

FEBRUARY 2018

# Felida Fine Living

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



**MEET YOUR NEIGHBORS:**  
*Scott, Gita, Tycen, Shaylie,  
and Alyssa Haij*

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and Paint event,  
announced on page 7!**

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We are always looking for residents of these areas to follow up on leads, find great stories and send us ideas, or you may be interested in becoming a regular resident writer. Let's celebrate the great things happening in our community! No contribution is too small. Please email [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com) with your pictures, suggestions, or requests to write for the magazine.

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**FRANCHISE OWNER/PUBLISHER/ADVERTISING INFO**  
Laura Miller  
360-606-6168  
[laura.miller@n2pub.com](mailto:laura.miller@n2pub.com)

**EDITOR**  
Nikki Schuchart  
515-371-4388  
[nikki.schuchart@n2publishing.com](mailto:nikki.schuchart@n2publishing.com)

**COVER PHOTOGRAPHER**  
Leslie Hansen, FBS Photography

**RESIDENT WRITERS**  
Marta Gray, Suzy Luker, Ericha Anderson, Hannah Edwards, Jill Sughrue, Jewell Straight, Hailey Parkison, Sam Thometz, Annalise Selby, Olivia Gray, and Jude Helmes.

**CONTRIBUTORS AT LARGE**  
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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# Finding Our Match

If you have been fortunate enough to find someone to live with and love forever, you are very fortunate, indeed. Some say there are many people in the world who might be a good match for any one person, but to find just one of those seems to be some sort of miracle, like finding a needle in a haystack.

My younger son met his wife-to-be, Emily, at a Valentine's singles party in Bellingham, and much to the chagrin of his now sister-in-law, Emily told her older sister after that party that she thought she had met her future husband. Everyone was extremely skeptical of this Valentine sweetheart, but alas, they went together for seven-plus years before marrying (just to make sure), and now both families and their good friends are certain they are a great match.

I also feel like our chosen vocations are partial luck, and I have found this magazine to be my needle-in-a-haystack career, a great match for someone who was a former teacher and then a sales rep who was on the road too much. I feel so fortunate to be able to work from my home office, meet all kinds of interesting people in my own neighborhood, and help the residents write the articles for this nice magazine for over a thousand homes in Felida. Thanks so much to all of you who contribute in any way! And again, please use our advertising sponsors whenever possible.



Laura Miller  
laura.miller@n2pub.com



# You Are All INVITED

## Wine and Paint for a Cause!



You loved the last *Wine and Paint* with artist Barbara Sheehan, and this one is even better because we will also be helping those in great need! Barbara is willing to do this class for us for free if we each donate a minimum of \$20 to Clark County Food Bank in exchange for this evening's fun! Bring your cash or check to the event. I will supply the nibbles and the wine, and together, we will explore our creative sides. The date is Monday, February 5, from 5-7 p.m. RSVP early because this class does fill quickly: laura.miller@n2pub.com or 360-606-6168. Bring a neighbor or your spouse and paint your masterpiece! (Their new location is in Vancouver Mall, upstairs near Macy's.)

# Felida Fine Living Resident Writers Team



**NIKKI SCHUCHART -**  
Editor/Content Coordinator



**MARTA GRAY -**  
Meet Your Neighbors



**LESLIE HANSEN -**  
Photographer-  
Meet Your Neighbors



**HAILEY PARKISON -**  
Kids to Kids/Teens to Teens



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## Want to Join the Fun?

We couldn't do it without each one of these wonderful residents. We welcome **Marta Gray** as our new **Meet Your Neighbors** writer as well as **Jewell Straight** for **Artful Living** and **Jill Sughrue** for **Living Spaces** beginning with this **February issue!** Thanks to all of our writers for writing an article that tells the story of our neighborhood!




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## meet your neighbors

By resident writer Marta Gray  
Photos by Leslie Hansen, FBS Photography

# THE Haij Family



Wrigley, their new Goldenoodle puppy



Scott and Gita



Tycen, Alyssa, and Shaylie

Meeting Scott and Gita Haij, you cannot help but notice their energy and enthusiasm for life. This couple is positive, fun-loving and an absolute delight! I met them for coffee and really enjoyed getting to know about their young family. Scott and Gita are very easy-going, and there is obvious warmth between them, which exudes chemistry, friendship, and mutual respect. They recently purchased a home in the Felida neighborhood, drawn to the family-friendly environment that our community provides.

This young couple met over 13 years ago while Gita was attending graduate school to pursue a doctorate degree in Physical Therapy. Gita's intelligence and athletic drive captivated Scott immediately. He learned that she attended Central Washington University on a volleyball scholarship, which impressed him tremendously, as he, too, was once a collegiate athlete, playing baseball for Arizona State University and The University of Portland. The couple quickly realized that in addition to their shared love of athletics, they both have a strong Christian faith, which has created the lasting bond between them. Gita describes Scott as a strong, loving, dependable person with the values she wanted in a partner.

