

MARCH 2018

# Felida Fine Living

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



**MEET YOUR NEIGHBORS:**  
*Margaret Olczak,  
Vaqas Malik, and Grace*

*Please see the  
details of our  
event at Cooper  
Chiropractic on  
page 7.*

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The first thing I love about gardening is planning it during the cold and rainy season. It gives hope ... for the sunshine and bounty of flowers and veggies to come this spring and summer. The second thing is the actual planting... putting new seeds or plants in the ground is so exciting to see what they become. We have a very strong team of residents who plant the seeds for this magazine each month and we hope you enjoy it as much as we like putting it all together.

Leslie Hansen has done a wonderful job as our photographer this past year and we were sorry to realize that her watermark signature had been removed at HQ when they zoomed the photo of the

Haij family on the cover last month. It was a fantastic photo and I have had numerous comments about how residents loved it.

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*Laura Miller*  
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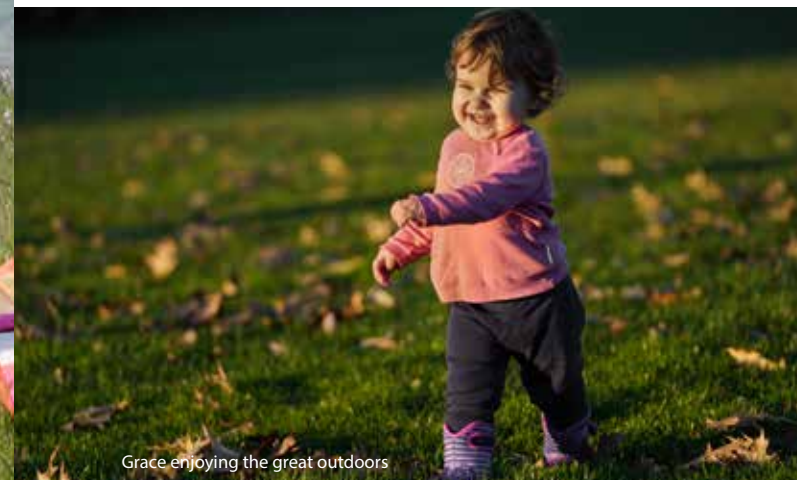
Grace



Margaret and Grace



Grace in the sand



Grace enjoying the great outdoors

explored Europe, touring Barcelona, Grenada, and Amsterdam with Grace delighting in this escapade!

Grace must have gotten her travel “bug” from her parents because they do not shy away from exotic stops, having spent time in places like the Tambopata National Reserve in the Peruvian Amazon. During this jungle adventure, the couple relished the diverse and rich wildlife, accessing the jungle through a small town known as Porto Maldonado. From there, they took a two-day river expedition where they spent time photographing the colorful macaws, rare frogs, and playful monkeys. Their housing in the heart of the jungle offered “open-living porches,” similar to screened porches, where visitors are fully immersed in the jungle experience. This gave Vaqas plentiful opportunities to shoot rare photos. His vocation is software engineering for Intel, but he also aspires to become a professional photographer. Vaqas photographed the shots for this article and his portfolio, including his Amazon shots, can be seen at [www.vaqasmalik.com](http://www.vaqasmalik.com).

Margaret and Vaqas look forward to taking little Grace on their future world explorations when she is a bit older. For now, Grace is simply an “adventurous eater” who can be seen frolicking in the park and running down the aisles of Fred Meyer! Be sure to introduce yourself to this great family next time you are there!



If you'd like to see your family or your neighbors featured here, please contact us at [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com).

