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Living

IN THE COUVE



JANUARY 2020

 **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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Look for the next issue on February 16, 2020
February theme: Health/Heart Awareness Month

Find past issues archived online at
www.livinginthecouve.com



Each monthly issue of Living In The Couve captures a glimpse of life here in Vancouver and Greater Clark County with special local features and community event listings, as well as regularly occurring topics related to: Health & Fitness, Kids & Family, In the Garden, Tastes & Brews, Food & Recipes, Money & Finance, and Arts & Culture.

Special Publications Manager
Laura Wenrick

Special Publications Editorial Designers
Kristi Atwood, H. Brannon

Content Editor
Kristin Dorsett

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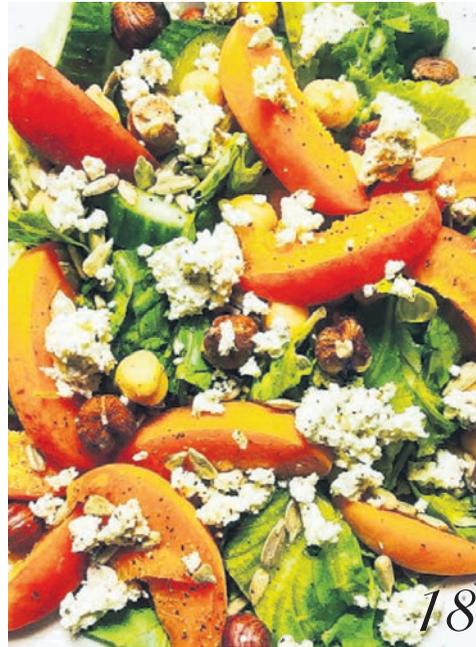
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WHERE TO FIND SNOW

by EILEEN COWEN, for *The Columbian*



When I moved here with my husband in 2005, I couldn't help but marvel at the rainy winters. It's not really rain, more of an incessant mist for five months. And, everything is so green! You can hike in January, albeit on muddy trails! I do love the rain, but I honestly miss a good snow storm. My childhood in Maine was full of snow, and it could happen at any time from October to May. I remember Halloween under layers of winter coats and LL Bean boots to kick through slush. Good, clean fun... kind of.

Anyway, the snow is so rare here in the lowlands,

any amount of white precipitation can easily shut down the region. But that doesn't mean people don't want to find a place to play in the snow. Ski mountains are great and all, but honestly can be quite cost prohibitive for families. Factoring in lift tickets and the price of rentals, a single day on the slopes for my family of five can easily blow a recreation budget.

Often overlooked options are sledding, snowshoeing, and cross country skiing. The rentals are generally much less expensive than downhill

Continued on next page ►

gear, and a sled can cost just a few dollars at the local hardware store. As far as snowshoes go, Camas Bikes can set you up with rentals. (An added perk is that if you decide to take the plunge and buy gear, they will prorate the price of one day's rental to your purchase cost.) There are different rental rates for adults, teens, and children, so be sure to call to make sure they have what you need. Renting cross country skis can be a little tricky, and you may have to head to REI, Next Adventure, or Mountain Shop in Portland to find a good fit.

Next, you will want to make sure you have the correct recreation pass. A Northwest Sno-Park Pass is the winter pass for federal lands. For a fee of \$40 per year, people can have access a number of fun sledding hills and hundreds of miles of winter trail fun at higher elevations. The pass covers the costs and maintenance of snow areas, especially the costs of plowing access roads. The Sno-Park Pass allows people the chance to have fun at some of the best winter recreation in Washington.

Oldman Pass in Carson is one of the closest Sno-Parks. Known for sledding, it also has trails for cross country or skate skiing. It is also a good nearby spot for a good, old fashioned snowball fight followed by hot chocolate around a fire. Stop by Backwoods Brewing Company for pizza and a beer afterwards; you won't be sorry!

On the east side of the Gifford Pinchot National Forest, Atkisson Sno-Park is a great option. It features trails that connect to the Ice Caves, and hosts a large warming hut to keep the chill away. SnowKing



and Pineside are other nearby options in the Trout Lake / Mt. Adams area. Both parks host miles of groomed cross country trails. These parks are great ways to explore the areas to our east and feature gorgeous views of Mt. Adams and even Mt. Hood.

Near Mount St. Helens, Marble Mountain is an easy place to explore the winter landscape. It is a great day trip destination because of its proximity to Cougar and the northern part of Clark County.

An excellent trail that is accessible at Marble Mountain Sno-Park is June Lake. The five mile trail features beautiful winter views of land unscathed by the 1980 eruption. Be sure to continue the ski or snowshoe path around the lake to catch a glimpse of the 40 foot waterfall. Frozen or not, it is a lovely sight. Marble Mountain is one of

the busiest Sno-Parks in the region, so make sure to plan carefully on beautiful days – there may be more people there than you thought!

Cougar Sno-Park is another spot that is easy to access. It is located on Forest Road 81 near the Kalama Horse Camp and features about 11 miles of ungroomed ski and snowshoe trails. This trailhead is also a popular place for snowmobiling, so be aware that you may have to share the trail. Fortunately, Cougar Sno-Park is less heavily trafficked than others in the region.

If you have more questions about Sno-Parks, winter access to National Forests and Parks, or want information on seasonal road closures, be sure to check the National Forest Service website for specific information. Conditions can change quickly in the Cascades, and the website has up-to-date closures to keep you safe. Additionally, make sure you know the dangers before you go: avalanches, tree wells, and snow cornices can easily catch people off guard. A great resource is the Washington Trails Association website, where you can find great winter recreation safety tips. By following these tips and using the right gear and resources, you too, can get your family outside for exciting, inexpensive year-round fun!





Helping Clark County Families Stay Cozy *with* **OPERATION WARM HEART** *and* **RACE FOR WARMTH**

by DAMEON PESANTI, of Clark Public Utilities



10k Run ♥ 5k Run/Walk ♥ Kids Fun Run

6 | JANUARY 2020

Winter is a challenging season. The sun rarely shines, darkness comes early and the rainfall seems to never-ending. But, for many folks, the most difficult part are the high heating bills that come after the temperature plunges.

Even though the national and local economies are doing well, not everyone is living well. One accident, lost job or medical emergency is enough to knock many people's financial lives out of balance and send them into a financial crisis.

The social safety nets built by the federal and state governments are there to catch people when things fall

apart, but, unfortunately, many people slip through. Clark Public Utilities built Operation Warm Heart with those people in mind. The program is designed to catch customers in financial crisis, but who might not qualify for other assistance programs.

Operation Warm Heart helps limited-income Clark Public Utilities customers pay their electric heating bills when they're barely making ends meet. Unlike most other programs that depend on government grants to operate, Operation

Continued on next page ▶

Warm Heart is entirely funded by the contributions from Clark Public Utilities' generous customers.

"We're incredibly fortunate to live in such a generous community," said Clark Public Utilities Community Care Manager Gretchen Alexander. "Our customers have their own bills and expenses to manage, yet they've donated enough money for us to help more than 14,800 families with more than \$3.6 million in energy assistance since 1985 when the program was created."

Donating is easy and all donations are tax-deductible. Customers can add a contribution of any amount to Operation Warm Heart to their monthly utility payment or make a one-time donation at the utility's website or by calling customer service.