Gita works part-time as a contract Physical Therapist and is in her second year at Ridgefield School District, working with kids from preschool through grade 12. Gita's role allows her to balance family, faith, and her love of being active. She excitedly shared her recent first, finishing the Seattle Marathon! Scott is a Mortgage Lender at HomeStreet Bank. He enjoys this work tremendously because he is able to

help people finance the houses that become their family homes. Even though Scott works extensive hours to serve his clients, Gita explains that she most appreciates Scott's devotion to their children and his strong sense of family. This couple takes it all in stride, expressing gratitude for the gifts that God has given them.

The Haij family loves travel, listing Jamaica, Hawaii, the Grand Canyon, and New York City as some of their favorite stops. Nine-year-old twins, Tycen and Shaylie, and five-year-old Alyssa love to share in the family adventures. Travel is not all this family shares. Sports are an integral part of their dynamic. Tycen loves flag football, basketball, and baseball, which is coached by his dad. Shaylie also shares the athletic gene playing soccer year-round, basketball, and dance. Alyssa enjoys all things active including soccer, gymnastics, swimming and dance.

In addition to the full schedule this family maintains, they find many happy moments with their family critters including two dogs, a hamster and two fish. Scott and Gita value faith, family, and fitness. They are genuinely good-hearted people that embody the values we hold dear in our Felida community.



Would you like to see your family or your neighbors on the cover of Felida Fine Living? We'd love to help; just contact us at [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com).

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## athlete of the month

By resident student writer **Hannah Edwards**



Nylah in Belize with her mom, Jeni McAnally

# Nylah Brown

Nylah Brown is a seventh grader at Jason Lee Middle School. She is extremely passionate about running and loves her cross country team at Jason Lee. Throughout the recent cross country season, she improved her personal best multiple times and has gone through a lot of growth! She plans to participate in this upcoming season of track at the middle school and has participated in her sixth-grade teams as well.

Nylah lives a very balanced life, as her mother is an IB English teacher at Columbia River High School, and they both keep it crafty at home, joining in various painting and craft projects. Adding to her active lifestyle, she has also gone on multiple Courts for Kids volunteer trips with her mom and students from Columbia River, which included building basketball courts in Jamaica, Nicaragua, Dominican Republic, and Belize. They both plan on going to Nicaragua again this spring! Her favorite thing about these trips is meeting kids in other cultures and seeing what makes them passionate, playing sports with them, and learning about their lifestyle.

This athlete has big goals ranging from being a faster runner, keeping up her schoolwork, and getting more volunteer experience across the world (especially since it means she gets to hang out with cool kids from around the world!)

If you know a standout athlete of any age, please let us know at [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com).

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tour & travel

By N2 Staff Writer, Tracy Lafon

Discover a rich tapestry of American history by planning a family expedition centered on the history of our diverse nation. Whether you are looking to explore the story behind our nation's birth, military history, or simply enjoy some exciting culture, consider a road trip to some of these historical highlights in your backyard.

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**Philadelphia, PA** hosts the Liberty Bell and Independence Hall where they shine brightly as the beacons for the birthplace the

United States. Here visitors can also see Betsy Ross' House, the Benjamin Franklin Museum and the architecturally magnificent City Hall.

**Also consider:** Roanoke Island, Outer Banks, NC (The Lost Colony); St. Augustine, FL (the oldest European establishment); Independence, MS (start of the Oregon Trail)

## BATTLES, WARS AND MILITARY

**Gettysburg, VA** has the most famous battlefield in American History; the breathtaking grounds are a somber reminder of the price paid in America's ultimate internal struggle. It's also a great jumping off point to stitch together a road trip to famous battle-grounds found throughout Virginia.

**Charleston, SC** is the home of Fort Sumter where the first shots of the Civil War rang out. Visitors can take part in the daily raising and lowering of the flag by the National Park Service. Charleston is also is home to Patriot's Point and a Medal of Honor Museum, the *USS Yorktown* (aircraft carrier), *USS Laffey* (destroyer), *USS Clamagore* (submarine), as well as the Viet Nam Camp Experience.

**San Antonio, TX** boasts the Alamo and a stroll through the famous brick arch is a great way to experience this site. This city is also a rich blend of history between the U.S. and Mexico.

**Also consider:** Yorktown, VA (Revolutionary War); Middlesex County, MA (Battles of Lexington and Concord); Saratoga County, NY (Battles of Saratoga)

## DIVERSE CULTURE

**San Juan Capistrano, CA** is a city that was built around their stunning 230-year-old Spanish Mission. It is an excellent representation of the culture that brought Christianity and growth to populate the West Coast.

**New York City, NY** features the iconic Ellis Island, Statue of Liberty and the Empire State Building, which are all representations of America's growth and wealth; NYC is also the cradle of American theater and history lives on Broadway.

**Atlanta, GA** is the home of Martin Luther King and the fight for civil liberties. This city reflects the struggle to bring change and equality for all citizens.

**Also consider:** Chicago, IL /Memphis, TN (music), San Francisco, CA (Chinatown, Alcatraz); New Orleans (music, food)

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## young achievers

By resident student writer Olivia Gray

# Parker Kennedy



Parker Kennedy is a fifth-grade student at Felida Elementary School with many diverse interests regarding the world around him. These interests range from the suburban domesticity of playing tag with his neighborhood friends to the intriguing fields of space exploration as well as the *Harry Potter* and *Lord of the Rings* series. Parker's favorite subjects in school (in subjective rankings

of thought-provoking content) are science, social studies, and language arts.