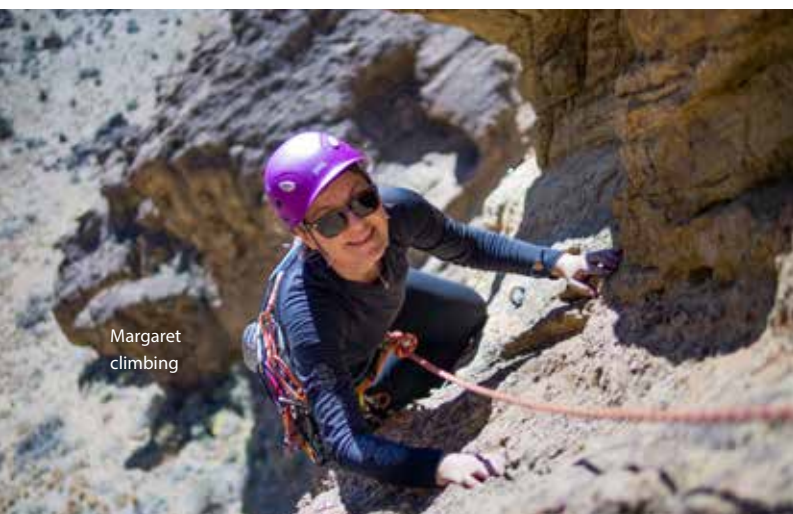
## meet your neighbors

By resident writer **Marta Gray**

# THE Malik-Olczak Family

Vaqas Malik and Margaret Olczak met in Portland about seven years ago after each having lived separately in Chicago. Theirs were interesting journeys. Vaqas was born in Pakistan, but his career as a software engineer brought him to the United States in 1999. Margaret, a BPA public utilities specialist and an immigrant herself, made the transition to the US at an early age along with her family via the refugee program after having lived in Communist Poland. Both expressed genuine appreciation for the life we have here and for the gorgeous Northwest! The two of them share a love of mountaineering, rock climbing, hiking, and travel. Margaret and Vaqas are members of a renowned Portland mountaineering club called the Mazamas, where Vaqas is also a climb leader and instructor. Together they have climbed all the major peaks in Oregon and Washington State, but their favorite climbs are North Cascades National Park in Washington and Smith Rock in central Oregon. They appreciate the time they're able to spend backpacking, having savored the sights of Wallowas (OR), Goat Rocks and Olympic National Park (WA), Grand Canyon (AZ), Yosemite (CA), and Zion (UT).

In addition to their outdoor adventures, this amazing couple thoroughly enjoys time at home with their 16 month-old daughter, Grace, and their long-haired grey cat named Jordan, the kitty that completes their family. When describing Grace, her parents say that she is shy but warms up to playful people. She is an outdoor girl that loves camping and especially sitting by the campfire. Grace is also a great little traveler! Last year, the family



Margaret climbing



Grace camping

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## teacher spotlight

By resident writer, **Ericha Anderson**

# Dawn IMPELLIZZERI



Dawn Impellizzeri

Vancouver Public Schools has a unique history of placing a high level of value on its arts education program. In the visual arts, music and creative movement classes, students acquire knowledge and skills to create, perform and respond in the arts and in other content areas. Mrs. Dawn Impellizzeri, VPS creative dance specialist, has been empowering students to find joy in the arts and encouraging them to be expressive as learners for 17 years at Chinook Elementary School.

Mrs. Impellizzeri expresses her gratitude for being a part of our educational community by stating, "It's amazing to live and work in a place where arts education is valued and offered to ALL students in VPS!"

This passionate creative movement teacher has an extensive background in dance training and dance education. As a young student dancer, she received formal ballet training from the Royal Academy of Dance, but it was in college when she fell in love with West African Dance and the choreographic process that really got her into education. She earned her BA in Dance from the University of Oregon and M.Ed. in Creative Arts from Lesley University. Mrs. Impellizzeri is on a continual quest to improve her practice by being an active member and board member of DEAW (Dance Educators Association of Washington), an organization dedicated to provided professional development and community support for dance educators in the state. She also continues to take classes whenever possible.

Mrs. Impellizzeri is energized by the students and staff at Chinook each and every day. She says, "The Chinook community teaches kids to be safe, respectful, and responsible. These guidelines provide us all with a place to learn and grow together." One of her favorite ways to grow and learn together with her students is to guide them through the many steps it takes to establish and deliver an artistic performance. "I am inspired by seeing my students'

confidence grow and the joy they have when given the opportunity to create, practice, and perform. I hope that their experience in the arts as children will help guide their exploration and allow them to connect to others as they continue to explore the world."

With amazing teachers like Mrs. Impellizzeri and a rich curriculum focused on arts education, our students are lucky to be provided with the opportunity to diversify and connect their learning experiences in our schools.



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## tour & travel

By N2 Staff Writer, Tracy Lafon



# Visiting Cuba

## Do Your Homework

### Visa, Travel Permits, Paperwork

A U.S. citizen must get an "authorized travel" permit for Cuba. There are 12 permissible visa categories for traveling to Cuba. You will also need to purchase a \$50 Cuban tourist card, which airlines often now include with your flight tickets. Cuba also requires a health insurance card, which can be purchased at departing airports.

### Lodging

Part of the charm of Cuba is the 1950s, frozen-in-time aesthetic of the country. There are very few hotels, most of which are government-owned and compare poorly to other country's hotel resorts – often expensive and booked far in advance. A popular choice is a stay in the **casa particulars**. These are rooms in private homes and typically include authentic meals. The Airbnb business is also taking hold in Cuba and is a good way to book ahead of time.

### Transportation

While the symbol of Cuba's tourism is the collection of nostalgic cars, these pretty vintage machines are exclusively for tourists to ride in (not drive) and they only go through a select route in Havana. There are rental cars available and they are some of the only newer model cars on the island. Two wise options are using Cuba's extensive bus system or a taxi colectivo, which affords you flexibility, the ability to share rides and a driver that may serve as an impromptu tour guide. Keep in mind Havana can easily be seen and explored on foot.

### Currency

Cuba uses the CUC currency for the American dollar. The American exchange rate isn't as good as the European, so it is suggested you exchange American dollars for euros in the U.S. and then exchange those for CUC in Cuba. Cuba is lacking in debit and credit card services so bring plenty of cash – suggested at least \$200 a day – as you won't be swiping much.

### Additional Tips:

**Do not drink the water:** boil all water or better yet, bring a self-filtering water bottle with you.  
**Internet and Cell Phones Service:** both are limited and in some cases non-existent. Take this as a chance to unplug.  
**Cuban Products:** you can bring up to \$400 worth of goods back with you, including up to \$100 worth of Cuban cigars.

Cuba has a long way to go before it is a hot spot but it is certainly a unique and exciting vacation destination in the Caribbean.

