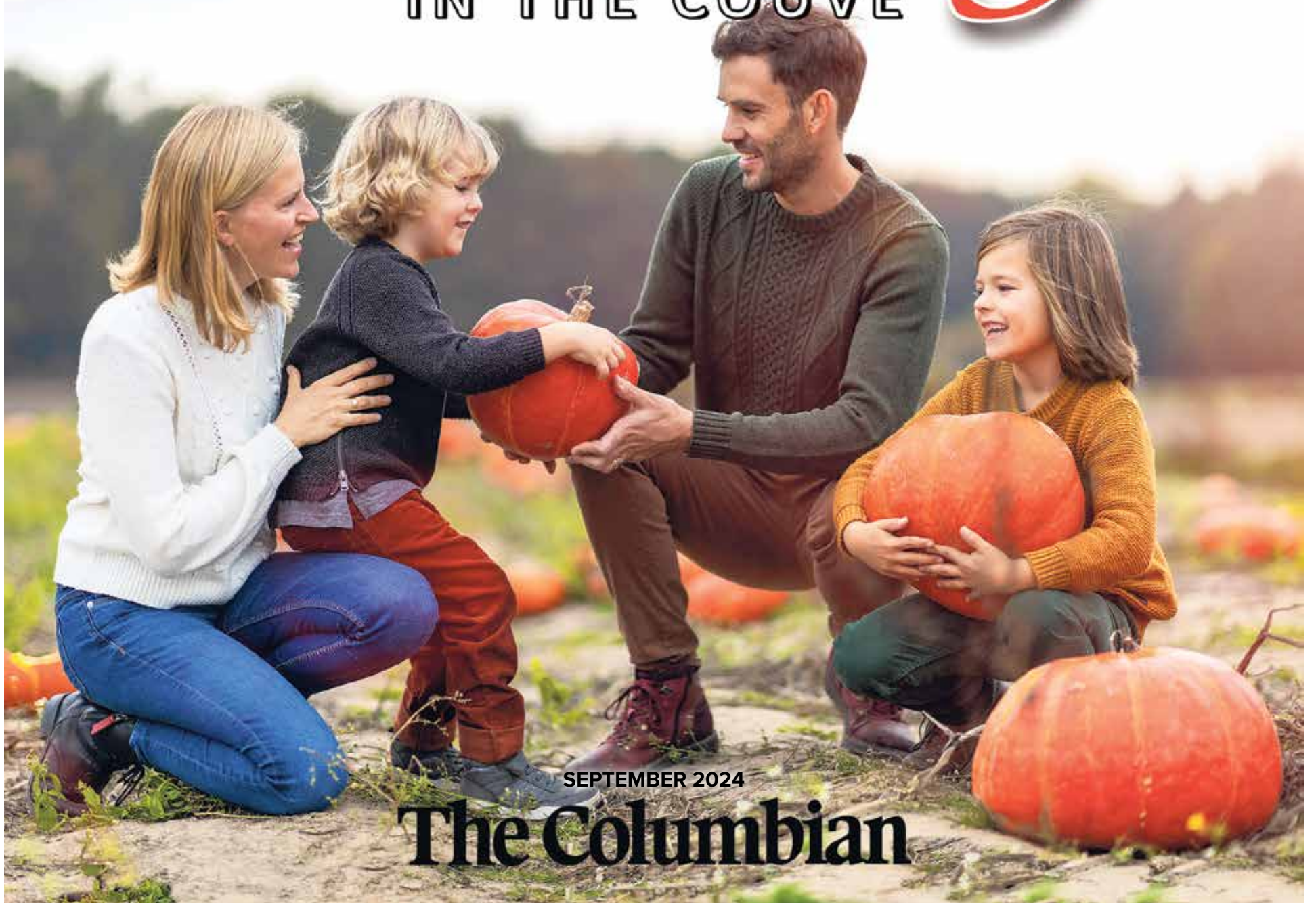


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Living IN THE COUVE



SEPTEMBER 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.

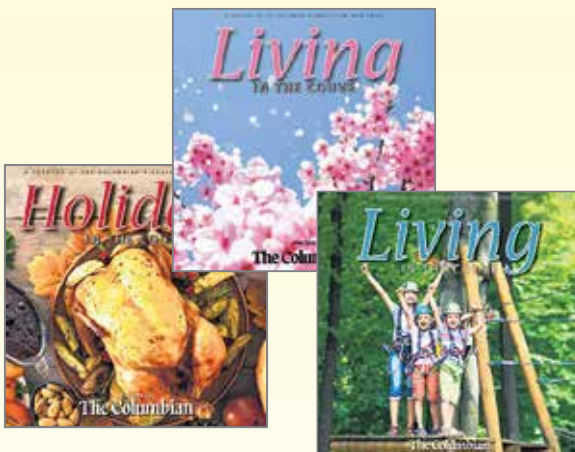
2 —The original Vancouver.

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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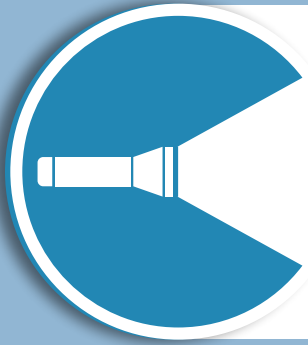
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A LEGACY OF LOVE THAT CREATED A COMMUNITY: THE STORY OF STEPHEN'S PLACE

For parents, families, and caregivers, the decision to move a loved one into a new living situation is rarely easy. The emotions can be overwhelming, and the thought of leaving behind the familiarity of home can be daunting.

As parents to two sons who would need lifelong care and support, Wayne Kuni and Joan Kuni were no strangers to this experience. They wanted to know that when they were no longer here, there would be a place where their sons could live through the end of life, fully cared for—not just in terms of physical needs, but also their overall well-being and health.

The Kuni's recognized a profound gap in their community: a lack of independence-based goals, programming, and support for adults who are neurodivergent. They knew that their sons, and others facing similar challenges, deserved a place where they could thrive, learn, and lead fulfilling lives.

This vision, guided by Joan in her final years, ensured that every aspect of Stephen's Place reflected the same love, care, and respect that Wayne Kuni and Joan Kuni had for their sons.

The community and building were designed from the ground up to provide a safe, supportive environment where residents and non-residents can build friendships, develop skills, and enjoy the same sense of community and belonging that everyone deserves.

Stephen's Place is a testament to the knowledge that individuals who are neurodivergent should have the same choices and opportunities as everyone else. That includes being part of the larger community with the ability to shop at the same grocery stores, cheer on their favorite sports teams, visit the cinema to watch the latest and greatest, contribute to society, and enjoy the same sense of respect and belonging that everyone deserves.

Today, Stephen's Place stands as a living legacy of the Kuni's care and commitment to providing a place for people to learn, grow, bond, and live.

AFTER SCHOOL Child Care

by EILEEN COWEN, for *The Columbian*

The school year is in full swing, and for many families that means scrambling to find after-school childcare. Who knew it could be so difficult? There are many options and many of those options are quite expensive or have long wait lists. Adding to the frustration is the lack of consistent transportation from school to an after-school childcare program, further complicating access for families. Thankfully, here in the Greater Couve we have many options that can help families find the best program that fits their needs. Whether you need daily after-school care or just occasional help, here are a few great resources to check out.



When looking for quality childcare, sometimes the best option is looking at the schools themselves. Vancouver Public Schools has taken initiative by offering fee-based after-school programs at many of their elementary schools.

This care is either offered “in house” through contracted employees or through partnerships with groups such as the YMCA, YWCA, or Boys and Girls Clubs of Southwest Washington.

This school year, VPS has partnered with a company called Right At School to provide quality educators and structured afternoon



schedules to help kids thrive. Regardless of the provider, these district-sponsored programs offer a seamless transition to after-school care because they are situated in the school buildings or at sites adjacent to elementary schools. In Evergreen School District, childcare is primarily provided through Educational Service District 112 (known as ESD 112). It is available at many of the district’s elementary schools and although it is also fee-based, there are scholarships and grants available to help defray some of the costs associated with after-school care. Similarly, Camas, Battle Ground, and Ridgefield all offer in-school programs that are supervised, fun, and safe.

Private options abound as well and vary by location. For instance, Kids Club is located in Salmon Creek and offers supervised after-school fun in their gymnasiums. They even provide limited transportation from local elementary schools. Kids Club is an exciting option for those kids who would benefit from getting their wiggles out after school. An added bonus is that Kids Club offers drop-in care for those who only need childcare every now and then.

A well-known chain, KinderCare, has multiple locations across the Greater Couve. This is a great choice for those with children of varying ages as they offer daycare for infants all the way up to late elementary school-aged kids.

Continued on next page ▶

Having all kids in one place can be a lifesaver for working parents who have limited time in the evenings. Kiddie Academy is another chain with multiple locations that offer similar programs to KinderCare. A couple other local programs include The Goddard School and Tree Hill Learning Center. All of these schools have excellent instructors and provide safe places for kids to play and learn after school. They all offer tours so families can compare and contrast small differences to find the best fit for their children.