"Whether they're one-time offerings or contributions of just a few dollars a month, they all combine to make a tremendous difference in the lives of local families," Alexander said.

People interested in making a donation, and having a little fun in the process should consider registering for the Race for Warmth on Sunday, Jan. 26.

What started as a modest fundraising event has evolved into a community institution that many people look forward to help them shake off the doldrums that come during the coldest part of the year. Last January, just under 1,500 people signed up and contributed more than \$66,000 to Operation Warm Heart.

Both the 10K run and 5K run/walk start at the Clark Public Utilities downtown office on Fort Vancouver Way and goes through downtown, but the 10K also takes runners along the Columbia River.

Kids who love to run, but aren't quite old enough for the main events are invited to join us for the kids race around the utility's parking lot. Plus, they can have a good time hanging out with the Ridgefield Raptors mascot Rally the Raptor.



"The race offers something for everyone—whether they're serious athletes or just out to have a good time," said Clark Public Utilities Marketing and Events Specialist Maxie Mayer. "Competitive runners appreciate that the race is professionally timed and can help them qualify for other events, but lots of participants just want to have fun."

"Every year, tons of people come wearing team costumes, or tutus, brightly colored clothes or pushing their kids in strollers," she added.

Whatever their reason for signing up, hundreds of people come out every year. Every dollar of each participant's registration fee goes directly to Operation Warm Heart. Over the last five years the race alone has raised more than \$200,000 for the program.

Everyone who registers will receive an event packet, filled with a long sleeve performance shirt, a drawstring backpack filled with goodies and snacks. After the race there will be free drinks, soup and grilled cheese bites. Finally, all registrants will be automatically entered into prize drawings.

People can sign up the day of the event, but register by Dec. 31 to guarantee shirt in your size.

In years past, the after party took place across the street from the utility offices. This year, participants can go to Heathen Brewing for a free pint of beer after the race.

Anyone who is struggling to stay ahead of their bills should consider Operation Warm Heart as a solution. Households with an income at or below 150 percent of the federal poverty level may be eligible. But even if that isn't the right fit, the utility offers several other assistance programs that might be. To find out about program eligibility and next steps, visit the Clark Public Utilities website or call the customer service department at 360-992-3000. Someone is there to answer the phone 24 hours a day, seven days a week.



RACE FOR WARMTH

SUNDAY, JANUARY 26

REGISTER/PACKET PICK UP: 7:00AM

10K START: 9:00AM

5K RUN/WALK START: 9:15AM

**LOCATION: CLARK PUBLIC UTILITIES,
1200 FORT VANCOUVER WAY**

**Online registration is open until midnight
on Saturday, January 25.**

Day-of registration will be available for **\$40.00**.

EMPOWER THE COMMUNITY



If you notice injustice in your community, **speak up through adversity and draw attention to a cause you believe in.**



It's an opportunity to ask for changes that boost the economy or livelihood in your neighborhood.

King was an important advocate during the civil rights movement and pushed to ensure citizens were treated fairly. If you notice injustice in your community, speak up through adversity and draw attention to a cause you believe in. He gave the ultimate sacrifice by standing up for citizens who were treated unjustly, and you can do the same.

WHAT IS MARTIN LUTHER KING JR. DAY?

According to the Corporation for National and Community Service, Martin Luther King Jr. Day was signed into legislation in 1983 and signified King's birthday as a federal holiday. The day is intended to empower individuals, strengthen communities, bridge barriers and create solutions to problems in society.

A popular moniker the holiday has gained is treating it as a day on, not a day off. That means you should celebrate the day by taking action to enhance the community rather than treating it as a vacation day. King worked tirelessly to fight for equal rights, and his message should continue to inspire people to act and strive for a better future.

HOW TO VOLUNTEER

To honor King's life, volunteer to make the world a better place is a wholesome tradition. Here are some organizations that encourage participation on this honorable holiday.

Environmental Protection Agency: Since 2012, the EPA has asked volunteers to clean up neighborhoods and increase green conditions in community parks and open spaces.

MLK 365: Global Citizens 365 is one of the largest MLK Day event organizers. They work with nonprofits, food banks and schools to open the door for volunteer opportunities.

American Civil Liberties Union: Chapters belonging to the ACLU across the country host rallies and parades to celebrate King's life. You can show your support by attending or volunteering at these incredible events. -GS



LOCAL MLK DAY OF SERVICE VOLUNTEER OPPORTUNITIES

JANUARY 20, 2020

Beach Clean Up and Invasive Removal @ Water Resources Education Center

9:30am-12pm

Observe Martin Luther King Jr. Day with a family-friendly service project at the Water Resources Education Center. Help clean the beach and remove non-native plants. Please note: Children must be accompanied by a parent or guardian. Call 360-487-7111 or visit www.cityofvancouver.us/watercenter. Training, gloves, tools, water and snacks will be provided. Contact Volunteer Programs to RSVP: cityvolunteer@cityofvancouver.us or call 360-487-8344.

Park Spruce Up @ Homestead Park

2pm-4pm

Volunteer with the City of Vancouver Parks and Recreation Department to plant 50 native spirea plants and help

spruce up Homestead Park. Training, gloves, tools, water and snacks will be provided. Meet at Southeast corner of Homestead Park - SE 19th St and SE 159th Pl. Family friendly and great for teens. All ages and abilities welcome! Volunteers should dress for the weather and wear long pants and closed-toe shoes. Questions? Contact Volunteer Programs cityvolunteer@cityofvancouver.us or call 360-487-8344.

Invasive Ivy Removal @ Blandford Canyon

8:45am-12pm

Tools, gloves, snacks, hot apple cider, and water will be provided. Bringing a reusable water bottle is encouraged. Wearing closed-toe shoes and weather-appropriate clothing is recommended. The recommended minimum age for children to volunteer is 10 years old. Children from ages 10-14 will need a parent or guardian

present to participate. Teens from ages 15-17 only need a parent or guardian signature on the release form located at secure.lglforms.com. Park at 5411 E Mill Plain Blvd, Vancouver and meet at the corner of MacArthur Blvd. and N. Blandford Rd.

Stewardship Saturday @ Columbia Springs

10am-1pm

Volunteer work parties including projects like planting trees, removing invasive species, trail maintenance, and more! Bring a water bottle. Wear closed toed shoes and clothing appropriate for outdoor work. Snacks, tools, gloves, training, and guidance provided. 12208 SE Evergreen Hwy, Vancouver

**Find more year round opportunities
at www.nationalservice.gov and
Retired and Senior Volunteer
Program (RSVP)**

www.hsc-wa.org/rsvp



Heat a Home, Warm a Heart!

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

Clark Public Utilities
OPERATION
WARM HEART



Heat a Home, Warm a Heart!

clarkpublicutilities.com



by KALEY MCLACHLAN-BURTON for
Clark County Public Health Solid Waste
& Environmental Outreach

Is Your *Style* Sustainable?

Many of us have recently pulled last year's cold weather wear out of the closet only to find sweaters that don't fit anymore or that the zipper on your winter coat finally gave up and broke completely. Before you run out to replace those items with something new, consider the environmental impact of what you wear. To make a single pair of jeans the amount of freshwater used is equivalent to a seven year supply of drinking water for one person, according to the UN. Most Americans will throw those jeans in the garbage mere months after purchasing them. The average American sends 70 pounds of clothing to landfills each year. We're buying and tossing more clothing than ever, and that has serious environmental consequences. The UN's Conference on Trade and Development names the fashion industry to be the second most polluting industry in the world, emitting more greenhouse gases than air travel and maritime shipping combined. How can you stay fashionable while being kinder to the environment?

