

JANUARY 2018

Felida Fine Living

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



Felida 2017 Year in Review

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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 with your pictures, suggestions, or requests to write for the magazine.

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Publisher's note



Yes, already another year gone by and 2018 is upon us! Whatever your goals for the new year, we hope that *Felida Fine Living* will be a part of that. Whether it is just to meet more people in the community by attending our social events, a community service project, a story you would like to share with the community, or to write on a regular basis for our magazine, we'd love to have you be a part of our publication. One of the best articles could be yours if you like to decorate and meet a few of those residents who have a nicely remodeled or redecorated part of their home. Give me a call and we can grab a cup of coffee to chat about it. Or maybe you have a brand new article you would like to contribute. That is how many of these articles you read every month began!

your spouse, perfecting your complexion, getting your eyes checked or teeth cleaned, please do remember to check our pages first for some trusted sponsors who bring you all of that AND this lovely magazine, as well. Without them, you would not be reading this magazine.



So pop the champagne corks and celebrate another year living in one of the best neighborhoods anywhere! Cheers to you and to 2018!

Laura Miller
laura.miller@n2pub.com



If your goals include setting long term financial goals, painting your house, buying that special jewel for your spouse, losing some weight or getting in shape, the perfect dinner out with

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Please send in your favorite recipe that you would like to see at the bistro. They will cook up to eight different recipes for all to taste and review, and the winner will have their item on the spring menu! How fun is THAT?! This event will fill up fast, so please get your RSVP's (and recipes) in to me early...
laura.miller@n2pub.com. Thanks!

If you are attending, please send your favorite recipe to be considered for Farrar's menu: laura.miller@n2pub.com.

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Felida's Pets



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ERICA ANDERSON -
Education Matters



JUDE HELMES -
Making A Difference

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 beginning with the March issue. Thanks to each of these writers for writing an article that tells the story of our neighborhood!



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meet your neighbors

Felida Is FULL Of Amazing Neighbors

Look at all these fun families around the Felida/Salmon Creek area! Thank you to Mary Miller for writing many of these stories, as well as Connie Mintz and Leslie Hansen for taking the beautiful photos of the families.

Also, a big shout of thanks goes out to Debbie Belden of Farrar's Bistro and Sixth Avenue Bistro for sponsoring these great articles throughout 2017.



If you'd like to see your family or your neighbor's family on the cover and featured here, please let us know at laura.miller@n2pub.com.



The Naji family



The Anderson family



The Smith family



The Sjogren kids



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precious pets

Felida Loves Its Pets!

In 2016, young writer Sam Thometz did an awesome job finding cute, unique, and fun pets to write about on these pages. Thanks, Sam!

In addition, thank you to A Dog's Best Friend for sponsoring "Precious Pets" in 2016!



If you'd like to see your pet here, please let us know at laura.miller@n2pub.com.



Gavin Besteman with Havila and Glissando



Nate Bertolino with Sadie



Helen Koeppen and Owen Kerr with Benny and Kuma



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understanding FOOD allergies



healthy living

By N2 Staff Writer, Elizabeth McCabe

Food allergies have grown in recent years. One in 13 children has to deal with this potentially life-threatening condition. Adults are not immune either. In fact, food allergies can occur at any age and manifest themselves with a myriad of symptoms, including itching of the mouth, hives, airway inflammation, gastrointestinal symptoms and the scariest of all, anaphylactic shock.

The most common food allergens are peanuts, tree nuts, fish, shellfish, eggs, milk, wheat and soy. Here are a few tips to protect yourself and others from food allergies:

READ LABELS

Reading labels is paramount for those with food allergies. If a nut allergy is a problem, products must be avoided that were made on equipment that was used for processing nuts. When in doubt, don't purchase or use those types of products. Even trace amounts of an allergen can pose a hazard for those with severe food allergies.

ERR ON THE SIDE OF CAUTION

An abundance of caution is needed to avoid exposure to potential food allergens. When eating at a restaurant, don't hesitate to speak up about food allergies. Allergic to seafood? Let your server know. Food preparation and cross-contamination can happen in the kitchen. Don't be afraid to ask about the ingredients of a certain item. If you aren't sure about a particular dish, don't eat it. To protect against food allergies, be sure to have medication on hand at all times. Whether it is an EpiPen, antihistamine, steroid or other prescription medication, preparation (and rapid treatment) is key for those with food allergies.

