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Living

IN THE COUVE



JUNE 2024

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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Summer Edition

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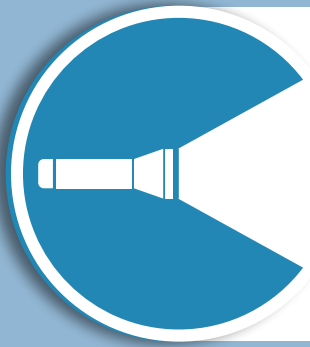
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NONPROFIT Spotlight



For information contact communitypartnerships@columbian.com

Free SUMMER MEALS

FOR ALL KIDS & TEENS AGES 18 & UNDER

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**Free, nutritious meals
available at multiple sites from
June 24 to August 9.**

** No meals served at any location on Thursday, July 4.*

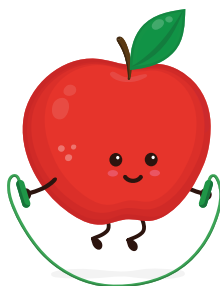
Must be consumed on site!



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sharevancouver.org

You can also text 'FOOD' or 'COMIDA' to 304-304
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VOLUNTEER WITH US!
Prepare meals, pack coolers, assist
drivers and more. Groups welcome!
sharevancouver.org/volunteer.

This institution is an equal
opportunity provider.



Food is incredibly important for a developing child or teen, and yet more than 20,000 children in Clark County are considered food insecure, not knowing when or where their next meal is coming from.

Share's Summer Meals program helps to address this need by providing free meals to children and teens 18 and under. This year's program will operate June 24 to August 9 at 20 locations, including partnerships with YMCA, Vancouver Public Schools, Police Activities League, Fort Vancouver Regional Libraries, Vancouver Parks & Rec., REACH CDC, local apartments and faith-based communities.

"When school doors close, so does access to school meals. So our goal is very straight forward: get healthy meals into the hands and bellies of local kids," shared Miriam Moreno, volunteer and nutrition programs coordinator. "New menu items will be available this year, based on feedback from kids themselves. And we'll be including more colors into meals, with a variety of fresh fruits and vegetables."

Research shows that receiving free or reduced-price meals reduces food insecurity, obesity rates, and poor health in children. And for parents managing a tight household budget, the ability to access local food programs helps to alleviate stress and anxiety.

"We could not operate our Summer Meals program without the generosity of volunteers," said Moreno. "And groups are welcome, which is a great way for family members or team members from a local business or organization to give back to our community together."

There are three ways to volunteer:

- Help prepare 300-600 fresh and nutritious meals.
- Assist Share's Summer Meals Assistant in packing meals into coolers, greeting our volunteer drivers and loading coolers into vehicles.
- Deliver meals to our various sites, or join us as a stand-by driver to deliver meals to sites as requested.
- Meet our delivery drivers as they return with left-over meals, wipe down coolers and ensure the kitchen is clean and ready for the next day.

Sign up online at sharevancouver.org/volunteer. Volunteers must be 12 years or older to volunteer in a commercial kitchen, but younger volunteers may accompany parents or guardians on meal deliveries.

All site locations, addresses, dates and times are available at sharevancouver.org/summer-meals-program. To find the site closest to you, you can also text **FOOD** or **COMIDA** to **304-304**.

No paperwork needed and no personal information is collected. The program operates Monday to Friday; no meals will be served at any location on July 4.

To learn more, contact **Miriam Moreno** at **(360) 553-8064** or mmoreno@sharevancouver.org.



by KRISTIN DORSETT, for *The Columbian*

With warmer weather and less rain, this is a great season to get outdoors and go wild.
 You don't have to go far from home to find wild adventures.
 There are many options for people of all ages to go out and get wild this summer.



HIKING

There are so many great hiking areas in our region. You may have already heard of or experienced wild destinations like Lucia Falls, Falls Creek Falls, Silver Star, Coyote Wall, and other local hiking favorites. But what could be wilder than a Bigfoot adventure?

The Bigfoot Adventures© offers a guided tour through Bigfoot country in Gifford Pinchot National Forest. This tour offers opportunities for day or multi-day tours. On the tour you can explore Bigfoot habitat; learn techniques that have proven to lure these creatures, attempt to call one in; practice tracking techniques; investigate cliff caves and hard to reach areas utilizing drones; enjoy a wilderness prepared meal with your guides; set up game cameras to get a visual on what's creeping around; learn to utilize night vision and thermal imaging technology; practice audio bigfoot howls, whoops and wood knocks and listen for answering calls; identify wild animal tracks and cast with plaster of Paris (bear, cougar, elk, deer, bobcat, raccoon, snakes, Bigfoot and others); explore cliff caves and hard to reach areas utilizing drones; in strategic locations set up and later check game and trail cameras for evidence of wild game. **For more information about this wild Bigfoot adventure go to: www.thebigfootadventures.com**

Continued on next page ▶

Years ago, I went on a zipline tour in Costa Rica. The tropical jungle was amazing! You don't have to travel far away to experience a zipline tour through a canopy of trees. We have two options right here in SW Washington.

ZiplineX is located in Amboy, WA at the intersection of NE Healy Rd & NE Belvins Rd. You can choose from eight zipline courses. Not afraid of heights? They have eight aerial bridges. This destination claims to have the highest, legal, year-round bungee jumping bridge in the United States. Talk about a wild adventure! For more information go to: www.ziplinex.com

Skamania Lodge Adventures offers a less rustic zipline experience. They have seven courses of fun and adventure as you fly suspended by a cable through the moss-covered firs of the rain forest canopy. They also have an aerial park where you can test your strength, balance, and agility to maneuver course challenges with varying degrees of difficulty. And axe throwing too! What a wild workout! **For more information go to: zipnskamania.com**

Johanna Blackwell of Vancouver has tried both of these zipline tours. "Though the one at Skamania Lodge was fun, the one in Amboy is a rustic adventure and goes over a gorge."

ZIPLINING



MOUNTAIN BIKING

Vancouver has many paved urban biking trails, but have you considered going wild off the beaten path? If you have a mountain bike or want to rent one, there are great offroad wild adventures around here for all experience levels. "Lacamas Park is a quick easy ride with a challenging trail called Red Tape. Head to Yacolt Burn if you want your a** handed to you," says mountain biking enthusiast, Lee Hollister, Vancouver.

Hmmm...I think I would stick with Lacamas Park. Thanks Lee, but Yacolt Burn sounds a bit too wild.



FLOATING

I love river floats. There are so many great locations: Washougal, Sandy, Clackamas, etc. Some of these floats can be a bit dangerous. The one I like the best is on the Lewisville River. For a small day trip fee you can have a safe but wild adventure at Lewisville Park. There's a drop-in place in the upper area of the park to float through the park. It's a peaceful floating adventure in calm, shallow water. Bring your favorite floatie and even though it's shallow the little ones should wear a life jacket.

Lewisville Regional Park is Clark County's oldest park and often considered its flagship park. **For more information about the park and all it has to offer go to: clark.wa.gov/public-works/lewisville-regional-park**

There is a wild adventure campground that's not too far away. Battle Ground Lake used to be a popular young adult party place for my dad's generation during his wild younger years. Now the park is still a favorite local destination for families for a day hike, swimming, and camping. My cousin took her family there last summer for a weekend camping adventure. She was overwhelmed with joy to find such a wild and wonderful camping area so close to town. "I heard an owl in the middle of the night," said Blake W., age 8.

For camping information go to Battle Ground Lake State Park website: parks.wa.gov/find-parks/state-parks/battle-ground-lake-state-park

CAMPING



got

Water?