Aside from his interest in school and his neighborhood, Parker also enjoys camping and whitewater rafting in Bend, Oregon. Despite these adventurous activities, he claims that his all-time favorite vacation place is Disneyland.

Parker is influenced strongly by the good his father has done for our community by being a retired military veteran and an active firefighter, instilling a sense of responsibility and nobility in his son. Due to his respect for the profession of his father, Parker also has very admirable goals for his own future, expressing his aspirations of becoming an aerospace engineer, hopefully at NASA. This remarkable goal is fueled by Parker's natural interest in science, as he is easily drawn to space exploration and engineering. Despite his youth, it is apparent that Parker is a very intelligent person who is happy to verbalize his respect for the successes of mankind, stating, "I marvel at what people can do with a little imagination and science."

Of course, in order to become an adult of such a noble profession, he must first attend college, and surprisingly, even in elementary school, Parker has many ideas of where he'd like to attend. His apparent knowledge of colleges, despite his age, further proves his superior knowledge despite his youth. He expressed that his dream college would be Notre Dame, and his second choice would be Harvard; however, their sports programs are slightly more lacking in Parker's opinion. Although Ivy League schools are very difficult to be accepted into, there is no doubt that Parker will pass with flying colors. His intelligence and motivation will lead him to success, and we wish him well in all of his pursuits.



Do you know a youth or young adult who is high achieving? Please let us know at [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com), so we can give them accolades.

## precious pets

By resident student writer Sam Thometz

# Jack,

## *the Hadfields' Bichon Frise*



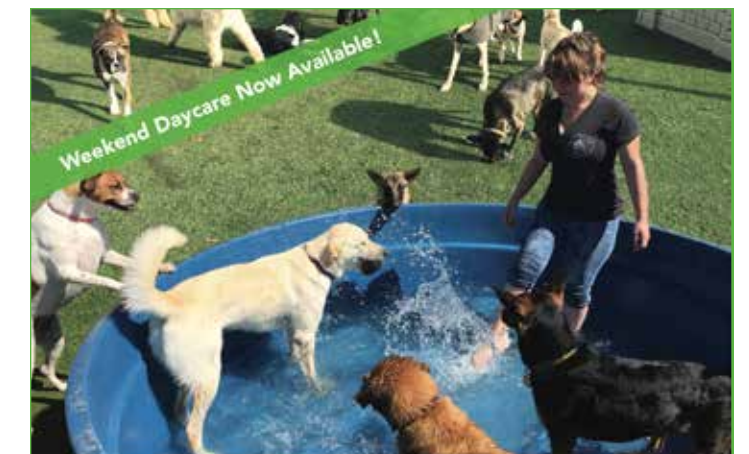
This cool pup is named Jack. He is now six years old but still looks like a puppy because of his little body. Jack is a bichon frise that lives in his family of seven. They're the Hadfields and are quite the big family, but they have no problem keeping up with Jack and his energetic personality.

The Hadfields acquired Jack from a breeder in Hazel Dell when he was a little puppy. They were overpowered by his cuteness, so they bought him. Saying Jack has an energetic personality is an understatement. When he gets bathed, the aftermath is crazy; he will sprint and bark like a little madman, so he is nicknamed the Bichon Blitz. The family spoils Jack quite a bit, but who couldn't when he looks like a big snowflake?

Jack has made a couple of mistakes, as dogs sometimes do; one of them really stands out to most people. He has gotten caught in a mousetrap, which is quite a painful thing to happen to a dog (or anyone). Now for the comedy ... whenever it rains and the grass gets muddy, Jack uses it as his slip and slide. He will slide and roll in the mud till you can't even see the white on his body. He also finds pleasure in ripping the eyes out of stuffed animals until not even the littlest girl or boy would want to play with it. All in good fun. The Hadfield family wouldn't trade Jack for anything.



Please let us know at [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com) if you have or know a great pet to feature.



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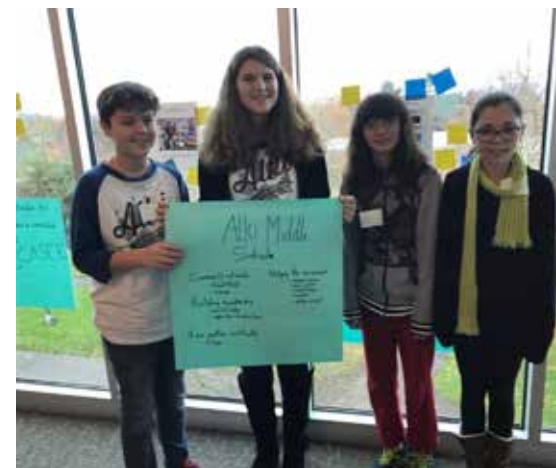
**I listen...and find solutions**

**education matters**

By resident writer **Ericha Anderson**

# Alice Muirden

## and the Alki Leadership Team



Some of the Alki leadership team members

Mrs. Muirden has high expectations and high hopes for this special group of students. "My vision and goal for leadership is to encourage the students to focus less on the perceived importance of social events and spirit assemblies and more on improving the culture of our school. I would like us to become more service-oriented and become stewards of our local community and beyond."