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Here are five ways you can make your style more sustainable:

1 BUY LESS: According to the UN, the average person in a developed country uses 27 metric tons of natural resources every year for the manufacture, packaging and transport of all the material goods we buy, including clothing – that’s the weight of over 16 cars! We’re consuming so much “stuff” that in just 30 years we’ve used one-third of the planet’s natural resources. We need to be asking ourselves if we really need what we’re buying, and we should buy only what we need. The best way to reduce our environmental footprint is to reduce how much we consume.

2 BUY USED: According to the UN, the average person is buying 60 percent more clothing than they did 15 years ago, but is using that clothing for half as long before discarding it. Buying used clothing can reduce the demand for new clothing and the natural resources used to make it. At ClarkGreenNeighbors.org you can view a map of nonprofit thrift stores in Clark County. Search Craigslist, Nextdoor and other online marketplaces for deals. There are also many local neighborhood-based “Buy Nothing” groups on Facebook where neighbors

offer items, including clothing, for free. When you do get new-to-you used clothes, try to get garments that can be worn in multiple seasons and with multiple other items in your wardrobe, maximizing the value you get from that item and reducing the need to add more to your closet.

3 REPAIR: A lot of garments tossed in the garbage only needed a minor repair to be wearable again. If you’re not sure how to fix a garment, ask for help on neighborhood forums like Nextdoor. You can also take garments to Repair Clark County events where volunteers will try to fix your garment for free, and can teach you some basic repair skills! Go to RepairClarkCounty.org for dates and locations of upcoming events.

4 DONATE: It takes over 1,981 gallons of water to make one new pair of jeans. Tossing those jeans after only a couple of wears would be a big waste of all the resources that went into creating them! Instead, donate them to a thrift store, charitable organization or school family resource center. Reach out to your neighbors and friends for recommendations of nonprofits in need of clothing donations.

5 RECYCLE: For clothing that can’t be donated or sold, there aren’t many options for recycling. You can purchase a textile recycling collection box from TerraCycle to send items that typically can’t be donated, like headbands, stained baby bibs, and cotton balls, to be recycled. These boxes aren’t inexpensive, so ask friends or neighbors to chip in to purchase the box and recycle their textiles, too. If you must dispose of an item of clothing that can’t be sold, reused or donated, toss it in your garbage can, not your recycling cart!

Clothes are a way for us to express ourselves. Use your style to express your desire to protect our planet. Buy less, swap clothes with friends or use old garments in new styles. When you do buy, buy used or shop brands that use natural or recycled fibers and incorporate sustainability into their business model. When you’re done with an item, don’t just toss it! Sell, consign, donate, repair or reuse to keep valuable textile resources out of the landfill. You can find reuse, recycling and donation options for hundreds of items using the RecycleRight app from the Apple App Store or Google Play Store. Don’t have a smart phone? Go to RecyclingDoneRight.com! For more tips and resources for sustainable living, go to ClarkGreenNeighbors.org.

Out with the old, in with the new

Find donation options for hundreds of items at RecyclingDoneRight.com



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



Planning for Brighter Days

by KAREN PALMER, WSU Clark County Extension Master Gardener



We still have a few cold dreary months ahead of us but nothing brightens my spirits more than dreaming of my spring vegetable garden, browsing seed catalogs (and placing some orders!), and planning what goes where in the beds. It is easy to get carried away in the catalogs so

the best place to start is by sketching out your garden. Your sketch does not have to be fancy. Just grab a piece of paper and a pencil and start doodling.

Whether you have one or a few raised beds in your yard, a community garden plot, or a large plot on acreage, a little planning can help reduce disease and pest damage. So let's talk about crop rotation. Most diseases and pests tend to prefer specific vegetables that belong to the same plant family; therefore it is preferable to congregate all the vegetables in the same plant family together and then rotate to a different place next year. Even if you have been gardening in the same plot a long time, it

is never too late to start this method. A few examples are the Solanaceae family which includes eggplant, pepper, tomato, and potato; the Chenopodiaceae family includes beet, chard, and spinach; and the Brassicaceae family includes cabbage, broccoli, kale, and kohlrabi.

Now the fun part begins! Sit down someplace cozy and start looking at seed catalogs, hardcopy or online. Some of my favorite catalogs include Territorial Seed, Baker Creek Heirloom Seeds, and Pinetree. But there are many

reputable companies out there. Don't forget to check your leftover inventory from last year. Many seeds are viable, if stored correctly, for a few years. If you have room, try something new -- you may just find a new favorite. I have to do this part of the planning process when I am not hungry; just seeing the pictures of sugar snap peas or vine-ripened tomatoes makes my mouth water.

Once you have figured out what seeds you need and the best place to get them, go ahead and get your order in early. New and popular varieties can run out of stock.

Now is a good time to start your vegetable garden

record keeping system. You will want to file that map you made of your garden plot, what seeds you ordered and from where, and then provide a place to jot some notes about what works and what doesn't. I use a three-ring binder but a folder in a drawer, files on the computer, or even just a paper clip will keep all your records together.

Now you are set until it is time to check your tools and get the first seeds in the ground. If you need more

information about the vegetable plant families, what grows well here, or general vegetable gardening information, help is an email or phone call away from your Clark County Master Gardeners. Contact us at mganswerclinic@clark.wa.gov or 564-397-5711. Cheers to a bountiful harvest.



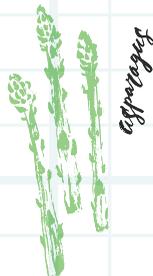
garlic



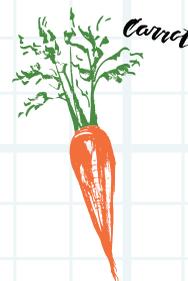
cabbage



broccoli



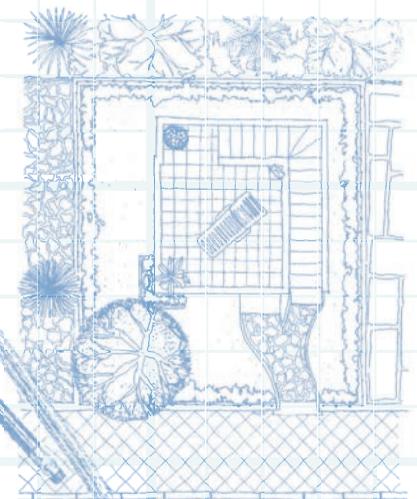
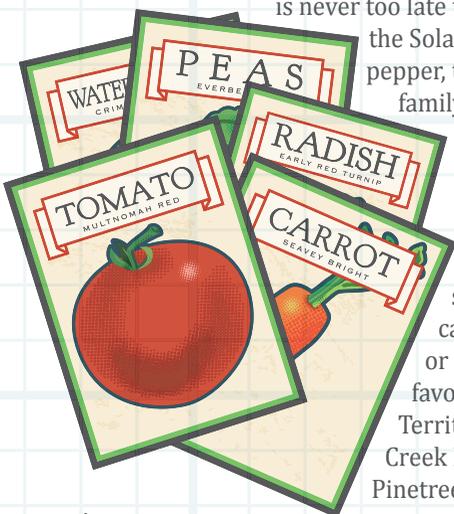
asparagus



carrot



eggplant



Winter IS AN IDEAL TIME TO GET ORGANIZED

by LIZ PIKE,
WSU Clark County Extension Master Gardener

Fall cleanup is checked off the list. Thanksgiving is in the rear view mirror. The Christmas decorations are up and now it's time to ring in the holiday cheer! As we move past these joyful times with family and friends, there's no better time than January to get organized for the garden season ahead!

