

A PRODUCT OF THE COLUMBIAN'S ADVERTISING DEPARTMENT

# *Holidays*

IN THE COUVE

NOVEMBER 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)



**Special Publications Manager**

Teresa Keplinger

**Special Publications Editorial Designers**

Laurie Stover, Mary Bullock, H. Brannon

**Content Editor**

Kristin Dorsett

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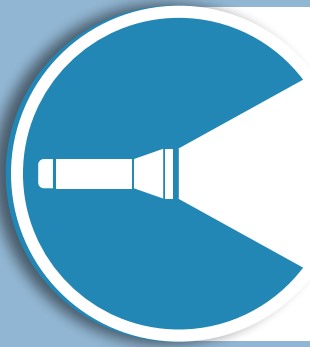
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## Holiday Edition







# NONPROFIT *Spotlight*



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



For information contact [Vancouver.SalvationArmy.org](http://Vancouver.SalvationArmy.org)

## *The Salvation Army Christmas 2022 — Hope Marches On!*

Christmas morning comes to every child but not every child gets something on that special day! For more than 130 years, The Salvation Army in Vancouver has been making a difference for children on Christmas morning. There are countless stories of how an unexpected child was surprised by gifts provided to the family from The Salvation Army.

One typical story is of a single mom with three kids. After the kid's dad abandoned the family, mom took on a full-time job but was barely able to make ends meet. Before the end of each month, she would visit our food pantry to get enough to feed the kids until her next paycheck. When the holidays came, so did the burden of finding money to buy gifts. During her monthly visit to the Salvation Army food pantry, our staff encouraged her to sign up for gifts from the Angel Tree program. Once registered, she experienced great relief knowing the joy of Christmas was back. Now, with gifts under the tree, she knew her kids would be happy, and she no longer had to be burdened.

When a family registers their Christmas need with us, we place the child's gift wishes on an Angel Tree Tag that is hung on a tree somewhere in our community. Sponsors, just like you, can host an Angel Tree by displaying the tags that have the child's first name, age, and three gift wishes. Once the gifts are purchased, they can be delivered to The Salvation Army where they are organized to be given to that specific child. On a pre-arranged day, the families pick up their gifts from The Salvation Army to give to their children on Christmas.

The gifts purchased and given to each child does more than bring a smile their face on Christmas morning, it gives the family hope that tomorrow might be a little brighter. If you or your company would like to sponsor an Angel Tree this year, please go to our website:

**[Vancouver.SalvationArmy.org](http://Vancouver.SalvationArmy.org)** and click Christmas Sponsors 2022 to fill out an interest form.

You may visit Angel Tree-Walmart to purchase toys for children in our county at <https://bit.ly/Wlmt3sigO8S>

You may also visit us or mail support to:

**The Salvation Army, 1500 NE 112th Ave., Vancouver, WA 98684**  
For more information, call: (360) 892-9050

*May God bless you!*  
*The Salvation Army Vancouver Corps*



# Brown Paper Packages Tied Up with String:

## Unique Gift Wrapping Ideas

by KRISTIN DORSETT, for *The Columbian*

Ready or not, holiday shopping season is upon us! Once you've purchased gifts for everyone on your list, then comes the wrapping. Part of the delight in receiving a gift is in the presentation. Of course, store bought wrapping paper, gift bags, and fancy flourishes are the easiest solution. However, buying these items in bulk every year can increase the cost of your holiday budget. A phrase from the soundtrack of *The Sound of Music* comes to mind.



*"Brown paper packages tied up with strings  
These are a few of my favorite things"*



This lyric inspires imagery of bygone eras and simpler times before luxurious holiday paper with trademarked designs and convenient gift bags with commercial logos ever existed. Whether or not we're entering simpler times again remains to be seen but experimenting with unique wrappings can be a fun and inexpensive way to create a personalized presentation to show someone you care. Here are some ideas collected from among my family and friends.

### Baskets

Big or small. Great for holding multiple small items and the recipient can reuse the basket for household items or for refilling with gifts for someone else.



### Newspaper

Current or vintage. The comics are a colorful choice or use selections with a charming holiday story or recipe article.



### Paper grocery bags and twine

Lunch bag or Shopping size will work. Tie on pinecones, sprigs of greenery, cinnamon sticks, small ornaments, or similar decoration details.



Continued on next page ►



## Burlap

For the rustic friend who loves farmhouse style, you could wrap their gift in a clean piece of burlap and tie it up with twine or a bow.



## Old calendars

Many businesses send out yearly calendars with great photos. Instead of recycling the whole calendar, pick out the best photos for wrapping small gifts because many calendars feature amazing photography.



## Tea towels or any vintage embroidery or handiwork

If you've inherited old-fashioned linens that don't match your taste or your home's décor – turn them into a sentimental gift wrap.



## Maps

Cartographer enthusiasts will appreciate this. Old Road Atlases or vintage maps can be put to use as wrapping.



## Cookie tins

Not just for cookies anymore! Tins make great reusable gift boxes for small items like a gift card or a pair of fun holiday socks.



## Gift Tags

My "Auntie M" is known in our family for her particular care with gift-wrapping that most everyone (except small children) pauses to admire before opening. Instead of buying new mass-produced packaged gift tags from stores, she uses cards saved from previous years.



Examples of homemade gift tags made from past year's holiday cards: inside verses, portions of illustrations from the front or inside with white spaces for writing giftee's name—or use the blank back of the tag. Photo credit: "Auntie M"





# How to navigate the

By ANGELA COLLINS, DO, Vancouver Clinic

**All signs point to a rough flu season. During the past two years, masking, shutdowns, and vigilant hygiene practices mitigated the flu's spread. Now our lives and the likelihood of spreading germs are closer to normal.**



Most health care providers remain on heightened alert, carefully watching hospital bed and clinician visit availability. After two-plus years of the health care system being strained to capacity, we are wary about what a combined flu and COVID-19 season will look like.

However, while we may not know what to expect, we do know the best way for people to protect themselves, their loved ones, and their community: Get vaccinated.

## YEARLY FLU VACCINE SAFEST OPTION

I understand that multiple COVID-19 vaccines and boosters have made people weary of getting shots, or even talking about them. However, the yearly flu vaccine is important.

We tend to think of influenza as commonplace. Most people get the flu and are fine. However, a portion of people do not handle the infection well—specifically infants, immunocompromised individuals, people with chronic conditions, and the elderly. Sometimes the flu can cause long-term lung problems. At the end of the day, if you compare the risk of getting the flu vaccine against the risk of getting the flu, they aren't even in the same ballpark. The flu vaccine is far safer.

Plus, by vaccinating eligible children

and adults, we protect those individuals who are not able to be vaccinated or who do not mount a strong immune response. We protect our neighbors, grandparents, and other kids at school.

## IMPERFECT SHOT STILL EFFECTIVE

It's also important to remember that even though the flu shot isn't 100 percent perfect, it's 100 percent worth receiving. Each year, scientists predict which flu virus strains will be circulating and develop a vaccine to combat those strains. However, we know viruses are tricky. They evolve as they infect people. The effectiveness of the flu vaccine varies based on how well it matches the current strain. We often don't know how well it's working until partway through the flu season when we start getting real-world data.

The good news is that we usually get it right. What's more, even a partially effective flu vaccine is a win. When our immune system is primed for the flu, it recognizes the virus faster, mounts antibodies quicker, and fights it off sooner. Vaccinated individuals experience fewer complications and milder illnesses.

I like to compare the flu vaccine to a boxed cake mix. It may not be as

amazing as a cake made from scratch, but it's still really good and takes a lot less time and a lot fewer dishes. When the seasonal flu party is coming up, it does the trick.

## GETTING THE JAB IS WORTH IT

As a physician, I've been vaccinated every year since the early 2000s. My work exposes me to the flu at a much higher rate than other people. However, I've only had the flu twice during that time, and it was fairly mild in both cases. When I encourage patients to get vaccinated, I speak from both clinical and personal experience.

Vaccines are one of the basic components of preventive care. The first vaccines were miraculous. Because they're now commonplace, it can be easy to forget how debilitating and deadly vaccine-preventable conditions can be.