Attract Birds to Your Backyard
With Fresh, Clean Water

by **TODD KAPRAL**,
Backyard Bird Shop

When people think about accommodating the birds in their backyard it is important to consider offering a source of water in addition to food. For me, watching the birds in my yard splash around in the bird bath or fountain is somehow meditative.

As we shift from spring to summer and typically drier weather, a good source of water becomes even more important. A birdbath can be an attractive and welcome source of water and not just for seed-eating birds at a feeder. All birds need fresh, clean water and a birdbath is a good way to attract new birds to your yard (ie, American Robin, Cedar

Waxwing, etc.) Birds need this supply of water for both drinking and bathing. If you are considering adding water to your backyard offerings, there are a lot of options to choose from.

No matter if a bird bath is low to the ground, on a pedestal, or hanging, the main attribute that makes it bird "friendly" is depth, or, should I say, lack of depth. Since our backyard feathered friends are not good swimmers, the preferable bath is only going to be an inch or so deep. If you happen to have a bath that is deeper than that, you might consider shallowing it up with some rocks or pebbles. I had some extra pieces of flat limestone leftover from a garden path that I used in mine. Having a shallow area will encourage smaller birds like finches and sparrows and the deeper part will appeal to Robins and other larger birds. The height of the bath off the ground isn't as important as the depth. Remember, without us, they bathed in puddles. Although, I will say if there are neighborhood cats around, having a bath up off the ground might be better.

Continued on next page ▶





Water in motion is also very attractive to birds. Rock bubblers can be added to a birdbath to get things moving. There are plug-in pumps, solar-powered pumps, and misters or drippers that attach to your outdoor faucet. The plug-in bubblers usually involve a faux rock cover over a small electric pump. These work great in deeper baths because the pumps need deeper water to operate and, at the same time, provide a shallow spot on top of the rock form for bathing. The solar-powered pumps are nice because they are self-contained and don't require an outlet or faucet. In my experience, these are truly solar-powered and only work in direct sun, so location is key. You can add a dripper or mister to a bath to introduce a slow supply of fresh water. They usually attach to your outdoor faucet with a 'Y' valve so you can still use your garden hose. Some simply clip on the side of a birdbath and others just sit flat. Hummingbirds love a good mist and will often hover in it to bathe. With drippers and misters, the water will tend to overflow, but it can help keep a shallow bath full. One side benefit I discovered with them is that the slow introduction of fresh water really cuts down on the algae and keeps the water a lot fresher.

The best way to clean a birdbath is

with a 10% solution of bleach and water. I usually allow the bleach to sit for a few minutes to kill any bacteria and then rinse thoroughly. A stiff brush can be handy on a concrete bath to scrub out the crevices and remove tough debris. There are also natural enzymes you can use weekly in your bath or fountain that are safe for fish, pets, and wildlife. Start with a clean bath and add a capful a week. It's as simple as that. You can usually find these enzymes at your local backyard bird feeding supply store.

In the winter, water is just as important. I try to keep my birdbath and fountain cleaned regularly. With lots of birds using them, they can get dirty fast. If we expect freezing weather, bird bath de-icers are also a good way to keep things thawed out. Some even have a built-in thermostat that turns the heater on and off only when needed. If you happen to have a bird bath that is glass or pottery, having a de-icer is a good way to keep a delicate bath from cracking if it freezes.

Whether you choose a fancy bath or something as simple as a plastic dish on the ground, offering water can help create the oasis your feathered friends are looking for.

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Targeting specific nerves can relieve chronic pain

by PETER M. MULLINS, MD, Vancouver Clinic

Chronic pain is one of the most common chronic diseases in the United States, affecting more than one in five adults at any given time. Unlike conditions that can't be felt—such as high blood pressure or diabetes—chronic pain disrupts every aspect of an individual's life. If you've ever had an injury, you can understand just how hard it is to think about anything else when you're hurting.

Pain management clinicians are experts at developing treatment plans that reduce or eliminate pain, allowing patients to resume their daily activities. Some of the therapies we use are familiar. For example, ultrasound-guided steroid injections (cortisone shots) are an effective and commonly used tool for many causes of chronic pain. However, we offer other options that are less well-known.

RADIOFREQUENCY ABLATION

Radiofrequency ablation can be life-changing for individuals who have back pain and stiffness due to arthritis in the joints of the spine. The procedure happens in two parts:

- First, under x-ray guidance, a physician uses a long-acting numbing medication to anesthetize the nerves that are likely causing the pain. This is called a medial branch block. It is essentially a test that allows a patient and their physician to confirm that they have identified the correct nerves causing the pain and that disrupting the signals helps. If the test is successful, it is repeated to ensure that the first result was not a false positive.
- Second, a doctor uses radiofrequency ablation to heat and deaden the nerves responsible for the pain, providing pain relief that often lasts for six to 12 months (and sometimes longer). If or when the pain returns, the procedure can be repeated.

While the procedure is most commonly performed for pain in the lower back, radiofrequency ablation can be an option for many sources of chronic pain, including

arthritis in the neck and even chronic knee pain. Unfortunately, many nerves that carry pain signals are not targets for ablation. Talk to your physician to determine whether or not this treatment is right for you.

SPINAL CORD STIMULATION

Another therapy that provides relief is neuromodulation, a cutting-edge technique that has evolved significantly over the past 10 years. With neuromodulation, physicians use electrical stimulation to disrupt pain signals. The most widely known form of neuromodulation is called spinal cord stimulation. Spinal cord stimulation is an increasingly common option for a growing number of painful conditions. Individuals whose back surgery hasn't fully resolved their pain, patients with diabetic peripheral neuropathy, and patients who have back pain but are not candidates for surgery may benefit from this technique.

Spinal cord stimulation is unique in that it allows physicians and patients to "test-drive" the results prior to committing to the therapy. The treatment consists of

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two phases: a trial and an implant. During the trial phase, physicians use a minimally invasive procedure to place small electrodes in close proximity to the nerves that are transmitting pain signals. The wires stay in place for five to seven days, allowing the individual to see what the therapy feels like. During the trial, the patient tests multiple different neuromodulation programs to determine which works best for their unique pain.

At the end of the trial, the leads come out and the patient works with their physician to decide whether or not they want wires placed permanently. If the patient opts for permanent placement, the leads are inserted under the skin and attached to a small generator with a battery implanted under the skin, similar to a pacemaker. This allows the patient to experience years of relief.

PERIPHERAL NERVE STIMULATION

Peripheral nerve stimulation is a newer yet related technology. This type of neuromodulation focuses on nerves located in places other than the spine. Many nerves that provide painful sensations can be targeted. Some systems stay in place for just 60 days, after which many patients experience lasting relief. Other systems are more permanent.

Patients who have tried a TENS unit will understand how electrical stimulation can disrupt pain. The technology used in a health care setting is more advanced, but the principles are similar. With medical-grade

equipment, the wires are placed closer to the nerves, so patients experience better relief. They also benefit from stronger, more advanced electrical stimulation options, which are more effective against pain.

We perform all of these procedures in our dedicated Pain Procedure Suite or Surgery Center at Salmon Creek 2. They are quick, outpatient procedures that allow patients to go home the same day.

As a pain management physician, few things are more satisfying than helping patients find a combination of therapies that allow them to enjoy life again. Research shows that using multiple avenues to address pain is the most effective approach. Pain is more than a sensory experience. Physical therapy, psychological therapy, medications that reduce irritation and inflammation, and injections work in concert with the latest technology options.

I encourage anyone with persistent pain to talk to their primary care clinician about whether a referral to Pain Management is right for them. Chronic pain that interrupts daily life deserves attention and treatment.