CLEAN UP YOUR ACT!

I find the chilly winter months are a great time to tackle special projects around our farm. The soil is too wet to work. And, I really do need to get organized! My latest project was to clean up my tools and build a handy tool storage area for them in my work shed.

When we moved to our property almost ten years ago, I claimed a "lean-to" structure that was attached to my husband's shop. This work shed became an ideal place to store garden tools, hardware, wood working equipment, livestock feed and other miscellaneous items. For whatever reason, I had relegated all of the garden tools to the very back wall of this shed. That needed to change.

A few weeks ago, I spent about \$30 in materials to purchase 5 sticks of lumber and some hooks to make a handy tool storage area. Since many of these tools are used on a daily or weekly basis, I placed the new tool storage area in a prominent area at the front of the work shed. It's well-lit and provides for quick access.

The free standing U-shaped structure features four interior shelves to store additional garden related items. I was able to find enough scraps of plywood laying around so there was no need to purchase the shelving material. I'm not sure why I waited so long but I'm glad I have a handy tool storage unit near the entrance to my work shed. Having quick and easy access to a rake, a pruner, or a shovel is all part of a lean-process I'm now going through at our farm.

This shed also has a couple of built-in work benches. It's enclosed on all four sides and makes for a nice work shop during winter months! Happy gardening!

Liz Pike operates Shangri-La Farm, a two-acre organic farm in Fern Prairie. She raises vegetables, fruits, berries, a large flock of free range egg-laying hens and a few Soay sheep. Honey from her honeybees along with seasonal produce compliment year round egg sales at the Shangri-La Farm Stand.





CELEBRATING THE CHINESE NEW YEAR

Each year, millions of people across the globe celebrate a unique holiday that is rich in tradition, spectacle and pageantry. The Chinese New Year, also known as the Lunar New Year or Spring Festival, is celebrated around the world, even by people who do not trace their heritage back to China.



Continued on next page ▶



In China, Chinese New Year marks the end of the coldest days on the calendar and welcomes spring with new beginnings and the start of planting season. This spectacular holiday follows the lunar calendar, so there is no set date for the event. The Lunar New Year begins between January 21 and February 20 each year and lasts about 15 days. In 2020, the celebration begins on Saturday, January 25.

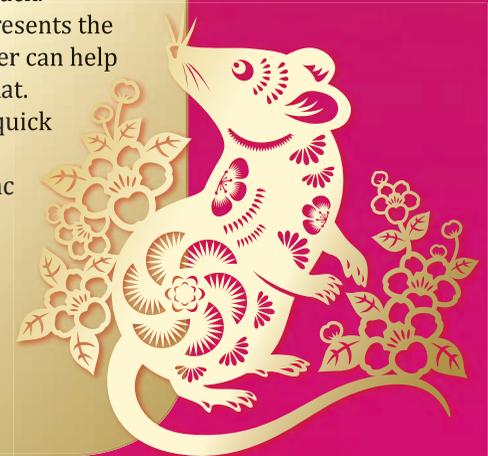
Fireworks are a large part of Chinese New Year festivals. According to Chinese mythology, a monster named “Nian” would come about every New Year’s Eve, forcing people to hide in their homes. A brave boy fought Nian off using fireworks, and the following day the public celebrated their survival by setting off even more pyrotechnics. Fireworks became a key component of celebrations from that point forward.

Some other traditions associated with the holiday include burning fake paper money and printed gold bars in honor of deceased ancestors. It is believed these offerings will bring fortune and good luck to ancestors in the afterlife. Other customs include cleaning homes thoroughly prior to the dawn of the new year, welcoming family for a big reunion and avoiding activities deemed to be taboo. Such activities may include hair cutting, using scissors and other sharp objects, arguing, saying unlucky words, or breaking things. Children receive money tucked inside of red envelopes to help transfer fortune from elders to younger generations. In addition to red envelopes, homes and decorations are adorned in red. The red color was purported to be instrumental in scaring away Nian and bringing about luck.

Another component of Chinese New Year is the Chinese zodiac. One animal represents the entire year, and there are 12 different animals. The animal a person is born under can help decide his or her career, health and relationship status. 2020 is the year of the Rat. The Rat is associated with wealth and surplus and also is known to be a clever, quick thinker. The Rat is successful, but content to live a peaceful life.

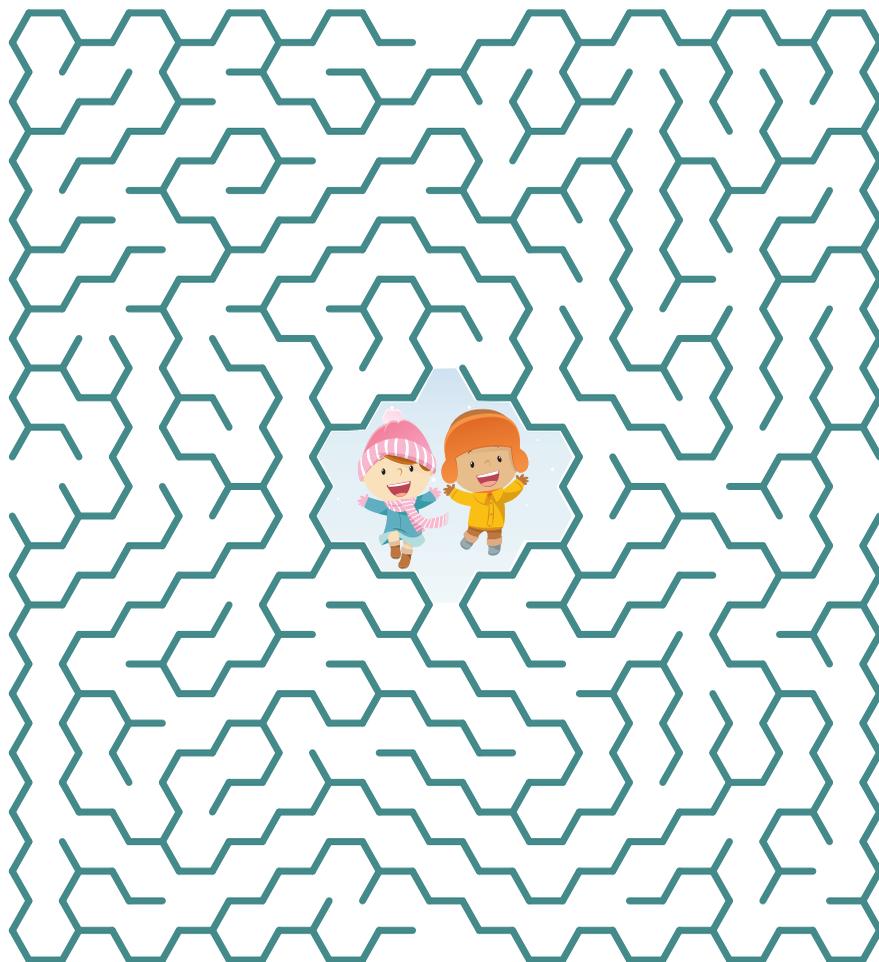
The Chinese believe your ben ming nian, or the year of your zodiac animal, is the unluckiest for you because it is a rebirth year and a time when children can easily be taken by evil spirits. Wearing red all year is a defense against this. Those born in 1936, 1948, 1960, 1972, 1984, 1996, and 2008 are all born under the Rat.

