

APRIL 2018

Felida Fine Living

A SOCIAL MAGAZINE FOR THE RESIDENTS OF THE FELIDA/SALMON CREEK AREA.



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*Bryna, Mark, Ella,
and Anna Osborne*

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The residents of Felida/near Salmon Creek/S. Ridgefield in the following subdivisions: Fair Acres and north of Salmon Creek/ east and west of Seward Rd, Ashley Heights (all phases), Ashley Manor, Bella Ridge, Reserve at Bella Ridge, Cerrero Estates, Teal Pointe, Falcon Ridge, Teal Pointe Heights, Teal Pointe Ridge Horizon West, Sunset View, Moongate, Messner Estates, Westmoor, West of Westmoor, Lakeshore Ridge, Lakeview Estates and Erickson Farms.

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OUR LITTLE MAGAZINE THAT THOUGHT IT COULD...

publisher's note

I am so excited for our magazine to have gained so much success in the past three years. Thanks to all of our wonderful writers who are writing the diary of our neighborhood as we all grow up or grow older. It has warmed my heart to see the best of us come forward to help make it be the best it can be. Your suggestions and attendance at our events just let me know that you are still enjoying *Felida Fine Living*. And thanks to our sponsors for making it all possible,

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Yours in Felida,

Laura Miller
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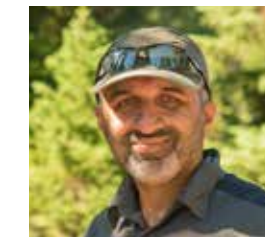
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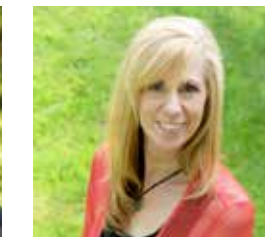
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Want to Join the Fun?

We couldn't do it without each one of these wonderful residents. Thanks to all of our writers for writing an article that tells the story of our neighborhood! Please welcome Vaqas Malik, who was on our cover last month with his sweet family, as our new photographer for our Meet Your Neighbors photos and our event photos!

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meet your neighbors

By resident writer **Marta Gray**

The Osborne Family

Mark and Bryna Osborne are long-time Vancouver residents and high-school sweethearts who met at Columbia River High School. Mark describes Bryna as beautiful, centered, and caring, saying that she has always accepted his goofy side, even though she is a bit more reserved. Bryna admires Mark's intelligence, his athleticism, and his amazing sense of humor. She loves Mark's confident, outgoing personality and explains that they balance each other perfectly! An athletic couple, Mark and Bryna have run several marathons together as well as Hood 2 Coast. These self-described Crossfit addicts are an active couple who also enjoy nature, cherish a balanced life, and appreciate special moments with friends and family over a delicious meal and a marvelous bottle of wine.

The Osbornes have two daughters, Ella and Anna. Anna, a spunky and delightful fourth-grader, attends Felida Elementary. Anna is full of zestful energy and loves crafts of all types, especially those



Ella and Anna



involving creative invention. She is athletic, playing soccer for Salmon Creek. Anna adores animals, music, and styling hair. She is a "cascade juggler," with a record of over 100 throws while keeping three balls in the air! She is a member of the leadership team at Felida and aspires to become a dentist.

Ella, an eighth-grader at TJMS, claims that soccer is her favorite sport but also runs cross-country and track. Ella is a school leader taking part in NJHS, Student Leadership, and AMC, having helped start "The Kindness Project," a program that honors Jefferson students who exhibit exemplary citizenship and "random acts of kindness." Ella is a high-achieving student with plans to attend the IB program at Columbia River. She loves photography and dedicates spare time to volunteer activities such as the Felida Kids Carnival and the Jefferson Canned Food Drive.

Bryna is a K-2 reading specialist at Felida Elementary, a job that fits her perfectly! An avid reader, she also loves to cook elaborate meals, bake, and spend time with her girls. Bryna describes an ideal night as one spent watching a movie with her family in front of a cozy fire. Of course, that includes snuggling their lovable

Labradoodle, Charlie, and their seventeen-year-old cat, Oliver, a rescue pet they adopted upon returning home from their honeymoon.

At CE John, a family-owned commercial real estate development and leasing business started by Bryna's grandfather in 1947, Mark serves on the board of directors and the executive team as a managing partner. He is deeply committed to community outreach and nonprofit efforts, expressing his pride in their family's contributions to the Boys and Girls Club – specifically the Clinton and Gloria John Clubhouse and the Elise Menashe Teen Center in Hazel Dell. Mark beams when describing his work as a board member of FISH (Friends in Service to Humanity) of Vancouver, explaining that over 46,000 people received half-a-million pounds of food from this agency last year alone, over half of which are children and the elderly.

The Osborne family embodies the motto that the greatest gift you can give to your community are your talents, your energy, and your time.



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raising money through the VPS student chest drive to help local families. He also works in a leadership capacity at TJ, helping run the "We Act" program, which raises money to help those in need globally. This year, his team raised money to buy a goat for a family in a third world country struggling for survival.

Roman's motto is "No challenge is too great," while Paisley says that we should "Embrace humility." There is little doubt that both value a meaningful life, which includes service for others.

Roman & Paisley Kinlock

Know a high-achieving student (preschool through college)? Please let us know at laura.miller@n2pub.com.

Meet twins Roman and Paisley Kinlock of TJMS who embody the "Spirit of Selflessness." We highlight these young achievers this month not only because of their academic success, both honor roll students, but also because of their commitment to improving humanity.