Dr. Peter Mullins, a pain management physician at Vancouver Clinic, believes that the highest calling in medicine is to relieve suffering. He specializes in interventional pain medicine and uses evidence-based, minimally invasive procedures that minimize side effects. He finds it gratifying to help people return to the activities they enjoy.



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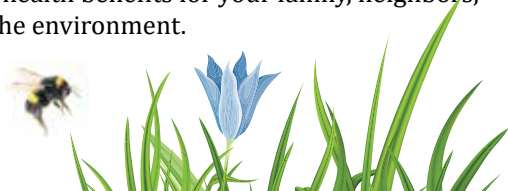
Sow & Grow:

The 2024 Natural Garden Tour

by **BETHANIE COLLETTE**, for Clark County Public Health Solid Waste Education and Outreach

Get ready to immerse yourself in the enchanting world of chemical-free gardening at the 2024 Natural Garden Tour! Organized by Clark County Green Neighbors and the WSU Clark County Extension Master Gardeners, this free event is an excellent opportunity to immerse yourself in the joy of gardening, learn how to grow your own food and cultivate a serene outdoor space.

The Natural Garden Tour is an annual, self-guided tour of urban and rural gardens across Clark County. While the gardens showcased are pretty as a picture, the Natural Garden Tour is not just about aesthetics. The tour encourages us to consider the environmental and health impacts of our gardening choices. Natural gardens support beneficial wildlife, cultivate healthy soil, and reduce pollution – all while providing health benefits for your family, neighbors, pets and the environment.



What makes a garden “natural”?

Natural pest control

Pesticides have been used for decades to prevent, destroy, mitigate, or repel garden pests. They typically fit into one of three categories: herbicide, insecticide or fungicide. When pesticides break down or escape their intended area of use, they have harmful effects on human health, fish and wildlife, and our environment. This includes contaminating drinking water and causing harm to bees, butterflies, and other beneficial insects and plants. Natural gardens avoid the use of pesticides and instead utilize natural methods of controlling pests such as planting native species, rotating crops and cultivating healthy soil with natural fertilizers.

Water use and management

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

on your property, including choosing drought tolerant plants (such as Oregon grapes), collecting rainwater in a rain barrel, or creating a rain garden.

Pollinator and wildlife habitat

Pollinators such as bees, butterflies, moths, bats, birds and other insects play many important roles in the natural and human landscapes. In addition to maintaining local flora populations, they provide essential pollination for large-scale agricultural production. Pollinator-friendly gardens provide food, shelter, water and a safe space to raise offspring for vulnerable pollinators and other wildlife.

See natural gardening techniques in action

This year's Natural Garden Tour features a range of garden sizes, from cozy urban plots to expansive farmsteads. Visitors will witness firsthand how these passionate gardeners have transformed their landscapes using eco-friendly practices, creating havens that are both aesthetically pleasing and environmentally conscious.

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Unveiling Clark County's Natural Beauty

Tour information:

- **DATE:** Sunday, June 23
- **HOURS:** 10 am to 3 pm
- **SIGN-IN:** Obtain a guest pass sticker at your first garden stop for access to all sites.
- **ETIQUETTE:** Follow parking regulations, stay on designated paths and respect host privacy and property.
- **ACCESSIBILITY:** Easy to moderate, depending on the garden

In addition to the inspiring home gardens, the 78th Street Heritage Farm is joining this year's tour! Be sure to stop by the Heritage Farm open house and saunter through more than 80 beautiful community garden plots, speak with We Compost program representatives, and learn all about backyard composting from Clark County's Composter Recycler program.

Begin natural gardening

The first step towards creating a yard and garden that benefits people and the planet is to cut the use of synthetic herbicides, pesticides and fertilizers. Rainwater and runoff can carry these chemicals into local waterbodies, contributing to toxic algal blooms that close beloved swimming areas every summer.

Keep these natural gardening techniques in mind the next time you're spending time in your yard:

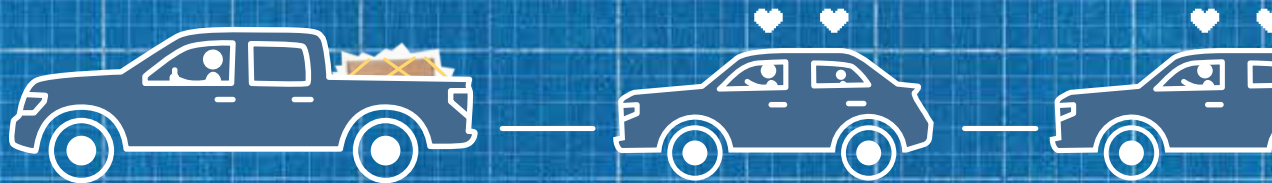
- Tolerate light pest damage to plants and the lawn.
- Build and maintain healthy soil by adding compost and naturally derived soil.
- Avoid the use of chemicals. There are natural alternatives!
- Use native plants. They are adapted to our region, soil and area pests.
- Attract beneficial insects to increase pollination and reduce harmful insects.



Taking steps to garden naturally supports a healthy environment for our community while protecting local wildlife and waterways. By providing real-life examples, this year's Natural Garden Tour shows that a beautiful garden can be achieved while opting for environmentally friendly alternatives to traditional pesticides, herbicides and fungicides.

Join us on this inspiring journey through Clark County's natural gardens, where beauty meets sustainability. Enjoy the sights, scents, and sounds these magnificent gardens have to offer. Visit www.clarkgreenneighbors.org/gardentour to learn more and sign up for updates.

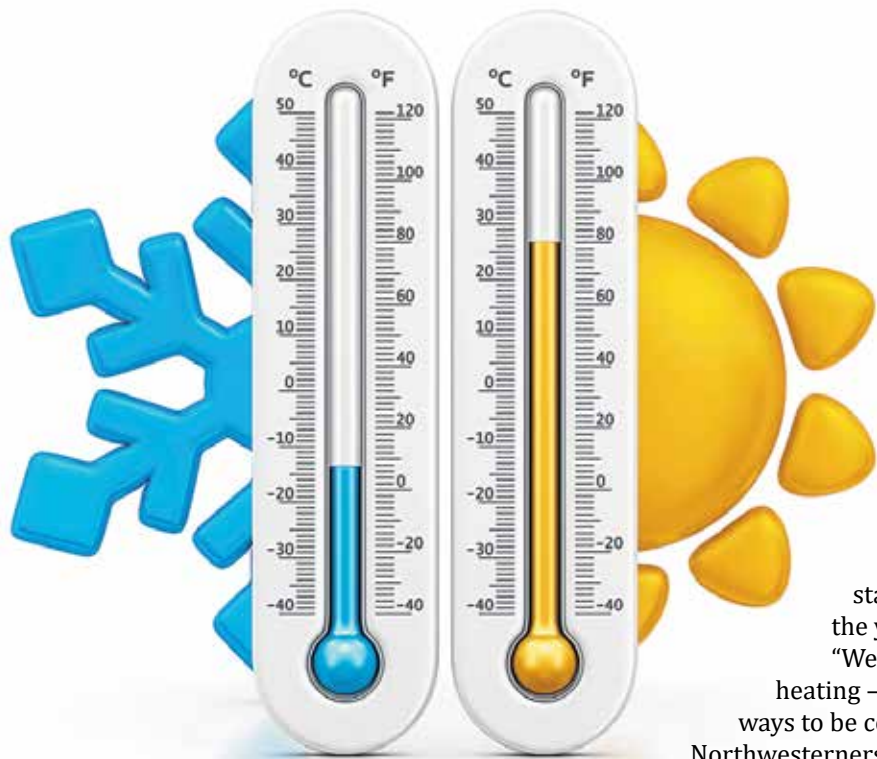
Secure Your Load for Safer Roads



Unsecured loads
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clarkgreenneighbors.org/secureyourload