## WASHING HANDS STILL IMPORTANT

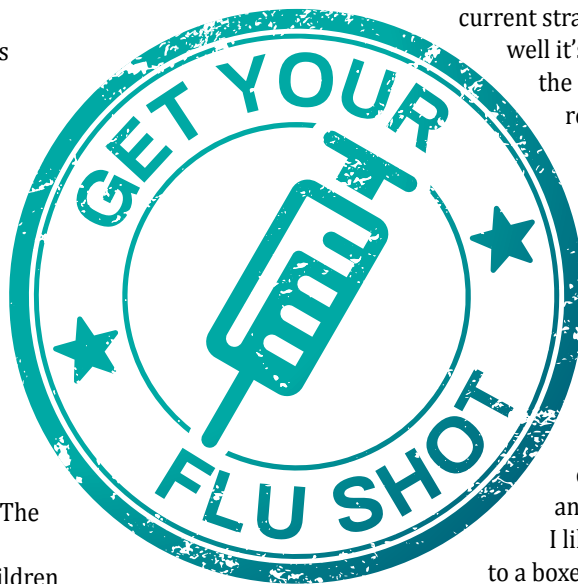
Vaccine protection can be complemented by the familiar precautions of the last two years:

- Wash your hands frequently.
- Avoid touching your face.
- Wear a mask.
- Stay home when you're sick.

## FLU, COVID-19 SYMPTOMS OVERLAP

Flu symptoms remain similar to the symptoms of COVID-19: Muscle aches, fatigue, headache, a low-grade fever, cough, runny nose, sore throat, and vomiting and diarrhea (particularly in kids).

The symptoms have so much overlap that when someone comes into the clinic with an upper-respiratory infection, I typically offer both a COVID-19 and a flu test. Lab results are the best way to tell the difference. For





individuals at risk of complications, treatment options change based on what infection we're dealing with, so it's important to know.

#### HYDRATION IS KEY

For patients who are otherwise healthy, home care is typically the best course. Hydration is particularly important. It takes a lot of calories and water for our lungs to operate properly. When we have an infection, we lose fluid easily. Drinking lots of liquids helps our lungs and keeps mucus moving.

Water, tea, juice, soup, and electrolyte drinks are all appropriate. Hot chicken soup, teas, and cold things are safe and soothing options. Our grandmothers were smart!

#### OVER-THE-COUNTER MEDICATIONS ARE NOT RISK-FREE

Acetaminophen and ibuprofen can help bring down a fever and make you more comfortable. I would recommend caution when it comes to using other over-the-counter medications. It's easy to be lulled into a sense of security that these medicines are completely safe. That isn't true.

Cough and cold medicines can raise blood pressure and change heart rate. Their sedating effects can decrease respiratory drive and the ability to breathe. They are particularly dangerous for children under age 7 and individuals with hypertension.

Medicines that are labeled as "natural" or "herbal" aren't necessarily safer. They are still being formulated to take care of symptoms and are still medications. What's more,



these products are less regulated than traditional drugs. No one is checking what's in them in what amounts, or confirming that they are being produced safely and aren't contaminated with other chemicals. Patients should consult a medical provider before taking these drugs or giving them to a child.

Instead of reaching for medications, try saline sprays and rinses. Honey mixed with tea or on its own can calm a cough. (Just make sure kids are over one year old.) Humidifiers can ease symptoms. Remember to clean them out every time so they don't become contaminated with mold.

#### WHEN TO SEE A DOCTOR

It's always best to talk to your primary care provider ahead of time to understand if you can care for a flu infection at home. Whether or not you need to see a clinician depends a lot on your age, what medications you are taking, and your individual health status.

Anyone whose symptoms persist or worsen after five to seven days should be seen. Additionally, anyone who is experiencing shortness of breath, a productive cough, or a persistent fever that isn't responding to medications should be seen.

#### CARE AVAILABLE INTO THE EVENING

Vancouver Clinic Extended-hours Urgent Care at Salmon Creek 2 is open 7 a.m. to 11 p.m. Monday through Friday and 7 a.m. to 7 p.m. on the weekends.

It's safe to get vaccinated against the flu and COVID-19 at the same time. Flu vaccines are available as part of any primary or specialty care visit. Just ask your clinician during your appointment. Or call our Patient Service Center at 360-882-2778 to schedule a nurse visit. Local pharmacies also carry the shot.

*Dr. Angela Collins is a family medicine physician at Vancouver Clinic. Dr. Collins considers vaccines to be the cornerstone of preventive medicine and takes the time to educate patients about the benefits and safety of immunizations. She loves seeing patients of all ages and helping entire families become healthier.*



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**7 a.m.–7 p.m.** Weekends

**Closed** Thanksgiving



# Extended-hours Urgent Care



# SUPPORT A GOOD CAUSE IN 2023:

## Clark Public Utilities Announces Ninth Annual



By DAMEON PESANTI, Clark Public Utilities

Whether you're following a new year's resolution, looking for a fun event with friends or just love supporting a good cause, the annual Clark Public Utilities Race for Warmth is the perfect way to welcome in 2023 and make a difference in your community.

Grab your friends, your kiddos or your favorite pair of headphones and join the crowd on Sunday, January 29th, 2023 for the ninth annual Race for Warmth. Whether you're running your first 10K, hoping to improve your 5K

time or would just like to join a positive, motivating group for a walk on a brisk January morning, you'll find exactly what you're looking for! Runners and walkers of all ages and abilities are welcome to join in on the fun.

The Race for Warmth is a charity 5k walk/run and 10k run that directly supports Operation Warm Heart, a Clark Public Utilities donation-funded assistance program that helps families in financial crisis pay energy bills. Every dollar of race registration fees goes directly to supporting



community members in need.

During the height of the pandemic, the event was held exclusively as a virtual event where participants followed preset utility-recommended routes, or created one of their own. This year's event will be returning to the utility's Electric Center office in downtown Vancouver. But, there will still be a virtual version for the participants who are joining in from across the country, or who prefer to race on their own schedule.

"This is one of our favorite events, we're absolutely thrilled to welcome everyone back to our in-person celebration," said Clark Public Utilities Marketing and Events Specialist Maxie Mayer. "Every year, you could just feel the excitement in the air as everyone was warming up to hit the pavement, and, with us being back together, I'm sure this year's group is going to be more fun than ever."

Before the official race begins, our littlest athletes will have a race of their own around the utility parking lot as the crowd cheers them on. Plus, participants can take a moment to visit a booth from the event's many sponsors and business partners, grab a quick snack and enter one of several raffle drawings.



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Once our racers have crossed the finish line they'll be welcomed to celebrate their big morning at the after party, just across Officer's Row roundabout with free live music, adult beverages, warm snacks, yard games and more.

The race is a celebration of fun, fitness and community support of a charitable cause. Every dollar goes directly to Operation Warm Heart, a utility employee and customer funded program that helps households in financial crisis pay their energy bills. Operation Warm Heart has helped nearly 17,000 households in Clark County since it was founded in 1985. In the last eight years, the race alone has raised over \$390,000 for local families.

What started with a few hundred participants, has become a community tradition and a favorite of seasoned racers and casual strollers alike. Last year's virtual race attracted nearly 1,000 people, raising more than \$41,000 in registration fees and donations for Operation Warm Heart.

"For a lot of our runners, this is just a fun way to help a good cause and get a little exercise in the winter, but, every year we're contacted by people who signed up because Operation Warm Heart helped them through

a difficult time and this is their way of giving back," Mayer said. "As employees, it's really heartwarming to know our programs made such a difference in their lives and to see them now paying it forward."

The Race for Warmth is produced and hosted by utility employee-volunteers. Runners and walkers will enjoy a beautiful supported route that takes them through Fort Vancouver, along the waterfront and downtown on their way back to the utility office.

Early registration is \$30 and open now at [www.raceforwarmth.com](http://www.raceforwarmth.com). Participants receive a long-sleeve performance shirt, participation medal, bib number and drawstring race bag filled with gifts and coupons and snacks, all thanks to our generous local business partners.

