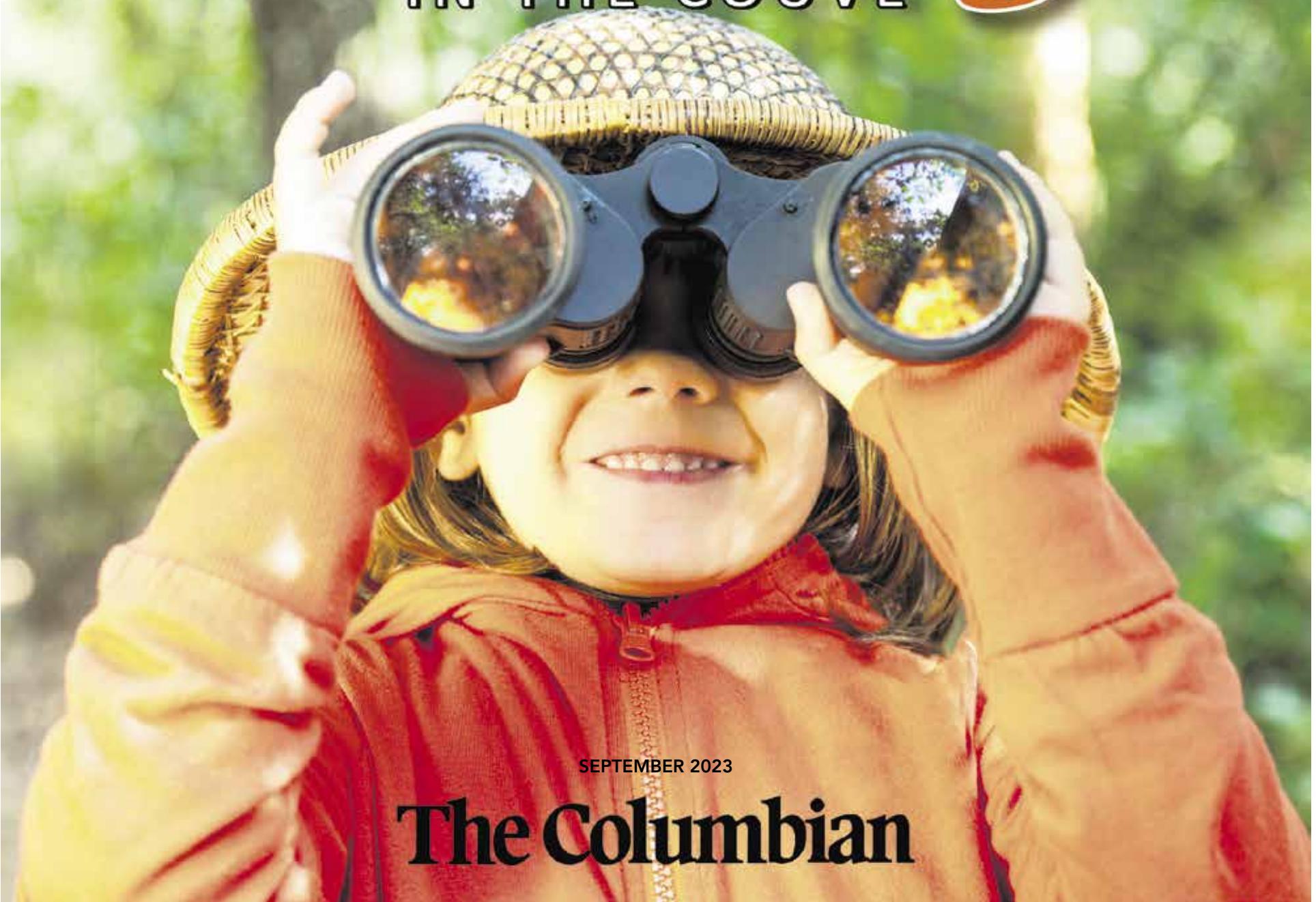


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Living IN THE COUVE



SEPTEMBER 2023

The Columbian

Living

IN THE COUVE

What is The Couve?

The Couve geographical name

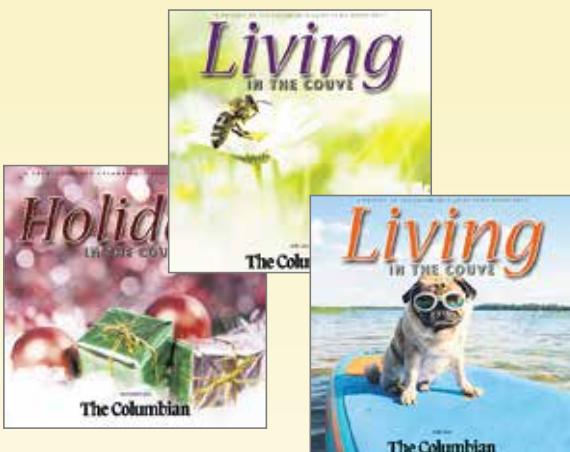
\ 'thē cōv \ rhymes with 'move'
(noun)

- 1 —Nickname for Vancouver, Washington.
- 2 —The original Vancouver.
- 3 —A small city with vibrant communities, urban attractions, and natural recreation areas.

See Also: Greater Couve, Clark County, Southwest Washington

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Find past issues archived online at
www.livinginthecouve.com



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Fall Edition

IN THIS ISSUE

- 04 Birdwatching:
A Source of Healing
- 06 Carbophobia is Real
- 08 What are we going to do
this weekend?
- 10 Using Water Wisely
- 12 Learn to Clean Green
- 16 Enhance Your Landscape with
Native Plants for Small Spaces
- 18 Healthy Harvest Recipes
- 22 SEPTEMBER 2023 -
OCTOBER 2023 EVENTS

Nonprofit Spotlight

- 03 Humane Society SW WA



16



4



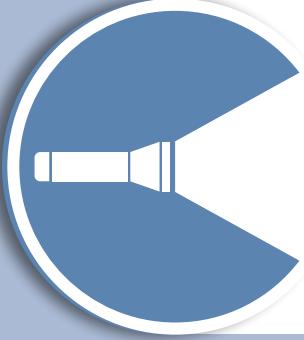
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10



22



NONPROFIT Spotlight



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Increasingly, the people and pets of Southwest Washington need assistance that extends beyond the walls of the shelter. We are here for them with programs like free pet food, wellness clinics, spay and neuter services, and other programs that help keep families together. Hundreds of people and pets have received support from our community programs this year.

Funds raised at our annual Gala & Auction support that work and much more.

The Unleash Your Heart Gala is an evening filled with all the wonderful elements you have come to expect along with a few new surprises. Join us on Saturday, October 7 for a festive night on the town. You'll experience delicious food and wine, hear touching stories of impact, bid on unique live auction packages, and connect with friends while you support the special bond between people and pets.

But the fun isn't limited to that night alone. Our virtual silent auction is back this year and will be exclusively online so you can join in the fun no matter where you are! Bid on exceptional packages, including travel, unique experiences, and much more. Virtual silent auction bidding opens September 29 through October 7.

Don't miss out on these special events. Every ticket purchase and paddle raise makes a difference for the people and pets of our community. Join us and Unleash Your Heart for the animals!

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



BIRDWATCHING: A Source of Healing

by BY TODD KAPRAL, Backyard Bird Shop

Life today can seem busier and more stressful than ever. Everything from working multiple jobs or “side-hustles”; family responsibilities to social media stress; and a 24 hour, “in-your-face” news cycle can add up to stress levels that are off the chart. In my life, I have found birdwatching to be a respite and source of healing from all the chaos.

Our digital world today seems to have separated us from nature.

Glued to our screens, we practically have to force ourselves to do anything else. At my house, I do have bird feeders in my yard and I have found that sitting and watching the activity at them, even for just a few minutes, calms my mind and body. It almost feels like a form of meditation. If the weather is nice and I go outside on the deck and watch, this effect is even greater. There must be something to this.