BEAT THE HEAT

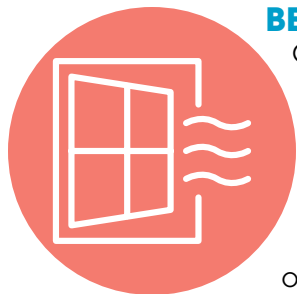
Without Breaking the Bank

Smart AC Use and Cooling Tricks Balance Personal Comfort and Energy Conservation

by DAMEON PESANTI, for Clark Public Utilities

Once considered a luxury by many in our region, air conditioning is now a summertime staple throughout Clark County. While it's a great way to take the edge off the hottest part of the year, air conditioners can consume a lot of power—and that can drive up your energy bill. “We recommend taking the same approach with air conditioning as folks do with winter heating — use it conservatively but be comfortable — and take advantage of low-cost, no-cost ways to be comfortable,” said Anthony Jefferies, an Energy Counselor at Clark Public Utilities. “Pacific Northwesterners know leaving heat cranked up and running around the clock will drive their energy bills sky-high. Well, being aggressive with the air conditioning can have the same effect.”

Here are tips to keep your home safe and enjoyable while reducing energy waste and keeping your utility costs low



BE PROACTIVE WITH PRECOOLING.

Opening windows overnight or early in the morning (so long as it's safe to do so) then shutting them before the temperatures rise will trap cool air inside. If opening windows isn't an option (or during heatwaves when overnight temperatures stay high) you can precool your home in cooler parts of the day. Air conditioners operate more efficiently in cooler weather, and they can condition the air to a lower temperature more efficiently when temps outside are lower.



SET YOUR AIR CONDITIONER TO “AUTO” INSTEAD OF “ON” FOR MORE EFFICIENT OPERATION.

Auto tells the AC unit to lower your home's ambient temperature to the one you selected. It'll shut-off once it reaches it and kick on as needed to maintain your desired temperature. That prevents the system from running continuously and wasting energy.

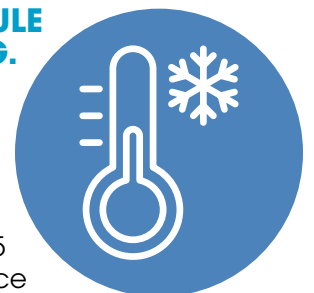
BE COOL, NOT COLD.

Focus on being comfortable, not chilly in your home. Every degree you raise your thermostat saves you energy. Leaving the thermostat at 75 degrees strikes a good balance between personal comfort and affordability all summer long.



REMEMBER THE 20-DEGREE RULE WITH AIR CONDITIONING.

Most AC systems can't lower an interior's temperature to less than about 20 degrees than the outdoor temperature. So, if it's 95 degrees outside and your thermostat is set to 70, your system might run all day and never reach it, but it'll keep costing you money. Setting your air conditioner to within 15 degrees of the day's highest temperature will balance energy efficiency and lower costs.



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FANS ARE YOUR FRIENDS.

Whether on the ceiling or the floor, fans use a fraction of the energy of air conditioning but can be just as effective at helping you cool off on a warm day. If your home has central air, setting the thermostat to “fan” can create a comforting draft throughout the house without the extra energy usage of running AC. When the outdoor temperature is low, accelerate the heat exchange process by sticking a box fan in one or more of the windows. Even one fan blowing outside air inside is enough to speed up the cooling process, just remember to leave other windows open too.



AVOID MAKING RESIDUAL HEAT.

Cooking and baking releases a lot of heat. To make things more difficult, the hottest time of the day in Southwest Washington is around 5 p.m. — just in time for dinner. When possible, avoid using the stovetop or the oven and look to smaller appliances like air fryers, toaster ovens or head outside and fire up the barbeque. With all the locally grown fruits and vegetables offered in the summer, it’s the perfect season to skip the stove entirely and try your hand at some cold-prepare meals like savory salads and soups. Gazpacho, anyone?

HIT THE TOWN OR THE SHOWERS.

Lots of places around town offer air conditioning. If your home just can’t cool enough, consider visiting the library, the mall, going to a movie or a community center for a few hours. Running through the sprinklers in your yard might earn some funny looks from the neighbors, but there’s no beating the immediate relief of cool water. If you’re too hot, a quick, cool shower might be just what you need. For longer-lasting relief, leave your hair a little damp and sit in front of the fan.



TREAT YOUR HOME LIKE A COOLER.

That is to say, the goal is keep it cool and shut tight. Shut the windows and shut the blinds or the drapes on the sunny side of your home — those are typically the south and west sides, to stop the sun from warming indoor spaces. It’s even better to shade windows from the outside, using something like outdoor blinds, shutters or awnings. Blocking those warming sunrays will limit the greenhouse effect and keep your house cooler longer.



The Clark Public Utilities Energy Counselor of the Day is always available to offer tips to saving energy and staying comfortable. Contact them at ecod@clarkpud.com or 360-992-3355 during business hours. Information is always available at any time at www.clarkpublicutilities.com.



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You expect reliable electric service, and that’s our goal. We’ve designed, built and maintained one of the most reliable electric systems around, but as much as we do, some outages still happen, especially during winter storms. Stay informed about outages in your area by signing up for text alerts. Just log into MyAccount at ClarkPublicUtilities.com.



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Abroad and Aflit

by *AVERY GARRISON*



A passionate florist, traveler, and dedicated wife and mother, 83 year old Sharon Roberts has lived a fulfilling life of purpose, joy, and the message that we must live our life to its fullest, whatever that means for us.

Born in Medford, Oregon, Sharon mentioned that she is an Irish-German mix, and grew up with her father in the service, stationed near Crater Lake. Once the Columbia River Dams were underway, her family moved to Pendleton. It was here she went

to St. Joe's Academy for high school, then Oregon State for university, in the medical field. At Oregon State, Sharon met her husband Bob of 55 years from Montana, who passed away about three years ago during the Covid Pandemic. He was Italian, and the cuisine they often had was quite delectable, she noted. His family was made up of wonderful and enthusiastic members, and their love story is quite special.

One summer, Sharon and her counterpart bought a Volvo to travel around Europe for ten weeks. For months they traveled all over the continent, on what some may call an adventure of a lifetime. Many of her favorite places on the visit were in Italy, such as the stunning city of Florence, a place she cherishes deeply in memory. Throughout many years, the couple was able to travel all over the world, including Greece 20 years ago, every experience being completely immersive and wholly worth the while.

Sharon and Bob have been profoundly dedicated to their faith life as Catholics and attended St. Regis Catholic Church for nearly their entire marriage, serving as Eucharistic Ministers for 40 years. Bob even incorporated his religious life with his teaching career, having taught for the Franciscan Monastery school after retiring from St. Rose. Sharon decided to work as a respiratory therapist for 20 years at Portland Adventist, as she had always wanted to work in medicine. Excited at the idea of working in the ER, Sharon was passionate about keeping a patient breathing and has been able to do so even out of the hospital, such as during respiratory emergencies in restaurants. After retiring from medicine, Sharon took it upon herself to open a florist studio in her garage for between 20-30 years, creating baskets and bouquets for events such as for Billy Graham's podium. Flowers had always been significant to her, with a favorite being Tropicals, and a class at Mt. Hood for creating flower arrangements had been her inspiration for starting up this business.