Paisley has worked through her church doing outreach for those in need. She helps deliver food to the hungry, helps care for the sick, and helps the elderly by doing yard work and chores that they are unable to do on their own. Paisley feels extremely motivated to do disaster relief work when she is older, like family friends who helped during the floods and hurricanes in Texas and Florida. She is currently learning Spanish at TJ and intends to use this skill for future relief work around the globe. Paisley is very artistic and musical, citing piano as her current favorite pursuit. She loves to paint and shares this passion with her talented mother. Paisley's career goal is to work in the art field using her creative gifts.

Currently, Roman is taking GTT2, a programming and robotics course at TJMS, and he loves it! This has inspired his passion for robotics. He intends to earn his AA degree through the Running Start program and then study robotics at Washington State University. For entertainment, Roman is quite the golf enthusiast, claiming that he's good enough to beat his dad! It's a hobby the two really enjoy sharing. Roman is also very involved with the leadership team at Thomas Jefferson Middle School and has been instrumental in various fundraising activities, such as



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By N2 Staff Writer, Tracy Lafon

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Nature's Bounty

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Adventure

A rugged coastline provides for an unexpected surfing excursion at Chesterman Beach. If a little calmer water adventure is something you seek, sailing is plentiful on both the ocean and interior glacier lakes. Challenging bike trails and obstacle courses are set up in the all-seasons resort of Whistler for summertime fun. Try a Via Ferrata tour on Whistler Mountain – a secured rock climbing route up steep peaks where each person is harnessed to the rock by a steel cable and a guide leads you through a suspension bridge. Kicking Horse Mountain Resort offers a day of enjoying whitewater rafting packages, from family-style to deep rumbling rapids to get your heart pumping.

City Lights

Vancouver is Canada's third-largest city and sparkles as the gem of the West. Stanley Park is one of its crowning jewels with over 1000 acres of bountiful beauty to explore. The city is host to beaches for you to sunbathe or even swim in the nearby heated saltwater pool. During the day, check out the Vancouver Aquarium Marine Science Center or the University of British Columbia Museum of Anthropology. If you enjoy shopping, Vancouver

doesn't disappoint! Explore Chinatown, Commercial Drive, Davie Village, Granville Island and Gastown. For the evening, head over to Yaletown where the old warehouse district has been turned into a trendy nighttime hotspot often compared to New York City's SoHo neighborhood.

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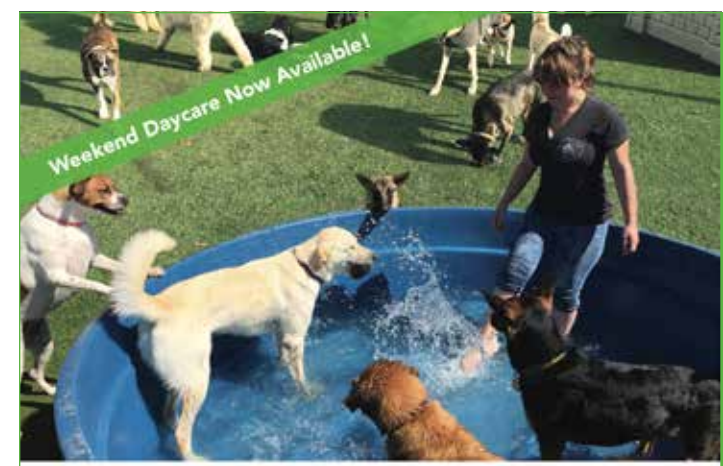
felida pets

By resident student writer, Sam Thometz

LOLA

Lola's owners asked us to leave out their last name, but by the end of this article, you will feel like you know them quite well! You will get to know Pam and Bernard, who are the amazing parents of Eli and Mia. They just bought their new puppy, Lola, who is a Labrador and German shepherd mix. She is about three months old and already about 25 pounds. This may not sound like a lot, but when you look at her puppy face, you'll want to pick her up and cuddle her. You may attempt and fail because that ain't no weightless pup!

They got Lola at the Ocean Shore Animal Shelter when she was an even smaller puppy. Her real name was Winter, which is a pretty name, but they decided they wanted to name her either Lola or Roxy. Pam had the final decision because, as she said, "I'm the one who has to take care of her, so I get to decide," and the name Lola got planted in her brain.



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One of Lola's quirks is how she sits, her legs sit parallel under her body, so it looks like she is half-twisted. The things they love about Lola are that she's super soft, she runs and falls over, and she tears her toys apart. That last one is kind of weird! A funny story that Lola has contributed to their lives is that she gets mad at her reflection in the mirror and will then start biting it. When she sees Mia's friend Emma, she will literally pee on the ground out of excitement. Lastly, but not least, she's rated 8/10 on the spoiled list because she already has about twenty toys and gets spoiled with play and exercise time.

If you have a pet or know a pet who should be shared in this magazine, please let us know at laura.miller@n2pub.com.



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teacher spotlight

By resident writer, **Erica Anderson**

Ron Wagner, Librarian



Mr. Wagner

Journey into the library at Felida Elementary, and you will most likely find Mr. Ron Wagner, teacher-librarian, building literacy skills with kindergartners, helping students to prepare for the Battle of the Books, or promoting innovation with Makerspace activities. Mr.

Wagner is a long-time Vancouver Public

Schools employee with twenty years of

experience in education. He is proud to be a part of the Felida Elementary community and thankful for the responsible students who show respect for their school each and every day. “Students return books in good condition, so I’ve been able to build a strong collection over my 18 years here,” says Mr. Wagner.

