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# *Living*

IN THE COUVE

JUNE 2022

 **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](http://www.livinginthecouve.com)



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A photograph of a person with curly hair, seen from behind, sitting in a wheelchair on a wooden boardwalk. Their arms are raised high in the air, reaching towards a lush green forest. The scene is bright and sunny, with sunlight filtering through the trees. In the background, there is a wooden railing and a wooden structure that looks like a picnic table or a small bridge.

# ACCESSIBILITY FOR ALL:

Ways to get out in nature,  
at any age and ability level

*By EILEEN COWEN, for The Columbian*



Accessibility is an important part of recreation that is thankfully getting some well-deserved attention here in The Couve and beyond. We live in such a wonderful area surrounded by parks and trails intended for all to enjoy. Access to these places can be a challenge for people with disabilities or those who use assistive technologies such as wheelchairs or canes. Accessibility also applies to a parent pushing a stroller and folks who may be unsteady on their feet due to injury, age, or illness. And, let's not forget the kids who love playgrounds and outdoor spaces, regardless of ability level. People deserve equal access to the outdoors. Accessibility applies to everyone!

A large majority of Vancouver public parks are ADA compliant. My favorite park path is the Burnt Bridge Creek West trail. Beginning on Fruit Valley Road, this wooded path is wide and solidly paved, creating a beautiful experience for people of all abilities. The Salmon Creek Trail boasts the same amenities: a paved trail surrounded by nature. In Downtown Vancouver, the Waterfront Renaissance Trail connects the Columbia River and Fort Vancouver National Historic Site. The paved path offers interpretive signs with historically significant information. It also has a lot of benches to stop and look at the river. We are truly lucky to have these accessible trails right in our own backyards!

Another exciting development in accessibility here in the heart of Vancouver is the Harper's Playground project. There has been a lot of attention given to this plan and for great reason. The public-private partnership will update the playground at the Marshall Center to be inclusive to children of all ages and abilities. Preliminary designs include smooth surfaces that encourage safe and fun movement, saucer swings, nature exploration elements, and musical components. Future plans include an inclusive replacement to the Esther Short Park playground. Both parks will truly be important places to ensure kids and families get access to the outdoors in fun, engaging environments.

Further out in Clark County, Lewisville Park is known for its smooth, paved trails and accessible picnic areas. In Washougal, the William Clark Park path is a hard surfaced and well-loved walking trail that connects to the Steigerwald National Wildlife Refuge. At the recently reopened refuge, updates include a wide graveled trail that is ADA compliant. There are ample opportunities to see nature at work on this new trail: on a recent visit, a friend and I saw eagles, deer, osprey, and noted the wide variety of plants that will eventually fill in the newly restored area. Speaking of refuges, the interpretive trail at Willapa National Wildlife Refuge in Pacific County is another opportunity to get out in nature for people of all abilities. The paved and planked path offers chances to see turtles, frogs, newts, native plants, and maybe even a mushroom or two.

The Washington State Parks system is making great strides in addressing how people recreate in their parks. Over the last few years, a commission has identified hundreds of conditions that are in need of updating to make them compliant to the Americans with Disabilities Act. Issues such as lack of paved pathways, too few ADA-compliant parking spots, lack of ramps, and tripping hazards like roots and



stumps are common throughout the reports. Despite these points that need attention, the parks system is chipping away at the barriers that exclude people from the outdoors. The boat launch, picnic area, and dock at Battleground Lake State Park are great examples of increased accessibility that benefit people of all ages: it is not uncommon to see grandparents fishing or birdwatching alongside their grandkids. Further north at Seaquest State Park, a boardwalk allows access to Silver Lake and a paved tunnel connects the park to the Mount St. Helens Visitors Center. These small improvements have proved to increase access and remove barriers for people of various abilities.

The greatest improvements for ADA accessibility at Washington State Parks can be seen in the campgrounds. Every park has designated camping spots for those with disabilities. Expansion of the cabin and yurt programs means that people for whom tent camping is impossible can experience the outdoors at their own pace. Restrooms and showers are larger and can accommodate people with assistance aids such as walkers and braces. There is even an ADA search option on their website so people can find the best park to fit their personal needs. The Parks system offers financial breaks for people who have a permanent disability, such as reduced reservation rates and free boat moorage. Some disabled veterans can also qualify for free camping for life. Check on the Washington State Parks website for details on how to apply for these benefits. It is important to keep in mind that the Washington State Parks system is largely funded by the sale of Discover Passes, so every year

you renew your pass, you are helping fund accessibility projects throughout the parks system. It's a win-win!

Park accessibility is more than just paving trails or larger restrooms. It means finding ways to connect people of all ages and abilities with the outdoors and each other. When we expand accessibility, we get a better connection with the people, places, and spaces that surround us. The inclusive spaces create opportunities to realize just how similar we all are, at any age or level of ability. Get out and enjoy a trail or park! You never know when you might find a new friend or natural space to call your own.

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



**F**ibromyalgia is the reason I went into medicine. As a teen, I watched my best friend's mom transform from a vibrant, energetic woman into a person who was in so much pain she stayed in bed most of the day. I witnessed her struggle to be understood by doctors and heard the accusations that she was simply "weak minded" or seeking attention. Seeing someone who had always been so strong feel cornered and helpless inspired me to become a doctor who validates the experiences of patients with this condition.

As a pain management physician, the most important thing I tell people during their visit is that they have my support. What they are feeling in their bodies is real. And while I can't guarantee that I can help them, I can promise to do my best, to take them seriously, and to support them.

Fibromyalgia is a common, yet frequently under-diagnosed disease. It affects an estimated 10 million people in the U.S. and 3 to 6 percent of the world's population, according to the National Fibromyalgia Association. However, the condition remains poorly understood and, as a result, is stigmatized within society and the medical community.

The exact cause of fibromyalgia is still unknown. Experts believe that the disorder affects the nerves and the fascia, which is the connective tissue that supports organs, reduces friction, and eases muscle tension in the body. Fibromyalgia causes pain in multiple areas. The chest, back, arms, legs, and neck are typically affected. Often, the pain occurs at specific points. Patients may also feel a chronic whole-body achiness that is exacerbated by activity.

Besides pain, most fibromyalgia patients will mention tightness and a reduced range of motion with the condition. They may feel fatigued, as if they are never completely rested and ready. "Fibro fog," a mental foggiess and inability to think clearly, is another symptom. Imagine shouldering a large weight and trying to climb up a hill day after day. That is what living with fibromyalgia may feel like for some patients.

The disorder can impact anyone: men and women, CEOs

# FIBROMYALGIA

is a real disease—  
here's how it's being treated

By SLOANE YU, MD, Vancouver Clinic

and blue-collar workers, athletes and grandparents. Middle-aged individuals and those with lupus or rheumatoid arthritis have an increased risk of developing fibromyalgia. It tends to run in families and is more common among women. Sometimes its onset can be traced back to a mental or physical event, such as a car accident. In other cases, people may wake up feeling achy one day and discover that it progresses from there.

Physicians still don't know a lot about fibromyalgia. There is no lab test or x-ray that can diagnosis it. Throughout history, people with diseases that can't be seen have been told that it's all in their heads or a result of something they have done. I often compare fibromyalgia to migraines. Decades ago, migraine sufferers were told it was just a bad headache or accused of exaggeration. Now, most people understand how painful migraines can be. The condition receives much more compassion—and research funding.

