SUMMER CAMPS & family fun 2021

For additional camp listings visit Columbia.com/summercamps

A PRODUCT OF THE COLUMBIAN'S ADVERTISING DEPARTMENT
Staycations are an option for budget-conscious vacationers or people who simply do not want to travel too far from home due to mobility issues or other restrictions.

Enhancing staycations with entertaining themes can improve the fun factor. While any themed day can be inspired by an active imagination, these ideas can get the creativity flowing.

- **Superhero day**: Embrace your favorite superhero by dressing up in his or her colors, donning a superhero T-shirt or watching an action-packed superhero movie.
- **Pajama day**: This is a fun theme for rainy days when Mother Nature keeps you indoors. Stay in your pajamas all day and enjoy a cozy, lazy day.
- **Alma mater day**: Parents and children can pull out their trusted college T-shirts, sweatshirts or other school attire. Bake up some tasty treats in school colors and then find some old photos or look for highlights of your alma mater’s sports teams online.
- **Throwback day**: Take a step back in time by playing games or engaging in activities from your youth. Teach youngsters about the toys you enjoyed or watch movies from the era in which you grew up.
- **Crazy hair day**: Embrace bed head, plug in the curling iron, double down on hair gel or pomade, or put those wacky coiffures into full effect.
- **Cultural day**: Tap into your personal heritage by researching your family tree and then preparing a meal that coordinates with your heritage.
- **Arts and crafts day**: Get crafty by tackling a creative project that the family will enjoy. Or engage in individual projects before comparing the final results collectively.

Push staycations to the next level with entertaining days based on certain themes.

— MetroCreative
SUMMER CAMPS 2021
PLAY • DISCOVER • CREATE

FAMILY FUN
Fort Vancouver Regional Libraries - SUMMER AT YOUR LIBRARY

Ages: Kids, teens and adults
Cost: Free!! Sign up for Summer at Your Library at www.fvrl.org or local library.
Location: To join online programs, you will need a computer, tablet or phone with a camera. Dates with * means Registration is required.
Contact Information: Fort Vancouver Regional Libraries, (360) 906-5000, fvrl.org

Medallion Art School – 2021 Kids Summer Camps
Ages: Six – teens
Cost: $175.00 per week with all materials furnished. Discount for attending more than one week. $75.00 deposit required. Refundable before July 1.
Location: Medallion Art School, 304 NE Crestwood Court (at 120th & Mill Plain), Vancouver, WA 98684
Description: Adventures in Art! Explore styles, experiment with materials, draw and paint, and create special works of art. Enjoy a new experience daily!
(See photos: MedallionArt.com) Register as soon as possible. Space is limited.
Contact Information: info@Medallion-art.com, 360-260-1690

Medallion Art School – Regional Libraries, (360) 906-5000, fvrl.org
Contact Information: (Spanish/English) 8/12*
Sing-along with Angel Ocasio (bilingual Spanish/English) 8/9, 8/7*, Magical Ventriloquist Vikki Gasko 8/2, Bilingual Music for Families with Nathalia (bilingual Spanish/English) 8/9, Sing-along with Angel Ocasio’s Comedy, Magic & Stuff 6/16*, Stories of My People Dance, Music & Poetry with Tumelo Michael Moloi 6/28, 6/29 Japanese Cultural ‘Edutainment’ and Music*, Andean Folk Music & Dance 7/5, Origami Toys: Create with Yuki Martin 7/8*, The Reptile Man 7/12, The Reptile Man: Interactive Reptile Experience 7/17*, Talewise: Unicorns Escape from the Zoo 7/19, OMSI: Altered States 7/20*, Myth-Chief, Magic, and an Ogre or Two! with Alton Takiyama-Chung 7/26, Writing Workshop with Eric Ode - Poetry 7/29*, Dragon Theater: Little Bugs, Big World 8/2, Bilingual Music for Families with Nathalia (bilingual Spanish/English) 8/7*, Magical Ventriloquist Vikki Gasko Green (bilingual Spanish/English) 8/9, Sing-along with Angel Ocasio (bilingual Spanish/English) 8/12*
Contact Information: Fort Vancouver Regional Libraries, (360) 906-5000, fvrl.org