The warm, inviting, and friendly library environment truly makes it the epicenter of the school. You will often find students and teachers working together in this space to sharpen their critical thinking skills and create projects that show their learning. Mr. Wagner often facilitates learning by asking the following questions, “What do you want to do? What tool can you use? How do you set up your plan and do it? How do you know you did it well?”

Seeing kids get excited about learning and witnessing their natural curiosities and desire to try new things are what drive Mr. Wagner to do his best as a teacher every day. “There’s always a community of people helping, and that’s what makes Felida Elementary a great place for students.”



Do you know a Felida teacher who should be given accolades? Please contact us at laura.miller@n2pub.com.



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Cooper CHIROPRACTIC

sponsor spotlight

By **Melissa Rush**



Dr. Karis giving a loving craniosacral massage



Dr. Matt and Dr. Karis Cooper with their beautiful family

Drs. Matthew and Karis Cooper were both born and raised in the Pacific Northwest. Dr. Karis grew up in Vancouver and attended Sacajawea, Gaiser, and Hudson’s Bay High School. Dr. Matt and Dr. Karis met during college at the University of Oregon and, shortly after earning their doctor of chiropractic degrees at Western States Chiropractic College in 2005, they opened BC Chiropractic Clinic in downtown Vancouver. In the winter of 2013, they moved into their current location and become Cooper Chiropractic Center for Health and Wellness.

Cooper Chiropractic is dedicated to providing holistic care to help patients feel their best. With a diverse, highly experienced team of chiropractors and massage therapists, Cooper Chiropractic provides non-invasive treatments to help get to the root cause of pain and discomfort so that patients are able to heal efficiently and avoid recurring injuries.

Cooper Chiropractic is committed to healthy living at every age, which is why we also specialize in prenatal and pediatric care. With treatments like craniosacral therapy and deep tissue laser, our practitioners provide the very best in innovative patient care.

We care deeply about our patients—they are why we love what we do. It’s our greatest joy to truly get to know every individual we care for. Discovering the treatments that work for you is what we do best!

Looking to feel better—today? Here are a few of our favorite tips to begin living a healthier life now.

Drink more water—keep a glass on your nightstand and begin this habit before you even get out of bed!

Eat the rainbow— aim to eat 9-13 servings of plant-based foods each day.

Get active—find a way to move more each day. Walk your dog, chase your kids, dance in your kitchen!

Keep stress in check—take some quiet time for yourself. Whether it’s to read, journal, walk, or meditate, it’s all beneficial in helping you stay happier and healthier.

Learn more about Cooper Chiropractic at <https://www.cooperchiro.com> or by contacting us at 360-693-3030. Come visit us at 4001 Main St., Vancouver, WA. Our offices are open Monday-Friday 8 a.m.-6 p.m.

lawn & garden

By N2 Staff Writer, Elizabeth McCabe

GET YOUR GRASS greener

Are you always looking at the grass of your neighbors, wondering how they got their grass so green? Before you call a professional landscaping service, enhance your curb appeal by tending to your own lawn.

Water

The best time to water is in the morning to prevent evaporation. Ideally, you want water to penetrate the soil 4-6 inches for optimum results. To determine how far your water is reaching into the soil, water for 30 minutes and then pry out a wedge of soil. Adjust your water time accordingly to reach this desired depth.

Don't Cut Too Short

To determine how long your grass should be, determine your grass type and then select the higher height. Long blades of grass are advantageous because they create shade, prevent weeds from forming, and resist drought conditions, as well as problematic pests.

Fertilize

Lawns thrive on fertilizer to be lush and strengthen their root systems. When you fertilize, use a broadcast spreader. This is better than a drop spreader, which can cause stripes or checkerboard patterns. Broadcast spreaders will distribute fertilizer more consistently for optimum coverage.

Patch Brown Spots

Have some bare spots in your yard? Choose a grass seed that matches your climate. Consider warm weather, cool weather and the amount of shade in your yard. By finding the perfect fit for your yard, grass will thrive and not just survive.

Don't Catch Clippings

Resist the urge to bag your clipped grass. While it makes for a neat and tidy lawn, it isn't in the best interest of your grass. Clippings are beneficial to retain soil moisture and release nutrients into the soil.

Sharpen Your Blades

Do you ever sharpen your blades? Put that on your annual "to do" list. If you see a lawn that is brown on top, it could be that it was mowed with dull blades. Do your lawn a favor and keep your blades sharp.

Follow these tips to get your grass greener and be the envy of your neighbors.



kids to kids

By resident student writer, Hailey Parkison

Joycelyn



Olson



In this month's edition of Kids to Kids, I'm introducing you to 11-year-old Joycelyn Olson. Joycelyn is in her last year at Felida Elementary and is preparing for the jump to middle school. She tells me she is a little nervous about going to a new school but is mostly excited about the new opportunities that await her in sixth grade.

Joycelyn is looking to apply at Vancouver School of Arts and Academics, the art magnet school in downtown Vancouver. As someone who loves being creative, Joycelyn feels the school would be a great fit for her! Joycelyn is an avid writer and reader, so she is interested in the literary arts program at VSAA. She likes to write when she comes home from school and is constantly reading. Joycelyn enjoys mostly works of fiction, especially books about magic or wolves. She tells me that the Harry Potter series is her favorite. Joycelyn is also a violinist and aspires to someday play in a prestigious orchestra while doing solo work on the side. This young musician is aiming high, and she hopes to accomplish this goal by going to Julliard. Joycelyn is looking forward to the chance to play in VSAA's orchestra as well as to participate in their theater program, which is an art form she is not as familiar with. If she is accepted into VSAA, Joycelyn is hoping to challenge herself by engaging in theater, as she is also considering film acting as a career.