So, what happens if you need different care than these public and private options offer? Your best bet may be tracking down a cooperative childcare system. Some of these cooperatives can be quite informal, with a few families taking turns watching little ones after school. There are a few formal cooperatives, but most focus on preschool-aged children. A great place to find a co-op (or possibly start your own!) is through your neighborhood's NextDoor or Facebook page. You can even check with your church or denomination to see if they have interest in starting a cooperative or childcare exchange. Of course, there are many drawbacks to these options, but one excellent benefit is you may find another family in a similar situation that would mutually benefit from an exchange. Another underutilized resource is your neighborhood's Buy Nothing

group. There are many teens and young adults who have CPR training and babysitting skills that would come in handy for a few hours after school. By using a hyper-local resource like neighborhood forums, you can get the added benefit of meeting neighbors and creating tighter community bonds. This sounds like a win-win to me.



THE MOST HARMFUL DRUGS IN CLARK COUNTY

what to watch for

by ELIZABETH COOK, FNP, Vancouver Clinic

From candy-colored fentanyl pills to kratom-laced teas, dangerous substances are available to Clark County kids and adults. According to Clark County Public Health, the area's drug overdose deaths doubled between 2018 and 2022, the latest year for which data is available.

As a family nurse practitioner with expertise in substance use disorders, I believe that education is a critical component in helping parents protect their children, teens, and loved ones. Not all drug-related threats are obvious, which is why it's essential to know what to watch for.

KRATOM: UNBELIEVABLY LEGAL

Kratom is a drug that often flies under the radar, but it's one of the most concerning substances I see in my practice. Available at pot shops, gas stations, and even health food

stores, this legal herbal extract is easy to access and is misleadingly marketed as "natural." People often assume it's a benign tea or pill.

In truth, kratom is a highly addictive drug that affects opiate receptors, just like fentanyl. I've seen many younger women accidentally become addicted to it when they are just looking for something to ease body aches or promote sleep.

Kratom is illegal in Europe but easy to obtain in the U.S. I encourage families to warn their kids and teens to stay far away from it. Parents should also be aware that kratom doesn't show up on standard drug screening tests. Getting off kratom is difficult and often requires the same treatment that is used for opioid addictions.

KETAMINE: AN UNSAFE "TREATMENT"

Ketamine is a drug originally used by vets to tranquilize animals. About 15 years ago, some pain clinics started using it to treat individuals with chronic pain. Today, these places are offering it for depression, anxiety, and migraines.

Unfortunately, ketamine is addictive and doesn't help these conditions. What's more, the clinics offering this "treatment" frequently operate under unsafe circumstances. Nurses may start IV drips without an onsite doctor to care for adverse reactions, despite the fact that hallucinations are common.

Additionally, no insurance company will pay for ketamine treatment. This means patients are paying cash out-of-pocket for a dangerous drug that won't actually help their medical condition. I strongly recommend that patients steer clear of these "clinics."

FENTANYL: ADDICTIVE AND DEADLY

Fentanyl is the most notorious drug in the country—and for good reason. This powerful synthetic opioid is similar to morphine but 50 to 100 times more potent. Though it's a prescription drug, it's frequently made and used illegally. Fentanyl is frightening for a few reasons:

- It can appear harmless: Fentanyl can be pressed into fun, bright-colored tablets that may be mistaken for candy.
- Its potency can vary: Depending on how fentanyl is manufactured, it can be so strong that a granule the size of a grain of sand can kill someone.
- It can be disguised: Drug dealers frequently add fentanyl to other pills that they are selling, including oxycodone, tranquilizers, drugs for ADHD, and methamphetamines. Any person who buys drugs on the street should presume the substances contain fentanyl.

It's important to warn kids and teens about the dangers of fentanyl so that they understand the risks. It's also valuable to remember that even good kids can make bad decisions. Watching for depression, anxiety, behavioral changes, mood changes, grade changes, and increasing isolation can clue parents into a potential drug problem.

I also recommend that people carry naloxone ("Narcan"). Naloxone is a medication that rapidly reverses an overdose but has no effect on someone who does not have opioids in their system. Naloxone saves lives by restoring normal breathing to a person whose breath has slowed or stopped due to drugs. Naloxone is available over-the-counter.

PRESCRIPTION DRUGS: RIPE FOR MISHANDLING

Many people develop a drug addiction through prescription pain pill use. Sometimes, it begins with a legal prescription for a sports injury, surgery, or other incident. Other times, people steal pain pills like oxycodone from family members.

It's crucial that patients use prescriptions as directed by their clinician and that they dispose of unused pills safely. Storing them in a medicine cabinet "just in case" puts others at risk of accidental ingestion or misuse. It's safer to take them to a drug take-back site. Avoid flushing medications, as this pollutes the water system, hurts fish and aquatic life, and adds chemicals to our drinking water. Sewage systems are not equipped for prescription drug removal.

MARIJUANA: MULTIPLE FORMS, MULTIPLE RISKS

Marijuana's many forms pose a particular threat to children. Marijuana is available in tinctures, concentrated

Continued on next page ▶



extracts (dabs), edibles (gummies, foods, etc.), smokes, vapes, and under-the-tongue sprays.

Kids don't know the difference between a regular gummy bear and one containing THC. They have no way to discern whether or not a brownie is tainted with pot or not. Avoiding marijuana and keeping edibles out of the house helps keep kids safe. If a child does ingest marijuana, call poison control. Always call 911 any time a child is unresponsive.

Marijuana's many forms can also be a problem for adults. Dose strength can vary wildly, and each person will respond differently. When people don't know how strong a substance is, how much they can handle, or how their body will manage it, they risk having an adverse reaction. What's more, marijuana can be addictive. Continued, frequent, and heavy use can lead to dependency. Users can also develop a tolerance and need more and more of the substance to feel the same effects.

CAFFEINE: EASY TO OVERDO

Caffeine affects the brain and body, just like other substances. Energy drinks are particularly popular—and problematic. The caffeine content in these drinks may vary significantly. Many of them contain high quantities of sugar and additional stimulating ingredients. Many people don't realize that these drinks can cause arrhythmia (an irregular heartbeat).

Drink container size can also affect how much caffeine people believe they are ingesting. A cup of coffee is 8 ounces. Individuals who say they drink a cup of coffee a day yet sip out of a giant thermos are likely drinking much more. For example, a 20-ounce thermos contains 2.5 cups of coffee.

Caffeine is considered an acceptable legal drug, but it's a drug none-the-less. Individuals who choose to use caffeine should be attentive to how it is impacting them. An addiction to caffeine can appear as chest pains, palpitations, the shakes, and just generally feeling unwell. Individuals who presume that they have sleep disorders sometimes find that what they actually have is a caffeine problem.

NICOTINE: BAD FOR THE HEART

Many people see nicotine pouches, patches, and gums as a "cleaner" form of cigarettes. Yet, they are far from harmless. Using nicotine increases blood pressure and accelerates heart rate. It narrows and hardens arteries and blood vessels, which can cause heart disease, heart attacks, and strokes.

Tobacco alternatives can help people quit cigarettes or vape pens. However, they can also become a less-messy way to get a nicotine fix. It's important for people to consider how nicotine is impacting their short- and long-term health. A primary care clinician can be a good partner in helping address a nicotine addiction.

FIND SUPPORT

Addiction is a complex disease that's best addressed with compassion and evidence-based medical care. Vancouver Clinic clinicians can help people regain control over their lives using up-to-date treatments, including medications and therapy. We treat addictions to alcohol, tobacco, marijuana, prescription pills, injection drugs, opioids, and more. **If you are concerned about your substance use, talk to your primary clinician. If you need a clinician, call 360-882-2778 to make an appointment. Or learn more about substance use disorder resources at www.tvc.org/patients/substance-use-disorder-resources.**

Elizabeth Cook is a family nurse practitioner at Vancouver Clinic. She believes health care is a partnership between a patient and their clinician. Beth enjoys educating her patients, helping them make good choices, and motivating them to create a healthy life.



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THE EVOLUTION AND IMPACT OF THE CART TAGGING PROGRAM

EDUCATORS HAVE BEEN LIFTING THE LIDS OF CURBSIDE CARTS FOR OVER A DECADE TO SET THE COMMUNITY UP FOR SUSTAINABILITY SUCCESS

by **BETHANIE COLLETTE AND IAN BLACKBURN**,
Clark County Public Health Solid Waste Education and Outreach

Clark County is committed to recycling right! The Cart Tagging program is a collaboration between Waste Connections of Washington, Clark County and the City of Vancouver. Education staff with Waste Connections of Washington visually observe recycle carts, aiming to provide residents with individualized recycling resources and personalized education. This program has become a cornerstone of recycling education since its inception 12 years ago and now includes cart tagging for organics bins and multi-family complexes.

EVOLUTION OF THE OOPS TAG



A decade of "Oops Tag" iterations deployed by recycling advocates for the Cart Tagging program. *Graphic by Bethanie Collette with Clark County Solid Waste Education and Outreach, 2024.*

A DECADE OF OUTREACH

Since the "Residential Recycling Education Project" pilot in 2012, the Cart Tagging program has been crucial to enhancing recycling practices in Clark County. Through education and outreach, the cart tagging team and local solid waste partners have significantly reduced the amount of contamination, or garbage, that ends up in our recycling system. The program continues to educate on contamination issues in recycling and organics collection through the diligent efforts of the recycling advocates, the education staff members at Waste Connections of Washington.