Building a positive school community has proven to enhance student social development and improve student academic achievement. Alki Middle School is lucky to have a devoted teacher like Mrs. Muirden and dependable students who do their best every day to cultivate and encourage this type of learning environment.



If you know of an outstanding teacher or a great educational program that we should feature, please let us know at [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com).

Alice Muirden is new to teaching the leadership team at Alki Middle School this year, but the leadership group is not new to Alki. For several years, leadership students have added an extra hour to their school day in order to improve their educational community. An application and teacher referral process ensure that the most responsible, motivated, and dedicated individuals are chosen for the job. "The mission of the leadership team is to improve our school in as many ways as possible. We will promote student involvement, create a positive, safe, and culturally aware environment. We will recognize staff and student accomplishments, and we will strive to help those in need. We will work as a team to encourage school spirit and serve as role models within our school community and beyond. Our goals and accomplishments will be left as our legacy to inspire the success for those who follow," says Mrs. Muirden.

Under the guidance of Mrs. Muirden, the Alki leadership team performs many tasks that build student relationships with one another and the staff. They organize, plan, and encourage their classmates to participate in student body activities such as Spirit Week and after-school socials. They run the student chest drive, which raises money for providing basic needs to families in our school district. They also write and deliver morning announcements each day.

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# AVOIDING TAX SCAMS

With tax season around the corner, it's important to avoid tax scams. Here are a few tips to make sure that your hard-earned money doesn't end up in the wrong pocket.



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## FILE EARLY

By filing early, you can avoid someone beating you to your refund. The IRS accepts only one refund per Social Security number. If a thief has access to your Social Security number and files a bogus tax return, you could be out your tax refund. While the IRS is taking steps to prevent fraudulent returns, it never hurts to be safe rather than sorry. Sadly, most people don't realize that they are victims of tax fraud until the IRS fails to accept their tax return. Be on the forefront of identity theft by checking your credit report frequently for suspicious activity.

## DON'T FALL FOR PHONY PHONE SCAMS

If an "IRS agent" calls your house, beware. They may use a number of tactics, such as demanding payment, asking for a credit card number over the phone, or even threatening to have you arrested. Instead of conversing with a so-called IRS agent, hang up and call the IRS directly and report the scam. People have fallen for phone scams in recent years at a hefty price tag of over \$23 million.

## BE WARY OF PHISHING SCAMS

Have you ever received an email, text message, or a message on social media from the IRS requesting personal information? Or saying that you have an outstanding refund? Don't take the bait. Hit delete instead. Phishing emails are engineered to retrieve sensitive, personal information from unsuspecting people. Beware of the request to "update your IRS e-file immediately" and look-alike IRS websites.

Avoid tax scams when April 15 rolls around. Protect your hard-earned tax return. After all, you deserve it!

## teens to teens

By resident student writer Hailey Parkison

# Jaxon Mills



Meet Jaxon Mills, a Skyview junior who is participating in Running Start at Clark College. Jaxon spends most of his time participating in sports: everything from ping pong to baseball and tennis to basketball. He even plays in a dodgeball league every Saturday and varsity tennis at Skyview High School.

Baseball is his true passion; he trains at Advanced Skills Baseball, which opened in October of 2016. Jaxon plays for Line Drive Baseball, one of the best teams in the area, and trains with the head strength coach of Concordia University's baseball team. Jaxon gets a lot of this passion from his dad, who has always been highly involved with sports, including coaching baseball. This athlete says it's his dream to play major league baseball, but more realistically, he wants to pursue a career in commercial aviation.

Jaxon is considering going through the Air Force or Coast Guard academies to achieve this, but nothing is set in stone for him yet. Along with this hobby, Jaxon is also a board game enthusiast and an avid movie watcher. He also aspires to travel, specifically to Western Europe. He's intrigued by all of the history the region holds, and he hopes that a visit there is somewhere in his near future. Jaxon also wants to take another trip to Hawaii. He grew up there and moved to the mainland when he was eight years old. He's not complaining, though. Jaxon says his favorite part about living in Felida is our wonderful temperate climate.



If you know a child or teen who'd like to be featured here, please let us know at [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com).



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



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making a difference  
By resident student writer Jude Helmes

# Clark County Walk and Knock



In early December, Clark County Food Bank hosted its largest collector of canned goods and other non-perishable foods: the annual Clark County Walk and Knock. Participants of the Walk and Knock went from

door to door in neighborhoods asking residents if they wanted to donate food to the food bank. Groups from all over Clark County, such as Boy/Girl Scout troops, school groups, and even some sports teams, were assigned neighborhoods once they volunteered; then, they were tasked with collecting the food from



those neighborhoods in the coming weeks. Some residents, mostly those who were used to the yearly event, left designated bags for Walk and Knock volunteers to collect, while others who were surprised by the knock on their door were still very eager to help and gathered everything they could from their kitchens to donate.