For those that enjoy kicking back rather than pounding pavement, the "sleep in to stay warm" option at [www.raceforwarmth.com/Home/Donate](http://www.raceforwarmth.com/Home/Donate) is an easy way to make a tax-deductible contribution to Operation Warm Heart.

*"We can't wait to see everyone in January," Mayer said. "We're hoping this will be our biggest turnout ever."*



## 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!





# Main Street MINDSET

By TODD KAPRAL, Backyard Bird Shop

*F*all has finally arrived and the holidays are fast approaching. Seems like our long, dry summer didn't want to let go. This has again been a busy year for us here at Backyard Bird Shop in Vancouver. The pandemic spurred lots of folks to find wild bird feeding for the first time, which was wonderful to see. We love hearing from all the people who are new to feeding tell us about seeing their first goldfinch or hummingbird at their feeder. Many are amazed how easy it is to encourage nature right outside their window.

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Our ability to meet the needs of all these new birders in addition to all our wonderful long-time customers is made possible largely due to our philosophy of supporting small, local or U.S. artisans and craftspeople. From bird feeders, houses and baths to a multitude of nature-related gifts, dozens of the local and U.S. suppliers we support are able to keep our shelves stocked with unique, well-made items that can be hard to find at national chain stores or online. At our stores, you can find gifts that include wall art, jewelry, cards, statuary, chimes, candles and more - all from local or U.S. artisans. Additionally, I have found that dealing with local artists and companies often allows flexibility that you can't find elsewhere.

Some common feedback we get is that people appreciate being able to come into a store and actually see and touch an item or have a personal conversation with knowledgeable staff. This is an experience you cannot get from a computer. I recently was reminded of the importance of supporting small business on a trip up the Gorge to drive the "Fruit Loop" in Hood River. This is a tour of all the small stores and stands of the family farms and orchards during harvest. Here you can see generations of families working in their small businesses and how important your patronage is. We did pick up some great apples, candles, and jam!

You can find small, local businesses in practically every part of town from downtown Vancouver to Camas, Washougal, Battle Ground and beyond. These shops serve the needs of their community with knowledge and expertise that might be scarce at big box stores. As I visit these stores around town and speak to the folks that work and own them, this "shop local" mindset exists there as well. There is a level of dedication, passion, and common interest with customers that inhabit most

small business participants. This often shows through in the feel of the store and the depth of knowledge you encounter.

Also, keep in mind that when you shop at a locally-owned and operated business, you are helping your dollars stay in the community. The owners and employees will in turn spend their dollars at local restaurants and shops and family activities. Additionally, you are also supporting that store's local supply chain. At Backyard Bird Shop, our business suppliers include advertisers, printers, hardware and lumber for displays, computer and tech support, and more which all come together to create a unique and immersive shopping experience. We also believe in the importance of giving back to the community by supporting numerous environmental and educational organization. You can find out more information about our stores by visiting [www.backyardbirdshop.com](http://www.backyardbirdshop.com)

**This holiday season and throughout the year, please consider shopping local first. You will likely be rewarded with an in-depth experience that will make it worth the trip. From our flock to yours, may your holidays be merry and bright.**



## Shop Local Special!



- Bird & Squirrel Feeders
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\*Excludes seed, suet and other food items. Limit one coupon per customer. Coupon must be presented at time of purchase and is good for in stock items only. Coupon cannot be combined with other coupons or discounts or used to purchase gift cards or Brome brand products.



**BackyardBirdShop.com/Vancouver**  
**8101 NE Parkway Dr. • 360-253-5771 ext. 5**





## Don't Let Good Food Go Bad:

# Creative Cooking After the Holidays

By **TINA KENDALL, HENRY CANAFAX and SHANNON HUNTER,**  
Clark County Public Health Solid Waste and Environmental Outreach

**D**uring a time of giving thanks and breaking bread with family and friends, the holiday season is a feast for the eyes and belly. We'll often fill up on favorite dishes such as turkey dressed to the nines, vegetable sides galore and other carb delights. What is equally important is the leftovers remaining and flexing the creative muscle to not waste a morsel when 40% of all food in America is thrown away.

### COOK IT, STORE IT, SHARE IT – JUST DON'T WASTE IT

If you're not sending to-go plates with your guests, store leftovers in your fridge or freezer and use the surplus food to make creative meals later. Finding ways to repurpose leftovers into new meals starts with your mindset. Don't be afraid to substitute pasta sauce or salsa for tomato paste. Or eat breakfast for dinner, or dinner for breakfast — depending on what needs



to be eaten soonest. It's a skill as well as a passion. As it strengthens, you'll find there's plenty of good food at home just waiting to be brought together. Getting creative in the kitchen can significantly reduce the amount of food you waste. A 2020 study of over 1,400 households in Canada showed that by creating one meal per week using existing ingredients in the home, participants reduced their food waste by one third. You don't have to be a gourmet chef to have fun in the kitchen and incorporate your personal touch to meals. Here are four simple steps for making a meal using ingredients you already have in your fridge, freezer or pantry:

- 1. Choose a base** – Pasta, eggs, tortillas, bread, soup: It's all about that base to spin your meal into a hearty dish.
- 2. Add in veggies or fruit** – Snag those limp carrots and celery or blend up bruised apples and squash into a cozy autumn soup.
- 3. Pick a protein** – Don't forget the beans, meat, fish, tofu or other plant-based items about to expire!
- 4. Mix in spices or sauce** – Try a dash of herbs, spritz of lemon, or create a sauce out of condiments to bring a dish together. Then stir fry, bake, air fry, boil or roast to cook thoroughly and enjoy!

### Shannon's Flexible Recipe – Avocado Chickpea Salad

Use up the veggie tray leftovers, rolls or partially used ingredients from other entrees and sides.

- 1. Base** – Bread, cucumber or salad greens
- 2. Veggies/fruit** – Avocado, celery, bell pepper, onion, tomato or any leftover fresh veggies
- 3. Protein** – Chickpeas
- 4. Mix-ins** – Hot sauce, mayo or a vegan alternative, lemon juice, salt and pepper

Mash chickpeas and avocado together in a bowl. Add in chopped veggies. Add hot sauce, mayo, lemon juice, and salt & pepper to taste. Serve on bread as a sandwich, in a cucumber as a boat, or on top of salad greens.

### Henry's Flexible Recipe – Hearty Sausage and Beans Bowl

Use up remaining side dishes to elevate the one-bowl meal.

- 1. Base** – Rice
- 2. Veggies/fruit** – Sweet potatoes
- 3. Protein** – Kielbasa sausage and beans
- 4. Mix-ins** – Garlic powder, minced onion, salt and pepper

Heat up and season rice and beans. Top with cooked sausage and assorted veggies.

### Tina's Flexible Recipe – Thanksgiving Shepherd's Pie

Bring together your favorite sides and entrees for an encore presentation!

- 1. Base** – Mashed potatoes or stuffing
- 2. Veggies/fruit** – Green bean casserole, corn, or any other leftover side dish
- 3. Protein** – Shredded turkey
- 4. Mix-ins** – gravy

Layer various side dishes, turkey and gravy. Then top with mashed potatoes and bake until hot.

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## CONSERVING RESOURCES

Throwing away food is not only like throwing money directly into the trash, but rotting food sent to the landfill creates methane, a harmful greenhouse gas. When food scraps are first deposited into a landfill, they undergo an aerobic (with oxygen) decomposition stage when little methane is generated. Then, typically within less than a year, anaerobic conditions are established, and methane-producing bacteria begin to decompose the waste and generate methane. Most landfills are known as “dry tombs” because very little oxygen exists, resulting in a decrease in decomposition.

Food is a valuable resource, which has social, environmental, and economic value. Edible and inedible food reaches landfills more than any other single material. When we throw food in the trash, we’re throwing away much more than food. Water, gasoline, energy, labor, pesticides, land and fertilizers are used to make, transport and store food at a safe temperature. Save our natural resources that go into bringing food to you.

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



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## DON'T LET *Good Food* GO BAD!