Recycling advocates are the face of the Cart Tagging program and are responsible for deploying "Oops Tags," photographing recycling contaminants, recording the type of contamination in the cart, and following up with information about proper recycling techniques.

Take a look at how the front and back of the Oops Tag have transformed over the last decade!



Two recycling advocates, Ian B. and Keke W. lift the lid of a recycling cart. *Photo by Sammy Salgado with Waste Connections of Washington.*

BY THE NUMBERS: DIVING INTO CONTAMINATION

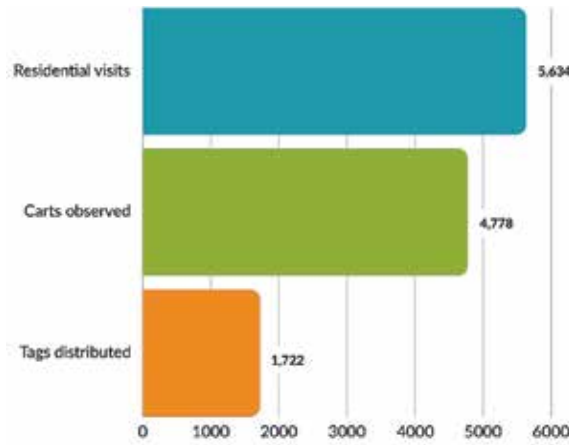
Starting as early as 6 am, recycling advocates begin cart observations and data collection. In 2023, the recycling advocates went to 5,634 houses, checked 4,778 carts, and left Oops Tags on 1,722 carts for noticeable contaminants. In 2023, 36% of recycling carts were contaminated.

Continued on next page ▶

RECYCLING CART TAGGING DATA FROM 2023

Every resident who receives an Oops Tag is also given a Recycling Done Right brochure, which details appropriate recycling practices. To ensure the cart tagging process is working effectively, the recycling advocates visit each house three times. Any customer who received a second or third tag during repeat visits, also received a detailed letter after the second tag and a phone call from Waste Connections educators after the third tag. This multiple-contact process resulted in a 19% reduction in the number of carts with visible contamination from the first tag to the third tag.

The top three contaminants year after year are plastic bags or wrap, plastic clamshells, and to-go items.



Recycling cart contact and contamination data from 2023.
Graphic by Bethanie Collette with Clark County Solid Waste Education and Outreach, 2024.

TOP CONTAMINANTS

While plastic bags and clamshell containers aren't recyclable in curbside recycling carts, there are local options for recycling! To find recycling locations for these items, visit RecyclingA-Z.com or download the Recycle Right app. All to-go items should be placed in the curbside garbage cart, even if they say "compostable."



Top contaminants by percentage found in recycling carts, as recorded by recycling advocates in 2023 for the Cart Tagging program. Graphic by Bethanie Collette with Clark County Solid Waste Education and Outreach, 2024.

ORGANICS CART TAGGING

In the spring and fall of 2023, recycling advocates inspected the organics carts to ensure the community received proper education regarding what is and isn't accepted in the carts. Organics carts are used to collect yard debris and food waste and are available to customers in the city limits of Vancouver and Ridgefield.



Cart Tagging Continued on page 15 ▶



2024 Fall Community Workshops

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



Register for a no-cost virtual or in-person workshop:

clarkcountycomposts.org/workshops

09
Oct

Backyard Composting

16
Oct

Red Worm Composting

23
Oct

Lasagna Garden Composting

30
Oct

Bokashi & Other Indoor Composting

06
Nov

Green Cleaning

13
Nov

Recycling Done Right

20
Nov

Prevent Food Waste — Scrappy Cooking

Fall Backyard

Bird Feeding

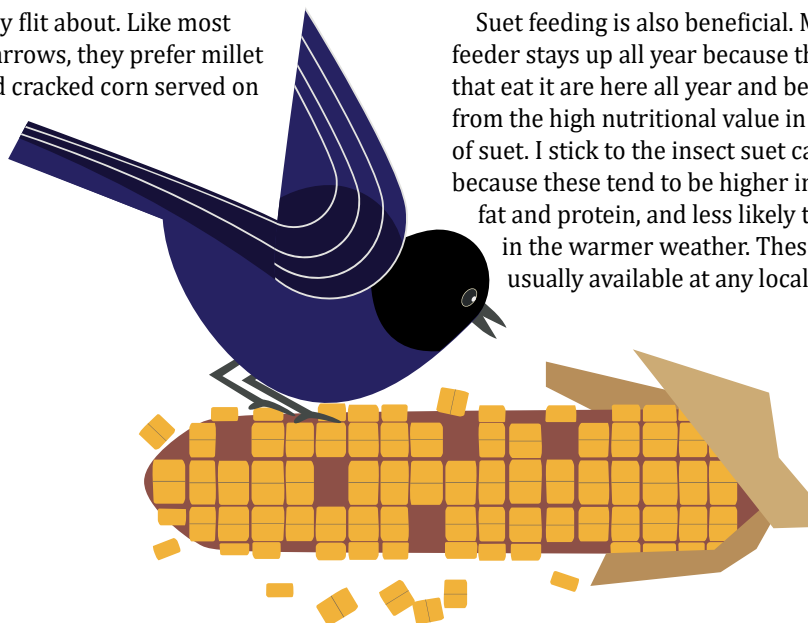
by TODD KAPRAL, Backyard Bird Shop



What a summer this has been! I always look forward to the cooler weather that comes with fall and this year is no different. For those of us that feed birds in our yards, fall migration can mean a significant uptick in activity at the feeders. Whether the birds are heading south or just changing from summer to winter territories, there likely will be more avian visitors in the yard.

One of the biggest myths about feeding birds in fall is that you need to take down your feeders so the birds migrate. The fact is that bird migration is associated with the number of hours of daylight, not the availability of food. It is known that birds only get about 25% of their diet from feeders and the rest is from foraging. A bird that migrates south like the Black-headed Grosbeak or Rufous Hummingbird is going to do so regardless of an available feeder. A good source of backyard bird info is the Cornell lab of Ornithology website: Birds.Cornell.edu.

Some birds migrate elevationally. The Dark-eyed Oregon Junco is a great example of this. A member of the sparrow family, the Junco comes down from higher breeding elevations to the valley floor for fall and winter. Juncos are identified by their black hood and white slashes on the sides of their tail when they flit about. Like most sparrows, they prefer millet and cracked corn served on



the ground or flat foraging surface.

The majority of the birds we see regularly at our feeders here in the Pacific Northwest are year-round residents. Perching birds like finches, chickadees and nuthatches are here all the time and will benefit from a clean, reliable feeding station. Ground-feeding birds like sparrows are here all the time too. The seed we feed doesn't really change through the year. Black oil sunflower seed is the favorite. I serve the sunflower chips in our yard because there's no shells to make a mess and they generally don't sprout. The American goldfinch, our state bird, can be easily overlooked because the males lose their bright yellow breeding plumage in the fall. They love sunflower chips and can show up in large flocks in the fall and winter. One question I hear often is what seed to use to feed the "little" birds. I tell people not to think

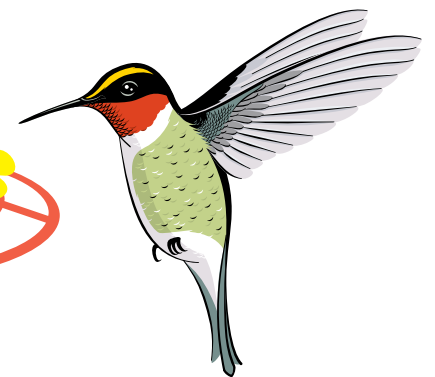
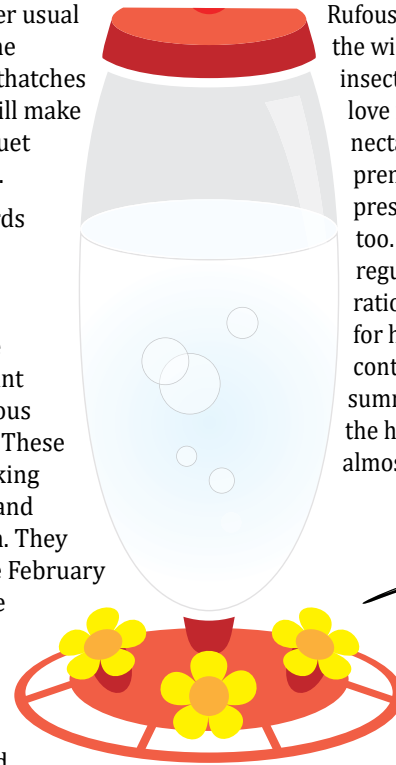
big versus small. Think in terms of "elevated" feeding or "ground" feeding. If a bird normally perches to eat, they will be most interested in sunflower seeds or chips. Think finches, chickadees and nuthatches. If a bird normally forages on the ground or flat surface, they tend to prefer white millet or cracked corn. These birds include sparrows, juncos, towhees, and mourning doves.