Birdwatching doesn't have to be a passive activity. You can really get into it. There is a curiosity about it. The ability to identify birds engages the mind, requiring you to focus on bird size, plumage, sound, and behavior. You have to be present and in the moment. All of this stimulates the brain and promotes observational skills along with memory function and retention. There are literally a few dozen species you could see in your yard at the feeder so the potential for

engaging your noggin is tremendous.

As I mentioned earlier, if I go outside, the benefit seems to be greatly enhanced. Natural light exposure is an important source of vitamin D. Vitamin D has many health benefits such as calcium absorption and immune system function. Additionally, just being outside with the smell of fresh air, the sound of a breeze passing through the trees and the sound of the water moving in my fountain, all seem to have a calming and relaxing effect. A wonderful salve for the nerves.

Walking is also an integral part of birdwatching. Going on a bird walk, whether it's in a local park or in one of our many natural areas, can get the blood pumping and promotes cardiovascular activity which helps with heart health, weight management and better sleep.

There's also a social aspect to birdwatching. Sure, you can use birdwatching as a source of solitude and getting away from it all, or it can be a valuable avenue to make social connections with others with common interests. It feels like actual physical connections with others has dwindled since the introduction of smart phones and social media. Going on a bird walk allows for in-person interaction with nary an email, text or tweet (considering you're on a birdwalk, there might be a tweet)

in there. Sorry, that one was too easy). This can help folks overcome feelings of loneliness and isolation.

If you do happen to don a pair of walking shoes and get out there, birdwatching helps one develop a sense of conservation for the environment. I have had the privilege of interacting with countless folks over the last three decades who are passionate about feeding and watching birds and preserving the natural world we all live in. Some keep it simple by being mindful of chemicals and pesticides or herbicides in their yard. Others take it further and give their time and energy

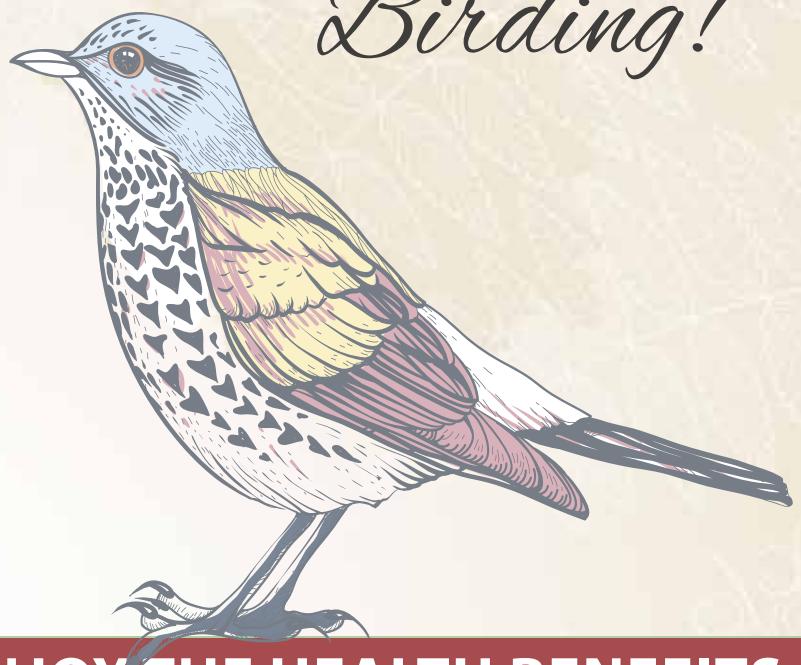
in the form of the many volunteer opportunities at any of the national wildlife refuges. Again, more possibilities for social interaction and mental stimulation.

I have had bird feeders and moving water in my backyard for so long that I think it would feel very dull and empty without it. You don't need anything fancy or expensive to encourage birds to your area. They likely are already there. I just encourage you to slow down or stop, look around and listen. You may be surprised at the bird activity around you and by how much better you feel by doing it.



Western Tanager by Rosco Pirtle

Happy Birding!



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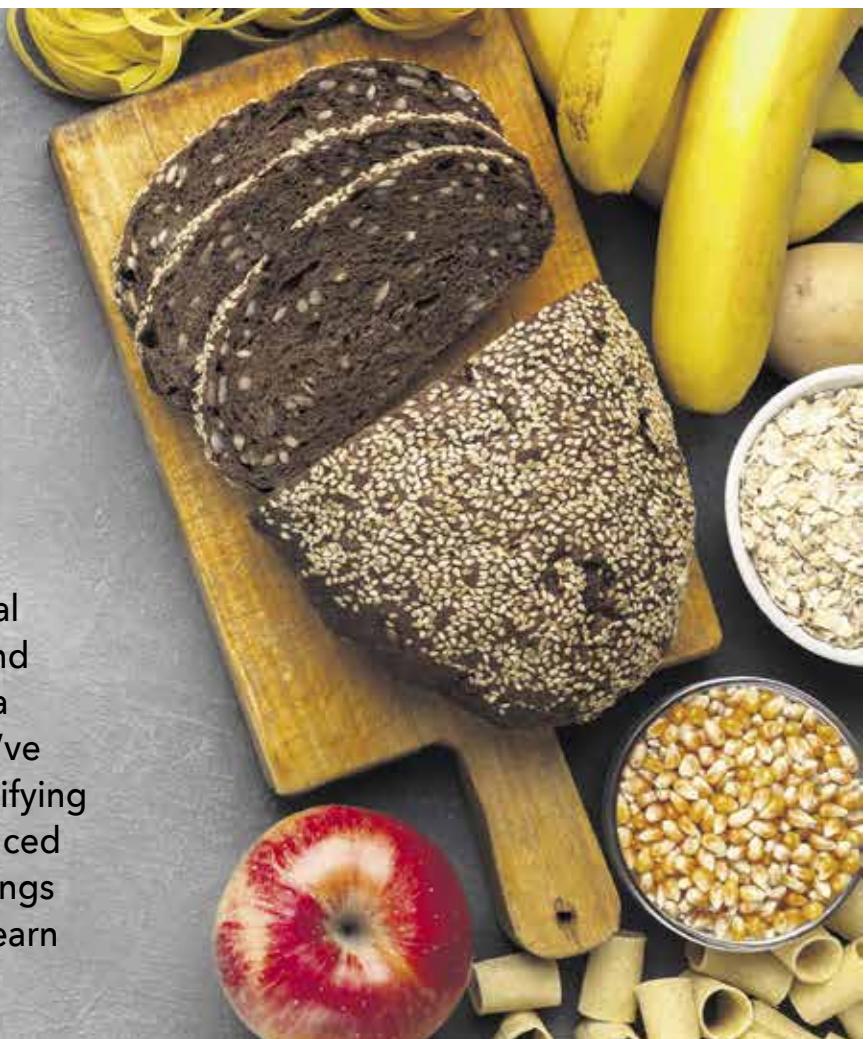
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CARBOPHOBIA IS REAL HERE'S WHY IT MATTERS