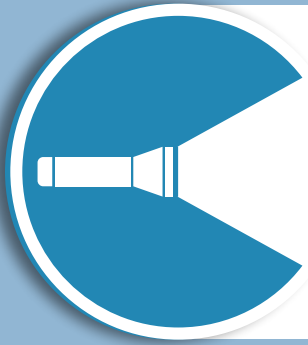
- Make a meal plan and a grocery list
- Cross off items you already have
- Store foods that expire soon in plain sight

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

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.







# NONPROFIT *Spotlight*



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

## Humane Society FOR SOUTHWEST WASHINGTON



rescue • return • restore • rehome • reconnect  
one animal at a time

### ***HSSW is a lifesaving pathway for animals in need.***

For more than 125 years, the Humane Society for Southwest Washington has been in service to the pets and people in our community. Every day at HSSW, pets receive shelter, medical care, behavior support, and a second chance at a happy home. And our work extends beyond the walls of the shelter, reaching our community of pet owners with programs that help keep families together.

In 2022, thousands of pets found their new families at HSSW. Through the spring and summer months, hundreds of kittens arrived at our doorstep, requiring special care from our medical team and dedicated foster volunteers. Beagles bred for a future as the subjects of medical testing were rescued, finding their new homes in our community. Nearly 100 rabbits were rescued from a single home in our community, receiving the care and shelter they needed until they could find new homes. And our transport program offered a second chance to pets from overcrowded shelters across the country.

This year we also saw a growing need for programs that support our community. Whether seeking shelter from historic wildfires or medical care, we are here for the pets of families in our community with programs like free pet food, wellness clinics, spay and neuter services, temporary shelter, and more. Hundreds of people and pets have received support from our community programs this year.

While our core mission to rescue, return, restore, rehome, and reconnect one animal at a time remains steadfast, the last few years have shown us that the needs of our community have changed. People and pets require more and different levels of care and support. It's clear that we must extend our reach beyond the walls of the shelter to meet these needs. By providing affordable veterinary care, behavior training and support for pets, education for pet families, pet food assistance, and accessible information through a robust resource center, we can offer the services and tools that will keep families together. This level of support demands a well-trained, dedicated workforce of staff and volunteers and topnotch facilities, as well as the tools and financial resources to achieve excellence for the animals and people who love them.

This is our path forward.

***Learn more at [hssw.org](https://hssw.org)***



*Merry Christmas from*  
**THAI ORCHID**  
 FROM NOW THROUGH  
**DECEMBER 30TH, RECEIVE A**  
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Which Snowman goes with who?  
Follow the snowball trail to find out.

1



3

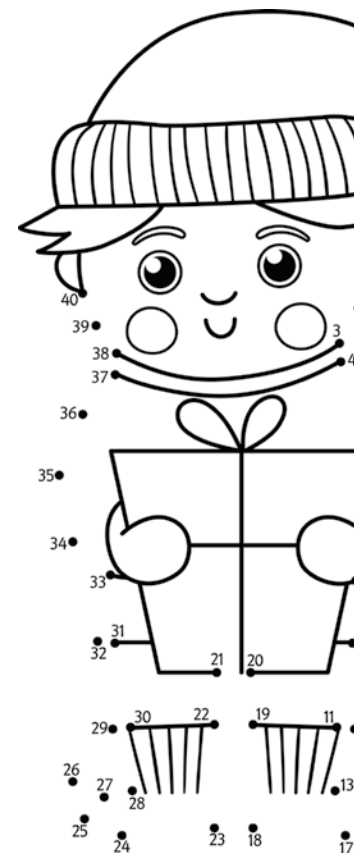
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ACROSS



Answers on page 31



# Gardening for Newcomers

## IN CLARK COUNTY

By JOANN ROTH and CINDY COMBS,  
WSU Extension Clark County Master Gardeners

If you're like many of us, you moved to Southwest Washington and inherited a yard that doesn't meet your needs and you have no idea what grows in our climate or who to ask for advice.

Never fear! The WSU Extension Clark County Master Gardeners have heard about most of the issues you may be facing and have suggestions for you. We're going to help you get the yard you want instead of the one you bought.

### STEP 1: PLANNING

- Unless you have a brand-new home with very little landscaping, wait one year before you make major changes. What may seem irritating at first may not need to be changed. You might be surprised at what emerges each season!
- Use that first year to make a list of the things that you want to keep, the things that you can't wait to get rid of, and how you want to use your space. Remember that it's your yard and your lifestyle so make it work for you. Take the time to visualize your perfect space.
- Pay attention to what is growing in your neighbors' yards. If it's growing there, it will likely grow well in your yard too. If you don't know what plants you have, you may want to take this time to identify them. A professional landscape designer can help.
- Take pictures of plants combinations and landscapes that you like. Peruse the internet and books for ideas. Keep all of these ideas in a folder which identifies trees, shrubs, perennials, ornamental grasses, and groundcovers.
- Don't forget about the hardscaping you might want, like a patio or deck, gazebo, paths, retaining walls, raised beds, fire pit, dry creek beds, boulders, fences, shed and other storage areas. These require more space than you think.
- Consider your family's needs like recreational areas for the kids, outdoor grilling and eating, or exercise area for the dog.
- To envision the new space, start with a drawing of your yard and house to scale so that you know how much space you have. Then make copies of the drawing so that you can sketch out multiple ideas without having to draw the whole thing over again. Sketch in where each element of your landscape will go and how much space it will need. Tip: Make sure that patios and decks are large enough for your intended use.
- Add the trees, shrubs, and planting beds to the drawing.
- Review your idea folder to make sure you have included all the things you want. When you think you have a plan that looks pretty good, finalize your list of plants.

- Finally, consider irrigation. Determine what type of system you will use for supplemental water.

### TIPS FOR CHOOSING TREES AND SHRUBS

Plan for your design to include at least 30% evergreen plants—those that keep their foliage year-round. Then add the deciduous plants that give you seasonal color and shade. Try to include some native plants. Pay attention to mature size. Choose plants that won't have to be pruned back when they grow. When selecting perennials, look at not only the color of the flower, but also the foliage color and texture. Think about getting a pleasing combination of plants with differing heights, and different bloom times. Groundcovers are important, too, if you want to avoid a lot of weeding. Also, make sure the plants are hardy for your USDA Climate Zone which is 8b in Vancouver. For plant ideas check out the Great Plant Picks website.

Continued on next page ▶



## STEP 2: SITE PREPARATION

- Decide how much of your plan you can do in the first stage. It might be easier to do a little each year than to tackle it all at once.
- Make hardscape installation a priority. This kind of work will tear up your yard and is much easier to install and less costly at this stage of the process. You don't want to have to worry about killing plants caused by the building process. You can purchase the hardscaping elements for a DIY project or contract out the work. It is very helpful to add a little extra to the budget so that you don't run out of funds in the middle of the project.
- Fix any drainage issues you have. Consult with a professional on



what needs to be done.

- Install or retool the irrigation system. Automatic drip irrigation is the most efficient system if you can afford it.
- You will most likely need to add good quality soil, compost, and mulch to planting beds. Calculate your needs and purchase it in bulk. Have it delivered just before you need it. Our area has many sources of good quality bulk products.

## STEP 3: TIME TO PLANT

Get rid of the plants that you don't want. *The Master Gardener Foundation of Clark County may want the plants you don't want. Contact us to find out.*

- Transplant existing plants, if needed. Tip: Dig and pot up the plants that will be in the way of the hardscaping. Then you can put these plants in their new space later.
- Purchase new trees and shrubs shortly before you are going to plant them. We recommend planting trees and shrubs in the fall. October is normally the best time here in Vancouver. It's right before the rainy season starts, the soil is warm and the plants can get settled in nicely. However, later in the fall is OK too.
- Add the smaller plants, perhaps over the course of several years.
- Look for locally grown plants. Our area has excellent plant nurseries and quite a few plant sales. The WSU Extension Master Gardener Program has a very popular sale over Mother's Day weekend. Friends of Trees helps homeowners plant trees, and Naturescaping of Southwest Washington is one of many organizations that has bare root plant sales. Finally, add a layer of mulch to keep down the weeds and help insulate your plants.