One of the more frustrating aspects of fibromyalgia is that, since it is not visible, even today some people don't believe it exists. They mistakenly assume that those with the disorder are psychologically weak, physically lazy, or in need of attention. They often blame the patient for not doing enough to help themselves.

Thankfully, I see these assumptions changing. Physicians and the public are more aware of the myths surrounding this condition, and science is starting to catch up. My hope is that fibromyalgia care will follow the course of migraine care. In the last few years, the number of drugs that effectively prevent and treat migraines has exploded, finally giving many patients the relief they need.

My work leads me to personally believe that fibromyalgia exists on a

spectrum. Some people have mild symptoms. Others have severe symptoms. Some individuals experience flares that slow them down for a period of time but are able to return to their normal activities later. Some people have a different life going forward. Treatments that are great for one person may not be effective for another. Below are some of the common options I discuss with patients with fibromyalgia:

**Low-dose naltrexone (LDN):** Most pain medications work by dulling pain or calming down nerves. LDN is one of my favorite options because it works differently: Scientists think that it actually helps neurons heal. LDN is non-addictive and, while side-effects can vary, they are typically mild. If naltrexone sounds familiar, it's because at high doses it's an effective anti-opioid. Patients with fibromyalgia use just one-tenth of that dose. The treatment is slow-acting and it may take several months before there's a difference. Many patients with fibromyalgia find it improves their lives. Currently, LDN is not backed by a pharmaceutical company—there aren't any paid ads for it on TV or in magazines. Prescriptions are sent to a compounding pharmacy and the medication is created for each individual.

**FDA-approved medications:** Three medications are FDA-approved for fibromyalgia: Lyrica, Cymbalta, and Savella. They primarily work by changing the chemistry of neurons, calming down the body's pain neurons, and stopping over-active nerves from misfiring.

**Psychological support:** Having fibromyalgia (or any chronic disease) can be tough on a person's mental health. Patients with moderate to severe symptoms can benefit from seeing a counselor who







can help them navigate the change from being an active person to an individual who may not have the energy to exercise or socialize. Pain psychologists can also discuss strategies for managing pain and energy levels.

**Lifestyle changes:** Staying on a consistent sleep schedule, exercising, doing yoga, avoiding alcohol, and eating an anti-inflammatory diet can help improve symptoms. These are all healthy habits that physicians recommend to everyone, no matter their condition. However, it's important to recognize that doing these things while experiencing chronic pain and fatigue is difficult.

**Alternative therapies:** Massage, acupuncture, and pool therapy are all low-risk treatment options. Some patients find they provide significant relief.

**Motion:** For some fibromyalgia patients, moving is so painful that aerobic exercise seems impossible. Some patients may fear they are damaging their bodies by doing it. Research shows that safe aerobic exercise can be one of the best things for fibromyalgia.

One other thing that's important to understand about fibromyalgia is that it doesn't prevent individuals from developing other conditions, such as arthritis or a herniated disc. Patients tend to know their bodies well and can tell the difference between a fibromyalgia flare and other pain.

It's also essential to remember that patients with pain that can't be easily explained don't necessarily have fibromyalgia. Patients must meet certain criteria to be diagnosed with the condition. A medical expert can make this assessment best.



In my experience, there is no one way to treat fibromyalgia. While our research and understanding are improving, we still have a long way to go. As new information comes out, and as safe and effective treatments are discovered, my hope is that more patients will be able to overcome this difficult disease.

If you have questions about fibromyalgia or how to manage it, be sure to talk to your primary care provider or specialist.

*DR. SLOANE YU is passionate about changing lives by discovering the right diagnosis and unique treatment for each patient. He has special interests in neuromodulation, fibromyalgia, and medical research.*



Movie extra.  
Medical research writer.  
Pain Management physician.

# Meet Sloane

[tvc.org/meet-sloane](http://tvc.org/meet-sloane)







Above:  
Lupines (*Lupinus sp.*)  
blooms April - June

Stonecrop (*Sedum sp.*)  
Blooms June - August

Pacific Mock Orange  
(*Philadelphus lewisii*)  
blooms May - June



Pacific Rhododendron  
(*Rhododendron  
macrophyllum*)  
blooms in April - May

# • EASY, BEAUTIFUL • LANDSCAPING with *Native Plants* By DAMEON PESANTI, Clark Public Utilities

One of the biggest misconceptions homeowners face is that beautiful landscaping requires a lot of time, resources and maintenance.

There’s no question, some plants and properties do require a serious commitment; but having a stunning property that practically takes care of itself is surprisingly easy — getting it just takes a little flexibility and local thinking.

Residents and people from around the world alike love the Pacific Northwest’s lush, beautiful landscape. Why not capture some of that magic at your home?

“Native plant landscaping is hard to beat,” said Clark Public Utilities Invasive Species Coordinator Brad Mead. “Our region is home to stunning giant trees to lush and colorful mosses. The plants here come in every size, shape and color. Gardeners are sure to find something that’ll look great on their property and be easy to take care of.”

As with any new planting, native plants will need some extra water to adapt to their new home, but once they’re established, they rarely need more than what Mother Nature provides.

It’s tempting, during those trips to the big box and retail hardware stores, to bring home a few pots of those beautiful flowering plants. As if aesthetics weren’t tempting enough, the stores often market the plants as a great fit for our local environment.

Don’t be swayed. Those plants often originate from far-flung parts unknown across the globe, with conditions far from those of the Pacific Northwest. Bring them home and you may find yourself working

Continued on next page ▶



extra hard to keep the plant alive. Even worse, your new plant may like its new home so much that it becomes a nuance and squeezes out all the other plants around it.

Conversely, native plants have perfected life in the wet/dry climate and bugs of Southwest Washington. They'll soak up all those winter rains and stand proud in the summer sun. All you have to do is sit back and smile as your landscaping practically takes care of itself—minus the occasional weed-pulling. Less watering and fertilizing means less water, money and energy spent keeping your yards good-looks. Plus, harmful chemicals will be kept out the local ecosystem. That's good for people and wildlife.

"You can't say enough good things about native plant landscaping. They smell great, they look great, they're super easy to take care of, and wildlife love them," Mead said. "Some plants — lupine, for example — can actually add nutrients that your soil may be deficient in. That will help the plants around it grow stronger."

As much as people love native plants, wildlife loves them even more. Native plants are the best habitat and food resources for local wildlife, including birds, pollinators and even fish. If you want to attract more critters to your property, native plants are the best invitations.

Not only will those colorful native plants make your property pop with color, they can add comfort to your home.

A leafy tree planted in the right place can shade your home from the hot summer sun and allow its warming rays to shine through during the winter. Your home will get just a little help from nature when it needs it.



Shooting Star  
(*Dodecatheon sp.*)  
blooms in March - July

Live in a windy area? Planting the right shrubs in the right places will shield your home from those strong breezes. Not only does that make your yard a more pleasant place to be, it can mitigate the weather's influence on your home heating and cooling bill.

Speaking of nearby utilities, if you have a green electric utility box in your yard, don't plant anything nearby. As a general rule: always plant trees at least 10 feet away from the utility box. If there's a power outage crews may need access to it, and they won't hesitate to dig up your landscaping to get the job done.

It's also smart to avoid planting trees below overhead power lines. Remember: many charming little saplings can quickly mature into an outage-causing giant. But if you can't avoid planting under overhead lines, choose a variety that grows to 25 feet or less when fully mature.

Before you run out to a nursery, make notes about the characteristics of your planting site. Write down its features from sunlight to soil type. Take those details with you to a native plant nursery. Those helpful folks will help you select the plants that will thrive and deliver the colors, smells, and other features you desire.