Along with her artistic endeavors, Joycelyn also enjoys playing with her dogs, Azalea and Buddy, and spending time with her family. The Olsons like to take trips to the beach, particularly Cannon Beach, and go biking. Joycelyn loves the weather in the Pacific Northwest and never wants to move anywhere else. However, she says that she would love to go to a city like Paris, simply because it is so different from Vancouver. Another interesting fact is that she wishes she could meet Abraham Lincoln. She admires the way he sought change in the world and helped our country. Just like Lincoln, Joycelyn tries to be a leader in her own life. She volunteers to patrol the crosswalks at her school and help younger kids cross the street. She also tells me that, if she had \$100, she would donate half of the money to an animal shelter, and the other half would go toward buying new collars

for her dogs, so they can always look their best. And finally, Joycelyn says her favorite part about living in Felida is how lovely our community is, from the safe environment and kind people to the opportunity to go to great schools, like VSAA and Felida.



If you know a fantastic kid or teen, please contact us at laura.miller@n2pub.com.

WRINKLED WAS NOT ONE OF THE THINGS I WANTED TO BE WHEN I GREW UP



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Joycelyn

kids' book review

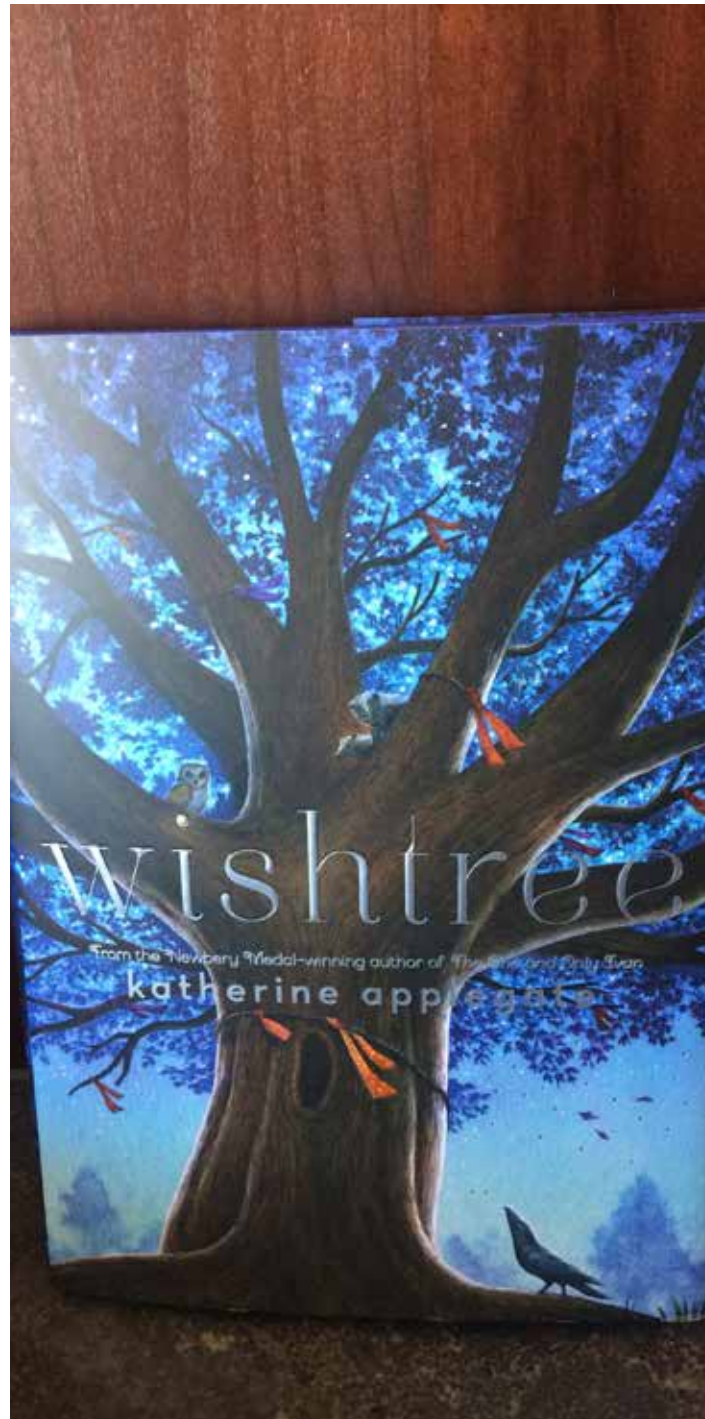
Wishtree

by Katherine Applegate

By editor, **Nikki Schuchart**

Wishtree is a beautifully written book for upper-elementary and older students. The book is narrated by a centuries-old oak tree named Red but known by the people around it as "the wishtree." Once a year for many decades, people tie their wishes to Red's branches, either on pieces of paper or on strips of fabric. The only person who seems to be done with Red is its owner, Francesca, who plans to have it cut down very soon.

Readers learn from Red that not only do trees communicate with animals, but they are also capable of communicating with humans if they so desire. However, Red does not use this power to attempt to convince Francesca not to cut it down. Instead, Red and a few of the animals living in the tree work together to bring two young neighbors closer. Samar's family is new to the neighborhood, and not everyone is happy to have them there. Stephen lives next door, and Red is determined that the two of them will be friends.