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**young achievers**

By resident student writer, Olivia Gray

# TJ'S *Winter Clothing Drive*




Busy besties: Sophie, Alessandra, and Jillian

Meet activists Alessandra Sherrell, Jillian Rogers, and Sophie Cadran. These young women are phenomenal leaders at Thomas Jefferson MS who recently inspired their fellow students to hold a winter clothing drive benefiting “The Giving Closet,” an organization serving Clark County. The girls worked tirelessly collecting winter coats, hats, and mittens, primarily for homeless and needy children in our community. They took on a leadership role for this activity, which was conducted by the TJMS Junior National Honor Society. In addition to leading the clothing drive, Jillian, Alessandra, and Sophie participated in a number of other charity events such as the Clark County “Walk-n-Knock” and the “Girlfriend’s Run,” a race for the cure. They have upcoming plans to participate in Salmon Creek Trail Tree Planting for Earth Day.

All three girls excel academically in addition to their community service projects. Alessandra and Sophie are the TJ yearbook editors. Sophie also edits the TJ newspaper, “Editions,” along with Jillian. In their academic pursuits, Jillian aspires to study either Biology or Engineering at University of Washington. Her work doing beach clean-ups on the Long Beach Peninsula inspired her love of Biology. Jillian also studies art at Medallion, and runs track and cross-country. Alessandra also plans to attend UW, but wants to study medicine, planning a career as a neurosurgeon or as a medical examiner. She is a motivated person who plays saxophone for the TJ concert band, and runs cross-country and track on the TJ teams. Sophie is a competitive swimmer for the Tornadoes swim team, winning numerous ribbons and medals over her five-year swimming career. Her goal is to attend UW with her “besties,” and become an elementary school teacher. It’s hard to believe that these amazing young women do so much and yet still consistently earn 4.0 GPA’s... but, they do!!

When asked how they manage such hectic schedules, they say it is because they have so much support. The girls really enjoy achieving, saying school is a fun, social place full of great friends and caring teachers that make learning fun! Their advice is to find what you love doing and to do it with your friends!

 Do you know some youth that are making great achievements? Please let us know at [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com).







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kids' book review

## Skippyjon Jones

by Judy Schachner

By editor, **Nikki Schuchart**

My family was first introduced to *Skippyjon Jones* by my sister, a longtime kindergarten teacher, when my oldest turned five. She gave him Judy Schachner’s original book AND she read it to us all, using her very best Spanish accent. Schachner’s books and *Skippyjon Jones* were a huge part of our bedtime routines for the next several years.

Skippyjon is a cute and mischievous Siamese cat with extraordinarily large ears. He has a vivid imagination and often pretends he is a chihuahua who goes by the name of Skippito Friskito. Schachner’s books are beautifully illustrated and have so many catchy phrases that we are still known to quote them even though my youngest is now almost eight years old! The stories are even more fun if you throw in a Spanish accent (even if it’s a pathetic attempt at one), and sing some of the verses with a bit of a mariachi vibe.

As the series progresses, Skippyjon’s adventures lead him to fend off a bumblebee bean-stealing bandit, visit an Egyptian tomb in search of divine peas, learn what caused the dinosaurs’ extinction, travel to the red planet of chili powder, go to dog school, swing on a flying trapeze, play in the snow, and so much more. In the middle of these are side stories of his triplet sisters, Jillyboo, Jujube, and Jezebel. All of the books begin with Skippyjon in a bit of trouble with Mama Junebug Jones, and end with some form of forgiveness at home. Morals of the story are there, and are good, but the books are just plain fun to read for parents and children alike.

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## felida pets

By resident student writer, Sam Thometz



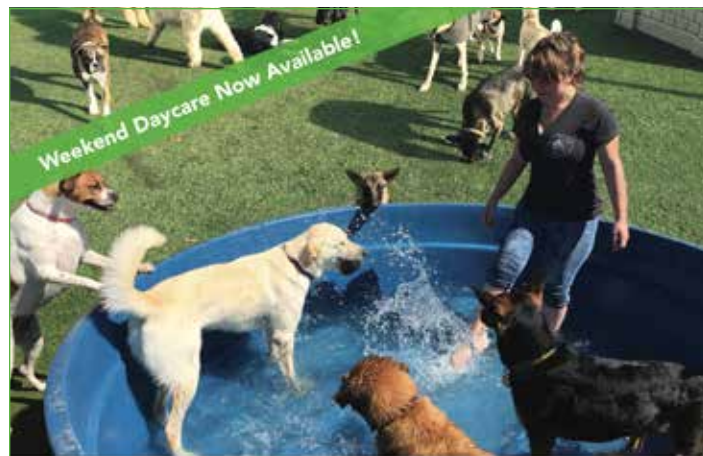
# Bruce, *the Rabbit*

This month I spoke to Rylee Scharmann about her rabbit, Bruce. Bruce is five years old, and a very cute Himalayan rabbit at that. The rabbit lives with his family of five, including Rylee. Rylee named her rabbit after Bruce Jenner, but as many of you know, he is now Caitlyn Jenner, which is a bit of a dilemma. The Scharmann's got Bruce from a good 4-H breeder in the area.

