change the medium should be done every 1 - 2 years.

To water and fertilize, remove the interior pot and hold it over a sink allowing the water to flow out and drain completely – avoid getting water on the leaves and never allow water to sit at the crown of the plant.

There are basically two types of orchid fertilizers: a standard high nitrogen fertilizer (30-10-10) that promotes the health of the leaves and roots; and a high phosphorus/potassium fertilizer (6-30-30) that promotes blooms. I use both of these types of fertilizers. After blooming, sparingly use a standard orchid fertilizer for a few months. In the late fall, switch to the other fertilizer to promote early spring blooms. I have found that orchids need less fertilizer less often than the packages recommend. Too much nitrogen can prohibit the orchid from producing blooms, so avoid over-fertilization.

Orchids prefer temperatures between 65 F – 85 F, but try to allow your nighttime temperature to drop about 10 degrees for the best bloom success.

Finally, let there be light! Orchids grow best in bright light, but never in direct sunlight. In the summer I am able to place orchids in south-facing windows and they are in bright shade. But in the winter, the sun shines right into those same windows, so I relocate them to a west-facing window. I have tried artificial light, but have better success with natural light.

More information can be found at the American Orchid Society website: <http://www.aos.org/orchids.aspx>.

NONPROFIT

Spotlight

For information contact communitypartnerships@columbian.com



Washougal's Hathaway Park
Installation of safe and
age-appropriate play structure

The Parks Foundation of Clark County is continuing its work to help fund parks and recreational program grants across Clark County. You can support your neighborhood parks and programs for kids of all ages by donating today to Community Grants at ParksForClark.org/Donations/#CommunityGrants

Visit **Hathaway Park** on the Washougal River and you'll find a favorite place for families to enjoy swimming and birthday parties. The existing playground equipment was installed over 20 years ago and is now in need of replacement, starting with a new slide. The new structure will be great for kids of all ages

The **Ron Onslow Nature Play Area** in Abram's Park is Ridgefield's first nature play area and features balancing logs, a mini-gravel pit, and a flowing creek bed that trickles water through the park. Future additions will include climbing rocks and logs, a slide built into the hillside, and space for children to build with natural materials.

New sand volleyball courts in **William Clark Park** will provide opportunities for residents to participate in this popular sport without traveling out of the area. Local players will work with kids to teach and to help maintain the courts. Annual tournaments will bring an economic benefit to Washougal.

The new fully accessible **Harper's Playground in Marshall Park** is being

designed for kids and adults of all physical abilities. The Park will continue to honor Chelsea Anderson and her family's legacy as well as the local firefighters that helped construct the original park 25 years ago.

Battle Ground Parks and Recreation Department provides a free 9-week traveling summer program, delivering fun and organized play to children in their own neighborhoods. Serving families throughout north county and Ridgefield, weekly themed activities including several art projects, encourage kids to be creative and resourceful.

Teen Late Night provides a free and safe space for teens on Friday nights, October to May. Each week, students visit Marshall and Firstenberg Centers to hang out, socialize, and participate in a variety of activities. Teen Late Night's program staff create a safe space, a sense of community and help reinforce positive social skills and self-worth.

Camp Hope provides camp experiences for at-risk kids throughout Clark County. This safe environment helps build lasting relationships with peers and adult mentors, establishing a foundation to develop self-confidence, effective communication skills, empathy, and respect. Art therapy and physical activities strengthen physical and mental wellbeing and equip youth to resist risky behaviors.

We're social! Join us on Facebook, Instagram, or Twitter @ParksforClark to find out which projects we'll be working on next!



FOLLOW, JOIN and BE PART OF
investing, promoting, preserving,
collaborating and cultivating parks,
trails and recreational programs.

ParksforClark.org



@ParksforClark



Ridgefield's Abrams Park
Installation of Ron Onslow
Nature Play Area

EVENTS

DECEMBER 2021 - FEBRUARY 2022



SALMON CREEK FARMERS' MARKET HOLIDAY MARKET

December 14

11am to 3pm. EBT, Debit Cards and FMNP checks accepted. Offering Market Match. Salmon Creek Grange, 1900 NE 154th St, Vancouver. Go online to www.salmoncreekfarmersmarket.com for a current list of vendors.



POMEROY FARM'S CHRISTMAS TEA TO-GO

December 17 & 18

Everything you need to bring home for your festive holiday luncheon, including two plates of three types of savories, four assorted desserts, scones, and of course, tea! Tickets are required. Go online to pomeroymfarm.org/teas/ for tickets or call 360-686-3537.

NIGHT MARKET VANCOUVER: HOLIDAY MARKET

December 17 & 18

Discover local brands and shop products from over 70 different makers while enjoying an evening of live music, DJ, dance lessons, and more. All Ages.