by KENNETH HERMANSEN, RD, Vancouver Clinic

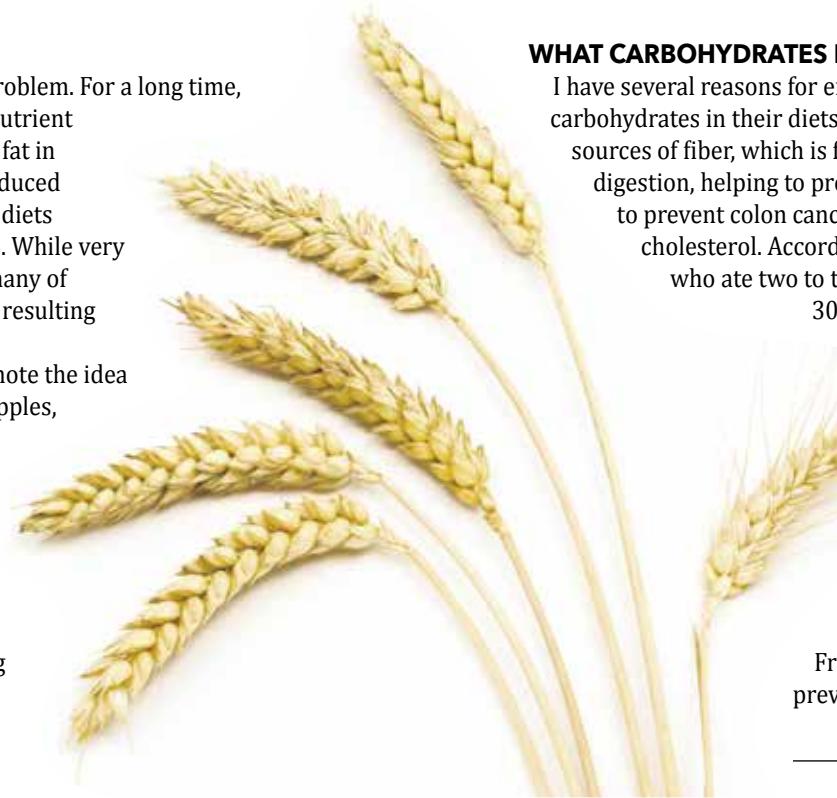
Healthy carbohydrates are good for the body and provide essential vitamins, minerals, and antioxidants. Yet there's a persistent fear and guilt associated with carbohydrates of any kind. In my practice as a dietitian, it's not uncommon for me to hear from patients that they've "been bad" because they ate a slice of bread or a piece of fruit. Vilifying carbohydrates as a whole can keep people from achieving a balanced diet and a positive mindset around food. One of the rewarding things about my role at Vancouver Clinic is that I get to help individuals learn how to enjoy high-quality carbs as part of a balanced diet.



HOW CARBS GOT A BAD REPUTATION

People didn't always see carbohydrates as a problem. For a long time, the government advised that fat was the macronutrient to avoid. Companies responded by replacing the fat in our food with sugars. Then, the Atkins diet introduced the public to the idea of low-carb eating. Similar diets followed, including South Beach, Keto, and Paleo. While very few people I talk to actually follow these diets, many of them have adopted their restrictive perspective, resulting in carbophobia.

The concern with these diets is that they promote the idea that all carbohydrates are equal. Twinkies and apples, while both carbohydrates, do not belong in the same conversation. Removing healthy whole grains, legumes, and fruit is unnecessary, unhealthy, and makes these diets rarely sustainable. On the other hand, people should curb sugar (candy and soda) and refined starches (baked goods and white flour). When individuals find success with carb-limiting diets, it's typically because they are cutting out these nutritionally poor choices.



WHAT CARBOHYDRATES BRING TO THE TABLE

I have several reasons for encouraging my patients to include quality carbohydrates in their diets. Whole grains, legumes, and fruits are excellent sources of fiber, which is found exclusively in plants. Fiber improves our digestion, helping to prevent both constipation and diarrhea. Fiber also helps to prevent colon cancer, aid weight loss, regulate blood sugars, and lower cholesterol. According to the Harvard-based Nurses' Health Study, women who ate two to three servings of whole-grain products each day were 30 percent less likely to have a heart attack or die from heart disease over a 10-year period than women who ate less than one serving per week.

Most people are deficient in fiber. The average person eats only 16 grams per day, but the recommended intake is 25 to 30 grams per day.

In addition to fiber, whole grains contain minerals including zinc, iron, and B vitamins. These help strengthen the immune system, repair damaged tissues, and create energy for the body. Fruits are high in antioxidants, including vitamin C, which prevents cell damage and reduces heart disease risk.

Continued on next page ▶

WHAT FRUITS, GRAINS TO SHOP FOR

Anyone can increase the amount of high-quality carbohydrates in their diet by being thoughtful about what goes into their grocery cart. Good guidelines include:

- **Picking whole grains:** Oatmeal, quinoa, and brown rice are wholesome options.
- **Looking for 100 percent whole-wheat bread:** The nutrition facts label is regulated by law. Check it to make sure refined wheat isn't sneaking in.
- **Choosing whole fruit:** Fruit juice is all the sugar of fruit with none of the beneficial plant fiber.
- **Eating local:** The Northwest is a mecca for delicious apples, cherries, and berries of all kinds. Selecting fresh, sweet, and in-season foods helps satisfy the taste buds.

WHERE CARBS FIT IN A BALANCED MEAL

Balanced portions, including reasonable servings of carbohydrates, help people feel satisfied. Filling half of one's plate with veggies, a quarter with protein, and the final quarter with a whole grain is a good goal. For example, aim for a large salad, a smaller serving of spaghetti, and a few meatballs. When people start with healthy ingredients and a good variety, there's little need to count grams of carbohydrates. Instead, they can eat intuitively and enjoy their food.

WHO SHOULD EAT CARBS

Patients with a prediabetes or diabetes diagnosis may be particularly concerned about raising their blood sugar

by eating carbohydrates. Both of these conditions require nutrition and lifestyle changes, ongoing monitoring, and sometimes medications to control blood sugar and prevent complications. However, for most patients, high-quality carbohydrates are still recommended.

Whole grains and fruit improve the body's ability to manage the amount of sugar in the blood stream. They also help people maintain a healthy weight, which is strongly linked to successfully managing these conditions.

Individuals with diabetes are encouraged to pair healthy carbohydrates with a protein or fat to help prevent sugar spikes. For example, eating whole-grain toast with sliced avocado, or an apple with peanut butter or cheese. For fruit, berries, oranges, and plums are excellent, high-fiber options. Eat them with cottage cheese or Greek yogurt. Any individual can follow these recommendations to keep their blood sugar steady and feel satisfied after a meal or snack.

WHEN TO TALK TO A CLINICIAN

If you have questions about introducing more carbohydrates into your diet or how to eat given your unique body and medical conditions, be sure to talk to your dietitian or medical provider. Carbohydrates have significant health benefits and can be enjoyed guilt-free.

Kenneth Hermansen is a registered dietitian and certified diabetes care and education specialist at Vancouver Clinic. He believes that a healthy diet is within reach for everyone and that eating well can be affordable, sustainable, and delicious.



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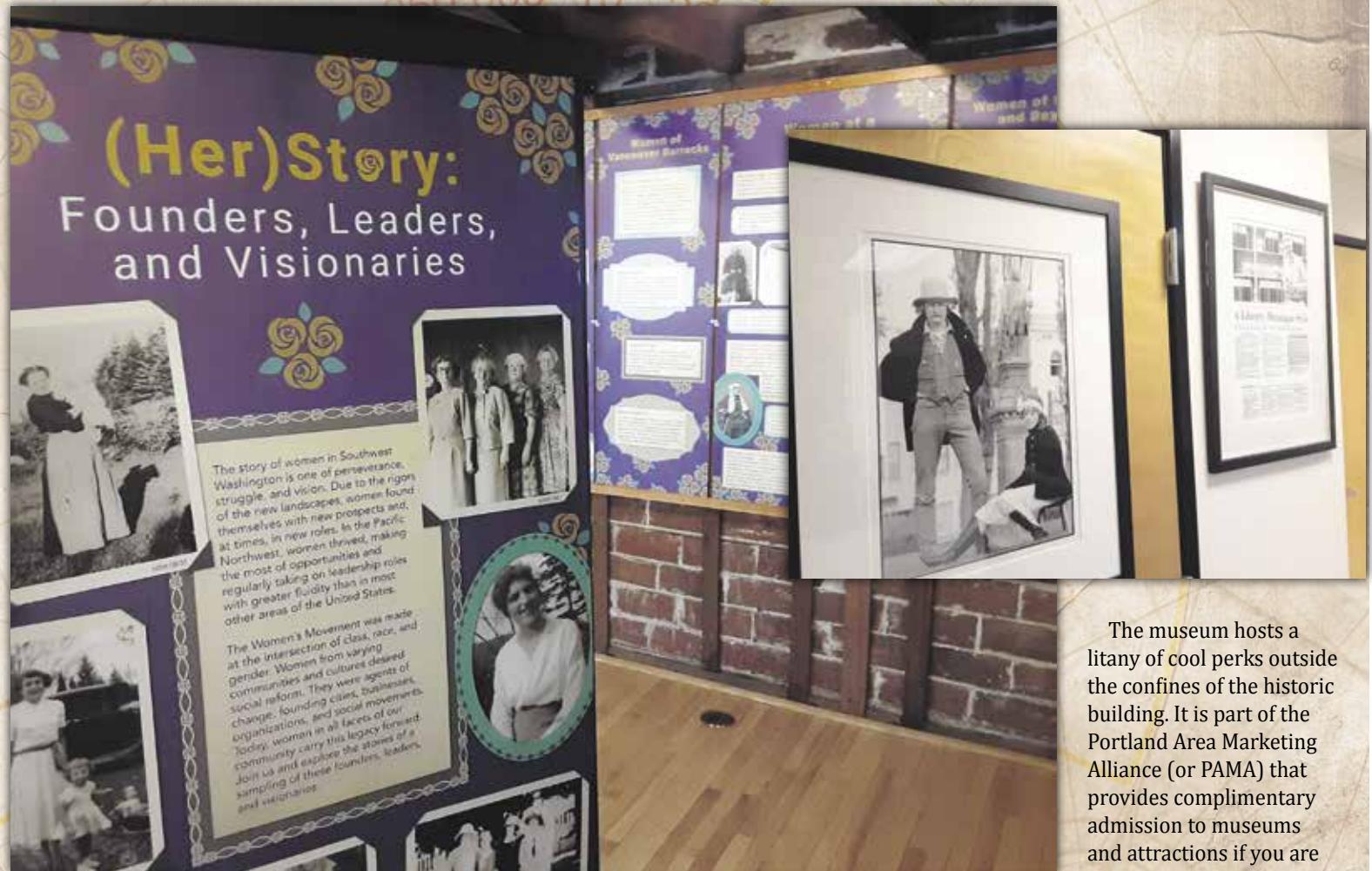
“What are we going to do this weekend?”