CONSIDER THE NEEDS OF OTHERS

Be thoughtful and considerate of those with food allergies. If someone has a fish allergy, eating tuna around them could be potentially hazardous – allergies can be airborne. If you are hosting a gathering, consider the items served, how they are prepared and even have ingredient lists available. Have food available that is safe for those with food allergies. Additionally, you can also suggest that food allergy sufferers bring something that they can eat and share with others.

While food allergies can be an annoyance, awareness is important in keeping those who suffer from food allergies safe and sound. After all, an ounce of prevention is worth a pound of cure.

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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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2017 has been an amazing year... Thank you to all of my past clients who made this possible. I am thankful for the relationships built and the referrals! I look forward to another great year 2018!

Happy New Year!



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An Automotive YEAR IN REVIEW

what drives us?

By Beverly & Steve Smirnis

2018 started months ago in the automotive world. So let's look back at the introductions, trends and standouts.



Newly Introduced: VW's 7 passenger Atlas SUV



Mazda's MX-5 Miata RF hardtop launched as a limited edition last fall and sold out in 13 hours – more are on the way!



Ram's Laramie Limited interior sets the bar in pick-up luxury.



The pinnacle of crossovers: Bentley Bentayga

Three-Row Seaters: Three rows in a crossover is a nice convenience for occasional use but if you use the third row often, we suggest going with a larger SUV for comfort and cargo space (and if you need it, towing capability). The new Ford Expedition has a top of class tow rating, can seat eight and has six USB ports. Not just for soccer moms, check out the Chrysler Pacifica and the all-new 2018 Honda Odyssey with a Cabin Watch rear-facing camera to keep tabs on kids in the back. One of the most thoughtful enhancements for young families to look for in this category

are the seats that fold and slide forward to allow third-row access with the car seat still buckled in.

Compacts: It's feeling more like Europe on our roadways with all the compacts buzzing around. Compact crossovers and sedans are a hot segment. Competition in this fast-growing segment brings value, lots of new model introductions and even all-new vehicles such as the Toyota CHR. Since everybody's got a crossover, sports wagon and hatchback variations are on the rise as alternatives.

Euro Crossovers: Yep, the Europeans are on to the fact that one in three vehicles on American roadways is a crossover. Volvo's XC90 is a standout, and Jaguar's F-Pace is one of the contributor's to Jaguar's 116 percent growth in sales last year. Even Maserati and Bentley now have crossovers with the Levante and Bentayga.

Toys: Whether it's a spider, coupe or an off-road truck, driving for some is a sport, and this trend will be even more significant when autonomous vehicles take to the roadways.

Everyone's A Fancy Pants Rancher: Pickup trucks, even heavy-duty versions, keep getting fancier and pricier. We almost have to laugh when the "big news" pertaining to a new model truck is about the chrome accents, leather stitching and the storage compartments. Trucks have more brute capabilities than ever and yet, they are comfortable and prestigious enough to drive anywhere every day. Ford masters numerous configurations, style levels and engine choices with its F-150 lineup. Ram has built one of the highest loyalty ratings with its buyers. Chevy hangs in as a classic American truck, and the new Nissan Titans have garnered attention and market share. Honda brings an all-new buyer to the truck arena with its all-new Ridgeline.

Don't Forget Sedans: Nothing lackluster here! Take another look at the new Toyota Camry and Buick LaCrosse. Few vehicles delight us more than the new Lincoln Continental, Cadillac CT6 or the fabulous Mercedes and Jaguar sedans.

resident recipe

We Do Love To Eat Well!

We have two writers that share the "Resident Recipe" and "Bread and Batter" articles, and between the two of them, we have had some outstanding recipes shared in *Felida Fine Living's* pages in 2017. Thanks so much to Suzy Luker and Annalise Selby for finding us the best of the best recipes to be had. My two favorites were the Lemon Bars and the Risotto. What were yours?

Also, thank you to the sponsor of all these recipes, Salmon Creek Vision Centre!



Yummy shrimp salad



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Sabrina Duvall's blue cheese, asparagus and almond risotto



Annalise's grandmother's lemon bars



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artful living

The Artists Among Us

We are so fortunate to live in such a beautiful area of Vancouver that photographers come here just to take pictures. We also have many artists in Felida and Vancouver who find inspiration to create their own beauty here. A selection is pictured here.

A special thanks goes out to St. Mary's Window Cleaning for sponsoring all of 2017's "Artful Living" pieces.



Photo artist, Vaqas Malik



Faye Kahn, artist



Linda Anderson, potter

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Mixed media by Alejandra Krogh-Winkler



Cynthia Moser, fine artist

AM I SPENDING TOO MUCH FOR MY CELL PHONE PLAN?