Chinese New Year is a spectacle that Chinese and non-Chinese alike can behold. -MC





Help The Friends Get Out of the Maze



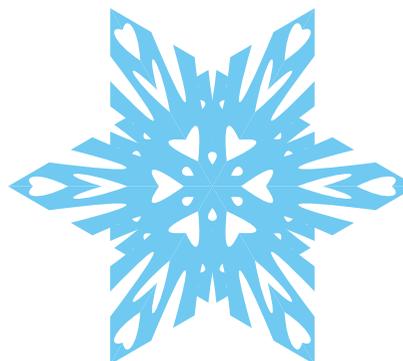
This is a zigzag word search puzzle. Words go left, right, up, down, not diagonally, and can bend at a right angle. There are no unused letters in the grid, every letter is used only once.

Winter

B	D	E	T	S	O	R	F	S	C
A	S	C	N	E	W	Y	F	R	A
R	E	E	J	R	A	E	M	I	T
E	E	M	A	S	N	O	W	M	T
T	R	B	N	U	A	S	N	A	E
I	T	E	I	S	R	N	E	I	N
N	A	R	C	K	Y	O	L	C	S
G	K	S	E	I	F	W	C	I	H
F	E	B	R	I	L	A	S	L	G
Y	R	A	U	N	G	K	E	E	I

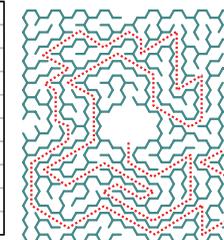
Find all the words from the word list (ignore spaces and dashes):

- BARE TREES
- ICICLE
- SKIING
- DECEMBER
- ~~JANUARY~~
- SLEIGH
- FEBRUARY
- MITTENS
- SNOWFLAKE
- FROST
- NEW YEAR
- SNOWMAN
- ICE SKATING
- SCARF



ANSWERS

B	D	E	T	S	O	R	F	S	C
A	S	C	N	E	W	Y	F	R	A
R	E	E	J	R	A	E	M	I	T
E	E	M	A	S	N	O	W	M	T
T	R	B	N	U	A	S	N	A	E
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Make Your Own PAPER LANTERNS



Chinese New Year (also known as Lunar New Year) is a festival that begins on the first day of the Chinese lunar calendar. It starts on the first night of the new moon between January 21 and February 20 and lasts until the moon is full. Many traditions take place during this time such as honoring ancestors, family gatherings, money gifts in red envelopes, and fun decorations such as paper lanterns. The Lantern Festival occurs during the full moon on the last day of the Chinese New Year celebration and features brilliant displays of illuminated paper lanterns. The paper lanterns are usually red to symbolize good fortune.

It's easy to make your own paper Chinese lanterns. All you need is some paper, scissors, and tape or glue.

1. Fold a rectangular piece of paper in half length-wise.
Many different kinds of paper will work but if you're going to put a light inside your lantern then tissue paper or rice paper will allow the most light to shine through it.
2. Make long evenly spaced cuts into the folded side of the paper, stopping about one inch from the raw edge on each cut.
3. Unfold the paper and bring long side edges together to form a tube.
4. Tape or glue the long side edges together.
5. Make a handle for your lantern by cutting a one inch wide strip from the long side edge of another piece of rectangular paper. Tape or glue the edges of the strip of paper to one end of your lantern, forming a handle.

Hang from a string by the handle as a room decoration or place lantern over a battery operated tea light on a table or shelf. -MC

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HEALTHY EATING

Inspirations

- FOR 2020 -

1 Seasoned Chicken and Broccolini



2 Scrambled Egg and Goat Cheese Dish

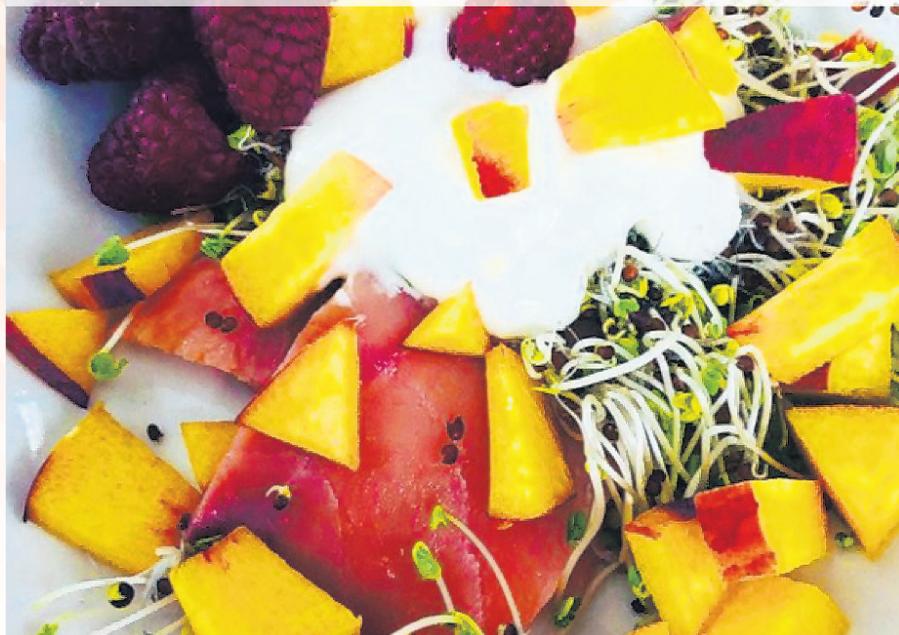


3 Hazelnut Cottage Cheese Salad



Continued on next page ▶

4 Smoked Salmon with Fresh Peaches and Yogurt



1 Seasoned Chicken and Broccolini

Season about one cup chopped Chicken with a little Mrs. Dash, lightly brown/cook in about a teaspoon of coconut oil in skillet. Sautee one cup of chopped broccolini in skillet with chicken for about 6 minutes (leaving broccolini not fully cooked to add a little crunch). Mix in bowl with half cup of chopped cilantro and place on bed of half sliced avocado.

2 Scrambled Egg and Goat Cheese Dish

In skillet place 2 fresh garlic cloves slivered, one jumbo egg, 1/4 cup diced fresh baby spinach and 1/4 cup chopped red bell pepper. Scramble and fully cook egg. Place egg combination on 1/4 cup of cubed or sliced avocado, topped with tablespoon crumbled herbed goat cheese and fresh ground pepper. Mixed greens, hazelnuts, pumpkin seeds, 1/4 cup of cottage cheese and about a tablespoon of Mrs. Dash Garlic Herbs mixed with the cottage cheese for dressing.