This moving story is sweet and humorous. Katherine Applegate gently reminds readers that everyone matters, even those who are so different from us that we simply do not understand them at all. Everyone hopes for something better. We could all use a wishtree in our lives.

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Wedding Bells Ringing?



SAVE ON YOUR BIG DAY!

financial fitness

By N2 Staff Writer, **Elizabeth McCabe**

Use Flowers In Bloom

Be flexible with your flower choices. Don't be afraid to use fresh flowers that are in season. They can be sourced from local florists and are often less expensive. Consult with a local florist to choose the best blooms for your wedding.

Forget Snail Mail For Save The Dates

Who says that all save the date invitations have to be mailed? Emailing is completely free and can save you a bundle on postage.

Just because wedding bells are ringing doesn't mean debt is inevitable. Save on your big day and live happily ever after.

Weddings are a reason to break out the champagne and celebrate in style. But before you fork over the cash for the wedding of your dreams, know that you don't have to break the bank. According to one study, weddings cost an average of \$35,329. Fortunately, you can save on your big day with a few cost-cutting tips:

Break Out The Budget

Before you spend for the wedding of your dreams, create a budget. Include major items: bridal gown, tuxedos, photographer, reception site, catering, flowers, etc. But don't overlook the obvious either: favors, cake cutting, props (photo booths), postage, thank you cards, service charges and sales tax.

Cut The Cake

Instead of a four-tiered or a five-tiered wedding cake, consider getting a two-tiered cake to save money. Another cost-cutting tip is to use foam (instead of regular cake), which still looks picture-perfect in photos. Serving sheet cakes is another way to save.

Serve Smaller Signature Drinks

Do you have a signature drink? Why not put it in a smaller glass such as a shooter? By doing so, you will save on your bar tab.

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athlete of the month

By resident student writer, Hannah Edwards

Daniel Lane

Daniel Lane is a 22-year-old student at Clark College and works security there. He can also be seen occasionally working at Ice Cream Renaissance on Main Street. Daniel is an avid outdoors athlete; he can be found diving, biking, surfing, rock climbing, snowboarding, and hiking and is a skilled photographer when documenting his adventures! One day, he hopes to work for the Fish and Wildlife Department. Daniel has grown up around the outdoors, and the majority of his free time when not working or studying is spent in the mountains surrounding the metro area.



Daniel



One photo pictured is of him biking 700 miles from Astoria to San Francisco in two weeks with a friend. Documentation of his adventures can be found on his Instagram, and various GoPro videos are accessible as well.



Do you know an amazing athlete (of any age)? Please let us know at laura.miller@n2pub.com.

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After biking to San Francisco

what drives us? By Beverly & Steve Smirnis

Sporty Or Sports Performance? Coupe Or Sedan?

MANY CHOICES FOR THRILL-SEEKERS

(And Those Who Just Want To Look The Part)

Among sports coupes, you'll find those that are simply inspired by racers from a design standpoint, true performance models and some in-betweens. Sports sedans may be the answer for sports car enthusiasts. Here again, the question is: Are you really looking for sheer performance or just some cool sporty details to set your sedan apart from the average family man's vehicle?



Lexus LC 500

To keep the Lexus performance lineup straight in your mind, it's helpful to know what all those letters stand for. The RC (Racing Coupe) lineup starts with the RC 200T

powered by a 241-hp turbocharged 2.0-liter four-cylinder engine with rear-wheel drive and eight-speed automatic transmission. The RC300 ratchets up the power just a bit to 255-hp with an AWD-only V6, and RC350 with F Sport package gets up to 306 hp, adding a Sport S+ driving mode. The F Sport package is not to be confused with Lexus models badged with a single F (which refers to Fuji Speedway). With the F, you've reached the level you must aspire to if it's a true performance coupe that you're seeking. The V8-powered RC F gets 467-hp from a 5.0-liter V8 and starts at around \$64K. The handsome all-new 2018 Lexus LC (Luxury Coupe) 500, adds another viable choice among Lexus performance coupes. The LC 500 sports the same 5.0-liter V8 as found in the RC F but is paired with a new 10-speed automatic RWD transmission good for 471 hp. The LC's pricing starts at 92K. The LC 500 h also poses to set a bar for what's to come in hybrid performance with a starting price tag of \$96.5K. The Lexus IS (which stands for Intelligent Sports) is considered the RC's sedan analog. The Lexus GS F will also check off all the boxes for Lexus fans in search of both sport and luxury in a sedan, with a V8 engine that outputs 467 horsepower.

Now, let's switch over to look at another brand making waves in the performance arena. The Acura NSX hybrid supercar was *Road & Track's* Performance Car of the Year for 2017. Going zero to 60 mph in three seconds and hitting 191 mph, its hybrid engine/electric motor combo with 573 hp sets a new bar. While the NSX will set you back at least \$190K, the TLX A-Spec with SH-AWD (its sedan sister with some NSX traits) will cost you just around



Acura TLX A-Spec

\$46K. Both the exterior and interior get "NSX-inspired style treatments and a healthy amount of A-Spec badging. The A-Spec is powered by the same

290-horsepower 3.5-liter V6 as the regular TLX getting 290 hp and 267 lb-ft of torque. Its more dynamic driving experience comes from unique damper settings, a new power steering tune, stiffer brakes, rear stabilizer bars and Michelin 245/40R19 tires. While it's no NSX equivalent from a performance standpoint, it will likely still be sporty and spirited enough for most.