By N2 Staff Writer, Elizabeth McCabe

financial fitness

Does your jaw drop 🤔 when you see your monthly cell phone bill? 🤖 Are you hit with overage charges 📈, fees or not using data 🚫 that you are paying for? If so, check out these tips to help you get the most bang 💰 for your buck:

Assess your monthly usage
Are you paying for 6 GB of data and only using 1 GB? Consider switching plans to one with less data. Are you only talking 500 minutes a month and paying for unlimited minutes? Only pay for what you need. If you go over on minutes or data, you can always switch to a plan that covers your needs. Don't buy into the fear of not having enough, which can cost you in the end.

Compare providers and take advantage of discounts
Shop around. If your provider is charging too much, why not compare providers? Be sure to take advantage of discounts (depending on where you work) and passing on insurance, which is an additional expense. Save money by not getting the latest cell phone. Consider buying a used phone to save on your monthly bill.

Negotiate
When all else fails, rely on the power of negotiation. Try to negotiate over the phone for the best deals. Emphasize customer loyalty, mention rates from other companies when necessary and weigh your options accordingly. Consider asking to cancel your contract (if applicable), which will get you transferred to the retention department. They often have access to rates that might not be advertised. Another option is to have a professional negotiate for you, such as through companies like BillFixers (billfixers.com).

Don't spend too much on your cell phone plan. Save money and be a savvy consumer.

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ALL-INCLUSIVE *winter* GETAWAYS

The holidays are over and spring is still several calendar pages away, so why not enjoy a winter break? No time for extensive preparations and planning? No problem! Consider booking an all-inclusive getaway that frees you up to simply relax and enjoy the trip with all of the details already pre-arranged. Whether you plan to travel as a couple, family or join a group of friends, all-inclusive vacation packages are the answer to the cold weather blues. Consider the following all-inclusive winter getaways:

CRUISE

The most obvious all-inclusive package getaway is a tropical cruise. Once travelers board, their room accommodations, food,

spirits and endless variations of entertainment stand ready. Book your trip with an agent instead of handling the details on your own. Airline tickets, transportation to the dock, land accommodations, port-of-call excursions and details not handled by cruise lines, can all be conveniently arranged by an agent. Select a cruise line with an embarking port easily accessible to you; no one wants to be trapped in a snowstorm in a remote airport and, literally, miss the boat.

SKI/SNOW RESORTS

Want to enjoy some cold weather fun on your getaway but dread the hassle of juggling equipment rental, tickets, restaurant reservations and transportation? Then book a room at an all-inclusive winter resort. Amenities at many exceptional ski resorts include luxury lodging, three meals a day, a vast selection of beverages, equipment for downhill or snowshoe skiing, instruction for adults and children, lift tickets and nightly entertainment. In addition, extras such as private hot tubs, yoga classes, massages, wine tastings and more can be purchased with the package booking.

SUNSHINE RESORTS

Want to enjoy a trip away from the cold but without the necessity of boarding a boat? Book a week at a Dude Ranch for an all-inclusive vacation that is especially fun for the young or young at heart. Depending on the ranch package, be prepared to saddle up with first-class bunks (accommodations), mighty fine grub (five-star cuisine), a large selection of spirits, guided horseback adventures, fly fishing, lively saloon entertainment and an enjoyable time roasting marshmallows over a campfire. Don't want to rough it quite so much? Leave the boots and spurs to the cowboys and book some relaxation at an all-inclusive desert resort. Winter's doldrums are whisked away in luxury rooms clad with fine linens, state-of-the-art entertainment systems and whirlpools. Indulge in gourmet cuisine and decadent desserts. Soothe the body with massages, facials or oil treatments and quiet the mind with guided meditation and peaceful nature hikes in the warmth of a serene desert scene.

With nearly three months of winter still ahead, take a break from the stress of planning, schedules and routine and find respite in an all-inclusive getaway.

*Leave The Details
To The Professionals*

tour & travel

By N2 Staff Writer, **Tracy Lafon**

teens to teens

Our Outstanding Teens



Will Pettersen



Jack Kolosvary



Zoe Henderson

Last year we featured mostly teens in our community, and they all were quite story worthy, but we would like to also feature some younger kids in 2018. If you have a child that you think would love to be featured for a multitude of reasons, please do let us know, as we would like to spread this honor to our younger residents as well. Thank you, Remington Scovel and Hailey Parkison, for writing 2017's articles!

And thank you to Skin and Tonics Laser Center for sponsoring our "Teens to Teens/Kids to Kids" pieces.