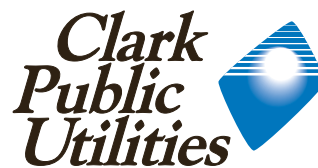
Clark Public Utilities has more information on the benefits of native plant gardens on its website [clarkpublicutilities.com/resources/native-plants-grow-happy-here](http://clarkpublicutilities.com/resources/native-plants-grow-happy-here).

There's also more information about the Pacific Northwest's native plants and more resources available at [www.nativeplantspnw.com/design-shopping-guides](http://www.nativeplantspnw.com/design-shopping-guides).

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# What Bird is That?

By TODD KAPRAL, Backyard Bird Shop



Male Downy Woodpecker (Photo by Darlene Betat)



Female Downy Woodpecker (Photo by Darlene Betat)

It is well into spring and the cooler temperatures this year have not seemed to stop the birds one bit. They are well into the nesting cycle and in some cases, starting a second go-around. I often get asked about what type of birds people are seeing in their yards and how to identify them. This brought me to the subject of field marks and plumage. When I first started getting into bird feeding and trying to ID who I was seeing, I found it easy to mis-identify a bird and think it was something rare. Many times it was a common bird with seasonal plumage that I hadn't seen before.

The first thing I do when I see a bird I don't recognize is note the behavior and look at the bill. This begins more of a process of elimination. Is the bird busy on a branch or is it foraging around on the ground? If it is up on the branches or in the canopy of the trees then I can likely eliminate the sparrows because they spend most of their time near or on the ground. If the bird has a thick, conical shaped seed-cracking bill, I can eliminate

the warblers. If the bird has a thin, insect-eating bill, then I can eliminate the finches and sparrows. This process narrows things down. It might not tell you who the bird is, but it can tell you who it isn't.



Male bushtit (Photo by Elly Herber)

When it comes to plumage, there are many nuances and differences between male, female, and young. One example of this is our state bird, the American Goldfinch. In this year-round resident, the females are typically a muted olive-yellow with black wings and white wing bars. They have this plumage all the time. By the way, the young look like the females in this case. The males will resemble the females (and the young) outside of nesting season. From mid-April through August, the male goldfinch bears its beautiful bright yellow breeding plumage that we are more familiar with. Other finches, like the House Finch, maintain different plumage year-round. Both sexes will be streaked brown and white on the body but the males will have a reddish-orange breast and head. Often the female plumage is more muted likely to help camouflage them on the nest.

Another common bird at the feeder is the Pine Siskin. These birds resemble a female house finch but they have



Female bushtit (Photo by Darlene Betat)

darlene betat





Goldfinch Pair (iStock)

“From mid-April through August, the male goldfinch bears its beautiful bright yellow breeding plumage that we are more familiar with.”



a tinge of yellow in their wing. This yellow can vary in intensity from bird to bird. Sometimes the differences between male and female are subtle. The male Northern Flicker, a large and common woodpecker, will have a red “mustache” on the side of the head where the female lacks this mark. The rest of the plumage is essentially the same. There is a similar difference in the Downy Woodpecker where the male has a red spot on the back of the head and the female lacks this spot.

This time of year there are a lot of young birds just fledged out of the nest in the yard. The young are as big as the adult so size isn’t a good way to ID these little guys. In some cases the plumage is the same as the adults but in others not so much. Chickadees are an example where they all have the same plumage. One way to distinguish the young is by behavior. They will typically be making lots of noise to be fed and will follow the adults around while lightly flapping their wings. Sometimes they will still have bits of down sticking out this way and that. Sort of a bad-feather day resulting in “horned” birds.

Baby Juncos don’t look much like the adults at all. They are subtly streaky like a sparrow. They do not have the trademark black hood. The giveaway with them is they have the same white edge tail feathers as the adults and you can see it when they flit about on the ground. (They are a species of sparrow).

Interestingly, there are a few instances where the females have more color going on than the males. One of these is the Bushtits. Both male and female are a soft gray. The male has black eyes. The female however has a slight brown cap and yellow eyes with a black iris! If your eyes are like mine you may need binoculars to see this because they are so small.

*Happy Birding!*

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# Find Gardening Inspiration on the Natural Garden Tour

By **BRITTANY SMITH** for Clark County Public Health Solid Waste and Environmental Outreach

**D**o you want to elevate your garden while also preserving and supporting the natural environment? Look no further! Clark County Green Neighbors Natural Garden Tour returns to offer examples and inspiration for urban and rural gardeners alike.

## 2022 Natural Garden Tour

Sunday, July 17, 10 am – 4 pm

[Clarkgreenneighbors.org/gardentour](http://Clarkgreenneighbors.org/gardentour)

This year, the Natural Garden Tour features nine gardens throughout Clark County that exceptionally demonstrate various natural gardening techniques. From the heart of Vancouver to the headwaters of the Washougal River, gardeners have gradually transformed their landscapes in a sustainable manner while enjoying the beauty and tranquility of gardening. The array of components that make up a natural garden are achievable on any scale, whether fruits and vegetables are grown organically; garden art is made from repurposed materials; a tolerant mindset allows for natural imperfections; and opting for a reduced-size lawn or lawn alternatives. Three techniques can instantly bring harmony to your gardening efforts.

### Natural Pest Control

Pesticides have been used for decades to prevent, destroy, mitigate, or repel garden pests. They typically fit into one of three categories: herbicide, insecticide or fungicide. When pesticides break down or escape their intended area of use, they have harmful effects on human health, fish and wildlife and our environment. This includes contaminating drinking water and causing harm to bees, butterflies, and other beneficial insects and plants.

The good news is that there are plenty of alternatives to using pesticides! Biological controls are an effective and exciting way to keep pests out of your garden. Once you have identified what pest you are trying to remove, consider your options to keep it off your property without harming the environment. Some common pests and their environmentally-friendly controls include:

- 🌿 **Aphids:** Reduce the aphid population in your garden by introducing predators such as the praying mantis or ladybug.
- 🌿 **Non-native weeds:** Mulch your gardens with pine cones, like one of the Natural Garden Tour gardeners, to suppress weed growth.
- 🌿 **Slugs and snails:** Pour diluted coffee (they hate caffeinated soil) around the borders of your garden, or lay bait traps near cool, moist areas where they retreat to.

### Water Use and Management

Water is not only a critical natural resource in the Pacific Northwest but around the world. As climate patterns change and become increasingly unpredictable, it is best to be prepared for all possible scenarios. There are many strategies to conserve local water resources and keep rainwater on your property:

- 🌿 **Drought tolerant plants:** Choose plants that require less water than their typical counterparts. Native drought tolerant plants include Oregon grape, common juniper and broadleaf stonecrop.
- 🌿 **Rain barrel:** Collect rainwater directly from the atmosphere or channeled from the roof of existing structures to use on the lawn or garden.
- 🌿 **Rain garden:** Capture rainwater from the roof, driveway or street into a depressed area, usually containing native plants, to slowly soak into the ground. Rain gardens reduce flooding and the amount of water that makes its way off a property.