Suet feeding is also beneficial. My suet feeder stays up all year because the birds that eat it are here all year and benefit from the high nutritional value in a cake of suet. I stick to the insect suet cakes because these tend to be higher in quality, fat and protein, and less likely to melt in the warmer weather. These are usually available at any local backyard

bird feeding supply store. Woodpeckers like the Northern Flicker, Downy and Hairy Woodpeckers, along with other usual suspects like the chickadees, nuthatches and bushtits will make good use of a suet feeding station.

Hummingbirds also migrate regardless of the presence of a feeder. The common migrant here is the Rufous Hummingbird. These birds have striking cinnamon red and brown on them. They show up in late February and stay for the summer. The males begin fall migration in August and the females and young follow in September. The Anna's, North America's largest

hummingbird, does not migrate. They are green on top and have a whitish/gray belly and breast with no brown anywhere. As the Rufous move out, the Anna's fill the gaps for the winter. Hummingbirds eat a variety of insects, spider eggs and tree sap. They also love nectar feeders. I make sure I use clear nectar that is not pre-made in a bottle. The premade liquids tend to contain harmful preservatives. The red dye is harmful too. You can make your own nectar using regular white table sugar and water at a ratio of 1 to 4. Organic sugar is harmful for hummingbirds because of the iron content. Change nectar twice a week in summer, once a week in winter. Hopefully the heat of summer is past us as fall is almost here. Cheers!



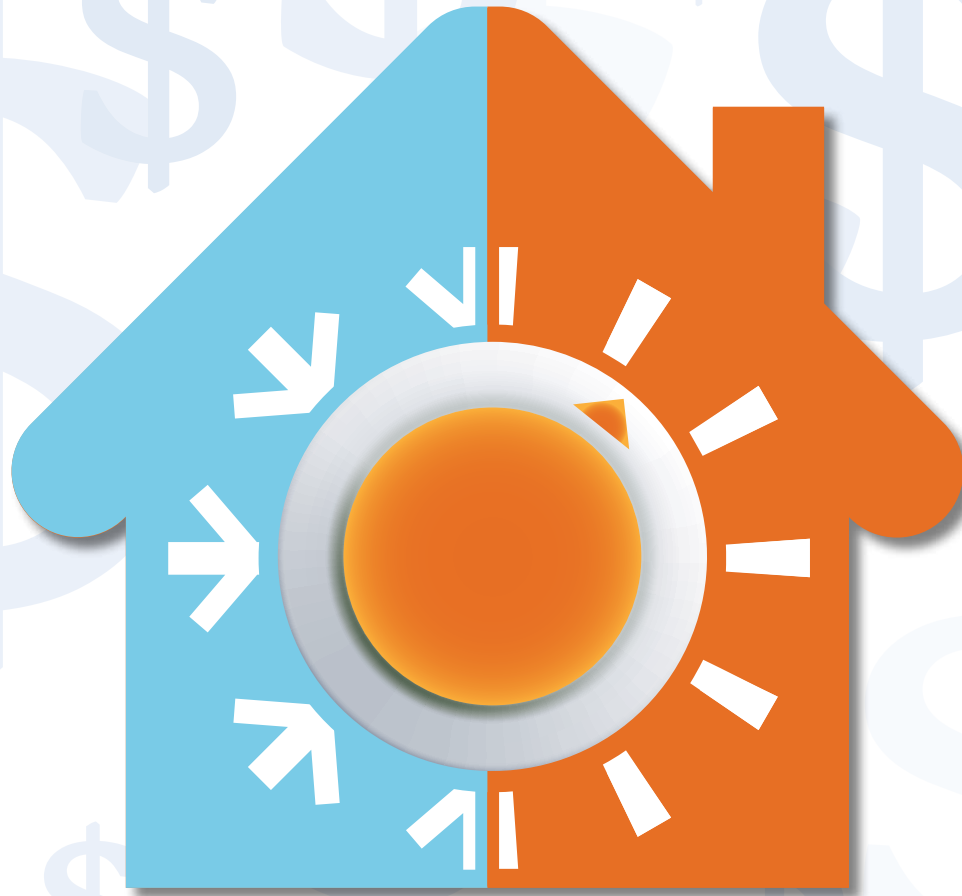
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A Systematic Approach Now Will Prepare Your Home to Make the Most of Every Kilowatt This Winter

by **DAMEON PESANTI**, for Clark Public Utilities

Although the warm weather is still here, it won't be long before the seasonal chill sets in and your heating system fires up. Don't wait for winter to start thinking about how to make the most of your heating budget, now is the perfect time to make sure your home or business stays comfortable in the most economic and efficient way possible.

Ductless or ducted, a heat pump is the ideal solution for electrically heated homes and businesses to reduce energy waste, enjoy more consistent temperatures and a more pleasant feel to the heated air.

Whether you already own a heat pump or are planning to purchase one, there's a good chance you might not be making the most of what it can do for you.

"If you're trying to reduce your utility expenses, installing a heat pump and ignoring other important factors is like buying a hybrid car to save gas, but leaving it idling in the driveway when you're not using it," said Trevor Frick, the Residential Program Coordinator at Clark Public Utilities.

Your home or business will make the most out of every kilowatt and stay at a

comfortable temperature longer when you think about the entire structure as a system, and not just a space to heat and cool.

That sounds complicated, but it's pretty simple. Make the most of your heating and cooling by focusing on these things: insulation, air sealing, duct sealing, and minimizing use of backup heating sources.

Adequate insulation is a wonderful thing. Insulation offers the shortest return on investment of about any energy efficiency project and the results are immediately noticeable. A poorly insulated house often feels drafty, gets hot in the summer and never quite warms up in the winter. Homes built before the 1990s usually lack insulation, which is a big reason energy bills can be seasonally high.

Air leaks are like death by a thousand cuts for an energy budget. They occur in the walls and ceiling around plumbing, light fixtures, exterior door and HVAC ducts. They're

Continued on next page ▶

everywhere and constantly allowing the air you're paying to heat or cool to escape, practically sending your hard-earned dollars with it. A handy do-it-yourselfer can tackle many leaks, but whole-house and HVAC ducts sealing should be left to a professional. They can often find and seal a number of leaks equivalent to having a window open. Numerous weatherization contractors in our area can do all of the above and more.

Lastly, if your heat pump is connected to a backup heat source, like an electric furnace that has electric heating coils or strip heat, be sure the system is properly configured by an HVAC professional. An appropriately sized heat pump should heat everything on its own until the outside temperature is below 30 degrees, when the strip heat may activate. An improperly configured system will unnecessarily rely on the strip heat in mild conditions—which consumes two to three times more electricity than the heat pump. Many also incorrectly believe strip heat should be the main heat source in winter, but in Clark County just a heat pump is almost always more than enough.

If you have a heat pump, forget about adjusting the thermostat daily. It's almost always best to leave them at a fixed temperature. Setbacks are best for gas furnaces. Heat pumps are like marathoners; they're most efficient at a long, steady pace. If yours is connected to an electric backup heat source, turning the heat up can cause that system to turn on unnecessarily.

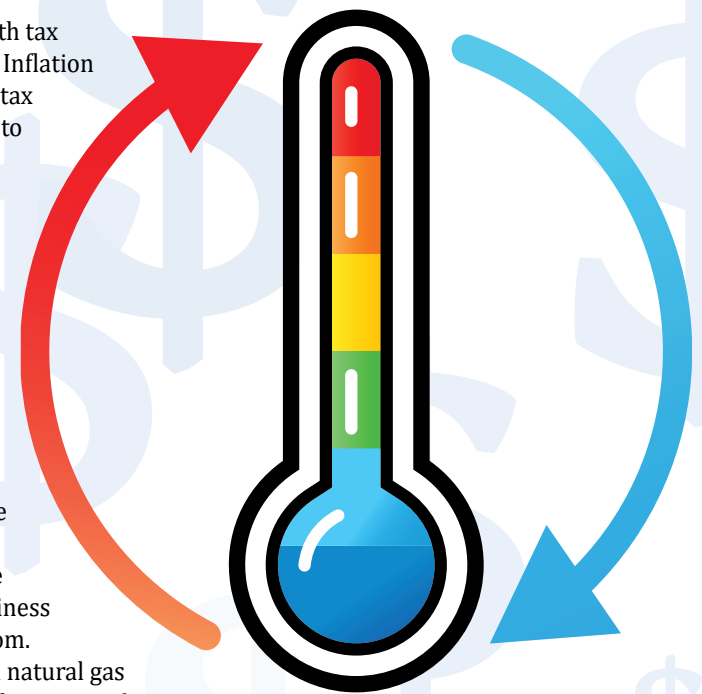
Clark Public Utilities offers rebates to help home and business owners make the most of their energy budgets. Whether it's installing a heat pump, a heat pump water heater, weatherization, replacing

windows, installing an electric vehicle charger, or other upgrades, the utility can help you save. More information is available at clarkpublicutilities.com/rebates.