by EILEEN COWEN, for *The Columbian*

This is a dreaded question I get weekly from my children. With our busy lives, it can be difficult to plan activities that appeal to everyone in my family. And, when we do come to a conclusion, we are sometimes priced out of expensive admission prices to local events and attractions, leaving us to experience yet another boring weekend.

What if I told you there was a relatively inexpensive way to get access to a bunch of local attractions, and it all starts at the Clark County Historical Museum? Yeah, I know what you’re thinking. The Historical Museum sounds a little boring and educational, but is it really fun and interesting? You can take my word for it – membership has so many privileges that it would be silly not to join.

I've been a member of the Clark County Historical Museum for about a decade, ever since I was a student in the history department at WSUV (go Cougs!). At that point, it cost \$25 for a student membership which was an amazing deal considering the amount of historical research information housed at the museum. After I graduated, I moved up to the “Individual” level which to this day still costs \$40 per year. I have loved visiting the museum and seeing all their new exhibits, attending their historical talks and walks, and even stopping in to peruse the wonderful weirdness of the Brautigan Library.



Their exhibits change quarterly and always have a local focus. Recent exhibits include a women's history exhibit, history of brewing in Vancouver, and a very cool display of maritime happenings in our city. The museum also hosts several walking tours across Clark County, including their ever-popular Haunted Tours of Downtown Vancouver in October. The museum is highly invested in making sure people know the interesting and intriguing points that helped make the Couve what it is today.

The museum hosts a litany of cool perks outside the confines of the historic building. It is part of the Portland Area Marketing Alliance (or PAMA) that provides complimentary admission to museums and attractions if you are a member of one of their participating organizations.

The great news for us in the Couve is that the CCHM is part of this program! Partner locations include the Lan Su Chinese Garden, the Columbia River Maritime Museum in Astoria, Oregon Coast Aquarium, Evergreen Aviation & Space Museum, and the Oregon Historical Museum. The PAMA program is a monthly admission partnership: for example, the featured museum for the month of September is the Rice Northwest Museum of Rocks and Minerals. Using your CCHM membership,

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you can get up to four free admissions each time you visit for the month of September. This is a great way to experience attractions and not have to worry about rushing through exhibits – you can always return for free until the month is up.

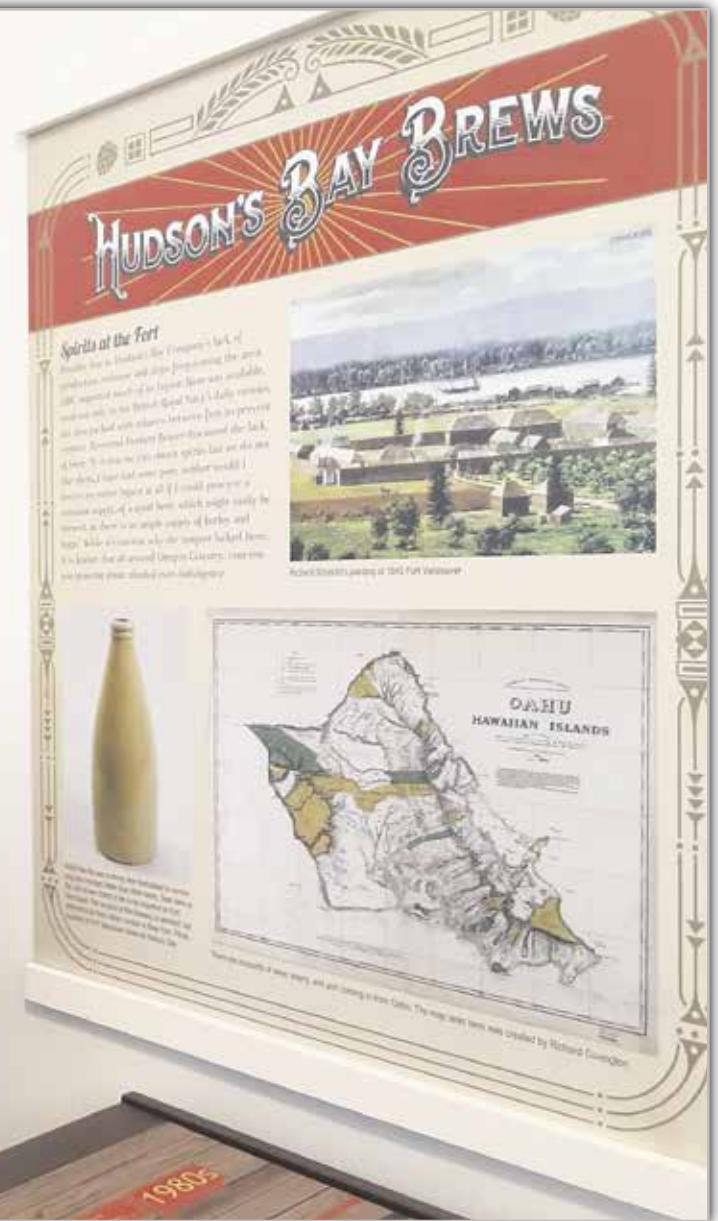
The North American Reciprocal Museum (NARM) is yet another fantastic perk of membership to the Clark County Historical Museum. This is similar to the PAMA program, but includes museums around the nation. This is an excellent program to utilize when traveling for family or work. The NARM website has a searchable feature by zip code and distance that shows all the partner museums in an area. Built-in attractions can help make traveling and vacations more fun for less money!

The Clark County Historical Museum recently updated their membership levels and perks. The price has not changed dramatically over the last decade (even becoming MORE affordable at some levels) and the opportunities have expanded. This is a refreshing change in a time when many membership prices are increasing. Think about this: a yearly family pass for the Clark County Historical Museum is \$60. If you want to go to the Oregon Coast Aquarium in Seaside, adult admissions are \$26 and children cost \$20. However, if you go to the aquarium during a PAMA partnership month (November, in this case) you can get four free admissions, saving nearly \$100. It is an amazing bargain that benefits the museum as well as the cardholder.



Now is a great time to support the Clark County Historical Museum by purchasing a membership for yourself or as a gift. You can access so many regional and national attractions while giving yourself a much deserved financial break. Plus, it cuts down on the “What do you want to do this weekend?” conundrums while offering a litany of options for everyone in your family.