OUTDOOR ADVENTURE
Family Adventure Camp at Mount St. Helens
Ages: Family groups of all ages
Time & Dates: July 10-11, 2021 or September 4-5, 2021
Cost: $95/person (Youth 4 and under are free)
Location: Mount St. Helen Science and Learning Center: 19000 Spirit Lake Hwy, Toutle, WA 98649
Description: Enjoy, explore and learn about Mount St. Helens with the whole family. Activities are designed for youth and adults. We’ll hike & play, create art, and get nerdy about geology & ecology, and camp out at Mount St. Helens.
Contact Information: mshinstitute.org, learn@mshinstitute.org, (360) 449-7883

Summer Boating Camps at Vancouver Lake Aquatic Center
Ages: 7-18 years
Time & Dates: 10:00 am - 12:30 pm, Mon. - Fri., 7 weeks available. June 21 - Aug. 6, 2021.
Cost: $125/session
Location: 8612 NW Erwin O Rieger Memorial Highway, Vancouver, WA 98660
Description: Learn to row/paddle canoes, kayaks, rowing shells and dragon boats on Vancouver Lake. All summer Mon - Fri. mornings. Beginners Welcome. Also Middle School, & High School Rowing and Adult programs available. Check our website for details.
www.vancouverlakerowingclub.com
Come join us for a fun summer on the water!
Contact: Coach Debby (360) 460-7396 debbyswinford@gmail.com

SCIENCE/STEM
Camp Invention
Ages: Entering grades K-6
Time & Date: Varies, June 21 - July 16, 2021. Check website for updates.
Cost: $265, but may vary.
Location: In person location varies, or at home options.
Description: Fuel the imagination of your future world-changer with our innovative and FUN hands-on STEM experience - now with in-person OR at-home options available! Register today with peace of mind and the flexibility to change your preference later. Plus, your child will love what’s in store this year!
Contact Information: Visit www.invent.org/local for information and to register.

Get Out for Two Hours of Fun each week!
Introductory Specials
$100 5 Weeks
$75 5 Weeks
$60 4 Weeks

Family Art Classes
Work at your own level, pace, and project

Masks Required

$75 5 Weeks
$60 4 Weeks

With Drawing Kit

Students can start anytime class space is available. One intro offer per student. Clip coupon or take photo with phone.

Limited time offer.

Kid’s 2021 Summer Art Camp weeks of July 19th & 26th.

Medallion Art School
304 NE Crestwood Court
See our video at medallionart.com

SUMMER AT YOUR LIBRARY
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Ages: Kids, teens and adults
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Neighborhood Scavenger Hunt

Go for a walk with someone and see what you can spot in your neighborhood.

- Bird
- Garden Hose
- Ladybug
- Birdhouse
- Flower
- Lawn Mower
- Dog
- Picnic Table
- Garbage Can
- Bumblebee
- Fence
- Rainbow
- Squirrel
- Bicycle
- Bunny
- Cat

To advertise in our next Summer Camp & Family Fun section in May or June contact Teresa.Davis@columbian.com or call 360.725-4572.
Few outdoor activities are more widely enjoyed than hiking. According to Statista, a statistics portal that gathers studies and statistics from more than 18,000 sources, more than 37 million people in the United States went hiking in 2015. That marks an increase of nearly eight million from 2006.

Hiking is a great activity that makes for great exercise and a wonderful way for people of all ages to spend time enjoying the great outdoors. Veteran hiking enthusiasts recognize that hiking, while a fun activity, can quickly become dangerous if they don’t exercise caution and prepare for their hikes. Novice hikers may want to focus on a handful of areas before going on their first hikes.

Attire
Appropriate attire and footwear can make hikes safer and more enjoyable. The American Hiking Society notes that hikers going on short hikes that do not involve heavy packs or technical terrain can wear trail shoes, while hikers should wear hiking books when carrying heavy loads or traversing more technical terrain. Boots offer more support than hiking shoes, making them more suitable than hiking shoes on difficult terrain.

In addition to wearing footwear appropriate to the terrain they will be traversing, hikers must pack rain gear and extra clothing. The AHS recommends that hikers dress in layers so they can adjust to changes in the weather and their activity levels. Avoid cotton, which keeps moisture close to the skin, and bring a hat to protect against unforeseen rainstorms and insects.