Many rebates can be combined with tax credits available through the federal Inflation Reduction Act. Part of the law offers tax credits that make it more affordable to invest in energy efficiency upgrades.

Residential or commercial customers can also take advantage of a free home energy review by a Clark Public Utilities Energy Counselor. They can identify free and cost-effective solutions to making a home comfortable and efficient. Reviews are perfect for customers looking to reduce energy waste but don't know where to begin, saw an unexpected increase in energy consumption, or are considering a remodel. Schedule one by calling 360-992-3355 during business hours or emailing ecod@clarkpud.com.

Homeowners and businesses with natural gas service can also take advantage of rebates specific for them. To find out more, visit the Energy Trust of Oregon at energytrust.org.



Save money and cut emissions with an electric vehicle

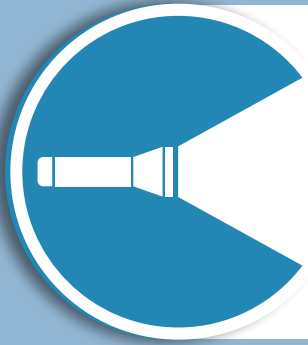


If you own or are considering an electric vehicle, we offer incentives to help. Incentives are available for the installation of various charging stations and we offer rebates to qualifying customers for the purchase of used electric vehicles, too. Visit our website for more information.

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great food, wine, stories of impact, live auction, and dancing.*

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Every day at the Humane Society for Southwest Washington, pets receive shelter, medical care, behavior support, and a second chance to find a loving family. Since 1897, we have served the people and animals in our community.

In 2023, we served 10,000 pets - more than ever in our 125-year history - and this year, we are on track to make an even bigger impact. So far in 2024:

- More than one thousand pets have been adopted at HSSW.
- Our Mobile Veterinary Clinic has provided essential veterinary care to the pets of hundreds of income-qualified families in our community.
- Hundreds of kittens have found the lifesaving support and shelter they need to thrive.
- Our staff and volunteers have served countless hours supporting the pets in our care.
- Hundreds of lost pets have been reunited with their worried families.
- Animals rescued from unsafe and inhumane conditions have found safety and support, including nine dogs rescued from an alleged dog-fighting operation.
- Our Community Solutions programs supported hundreds of pets with free pet food, wellness care, spay/neuter, and other services that help keep pets at home with their families.

Those are just a few ways that our team is making a difference, and this work is possible thanks to the support of our generous community.

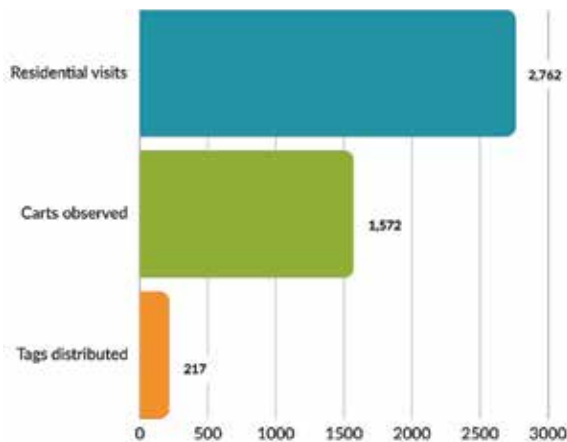
Our annual Unleash Your Heart Gala & Auction is one way you can support our lifesaving work. This annual event is filled with all the wonderful elements you have come to expect - indulge in exquisite cuisine and fine wines and connect with friends while you celebrate the special bond between people and pets. While Unleash Your Heart is undoubtedly the social event of the season, it's also a critical fundraiser that fuels our mission. Every ticket purchased and every auction bid placed contributes to our mission to rescue, return, restore, rehome, and reconnect one animal at a time.

Join us on Saturday, October 5 for an evening you won't forget.

But the fun isn't limited to that night alone. Our Virtual Silent Auction is back this year online so you can join in the fun and support the animals no matter where you are! Bid on luxurious getaways, unique local experiences, fine dining, international and local travel, packages to pamper you and your pet, and more. Virtual Silent Auction bidding opens September 24 and closes October 5.

Join us and Unleash Your Heart for the animals! hssw.org/gala

ORGANICS CART TAGGING DATA FROM 2023



Food waste is dumped into a curbside organics cart for disposal. Photo by Maul Foster for Clark County Solid Waste and Recycling, 2023.

Graphic by Bethanie Collette with Clark County Solid Waste Education and Outreach, 2024.

The total contamination rate of the organics carts was 7.2%, with 2% of the contamination attributed to compostable bags. Although the bags are labeled “compostable,” they are not recommended by our commercial compost facility, Dirt Hugger. Skip the bags and put your organics straight into the cart. Recycling advocates also noticed that only a few organics carts had food scraps in them, even though these carts can be used for any organic waste. If you have organics service, be sure to deposit your food scraps in your green cart instead of throwing them in the garbage.

Don't have access to curbside organics? Clark County's We Compost program provides residents with free food scrap disposal at community hubs throughout the county. To find a convenient We Compost location near you, head to clarkgreenneighbors.org/We-Compost.

PROPER CURBSIDE DISPOSAL PRACTICES

In addition to monitoring recycle and organics carts, the Cart Tagging program also teaches residents how to properly dispose of the following items that should never be placed inside of the recycle or garbage carts.

Batteries: Tape both ends to avoid contact between terminals, put in a sealed plastic bag, and place on top of the recycle cart. Don't have access to curbside disposal? Visit RecyclingA-Z.com and find free, convenient battery drop-off locations near you!

Motor oil and antifreeze: Use a transparent plastic jug container for each and place it next to the recycle cart. Be sure to label the container before setting it out. Do not mix.

Glass: Only food-grade bottles and jars are accepted. Ensure all food residue is removed and all jar lids and corks are placed in the garbage. Unaccepted items include broken glass, candles, lightbulbs and vases.



Antifreeze and motor oil set out properly for curbside pick-up. Photo by Bethanie Collette and Camille Shelton with Clark County Solid Waste Education and Outreach, 2023.

LOOKING AHEAD: SUSTAINING AND ENHANCING RECYCLING EFFORTS

The Cart Tagging program has proven a valuable tool for reducing contamination and improving recycling practices within our community. By continuing to educate and empower residents, we can ensure a cleaner, more efficient recycling system. We look forward to seeing the Cart Tagging program's continued success. Remember to use the RecycleRight app or head to RecyclingA-Z.com to learn how to recycle common items and stay up to date on upcoming sustainability events through the Green Neighbors event calendar. **Questions about the Cart Tagging program?**

Visit [www.wcnorthwest.com/recycleright](http://wcnorthwest.com/recycleright) or contact RecycleHelp@WasteConnections.com.



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GROW
YOUR

LANDSCAPE on a Budget

by BEKAH MARTEN, WSU Clark County Master Gardener



Adding new plants to your home landscape can be spendy, but there are some budget friendly ways to freshen up your garden. The fall months can be especially generous to the budget minded gardener through taking advantage of nursery sales, plant division and seed collecting.

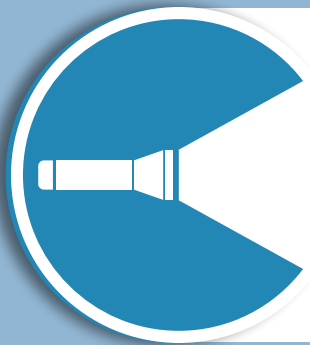
Many area nurseries offer great discounts beginning in the fall. Take some time to shop these sales. You may not find the same large selection offered in the early spring, but you will find significant savings. Use this to your advantage and purchase more expensive items like trees and shrubs. Savvy shoppers will often save up to forty percent of what would have been spent earlier in the season. These savings are especially helpful when landscaping large areas.

Another budget friendly option is to dig and divide perennial plants. A mature hosta or coral bell can easily be divided into several plants. Consider a perennial division swap with neighbors or friends. This is a great way to incorporate new types of plants into your landscape.

To divide a perennial, simply dig around the entire root ball of the plant and then pull it apart by hand, or pry with a shovel or knife. Replant divisions into your landscape and water well. While some perennials like hostas can be divided in spring or fall, a general rule to follow is to divide spring or early summer blooming flowers in the fall and fall blooming flowers in the spring.

Lastly, collecting seeds from annual and biennial flowers is a rewarding way to increase

the number of plants in your landscape and save money. Some flowers, such as sweet alyssum, cosmos, California poppies, and calendula can be left to self-sow. But if you would like to see some of your flowers in another area of your garden, you can collect the seeds for planting the following spring. For example, collect dried, brown seeds from hollyhock, zinnias, calendula, columbine, and sunflowers in the early fall. Spread them on newspaper or paper towels to thoroughly dry for at least a week. Once dried, place them in labeled paper envelopes and store in a cool, dark location such as a closet. Plant them out in the spring and watch your landscape grow.



NONPROFIT *Spotlight*



For information contact communitypartnerships@columbian.com



Find Strength. Find Support. Find You.

**Mental Health Counseling for
children, teens, and young adults**



Scan the QR code to discover our
comprehensive youth mental health services!