One of the most primal and fulfilling pieces in her life, as Sharon so clearly emphasizes, was being a mother to two wonderful children. Her son, noted to have been a state soccer champion at the age of 7, attended Pepperdine University for college, a beautiful school in Malibu, Southern California, that the couple did not have to be asked twice to want to visit. Her daughter who now lives in Vancouver, went to Pacific Lutheran, and has two daughters who are

Continued on next page ▶



Hi there, my name is Avery Garrison and I am a current senior at Seton Catholic in Vancouver, WA. I am very excited to introduce my senior project. For the duration of this project, I will be interviewing senior citizens at Van Mall Retirement and Bon-adventure Salmon Creek, then sharing articles based around their life stories, aspirations, and what they would like to leave behind as a message to younger generations. These residents have lived for a much longer time than what we typically reflect upon and oftentimes it is a struggle of the younger generations and even adults nowadays to ask for advice from the elderly. I'm fearful of these things being forgotten and hope we can all learn to respect these individuals, embrace the beauty in traditional values, and understand their important life experiences. The overall message of this project is to spread greater awareness throughout our community about the importance of listening to the older generation, while growing in retrospect to taking time for others and being sympathetic towards the shared human experiences of others.

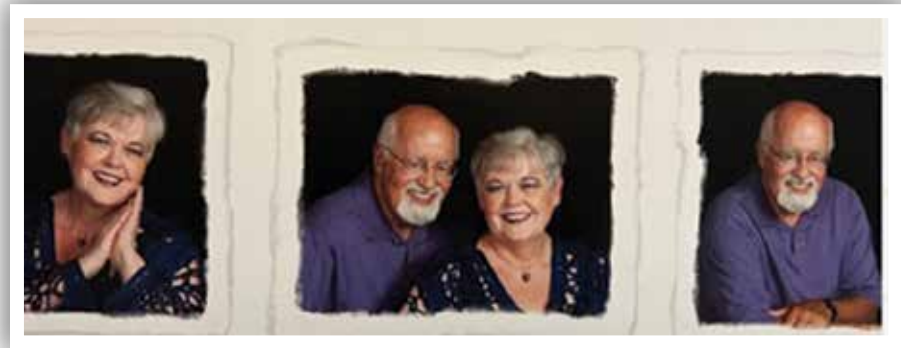





at Gonzaga, whom Sharon is quite proud to call her granddaughters. Sharon is incredibly grateful that her children have been able to travel as well, one actually just returned from a trip to Europe. Sharon would also like to note her love for the holidays and hosting events with others. Entertaining in her huge backyard, where she and Bob had renewed their vows, was a favorite pastime of hers.

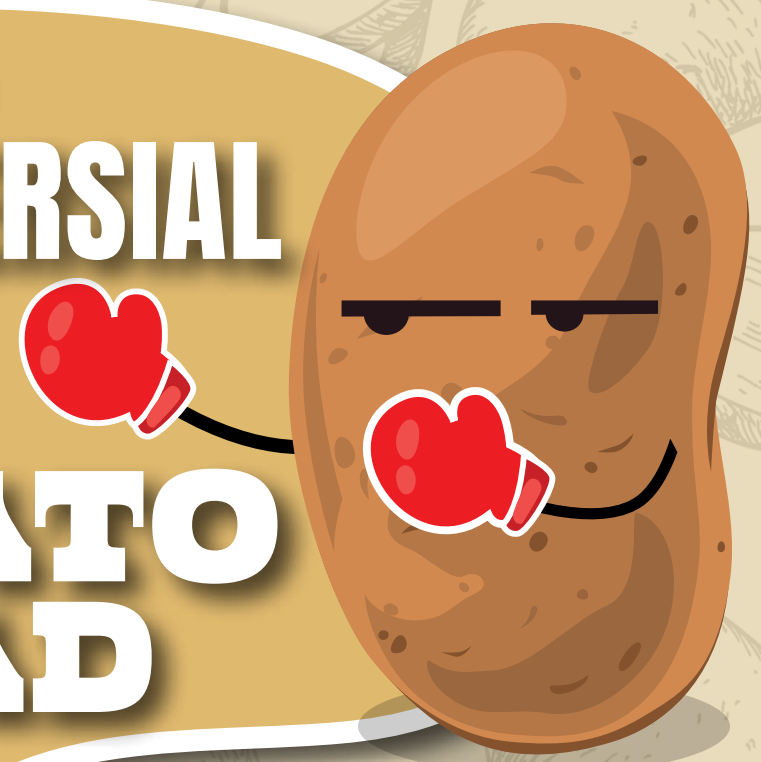
About a year ago, Sharon decided to settle at Van Mall Retirement, after having looked at five different places prior. Although she has settled down, she hasn't "settled down" from her involvement with community outreach. She is a member of the Assistance League, where she and a group of other women raise money for children through charity events and dinners, working with foster programs. Sharon is the decor chairman and is known for her interest in decorating and putting things together, as she has always loved to decorate her home and wear nice clothes and jewelry. Her love for people and children have inspired her to remain a part of the Assistance League for many months now, and she plans to keep it up.

Sharon's livelihood is admirable, as she dedicated herself to advocations and aspirations, fulfilling her dreams alongside her family, and demonstrating the importance of living prosperously and with dignity. Leading by example, Sharon's mark on the world is inspiring to all generations, as well as her passion for travel and exploring the unknown.





The CONTROVERSIAL Topic of POTATO SALAD



by **KRISTIN DORSETT**,
for *The Columbian*

Of all the summer foods and side dishes, potato salad tends to be the most controversial. I asked members of the “Around The Couve” FaceBook group what they like/dislike in potato salad. Also, I asked for their recipes. This quickly became a heated debate that I’ve tagged as #tatergate. The hundreds of responses were overwhelming with many strong opinions. My research poll indicates there are many different types of potato salad that people know and like. Sometimes it’s a matter of taste; for others it’s more emotional about a generational recipe handed down.

Overall, the consensus is that potato salad should be made with potatoes: Red, Yukon, or Russet. Some people boil them, some people bake them. There were also many recommendations for proper preparation of the potatoes. For weight loss purposes, someone shared they use cauliflower instead of potatoes. This was not a popular opinion in the group and almost offensive to some.

As for eggs, my research indicates that many people prefer eggs in potato salad, but others do not. Then we went off on a tangent about eggs. Hard-boiled? Or deviled? One person said they hard-boil the eggs and remove the yolks to use in the dressing. That was a new one to me! Once we got over the discussion of the foundation of potato salad we got into the difficult part. What do you put in your potato salad? Pickles or no pickles? Sweet or dill? Sliced, diced, or relish? Olives? Celery? Onions? Green or white or red? Cheese? Bacon? Raisins? Raisins were by far the least popular and most offensive to the group. The dressing and seasonings were a

hot topic. Mayo? Miracle Whip? Vinaigrette? Dill. Garlic powder. Horseradish. Lemon juice. Pickle juice. Paprika. Hot sauce?

Other than the disputes about ingredients, the conversation thread united a few group members with sharing inherited ethnic recipes. Who knew that the divisive topic of potato salad could turn out to be so emotional and unifying for the community?

Sawyer Family Potato Salad

Contributed by *Emily Sawyer, Vancouver*

“My family has been making Potato Salad like this for generations, we are mostly German so the pickles!”

2lbs boiled, peeled diced Yukon Gold potatoes

4-6 hardboiled eggs, diced

1-1.5 cups diced sweet pickles

1/2 a cup sliced green onions

1 cup diced celery (optional)

1-2 cups Miracle Whip (yes, this stuff, trust me on this). Just enough to coat everything and not have a dry salad.