There is something terribly funny about Bruce ... it just so happens to be that he doesn't like carrots, but he's a rabbit. That sure is weird! Rylee also loves that Bruce never bites, which is a plus compared to most other animals. Another funny story is that Rylee likes to bring Bruce in her bedroom, but one time she left for a couple minutes, and he ended up in her bed which is quite high of the ground. It probably seems easy for a bunny, but we're talking a good five feet!

Bruce is always very spoiled, and you would agree because he has a giant doggy bed that wasn't necessarily meant for a rabbit. Bruce hangs out in his cage when everybody is away from home, but when they are home it's fair game for Bruce, and he will go anywhere with Rylee.

If you have a fun pet or you know an interesting pet in your neighborhood, please let us know at [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com).



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### kids to kids

By resident student writer, Hailey Parkison



# Ava Lark, ARTISTIC ADVENTURER

Meet Ava, a 7-year-old girl who loves adventure. Ava is outside all the time, and she is constantly finding new ways to enjoy her time outdoors. One of her favorite pastimes is going exploring, which is why Ava likes camping so much. She especially loves being outside during fall, when all the leaves turn brilliant shades of orange and it rains often. This passion for the outdoors is why Ava would love to visit Hawaii again; she tells me the Big Island is a great place to explore beaches and tropical foliage.

This same enthusiasm for adventure is also why Ava delights in the "Legend of Zelda" games, where she can play as the brave hero, Link, and take part in quests. Another one of Ava's hobbies is art. When she gets home from school, she likes to sketch, draw, and color. Ava told me she recently learned how to draw cake! Still, she says, her favorite thing to draw is people. Ava even wants to be an art teacher when she's older so she can continue this interest. Another thing she likes to do when she gets home is spend time with her many pets. Ava has two dogs and two cats, all of which with very quirky personalities. Additionally, Ava loves all things Disney. Recently, Ava went to a three day Moana camp, where she learned a few songs and dances from the movie and made Hawaiian instruments!

Last but not least, Ava says her favorite things about living in Felida are being able to walk to school, play in the park, and take walks to see all the beauty the Pacific Northwest has to offer.

If your child or teen would like to be featured here, please let us know at [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com).

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# Fazzolari

## Custom Homes & Renovations



Fazzolari Custom Homes & Renovations, a Felida business, was founded in 2003, by John Fazzolari. As grandchildren of Italian immigrants, he and his four siblings learned the value of loyalty, hard work and the importance of family – which is why if John isn't working, you will see him coaching his son Grant's baseball team, or spending time with his wife of 27 years, Shae, and his daughter Lauren, a WSU Freshman. And of course, cheering on his beloved Yankees and the Packers!

John's business degree from Portland State led him to a 20-year career with United Parcel Service. But his true passion had always been the years of

architectural study at Grant High School in Portland and at PSU. You could say home building was John's hobby. He and Shae built a few homes for family and friends, and during that process he realized that while he loved his career with UPS, his true passion was building. John and Shae took a huge leap of faith and started Fazzolari Custom Homes. Shae once asked John what he loved so much about building. She vividly remembers his reply: "There is something about the process, the smell of sawdust in the air, creating something from nothing, but mostly it's taking peoples' dreams and making them reality."

For several years, like most builders across the country, John enjoyed seeing his projects come to life and watch his business grow. But what he is most proud of when he reflects on his past

is being able to endure the downturn of 2009, the closing of his bank, and still being able to manage the business without impact to his clients. "You learn a lot in tough times. And when I look back, as difficult as it was, that time was a great experience and opportunity. We definitely became stronger because of it."

Primarily a custom home builder before 2009, FCH is now the area's premier home remodeling company. Fazzolari has received the Best of Clark County award regularly for the past eight years and is in the Best of Clark County Hall of Fame.

John has deliberately kept his company small enough to give his clients the attention they deserve. Each project is unique and as a true custom builder, Fazzolari has never built the same home

twice. His clients appreciate his design ideas and creativity, the quality of the suppliers and craftsmen, and the honesty and integrity of he and his staff.

John's advice for those considering new home construction or a remodel project? Do your research and make sure the contractor is licensed, bonded and insured. Choose a builder that you trust and enjoy being around, because the process of building a new home takes time, and in remodeling, you will be living with and possibly in a construction zone. And plan, plan, plan. Every day spent planning the project will save you time and money during construction.

# At Farrar's Bistro



The evening with about 40 of our neighbors was a delight at the restaurant where we love to gather. Debbie Belden, the owner, made it super special by offering a contest for the residents to submit possible

recipes with one recipe winner to be added to Farrar's spring menu. We tasted Debbie's recipes she was considering and some that the residents submitted for further consideration. Thank you to all the residents who submitted recipes! In our ballot voting, we had 3 winners:  
 1st place: honey chipotle lime shrimp - Deb's  
 2nd place: wild caught lemon dill salmon - Erin Provost  
 3rd place: spinach & artichoke dip - Deb's

So, congratulations to Erin and we can't wait to taste your salmon again soon at Farrar's! Thanks so much to Deb for always treating us so well!