*We hope that these steps will help you with the landscaping around your new home. We're only a call away if you need more help!*

### Places to get more information:

WSU Extension Clark County Master Gardener Answer Clinic: (564) 397-5711 or [mganswerclinic@clark.wa.gov](mailto:mganswerclinic@clark.wa.gov)  
City of Vancouver Urban Forestry: <https://www.cityofvancouver.us/publicworks/page/urban-forestry>  
Friends of Trees: <https://friendsoftrees.org/>  
Great Plant Picks: [www.greatplantpicks.org/](http://www.greatplantpicks.org/)  
Naturescaping of Southwest Washington: [www.naturescaping.org/](http://www.naturescaping.org/)

## PLANT RECOMMENDATIONS FOR NORTHWEST GARDENS

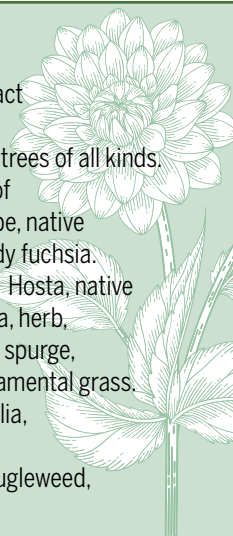
**TREES:** vine maple, Arborvitae, compact Cypress, red or yellow twig dogwood, Japanese maple, and dwarf evergreen trees of all kinds.

**SHRUBS:** Rhododendron, azalea, lily of the valley shrub, camellia, Oregon grape, native flowering currant, hydrangea, and hardy fuchsia.

**PERENNIALS AND HARDY PLANTS:** Hosta, native bleeding heart, lupine, fern, salal, salvia, herb, columbine, astilbe, bergenia, clematis, spurge, Lenten rose, peony, coral bell, and ornamental grass.

**BULBS:** daffodil, iris, gladiolus, lily, dahlia, allium, and native camas lily.

**GROUNDCOVERS:** sweet woodruff, bugleweed, barrenwort, sedum, and saxifrage.



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# 2022 CHRISTMAS SHIP PARADE SCHEDULE



## 2022 COLUMBIA RIVER

DECEMBER	ASSEMBLY TIME	ASSEMBLY AREA	DESTINATION
Friday, 2	7:00PM	M. James Gleason Boat Ramp	North Portland Harbor – <b>Combined Fleet</b>
Saturday, 3	6:00PM	Camas/Washougal	Camas/Washougal – <b>Combined Fleet</b>
<b>Sunday, 4</b>	<b>NO PARADE TONIGHT</b>		
Monday, 5	7:00PM	M. James Gleason Boat Ramp	Vancouver Waterfront/Hayden Bay
Tuesday, 6	7:00PM	M. James Gleason Boat Ramp	Washington Shores/Wintler Park
Wednesday, 7	7:00PM	M. James Gleason Boat Ramp	Vancouver Waterfront/Hayden Bay
<b>Thursday, 8</b>	<b>NO PARADE TONIGHT</b>		
Friday, 9	7:00PM	M. James Gleason Boat Ramp	I-205 Bridge/164th
Saturday, 10	6:00PM	St. Helens Docks	St. Helens/Columbia City/Woodland – <b>Combined Fleet</b>
Sunday, 11	4:30PM	JJ Collins Memorial Park	Scappoose/Multnomah Channel – <b>Combined Fleet</b>
<b>Monday, 12</b>	<b>NO PARADE TONIGHT</b>		
<b>Tuesday, 13</b>	<b>NO PARADE TONIGHT</b>		
Wednesday, 14	7:00PM	M. James Gleason Boat Ramp	Washington Shores/Wintler Park
Thursday, 15	7:00PM	M. James Gleason Boat Ramp	Vancouver Waterfront/Hayden Bay
Friday, 16	7:00PM	M. James Gleason Boat Ramp	North Portland Harbor
Saturday, 17	4:30PM	RiverPlace Marina ( <b>Meet &amp; Greet - 8pm-10pm</b> )	Lake Oswego – <b>Combined Fleet</b>
Sunday, 18	5:00PM	RiverPlace Marina ( <b>Meet &amp; Greet - 2pm-4:30pm</b> )	St. Johns Bridge/Cathedral Park – <b>Combined Fleet</b>
<b>Monday, 19</b>	<b>NO PARADE TONIGHT</b>		
Tuesday, 20	7:00PM	M. James Gleason Boat Ramp	Vancouver Waterfront/Hayden Bay
Wednesday, 21	7:00PM	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.*

**The Christmas Ship Parade started in 1954 with one lone sailboat from Portland Yacht Club.** Bows of green with some ribbon were tied along the rails and it paraded on the river. The next year the parade started to grow. Today, The Christmas Ship Fleet averages about 55 to 60 boats between the Columbia and Willamette River fleets. Things have changed since the first lone ship. Now the displays are brightly lit and can be seen from bank to bank on each side of the river. This tradition packs the restaurants and viewing locations along the river to watch the parade.

For more information visit: [www.christmasships.org](http://www.christmasships.org)





## 2022 WILLAMETTE RIVER

DECEMBER	ASSEMBLY TIME	ASSEMBLY AREA	DESTINATION
Friday, 2	7:00PM	M. James Gleason Boat Ramp	North Portland Harbor – <b>Combined Fleet</b>
Saturday, 3	6:00PM	Camas/Washougal	Camas/Washougal – <b>Combined Fleet</b>
<b>Sunday, 4</b>		<b>NO PARADE TONIGHT</b>	
Monday, 5	7:00PM	RiverPlace Marina	Fremont Bridge
Tuesday, 6	7:00PM	RiverPlace Marina	Milwaukie
Wednesday, 7	7:00PM	RiverPlace Marina	Fremont Bridge
<b>Thursday, 8</b>		<b>NO PARADE TONIGHT</b>	
Friday, 9	7:00PM	RiverPlace Marina	Milwaukie/Oregon Yacht Club
Saturday, 10	6:00PM	St. Helens Docks	St. Helens/Columbia City/Woodland – <b>Combined Fleet</b>
Sunday, 11	4:30PM	JJ Collins Memorial Park	Scappoose/Multnomah Channel – <b>Combined Fleet</b>
<b>Monday, 12</b>		<b>NO PARADE TONIGHT</b>	
<b>Tuesday, 13</b>		<b>NO PARADE TONIGHT</b>	
Wednesday, 14	7:00PM	RiverPlace Marina	Milwaukie
Thursday, 15	7:00PM	RiverPlace Marina	Fremont Bridge
Friday, 16	7:00PM	RiverPlace Marina	Milwaukie
Saturday, 17	4:30PM	RiverPlace Marina ( <b>Meet &amp; Greet - 8pm-10pm</b> )	Lake Oswego – <b>Combined Fleet</b>
Sunday, 18	5:00PM	RiverPlace Marina ( <b>Meet &amp; Greet - 2pm-4:30pm</b> )	St. Johns Bridge/Cathedral Park – <b>Combined Fleet</b>
<b>Monday, 19</b>		<b>NO PARADE TONIGHT</b>	
Tuesday, 20	7:00PM	RiverPlace Marina	Milwaukie
Wednesday, 21	7:00PM	RiverPlace Marina	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.*

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For more information visit: [www.christmasships.org](http://www.christmasships.org)



# EVENTS

NOVEMBER 2022 - DECEMBER 2022

## ESTHER SHORT PARK COMMUNITY TREE LIGHTING

November 25

Join the Rotary Club of Vancouver for the Community Tree Lighting Ceremony at Esther Short Park in Downtown Vancouver for entertainment, live music, carriage rides, and holiday treats starting at 4pm. Santa and his elves arrive at 6pm as the park is lit up with thousands of holiday lights to celebrate the season. With help from community sponsors the tree will glow until New Year's Day for all to enjoy.



## CHELATCHIE PRAIRIE RAILROAD CHRISTMAS TRAINS

Month-long weekend excursions offering three diesel runs each Saturday and Sunday. The 1941, ALCO S2 departs at 9:30am, NOON, and 2:30pm from the station in Yacolt, WA. Capture views of the Lewis River then return to Moulton Station. At the station stop, enjoy warm cider, cocoa, and hot coffee. Santa has a gift for children so bring your camera to capture the moment. Go online to [tickets.bycx.org](https://tickets.bycx.org) or call 360-686-3559 for schedule and ticket information.