Local Felida resident and student at Thomas Jefferson Middle School Colleen Scott answered some questions about the charitable event. Scott participated in the event with a school group, among which were some of her friends, also participating. Scott shared, "I think it went pretty well. A lot of people were happy to donate food, but there were others who were kind of disrespectful." One reasonable explanation for this is that the collecting happened on an early Saturday morning when people were still tired; regardless, Scott made clear that she felt the project was a success. When asked if she felt she made a difference in the community, Scott replied, "I think we did make a big difference." The Clark County Walk and Knock is consistently the largest food gatherer for the Clark County Food Bank, so whether you volunteered, donated, or if this is your first time hearing about it, perhaps consider helping again or for the first time next year, because you can also "make a big difference."



If you have a favorite nonprofit or know an amazing volunteer, we'd love to highlight them here. Please contact us at [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com).

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## Lake Shore Design Studio



Lake Shore Design Studio was established in 2004 by Suzanne Simon, MA, IDS, CID. Her greatest passion is people, but a close second is interior design. Her mother says she has been designing spaces since she was a young girl, but with a grandfather who was a master builder and an artistic grandmother, it was just in her blood. Lake Shore Design Studio provides full interior design services, from remodels to home furnishings and window treatments. Sue feels more than blessed to be able to use her design skills and love of people to create spaces in people's homes that excite them and reflect who they are. She has an excellent team behind her, including her design assistant, installer, movers, seamstresses, and bookkeeper. She knows she simply could not do all the projects she gets without her amazing team!

Sue's clients often comment that they chose her over other designers because she is not pushy and she takes the time to listen to what they want for their space. It is about her clients' style, not hers! They also tell her what she finds is beyond their imaginations, and they get really excited by having a home unique to them ... instead of one that looks like everything came from one of the chain stores. She sources products from all over the world but always tries to use made in the USA furnishings first! Sue advises: don't let anyone push you into a look for your home that is not reflective of who you are. You deserve a gorgeous retreat, so let yourself splurge a bit to fall in love with the space where your life is happening!

## living spaces

By resident writer Jill Sughrue

# TINY HOMES



You may have heard about a movie called *Downsizing*, in which people are shrunk to a fraction of themselves to make every hard-earned dollar go much, much further. While the movie is obviously sheer fantasy, the idea of living more simply is not. For more and more people every year, that means choosing to live in a very small space and, hence, the birth of the tiny house movement. Not

wanting to be tied down to a sizeable mortgage, these micro-residences are comparable to studio apartments but stand alone on a foundation.



Tiny House Jamboree



For folks who want even more flexibility, there are tiny houses on wheels. These tiny houses can be moved to a new location when desired. They typically range from 20' to 36' in length and about 8.5' in width. Even at 160 to 300 square feet, they can be smartly designed to provide all the necessary amenities, just scaled down a bit, and often include a sleeping loft to allow more space for daily activities.

You may have noticed a tiny house or two in our area recently. In the interest of full disclosure, there is one for sale sitting in my driveway at this very moment. It was designed by my husband, Patrick Sughrue, of Artisan Tiny House LLC, and built using structural insulated panels (SIPs) for comfort and durability. You may even have seen it at the three-day Tiny House Festival at the Clark County Fairgrounds back in September, attended by more than 7,000 people.

With the growth of the tiny house movement, conferences and jamborees are taking place all across the country. One in Colorado in 2015 expected 10,000 but drew over 30,000 in attendance. These events have hands-on workshops for DIYers and showcase myriad tiny home designs: from converted school buses to mini log cabins.

Somewhat curious, but not sure if tiny house living is right for you? If so, you might book a night or two at one of many tiny house hotels popping up everywhere and try it on for size.

\*Jill Sughrue spent 30 years in corporate risk management and 10 years as a sustainability consultant. A Salmon Creek resident for the past 20 years, she is now an actor, audiobook narrator, ambassador for a children's book publisher, and an Airbnb host with her husband, Patrick. Her greatest joy is being the grandmother of two little boys.



If you have a living space (indoor or outdoor) that you'd like to share with readers, please let us know at [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com).



By resident student writer Annalise Selby

## Chocolate Chip Cookie Cheesecake Bars

*These bars are a fun twist on cheesecake that is so delicious, with a yummy cream cheese filling and chocolate chip cookie crust.*

### Crust Ingredients

- 2 cups flour
- ½ tsp. baking soda
- ½ tsp. salt
- ¾ cup softened butter
- ½ cup sugar
- ¾ cup brown sugar
- 1 egg
- 2 tsp. vanilla extract
- 2 cups chocolate chips

### Filling Ingredients

- 8 oz. softened cream cheese
- ½ cup sugar
- 1 egg
- 1 tsp vanilla extract

### Instructions

Preheat oven to 350°. Line a 9×9 square baking pan with parchment paper or aluminum foil, and spray with nonstick spray. Whisk together flour, baking soda, and salt for crust. In a separate bowl, cream together butter, brown sugar, and sugar until fluffy. Add egg and vanilla and whip to incorporate. Add flour mixture and mix until combined. Fold in chocolate chips. Press 2/3 of the mixture into the bottom of the prepared pan to form an even layer. Combine filling ingredients and beat until blended. Spread filling over the cookie dough layer and level. Crumble remaining crust dough over the filling layer. Bake for 40 minutes, or until cheesecake is set and cookie dough has browned. Allow to cool completely and chill before slicing.