3 Hazelnut Cottage Cheese Salad

In large bowl combine half cup raw baby spinach, half cup mixed salad greens, 1/4 cup hazelnuts, 1/4 cup pumpkin seeds. In small bowl combine 1/4 cup cottage cheese and about a tablespoon (or to personal taste) of Mrs. Dash Garlic Herbs and pour onto the salad for a light, flavorful and a tasty healthy salad "dressing" option.

4 Smoked Salmon with Fresh Peaches and Yogurt

A slice of smoked salmon, topped with 1/4 cup sprouts, 6 raspberries, 1/2 slices peach and topped with a heaping tablespoon of peach Greek yogurt.

5 Fresh Apricot, Goat Cheese and Hazelnut Salad

One cup chopped Romaine Lettuce, 1/4 cup chopped English cucumber, 1 tablespoon garbanzo beans, one small apricot, 1 tablespoon sunflower seeds, hazelnuts and 1/4 cup herb goat cheese.

5 Fresh Apricot, Goat Cheese and Hazelnut Salad



Wendy D. Ruesser – "A Cup and a Smidge"

I'm not a trained chef. Creating healthy, flavorful and usually simple meals on a budget. #healthygoals #selfcare #selfempowerment

If you try any of my suggestions or ideas, let me know what you think or how you made it your own!

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Keeper of The Keys

by LETHA BRANDENBURG, Owner, *The Healthy Weigh*

If you set some New Year's resolutions this year, there's a chance you've already broken them. They say (who is "they" anyway?) that 85% of New Year's resolutions are broken by January 15th.

If this is you, take heart. Every day, not every year, is a fresh opportunity to continue to build on the hopes and dreams you have. You didn't break your resolutions; you just might have made choices that don't support them. I've learned that accepting where you are and understanding that you are always creating your life with the choices you make is a big key to living the life you desire. You don't start and stop, you don't begin again...you just keep moving forward.

I've also learned over the 38 years as I've worked with people to live their healthiest lives, that the majority of the work to make those healthy one day at a time choices, lies in their thought life.

You can't be around me for very long without hearing me say that this weight loss thing is all about your thought life!!! How we think determines how we act. So how and what we think about as we start this New Year is a BIG deal. On this day when 85 % of us have "broken our resolve," I thought I'd post this powerful poem about our thought life! It's so reassuring to be reminded that WE hold the keys to our thought life! We have COMPLETE control over how we think!!

Continued on next page ▶



Keeper of the Keys

Guy Gilchrist

You are the Keeper of The Keys.

You are the Guard at The Gate.

*Waiting in line to get through that door is
LOVE and also HATE.*

In line to enter is GENTLE PEACE.

And also VIOLENT WAR.

You must choose who may, and who may not come through the door.

INTOLERANCE tries to sneak on through

On wings of FEAR, or PRIDE.

It hides behind DREAMS of BELONGING,

And tries to sneak inside.

Oh! Be alert! You're the Guard who decides

Who GOES and who may STAY.

You are The Keeper of The Keys to Your Mind.

Who will you let in today?

I encourage you to be the "Keeper of the Keys" to your mind today and every day for this New Year. Choose to think rightly and guard your thoughts. Who will you let in today? It might just be the resolve you're really needing.

Always encouraging you,
Letha



*Letha Brandenburg, Owner,
The Healthy Weigh, Vancouver, WA*



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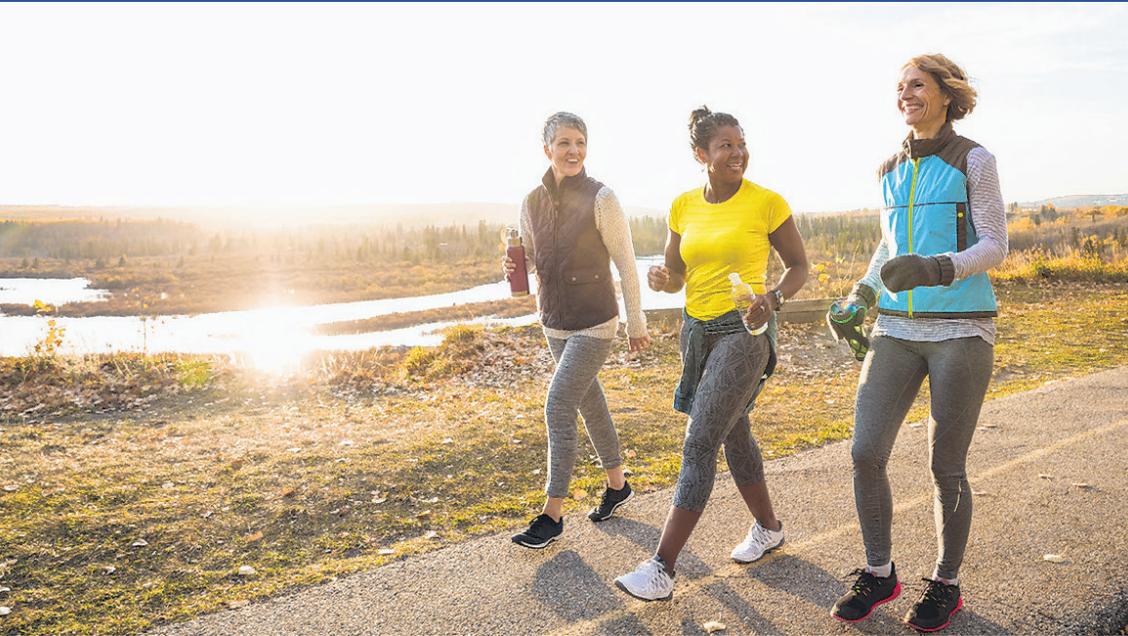
It's okay
if walkers
miss the

10,000 Step Standard



The 10,000-step standard - which equates to roughly five miles, depending on a person's stride length and speed - has some surprising origins that are not necessarily rooted in medical science.

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Over the last several years, many people have embraced the notion that 10,000 daily steps are the way to being physically fit. Health experts espouse that notion and trainers endorse it, but is there scientific proof behind the recommendation?