### Pollinator and Wildlife Habitat

Pollinators such as bees, butterflies, moths, bats, birds and other insects play many important roles in the natural and human landscapes. In addition to maintaining



Photo credit: Shannon Hunter

Reduce the size of the lawn and replace with a flowering groundcover or repurpose items intended for the landfill into planters to spruce up your landscape. Garden host: Ken and Marge Crouch





Photo credit: Jacob Ahrens-Balwit

Ponds offer a source of water for wildlife and winged pollinators like bees and butterflies for an ideal habitat. Garden host: Jim and Lisa Mahar

local flora populations, they provide essential pollination for large scale agricultural production. Pollinator-friendly gardens provide food, shelter, water, and a safe space to raise offspring are provided for vulnerable pollinators and other wildlife to thrive.

- Avoid spraying pesticides whenever bees are or might be flying
- Plant native flowers as a direct and indirect source of food
- Offer a clean supply of water that recirculates or replenished regularly

Taking steps to garden naturally supports a healthy environment for our community while protecting local wildlife and waterways. It's possible to minimize the use of synthetic chemicals and still grow colorful blooms or tasty treats in the garden. Come join us for the Natural Garden Tour on July 17 to see these strategies in action and enjoy the sights, scents, and sounds these magnificent gardens have to offer.

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[clarkgreenneighbors.org](http://clarkgreenneighbors.org)



Clark County solid waste planning and programs are a cooperative effort of Clark County, Battle Ground, Camas, La Center, Ridgefield, Washougal, Vancouver, and Yacolt. This advertisement has been funded in part by the Local Solid Waste Financial Assistance program from the Washington State Department of Ecology.





By WSU Extension Clark County Master Gardener BETH GURNEY

**I**t happens every year. My garden plants are growing lustily--leaves are lush, buds are swelling, flowers are beginning to bloom. I stroll through my yard, gazing over my burgeoning veggies and ornamentals with pride. But wait, what's that I see? Aphids on my kale! Cabbage worms on my broccoli! Spider mites on my roses! Quick, do something!!

My first instinct used to be to reach for a bottle (the spray kind, not the drinking kind), and blast the intruders with something nasty. Get 'em! Kill those suckers!

But research by horticulturalists and my own personal experience have taught me that there is a better, safer, and less costly way—for my garden, for the environment, and for my family and me. By using pesticides as our first defense, especially ones that kill insects indiscriminately, we wipe out not only the “bad bugs”, but also kill our best allies in the garden--not to mention risk the health of our families and pets, and pollute our air and water with harmful chemicals. Instead of going to war with my garden enemies, I now recruit the myriad of natural allies that pass by my garden every day to do the job for me. All it takes are some simple steps to make my garden a desirable place for my allies to call home.

So, who are these garden allies (aka beneficial insects, natural helpers, natural enemies, or “good bugs”), and how does one attract them?

The biggest group of garden allies, beneficial insects, are everywhere. In fact, most insects in the world are beneficial, or at least benign; only a handful cause problems for humans and agriculture.

Beneficial insects fall broadly into three categories: predators, parasitoids, and pollinators. The first two help in keeping populations of garden pests under control, while pollinators, as we all know, carry pollen from flower to flower, enabling the development of many of the vegetables, fruits, seeds, and nuts we consume. Many pollinators are also predators or parasitoids.

Predatory insects are carnivorous in their juvenile or adult life-cycle stages, or sometimes both. For instance, the familiar lady beetle (aka “ladybug”) feeds voraciously on aphids, spider mites, and other “bad” insects as both larva and adult. Other examples of predatory insects include preying mantids, green lacewings, hover flies, and assassin bugs. Natural allies also include predatory critters that are not insects, like spiders, some mites, harvestmen (daddy long legs) and centipedes.

Parasitoids are insects that lay their eggs on or even inside (!) other insects, where their larvae hatch and then consume them. While this grisly behavior rivals that of aliens in gruesome sci-fi stories, parasitoids are harmless to humans and pets, and can be very effective at controlling pest populations. Most garden parasitoids are flies and tiny, stingless wasps that carry out their macabre work unnoticed by gardeners.

Attracting these natural allies to your garden and keeping them there is as easy as enticing them with the food, water, and shelter they need to survive and reproduce, and abstaining from using chemicals that can kill them. A diverse array of insectary plants, especially ones with tiny flowers that provide an

abundance of pollen and nectar for insects with small mouthparts, will provide food for many of the beneficial predators and parasitoids, as well as for pollinators. These include most plants in the carrot and aster families, such as dill, yarrow, and sunflowers, among others. Plant these in a corner of your garden or intersperse them throughout your crops. Be sure to include plants that flower at different times during the growing season, so there is a constant supply of food. If you have space (or can make space by taking out some lawn), plant a nearby hedgerow of flowers, shrubs, and trees, especially those native to the area, to lure beneficials close to where you want them to reside. Sprinkle plant leaves with water in the morning, or disperse saucers filled with pebbles and water throughout your garden to provide a water source. Be sure to cover all bare soil with mulch—compost, straw, or wood chips are great for this—to conserve soil moisture, enrich the soil for plant health, and give ground-dwelling allies places to hide. By striving to create a diverse and functioning ecosystem, you will help your garden thrive.

Be aware that using your natural allies to thwart garden pests doesn't mean your garden will be pest-free, ever. The goal is to keep pest populations under control to the degree that they cause only minor damage to your plants; you need some pests to remain in your garden to provide your natural allies with food. There will be a time lag, perhaps days or even weeks, between when the pests appear in your garden and your allies show up in numbers sufficient to get them under control, so some patience and forbearance is required. Don't reach for that pesticide bottle! Use non-chemical methods (like being careful not to over-fertilize, hand-picking cabbage worms,



jetting aphids off plants with a sharp spray of water) to minimize impacts until your allies get going. If absolutely necessary, use targeted, organic pesticides as opposed to broad-spectrum ones. For more local pest management options search “Clark County Bugs and Pests” online or go to WSU’s Hortsense website (hortsense.cahnrs.wsu.edu).

Resources abound to help you get to know your garden allies and choose plants to attract them. Ones I’ve found helpful include: WSU’s “Beneficial Insects, Spiders, and Other Mini-Creatures in Your Garden”, OSU’s “Encouraging Beneficial Insects in your Garden”, and Jessica Walter’s inspiring book, “Attracting Beneficial Bugs to your Garden” (2022).



Aphids on artichoke. Photo credit: Laura Heldreth

Once you’ve made your garden a hospitable place for your new friends, grab a magnifying glass and head out to meet them! Learn their life cycles, and look for them in their various life stages (from egg to juvenile to adult) on or under leaves, on stems, in the air, and on the ground. Catch a lady beetle larva (they look like little alligators) munching on an aphid. Glimpse a parasitic wasp injecting an egg into its hapless host. Or, just provide your garden allies with what they need, sit back, and let them have at it! They, and your garden, will thank you!



Lady bug on fennel. Photo credit: Laura Heldreth



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## Overcoming Vegetable Growing Challenges



*By WSU Extension Clark County Master Gardener BEKAH MARTEN*

If you're like others, you ventured into the realm of vegetable gardening during the last couple of tumultuous years. For some, the hours gained from a lack of commuting left more time to devote to gardening. For others, the rising cost of food brought about the desire to grow your own veggies.

Whatever reason found you poking seeds into the ground on cold spring mornings while dreaming of plucking sun-warmed vegetables a couple months later, you may have been faced with some of the challenges that come with vegetable gardening. Here are a few tips to help advance your garden skills for some of the more challenging to grow items.

Potatoes are one of the most purchased items in the produce department, and for good reason, they are tasty and can be prepared dozens of ways. When trying to grow them at home, you may have discovered oddly shaped lumps at the end of the growing season. Potatoes require even soil moisture to form well-shaped tubers. Once the plants emerge, potatoes need two inches of water each week. This is more than the standard weekly one inch of water typically recommended for gardens.