## CAMAS HOMETOWN HOLIDAYS

December 2, 5pm-8pm

This event will include photos with Santa, crafts & activities, hay rides, entertainment, free hot cocoa sponsored by Journey Church, holiday shopping, art shows, and more. The tree will be lit for the evening festivities as friendly elves hand out festive treats. Hosted and organized by City of Camas Parks & Rec and promoted and supported by the Downtown Camas Association. Go to [downtowncamas.com](https://downtowncamas.com) for more information and updates.



## JUNIOR SYMPHONY OF VANCOUVER

December 3, 7:30 pm

The symphony will be performing winter selections including music by Henry Purcell, Arcangelo Corelli, Victor Herbert, Yukiko Nishimura and others. Conducted by Collin Heade. Cascades Presbyterian Church. 9503 NE 86th Street, Vancouver WA. Tickets \$10 - available at the door. Reception following.



## VANCOUVER SYMPHONY ORCHESTRA HOLIDAY POPS

December 10 & 11

The orchestra will perform classic holiday favorites alongside pops hits, including the works of film score legend John Williams. Saturday, December 10 at 7pm. Sunday, December 11 at 3pm. Find in-person and virtual ticket information at: [vancouversymphony.org](https://vancouversymphony.org)

## RIDGEFIELD HOMETOWN CELEBRATION

December 3, 9am-7pm

Experience the hometown holiday spirit of historic Downtown Ridgefield where you will find twinkling lights, decorated businesses, gifts, food, holiday specials, music performances, and more. See the Circle of Trees and shop from over 40 local vendors at Overlook Park from 9am to 2pm. Santa is available for visits and photo opps at the Old Liberty Theater from 10am to 2pm. Find the full schedule of events at: [ridgefieldwa.us/event/first-saturday-december/](https://ridgefieldwa.us/event/first-saturday-december/)

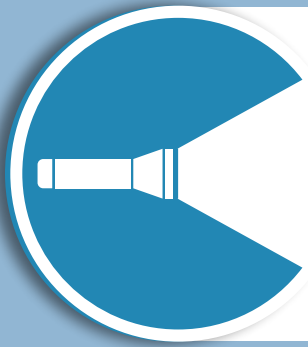


## VANCOUVER FARMERS MARKET: FALL MARKET

Through December 17

Shop from local vendors for unique gifts, seasonal produce and holiday treats. 9am to 2pm. 8th & Esther St, Downtown Vancouver.





# NONPROFIT *Spotlight*



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

**Christmas Joy**

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MASTER  
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DIRECTED BY  
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VANCOUVER MASTER CHORALE IS A FULLY VACCINATED CHOIR

## Vancouver Master Chorale Shares Joy of the Season

There's no need to leave Vancouver to experience a beautiful Christmas concert. The 90-voice Vancouver Master Chorale, accompanied by a 19-piece orchestra and harpsichord will perform highlights from Handel's "Messiah" along with a variety of Christmas songs during two upcoming concerts.

The musicians, directed by Jana Hart, will play at 7 p.m. Dec. 10 and at 3 p.m. Dec. 11 in the beautiful sanctuary of the First Presbyterian Church, 4300 Main St., Vancouver. Tickets cost \$25 for adults and \$5 for students and are free for those 12 and younger. Tickets are available at [vancouvermasterchorale.org/tickets/](http://vancouvermasterchorale.org/tickets/) and at the door.

Favorite choruses and solos from Messiah will culminate with the audience being asked to stand and sing along on the final Hallelujah chorus.

Carols include the beloved Ukrainian "Carol of the Bells," "Ding Dong Merrily on High," "Breath of Heaven," carols by the well-known British composer John Rutter and the ethereal "Serenity," a work by contemporary composer Ola Gjeio.

The choir, which has been entertaining audiences for 73 years, is made up of singers from around Southwest Washington and Portland ranging in age from their 20s to their 80s. Hart has been director since 2009.

The orchestra is made up of professional musicians from the area. Laurie Chinn plays harpsichord.

In addition to providing quality choral performances, the choir offers a running scholarship program for high school vocal students, with the winner being awarded \$1,500 and performing at a VMC concert. The group partners with local high school choirs each year, including them in several concerts.

The spring concert, also at the church on May 6-7, will include the glorious Mozart "Regina Coeli" and "Requiem."

For more information on the VMC's concerts, please see the group's website, [www.VancouverMasterChorale.org](http://www.VancouverMasterChorale.org).



# Your Ticket To Winter Adventures

By EILEEN COWEN, for *The Columbian*

Winter is a tough time for those of us who like to get outdoors. Although it may be rainy and mild here in the Couve, getting out of town can present some hazards. Sometimes the only way to escape is by going over a potentially snowy mountain pass. For those who like to go to the Pacific, the coast range can be a barrier to safe adventures, and we all know what it is like trying to cross the Cascades during inclement weather. The good news is, we live in a place that has some pretty incredible and somewhat secret bus lines that can get people to destinations outside the bounds of the Couve.

Yeah, I know what you're thinking. Buses? Well, let me assure you that these are not the dirty, packed commuter buses of the past. Today's high capacity buses boast amenities like free wifi, extra leg room, spacious luggage storage, bike and ski racks, and some even have on-board entertainment. Equipped with lifts and wide doorways, they can accommodate mobility scooters and those who use wheelchairs. Plus, online trip planner apps make organizing your adventure even easier. These modern bus lines make it possible to take any number of routes to winter fun this year.



## The Washington and Oregon Coasts



In my opinion, winter is the best time to visit the Coast. There are fewer people, lodging and food are generally less expensive, and most importantly for me, the rockhounding is amazing. Agates, jasper, fossils, and more are lurking in those seasonal gravel beds that disappear when late spring rolls around. Areas south of Tillamook are the best places to look for treasures, but don't count out rockhounding in Washington – Ocean Shores is a great place to find treasures, too! There is no doubt that northern destinations have a lot of great options for a fun day trip or weekend away.

The coast has two primary options for car-free transportation. From Portland, the POINT transportation system offers a Northwest route that connects Portland to Cannon Beach and Astoria. From Astoria, you can choose to go south or north by transferring to the Northwest Connector (southbound) or the Pacific Transit (northbound). If heading to the Long Beach Peninsula, take the Pacific Transit route. Destinations on the line include Fort Columbia, Ilwaco, Cape Disappointment State Park, Long Beach, Ocean Park, and Oysterville. Routes also go inland to Aberdeen, giving riders a chance to check out the great art of the Artist Alleys that run through the town.

If heading south, the Northwest Connector system provides unlimited rides throughout Clatsop, Tillamook, and Lincoln counties. Passes are available for three-days (\$25) or seven-days (\$30). Single day routes vary by location, but generally are \$1.50-\$4. What makes this pass even more accessible is that it can be purchased from any driver, so there is no need to make an extra stop at a bus station. Regardless of which path you choose, there are many sights along the way. Be sure to take advantage of those off-season hotel rates and plan a long weekend on the Oregon or Washington Coasts this winter.



## Columbia River Gorge



What if I told you it was possible to make unlimited trips throughout the Columbia River Gorge for just \$40 per year for adults, and \$20 per year for children? GORgePass does just that. The company launched a few years ago and connects four independent bus lines into one simple fare. Trips leave from either side of the gorge – here on the Washington side, the bus departs from Fisher's Landing and connects all the way out



to Goldendale. This winter might be a great time to plan a cozy getaway weekend at Skamania Lodge, or a soothing respite at Carson Hot Springs Resort. If you're feeling more adventurous, bring your skis or snowshoes on the GORge Line and hit some of the quieter trails around the region. You can even wrap up your trip by visiting breweries like Backwoods Brewing in Carson or Walking Man in Stevenson. The bus is a great way to travel safely while enjoying incredible microbrews throughout the Gorge. You can take the bus to cross the Columbia River on the Hood River Bridge or Bridge of the Gods, giving great accessibility to the Oregon side of the river. GORgePass even connects riders to Mt. Hood Meadows and Government Camp during the winter.