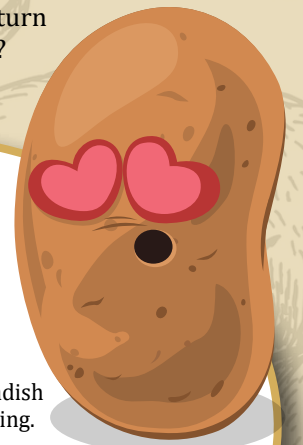
About 1/4 cup yellow mustard, but also taste as you go, you might like more.

A couple tablespoons of horseradish cream; it gives the salad a nice zing.

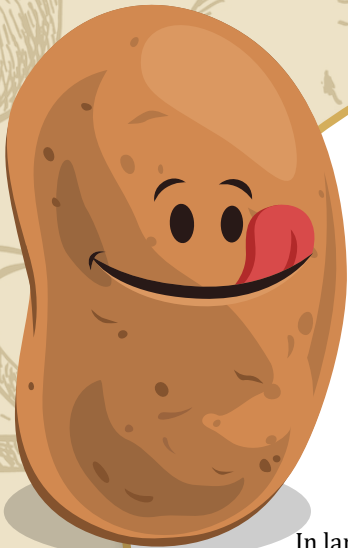
Salt and pepper to taste and a little bit of onion powder, a few shakes.

You can also add some dill weed if you like, sometimes we get a little fancy like that.

Make ahead a couple hours and let chill in the fridge and enjoy.



Continued on next page ▶



Grandma's Potato Salad

Contributed by Steven P. Lobdell Jr., Vancouver

"Growing up my Grandma Bette was an amazing cook. I remember many of her dishes. As an adult I tried several times to replicate my memory of her Potato Salad. After several iterations I finally came up with a recipe that brings memories of my Grandma Bette back to me."

4 lbs. unpeeled Russet Potatoes
(5 Large Potatoes or 12 Smaller ones)
Kosher Salt
Garlic Salt
Celery Salt
Black Pepper

In large pot place the potatoes and cover with cold water. Add 3-4 generous pinches of kosher salt. Bring to a boil and turn heat down to a medium boil for 30-35 minutes for large Potatoes or 20 to 25 minutes for smaller potatoes. The potato should offer little resistance when a pairing knife is inserted in the middle. Place in refrigerator to cool. Once cooled, peel potatoes and dice. Add garlic salt, celery salt, and black pepper to taste. (Usually, I mix in the same pan I boiled the potatoes in. I add half the potatoes to the pot and sprinkle the GS, CS and BP liberally. I then layer the second half of potatoes and repeat with the GS, CS and BP.)

2 Shallots (minced)
1 4.25 oz can chopped black olives
5 Whole sweet pickles (minced)
3 Green onions (thinly sliced in rings)
3 Stalks celery (small dice)
4 to 6 slices center cut bacon (cut in half lengthwise and diced)
Sauté bacon in pan until brown and crisp. Place in freezer to cool. Mix ALL INGREDIENTS in a bowl including cooled bacon. Mix this into the pot with the potatoes to evenly distribute all ingredients.
2 C. Mayonnaise
1/2 C. Spicy brown mustard
2-3 Shakes of favorite hot sauce
In a bowl combine ingredients. Mix into the pot with potato mixture. Chill and serve.

(*Note: I always like to chill for 24 hours to allow flavors to meld.)

Potato Salad for a Crowd

Contributed by Krista Cunningham, former Columbian Crew

Editor's note: This potato salad was a fan favorite at company potlucks.

"This potato salad recipe is a perfect blend of classic ingredients, creating a harmonious balance of flavors and textures. It's the perfect side dish for a potluck, barbecue or picnic, sure to please both kids and adults alike." - Ben Campbell, Columbian Publisher & Co-owner

10lbs Yukon Gold Potatoes
2 Small White Onions, finely diced
1 Head of Celery, finely diced
1 Dozen Eggs, hard boiled then chopped
1 24oz Jar Sweet Relish, drained in colander
1 Large Best Foods Mayo
Squirt of Mustard
Salt and Pepper

In a large stock pot put the potatoes (with the skins on) and fill with cold water to cover. Bring to a boil over medium heat and cook until potatoes are fork tender. Don't overcook. Once potatoes are tender, drain into colander and run cold water over the potatoes because they continue to cook inside. Let rest until cooled.

Meanwhile prepare the onion, celery, eggs and relish into a large mixing bowl. Once potatoes are cooked cut them into bite sizes and add them to the mixing bowl. Start with 1/2 the jar of mayo, one big squirt of mustard, salt and pepper and mix well. Add more mayo until evenly coated but not soupy. Taste and add more salt and pepper if desired. It's all about the right consistency.

Chill for at least 2-3 hours. Serves 30.





This year's tours will highlight the following locations:

- JUN 29** Old City Cemetery
- JUL 13** Celebrate Main Street: Historic Ridgefield
- JUL 27** Celebrate Main Street: Old Town Battle Ground
- AUG 10** That's Entertainment:
Celebrating Downtown Vancouver
- AUG 24** (Her)Story: Remarkable Women of Clark County
- SEP 7** Celebrate Main Street: Downtown Camas



Wander Clark County

Historic Walking Tours

"Summer is the right time to wander through and learn the stories of people who have lived, worked, and carved out their places in Clark County," said Brad Richardson, CCHM executive director. "Our history tours are a fascinating glimpse through the windows of time, offering a mix of memories, research, and architectural details."

Guides will lead up to 30 people for approximately a mile, making frequent stops along the way to view buildings, tell stories, and answer questions. Good walking shoes and balance aids are recommended; terrain varies and, except for Old City Cemetery, consists mostly of city sidewalks.

All are welcome on the tours, though they are best suited for those 13 years and older. Tours happen rain or shine. Please dress and hydrate appropriately. There are no restroom stops on the tours.

Tickets are \$10.00 for non-members.

CCHM members are free but RSVP is required.

To make your tour reservation, visit cchmuseum.org/programs-events/wandercc/

For questions, contact the museum at 360-993-5679 or outreach@cchmuseum.org



Clark County Historical Museum will be celebrating the people who helped shape our community when it kicks off its 2024 Wander Clark County Summer Walking Tour Series on Saturday, June 29th at 9:00 am.

This annual and popular series offers Clark County residents and visitors the opportunity to visit several of the area's most fascinating neighborhoods and city centers.



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At **Prestige Senior Living Bridgewood**, we believe in celebrating all your special moments, big and small.

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Check out our Kids Sections at columbian.com/kids-edition



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Prestige Senior Living

Prestige Assisted Living at Hazel Dell

7514 NE 13th Ave.
 Vancouver, WA 98665
 360-803-1610





Adding Color To Your Garden? Try Chartreuse

When it comes to adding color to your garden, chartreuse is a unique choice that might not immediately come to mind. However, its distinct yellow-green hue, ranging from pale to vibrant, can make a significant impact on your garden's aesthetic. Chartreuse stands out among the darker shades of green, adding a bold and bright element to your space. It also creates a vibrant contrast when paired with flowers, particularly those in bright shades of blue, white, red, and purple.

Here are some suggestions to consider for your garden.

Creeping Jenny - *Lysimachia nummularia* "gold." It is also called Moneywort for the coin-shaped leaves. Creeping Jenny is a low, perennial, ground cover often used as a trailing plant over walls, in hanging baskets, and in containers. The yellow or white flowers are small and the leaves are the main focal point of this plant. The plant prefers moist soil in full to partial sun. Partial shade can increase the chartreuse color. It spreads by seed and soil contact of the stems.