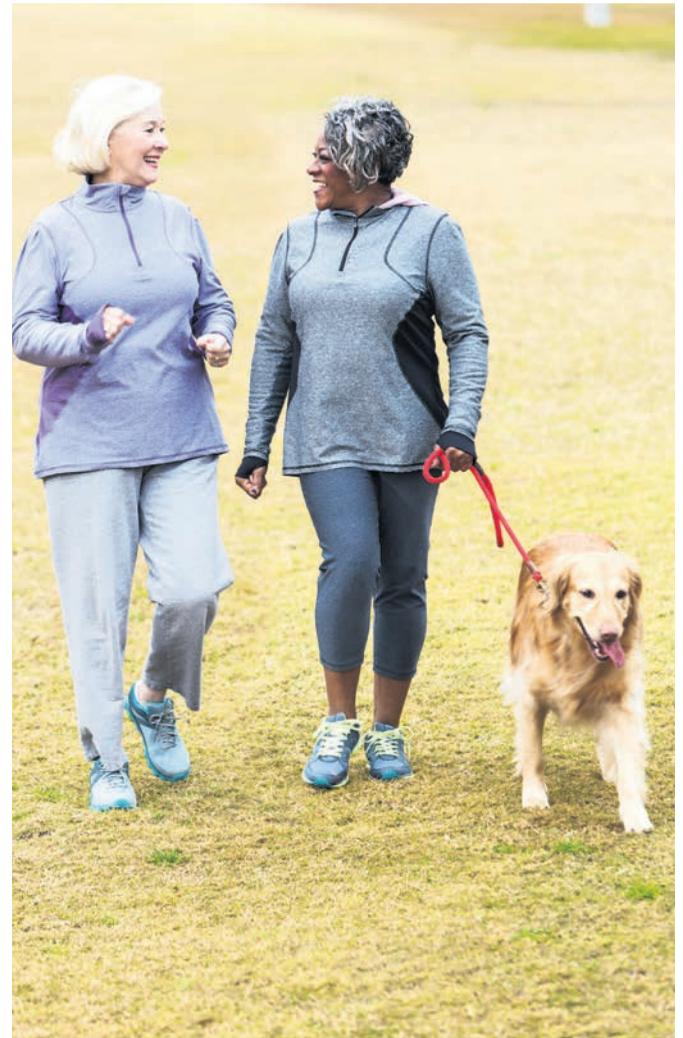
The 10,000-step standard — which equates to roughly five miles, depending on a person's stride length and speed — has some surprising origins that are not necessarily rooted in medical science. I-Min Lee, a professor of epidemiology at the Harvard University T. H. Chan School of Public Health and the lead author of a new study published in May 2019 in *The Journal of the American Medical Association* wanted to explore the origins of the 10,000-step recommendation. She discovered the guideline evolved from a marketing strategy devised by a Japanese company called Yamasa Toki. That firm introduced its new step-counter in 1965, naming it Manpo-Kei, which translated into “10,000 steps meter.” They marketed the meter using the Japanese character for “10,000,” which resembles a man walking. The character and round number proved memorable and the slogan, “Let’s walk 10,000 steps a day” was catchy. As a result, many people adopted the 10,000-step approach, even though its medical benefits might not have been proven.

But this isn't to suggest that taking 10,000 steps per day cannot be part of a healthy living plan. In fact, such a goal promotes physical activity, which is a key component of a healthy lifestyle. However, simply taking 10,000 steps per day might not be enough to achieve long-term health.

Lee conducted her own research to test if the Japanese were on to something by inadvertently setting the 10,000-step standard. She found that an increase in walking correlated to lower mortality rates among more than 16,000 elderly American women. However, when these women reached about 7,500 steps the mortality rates leveled out, suggesting that those extra 2,500 steps might not be necessary.

Even the manufacturer of one of the most popular fitness trackers, Fitbit, says that users' step goals can vary depending on need, and that goals may even shift over time. People who are looking to lose weight and maintain their existing health will need to modify their step count accordingly. Working with a qualified trainer or using a medically sanctioned training program can help people exercise safely and effectively.

Taking 10,000 steps per day may help people achieve their health-related goals. But 10,000 steps alone likely won't be enough to achieve optimal health. -MC



Rebecca Noel Designs

OWNER OR CEO:

Rebecca Loomis

YEARS IN BUSINESS:

10

WHAT PRODUCTS DO YOU MAKE?

I make jewelry that people would consider elegant, trendy, and easy to wear. I work with a lot of sterling silver, gold fill, gemstones, resin, and mixed media. I have a line of botanical jewelry with resin, and a line of inspirational necklaces with all hand done calligraphy.

WHERE ARE THEY AVAILABLE?

I have a website- www.rebeccanoeldesigns.com, and am a regular vendor at the Night Market Vancouver.

WHAT MAKES THEM UNIQUE AND SPECIAL?

My tagline is "artisan jewelry inspired by nature and song." When I first started doing my calligraphy necklaces I used some lyrics from hymns. Words really can encourage people and help set a mindset for yourself. For me my Christian faith is really important and if I can wear something that gives me peace then I want to help other people through my jewelry also. I have helped a lot of people design custom necklaces for loved ones. I do all the calligraphy in my necklaces with a calligraphy pen so each pendant is unique even if they look the same. Everything I make is hypo-allergenic, and I handmake all my earwires from sterling silver and gold fill.

WHAT IS YOUR COMPANY'S MISSION AND VISION?

I want women who wear my jewelry to feel that they have a piece of something that gives them hope, makes them feel beautiful, and will last for a long time. When they see Rebecca Noel Designs jewelry I want them to have a "pause" moment and a sense of resfulness.

WHAT IS ONE OF YOUR BUSINESS GOALS FOR THE NEXT YEAR?

Right now this is still a part time job for me, but I hope to increase the number of days per week that I'm able to spend on it. I also hope to increase my wholesale customers this year so you can find me in more shops around the area.

MADE LOCAL



Website:

www.rebeccanoeldesigns.com

Instagram:

[@rebeccanoeldesigns](https://www.instagram.com/rebeccanoeldesigns)

Facebook:

[facebook.com/rebeccanoeldesigns](https://www.facebook.com/rebeccanoeldesigns)



If you or someone you know is a local maker that we might feature, please send contact information to laura.wenrick@columbian.com for consideration.

The dawn of a new calendar year often marks the end of the sometimes hectic holiday season. This time of year marks a return to normalcy for many families, as the kids go back to school and parents return to work.

The beginning of January also serves as a great time to start preparing for tax season. While the deadline to file returns may be several months away, getting a head-start allows men and women the chance to organize their tax documents so they aren't racing against a deadline come April. The following are a handful of ways to start preparing for your returns now.

- **Find last year's return.** You will need information from last year's return in order to file this year, so find last year's return and print it out if you plan to hire a professional to work on your return.

- **Gather dependents' information.** While you might know your own Social Security number by heart, if you have dependents, you're going to need their information as well. New parents or

adults who started serving as their elderly parents' primary caretakers over the last year will need their kids' and their folks' social security numbers. If you do not have these numbers upon filing, your return will likely be delayed and you might even be denied potentially substantial tax credits.

- **Gather your year-end financial statements.** If you spent the last year investing, then you will have to pay taxes on any interest earned. Interest earned on the majority of savings accounts is also taxable, so gather all of your year-end financial statements from your assorted accounts in one place. Doing so will make filing your return, whether you do it yourself or work with a professional, go more quickly.

- **Speak with your mortgage lender.** Homeowners should receive forms documenting their mortgage interest payments for the last year, as the money paid in interest on your home or homes is tax deductible. If these forms are not received in a timely manner, speak with your lender. You might even be able to download them from your lender's secure website.

- **Make a list of your charitable contributions.** Charitable contributions, no matter how small, are tax deductible. While it's easiest to maintain a list of all charitable donations you make as the year goes on, if you have not done that, then you can make one now. Look for receipts of all contributions, contacting any charities you donated to if you misplaced any receipts.

- **Book an appointment with your tax preparation specialist now.** As April 15 draws closer, tax preparers' schedules get busier and busier. The earlier you book your appointment, the more likely you are to get a favorable time for that meeting. In addition, if you have gathered all of the information you need by early February, then booking your appointment early means you can file earlier and receive any return you might be eligible for that much quicker.

Tax season might not be right around the corner, but it's never too early to start preparing your return. -MC

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LOOKING AHEAD TO

Valentine's Day

It's usually pretty cold around here during the month of January but one way to warm your heart (or heat things up) is to start planning ahead for Valentine's Day.

Whether it's a date night or just getting together with friends, Valentine's Day is the most popular day of the year to dine out. It's a great reason to skip cooking and try out a new eatery or visit an old favorite.