A benefit of the GORgePass is that no extra parking passes or fees are needed at key attractions along the gorge. Places like Multnomah Falls and Dog Mountain Trailhead are easy daily stops along the routes, so you will save money as well as time. And, make sure to keep the bus in mind for summer adventures long after the snow melts. Hiking and biking are much easier when you don't have to worry about driving and parking. GORgePass goes on sale in November and is valid until the following December. Thirteen months of transportation for just \$40 is an incredible deal for those who love the Columbia River Gorge and all it has to offer.

Regardless of how you decide to get to your destination, winter is a great season to take your time and explore what the Northwest has to offer. So, get outside, get some fresh air, and be sure to bring your raincoat! Winter is the best time to make new adventures and memories with those you love.





# Welcome

## to Knights of Pythias Active Retirement Center

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

Optional  
lunch  
available for  
purchase.



*Contact Lori for details.  
Call 360-696-4375  
or email [lori@kopc.com](mailto:lori@kopc.com).*

3409 Main Street, Vancouver  
[www.koprc.com](http://www.koprc.com)



# Gentle Prices

*at a difficult time....*



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

- Pre-Arrangement Plans Available
- Explore Cremation Services
- Personalized Funeral and Burial Arrangements
- Own & Operate Our Crematory located at 1101 NE 112th Ave., Vancouver
- Family Viewing and Services
- Serving Clark County for more than 100 Years!

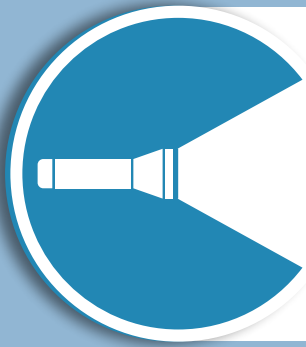
**Local Family Owned and Operated**

Please visit our website  
[www.evergreenstaples.com](http://www.evergreenstaples.com)  
*Online Arrangements Available*

- OUR NEW LOCATION -  
**3414 NE 52nd Street**  
(at St. Johns & 52nd Street)

**360-693-3649**





# NONPROFIT *Spotlight*



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

## HARPER'S PLAYGROUND

The New Chelsea Anderson Memorial Play Station  
at Marshall Park is under construction!



Donate to help us reach our goal and build an inclusive,  
nature-infused playground for everyone!



In 2023, Harper's Playground, in partnership with the City of Vancouver, will open the reimagined Chelsea Anderson Memorial Play Station (CHAMPS) at Marshall Park in Vancouver, Washington. The redesigned CHAMPS will carry on the legacy of the firefighter theme from the previous playground, and will even feature a real fire truck and decommissioned firefighter gear transformed into interactive play pieces. A special tribute area will be created for Chelsea Anderson and memorial plaques will be integrated into the design.

This park encompasses 1.22 acres and will also feature:

- An enormous signature "Harper's Hill," equipped with seating at the top and 360° views, that's prime for rolling, jumping, sliding, and playing
- Washington's first wheelchair swing and a wheelchair accessible merry-go-round
- A log fort, sand area, wall climbers, swings, musical instruments, winding paths, and more
- A wheelchair accessible skatepark
- Lots and lots of nature and custom bronze art featuring animals like turtles and beavers

Harper's Playground is driven by a vision of a world in which no one is left out and where everyone knows they belong. We design and build sustainable, nature-infused playgrounds where people of all ages and abilities play together and thrive. While it has been over 30 years since the passage of the Americans with Disabilities Act (ADA), and despite the evidence of benefit and need, most play areas are neither accessible nor welcoming for kids or adults experiencing seen or unseen disabilities.

"We are committed to making Vancouver parks welcoming spaces where all members of our community can build connections with neighbors and nature. Creating radically inclusive play spaces with the support of Harper's Playground is an important step for our community." – Julie Hannon, Vancouver Parks and Recreation Director

Harper's Playground asks for your help in completing our largest inclusive playground to date, right here in Clark County. **Purchase a recognition brick or paver to make your name and/or message a permanent part of the park.** The re-envisioned CHAMPS at Marshall Park will be unlike any other play space you've experienced, and like all Harper's Playgrounds, will be free and open to the public!

Our goal is to create parks that are magnets for people from all walks of life. In doing so, we cultivate vital communities where people gather and celebrate each other's uniqueness. At Harper's Playground, everybody plays!

[www.harpersplayground.org/playgrounds/marshall-park](http://www.harpersplayground.org/playgrounds/marshall-park)



# Mom,

You went above and beyond to make every holiday perfect and memorable.



If your memory is starting to fade, let us help you plan for the future.

Call Pettis Webber Pacific P.S. for help with:

- Creating plans that empower you to keep your quality of life and protect your hard-earned money when care is needed.
- Designing estate plans that include contingencies for cognitive impairment issues.
- Helping discern care progression timelines to safely integrate professional care in the home.
- How to engage grieving loved ones to reduce anxiety, fear, anger, and confusion.
- Achieving clarity about home care needs, challenges, and possibilities.
- Plans that facilitate and ease the stress between family care givers and loved ones receiving care.

Create your clear path ahead today!



[pwpelderlaw.com](http://pwpelderlaw.com)

360-869-0552

1500 D Street, Vancouver, WA 98663



# A Tradition of Caring

*For More Than 70 Years*



Caring Staff • Convenient Location • Beautiful Grounds

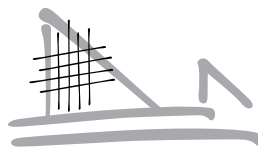
## Family Owned Funeral Chapel, Cemetery and On-Site Crematory

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

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

- Help families make well-planned preparations in their time of need
- Provide a peaceful and soothing environment where people can gather to honor and celebrate the life of a loved one
- Preserve longstanding traditions and customs

- Offer personalized and affordable services and products
- Reach out to the greater community



**Evergreen**  
Memorial Gardens

**360.892.6060**

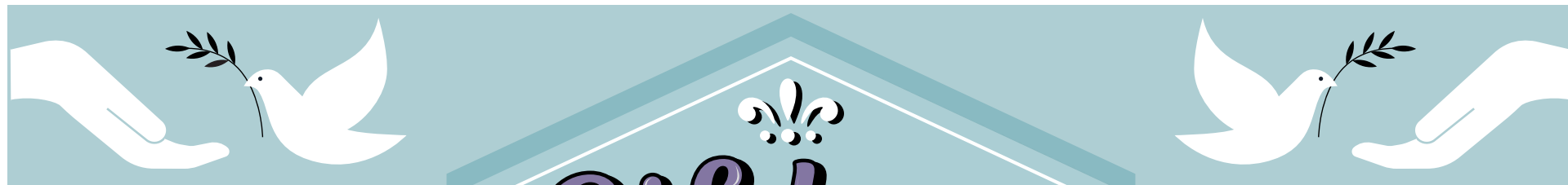
1101 NE 112th Ave.  
Vancouver, WA

[EvergreenMemorialGardens.com](http://EvergreenMemorialGardens.com)

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.



**8 Years in a Row!**



By EILEEN COWEN, for *The Columbian*

Over the last few years, many of our homes have accumulated more clutter. Pandemic plants and cacti are on every surface, books are stacked everywhere like Jenga towers, and the ever-growing electronics collection is constantly connected to every power outlet imaginable. Normally, this would not seem like a big deal, but with the holiday gift giving season quickly approaching, the prospect of bringing yet more

clutter into our homes can feel a little overwhelming. That's why this year is a good time to focus on "giftless giving", or offering the gift of experiences. Classes, events, and day adventures are excellent options that will create lasting memories while making a dent in all that unending clutter the holidays bring.

There are many places in the Couve that offer classes and workshops, and the City of Vancouver community centers are a great place to start. Classes are affordable and are staffed by experts. I talked with Sam MacKenzie, a professional artist and pottery instructor at the Marshall Center. She mentioned that some of her adult students purchase classes for their children or grandchildren and attend them together, creating

special bonding moments for adults and children alike as they explore art. Also offered at the community centers are rock climbing classes, swimming, belly dancing, and recreational bowling league options. And, if you can't decide on a class, you can always give a gift card for future fun! Altogether, the City of Vancouver community centers are a great option for experiential gift giving.