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Heifer Project

INTERNATIONAL

making a difference
By resident student writer **Jude Helmes**



Heifer International is an organization designed to help people in need. They use strategies such as giving unique donations to those in poverty that will help them far more than a donation of temporary goods such as currency. In fact, according to Heifer International, "Passing on the gift has up to nine times the impact to end hunger and poverty." They work in fields such as empowering women, working with animals, providing necessities, and sustainable farming. Their gifts have reached a multitude of countries in Africa as well as Nepal, Haiti, and, closer to home, Arkansas.



Local Felida residents Judy Enders and Dave Slocum have "done extensive volunteer work for Heifer International, even winning a large award from the group," shared fellow Felida resident Becky Leventis. Heifer International has a wide range of donation abilities, from goats to baskets or simply to giving funds to the charity itself; there are plenty of ways to help. Giving a goat to a family in a third-world country is a gift that can help not only them but their community thrive because

it has multiple purposes and can be used consistently.

Heifer International has a formula for success applied differently throughout the globe. For instance, in Nepal, Heifer International members worked to bring the community to help do things such as build roads. This bonding within the community helps the stakeholders collectively have a vision of what can be achieved by these projects.

The Heifer International organization is a well-intentioned group making an impact on a global scale. Whether you donate funds, an entire goat to a family, or volunteer your time to the project like Judy Enders and Dave Slocum, there is a firm guarantee in place that you can make a difference.



If there is a nonprofit or local organization you'd like us to feature, please contact us at laura.miller@n2pub.com.

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BOOST BRAIN HEALTH THROUGH EXERCISE



healthy living
By N2 Staff Writer,
Elizabeth McCabe

In a world where everyone is trying to defy aging, don't underestimate the power of exercise. Simply put, exercise improves cognitive function and prevents cognitive decline. In addition, it has a number of benefits that can improve brain health.

EXERCISE DIMINISHES DEPRESSION

If you are looking for an antidepressant, don't reach for the prescription medication. Try exercise. This inexpensive method releases endorphins and boosts dopamine, causing people to simply feel better. Plus, it's all natural and has been proven to be effective. Try it for yourself.

EXERCISE INCREASES ATTENTION

Are you suffering from a short-attention span or focusing on a particular task? With increased blood flow and oxygen to the brain, exercise can have a powerful effect. The next time you're struggling with a particular task or dealing with an afternoon slump, challenge yourself to 10 jumping jacks or any cardiovascular activity.

EXERCISE BOOSTS IQ

If you want to be smarter, don't slack off on exercise. Research has documented an increase in intelligence scores for young adults who exercise in comparison to those who don't. In other words, in addition to hitting the books, hit the treadmill too.

EXERCISE IMPROVES MEMORY

Forgetful? You might want to put exercise on your to-do list. Studies have shown that those who exercise are quicker learners, especially immediately following exercise. Exercise increases the size of the hippocampus, which could be linked to increased memory storage.

EXERCISE DECREASES STRESS

It's no surprise that exercise reduces stress hormones. Exercise also serves as an effective coping mechanism to ward off stress. Instead of getting stressed out, resort to a walk around the block, a bike ride through the park or even resistance training.

Don't overlook the power of exercise in helping your brain perform its very best. Want an extra brain boost? Try incorporating activities with hand-eye coordination.

A little vigilance today through exercise can boost brain health. Don't delay, break a sweat today!

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I carry the inspiration and motivation I get from the instructors and the class with me throughout the week and always look forward to the next class. The fitness and mindfulness that Barre 3 has provided me has enhanced my running and has helped me remain injury free. Thank you! - Megan V

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living spaces

As told by residents Diane and Terry O'Connor

The O'Connors' NEW KITCHEN

Diane and Terry O'Connor have lived in their home on the north bank of Salmon Creek for 39 years! It is quite unique, sitting on five acres, and was built by a builder who built homes one house at a time. It has beautiful wood beams and a great floor plan. They remodeled the kitchen and also added hardwood floor throughout the first floor this last December and January of 2018.

They had fabulous help from their contractors, Scott Miller and Brian Warner from Elite Woodworks, Carol Heim at CFM, their dear friend, Diane Sanders, and a terrific interior designer, Sue Lee -- all in the Vancouver area.

Believe it or not, about two years ago, their granddaughters told them that their kitchen looked "dated." That sparked them to take the girls to CFM



to look at possibilities, and the project grew from there. Friend Diane Sanders, also a resident of Felida, kept them so excited about the project that they continued to move forward, even though it felt daunting. After she left for Arizona, the O'Connors found a wonderful designer, Sue Lee, who helped them onward. They love CFM, Room and Board, and the Carpet Workplace for help and extra inspiration, too.

When asked what their favorite room is in their house, they both exclaimed that it had better be the kitchen now that they have invested so much in it! And when asked if they would change anything if they had it to do over again, they agree that they would have just done it long ago! Their advice to others ... get a good designer -- they knew very little and could not have done this without Diane and Sue.

If you have a space - indoor or out - that you'd like to share on these pages, please contact us at laura.miller@n2pub.com.



By resident student writer Annalise Selby

Twix Cookies



These cookies taste like the chocolate bar Twix was changed into a cookie! They are so delicious!