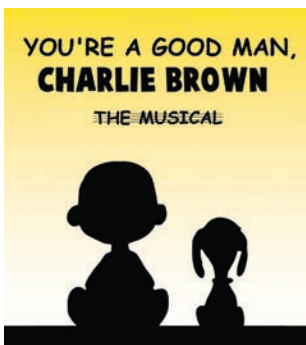


Food/drinks available for purchase. 4:30pm to 8:30pm. Location: Vancouver Innovation Center: 18110 SE 34th St, Vancouver 98683. Price: \$5 Online / \$6 Door

METROPOLITAN PERFORMING ARTS PRESENTS YOU'RE A GOOD MAN, CHARLIE BROWN

December 17-19

Fun for the whole family to see the timeless Peanuts characters come to life in a high spirited musical featuring MPA students ages 12-23 years of age who are part of the musical theater program. Vaccination record or negative Covid-19 test within 48 hours of the event required for ages 12 and older. Masks must be worn at all times. Ticket purchases buffer the two seats to the left and right for social distancing. Go online to metropolitanperformingarts.org or call 360-975-1585 for show times and tickets. 6403 E Mill Plain Blvd, Vancouver



VANCOUVER FARMERS MARKET: FALL MARKET

December 18

Don't miss the last day of the market! Shop from local vendors for unique gifts, seasonal produce and holiday treats. 9am to 2pm. 8th & Esther St, Downtown Vancouver.



CHELATCHIE PRAIRIE RAILROAD SANTA TRAIN

December 18 & 19

Catch the last weekend of this holiday train ride excursion. Capture views of the Lewis River atop a hill-side vantage point, then return to Moulton Station for warm cider and cocoa, and hot coffee. Each child will receive a gift from Santa. There will also be an Ugly Sweater Contest. Dress warm! Times: 9:30am, 12noon & 2:30pm. Go online to tickets.bycx.org or call 360-686-3559 for available tickets. Price: \$12-\$18.



VANCOUVER SYMPHONY ORCHESTRA PRESENTS ELGAR'S ENIGMA VARIATIONS

January 22 & 23

Their 2021/2022 season will be presented in the hall as well as virtually. Live performances will be held with safety precautions. Go online to vancouverSymphony.org or call 360-735-7278 for more information and tickets. Advance Ticket Prices (Includes Fees) \$9.50 to \$18.00. At the Door Ticket Prices \$14.00 to \$20.00.



SAVOR THE COUVE

Thursdays through February 2022

The Greater Vancouver Chamber and Visit Vancouver USA are again hosting this takeout dining collaboration. Each week, five great local restaurants will collaborate on 150 five-course dinners for two, offered for \$125 an order. Of every order purchased, \$25 is donated to nonprofit organizations around the region. With ilani's partnership, all orders will also receive \$20 in Promo Play for use at ilani. Go online to shopgvchamber.com or call 360-694-2588 to learn more how to support the local community while enjoying a delicious meal!



NONPROFIT

Spotlight

For information contact communitypartnerships@columbian.com



NW ASSOCIATION
FOR
**BLIND
ATHLETES**

GIFT A
LIFE-CHANGING
EXPERIENCE.
**ONE ATHLETE
AT A TIME.**



NWABA.ORG/IGIVE

Will you invest in our athletes?

We honor and celebrate all of our athletes for reaching their goals in 2021. **Since NWABA's inception in 2007, NWABA has gone from serving six students in a garage in Vancouver, WA to delivering more than 1,900 program and service interactions in four states during our last fiscal year. While we have grown immensely over the last 15 years, we know that our impact has just scratched the surface of what is possible.**

“Recently, I was informed I can no longer drive due to my visual impairment. I am still adjusting to the impact this is having on my life. I find NWABA pro-active in their advocacy for supporting recreational activities and removing as many barriers as possible for those visually challenged to feel part of the organization and not a burden. The staff are not only helpful but cheerful and friendly. They make me feel like I really matter to them and appreciate my participation without patronizing.**”**

– NWABA Athlete, Maureen

On May 5, 2022, NWABA will celebrate its 15th year anniversary of providing life changing opportunities through sports and physical activity to individuals who are blind and visually impaired. We have so much to be grateful for as we celebrate this milestone.

NWABA has set an ambitious 15th Year goal to support the following initiatives:

1. Purchasing three new vans and trailers to replace aging vehicles to support serving more athletes and continuing to offer inclusive, weekly program events.
2. Increasing program capacity by 20% to allow NWABA to add more in-person sports outreach events and virtual services to reach more athletes & families.
3. Acquiring adaptive equipment that will enhance NWABA's lending library to provide more school-based services to children and youth in rural communities.

Will you help us reach our fundraising goal of raising \$50,000 during our year-end campaign? Your gift will be matched dollar for dollar thanks to the generosity of several of our donors.

Thank you in advance for providing life-changing opportunities for our athletes!
Nwaba.org/igive • nwaba.org/15years

If you've been thinking about weatherization, now's the time



Save money and increase the comfort of your home

For a limited time, we've doubled rebates for insulation upgrades and window replacements in electrically heated homes. A properly weatherized home will be more comfortable in winter and summer, and you'll save money on your electric bill, too.

Heating and cooling account for about half of the typical utility bill, so if you want to save money, this is the place to start.



For more information: clarkpublicutilities.com/rebates, 360-992-3355, or email ecod@clarkpud.com