If you have a recipe you'd like to share with readers, please let us know at [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com).



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# SPEED DATING

getting to know six sedans with distinctly different personalities

In the month of love, you might be looking for just that right sedan that inspires you, yet reflects who you truly are. Choices and personalities run the gamut.



### Buick LaCrosse – Large and Elegant

Quiet, comfortable, composed and refined, the newest LaCrosse models reaffirm Buick as a luxury carmaker. LaCrosse is a match for those who cringe at the thought of mid-size. Its spacious interior can comfortably transport a whole group of tall or large passengers while a strong V6 propels them with ease.



### Lincoln MKZ – McConaughey Worthy

Loaded out of the box, Lincoln's MKZ integrates luxury and technology. Choose from the base turbocharged four-cylinder engine or 40 mpg hy-

brid powerplant for the same price, or opt for turbocharged V6 for 400 hp on the AWD version or 350 hp with front-wheel drive to vault the MKZ to a high-performance Euro-feel sedan.



### Lexus GS F – Athletic and Stylish

The GS F is infused with plenty of attitude with amplified engine sounds pumped through the car's audio system to remind you that you're behind a 467-hp 5.0-liter V8 engine.

With the option to turn off the engine noise, it takes on a different personality with improvements to its brakes and suspension and continuously variable dampers to ensure the ride quality that Lexus buyers expect.



### Chevrolet SS Sedan – American Hero

If you're a gearhead looking for a rear-wheel-drive sedan, get the Chevy SS now while it's still being made by GM. With five seats, it's a family-friendly burn-out machine

with a 415-hp LS3 small block engine great for laying rubber. The true gearhead will select the manual transmission version.



### Chrysler 300S – Bold and Edgy

The Chrysler 300S is another option if it's a big, heavy, rear-wheel-drive luxury/sport sedan that you desire. While the standard 3.6-liter Pentastar V6 is truly sufficient, many who find

the 300S their match will upgrade to a 5.7-liter HEMI V8 and enhance its eight-speed automatic transmission with the Auto Stick sport mode and die-cast paddle shifter option.



### Volkswagen Passat – Practical and Proven

If German is your car language and you appreciate a mid-size sedan with reserved but classy styling, a big trunk, roomy and quiet cabin, refined

ride and ample features for the money, the VW Passat may be your perfect Fräulein. Choose from a turbocharged 1.8-liter four-cylinder paired to a six-speed automatic transmission, or a 3.6-liter V6 mated to a six-speed dual-clutch automatic.

## artful living

By resident writer Jewell Straight

# Introducing Our New Writer

I have really enjoyed reading about the many talented people living in Vancouver in the "Artful Living" section of *Felida Fine Living*. Recently, I was honored to be asked to begin authoring this column, so I would like to tell you a little about myself.

My name is Jewell Straight. I spent my professional life as an RN and teacher, but I have always had a passion for creating. When I was a little girl, my mom was my inspiration. She would sit patiently while I drew her portrait. While I was in high school and college, I took every type of art class I could. We didn't have much money growing up, but we did have a sewing machine. So, I learned to design and make clothes, purses, and gifts. I use to do portraits of the students who got the best grades on finals in my class.

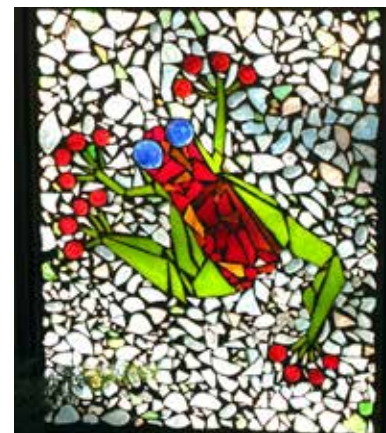
I have been blessed with a creative ability, and I am looking forward to being able to promote many of your artistic endeavors. I may be reached at Jewellgem3@gmail.com. Some of my artwork can be seen here in these photos, and you can find more on my Etsy site: <http://www.Jewellgem.etsy.com>.



If you know an artist (or are one) who should be featured here, please let us know at [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com).



artist Jewell Straight



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# Surprising Sources Of IRON



Are you getting enough iron in your diet? According to the National Institute of Health, women are advised to consume 18 mg of this important mineral each day for ages 19 to 50. Women 51 and older and men over the age of 19 require 8 mg of iron.

Surprisingly, a lack of iron is the most common nutritional deficiency in America, where 10 percent of women don't get enough iron. Iron is necessary for red blood cell production. Without adequate iron, anemia can result. If you are looking to boost your iron intake – before you sink your teeth into a steak – consider these surprising sources of iron:

**Breakfast Cereal.** If you want to start your day off right, just eat an iron-fortified breakfast cereal. Most have 18 mg of iron in just one serving, which is great to know if you are looking to boost your iron intake.