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By resident student writer, Hannah Edwards

# Beau Braden



Photo art by student Jacob Hjort



Beau with his future WSU football coach

Beau Braden is a senior at Columbia River High School, who loves football. He begins by saying that football has always been his first love, in a way. His mom tells him that when he was learning how to talk he'd say that inanimate objects like Hot Wheels or flowers that were certain colors were teams playing each other.

He started playing organized football when he was five. In 4th grade he moved up weight classes and was playing with 7th and 8th graders, but was too big and too young so he couldn't play for a year. His freshman year at King's Way, he started on varsity at Left Tackle and Defensive End. At the end of his junior year at CRHS, he made All-League Defensive End and Defensive Line MVP for the team.

Last year Beau played Tight End, but this year he played Offensive Line, while still playing Defensive End. He finished with 1st Team All-League and All-Region for Offensive Line and got All-State Honorable Mention, as well as Team O Line MVP. At the end his high school career, he received around six scholarship offers, but says he's taking the route Parker Henry from Skyview chose a couple years ago and says, "I'll walk on at Washington State!" He accepted his Preferred Walk On in Mid-January and plans to begin this fall.



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# Foundation for Vancouver Public Schools

Often times, students can fall into the trap of considering school to be a burden or a pain, but for some students, simply going to school with a meal to eat and a friend to talk to is a blessing. That is what the Foundation for Vancouver Public Schools (VPS) is all about.

Before starting her own interior design business, longtime Felida resident Sue Simon worked for the VPS district. She witnessed firsthand the positive impact of programs made possible by the Foundation for VPS. Today, Sue is proud to serve as a board member for the Foundation for VPS, where she passionately advocates for the well-being and success of over 23,000 local students. "When I worked in the schools, I was blown away by the support the Foundation provided to kids with challenges," Sue says.

The Foundation for VPS is a program focused on helping. Their main message and goal is "Getting kids to school healthy, happy



and ready to learn!" With generous support from the community and a strong partnership with VPS, the Foundation works to address the impact of poverty, hunger and other challenges threatening the success of students. A decade ago, the Foundation teamed with VPS to implement the community schools model by placing Family Community Resource Centers (FCRCs) in schools. The time-tested and effective model is based on the idea that students learn best when they are well fed, have medical and dental care, wear warm clothes and have stable housing. Results demonstrate that the community schools model is having a direct and positive impact on student achievement. Graduation rates improved from 64% in 2010 to 82% last spring.

The Foundation for VPS is a quiet giant in the aid of our schools, and they have been helping for a very long time. Sue Simon wants fellow residents of Felida to know that supporting the Foundation for VPS is an opportunity to make a positive impact in the lives of local students. "It is really special to know we are making a large and lasting difference for children and families right in our own backyard," she says.

To learn more about the Foundation for VPS, visit: [FoundationforVPS.org](http://FoundationforVPS.org) or follow the organization on [Facebook.com/FoundationforVPS](https://www.facebook.com/FoundationforVPS).



If you know of an amazing non-profit, organization, or volunteer making a difference around Felida, please let us know at [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com).

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## financial fitness

By N2 Staff Writer, **Elizabeth McCabe**

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A little preparation can make Tax Day relatively easy and effortless. One of the most important things you can do is get all of your paperwork in order. If you are self-employed, get your 1099 forms together. Organize your documentation for work-related expenses, mileage (if applicable), charitable contributions and child-related deductions.

### Calculate Applicable Credits And Discounts

Want to reduce the amount you pay Uncle Sam this year? Find applicable credits and discounts for your situation. Do you qualify for an Earned Income Tax Credit, Education Credit, Child Tax Credit, Adoption Credit, or Foreign Tax Credit? Or perhaps you can receive a Credit for Tax on Undistributed Capital Gain. If you work from home, consider a Home Office Deduction to save on your taxes this year. There is even a Plug-In Electric Vehicle Credit. For more information on IRS credits and deductions, check out the IRS website.

### Find A Tax Preparer

If you want to save money, you might consider doing your taxes yourself. But if your return is complex (requiring studying tax law), invest in a professional tax preparer. You might not want to wait until the last minute to file a tax return either. The sooner you file, the less likely you are to encounter

problems. With that said, if you are a procrastinator, those who file their taxes later are less likely to be audited.

Don't let Tax Day take you by surprise this year. With a few simple steps, you can breeze through April 17 with ease. Don't delay – start your tax preparation today!

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## living spaces

By resident writer, **Jill Sughrue**

# THE MORGAN HOME

David and Susan Morgan moved into their home 5 ½ years ago with their four children: Andrew, Sarah, Claire and Rebekah. They were delighted with the 18-foot ceilings and by how all the large windows let in so much natural light. They were also taken with the highly accessible backyard, where the patio, outdoor barbecue and pool were surrounded by flowing lawns and large cedar trees.

With a busy family, work, and involvement at their children's school, the Morgans wanted to create a home that was warm and inviting, practical and durable; it's a welcoming place for entertaining friends and family, hosting school gatherings, and enjoying their time together as a family.

After moving in and prioritizing "a list a mile long" of small and large projects, they decorated the dining and living rooms first for practical reasons: their furniture didn't fit the spaces. They decided to stay with the main paint color scheme, which they liked, and wanted to find the perfect place for their piano. Choosing Lakeshore Designs, they worked with Suzanne, who sketched out



Living Room after

Living Room before

ideas for the living room layout and suggested a variety of fabrics for the furniture and curtains. She later helped them decorate the office, including built-in cabinets and desks.