Technology
Men and women may be accustomed to pulling out their smartphones or tablets and employing the GPS services on such devices when they need directions. But it’s important that hikers recognize networks may not be accessible in wooded or remote areas. As a result, hikers should not think they can rely exclusively on technology to help them when they get lost. Hikers should carry a map and compass during the hike, making sure they bring an updated map of the trails they will be hiking.

Food and drink
Extra food and drink can help hikers whose hikes end up taking longer than they anticipated. Choosing snacks such as protein bars that can fill a person up without making him or her feel sluggish is a good idea. In addition, hikers should pack enough water to keep them hydrated during the hike and longer in cases a person gets lost or wants to stop and enjoy a nice view along the way. The AHS notes that drinking too little water during a hike can make one susceptible to hypothermia and/or altitude sickness.

Tools
Hikers should purchase a prepackaged first-aid kit for hikers, which the AHS notes can be found at any outfitter. In addition, a knife or multipurpose tool can help a person perform repairs on broken or malfunctioning gear. If need be, hikers should bring a backup pair of eyeglasses or, if contact lenses are worn, a lens kit and eyeglasses just in case.

Hiking is an enjoyable activity that continues to attract millions of people. But hikers must take steps to ensure their hiking trips are safe.

— MetroCreative
Children have a seemingly endless supply of energy. Channeling that energy into something positive can benefit kids’ minds and bodies. The American Academy of Pediatrics recommends various amounts of daily physical activity for children depending on their ages and abilities. Adhering to these recommendations is especially important in the wake of what many public health officials fear has become an epidemic of childhood obesity in many nations. For example, the United States-based Centers for Disease Control and Prevention reports that roughly 13.7 million children between the ages of two and 19 are presently obese. In Canada, the Childhood Obesity Foundation reports that childhood obesity rates have hovered around 12 percent for years.

Routine physical activity can help children maintain healthy weights, and it also pays dividends for youngsters’ mental health. According to the American Psychological Association, children between the ages of six and 18 who exercise regularly tend to have lower levels of depression, stress and psychological distress. Those findings, part of a 2019 study published in the journal Sports Medicine, reflect the ways exercise affects the mind. And the mental benefits don’t stop there, as the study also found that youngsters who are physically active also have higher levels of positive self-image, life satisfaction and psychological well-being.

The amount of physical activity children need each month depends on their age, and the AAP recommends the following age-based guidelines.

• INFANTS:
The AAP recommends infants get at least 30 minutes of tummy time and other interactive play throughout the day.

Continued on next page
• **TODDLERS:**
  Toddlers can be tough to keep up with, and parents can channel that energy into something positive by ensuring their kids get at least three hours of physical activity every day. Free play outside and daily neighborhood walks are some examples of appropriate physical activities for children in this age group.

• **PRESCHOOLERS:**
  Three-plus hours of physical activity, including one hour of moderate to vigorous exercise, is recommended for preschool-aged youngsters. Tumbling, throwing and catching are some of the activities recommended by the AAP.

• **ELEMENTARY SCHOOL STUDENTS:**
  School-aged children need at least 60 minutes of physical activity on most days of the week. The AAP recommends giving children in this age group ample opportunities for free play and to avoid having kids this age specialize in a single sport.

• **MIDDLE SCHOOL STUDENTS:**
  Students in this age group need the same amount and types of exercise that elementary school students need. But the AAP advises parents to guide children toward physical activities that encourage socialization and to avoid having kids this age specialize in a single sport.

• **TEENAGERS:**
  Teenagers need an hour or more of physical activity most days of the week. Muscle/bone strengthening activities should be included three days per week. Activities that encourage socialization and competition are beneficial to teenagers’ development.

Physical activity can benefit kids in myriad ways and should be a vital component of their daily lives.

— MetroCreative

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**AT YOUR LIBRARY**

**SUMMER CAMPS & FAMILY FUN**

**SUMMER 2021**

**June 15 – August 15**

**Sign up online in June**

Enjoy online programs all summer

**www.fvrl.org**

Visit us or call 360-906-5000 for more information
stories start here

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The α6600 is designed for powerful film-making, so pros and enthusiasts alike can share their stories with the world. The 180° tiltable display makes self-framing easy for vlogging or challenging shooting angles.

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