**White Beans.** All the plant lovers out there can celebrate that a cup of canned white beans contains 8 mg of iron per serving. Other beans can deliver a powerful punch of iron too. A half cup of kidney beans or chickpeas provides 2 mg of iron.

**Oysters.** If you like oysters, you're in luck. Three ounces of oysters contains 8 mg of iron. That's great news for those who have a love for these sea creatures.

**Chocolate.** All those chocoholics now have more reason than ever to indulge in this delicious delicacy – iron. Don't reach for just any chocolate bar though. Go for the dark chocolate with 45 to 69 percent of cacao solids. Just three ounces packs an impressive 7 ounces of iron.

**Spinach.** Popeye loved this green leafy vegetable for good reason. He loaded up on his daily requirement of iron. At 3 mg per half cup of cooked spinach, this vegetable definitely delivers when it comes to iron.

**Raisins.** Although raisins are high in fructose, it is often overlooked that they contain iron. One-fourth cup of seedless raisins contains 1 mg of iron. Although that may not seem like a lot, it can add up over time.

If you want to boost your iron absorption, consume it with foods rich in Vitamin C. Orange juice, strawberries, melons, and broccoli can increase absorption, which can pay off for those want to increase their intake. Make sure that you get enough iron in your diet. A little vigilance today can pay off in better health tomorrow. Just ask Popeye.

neighbor's morning out

# Santa's Annual Visit to Felida Coffee



What an amazing turnout we had at Felida Coffee this year! Not only was Santa there to greet the children and adults, but we also were treated with Teddy singing Christmas carols as the kiddos were busy decorating their cookies and doing crafts. It was a perfect venue for the adults in the crowd to spend a Saturday morning in Felida, munching on cookies with their delicious coffee before they headed out to finish their Christmas shopping.



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Thank you! - Megan V

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# February

July 2017						
S	M	T	W	T	F	S
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December 2017						
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January 2018						
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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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April 2018						
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May 2018						
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July 2018						
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August 2018						
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30	31					

**What: Annual Father-Daughter Valentine's Ball - Feb. 2 and 3**

**Where:** Pearson Airfield; 1115 E. 5th Street, Vancouver

**When:** 6 p.m. - 8:30 p.m.

**Admission:** \$12 city residents; \$14 non-residents

A fun and memorable event for fathers and daughters of all ages! Show your daughter how special she is by treating her to a wonderful evening of music and dancing at the Pearson Air Museum Historic Hangar. We will have a local DJ, finger foods to munch on, refreshments, and temporary tattoo station, and a professional photographer will be on hand to take keepsake photos of your evening together.

**What: I Like Comic Con - Feb. 10 and 11**

**Where:** Clark County Event Center at the Fairgrounds; 17402 NE Delfel Road, Ridgefield

**When:** 10 a.m.

**Admission:** \$25 Weekend, \$20 Saturday, \$15 Sunday, Free for kids under 12 (with paying adult)

**What: Tremaine Dance Convention and Semi-Finals Competition - Feb. 17 and 18**

**Where:** Hilton Vancouver; 301 West 6th Street, Vancouver

**When:** 7 a.m. - 3:30 p.m.

**Admission:** varies

Tremaine Dance company aims to further dance education in a positive and motivational environment. Their convention is an opportunity for dancers to come together to further their education and participate in a variety of classes and competitions.

**What: Green Gala - Feb. 22**

**Where:** Kiggins Theatre; 1011 Main Street, Vancouver

**When:** 6 p.m. - 7:30 p.m.

**Admission:** Free

The Green Gala is a fun celebration of sustainability in our community and is hosted by Clark County at Kiggins Theater in the

heart of downtown Vancouver. At this event, green awards are presented, and a local leader in sustainability will give a keynote address – all to inspire the community to take action! Keynote speaker from Waste Not Food Taxi: Learn about this nonprofit that is working to reduce food waste and fight hunger with volunteers who pick up leftover edible food in the Portland Metro area and deliver it to hunger-relief organizations.

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## lawn & garden

By N2 Staff Writer, Elizabeth McCabe



# DON'T DELAY START YOUR SPRING PLANTS TODAY!

Don't let the dreary days of winter leave you despondent. Get a head start on spring by planting your spring plants with your children. See their excitement as your seeds begin to sprout with signs of life. Here are a few tips to get started:

**Start Small.** Don't try to plant everything. Start with a dozen plants and flowers. Aim for variety with different shapes, colors and types of plants or flowers.

**Follow Directions.** For your seed to thrive, it is important to follow the directions on the seed packet. Check out the number of days to maturity, which can vary from plant to plant.

**Use A Seed-Starting Mix.** Because of the delicate nature of seeds, it is best to use a seed-starting mix to ensure optimum results. The mix should be fluffy enough to hold moisture. Be sure the mix is not sticky, which can be problematic for the roots. Alternatives to seed-starting mix include compressed pellets of peat or coconut husk fibers (coir).