Ingredients

1½ cups softened butter
1 cup powdered sugar
3 cups flour
1 tsp. vanilla
¼ tsp. salt
15 oz. caramel
2 cups milk chocolate chips
2 tsp. shortening

Instructions

Preheat oven to 350 degrees. Cream butter and sugar together. Add your vanilla, flour, and salt. Mix well. On a lightly floured surface, roll dough out to half an inch thick. To cut cookies, you can use a biscuit cutter or a small glass that is two inches wide. Place round cookies on a lightly greased cookie sheet. Bake at 350 for 14-16 minutes. Let cookies cool. Melt caramel and spread the caramel over the cooled cookies. Let caramel cool completely. Add your shortening to the chocolate chips and melt in the microwave. Use a microwave-safe bowl and watch so that the chocolate does not burn. Spread melted chocolate over cooled caramel. Let chocolate set before serving. Do not put in the refrigerator, as it will discolor the chocolate.

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artful living

By resident writer, Jewell Straight

Sharon Abbott-Furze



Sharon painting at the Women's Forum Plein Air

Sharon Abbott-Furze paints because she has to! It is right up there with food and water for her. She enjoys creating paintings from moments that touch her emotionally and hopes that they bring joy to her viewers for a few moments of their lifetime. Her children, grandchildren, and great-grandchildren provide constant inspiration and stories for her paintings as well.

Sharon was born in Indiana and raised in Ashland, OR. She paints plein air (outdoors) and also in her

home studio here in Vancouver. She prefers working in oils to create paintings in an expressive representational style, of people and their stories as well as scenes of nature that inspire her.

For many years, Sharon and her husband had a boat in Ilwaco, Washington. The hours spent on the ocean gave her ample time to study the movement, power, moods, and light of the Oregon and Washington coasts, which shows in her work.

Sharon's paintings are in collections throughout the United States, Switzerland, Canada, and Italy. "The Price of Freedom" was published in the 2015 art edition of Rain. She participates yearly in Plein Air and more events, the Stormy Weather Art Festival, and Spring Unveiling in Cannon Beach, OR, where she was featured in their local newspaper. In the past, her work was displayed in the Portland, OR Street of Dreams, and it is presently shown at Cannon Beach Art Gallery.

Sharon may be reached at www.sfago.com



If you are an artist or you know an artist who would like to be featured here, please let us know at laura.miller@n2pub.com.



Sharon Abbott-Furze

neighbors' night out

Wine & Paint at Vancouver Art Space



The women residents of Felida were treated to a free wine and paint session with artist Barbara Sheehan, owner of Vancouver Art Space, in February. Everyone went home with their very own masterpiece, and we all decided it was a wonderful way to spend an evening. Barbara taught us the basics of painting with acrylics while sipping some wine and nibbling some tasty morsels. Some of the women had more artistic abilities than others, but we were all surprised at the fun and potential we might have with more experience. Thanks so much to Barbara for hosting us!

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July 2017						
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**Vancouver Public Schools
2017-2018 Official District Calendar
Board Approved: February 14, 2017**

Holidays:

- Labor Day September 4
- Veterans' Day (Observance) November 10
- Thanksgiving Break November 22, 23, 24
- Winter Holiday December 18, 19, 20, 21, 22, & December 25, 26, 27, 28, 29
- New Year's Day January 1, 2018
- Martin Luther King Day January 15
- Presidents' Day February 19
- Spring Break April 2, 3, 4, 5, 6
- Memorial Day May 28
- Independence Day July 4

Student Non-Attendance Days:

- In-service Day October 13
- Parent Conferences – ES Only October 19
- Parent Conferences – All October 20
- Semester Break – All January 29
- Parent Conferences – MS/HS Only April 20

Student Days

- First Day of School August 30
- Last Day of School June 15

Early Release Days:

- October – All October 18
- October MS/HS Only October 19
- April – All April 19
- April – ES Only April 20
- Last Two Days of School – All June 14,15

Snow Make-up Days:

- June 18, 19, 20, & January 29
- Note: Dates listed in priority order. Actual date could change based on timing and number of snow days.

☐ Board Meetings

★ First and Last Day of School

○ Student Non-Attendance Days & Holidays

△ Early Release Days

February 2018						
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July 2018						
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August 2018						
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WORK WORTH MILLIONS

For everybody, there's a cause near and dear to the heart; something you hear about and just can't seem to shake. For N2 Publishing, the company behind this publication, it's the epidemic of modern-day slavery.

There are an estimated 40.3 million people around the globe who are trapped in forced labor or sexual exploitation. And while most of these people are trafficked overseas, many still are being trafficked in our own communities. And yet, we're often oblivious to these men, women and children, and to the horrific reality in which they live.

Here's the good news: *Something is being done about it.*

As a for-profit company, N2 Publishing stays in business because we're good at generating revenue, but we don't know anything about rescuing victims or bringing traffickers to justice. That's the impactful role of nonprofits – the real heroes in this fight. But they need revenue to be the best at what they do ... and raising funds is where most charities fall short. Therein lies a perfect synergy – between for-profit companies with big hearts (and able "wallets") and nonprofits with the passion and know-how to save lives.




In 2016, the leaders of N2 Publishing realized the essential role they could play in the fight against human trafficking, and N2GIVES came to life. Last year, through this philanthropic arm,

the company partnered with 34 nonprofits selected as part of a lengthy, in-depth vetting process. N2 donated \$2.2 million to fund the impactful work these charities do to fight the great injustice.

This year, N2GIVES did more.