Corn on the cob is a summer BBQ necessity, but to get from seed to ear requires attention on the gardener's part. Sweet corn needs careful planning when planting, watering, and fertilizing. This work will be worth it when you walk in from your garden with an armful of beautiful ears. Hold off planting sweet corn until soil temperature is at least 60 degrees. Soil thermometers can be purchased inexpensively at garden centers or online.

Sweet corn is wind pollinated, so plant it in blocks of at least four rows to ensure good kernel development. When four to five leaves appear, it's time to fertilize your corn crop. Side dress rows with one ounce of nitrogen per ten-foot row. Water deeply, aiming for 1 to 1.5 inches per week.



Potatoes emerging from soil. Photo credit: Bekah Marten





If you are gardening with kids, carrots are often a highly requested vegetable to grow. Growing carrots can be a practice in patience as they can take up to three weeks just to germinate. Be prepared to keep your soil moist during this crucial period. In order for these orange roots to grow straight, not twisted, they need to be sown in well-drained, loose soil.



Corn seed packet and thermometer.  
Photo credit: Bekah Marten

Once germinated and grown to a ½ inch in diameter, thin carrots to every 3 inches to allow for good growth. You can snip the tops so that you do not disturb the roots of the seedlings you are leaving in the soil.

Cauliflower is a versatile vegetable in the kitchen, but our homegrown heads of cauliflower often do not look like their grocery store counterparts. Being a cool weather plant, cauliflower does not appreciate temperatures that climb too high. Utilize shade cloth if very hot weather occurs.

Cauliflower prefer consistent soil moisture to

form tight heads. Not allowing your soil to dry out too much between waterings will help with this. Side dress your plants when they are four inches tall with well-aged manure to provide nutrients during their growing season.

Lastly, you will need to blanch, or wrap, the cauliflower heads when they are the size of an egg. Wrap three or four leaves over the cauliflower head and secure with a rubber band. Doing this will keep the heads white. Orange, purple or green types of cauliflower do not require blanching.

None of these tasks are especially difficult, and each will help you to get over the hurdle of some of these historically more challenging to grow crops. Taking steps to work your soil now so that your potatoes and carrots will form well, will pay off at the end of the season.

Set a reminder on your phone or mark the dates on your calendar when your cauliflower and corn will need to be side dressed with extra amendments. Remember that some of your vegetable crops need more water than others. Let your soaker hoses stay on a little longer over the potato patches and rows of corn.

And last of all, enjoy the process. Growing food for yourself is both rewarding and challenging, but those difficulties or extra needs of the plants do not have to remain challenges.



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# CELEBRATE SOBRIETY *with Mocktails*

Maybe you're watching your waistline or trying to fit in that new bikini. Maybe you've found that imbibing isn't good for your mental or physical health. Or maybe you've just made a personal choice to stay off the sauce this summer.

Good for you! Here are some mocktails so you can keep the party going without getting a buzz.



## WATERMELON MINT MOCKTERITA

Recipe is from  
The Farmers' Almanac.

### Ingredients

- 1 medium seedless watermelon, chilled
- 1/2 cup fresh lime juice
- 4 teaspoons agave nectar
- Sparkling water
- Mint

### Directions

1. Cut the watermelon into chunks, then puree it in a blender. You should have about four cups. Add the lime juice and agave nectar.
2. Pour into four chilled margarita glasses rimmed with sugar. Top each glass with sparkling water. Garnish with fresh mint.



## THAI-STYLE PINA COLADA

Recipe is from McCormick Spices.

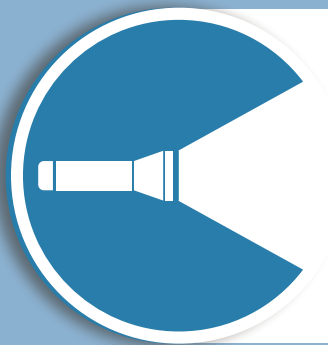
### Ingredients

- 1 13.6-ounce can coconut milk
- 1 cup pineapple juice
- 1/2 cup sugar
- Splash of rum extract
- 4 cups ice cubes

### Directions

1. Place coconut milk, pineapple juice, extract and sugar in a blender. Blend on high until smooth.
2. Add ice and blend until slushy.
3. Pour into chilled glasses and serve immediately.





# NONPROFIT *Spotlight*



For information contact [communitypartnerships@columbian.com](mailto:communitypartnerships@columbian.com)

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## **iUrban Teen is transformative STEM + Art education.**

Our revolutionary programs were designed eleven years ago, and realized in Vancouver, by founder Deena Pierott, a social entrepreneur whose passion to expose ALL students to non-traditional Tech careers and opportunities has resulted in serving more than eleven thousand students. To make your gift visit us at <https://iurbanteen.org/donate/>.

iUrban Teen works to amplify **The Power of Education** in Urban communities. Our **FREE eLearning Platform** for teens empowers students worldwide to explore new languages, express their feelings through creative writing, and dive deep into computer technology.

**iUrban University** bridges the Gap for BIPOC youth and adults by designing and delivering highly sought-after skills training and experiences in STEM industries and paving pathways that lead students toward economic stability and sustainability. From internships to mentoring, iUrban University touts an 82 percent retention rate of college graduates. This month we'll proudly continue our annual tradition of funding the college careers of more than a dozen students nationwide, totaling upwards of 26,000 in scholarships.

iUrban Teen conducts **STEM Programs, STEM Tours, SPACE, and STEM Summits!** Yeah, we're geeks like that.

Each year this tech community we've built offers hundreds of new courses, that thousands of students and parents depend on. From coding to cyber security camps, training, and certification programs, we provide a comprehensive learning environment.

The genius of iUrban Teen rests in our acknowledging the **genius in every student**. Our partnerships with families, corporations, advisors, and universities ensure that we provide innovative workshops and events to foster curiosity, critical thinking, and skill practices that make our students future-ready.

Eleven years ago, iUrban Teen set out on a mission to ignite that spark by bridging the opportunity gap for marginalized youth all over the country. With your support, our expansion plans will take us from Clark County across the nation and into Europe and Africa in years to come, we'll reach every student that wants a first-rate tech education. **The Power of Education** is for everyone. As you contemplate your philanthropic budget, please consider iUrban Teens in your plans and this fall remember us on September 22, 2022, as we kick off our 24 hours of giving, for the **Give More 24 Campaign**.





## GRAPEFRUIT ROSEMARY MOCKTAIL

Recipe is from Henry Ford Health.

### Ingredients

- Juice and zest of one lemon
- 3 sprigs rosemary
- 1/2 cup grapefruit juice
- 1/2 cup water
- 1 cup club soda

### Directions

1. In a cocktail shaker, muddle the lemon juice, zest and leaves from one sprig of rosemary for a minute. Add grapefruit juice and water.
2. Cover and shake until mixed well. Strain into two serving glasses. Add ice if desired. Top each glass with 1/2 cup of club soda. Garnish with a rosemary sprig.



## STRAWBERRY AGUA DE FRESA

Recipe is from Allrecipes.