Want to become a member? Check out their webpage to join cchmuseum.org or stop in to sign up in person. Membership gets you all these cool perks plus research opportunities, store discounts, invitations to members only events, and admission to guest talks. Membership to the Clark County Historical Museum is truly one of the best kept secrets of the Couve!



Richard Brautigan may not be a household name, but I can assure you that his writings were an integral part of the counterculture movement of the 1960s. He is best known for his imaginative novel “Trout Fishing in America”, a book that to this day holds a place in the hearts of hippies everywhere.

Brautigan was an extensive writer of poetry and even has his own “Library of Unpublished Works” comprised of binders full of typed poems, quips, and other oddities. Through an agreement with his daughter, the Brautigan Library of Unpublished Works has been housed at the Clark County Historical Museum since 2010. I highly recommend going to the library and reading some of Brautigan’s words for yourself!



USING WATER WISELY

by DAMEON PESANTI, Clark Public Utilities

Whoever started the rumor of the Pacific Northwest being a perpetually soggy place clearly wasn't visiting in the summer months.

Of course, we do have a long rainy season, but summer and early fall can be very, very dry. It's during this time of year when The Evergreen State struggles to live up to its nickname—much to the chagrin of the proud gardeners that prefer a lush, verdant property.

Watering your lawn or landscaping is an important part to keeping your property looking its best, but doing it the wrong way can cost you money and waste a precious natural resource.

While it might not seem like a big deal to water the lawn in the hottest part of the day or ignore that sprinkler that's overflowing onto the sidewalk, those little individual oversights add up to a massive amount of wasted water when counted with everyone else who's doing it. Using water wisely at home or your business will not only preserve the local water supply, it'll reduce the amount of money your household spends on utilities. What's more, your lawn and garden may benefit from your conservation—overwatering your grass

or decorative plants is easier and sometimes more harmful than you may think.

"When you're buying water by the gallon, you want to be sure you're getting your money's worth out of every drop," said Oscar Maciel, water operations manager at Clark Public Utilities. "Cutting back, even just a little, can really add up to surprising savings at the end of the month."

This time of year, the lawn is typically the largest water consumer in the household, but they often receive more than they need. The larger your household lot, the more you're spending to keep the grass green.

Most lawns only require an inch of water per week, but many property owners give them more than that. Too much water can actually damage the grass and lead to issues with its growth.

Automatic sprinkler systems are convenient, but they often lure owners to falsely believe they're efficient as well. According to the Environmental Protection Agency, homes with automatic irrigation systems can use 50 percent more water outdoors than those that water by hand.

The problem, simply put, is overwatering. Think about all the times you've seen sprinklers watering the sidewalk or overwatering a lawn and creating rivulets off the grass and into the street—not to mention all the times when they're left on during a rainstorm.

But it doesn't have to be that way. Homeowners can reduce waste by calibrating their systems manually by using a small can to measure the output of each zone over a given period of time. Or you can simplify it by investing in a WaterSense-labeled controller. Those controllers use

Continued on next page ▶

local weather data to determine when and how much to water. The EPA says those systems can reduce water use by around 15 percent.

Like any system in your home, irrigation systems will experience equipment failures and fatigue and require occasional inspection and maintenance over time. Broken or leaking sprinkler heads can waste water by the gallons and burn through your dollars. A working backflow device is critical to protecting your community's groundwater supply. If you see them leaking, fix them or call a professional.

When hiring an irrigation professional, select one who is WaterSense certified. They are trained to audit, install and maintain systems to provide just the right amount of water and not a drop more.

Whether you're tending to preexisting landscaping or looking to grow your garden, keep in mind that different plants often require different amounts of water from each other and from a lawn. Careful gardeners know how much water their plants require and irrigate accordingly. It doesn't do your garden or your budget any good to water

everything the same when different plants may have significantly different needs.

Drip irrigation systems are good solutions for gardens and landscaping. Because they're designed to target specific plants with a slow steady drip over time they lose very little water to runoff or evaporation. Plus, they're easy to install.

Watering by hand is more work but it puts you in control of how much water your property gets. Plus, water efficient and environmentally friendly attachments are widely available online and at home and garden stores.

No matter how you water, do it in the early morning or evening when it's cooler and risks for evaporation are less.

Remember, using water wisely reduces your water waste, can benefit your yard and helps protect the resources we all depend on.

For more water conservation tips, visit ClarkPublicUtilities.com or water utility customers can call our water utility at 360-992-8022.

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Learn to Clean Green!

By: CAMILLE SHELTON, Clark County Public Health Solid Waste Education and Outreach

Some ingredients in common household cleaners and disinfectants are linked to allergies, asthma, and other long-term effects – like reproductive harm and cancer. Using green products in the home can make you feel safe and comfortable knowing that your family is not breathing in unnecessary chemicals.

Learning to clean your home using environmentally friendly cleaning products can save you money and prevent exposure to potentially hazardous chemicals. Let's take a deeper look at household cleaning products and how to clean safer and more sustainably.

Save money with DIY green cleaning products

The cost of cleaning products can add up. Make the switch from buying household cleaners to making your own. Homemade household cleaners are not only effective at removing germs, but they are also more environmentally friendly and cost much less! Using basic ingredients in your pantry, window cleaners, shower scrubbers and all-purpose cleaners can be made for just pennies on the dollar compared to commercially available household cleaners.

Green cleaning is also effective. Regular cleaning with plain soap and water along with good rinsing will lift dirt and remove most germs.

Save the trip to the grocery store and learn how to make your own environmentally friendly, septic-safe cleaning products on our website: clarkcountycomposts.org.

Protect our water and wildlife

Chemical cleaners can contain toxic ingredients that can lead to dangerous environmental consequences for local waterways and wildlife populations.



The Clark County Composter Recycler program hosts regular Green Cleaning Workshops, participants are eligible to sign up to make and take a no-cost Green Cleaning Kit.

Continued on next page ▶

Surfactants are a common ingredient in most household cleaning products, especially detergents, foaming agents and demulsifies. When washed down the drain, surfactants enter our local waterways and harm aquatic wildlife by destroying the mucus layer that protects the animals.

Phosphates are also commonly included in household cleaners and have been found to increase the growth of algae in the water. When phosphorus levels are high, it can lead to harmful algae blooms that produce toxins which can be harmful to human and animal health.

Learn more about the ingredients and potential hazards in chemical cleaners by downloading the Environmental Working Group's smartphone app.

Identify Household Hazardous Waste

Commercially available chemical household cleaners are often considered household hazardous waste. If you see the words "DANGER, POISON, CAUTION or WARNING" on the product label, consider the product hazardous. Oven cleaners, drain cleaners, disinfectants and some laundry products are examples of household hazardous waste.

When a product is considered household hazardous waste, it cannot be disposed of down the drain or in your curbside garbage bin. These products must be taken to the county's household hazardous waste facility at the transfer station for proper disposal.

To learn more about household hazardous waste disposal, check out Clark County's Recycling A-Z directory: clarkgreenneighbors.org/recycling-a-z.



Take a free Green Cleaning workshop

The Clark County Composter Recycler program helps our community members create safer and healthier indoor environments that reduce household hazardous waste. The Clark County Composter Recycler program regularly hosts Green Cleaning workshops to teach the community about environmentally friendly alternatives for household cleaning – at no cost! At the workshops, participants learn about household hazardous waste and how to use safer and cheaper DIY cleaning alternatives.

Sign up for the upcoming Green Cleaning workshop 7-8 pm Wednesday, November 15 and join us virtually over Zoom. Attendees will have the opportunity to sign up to assemble and take home a no-cost green cleaning kit!

Check out resources, request a no-cost green cleaning kit, or sign up for the workshop on our website: clarkcountycomposts.org.



A photograph showing various organic materials used for composting, including orange peels, banana peels, and other kitchen scraps, arranged in a pile.



NO-COST Fall community workshops

Learn about composting,
green cleaning and more from
the Composter Recycler program!