Today Susan loves looking out through the wall of windows and listening to a young eagle each morning. The curved couch is a regular spot for quiet conversations with David, and a favorite place to catch up with their kids without the distraction of laptops or the television.

The Morgans say working with a decorator is very helpful, especially if you have a unique space, will be investing in a lot of furniture, or are short on time. They suggest starting your project with a budget in mind and when you have enough money saved up to pay as you go.

"Take your time, have a big picture in mind and break down your projects into the steps you have the time and money to tackle. Invest in curtains! They do a lot to soften and tie together a room," shares Susan.



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](mailto:laura.miller@n2pub.com).

## resident recipe

Submitted by resident **Patrice Baugher**;  
Collected by resident writer **Suzy Luker**

# Chimichurri Sauce

*I added a parsley plant to the herb bed this last spring; it has thrived and outgrown all of the other herbs! So, what to do with all this parsley? Chimichurri sauce!! This recipe idea originates from Argentina and is mostly served as a topping on steak, or as a marinade.*

### Ingredients:

- Approx 1-1/2 cups packed flat-leaf parsley (it must be flat leaf - the other is way too peppery & spicy!)
- 2 cloves garlic
- 1/3 cup olive oil
- 1/4 cup red wine vinegar
- Salt & pepper to taste
- Juice of one lemon wedge

Place all of the ingredients in a small food processor and pulse until the consistency is coarsely chopped but yet will "drizzle" over your entree.

This sauce is perfect for spicing up your simple protein entree, making your dinner a little more elegant and special. My menu planning is primarily Paleo and Whole30; this type of recipe helps keep your meal planning healthy and helps avoid rich, heavy cream sauces and toppings. Slice two chicken breasts lengthwise, season with olive oil, salt, and pepper and grill lightly ... Chimichurri sauce does the rest! Also serve over salmon, just lightly seasoned and baked. And of course over steak - I served over a grilled flank steak - very good!

You might even want to add a parsley plant to YOUR herb bed this spring too!



If you'd like to share one of your favorite recipes with readers, please email it to [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com).



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# karz FOR kidz

what drives us?

By Beverly & Steve Smirnis

While the young driver in your family may be all about looks, technology and smartphone integration features, “buying new” will ease parent anxieties about safety. Carmakers must deliver on all fronts — safety and efficiency, with statement-making exteriors and technologically advanced interiors ... oh yeah, and price, too. Cargo space can be quite handy in those years of constant moving – off to college, back home, into rental properties.



Nissan Rogue Sport

More than just an iteration of the popular Rogue, **Rogue Sport** has a 12.1-inch shorter overall length than Rogue, helping make it more maneuverable in city traffic and an ideal size for tight city parking spaces. Its 2.0-liter engine is responsive and

efficient with four-wheel independent suspension in your choice of a front-wheel or all-wheel drive system. Geometric details on its exterior are thoughtfully designed. Inside, drivers enjoy a

commanding ride height, driver-oriented cockpit and nice finish-out. With the second-row seat folded, its cargo area is a healthy 61.1 cubic feet. MSRP ranges from \$21K to \$32K.



Kia Soul

While opinions vary about its stand-apart looks, the **Kia Soul** delivers an outstanding amount of cargo room, a spacious and comfortable interior, and low starting price. The front-wheel-drive hatchback has been highly ranked in numerous automo-

tive contests. Those desiring an opportunity to learn to drive a manual transmission vehicle will relish that option. It's hard to beat a \$16K starting price, leaving plenty of room in the budget to fully load it up, including that upgrade to the available turbo-charged engine and panoramic sunroof.



Hyundai Ioniq

**Hyundai's Ioniq** epitomizes all that is new in powertrain technology while delivering a dynamic and engaging driving experience, thanks to a six-speed dual clutch transmission. The Hybrid pairs a 1.6L direct-injected four-cylinder with a 32-kW

electric engine powered by a 1.56 kWh lithium-ion battery pack to earn the highest fuel rating of any non-plug-in, at 58 MPG combined. The Plug-In Hybrid features the same gas engine paired with a 44.5-kW electric motor and 8.9-kWh battery pack enabling it to travel up to 27 miles and accelerate to 75 MPH before the gas engine kicks in. With the highest efficiency rating of any electric vehicle sold in the U.S. market at 136 MPGe, the fully electric Hyundai is powered by a 28 kWh lithium-ion polymer battery with a 124-mile driving range. Future-focused aerodynamic character defines the Ioniq's exterior, while its interior has an ecologically-sensitive focus. Best-in-class cargo space is achieved by positioning the electric batteries underneath the rear seat, which can also be folded down. Ionic pricing ranges roughly from \$22K to just north of \$30K.

Don't surprise your kid at graduation — even a wrong color choice may indicate an undesired stereotype and “diss” the cool factor! Let the young driver make the final choice, but do compare these standouts, all of which score high on both safety and technology features.

artful living

By resident writer, Jewell Straight

# Wendy Armstrong, WELDER



Wendy Armstrong



Untitled Mask

tor) Greg Conyne. Together they made “Ramona Falls,” the recycled fountain piece at Turtle Place in Downtown Vancouver.