IMPORTANCE OF YOUTH MENTAL HEALTH RESOURCES

Far too many young people are struggling with their mental health and are unable to get the support they need. Since the pandemic began, rates of mental health problems among young people have increased. The pandemic most heavily affected those who were already vulnerable, including youth with disabilities; racial and ethnic minorities; LGBTQ+ youth; and other marginalized communities. In Clark County, Columbia River Mental Health Services (CRMHS) is a lifeline for young people, offering crucial support to ensure that every young person has the opportunity to thrive.

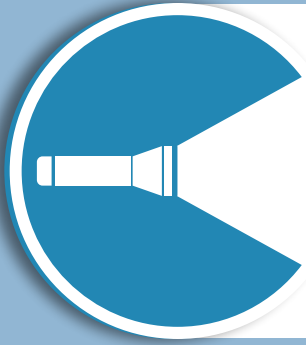
Through dedicated youth programs – such as Child and Family, and Options Youth – CRMHS is able to support youth and young adults in our community in prioritizing their mental health and building a foundation for a happy and successful life. These programs aim to assist young people as they navigate the challenging transition from adolescence to adulthood. They offer a range of activities, including art and music, social events, adult skills development, educational support, and counseling.

“Our guiding principle is to meet each youth where they are at on their journey and to make that journey to the adult world a success on their terms,” shares Vicki Dahlgren, Options Youth Program Director.

The multidisciplinary approach at CRMHS ensures that each youth receives comprehensive support tailored to their needs. Peer navigators with lived experience, employment specialists, therapists, and case managers collaborate to create individualized plans that empower youth to achieve their life objectives. By focusing on mental health as a critical component of overall well-being, CRMHS helps young people develop the resilience and skills necessary to succeed in school, make informed decisions, and maintain their physical and mental health.

Mental health is an essential part of a person's overall well-being, and it's crucial to start nurturing it from a young age. Dahlgren emphasizes, “Lives change here” isn't just a slogan at CRMHS—it's a reality. I've witnessed this transformation hundreds of times. It's amazing to be part of that change, and support youth and young adults in our community!”

As youth mental health faces growing challenges, CRMHS plays a crucial role in ensuring young people receive the support they need. By fostering community support and raising awareness, we can work together to ensure that every young person in Clark County has access to the mental health resources they need to thrive.



NONPROFIT *Spotlight*



For information contact communitypartnerships@columbian.com



shine the **LIGHT**

Suicide Prevention & Awareness Summit

Saturday, September 14th, 2024 | 4pm-7pm

Clark County YMCA

11324 NE 51st Cir, Vancouver, WA 98682



SONJA WASDEN

Join us for the Shine the Light Suicide Prevention and Awareness Summit, a pivotal event dedicated to fostering hope.

We are honored to welcome our guest speaker, Sonja Wasden, a suicide survivor with 30+ years of lived mental health experience. Sonja is an award-winning author, passionate mental health advocate,

and inspirational speaker who will share her powerful journey.

In addition to Sonja's impactful presentation, there will be insightful panel discussions and a wealth of information provided by community partners. Enjoy a variety of snacks and beverages thoughtfully provided by the YMCA as we **come together to shine a light on mental health and suicide prevention.**

PERSONAL STORY: (Trigger Warning SUICIDE)

I lost my son to suicide last year, and the pain of his loss stays with me every day. I remember the day he had a serious mental health crisis and the police responded as if he had committed a crime. Neighbors watched from outside, speculating with hurtful assumptions. Their words and the looks on their faces are etched in my memory.

As we grappled with the pain and trauma of losing our son, our neighbors avoided the house. No one came to check in or offer support. I couldn't help but wonder if it had been a heart attack or another illness, would they have shown more empathy? Mental illness and suicide, unfortunately, still carry a heavy stigma, often associated with fear and avoidance.

I lost my son in the most tragic of circumstances and needed support to express my pain, not judgment to deepen my trauma. If you know someone who has experienced the tragedy of suicide loss, please don't isolate them. Survivors need ongoing support and understanding. Even if you don't know what to say, your presence matters.

I wish my community had asked me about my son — asked me to share memories of who he was. I wanted to tell them how he loved his friends and family. I wanted to tell them about his big heart that encompassed everyone he met. I wanted to tell them about his smile and his sense of humor. And I wish they had asked me how I was. I needed them to take time to listen. This kind of loss is not something I will simply "get over." The pain is relentless, and the loneliness is a daily reminder that my beautiful boy is not here.

This does not need to be everyone's experience. By talking openly about mental illness and recognizing it as a health issue, we can better support survivors and change the outcomes for many families.

Together, we can break the stigma, foster understanding, and offer the compassionate support that is so desperately needed. In doing so, we honor the memory of those we've lost and provide hope for those who are still struggling.

THANK YOU SPONSORS



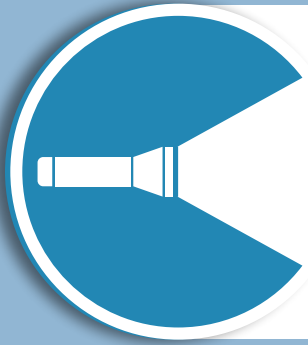
NAMISWWA.ORG

RSVP
HERE ↓



The National Alliance on Mental Illness (NAMI) champions the cause against stigma, striving for a future where people with mental illness find more acceptance and better care.

Please join us on Sept. 14th for our Suicide Prevention & Awareness Summit. Together, let's SHINE A LIGHT on hope, healing, and the power of community.



NONPROFIT *Spotlight*



For information contact communitypartnerships@columbian.com



SHARE HAS BEEN SERVING CLARK COUNTY FOR 45 YEARS.

With the assistance of our community and our skilled and compassionate staff, Share provides food and meals for all ages, operates four shelters for those experiencing homelessness, provides rental assistance with caring case management to help our clients secure affordable housing, and we assist those living on the streets with compassion and dignity. Diversity, equity and inclusion remain at the forefront of our work.

Through visionary leadership, Share has sustainably grown, evolving our programs based on the needs of our community. While we have been a fierce advocate for change, we've not done it on our own. Healthy communities thrive through partnership. By connecting multiple systems and movements, and bringing more players and voices to the table, Share has fostered and created a brighter and healthier future for generations to come. We keep working, every day. We can build a better future for everyone and we will do it together.

You Can Help: Volunteer, Host a Drive or Fundraiser or Donate!

Volunteers are needed to help prepare, plate and serve food at our Hot Meals program, which serves 8,000+ meals each month. You could also sort and pack food for our Backpack program, which provides 1,200+ bags each week during the school year to children and their families. Additional volunteer opportunities are also available.

Visit sharevancouver.org/volunteer to fill out our online volunteer application and to sign up for a shift. Groups are welcome and kids can volunteer alongside their parents, too!

Help stock our shelves with non-perishable foods items, new clothing and shoes, household items and more. You organize the drive at your own location - office, church, neighborhood, local school - and we'll provide you with a list of high-need items, plus large blue barrels for the collection. **Contact Nikki Hanna at nhanna@sharevancouver.org.**

Or host an event on Share's behalf - be creative! Are you a business owner? Host a day where the percentage of proceeds are donated. Like getting together with friends? Throw a cocktail party with raffle items or ask your guests to donate while you teach them to make a special, signature drink. **Contact Maggie Bernetich at mbernetich@sharevancouver.org.**

Donations, small or large, are always welcome and are vital in our mission to advocate for equitable access to housing and food stability while empowering every individual to grow and thrive.



A SPECTRUM OF SERVICES

- **food and meals** for all ages
- **four shelters** for those experiencing homelessness
- **housing and rental assistance** to help people secure an affordable place to call home
- **care and compassion** for people living on the streets

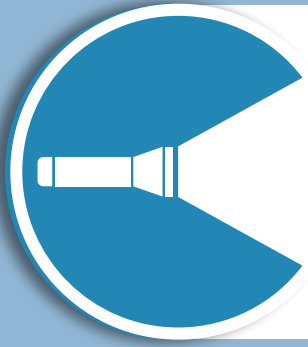
...and so much more.



LEARN MORE:
sharevancouver.org

facebook.com/ShareVancouver
Instagram: @sharevanwa





NONPROFIT *Spotlight*



For information contact communitypartnerships@columbian.com



Join us on Thursday, September 12th, 2024 to ensure hope, help, and healing for our community members most in need of a lifeline!

Lifeline Connections' annual fundraiser, *A Lifeline to Wellbeing Luncheon*, will be held from 11:30am – 1:00pm at Royal Oaks Country Club in Vancouver, WA.



Purchase your ticket today!



Scan to Join Us

Email Development@LifelineConnections.org for more information!

Thank you to our sponsors!

Platinum: Houser Family

Gold: Recovery Café Clark County

Silver: Kaiser Permanente, Lockton, HUB International Northwest LLC, Riverview Bank, and Vancouver Housing Authority

Bronze: The Vancouver Clinic, 4D Recovery, Jodie Sharp Realty, SWACH, Gunn MacKenzie PLLC, Carelon, Community Health Plan of Washington, Opsahl Dawson, and More Power Technology Group

In-kind: Upbeat Music Therapy and Wellpoint Washington

Media: The Columbian

LIFELINE CONNECTIONS

About Us

At Lifeline Connections, we inspire hope and support lifesaving changes for people affected by substance use and mental health conditions, through superior customer service, high quality programs, and dedicated staff.