\$2.5 million was given to help **35 nonprofits** continue their work of rescuing and restoring the lives of trafficked victims. N2 also purchased a home now used as the first emergency shelter for trafficked victims on the east coast. **This means, to date, N2GIVES' total contribution to fighting modern-day slavery has surpassed \$5 million.**

But this issue won't end with N2 or with the 30-plus charities it supports. It takes a greater sense of awareness among business owners and residents in communities nationwide, as well as the giving of funds or volunteer time. Consider joining this effort with N2GIVES. Together, we can bring hope to the hopeless.

To learn more, visit n2gives.com and follow the organization on Facebook and Twitter.   



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Felida Fine Living

RESIDENT BUSINESS GUIDE

Attention Felida Fine Living Residents: Do you own or run a business? To have your business featured free in the resident business guide in an upcoming issue of *Felida Fine Living*, please send an e-mail to laura.miller@n2pub.com. or phone me at 360-606-6168. I need to meet each business owner face to face before I add them to this list.

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What: Lilac Days at Hulda Klager Gardens-April 21-May 13
Where: 115 S. Pekin Road, Woodland
When: 10 a.m. to 4 p.m.

**vancouver
area local events**

April

What: Home and Garden Idea Fair-April 27-29
Where: Clark County Event Center at the Fairgrounds; 17402 NE Delfel Road, Ridgefield
When: Fri and Sat: 9 a.m. to 6 p.m.; Sun: 10 a.m. to 5 p.m.
Admission: Free; parking \$6 per vehicle
This show provides the perfect opportunity for local businesses and organizations to promote their home- and garden-related products and services to the communities they serve. The fair features hundreds of ideas on how to make your home, yard, and garden a more beautiful, energy-efficient, and environmentally friendly place. It's a fun-filled show, with activities for the entire family.

What: Blooms to Brews Marathon-April 29
Where: Horseshoe Lake Park, Woodland
When: 7:30 a.m.
Admission: Varies
Blooms to Brews: Marathon, four-person marathon relay, half marathon, and 10K! Follow the flat course through the Woodland Bottoms just when the tulips and lilacs are in full bloom. Take in breathtaking views of the Columbia and Lewis Rivers. Relax at the biggest post-party at Horseshoe Lake!

What: Kline Kids' Fishing Derby-April 6-7
Where: Salmon Creek Park/Kline Pond; 1112 NE 117th Street, Vancouver
When: 8 a.m. to 4 p.m.
Admission: \$5
Presented by Kline Kids Fishing Nonprofit, with lots of help and support from Washington Department of Fish and Wildlife, Clark Public Utilities, U.S. Fish and Wildlife, Fire District 6, local businesses, and sport fishing groups, Kline Kids Fishing introduces kids to the benefits of fishing as an individual and family activity and is aimed at getting more kids outdoors, involved in fishing, and aware of our natural environment. Over a two-day period, 8000 to 10,000 people will gather at Salmon Creek Park/Kline Pond in Vancouver, WA.

What: Lilac Days at Hulda Klager Gardens-April 21-May 13
Where: 115 S. Pekin Road, Woodland
When: 10 a.m. to 4 p.m.
Admission: \$3
Each year, thousands of visitors step back in time to discover the 1880s Victorian farmhouse and country gardens that comprise the Hulda Klager Lilac Gardens. To showcase the site, the gardens and historic buildings have been lovingly maintained by the Hulda Klager Lilac Society, a nonprofit volunteer organization. The society fully funds the care and upkeep of the historical site from the proceeds of Lilac Days, dues, and donations. With the help of our volunteers and members, the society continues to carry on the work of growing and showing the beautiful lilacs, including those hybridized by Hulda Klager many decades ago.

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Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Status
1619 NW 86th Street	Lakeview Estates	\$625,000	\$625,000	01/12/18	5	3	3,656	SOLD
12918 NW 47th Ave	Felida Knolls	\$459,900	\$451,900	01/18/18	3	3	1,892	SOLD
13216 NW 28th Ave	Teal Pointe	\$675,000	\$630,000	02/01/18	3	3.5	3,737	SOLD
1816 NW 87th Circle	Lakeview Estates	\$430,000			3	2.5	2,515	PENDING
10504 NW 32nd Drive	Erickson Farms	\$569,900			4	2.5	2,712	PENDING
8304 NW 17th Avenue	Lakeview Estates	\$748,600			3	3.5	3,759	PENDING
14008 NW 53rd Ave	Ashley Heights	\$479,900			4	2.5	3,088	PENDING
4712 NW 139th Loop	Ashley Heights	\$500,000			4	2.5	3,468	PENDING
2617 NW 129th Circle	Teal Pointe	\$689,900			3	2.5	4,025	PENDING
3113 NW 114th Circle	Westmoor	\$359,900			4	2.5	2,198	ACTIVE
3304 NW 116th Way	Westmoor	\$474,000			4	2.5	2,976	ACTIVE
1215 NW Lakeview Road	Lakeview Estates	\$534,999			4	2.5	2,763	ACTIVE
1510 NW 80th Street	Lakeview Estates	\$659,000			4	2.5	5,168	ACTIVE
4704 NW 139th Street	Ashley Heights	\$479,000			4	2.5	3,078	ACTIVE
12909 NW 49th Ave	Bella Ridge	\$769,000			3	3.5	3,487	ACTIVE
5014 NW 141st Street	Ashley Heights	\$800,000			5	3.5	5,052	ACTIVE
13521 NW 49th Ave	Ashley Heights	\$849,900			5	3.5	5,071	ACTIVE
14512 NW 51st Court	Ashley Heights	\$895,000			4	3.5	4,455	ACTIVE
14600 NW 52nd Court	Ashley Heights	\$1,199,900			6	3.5	5,096	ACTIVE

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