Register for a virtual workshop:

clarkcountycomposts.org/workshops



- 11 Oct Backyard Composting
- 18 Oct Red Worm Composting
- 25 Oct Lasagna Garden Composting
- 01 Nov Advanced Composting Techniques
- 08 Nov Recycling Done Right
- 15 Nov Green Cleaning
- 29 Nov Prevent Food Waste in the First Place
- 06 Dec Low Waste Living



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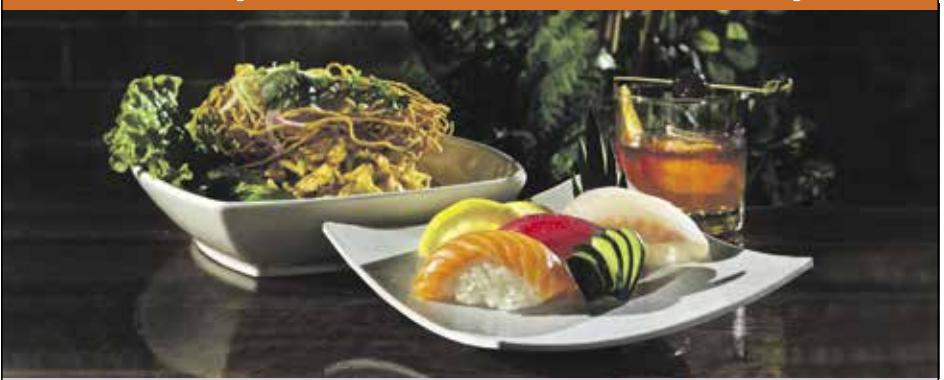
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9 Years in a Row!

ENHANCE YOUR LANDSCAPE

with Native Plants for Small Spaces

by CINDY COMBS, WSU Extension Clark County Master Gardener

The maritime Pacific Northwest has a rich diversity of native plants that have graced our wild spaces for thousands of years. From the giant Douglas Fir to the tiny wild strawberry, there are hundreds of native plants that thrive in our climate and soils.

In recent years much more attention has been placed on growing native plants for their ecological and wildlife benefits. But, is it possible to bring a few of these "locals" into your own garden when you only have a tiny plot of ground, a balcony, or a patio?

Yes, there are native plants for you, too. You just have to choose wisely.

Native plant expert and owner of Good Year Farms in Washougal, WA, Hannah Schrager, is enthusiastic about adding natives to even the smallest of spaces. Schrager explains that bringing plants into an area that currently does not have plants has a huge potential upside for wildlife. Regardless of the size that you have to work with, growing native plants will help protect, support and increase local wildlife communities by providing food and very likely places to shelter and reproduce.

"If you plant them (native plants), wildlife will come."

To create a native plant garden in a small plot of ground or in a container, the first step is to assess the environmental conditions.

If planting in the ground what is the size of the space? Is the area sunny, partly sunny or shady? Does the soil stay moist, or does it dry out? Do you have water nearby to provide supplemental water for the first growing year or two in areas that dry out?

If planting in a container, is the area sunny, partly sunny or shady? How large of a container can you provide and how much soil does it hold? Is there a source of water nearby for regular watering? Please note, that if you plant in a container, you will have to provide supplemental water, even for drought tolerant plants.

Knowing your conditions will help you to decide which plants will thrive, fit in your space, and happily coexist with one another.

There are many great online resources to consult when trying to choose which natives to select (see sidebar) and the staff at specialty native plant nurseries also will provide guidance.

As a starting point, Schrager offered a few combinations of native woody shrubs and perennials to try that offer both wildlife benefits and have great aesthetic appeal.

SMALL PLOTS

Native Plant Combination for Small, Shady Plot

In a small plot of ground, measuring just 10' x 10', with shady, moist conditions, start with a shrub such as a flowering currant (*Ribes sanguineum*) to create a focal point and the tallest layer of the design. Pink lantern-like flowers appear in early spring and are followed by berries in summer. The flowering currant supports native bees, butterflies and is a host to native butterfly caterpillars.

Then, add two varieties of evergreen ferns to contrast with one another. Deer fern, (*Blechnum spicant*), has tall feathery spikes that reach above low arching fronds. The western sword fern, (*Polystichum munitum*), has great 3-foot arching stems. Both will provide cover for foraging birds looking for food in the soil and hiding places for frogs and other small mammals.



Next, plant wake robin (*Trillium ovatum*) to give bees an early source of nectar from their white, three petalled flowers. After flowering, ants will harvest the seeds for food and help disperse the seeds to create new plants. Trillium leaves will generally disappear over the summer, to arise again in early spring.

Nearby, plant bleeding heart (*Dicentra formosa*), that has nodding pink flowers from spring to early summer, and has light, feathery, blue green foliage. The flowers provide a source of nectar for bees, hummingbirds and other pollinators and are a host for native butterfly caterpillars.

Perhaps at the edges of the garden space, add fringe cup, (*Tellima grandiflora*). Wands of tiny white to pink flowers rise above fuzzy leaves. The fragrant flowers are a favorite of hummingbirds. The leaves may persist through the winter taking on tints of red.

If a little light reaches the area, plant native iris, (*Iris douglasiana* and *Iris tenax*), to add height, color and nectar in early June.



Native Plant Combination for Small, Sunny Plot

In a sunny space that dries out in the summer, a 10' by 10' foot plot can accommodate a mock orange (*Philadelphus lewisii*), which will create a tall, multi-stemmed focal point. This shrub will eventually grow

Continued on next page ▶

5-10 feet tall and bear fragrant white flowers that attract both bees and butterflies in June. Birds eat the seeds in fall.

The addition of a birch leaf spiraea, (*Spiraea betulifolia*) will create a 3-4 foot mound with flat clusters of white flowers in late spring and summer. Loved by bees it will also put on a pretty show of colorful foliage in fall.

Attract hummingbirds by including native Cascade penstemon, (*Penstemon serrulatus*). Its tall purple flowering spikes appear in summer.

The yellow, daisy-like flowers on airy stems of Oregon sunshine, (*Eriophyllum lanatum*), will also attract pollinators and serve as host to the caterpillar of the painted lady butterfly. Note: that this plant produces seeds that will sprout more plants the following year.



Orange Sunshine

For a short plant at the front or the edges of the garden space, add heat loving, evergreen Oregon stonecrop (*Sedum oregonum*). Star-shaped bright yellow flowers that provide food for bees and butterflies appear in early summer and last for weeks.

CONTAINERS

For containers, choose plants that will be happy for a few years in a confined space and use the “thriller, filler, spiller” design formula.

Native Plant Combination for Container in Shady Space

Using a container measuring 12 inches in diameter by 12 inches tall (holding about one cubic foot bag of potting soil), start with a thriller, the native evergreen huckleberry, (*Vaccinium ovatum*). This slow growing shrub provides flowers for nectar, berries for food and shelter.

Add to that a couple of filler plants. Tuck a bleeding heart, as mentioned above, to one side of the huckleberry. To the other side, add foam flower, (*Tiarella trifoliata*). The wands of white to light pink flowers that appear in spring and persist into summer provide pollen and nectar. The seeds that follow are a food source for birds.

Finish up the container with inside out flower, (*Vancouver hexandra*). It has tiny leaves which will soften the edges of the container and small, airy white flowers in spring.

Native Plant Combination for Container in Sunny Spot

Using a container that measures 12 inches in diameter by 12 inches tall and holds about a one cubic foot bag of potting soil, plant Cusick's checkermallow, (*Sidalcea*

cusickii). The tall (to 5-feet) stately stems full of pink flowers bloom in spring.

Add summer blooming Cascade penstemon (*Penstemon serrulatus*). Hummingbirds will dive into the purple, tubular flowers along the 1 to 2 foot stems.

To the edges of the pot, add the evergreen shrubby groundcover, kinnikinnick (*Arctostaphylos uva-ursi*). In spring small clusters of pink lantern-shaped flowers provide an early food source for native bees, and later a source of berries for birds.