Here are some ideas where to wine and dine your special person or favorite friends around The Couve on Valentine's Day:

LA BOTTEGA

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labottegafoods.com

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4857 NW Lake Rd
#200, Camas
360-954-5620
thehammondkitchenandcraftbar.com

LAPELLAH

2520 Columbia House Blvd,
Suite 108, Vancouver
360-828-7911
lapellah.com

RUSTY GRAPE VINEYARD

16712 NE 219th St, Battle Ground
360-606-4303
rustygrape.com

HUDSON'S BAR & GRILL

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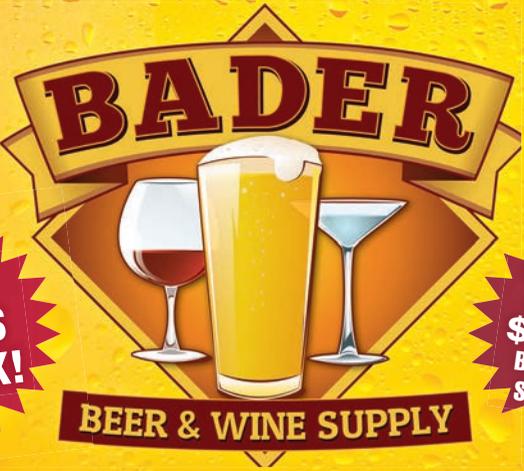
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EVENTS

JANUARY - FEBRUARY

January 21, 6pm-7:30pm

RECYCLING 101 CLASS @ VANCOUVER FIRE STATION 2

Learn about recycling, and earn \$\$ for your neighborhood. Whether you live in an apartment or a house, everyone is invited to join the next Recycling 101 class. Get all the latest tips about our regional garbage and recycling system in this informative session. Recycling 101 is a fun, tip-sharing, recycling-friendly class open to the public. Sign up online at www.cityofvancouver.us/RecycleU. Learn how sharing your new recycling knowledge can help your city or county recognized neighborhood association earn \$120. BONUS: Organics 101 - Come early at 5:30pm to learn about the City of Vancouver's new Organics Program! The class is open to the public, but space is limited. 2106 Norris Rd, Vancouver.

January 23-25

CLARK COLLEGE JAZZ FESTIVAL



The festival attracts over 60 middle and high school instrumental jazz ensembles for the three day competitive festival. During the day, groups perform to an esteemed panel

of adjudicators made up of renowned jazz educators and performers for the privilege of returning to perform in the evening finals competition. General admission to the festival is \$5 per day. 1933 Fort Vancouver Way. Go to www.clark.edu for full schedule.

January 25, 10am-4pm

HEALTH WELLNESS & ABUNDANCE SHOW

A free event featuring all things fitness, health, and all manner of abundant living. Ring in the new year and new decade viewing the latest products and services available to take your life to the next level. Exhibitors will be in the common areas of the mall and have product samples, specials, mini seminars and demonstrations for you. Vancouver Mall: 8700 NE Vancouver Mall Dr.

January 26, 1pm-5pm

BRURRURGERS & BREWS @ PEARSON HISTORICAL HANGAR

Brrrurgers & Brews is the Police Activities League of Southwest Washington's newest event to introduce donors and families to the PAL V.I.P. monthly giving program. It will be an afternoon of leisure to play yard games, eat burgers, and drink a beer from Victor 23! This is a ticketed event. Get ticket information at palofswwa.org/burgers-and-brews



January 26, 8:30am

RACE FOR WARMTH @ CLARK PUBLIC UTILITIES

Every dollar of your Race for Warmth registration goes directly to Operation Warm Heart, a Clark Public Utilities customer-funded program to help limited-income families in crisis situations who need help paying their electric bills. The 5k/10k walk/run begins at 9:00 a.m. at the Clark Public Utilities Electric Center, located at 1200 Fort Vancouver Way. Registration is \$30 and includes a race shirt and goodie bag. There will be a kids fun run beforehand, and a family friendly party with music and (free!) food post-race. Register at: raceforwarmth.clarkpublicutilities.com

January 28, 10am-1:30pm

VANCOUVER JOB FAIR @ CLARK COLLEGE

Register at www.jobsnow.org. 1933 Fort Vancouver Way, Vancouver.

February 7, 10am-6pm

FIRST FRIDAY SALE @ FABULOUS FLIPPIN' TREASURES

Get 20% off of furniture, clothing, collectibles, and absolutely everything in store. 2519 E Fourth Plain Blvd, Vancouver.

February 7 & 8, 6pm-8pm

FATHER DAUGHTER VALENTINE'S BALL

@ PEARSON AIR MUSEUM

DJ, desserts, and refreshments, a temporary tattoo station and a professional photographer. Family Sweethearts Dance in the afternoon on Saturday, Feb 8, 1pm-3pm. \$13.00 (Resident) or \$15.00 (Non-resident). Register at cityofvancouver.us or call 360-487-7100.

February 8, 8am-1pm

FRIENDS OF TREES WEST VANCOUVER PLANTING

Volunteer opportunities range from tree planter, registration assistant, food donator, truck driver, and more. If you're interested in volunteering, go to FriendsofTrees.org/volunteer-calendar to sign up.

February 9, 3pm

VANCOUVER SYMPHONY ORCHESTRA GOES BACK TO THE MOVIES

Featuring Alfred Hitchcock's "The Lodger" and live chamber music accompaniment with Rodney Sauer. Royal Durst Theatre 3101 Main St, Vancouver. Buy tickets at vancouversymphony.org



February 22, 7pm

LANTERN TOUR: AN EVENING AT THE FORT

Experience the reconstructed Hudson's Bay Company's Fort Vancouver at night. Tour with a Park Ranger through the reconstructed fort's Counting House, Fur Store, Chief Factor's House, Kitchen, and Bake House. Visitors will experience historical vignettes with costumed living history interpreters. These tours meet at the entrance gate to the reconstructed Fort Vancouver, 1001 E Fifth St. Call for reservations: 360-816-6230.

KIDS & FAMILY EVENTS



JANUARY 21, 8AM-3PM

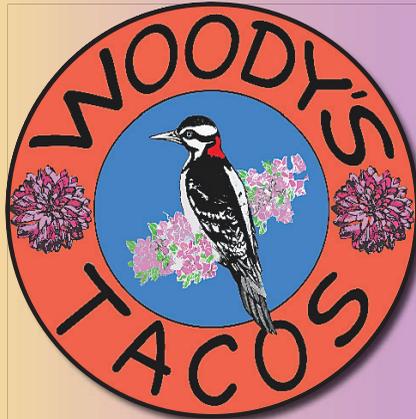
KINDERGARTEN REGISTRATION BEGINS FOR FALL 2020

Any child who will be 5 years old on or before Aug. 31, 2020, is eligible to enter kindergarten in fall 2020. Full-day kindergarten is offered districtwide in Vancouver Public Schools.

Information about the registration process is available on the district's website: vansd.org/kindergarten

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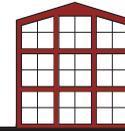
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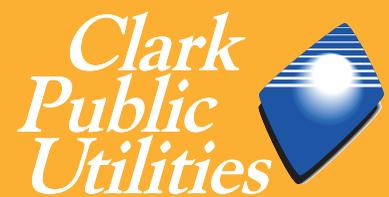


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