Downtown Vancouver is quickly becoming a fun wonderland for classes and crafts. If working with glass is your interest, both Firehouse Glass and Melt Glass Art Supply offer a variety of classes, private workshops, and open studio options. At Firehouse Glass, you and three of your best friends can experience one-on-one training for blowing glass or working with a torch. At Melt Glass, classes include stained glass instruction as well as fused glass and mosaics. If pottery is your thing, the newly opened Kilnfolk Clay Studio and Gallery teaches pottery throwing, painting, and making useful and decorative clay pieces. They even offer Friday Date Night classes for two. What a perfect gift for busy parents who need some time to themselves!

# Giftless GIVING

Also in downtown, Kindred Homestead Supply hosts a wide variety of workshops and craft evenings that make great gifts. You can learn needle felting, making garlands and wreaths, as well as linoleum block printing. At Kindred, the focus is on sustainable living so many of their workshops are centered around rustic and recycled elements. A gift of a class from Kindred is truly a gift that keeps on giving.

If painting or drawing is on your loved one's list of things to learn, Medallion Art School is the perfect place to expand their skills. The school is nestled in the Fircrest Neighborhood of Vancouver just east of 205, and they offer many classes daily from beginner to advanced artists. Their lessons include oil painting, watercolor, acrylics and pastels, and they have gift certificates so the recipient can choose their preferred medium. Medallion is a great option for children, older folks, teens, and families who homeschool that want an art program to fit their schedules. A gift of art instruction is a thoughtful and creative present for the budding artist in your life, regardless of their age!

If physical activities are more of your thing, there are many options for giftless giving here in the greater Couve. A homemade coupon book with a dozen local hikes that can be redeemed throughout the year is a fun idea that doesn't cost much at all. Plus, you get to go hiking which sounds like a win to me. If indoor physical activity is more your speed, consider a pass to Sky Zone Trampoline Park or a line dancing class at the Marshall Center. A bowling pass to Hazel Dell Lanes, Big Al's, or Crosley Lanes is a thoughtful and fun way to spend time with those you love.

Cooking and baking classes are other excellent options for giftless giving. In downtown Vancouver, Class Cooking will show you how to create elaborate meals with expertise. This is a great way to gain kitchen skills and experience in a fun and engaging environment. Clark College offers many classes on-site as well as at local restaurants. For instance, you can sign up for Pacific Northwest Wines 101, an introductory class held at Niche Wine Bar in Downtown. Learn about the types of grapes that grow here, how Northwest wine is made, and taste the best wines the region has to offer. These types of classes make excellent holiday presents for the wine lover or foodie in your life.

No matter what your loved one is interested in, there are clutter-free ways that you can show them you care this holiday season. Don't be afraid to get creative as well! Do you have a special skill to share with others? Host your own class and teach your friends the things that get you excited. You may learn a lot about yourself while showing your friends and family what is really important – spending quality time with the ones you love.



Sam MacKenzie teaches at the Marshall Community Center pottery studio  
Photo credit: Eileen Cowen

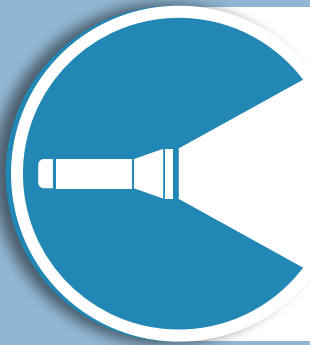


Photo credit: Eileen Cowen



Photo credit: Eileen Cowen





# NONPROFIT *Spotlight*



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



hope. help. Healing.  
[www.lifelineconnections.org](http://www.lifelineconnections.org)



## We are a bridge to your child's recovery



### Lifeline Connections is Passionate to Serve Youth

In Washington State 18.22% or 99,000 youth ages 12-17 report at least one major depressive disorder (MDE) in the past year. Childhood depression is more likely to persist into adulthood if gone untreated, but only half of children with pediatric major depression are diagnosed before adulthood.<sup>1</sup>

Fortunately, Lifeline Connections has recently expanded its capacity to serve young people in both an outpatient clinical setting and through three school-based teams located in three Vancouver High Schools.

Clinic-based programs are more traditional where the person meets with a counselor at the Orchards (East Vancouver) office or via telehealth. School-based teams have an office in the school and see students for mental health and/or substance use treatment during the school day.

School-based programs are often the best choice since they allow the student to access services with minimal disruption to their school attendance. For students who don't attend a school with a counselor onsite, or who may require more intensive treatment, our clinic-based services can be the best choice.

Youth counselors use a variety of creative activities as part of treatment such as horticulture to teach coping skills, art, sand therapy, etc. Our programs are designed to help children and adolescents address family issues, find success in school, establish new, healthy coping skills and understand substance use and mental health conditions. Counselors provide a safe, confidential place to heal.

Camp Mariposa® is a year-round substance use prevention and mentoring program for youth affected by substance use of a family member. Children attend transformational weekend camps every other month for a year or more. Youth ages 9-12 participate in fun, traditional camp activities combined with educational and support sessions led by mental health professionals. Additional social activities are offered for youth, alumni and their friends throughout the year. All camp activities are free of charge.

#### Accessing Services:

Current openings are available within clinic-based services. Call **(360)984-5511** to schedule an initial intake and assessment.

To learn more about Camp Mariposa® as a potential camper or mentor, visit the **Camp Mariposa®** page of the Lifeline Connections website.

<https://lifelineconnections.org/youth/camp-mariposa/>

<sup>1</sup>Center for Disease Control and Prevention, National Center on Birth Defects and Developmental Disabilities, Division of Human Development and Disability. Disability and Health Data System (DHDS Data [online]. (2019). Available at <https://dhds.cdc.gov>.

# Kids Zone Answers

from Page 16-17



**Creekside Place**  
Memory Care Community

**Creekside is now a MEMORY CARE Community!**

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

**We provide many services and amenities:**

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

**Questions? Call us (360) 666-8588  
or visit [www.CaringPlace.com](http://www.CaringPlace.com)**

208 SW 20th Ave.  
Battleground, WA 98604





# Some stability among rising prices



**Clark  
Public  
Utilities**  
We're always here.

Plenty is uncertain these days but one thing that hasn't changed is your electric rates. We're doing everything we can to keep your rates as low as possible while maintaining the reliable service you expect. In fact, electric rates in Clark County have remained the same for more than 11 years.

While rates haven't changed, you may see changes in your monthly bill. That's because utility bills change due to extreme weather. And we've experienced our fair share this year, with cold weather last winter and hot weather this summer.

**Here are some of the many ways you can save money by using electricity more efficiently.**

## **Heating and cooling**

- Adjust the thermostat by one or two degrees
- Use the programmable feature on the thermostat, if there is one
- Close window coverings to keep heat inside during the cold season and outside on hot summer days

## **Water heating**

- Wash only full loads in your clothes washer and dishwasher
- Use the cold water cycle to wash clothes
- Set your dishwasher to air dry
- Take shorter showers
- Install low-flow shower heads and faucet aerators to reduce use of hot water

## **Electronics**

- Use smart strips to turn off computer equipment and entertainment devices when not in use
- Choose the energy-saving mode on electronics when available

## **Refrigeration**

- Keep your refrigerator at 37 to 40 degrees and your freezer at 0-5 degrees
- Say goodbye to the extra fridge or freezer and unplug the less efficient unit

## **House tightening**

- Repair or replace exterior door weather stripping to stop drafts
- Make sure windows are properly caulked on the outside  
*Look for cracks or where caulking has pulled away from the window frame or wood frame of exterior wall. Deficient caulking should be removed before installing new caulking.*

## **Lighting**

- Replace burned out light bulbs with LED bulbs
- Turn off unneeded lights

If you have trouble paying your bill, please call us right away at 360-992-3000. Assistance is available and we're ready to help.

**Learn more at [ClarkPublicUtilities.com/save](http://ClarkPublicUtilities.com/save) or talk to an energy counselor at 360-992-3355 or [ecod@clarkpud.com](mailto:ecod@clarkpud.com)**