If you wish, add a few non-natives your native garden. Schrager also points out that growing natives with non-native plants still reaps plenty of benefits. “Sometimes we just can’t resist adding a little something extra. That’s OK.”

WHEN TO PLANT

Fall, early winter and early spring are the best times to plant natives. The cooler air temperature and frequent rains help plants to establish their root systems. Perennials may “die down” to the ground in fall or winter, but the root system will continue to support the plant through the winter months. Avoid planting during summer: late June, July and August.

CARE

One big advantage of using native plants is that they will require little care on your part because they are adapted to our Pacific Northwest growing conditions.

WATERING

To give the plants growing in the ground the best possible start, keep an eye on soil moisture to ensure the plants do not wilt. While plants are establishing and growing their root systems, they need a little help during times of low or no rainfall (our summers). After a year or two, carefully chosen plants should be able to survive on their own.

Of course, plants in containers do not have the option of finding water beyond their confined space. In this case, water will need to be provided when rainfall is not adequate. Containers in the sun may need water every day or two, containers in shade perhaps once or twice a week.



A container of sun loving natives provides a buffet for wildlife.

FERTILIZATION

Native plants grown in our native soil do not require fertilization but in urban areas, soil often has been altered. To supplement what the soil may lack, add a 2-3 inch layer of composted woody mulch or shredded leaves over the entire planting area.

When growing natives in containers, resist the urge to buy potting soil that has fertilizer added in. It is too much. Native plants will need fertilization only in spring. Use one fourth to one half the recommended rate.

PESTS

Native plants are resistant to most pests. But that does not mean your plants will be insect free. Often, native plants will host insects that in turn become food for birds. Also, some natives will be home to caterpillars that morph into butterflies or moths. Nibbled leaves or stems are often a sign you are accomplishing the goal of supporting wildlife.

Native plants resist most diseases.

REPOTTING

Plants can thrive for years in containers but may eventually outgrow the space. If the plant is a woody shrub, such as an evergreen huckleberry or kinnikinnick, you can carefully remove it and replace it with a smaller one. For perennial plants simply remove the plant, divide it, and return a portion of the original plant to the container. Be sure to find a new home for your leftovers by either planting them in the ground or in new containers or giving them away to other gardeners.

When you choose to grow native plants, even in small spaces, you support insects, butterflies, birds and other pollinators local to our area. With native plants, you can turn a “wildlife desert” into a wildlife oasis.

TO LEARN MORE ABOUT NATIVE PLANTS, BENEFITS AND CARE

Naturescaping with Pacific Northwest Native Plants
naturescaping.org/resources/free-booklet

Backyard Habitat Certification Program
backyardhabitats.org

OSU Extension Service Native Plant Gardening
extension.oregonstate.edu/collection/native-plant-gardening

King County Native Plant Guide
green2.kingcounty.gov/gonative

Washington Native Plant Society
wnps.org

Native Plant Society of Oregon
npsoregon.org

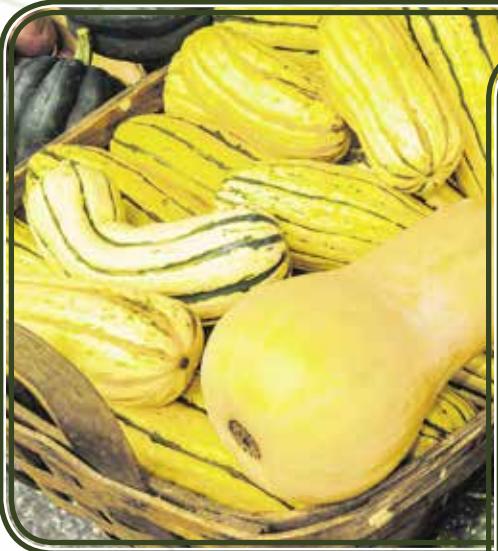
Healthy Harvest Recipes



By EILEEN COWEN for The Columbian

Harvest time can be overwhelming. Every plant and blossom that was carefully tended for months is ready all at the same time. This year's hot summer meant a bumper crop of tomatoes, beans, corn, and squashes: now, what to do with them?

Here are a few recipes that will help you burn through those random veggies sitting in your fridge and on your counter. And, if your garden turned out to be a bust this year, you can get all these ingredients from our local Clark County Farms. Autumn is a great time to eat locally!



Roasted Delicata Squash with Parmesan

Delicata squash are my favorite squash, hands-down. They are sweet, sturdy, grow prolifically, and the best part is you don't have to peel them. I often grab a couple when visiting the Vancouver Farmers Market because they keep so well in cold storage. Roasted delicata squash is a quick recipe that can be eaten as a side dish or tossed with your favorite pasta and sauce.

- 1 lb. delicata squash
- 2 cloves of minced garlic
- 2 tbsp olive oil
- $\frac{1}{3}$ cup grated parmesan cheese
- 1 tsp dried herbs (I used a combination of sage, thyme, and marjoram)
- Salt and pepper to taste

Cut the squash in half lengthwise and scoop out the seeds. Next, cut it into moon-shaped slices about a half inch thick. Add the oil, garlic, herbs, and salt and pepper in a large bowl and toss the squash until it is completely covered.

Cover a baking sheet with parchment paper and spread out the grated parmesan onto the paper. Arrange the squash slices on top of the cheese. Place in a 400 degree oven for about 25 minutes or until the squash is roasted and the cheese is crispy.

If desired, sprinkle with additional parmesan after taking the pan out of the oven.

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Pureed Harvest Stew

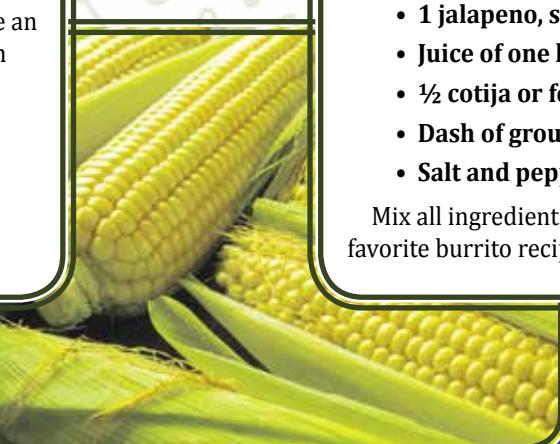
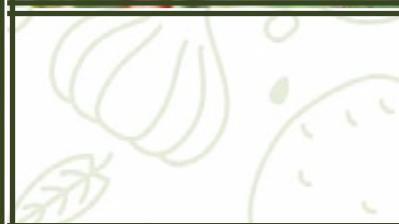
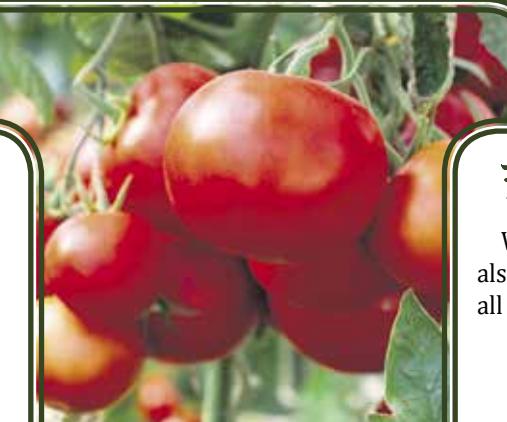
This is the ultimate “crisper drawer” recipe – the possibilities are endless, based on the vegetables that need to be used quicker than others. It is also a great crock pot recipe. Simply cook all day, then puree near dinner time.

This soup can also be cooked in large batches and frozen for future use. It truly is a versatile addition to autumn and winter eating!