We have proudly served our Clark County community for 62 years, serving 5,000 individuals each year, across 10 locations and 38 programs. Children, Youth, Adults, and Families have easy access to our comprehensive continuum which includes behavioral health treatment and supportive recovery services, such as:

- Crisis Triage and Stabilization
- Withdrawal Management
- Treatment for Pregnant and Parenting Women
- Residential and Outpatient Substance Use Treatment
- Mental Health Outpatient and Case Management
- Court-Based Services
- Supported Employment Services
- Medication-Assisted Treatment and Recovery
- Housing and Recovery Supports
- Homeless Outreach, Stabilization, and Transition
- Primary Care Screening
- Animal-Assisted Therapy
- and more!

More than 90% of our patients are below the federal poverty level and many are unhoused before treatment.

Partner With Us

The opioid epidemic and the suicide crisis continue to take lives in Washington. While we will never know the exact number of lives we save, we take pride in the difference our treatment and services make in the lives of our patients, their families, and our community. We strive to create a better future for our community – one where behavioral health treatment is available for all so everyone can thrive.

By supporting Lifeline Connections, you are ensuring that lifelines to life-saving treatment and services are available for those in need and at the greatest risk.

Join us at our annual fundraiser, *A Lifeline to Wellbeing Luncheon*, on September 12, 2024 from 11:30am -1:00pm at Royal Oaks Country Club in Vancouver, WA to provide hope, help, and healing for our community members most in need of a lifeline!



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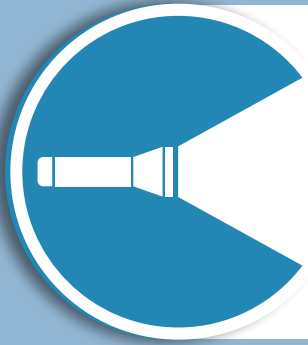
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NONPROFIT *Spotlight*



For information contact communitypartnerships@columbian.com



DREAM THE MUSEUM

Join the Dream Team as we **create Clark County's first children's museum**

Ways to get involved:

- Take our survey to share your ideas!
- Subscribe to our newsletter for museum updates
- Follow us on Instagram and Facebook to keep the conversations going



Learn more at
columbiaplayproject.org/dream

A CHILDREN'S MUSEUM FOR CLARK COUNTY

Over the last five years, Columbia Play Project has been dedicated to creating exploratory play spaces for the young and young-at-heart. We began with play kits and children's museum activities in 2021, then in 2023 we unveiled our Mobile Children's Museum. Our activities and events have served more than 50,000 people over the last four years. The next phase of our work represents our ultimate goal: to create a children's museum in Clark County.

Why are we so passionate about a children's museum for our community? Children's museums are unique to other play spaces in that they are nonprofit, educational and cultural institutions. They are designed to serve the needs and interests of children by providing exhibits and programs that stimulate curiosity, motivate learning, and support the wellbeing of children and families. A children's museum in Clark County would be an invaluable resource in providing access to play to all children, which is a fundamental necessity for healthy social, emotional, and cognitive development.

Columbia Play Project recently launched the Dream the Museum campaign, which is the first step in museum development. The campaign's main goal is to understand the hopes and needs of our community so that the children's museum can serve and represent Clark County well.

Between now and the end of October, Columbia Play Project will be utilizing the campaign to send out surveys, share information on museum development, connect with local organizations, and talk with folks at events. And YOU can join the Dream Team too!

Get involved today by taking the survey and sharing your dreams for the museum. In addition to taking the survey, here are a few more ways to support the campaign:

- Share the survey with friends and family
- Follow us on Facebook and Instagram
- Like, comment, and share the social posts
- Attend Columbia Play Project events this summer and fall
- Consider becoming a Columbia Play Project member

We can't wait to continue partnering with you in strengthening kids and families through play!

ronald records

creating
a vibrant
community
of music
and arts



by EILEEN COWEN, for *The Columbian*

Every great city in the US has a few key things in common: amazing places to eat, eclectic places to recreate, and inclusive spaces to enjoy the benefits of being involved in a community. For me, part of that recreation and community revolves around seeing live music and let's face it: the music scene here in the Greater Couve is less than stellar. There are a few awesome venues for live music, but they simply aren't big enough to pull big acts. Portland-based musicians are wary of playing here because they don't have a place to play with a built-in scene and crowd. It does feel like things are changing for the better thanks to a few intrepid businesses who are trying to increase the music scene. One such shop is Ronald Records, where they are looking to change the status quo by providing opportunities for local musicians to thrive.

Owners Jon and Kelsey Jennings opened their small record shop in 2022, but the story begins far before then. Ronald Records was originally established as an independent record label in 2014. Through many life changes, the Jennings moved to Vancouver where they found the community that valued art and music. They launched an online shop that created cool connections with other collectors and music nerds, and in 2022 they opened their brick and mortar shop. The space is located in the basement of Kindred Homestead Supply and is full to the brim with albums, tapes, books, memorabilia, and a special section teeming with local t-shirts, stickers, and art.

After a long hiatus, Ronald Records recently relaunched their record label, which has been a great boon to local musicians. Musical acts on their label are

varied and include everything from country, ambient music, rock, electronica, to Americana. Being on a small label such as Ronald Records provides a lot of opportunities for musicians to get their music out into the public both physically and digitally. Additionally, Ronald Records handles the printing and promotion of media and merchandise, creating a headache-free situation for musicians. Jon and Kelsey have established earnest partnerships with local businesses to handle the printing of materials. Altogether, the efforts of Ronald Records make it easier for local musicians to get recognized while boosting the artist community that is so important to our city's culture.

In addition to the physical shop and the label, Ronald Records also hosts a small performance space with shows every week. Every genre of sound is represented: techno, looping, singer-songwriter, rock, jazz, and more. You really can't go wrong with a show at the shop because Jon and Kelsey are so dedicated to expanding the burgeoning music scene here in the Couve. They predominantly showcase Clark County based musicians, and their musicians and crowd are all-ages events. This is a rare offering in a city where the music scene is tightly tied with the 21+ bar scene and few all-ages venues even exist. With their shop, label, and shows, Ronald Records is providing the three key points that help create a vibrant community of music and arts that will help the Couve emerge from the shadows of our sister city across the river.

Due to continued redevelopment of the downtown core, Ronald Records is currently in search of a new location. They hope to have a space that will accommodate not only their extensive record selection, but will provide a much needed performance space in Downtown. As the Couve continues to adapt to the realities of new development, it is intrinsically important to support those businesses that thrived during times of downturn. Wherever Ronald Records lands, they will continue to be an intrinsic part of Vancouver's music scene.

Gentle Prices

at a difficult time....



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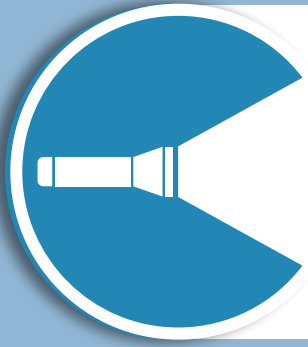
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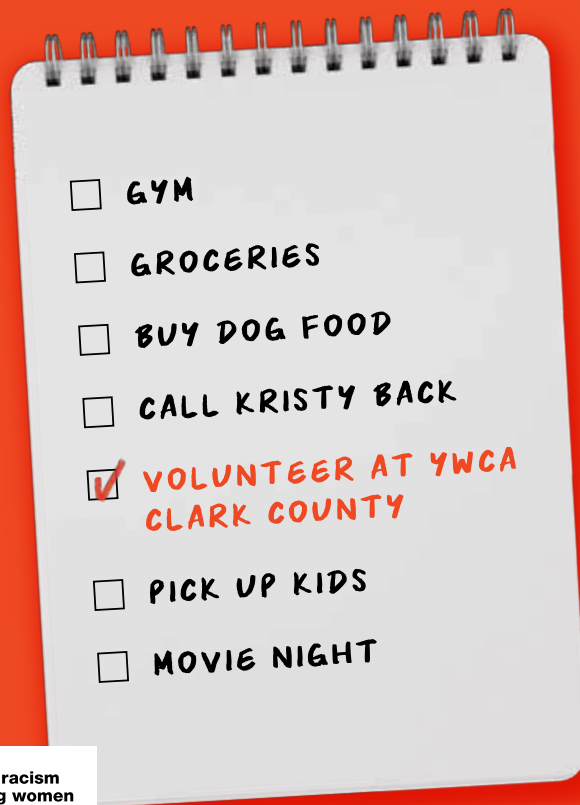


NONPROFIT *Spotlight*



For information contact communitypartnerships@columbian.com

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**OUR SAFECHOICE DOMESTIC VIOLENCE
PROGRAM NEEDS VOLUNTEERS.**

YWCACLARKCOUNTY.ORG/VOLUNTEER



HOW YOU CAN HELP CREATE A SAFER, STRONGER COMMUNITY

As the leaves begin to change and the crisp fall air sets in, many of us find ourselves reflecting on how we spend our time and how we can give back to our community. Imagine adding a meaningful activity to your routine that not only fits seamlessly into your schedule but also makes a life-changing impact on those around you. Consider volunteering with YWCA Clark County.