### Ingredients

- 4 cups strawberries, chilled
- 1 cup sugar
- 8 cups cold water
- 1 lime, cut into eight wedges
- Fresh mint sprigs

### Directions

1. In a medium bowl, mix strawberries, sugar and a cup of water. Cover with plastic wrap and chill for four hours.
2. Blend the chilled strawberry mixture on high until smooth. Pour through a mesh strainer over a large mixing bowl. Discard the strained pulp and seeds.
3. Add the remaining cold water and mix well. Chill for several hours or serve immediately over ice. Garnish with lime and mint.

-Greenshoot Media

# Celebrate Life at Prestige Senior Living

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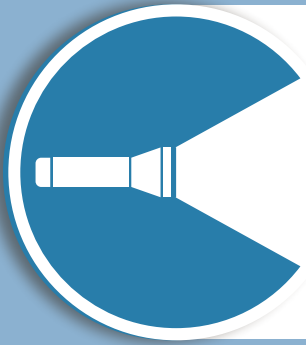
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# NONPROFIT *Spotlight*



For information contact [communitypartnerships@columbian.com](mailto:communitypartnerships@columbian.com)



National Alliance on Mental Illness

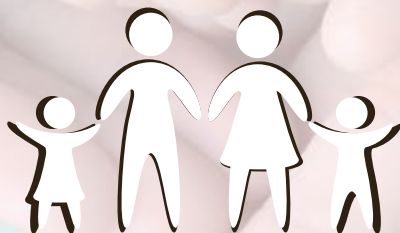
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**A**s a kid, I experienced a lot of anxiety and depression. I had constant panic attacks at night. I believe a lot of it came from the negative words of others that became ingrained in my mind as “truth.” I had a constant feeling of darkness hanging over me.

I didn’t realize until much later in life just how much mental illness shaped who I am as a person. For a long time, I didn’t understand what it was. I just thought it was sadness or tough times. But I’ve learned that it’s so much more than that: Mental illness is a widespread issue that affects millions of people.

I’ve wanted to be a musician since I was about three years old, and I started writing music at 13. Music and songwriting have always given me an outlet to express my feelings. My most recent song, “Tiny Little Voices,” is about those negative words I so often heard growing up. These repeated messages are so ingrained in us that they replay in our own minds, in our own voice. I believe these negative messages and self-talk cause so much anxiety and depression in today’s world.

I’ve had to overcome a lot of adversity in pursuit of my dream. I was constantly fighting the battle of being told I’m not good enough. And I’ve had to fight those thoughts to push through and chase the dream I’ve had since I was a kid. My goal as an artist is to give people hope and encourage them to take control, to not allow the negative words of others to control their life and their dreams. I want them to hear the voice that matters—their voice—and to know that they aren’t alone.

We shouldn’t have to deal with these struggles alone. I want people to sing these songs and declare truth over their lives. I know that it takes more than just a song and a community. I know that mental illness isn’t something that can be wished away, but one thing I do know is that music is a powerful thing. And I want to give people a glimmer of hope through my music. I want to encourage everyone who listens not to give up on their dreams.

*Nate Botsford is a country singer-songwriter and recording artist based in Portland, OR. His songs have won numerous awards and received national attention. For more information visit [www.natebotsfordmusic.com](http://www.natebotsfordmusic.com).*



# Rental RV Adventures

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## A GROWING TREND

Some 65 million travelers are planning an RV vacation in 2022, according to one survey from the Go RVing trade group. Many of them will be renting instead of buying. The practice became trendy during the first year of the pandemic, as the Austin-based peer-to-peer rental site Outdoorsy saw a stunning 4,000 percent increase during 2020's busiest months. RV and camper-van rentals are now expected to be a \$356.2 million industry in 2022, as the segment continues its steady rise. Growth of more than three percent has been charted every year for the past five. Outdoorsy now has 48 million users; company officials say they have already passed 1 billion total transactions.

## HOW TO CHOOSE

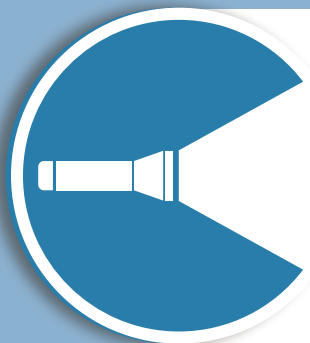
Size, space, distance and your driving comfort level are all key factors in deciding which RV to rent. You'll obviously need additional room if more friends and family are coming along, but the largest Class A models can present driving and parking challenges. These RVs range from 24 to 40 feet, and comfortably accommodate up to seven people. Less experienced drivers might select a Class B version, which is about as wide as the average pickup truck and less than 25 feet long. They're easier to maneuver and get better gas mileage, but you shouldn't try to fit more than four people inside. Class C RVs are usually built on a truck chassis, with sleeping bunks located above the passenger cabin. They're usually 30 feet or less, and can welcome up to six people.

## READY TO RENT?

Professional dealers will be easier to research. They'll also have technicians on duty to help should anything go wrong. Renting from large companies like Cruise America includes package deals with roadside assistance and insurance, while RVshare also offers fifth wheels and travel trailers for rent. (RVshare makes one-way renting possible, too.) Be aware that some states require RV drivers to have a commercial driver's license — in particular for Class A motorhomes — so check local laws along your travel route. Research RV camp sites before you go, since there is a very wide range of amenities and pricing.

-Greenshoot Media





# NONPROFIT *Spotlight*



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## 20 Years of Aloha

Ke Kukui Foundation will be celebrating 20 years of spreading aloha in the Pacific Northwest this summer at the annual 4 Days of Aloha festival, taking place at Clark College and Esther Short Park. Ke Kukui Foundation's largest annual event - originally known as, '3 Days of Aloha' - was founded in 2002 by Deva Yamashiro and Victoria Holt-Takamine- both, Native Hawaiian cultural practitioners. In 2019, Executive Director, Kaloku Holt took advantage of the open Sunday at Esther Short Park and added a 4th day to the festival, making it what it is today - 4 Days of Aloha.

Over the last two decades, the festival has grown tremendously. From its humble beginnings in a small school cafeteria to today, overcrowding Esther Short Park, the heart and vision of this festival remains the same. The journey began with Ke Kukui Foundation's founders wanting to create opportunities for the community to learn about the Hawaiian culture. It was important to them that they pass on cultural teachings to the children and ensuring the next generation of Hawaiians in the Pacific Northwest have the opportunity to stay connected to their roots. 20 years later, the foundation remains a home for many relocating families from the islands as well as those who seek a touch of aloha in their lives.

Today, the festival organizers remain steadfast in their attempts to bring the very best cultural teachers and performers from Hawai'i to our community to offer an authentic experience for the community and to bring a piece of home to the hundreds to thousands of families who have relocated from the islands. The signature festival highlights include: 2-day cultural workshops, Pā'ina - Hawaiian style party (free to the public), Concert In The Park, Hō'ike - Showcase of teachings/learnings from the cultural workshops, 5K/10K/Kids Run, Celebration of Cultures, 70+ vendors, Kids Zone, raffle giveaways, award winning performing artists and so much more.

Follow 4 Days of Aloha and Ke Kukui Foundation on Facebook and Instagram for updates on our current and future events. Some of our annual events include the Hawai'i LIVE Tour, Ke Kukui Foundation Gala & Awards, Lū'au and open enrollment for our partner hula school, Kaleinani O Ke Kukui.

For more information visit [4daysofaloa.com](http://4daysofaloa.com) and [kekukuifoundation.org](http://kekukuifoundation.org)



The Oregonian



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# Mason Jars: PRESERVING A LEGACY

The pandemic saw a surge in the popularity of the homesteading lifestyle, and farmhouse fashion has brought the clear canning jar, or Mason jar, back into the spotlight. Here's more about the classic, collectible jar.