- 2 tsp olive oil
- 1 medium onion, chopped
- 3 cloves of garlic, minced
- 1 sweet potato, diced
- 3 carrots, chopped
- 2 apples (sweet or tart works equally well)
- 1 medium sized winter squash, diced (butternut is a great choice)
- 2 potatoes, diced (again, any type will do)
- 4 cups of chicken or vegetable stock
- 1 tsp smoked paprika
- 1 tsp dried parsley
- ½ tsp dried sage
- ¼ tsp coriander
- Salt and pepper to taste

Heat the oil in a large stock pot on medium high heat, then add the onion and garlic. Cook until fragrant and soft, then add in all the other vegetables and apples. Season well with salt and pepper and let them brown slightly. Add in the stock, spices, herbs, and salt and pepper. Let the stew simmer until all vegetables are soft (around a half hour.) When the vegetables are soft, use an immersion blender to puree the mixture into a smooth soup. Serve with a nice sharp cheddar, a swirl of sour cream or hot sauce, croutons, grilled cheese, or a nice rustic bread. Simple and filling!

(Note: if using a crock pot, put all the ingredients in together and let cook on medium high for 4-6 hours. Puree just before serving.)



Fried Tomatoes

We've all heard of fried green tomatoes, but you can also use up ripe tomatoes for this savory dish. For me, it is all about the toppings!

- 4-5 large tomatoes, sliced into ¼ inch rounds
- ½ cup flour
- ½ cup panko or breadcrumbs
- ¼ tsp each salt and pepper
- ¼ tsp chili powder
- 2 eggs
- 1 ½ cup of oil for frying

Mix together the flour, breadcrumbs, salt, pepper and chili into a wide bowl. In another bowl, whisk up the eggs. Dredge the tomato slices through the eggs first, then the dried ingredients. (You can do this twice if you want a thicker breading).

Heat up the oil over medium high heat. When hot, drop in the battered tomato slices and fry for about a minute on each side or until browned.

Serve with corn salsa, chutney, sour cream, or eat them in a BLT sandwich.

Corn Salsa

- 2 cups cooked shucked corn
- ½ cup onion, diced
- ½ cup cilantro, chopped
- 1 jalapeno, seeded and diced (or to taste)
- Juice of one lime
- ½ cotija or feta cheese, crumbled
- Dash of ground cumin
- Salt and pepper to taste

Mix all ingredients together and serve over fried tomatoes or with your favorite burrito recipe. Or just eat it with a spoon!



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Benefits of Worms in Your Garden

By LIZ PIKE, WSU Extension Clark County Master Gardener



Gardeners are thrilled when they find worms while working in their garden beds because of the critical role these wiggly critters play in producing rich, healthy soil needed to grow vigorous plants. There are many earthworm benefits, but different species work better in different environments. Encourage more of them to thrive on your property by providing the right environment.

There are three basic types of worms:

Epigaeic worms, (red wigglers) are excellent for compost bins. They live at the soil surface and eat rotting organic matter.

Endogeic worms, (earthworms) live within the soil as deep as six feet, build lateral burrows and are the only worms that eat large quantities of soil. An earthworm can eat its own weight in organic matter every day.

Anecic worms, (night crawlers) come to the surface at night to drag leaves and other organic matter into their deep and permanent vertical burrows. Anecic worms play a central role in the decomposition of leaf litter and soil formation.

In a nutshell, worms influence soil fertility. By breaking up plant residues on the soil and mixing them with the topsoil, worms bring materials into contact with the soil microorganisms that carry out decomposition and the formation of soil organic matter. The microorganisms are a nutrient-rich food source for earthworms and are ingested along with soil and plant residues. The worms return these nutrients to the soil, primarily in their feces, known as casts. Worm casts are readily available for uptake by plants. Earthworms also facilitate the transport of microorganisms throughout the soil.

Tips for Optimum Worm Health

- Skip synthetic chemical fertilizers, fungicides, and pesticides: They can decrease populations and have a harmful effect on earthworms.
- Add mulch composed of grass clippings and leaves: These materials attract more earthworms than coarse mulches from straw or corn stalks.
- Add mulch made of wood fines: Smaller particles are easier for worms to digest and have more microbial activity, which attracts worms. Wood fines consist of the finest mulch available.
- Add compost: Compost mulch provides both food and shelter for earthworms.
- Avoid deep tilling: This can damage earthworm burrows.
- Keep soil moist: Earthworms need moisture to live. Keep soil moist by providing ground covers.
- Improve drainage: Waterlogged soil is inhospitable. Aerate and drain soil as necessary.
- Keep soil pH above 4.5: Earthworms don't like acidic soil. Adding lime increases the pH to an acceptable level and adds much-needed calcium.
- Purchase worms: For vermi-composting, you'll have to introduce worms to the compost bin. Worms are available locally at specialty nurseries.

Happy Gardening!



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EVENTS

SEPTEMBER 2023 - OCTOBER 2023

BIRDFEST & BLUEGRASS FESTIVAL

October 7

The Friends of Ridgefield National Wildlife Refuge BirdFest & Bluegrass 2023 schedule is here! Get an idea of what your day could look like on October 7th at Ridgefield National Wildlife Refuge and in downtown City of Ridgefield. Get in early for those Sandhill Crane Tour tickets, purchase buttons, and more! The schedule is subject to change, so stay tuned for updates and additions. ridgefieldfriends.org/birdfest-bluegrass/



OLD APPLE TREE FESTIVAL

October 7, 11am - 3pm

112 SE Columbia Way, Vancouver. The annual Old Apple Tree Festival is a celebration centered on the oldest living apple tree in the Northwest, planted at Fort Vancouver in 1826. The festival celebrates our community and its rich heritage with family fun, food, music, and history of Vancouver's Old Apple Tree. Throughout the day Urban Forestry Commissioners give away cuttings from the Old Apple Tree; cuttings are limited and will be given out until they are gone. This is a free, family friendly event with activities for children, food, live music, cider pressing and walking tours of Fort Vancouver Village and the Land Bridge. For questions about the cider pressing or the Festival, contact Urban Forestry at 360-487-8308.



APPLE CIDER PRESSING

October 28

Cedar Creek Grist Mill, 43907 NE Grist Mill Road, Woodland Step back in history and see around 10,000 pounds of apples made into cider. All ages can take a turn using the hand cranked presses. Bring an instrument to join the Bluegrass Jam on the back deck which starts at 9am. cedarcreekgristmill.org

FARMER'S MARKETS

VANCOUVER FARMERS MARKET

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. The Vancouver Farmer's Market has two locations: Downtown Vancouver and East Vancouver. vancouverfarmersmarket.com

DOWNTOWN MARKET

Downtown Vancouver: 8th & Esther St.

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Saturdays 10am - 2pm November through March.

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EAST VANCOUVER FARMERS MARKET

17701 SE Mill Plain Blvd, Vancouver.

Thursdays 10am - 2pm, through September 28.

CAMAS FARMER'S MARKET

Downtown Camas: 4th Ave, between Everett and Franklin
Wednesdays 3pm-7pm, through September 27.

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

RIDGEFIELD FARMERS MARKET

Saturdays, 9am-2pm, through September.

The Market is a revival of the heritage of farmers markets of a time long ago, where on summer weekends the freshest produce and homemade products would be displayed on tables. Vendors offer a great selection of products to choose from including local produce, plant starts, baked goods, flowers, soaps, jewelry, home décor items, clothing and more. Please note: Farmers Markets will be held at Davis Park for 2023. ridgefieldwa.us/305/Farmers-Market

SALMON CREEK FARMERS MARKET

Legacy Hospital, 2211 NE 139th St

Thursdays 11am - 3pm, through October 15.

salmoncreekfarmersmarket.com

FARMER'S MARKETS



PUMPKIN PATCHES



BI-ZI FARMS

9504 NE 119th St, Vancouver

Through October

Wagon rides, corn maze, pumpkin launchers, hot beverages, fresh pressed apple cider, food, farm animals, children's activities, live music (Saturdays and Sundays). Nighttime corn maze on Fridays and Saturdays. Check online for hours and more information: bi-zifarms.com

PUMPKIN LANE AT POMEROY FARM

20902 NE Lucia Falls Road, Yacolt

Weekends in October

Pomeroy Farm is a living history farm in Yacolt, depicting life in a pre-electric era. Check out their website for updates about the pumpkin patch and family activities at the farm: pomeroyfarm.org/pumpkin-lane/



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Visit ClarkPublicUtilities.com/StreamTeam
for more information.



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