**Choose A Container.** Any clean container will do. If you are reusing an old pot, sterilize it with a solution of one part bleach to nine parts water. Make sure your container or pot has drainage

holes for excess water. Place a waterproof tray underneath your pots.

**Place In A Sunny Spot.** Light is essential for seeds. Artificial lights are one way to go to ensure your seeds get the light that they need. Or you might opt for a sunny location in your home, such as a south-facing window.

**Water Your Seeds.** When starting out, place your seeds in a moistened mix. Until the seeds sprout, cover the containers with a plastic bag. Once they have sprouted, pour water into the tray to water your seedlings. Watering from the top is not recommended because it can dislodge the sprouts and even be a breeding ground for disease.

Plants can be exciting for children and an enriching educational experience. Cultivate their love for plants and flowers this winter. If you haven't started your spring plants, don't delay. Start today!

## home matters

By N2 Staff Writer, **Megan Weatherly Lynn**

# creative WINTER CRAFTS

By the time February rolls around, you're probably tired of being cooped up inside avoiding the cold weather. If you're looking for some fun activities to get through the middle of winter, these are some easy and exciting projects that will provide hours of entertainment for you and the kids.

### DIY CHALKBOARD

While drawing on the walls may seem taboo, it can be a great creative release for your children and an easy source of entertainment if planned well. Consider designating some wall space for a chalkboard. Chalkboard paint can be found at most local home improvement stores, but there are plenty of "recipes" online if you prefer to make your own. If you don't like the idea of painting an entire wall, paint a smaller section and use an inexpensive craft store frame to give your chalkboard a more designed, intentional look. Once the paint is dry, have fun drawing pictures and leaving notes for the entire family.

### INDOOR GARDEN

If you live in a region where winter is cold and dreary, you'll be longing to see some green this month. Bring a little bit of the outdoors inside by planting an indoor winter garden. Find a space in your home that gets about six hours of sunlight each day, and decide what you want to plant. Many herbs do well indoors with minimal sunlight, such

as parsley, thyme, oregano, rosemary and chives. Your kids will enjoy watching them grow, and as a bonus, they can be used for cooking. Succulents also make wonderful and colorful indoor gardens and require very little maintenance. Be sure to layer the bottom of your pots with pebbles so that water will drain correctly.

### FAUX STAINED GLASS

Make the most of your winter daylight by creating faux stained glass to display near windows. Perfect for kids, this simple project is fun and easy. Use coloring book pages for your pattern, and place them behind a plexiglass or plastic picture frame (these can be found at your local craft store). Using black puff paint, trace the pattern onto the plastic. Allow the black paint to dry overnight. The next day, mix clear craft glue with acrylic paint in your favorite colors. Use these color mixtures to fill in the pattern you've created. Once dry, these fun and colorful patterns can be placed on or near windows to brighten up your space.

# Felida Fine Living

## RESIDENT BUSINESS GUIDE

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**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](mailto: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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Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Status
3317 NW 112th Street	Westmoor	\$385,000	\$395,000	10/04/17	4	2	2,099	SOLD
10503 NW 32nd Drive	Erickson Farms	\$699,900	\$690,000	11/13/17	4	3	3,848	SOLD
1407 NW 80th Street	Lakeview Estates	\$769,000	\$762,000	11/22/17	5	4.5	3,750	SOLD
1216 NW 79th Circle	Lakeview Estates	\$520,000	\$520,000	12/22/17	3	3	2,884	SOLD
8410 NW 16th Court	Lakeview Estates	\$620,000	\$620,000	12/22/17	4	3.5	3,641	SOLD
4715 NW 129th Street	Felida Knolls	\$474,500	\$445,000	12/08/17	4	3	2,494	SOLD
4807 NW 139th Loop	Ashley Heights	\$499,500	\$485,000	12/05/17	4	2	2,620	SOLD
4608 NW 135th Circle	Ashley Heights	\$504,900	\$500,000	12/08/17	4	3	3,202	SOLD
5109 NW 140th Street	Ashley Heights	\$515,000	\$515,000	12/08/17	4	3	3,259	SOLD
1619 NW 86th Street	Lakeview Estates	\$625,000			5	3	3,656	PENDING
12918 NW 47th Avenue	Felida Knolls	\$459,900			3	3	1,892	PENDING
13216 NW 28th Avenue	Teal Pointe	\$675,000			3	3.5	3,737	PENDING
1510 NW 80th Street	Lakeview Estates	\$659,000			4	2.5	5,168	ACTIVE
5109 NW 143rd Street	Ashley Heights	\$1,600,000			4	4.5	5,384	ACTIVE
4704 NW 138th Street	Ashley Heights	\$479,000			4	2.5	3,078	ACTIVE
14008 NW 53rd Avenue	Ashley Heights	\$484,000			4	2.5	3,088	ACTIVE
5014 NW 141st Street	Ashley Heights	\$800,000			5	3.5	5,052	ACTIVE
14512 NW 51st Court	Ashley Heights	\$929,000			4	3.5	4,455	ACTIVE
14600 NW 52nd Court	Ashley Heights	\$1,399,000			6	3.5	5,096	ACTIVE



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