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teacher spotlight
By resident writer **Ericha Anderson**

Nicole Ayers



Along with providing a rigorous educational experience, Mrs. Ayers feels it is important to build relationships with her students and encourage them to be their best self now and in the future. Her message, "Surround yourself with dreamers and the doers, the believers and the thinkers, but most of all surround yourself with those who see the greatness within you ... even when you don't see it in yourself. YOU are amazing, YOU are our future, YOU can make a difference ... and YOU will!"

If you have spent any time at Felida Elementary in the past 16 years, it is likely that you have had the pleasure of knowing Mrs. Nicole Ayers. Mrs. Ayers currently teaches second grade but has a history at Felida as a special-education teacher as well. Her well-rounded educational background and 22 years of experience have made her a mentor and an inspiration to her colleagues. Her own inspiration comes from her students of course. "Their bright ideas, their inquisitiveness, their imagination, their strength, their abilities, their spirit, their talents, their weaknesses and their greatness - that is my inspiration!"

Mrs. Ayers feels lucky to be a part of the Felida school community and extra fortunate to live in this area as well. Her husband, their two children, niece, and three nephews have all attended Felida. "Felidaville," as she refers to it, "is special because of the extraordinary talents of its teachers, staff and administrators, and the amount of community support provided is overwhelming." She describes the confidence and partnerships with parents as a gift, and she is thankful to work with them each and every day to give all of the children she works with "courage, confidence and support to take risks and know that tomorrow will bring challenges that they can aspire to conquer and be the change that they see our world needs."

If you know of an outstanding teacher, please let us know at laura.miller@n2pub.com.



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YOUNG ACHIEVERS

We are blessed with so many young people accomplishing big things in our area. Thank you to Noah Miller and Olivia Gray for being young achievers themselves when they wrote these articles in 2017!

Thanks also goes out to Southwest Washington Learning Center for sponsoring "Young Achievers" throughout the entire year!



Anna Countryman



Andrew Harris



Aubrey Porter



Rachel Droubay

Athlete *of the* Month



CRHS softball team



Colton Looney and Kyle Memarian



Ellie Furth

These are a few of our outstanding athletes that were covered in 2017. They come in every size and every athletic endeavor, all of them living right here in our neighborhoods. Thanks so much to Hannah Edwards for covering them while attending Columbia River High School.

Also, thank you to Lake Shore Athletic Club for being the 2017 sponsor of "Athlete of the Month."



If you are an athlete of any age or persuasion (or you would like to nominate one for *Felida Fine Living*, please let us know.




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neighbors morning out

Veteran's Day Celebration at Felida Coffee

A nice showing of residents turned out to celebrate at Felida Coffee in a very respectful tribute to all of our veterans of past wars. We had a nice turnout with free coffee for the vets, and the well-known smiling face of Teddy who greets us at Costco to sing our national anthem. Thanks to Jorge and Ann Bailey, owners of Felida Coffee for bringing us out!



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living spaces

Felida

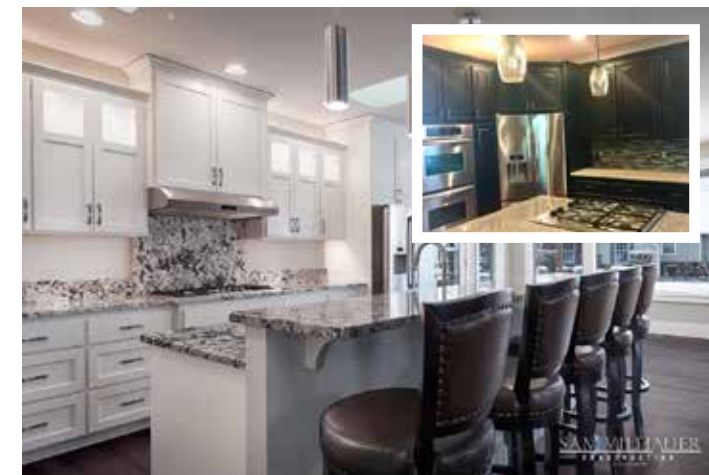
Has Some Gorgeous Homes

Thanks to each of you who opened up your home to your fellow neighbors through this "Living Spaces" article in 2017. The pride of ownership Felida and Salmon Creek residents have for their homes is so evident, and it's one of the many reasons why this is the best place to live!

We'd also like to thank the business partner who sponsors this article each and every month – Rick LeBlanc of Pro Realty Group NW.