Wendy has worked many years in steel and bronze, making large-scale, three-dimensional pieces, usually employing welding and casting. Of late, she has been focusing on smaller, more intimate works exploring her family, history, and objects. Her family comes from a historic area in Montana, and she has “piles of detritus from loved ones, friends of loved ones, acquaintances of loved ones and even mere passer-by of loved ones. The family considers the past to be a hot topic, but these items, these treasures, these delights, are at odds with the weight of ghosts long since buried. In making my art, and seeing these objects with different eyes, I can appreciate them and let them go.”



If you are an artist (or you know an artist) who'd like to share your story with us, please contact us at [laura.miller@n2pub.com](mailto:laura.miller@n2pub.com).



City Afire



Mining Town (details)



Ramona Falls

Wendy Armstrong has been a Vancouver resident since 1995. A few years after moving here, she took a jewelry-making class at Clark College, and eventually went into their welded art program with instructor Elizabeth Heron. Wendy shares, “I cannot say enough good things about Clark College and the support and guidance they offer.”

While in those classes, Wendy met and started working collaboratively with Women Who Weld. Their works include “Pillars,” on the WSU Vancouver campus, and “Wendy Rose,” on the waterfront walkway. She also collaborated with Portland artist (and retired VSAA instruc-

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## sponsor spotlight

# Timmy Ostrom, Fairway Independent Mortgage

The first thing you notice when you step inside the new, downtown Vancouver office is the warm, welcoming vibe of this living room-meets-coffee shop style atmosphere. For a business that is all about finding money to purchase or refinance a home, it feels more like a comfortable place to meet up with a trusted friend. You are immediately set at ease. And that's what Timmy Ostrom and his team are all about.



by Julianna Schneider

Many people get anxious at the thought of working with a mortgage company and sharing financial information. But alleviating stress to attain the “American Dream” of purchasing a home is exactly what Timmy has achieved.

Timmy's 14+ years' experience building a mortgage business has taught him many things, but his commitment to ensuring “low stress” and “high satisfaction” has earned him multiple awards including the President's Club Award and the National Builder Division Award of Excellence.

Some of the ways he works to provide a smooth, simple experience is offering a phone app, in addition to online application forms, where clients can download and apply for a home loan or refinance loan in less than five minutes. Documents can then be easily – and securely – photographed, signed and uploaded to his app by use of clients' smartphones. This makes for quick closings; often just 21 days. Speed is an important differentiator in the mortgage business these days. With homes in SW Washington selling more quickly than ever, having a quick close provides more options for buyers.

He gets excited when he talks of how he loves being a part of helping people from all different walks of life attain their home purchase goals. From first-time home buyers, VA loans (he holds the distinction of a Military Mortgage Specialist), to new construction, as well.

Timmy attributes much of his success to his strong team, namely his Assistants, Nikki Schauer and Jennifer Jackson. They work with Timmy to support the process to ensure loans are processed as quickly and smoothly as possible.



Timmy's strong involvement in the community as a leader and as a volunteer allows him to build relationships and keeps him grounded too. He loves to see others succeed. A part of Vancouver Referral Partners, his chapter referred over \$18 Million last fiscal year, noting Timmy's admiration of the high-quality business community in SW Washington is making every business stronger. But his face really lights up when he talks of his community volunteer passion. His team at Fairway Independent Mortgage built a home for Habitat for Humanity in 2017, and is planning to build one home each year. This is because he feels the “American Dream” is possible for everyone.

And for those who feel the dream is just outside their reach? Timmy is quick to encourage everyone with their home purchase dreams. “If they can't get there now, I am POSITIVE I can get them there more quickly than anyone,” he says. He provides free financial planning, workshops and seminars.

Timmy's advice to all? Buying and selling season is coming up so it's the right time to get prepared. Contact his team at (360) 949-1502 for a stress-free, quick and enjoyable mortgage experience.

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## healthy living

By N2 Staff Writer, Elizabeth McCabe

# BEAT THE Blues



### LET'S FACE IT.

Once in a while, you might succumb to the blues or mild bouts of depression. Perhaps you lack interest in life or just feel rather down. Fortunately, you can turn that frown upside down with a few simple ways to beat the blues:

### EXERCISE

Exercise is beneficial not only for your cardiovascular health but also your mental health, even boosting your brain power. Release endorphins, which are natural mood elevators, through physical activity. You don't have to go to a cardio kickboxing class or do an hour of aerobics to release endorphins, however. Simply changing your scenery and taking a 20-minute walk around the block (or better yet, at the park) can make you feel better.

### VOLUNTEER

One of the best ways to forget your own worries and woes is to get actively involved in helping others. Change your inward focus to an outward focus. This can be as simple as stopping into a local nonprofit to help them sort through donations, volunteering at a soup kitchen, or serving at your church or place of worship.

### GET YOUR ZZZs

Never underestimate a good night of rest. Feeling well rested improves your mood and helps you deal with stress more effectively. If you struggle with insomnia, treating sleep issues can also ward off depression. Aim to get seven hours of sleep for the best results.