## History

The Mason jar is named for American tinsmith John Landis Mason, who patented the jar in 1858. It has a screw thread on the outer edge of the mouth so that a band can be screwed on, securing a metal lid against the jar's rim. Even though Mason lost his patent, the name Mason jar became synonymous with the canning jar, and Mason can be seen on Ball and Kerr brand jars.

Interest in canning (and Mason jars) has been cyclical ever since, ranging from practical interest on American farms to surges in popularity during World War II and, yes, during the pandemic lockdown.

"You see these moments in American history; whether it's World War II or the counterculture or the pandemic, canning always comes back," Paula Johnson, curator of food history at the Smithsonian National Museum of American History said. "(The collection) really does provide a window into home food preservation and the importance of it for so many people."







# Share *Free* S M M M E R M E A L S

Summer Meals is a federally funded, state-administered program that reimburses providers who serve free healthy meals to children and teens when school is not in session. No paperwork needed and no personal information is collected. The program operates Monday to Friday; no meals will be served at any location on July 4.



## Some of the most collectible jars include:

### THE UPSIDE-DOWN JAR BY BALL

This brand of jar was made for only 10 years and, unlike other jars, is designed to rest on its lid. Collectors have paid up to \$1,000 for this jar; the Smithsonian said. The first design of this jar was said to be an error, but the company turned it into a coffee dispenser.

### THE E-Z SEAL BY ATLAS

This jar was produced in 1910 and the thinking was its distinctive amber hue prevented food spoilage. This isn't true, but what is known is that it's worth upwards of \$60 per jar.

### THE BALL LIGHTNING JAR

The most common shade of this colored jar is green, and that can get you in the hundreds of dollars with the wire bale. However, the cobalt blue jar can get you \$10,000 or more. The jar also came in clear and lighter-colored versions.

### VIOLET JAR BY COLUMBIA

The purple-hued jar was originally an error caused by adding manganese to the glass. But it caught on, and the company made it part of the lineup in 1905. Today, they're worth up to \$400.

### DATING USING THE BALL LOGO

If you're looking at vintage Ball jars, in particular, you can date them using the script on the Ball logo. Online guides abound, but what you're looking for is usually the styling of the B (closed loops or no) and the two Ls. The recognizable script logo was first used in 1885; earlier logos were in print or a monogram version that included several initials.

-Greenshoot Media



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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.



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*of* 15  
YEARS

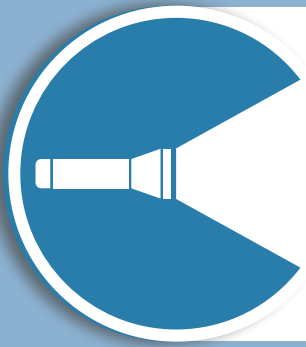
*Who is your favorite?*

Scan to get started



**VOTING ENDS TUESDAY, JUNE 14!**





# NONPROFIT *Spotlight*



For information contact [communitypartnerships@columbian.com](mailto:communitypartnerships@columbian.com)



CONGRATULATIONS  
to the 2022 winners of the

Florence B.  
*Wager*  
AWARDS

Steve Lorenz  
*The V-Formation Flyer*

Julie Hannon  
*The Leading Eagle*

Dr. John & Debra Bauman  
*J. Scott Campbell Award*



Steve Lorenz is a third generation Camasonian and champion of countless parks and trails projects in the Camas community. As the current leader of the Camas Parks and Recreation Commission, he has assisted in building a strong working relationship with the Parks & Recreation Department, providing guidance and recommendations to purchase properties for conservation, including 165 acres along the north shores of Lacamas Lake.

A horticulture teacher at Hudson's Bay High, he helps students grow their understanding of construction, development, and implementation of designs for new parks, trails, and recreation areas at the school and in the community. Through Steve's efforts, we have current park lovers and are gaining a new generation of park users, advocates, and professionals.

Julie Hannon spent 30+ years working in Parks and Recreation, committing her life to exceptional parks, trails, and recreational programs. At the City of Vancouver, she has worked to build equity-focused partnerships to create, steward, protect, and advocate for Vancouver's greatest assets - parks, trails, and open spaces.

"I'm not here to be average, I'm here to be exceptional!" is the quote on Julie's desk and describes her enthusiasm and commitment to the Parks, Recreation, and Cultural Services Department for the City of Vancouver. Her vision and optimism have driven the department to meet the demands of growing the open spaces across the city. Her outstanding leadership for the Waterfront Park and Pier Project has resulted in a world-class public space and a shining example of how cities can benefit their residents.

Dr. John and Debra Bauman of Bauman Chiropractic have been generous sponsors of the free, family program known as Sunday Funday held monthly at Marshall Community Center. This three-hour program includes staff-led games and activities in the gym, arts and crafts, and 90-minute free swim time. Their support over the past ten years has supplemented a program that has been a favorite activity of the center. Their additional support of the Everybody Plays Scholarship Fund offered swim lessons for children, providing an opportunity to enrich the lives of local youth.

John and Debra's generosity has exemplified their commitment to improving the health of our community's children and families and set them apart as business leaders who understand the benefits of public-private partnerships.

As the pandemic closed indoor programs, the Baumans continued their support for kids with a grant to Camp Hope, ensuring all kids had a chance to get outside and enjoy the world around them.

The Baumans' generous donations are a perfect example of paying it forward. Thank you, John and Debra, for making a difference, year after year. You have given such a wonderful gift to our community.



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ParksforClark



# EVENTS

JUNE 2022 - AUGUST 2022



## RIDGEFIELD RAPTORS BASEBALL GAMES

June-August

Find schedule and ticket information for this West Coast League team at [ridgfieldraptors.com](http://ridgfieldraptors.com)

## CAMAS CAR SHOW

June 25, 3pm-8pm

The Downtown Camas Association presents this 16th annual car show. Stroll the beautiful streets of historic Downtown Camas and see the many classic and custom cars and trucks filling the town. Raffles, live music, dance by the Virtuosity Performing Arts Studio, and kids activities. The car show benefits the Camas Washougal Treasure House Food Bank. **This event is FREE to spectators.** Bring two cans of food to get a free raffle ticket.



## NW'S LARGEST GARAGE SALE & VINTAGE SALE

July 2, 8am-4pm

17402 NE Delfel Road, Ridgefield. This Summer Sale event takes place in the Fairgrounds front parking lot. General Admission Shoppers: \$7.00 Adults. Early Birds: \$20. **Children 12 and under FREE.** Call 360-907-5919 or go to [nwgales.com](http://nwgales.com) for more event information.