Lady's Mantle - *Alchemilla mollis*. The plants have thick, light green leaves, but the real chartreuse color is seen in their flowers. This herbaceous perennial plant prefers partial to full sun. The small clusters of flowers arrive in late spring. The plants spread easily from the seeds, so deadheading flowers or pulling volunteer seedlings may be necessary to control them.

Golden Spirit Smoke Tree - *Cotinus coggygria*. The typical smoke tree produces burgundy leaves. This variety produces chartreuse leaves that maintain their color through the summer. This small tree grows to a height of 6 feet meters and can fit well in a larger container. As a bonus, the leaves provide a beautiful autumn show of yellow and burgundy. Plant it in full sun in average or well-drained soil to avoid a wilt fungus. The delicate flower clusters produce a smoky appearance on the tree during summer.

Golden Sweet Flag - *Acorus gramineus*. The tall clumping ornamental grass-like plant has sword-like chartreuse leaves with yellow margins. The plant can grow in partial shade or full sun as long as the soil remains moist. The color lightens in full sun. This plant is great in boggy areas near water and tolerates some standing water. It spreads by underground rhizomes and may need to be contained when grown near other plants. The light green flower clusters are insignificant.

Heuchera - *Saxifragaceae*. Several varieties have a chartreuse color, some maintaining their color throughout the season. The leaves of these tall clumping plants can provide a focal point in the garden, where they are often planted in mass. They can also be used to add color in a container. Flowers attract both hummingbirds and butterflies. Heucheras can tolerate the sun but may require some shade in the brightest afternoon sunlight to prevent burning the leaf edges or fading the color. They prefer rich organic soil and moist, slightly acidic soil. Heuchera, although perennial, can become crowded and weakened unless divided occasionally.

Hosta - *Hosta*. Also known as Plantain Lily. These herbaceous perennials come in a range of colors and patterns, including some with bright chartreuse leaves or leaf margins. They prefer semi-shady or shady locations with moist, well-draining soil. The plants live for years and expand slowly with a fibrous root system. The early summer flowers on tall stalks attract hummingbirds.

Continued on next page ▶

Mexican Stonecrop – *Sedum Mexicanum*. This low-growing carpet-like succulent ground cover has soft needle-like leaves. The plant can extend over a large area. Yellow flowers appear in early summer. The plant is also great in containers, where it can trail down the sides for a foot or more. This perennial prefers full sunlight and moist soil.



Pineapple Sage – *Salvia elegans*. Some varieties of Pineapple Sage produce chartreuse leaves, including Golden Delicious. Many species of sages, also called Salvia, produce red or purple flowers in summer. The flowers may appear along the stalk or as a tight group at the end of the stalk. The plants produce tubular red flowers beginning in August that attract hummingbirds, butterflies, and bees. The plant's edible leaves have a pineapple/sage scent when rubbed. This perennial prefers full sun and moist soil. It also benefits from some pruning to keep its shape and prevent drooping. Be sure to provide consistent watering.



Sweet Potato Vine – *Ipomoea*. Comes in both mounding and trailing varieties. The trailing variety is frequently used in containers, providing wide chartreuse leaves to contrast with flowers such as petunias or grasses such as purple feather grass. The vines are grown as decorative annuals in sunny, fertile locations and pots. The plant is related to the food crop variety but is considered inedible.





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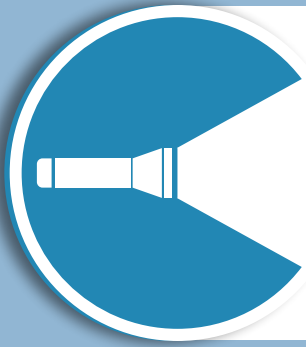
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NONPROFIT *Spotlight*



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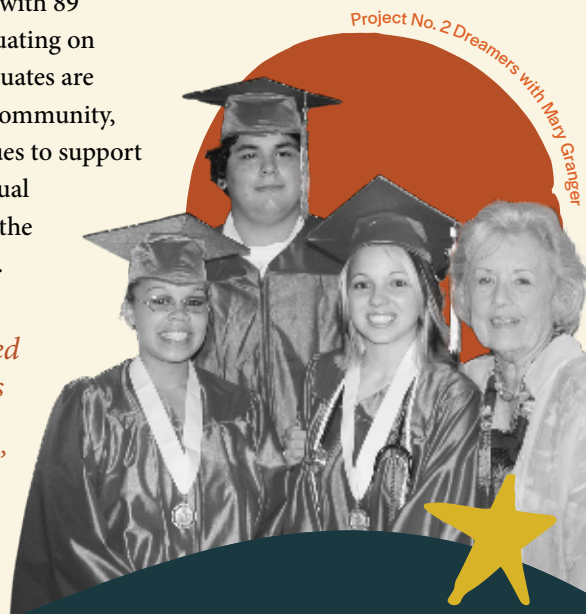
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Caring residents launched *I Have a Dream of Southwest Washington* to offer mentorship, enrichment and college scholarships to more than 300 students from four elementary schools in Vancouver.

The investment paid off, with 89 percent of students graduating on time. Many of these graduates are now giving back in our community, and the program continues to support students through an annual scholarship managed by the Community Foundation.

"I Have a Dream helped me believe college was possible and showed me the doors to open."

**ELIZABETH
NAJERA**



The Community Foundation helps transform purpose into impact.

See the difference we make together at cfsww.org/40stories.

THE DREAM CONTINUES FOR LOCAL STUDENTS THROUGH SCHOLARSHIP

In fourth grade, Elizabeth Najera was handed a blank key. It didn't unlock anything, but this small token opened a world of possibilities for her and 63 classmates at Washington Elementary. This cohort was the first selected by I Have A Dream of Southwest Washington, a program designed to help students prepare for, get into and graduate from college.

Najera already had the determination and smarts to excel in school, but the data wasn't as optimistic. Her class was part of a Title 1 school, which meant fewer supports and resources in the classroom and at home. I Have A Dream (IHAD) aimed to fill those gaps.

It wouldn't be easy though. The model required five donors to commit \$100,000 each over ten years. Thankfully, Mary Granger was launching the local chapter. She was a go-getter who stood at the center of local philanthropy.

Within a year, Granger and five donors were presenting keys to Elizabeth's class, who would come to be known as "Dreamers." Family members filled the cafeteria and shared happy tears and smiles after hearing the program's big incentive: college scholarships.

"We didn't know it then, but I Have A Dream helped us keep the dream of college alive," Najera said. "The support of mentors and peers, made me feel like I could overcome almost any obstacle."

Those personal relationships proved more valuable than any scholarship. Program staff and volunteers provided enrichment opportunities and day-to-day mentoring that students credit most for their success. IHAD's comprehensive support helped increase on-time graduation rates to 89 percent for the 333 students who participated across four classes.

While rising tuition costs and other factors contributed to the program's closure in 2018, the dream lives on through its students. Many are now working in and contributing to local communities. Najera herself owns a successful accounting and consulting firm. She also gives back as the executive director of Latino Community Resource Group.

The program has also entered a new phase. With \$490,000 remaining, IHAD's executive board established the "I Have A Dream" Scholarship in Honor of Mary and Dick Granger at the Community Foundation for Southwest Washington. Each year, this scholarship awards up to \$50,000 to students facing barriers to education, including the original "Dreamers" and their children.

Like Elizabeth's key, these scholarships will help another generation of students unlock their educational dreams. It's a story made possible by a group of caring people who found a common purpose. By partnering with the Community Foundation for Southwest Washington they turned their purpose into impact. To read more inspiring stories like theirs visit cfsww.org/40stories.