If you'd like to see your home (inside or out) featured here next year, please contact us at laura.miller@n2pub.com.



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sponsor spotlight

"Let's Make History" say the new owners of historic Grant House



Scott and Sarah Flury, owners of Latte Da Coffee House and Wine Bar, purchased the Grant House on Officers Row in Vancouver, April 2017 and renamed it Eatery at the Grant House.

The Grant House has an extensive and rich history as a historic property on Officers Row and visitors love its grand stature. It is the oldest dwelling on the Fort Vancouver property, built in 1849 as the Army's Headquarters, and naturally a tourist attraction. It has long been a dining destination for both locals and tourists, and a premier choice for special occasions or events. While it will remain a destination, with a revamped kitchen, three new chefs and an ever-evolving menu of all fresh and local ingredients, the Flury's have a grand plan for its growth and evolution.

"What made Latte Da a community gathering spot and so successful is that it organically evolved and supported a wide range of interests - a place to meet friends, host a charity, work on an art project, enjoy a meal (including vegan and gluten free) and listen to music. We want the Eatery at the Grant House to be everyone's house too," says Scott Flury. Supporting the Eatery at the Grant House is also supporting the community. They will pick a local charity on Monday nights and give 20% back to the organization, in cash, from all meals purchased.

Events will continue to be a priority, including live music throughout the week (no cover charge), tours of the Grant House will be scheduled throughout the year and accommodations will be made for year-round, outdoor dining.

You can find Scott and Sarah Flury at the Grant House at 1101 Officers Row in Vancouver, WA for brunch (S-Su 8-3), lunch (M-F 11-3), happy hour (M-F 3-5) or dinner & lounge (M-Su 5-8). Or make reservations by calling (360) 906-1101 or go online at thegranthouse.us/reservations.



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Felida Residents Know How To Make A Difference



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Executive Director of NAMI, Peggy McCarthy

We'd like to start by thanking Joe Bjorklund, Tamalyn Page and Jude Helmes, who wrote very interesting "Making A Difference" articles for us in 2017! They have featured some amazing things happening around our area, all improving life for our residents.



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Drones making a difference

Also, thank you to Modao for sponsoring all of these articles. You're making a difference, too!



Please send us your favorite nonprofit or volunteer so we can applaud their efforts: laura.miller@n2pub.com.



Damarcus Bell and his cabin at Washington Family Camp



Hough Elementary students in Lunch Buddy program

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January

What: CrossFit Fort Vancouver Championship - January 5th-7th

Where: Clark County Event Center at the Fairgrounds - Exhibition Hall A; 17402 NE Delfel Road, Ridgefield

When: TBD; see <http://cfvchampionship.com/schedule>

Admission: \$10-\$33, kids under 18 are free

The CrossFit Fort Vancouver Championship is an annual competition for many of the region's fittest athletes. The mission from day one has been to provide the best competitor and spectator experience possible. They pride themselves on staying true to that tradition while still finding new ways to make it better every year.

What: Resolution Run - January 7th

Where: Gardener Center ; 1710 Southwest 9th Avenue, Battle Ground
When: 8 a.m. to 12 p.m.

Admission: \$37-\$65

Registration includes a race tech t-shirt, finisher medal, goodie bag, pancake breakfast, beer, and music at the post-party. After the previous years' successes, the Polar Bear Slide is back for 2018! Drop to your bathing suit and hit a cold water slide... if you dare! After running the Polar Bear Slide, take a warm plunge into one of two hot tubs from Arctic Spas to warm back up.

What: VEGA Challenge 2018 - January 13th-14th

Where: Battle Ground High School ; 300 W Main Street, Battle Ground
When: 8:30 a.m.

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4911 NW Ashley Heights Drive	Ashley Heights	\$550,000	\$550,000	10/26/17	5	3.5	3,564	SOLD
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5109 NW 140th Street	Ashley Heights	\$524,850			4	3	3,259	PENDING
3113 NW 114th Circle	Westmoor	\$379,900			4	2.5	2,198	ACTIVE
1510 NW 80th Street	Lakeview Estates	\$659,000			4	2.5	5,168	ACTIVE
4704 NW 138th Street	Ashley Heights	\$479,900			4	2.5	3,078	ACTIVE
14008 NW 53rd Avenue	Ashley Heights	\$499,900			4	2.5	3,088	ACTIVE
13216 NW 28th Avenue	Teal Pointe	\$675,000			3	3.5	3,737	ACTIVE
2617 NW 129th Circle	Teal Pointe	\$695,000			4	2.5	4,025	ACTIVE
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