## SUMMER FEST AT FORT VANCOUVER

July 3, 11am-11pm

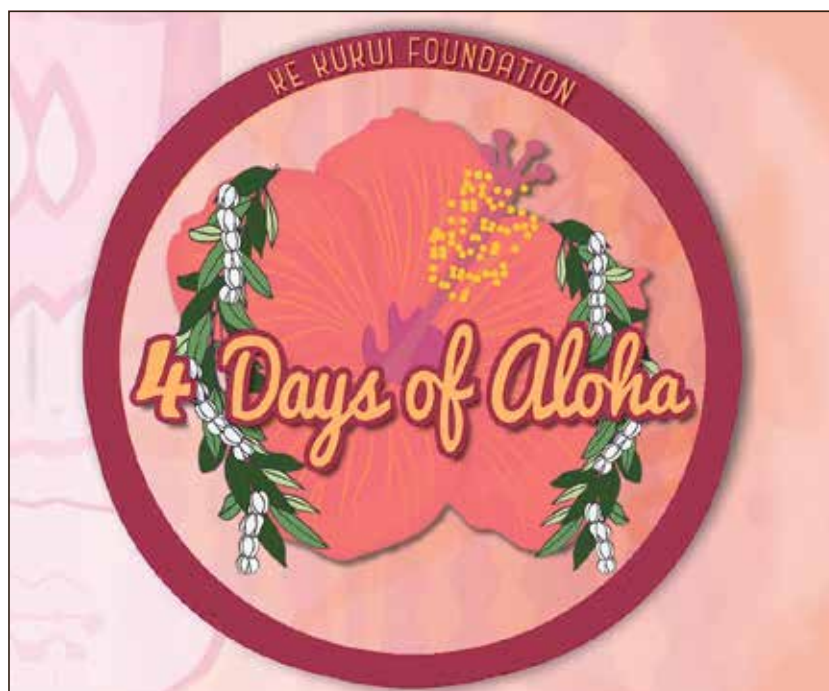
The Historic Trust and partners are presenting a full day of entertainment and activities to celebrate America's Independence. Take a ride in military vehicles for a historical tour around the park. Listen, sing along, and dance to timely tunes from local musicians. Play lawn games—including a corn hole tournament. Pack a blanket and stay for a movie at dusk. Bring a picnic or purchase from local vendors, along with beer and cider tastings behind the historic Grant House. **This event is FREE and open to all.** For more information and questions, contact Amy VanCamp, Director of Events and Marketing for The Historic Trust at 360-992-180.



## 4 DAYS OF ALOHA

July 21 - 24

Join a celebration of Hawaiian arts and culture at Esther Short Park in Downtown Vancouver. The schedule of events and entertainment includes hula, crafts, live music, keiki zone, beer garden, and more. Go to [4daysofaloha.com](http://4daysofaloha.com) for schedule and ticket information.



## TACOS, TEQUILA & CERVEZAS

July 23 & 24, 3pm-10pm

901 C St, Vancouver. Featuring food vendors, variety of tequilas, mixed drinks, cold beer, live entertainment and exhibitors. This is a ticketed event. Go to [nwtacofest.com](http://nwtacofest.com) for updated event and ticket information.



# EVENTS

## THE CRAFT BEER & WINE FEST

July 29-31

Experience Craft Nation. Visit Wine Country, Beer Village & Whiskey Town at Esther Short Park in Downtown Vancouver during this weekend event. This is a ticketed event. Go to [thecraftwinefest.com](http://thecraftwinefest.com) for ticket and event information.



## CLARK COUNTY FAIR

August 5 - 14

17402 NE Delf Rd, Ridgefield. The Clark County Fair has returned for 2022 with a great lineup of concerts, carnival rides, games, grandstand events, food, contests, animal barns, and exhibits. Go to [clarkcofair.com](http://clarkcofair.com) for ticket prices, hours, and entertainment schedule.



## VANCOUVER WINE & JAZZ FESTIVAL

August 26 - 28

Come downtown to Esther Short Park for a weekend of concerts, northwest wine, gourmet food, fine art, and fun. This is a ticketed event. Go to [vancouverwinejazz.com](http://vancouverwinejazz.com) for schedule and ticket information.

## CAMAS VINTAGE & ART FAIRE

August 27, 9am-3pm

4th Avenue and Birch Streets in Downtown Camas. Find the perfect items for your home and garden, as well as vintage clothing and accessories. Make a day of it with delicious food and live music throughout the day.



## FARMERS MARKETS

### VANCOUVER FARMERS MARKET

Through October 30

Saturdays 9am-3pm, Sundays 10am-3pm

Downtown Vancouver: 8th & Esther St. The market is a popular 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. [vancouverfarmersmarket.com](http://vancouverfarmersmarket.com)

### EAST VANCOUVER FARMERS MARKET

Through August 25

Thursdays 10am - 2pm

Columbia Tech Center: 17701 SE Mill Plain Blvd, Vancouver.

### CAMAS FARMER'S MARKET

Through September 28

Wednesdays 3pm-7pm

Downtown Camas: 4th Ave, between Everett and Franklin. A celebration of our region's agricultural bounty of freshly harvested seasonal produce, flowers, natural products, and a hearty variety of prepared and hot foods fill the market. [camasfarmersmarket.org](http://camasfarmersmarket.org)



## JUNE 2022 - AUGUST 2022



## FREE CONCERTS & MOVIES

### WATERFRONT PARK CONCERT SERIES AT VANCOUVER WATERFRONT PARK

Fridays from 6-8pm

695 Waterfront Way

Bobby Torres Ensemble.....July 8

Pride of the Northbank.....July 15

Conjunto Alegre.....July 22

Curtis Salgado.....July 29

Mbrascatu.....August 5

LaRhonda Steele.....August 12

Arrive early for dinner at one of the waterfront restaurants or bring your own picnic.

Street parking is metered until 6pm. Paid lots operated by private business are also available. C-TRAN route 71 provides bus service to downtown Vancouver. This venue also offers a unique opportunity for boat owners to enjoy the concerts on the water. Presented by Riverview Community Bank with support from Port of Vancouver USA.

### SUNDAY SOUNDS CONCERT SERIES AT COLUMBIA TECH CENTER PARK

Sundays from 6-8pm

SE Sequoia Circle at SE Tech Center Drive

Hit Machine.....July 10

Promdate Mix Tape.....July 17

Dancehall Days.....July 24

Jessie Leigh.....July 31

Kalimba.....August 7

Guys Named Moe.....August 14

Food and nonalcoholic beverages may be available from vendors or bring your own picnic. Free parking is available in the field next to Columbia Tech Center Park. C-TRAN routes 31 and 37 provide bus service to Columbia Tech Center. Presented by Columbia Tech Center with support from iQ Credit Union.

### FRIDAY NIGHT MOVIES IN THE PARK

Movies begin at dusk, between 9-9:30pm.

Pre-show entertainment starts at 7pm.

Bring your chairs and blankets and claim your spot to enjoy the show. All movies are closed captioned. Bring your own picnic or purchase from vendors that may be onsite. Restrooms are available. Movies are shown weather permitting. Check with Vancouver Parks, Recreation & Cultural Services social media channels for updates.

July 8: **Encanto** (PG)

National Park Service Parade Grounds (Evergreen Blvd, near the gazebo)

July 15: **Sing 2** (PG)

Nikkei Neighborhood Park (NE 52nd St & NE 137th Ave)

July 22: **Spider Man: No Way Home** (PG-13)

Bagley Community Park (4607 Plomondon St)

July 29: **Jungle Cruise** (PG-13)

Columbia Tech Center Park (SE Sequoia Cir at SE Tech Center Dr)

Aug. 5: **Cruella** (PG-13)

Fruit Valley Neighborhood Park (3200 Fruit Valley Rd)

Aug. 12: **Eternals** (PG-13)

Hearthwood Neighborhood Park (801 NE Hearthwood Blvd)



# Save money and cut emissions with an electric vehicle



**If you own or are considering an electric vehicle, we offer incentives to help. Incentives are available for the installation of various charging stations and we offer rebates to qualifying customers for the purchase of used electric vehicles, too. Visit our website for more information.**

**[ClarkPublicUtilities.com/EV](http://ClarkPublicUtilities.com/EV)**



**We're always here!**