### WATCH YOUR DIET

Are you filling up with high-glycemic foods that spike your blood sugar and make you feel miserable? Change your diet and change your life. Those who suffer from metabolic syndrome – high blood pressure, high blood sugar, abnormal cholesterol, excess visceral fat – have a greater likelihood of depression. Fortunately, food can be your medicine in fighting the battle of the bulge and improving your outlook on life. Avoid high-sugar, high-calorie

foods and choose high-protein foods. Fill up with fiber (not fat) and transform your health in the process.

If life has you down, don't despair. Resolve to beat the blues today. Be encouraged in Annie's words, “The sun will come out tomorrow.” However, if you are dealing with chronic depression, please consult your physician.

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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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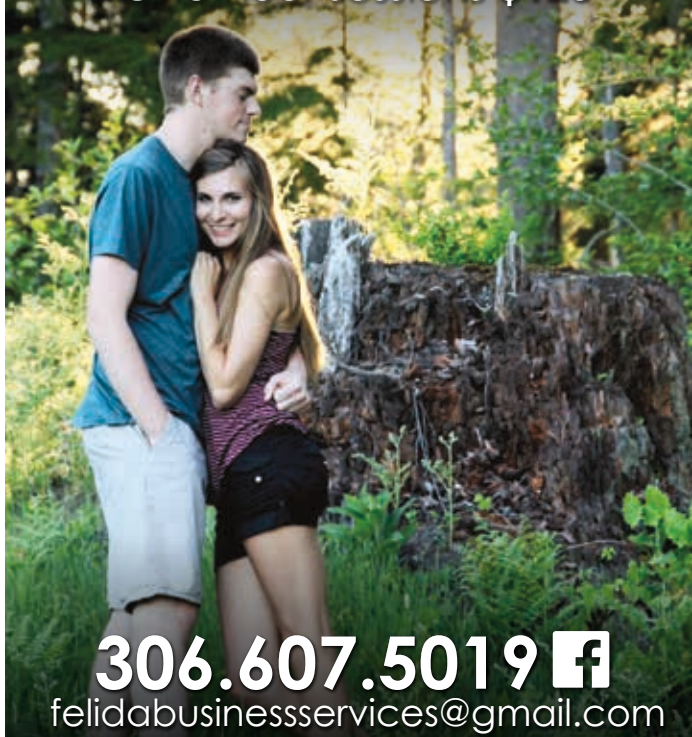
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## vancouver area local events

What: Couve Clover Run - March 25  
 Where: Downtown Vancouver; 800 Main Street, Vancouver  
 When: 9:00 a.m.

# March



### What: Washington State Horse Expo - March 2-4

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

When: Fri - 12:00 p.m. to 9:00 p.m.; Sat & Sun - 9:00 p.m. to 6:00 p.m.; Sat Night Extravaganza - 7:00 p.m.

Admission: Adult Admission: \$11; Senior Admission: (62+) \$9; Youth Admission: 7-12 \$9; Children under 7 free with an adult; Parking - \$6.00 (Cash only please); 3 Day Event Passes Available: Adults \$27 / Youth \$23; Saturday Night Red, White and Blue Showcase \$10 (Does not include admission to the Horse Expo). Saddle up for the largest show of its kind in the Pacific Northwest! The Washington State Horse Expo offers equine enthusiasts the chance to take part in exhibits, stage shows, rider fashions and vendor booths.

### What: Spring Brewfest - March 16-17

Where: Esther Short Park; 301 W 8th Street, Vancouver

When: Fri - 4:00 p.m. to 10:00 p.m.; Sat - 12:00 p.m. to 9:00 p.m.

Admission: \$10 - \$20

Not only will you be able to sample the best local beers, but you'll also be able to take in the March Madness games! TVs will be raffled off at the end of the festival.

### What: Couve Clover Run - March 25

Where: Downtown Vancouver; 800 Main Street, Vancouver

When: 9:00 a.m.

Admission: varies

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12918 NW 47th Avenue	Felida Knolls	\$459,900	\$451,900	01/18/18	3	3	1,892	SOLD
8410 NW 16th Court	Lakeview Estates	\$620,000	\$620,000	12/22/17	4	3.5	3,641	SOLD
1216 NW 79th Circle	Lakeview Estates	\$520,000	\$520,000	12/22/17	3	3	2,884	SOLD
4715 NW 129th Street	Felida Knolls	\$474,500	\$445,000	12/08/17	4	3	2,494	SOLD
4807 NE 138th Loop	Ashley Heights	\$499,500	\$485,000	12/05/17	4	2	2,620	SOLD
1816 NW 87th Circle	Lakeview Estates	\$430,000			3	2.5	2,515	PENDING
10504 NW 32nd Circle	Erickson Farms	\$569,900			4	2.5	2,712	PENDING
4712 NW 139th Loop	Ashley Heights	\$500,000			4	2.5	3,468	PENDING
13216 NW 28th Avenue	Teal Pointe	\$675,000			3	3.5	3,737	PENDING
2617 NW 129th Circle	Teal Pointe	\$689,900			3	2.5	4,025	PENDING
1215 NW Lakeview Road	Lakeview Estates	\$539,000			4	2.5	2,763	ACTIVE
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	\$479,000			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	\$895,000			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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