At YWCA Clark County, we don't just talk about change—we make it happen. Our mission to eliminate racism, empower women, and promote peace, justice, freedom, and dignity for all is brought to life through our programs and services. For over 50 years, our SafeChoice Domestic Violence Program has provided critical support and resources to survivors in their time of need. But to continue this vital work, we need you.

We are currently seeking volunteers for several roles, including hotline volunteers, support group facilitators, and facilities volunteers. These roles are designed to be flexible, allowing you to contribute your time and skills in a way that fits your life. Whether you're a parent balancing family commitments, a retiree looking to stay active, or anyone with a desire to give back, there's a place for you at YWCA Clark County.

Feel a sense of fulfillment when you add "Volunteer at YWCA Clark County" to your to-do list. Your efforts will directly support survivors of domestic violence, helping them find safety, stability, and hope for the future.

This fall, take the opportunity to empower yourself and others. Volunteer with YWCA Clark County and see firsthand the impact you can make. Together, we can create a safer, more equitable community for all.

For more information on how you can get involved, visit ywcaclarkcounty.org/volunteer and start your volunteer journey today.

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

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

We believe that the success of any business requires dedication and professionalism. In our business, in particular, it also requires a great deal of kindness, compassion and attention to detail. You'll find these qualities in each and every member of our staff at Evergreen Memorial Gardens. Put your trust in us to make this experience as comfortable and carefree as possible.



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Vancouver, WA

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9 Years in a Row!

EVENTS

SEPTEMBER 2024 - OCTOBER 2024

CAMAS-WASHOUGAL FIRE DEPARTMENT OPEN HOUSE

September 28, 2024; 10 a.m. - 2 p.m.

Station 42,
4321 NW Parker St, Camas
The Camas-Washougal Fire Department Open House and Health & Safety Fair will be held on Sat., September 28th from 10 a.m. to 2 p.m. at Station 42.
www.cityofcamas.us/fire-ems/page/camas-washougal-fire-department-open-house-save-date-0



BIRDFEST & BLUEGRASS

October 5, 2024;
9 a.m. - 2 p.m.

Davis Park,
337-411 N 3rd Ave,
Ridgefield
Spend time
Downtown and on
the Refuge during
the annual Friends
of the Refuge
festival! BirdFest &
Bluegrass is a joint
event planned
in a partnership

between the City of Ridgefield and the Friends of the Ridgefield National Wildlife Refuge that includes birding activities at the Refuge, vendors, kids crafts, Bluegrass performances, and a Pickers Festival. www.ridgefieldwa.us/354/October-First-Saturday

DOZER DAY

October 5 & 6, 2024;
11 a.m. - 4 p.m.

Clark County Event Center,
17200 NE Delfel Rd, Ridgefield
In addition to a weekend of fun
giving kids the ultimate 'construction
experience' by inviting close contact
with heavy construction equipment,
public safety vehicles, recycling
trucks, and other fun, information
activities, the net proceeds from
this event support communities
nationwide.
[www.clarkcoeventcenter.com/
events/2024/dozer-day](http://www.clarkcoeventcenter.com/events/2024/dozer-day)



WASHINGTON STATE TOY SHOW

October 12, 2024; 9 a.m. - 4 p.m.

Clark County Event Center, Exhibition Hall C,
17200 NE Delfel Rd, Ridgefield
The Washington State Toy Show features vintage
and modern toys, comic books and collectibles
from local vendors. Toys, action figures, die-cast,
LEGO, collectibles, video games, comic books
and so much more. General Admission: \$5 - For
entry after 10:00 a.m. Early Bird Admission: \$10
- For entry at 9:00 a.m. All admission tickets
are available at the entry on the day of the show.
Kids 12 and under are free.
[www.clarkcoeventcenter.com/events/2024/
washington-state-toy-show](http://www.clarkcoeventcenter.com/events/2024/washington-state-toy-show)



DÍA DE MUERTOS WITH VANCOUVER BALLET FOLKLÓRICO

October 19, 2024; 12 - 8 p.m.

Esther Short Park,
605 Ester St, Vancouver
An ancestral celebration to remember
and honor those who have departed.
Experience beautiful luminarias,
traditional Mexican dancing, live
music, guest artists, La Catrina and
activities for all ages.
www.cityofvancouver.us/events



PUMPKIN HARVEST FESTIVAL

October 19, 2024; 12 - 3 p.m.

Hathaway Park,
799 25th St, Washougal

Washougal's Pumpkin Harvest Festival is one of the community's most beloved events presented by the City of Washougal. Community families can wander through the free pumpkin patch, enjoy popcorn and cider, and collect treats and toys as they participate in a variety of unique games and activities operated by community organizations and city partners.

www.cityofwashougal.us/Calendar

Farmers



MARKETS

CAMAS FARMER'S MARKET

Wednesdays 3 – 7 p.m. through October 2

Downtown Camas: 4th Ave, between Everett and Franklin
Camas Farmer's Market brings a celebration of our region's agricultural bounty to Downtown Camas, and the community joins right in. Freshly harvested seasonal produce, flowers, natural products, and a hearty variety of prepared and hot foods fill the market.

DOWNTOWN VANCOUVER FARMERS MARKET

Saturdays 9 a.m. – 3 p.m. & Sundays 10 a.m. – 3 p.m. through October 26

605 Ester St. Vancouver
The Vancouver Farmers Market is a pet friendly place where you can chat with people who have grown or created your purchase, grab a bite to eat, listen to music, stroll through the park, watch the kids play, and enjoy a wonderful, relaxing day.

EAST VANCOUVER FARMERS MARKET

Thursdays 10 a.m. – 2 p.m. through September 26

17701 SE Mill Plain Blvd, Vancouver
You'll discover fresh and local produce, flowers, plants, baked goods, delicious food, pet treats, and accessories for yourself, home, or garden.

RIDGEFIELD FARMERS MARKET

Saturdays 9 a.m. – 2 p.m. through September 31

Davis Park: 337-411 N 3rd Ave, Ridgefield
The Market is a revival of the heritage of farmers markets of a time long ago, where on summer weekends the freshest produce and homemade products would be proudly displayed on tables early in the morning before becoming a meal, a decoration, or a centerpiece in someone's home later that same day. Vendors offer a great selection of products to choose from including local produce, plant starts, baked goods, flowers, soaps, jewelry, home décor items, clothing, and more.

SALMON CREEK FARMERS MARKET

Thursdays 11 a.m. – 3 p.m. through October 3

Legacy Hospital: 2211 NE 139th St, Vancouver
This market features food and prepared food, flowers, and traditional products, catering to the employees, patients and visitors of Legacy, the medical center, Vancouver Clinic and surrounding communities.



POMEROY FARM

10 a.m. – 5 p.m. Saturdays & Sundays in October
20902 NE Lucia Falls Rd, Yacolt

THE PATCH @ WHALEN OAKS FARM

11 a.m. – 6 p.m. Tuesday – Friday, 9 a.m. – 6 p.m. Saturday, 12 – 6 p.m. Sunday, October 1-31
636 Whalen Rd, Woodland

BI-ZI FARMS

1 – 6 p.m. Thursday – Friday, 10 a.m. – 6 p.m. Saturday – Sunday, September 21st-October 27
9504 NE 119th St, Vancouver

GATHER AND FEAST FARM

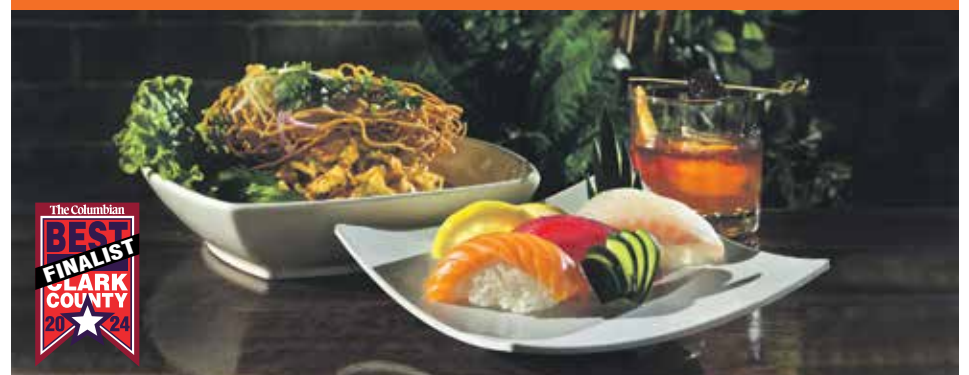
12 – 6 p.m. Sunday – Saturday, October 1-31
Pumpkin Recycling (Free from paint, wax, glitter, candles, etc.) 12 – 6 p.m. Sunday – Saturday
2706 NE 369th St, La Center

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waste. You'll also find calculators that allow you to compare heating options and programmable thermostats, appliances and lighting. You'll also find a calculator to help you evaluate various solar energy options and estimate your annual solar payback and break even years.

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