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Summer Fest



at the FORT VANCOUVER NATIONAL SITE



 **Friday, June 14th | 5:30 PM – 8 PM** 
Music at the O.O. Howard House



 **Thursday, June 20th | 6 PM – 8 PM** 
Summer Solstice Celebration



 **Tuesday, June 25th | 12 PM – 1 PM** 
Officers Row Trees Walking Tour

 **Saturday, July 6th | 11 AM – 6 PM** 
Picnic in the Park

 **Thursday, July 11th | 5:30 PM – 8 PM** 
Music at the O.O. Howard House

 **Saturday, Aug 10th | 10 AM – 3 PM** 
Pet Portraits at O.O. Howard House
Presented by Quantum Fiber

 **Thursday, Aug 22nd | 5:30 PM – 8 PM** 
Music at the O.O. Howard House

 **Saturday, Sept 14th | 1 PM – 4 PM** 
Grant House 175th Birthday Party
Presented by Columbia Credit Union

 **Saturday, Sept 28th | Time TBD** 
Children's Play Day

For details on these fun Summer Fest events visit:

VancouverSummerFest.com



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**Past photos
of the Picnic
in the Park**
*courtesy of
The Historic Trust*

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Partnerships

***Is your organization ready to do something Wild?
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The Columbian has long believed in providing our local community with news and information for our neighbors and supporting the nonprofits that help our community thrive. Got a wild idea to promote? Let us help.

Columbian Community Partnerships has worked with hundreds of local nonprofits to help them meet their goals. With our matching funds program, Nonprofit Spotlight promotions, Local Public Service Announcements, and special rates for nonprofit advertising, in print and online, We strive to support our local nonprofit organizations as they reach out to The Columbian audience to seek volunteers, recruit members, or fundraise for programs and services they sponsor. Let us lend a helping hand.

If you'd like more information on how Columbian Community Partnerships can help your nonprofit organization, contact

Teresa Davis at CommunityPartnerships@columbian.com
or **360-735-4572** columbian.com/community-partnership/



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EVENTS

JUNE 2024 - AUGUST 2024



2024 ROSE SHOW: SPOTLIGHT ON ROSES

June 29 • 1pm-4pm

Gymnasium at First Evangelical Church, 4120 NE St. Johns Rd, Vancouver

This event, free and open to the public, is anticipated to be the largest rose show in the State of Washington. Juried exhibits of beautiful roses grown in the Northwest—hybrid teas, floribundas, grandifloras, old garden and shrub roses, climbers, miniatures and mini-floras—will be on display along with arrangements of large roses and miniatures. There will also be a juried photography section... new this year! Entries from all rose growers will be accepted from 7:00 a.m. to 10:15 a.m. Photos (5x7) can be mailed by June 27 to Kathy Fry (13108 NE 22nd Street, Vancouver, WA 98684) or entered by 8:00 a.m. on the day of the show. Novice and Junior rose exhibitors are welcomed—assistance is available from 9 a.m. to 10 a.m. Trophies and Queen of Show will be awarded at 3 p.m.

The Rose Show opens for the public from 1 p.m. to 4 p.m. For more information regarding Horticulture and Artistic Design (Arrangements) exhibits, contact Julie Goggin or Margaret Snitzler at 360-609-1749. Contact Kathy Fry at 360-832-3155 regarding Photography exhibitor information.

Also visit our website: www.fortvancouverrosesociety.org.

Julie Goggin and Margaret Snitzler, Co Chairs:
360-609-1749 for Horticulture and Artistic Design questions.
Kathy Fry, 2024 Rose Show Publicity Co-Chair for Rose Photography



CAMAS CAR SHOW

June 29, 2pm-7pm

Downtown Camas. Stroll the beautiful streets of historic Downtown Camas and enjoy the many classic and custom cars and trucks that fill the town. Old favorites and new discoveries in this annual event. Raffles, live music start at 3pm. Dance performance at 5pm by the Virtuosity Performing Arts Studio and other family friendly entertainment including balloon art. Kids' activities! Free Hot Wheels car to the first 100 coloring contest participants!
downtowncamas.com/event/camas-car-show/



SUMMERFEST 2024

July 6, 11am-6pm

Fort Vancouver Historic Site, Parade Grounds and Officers Row. A wonderful community event filled with a full day of activities for families and people of all ages. Free and open to all. Picnic in the Park features two stages with live music and entertainment, games on the lawn, magicians, face painting and lots of fun for the entire family. Pack a blanket, get ready for some fun snacks, purchase food from local vendors, along with beer tastings for those 21 and over in the beer garden. Kicks off at 11 am and continues until 6 pm.
thehistorictrust.org/calendar/summer-fest-2024-picnic-in-the-park/



4 DAYS OF ALOHA

July 25-28

Clark College & Esther Short Park. A unique and immersive experience celebrating Hawaiian arts and culture. The festival takes place at Clark College and Esther Short Park in Vancouver. Don't miss out on the opportunity to experience the aloha spirit in the Pacific Northwest! Cultural workshops, live performances, vendors, and so much more!

4daysofaloha.com



VANCOUVER ARTS & MUSIC FESTIVAL

August 2-4

Esther Short Park. Free and open to all ages, the Vancouver Arts & Music Festival features award winning musicians, visual artists from across the region and talented local performers. Explore stages, pop-up galleries, art demonstrations, family activities and local food vendors in Esther Short Park and downtown Vancouver.
vancouverartsandmusicfestival.com



CRAFT BEER & WINE FEST

August 9-11

Esther Short Park. A celebration of PNW craft beverages, food & concerts. Enjoy 60 craft brews, 100 craft wines, local craft spirits & a weekend of fun at Esther Short Park! Esther Short Park has giant trees and is a beautiful venue! This is not a typical brewfest... This is a hybrid beer/wine/spirits fest and music festival!
thecraftwinefest.com



CAMAS VINTAGE & ART FAIRE

August 24, 9am-3pm

Downtown Camas. The 15th Annual Downtown Camas Vintage & Art Street Faire will feature 60+ vintage and local art vendors all in the charming tree lined streets of Downtown Camas. Vintage offerings include a huge variety of indoor and outdoor furniture and home and garden items as well as clothing and accessories. Art offerings include quality paintings, woodworking, glass art, metal work, handmade jewelry, fiber art, repurposed art, and more. Live music and fresh, delicious food will also be available. The friendly and inviting ambience of the town will complete the experience! Come early for fresh coffee at 9am, enjoy lunch at one of Downtown Camas' many fine eating establishments and stay until 3pm finding the perfect items for your home and garden and enjoy live music throughout the day.
downtowncamas.com/event/camas-vintage-art-faire/



VANCOUVER WINE & JAZZ FESTIVAL

August 23-25

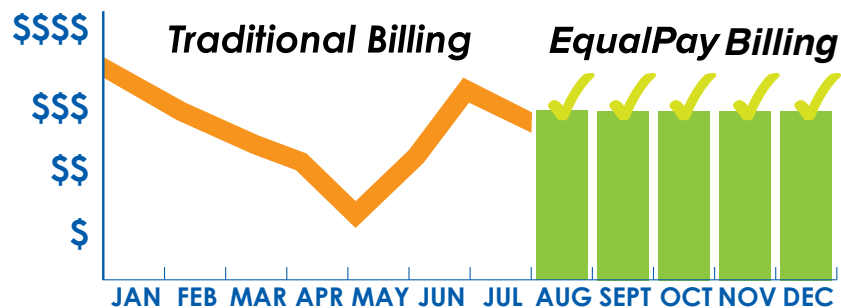
Esther Short Park. The Festival is a celebration of the musical, visual, performing, and enological arts and brings together internationally acclaimed musicians, regional jazz & blues bands, Northwest wines, fine artists, and local cuisine.
vancouverwinejazz.com



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