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JULY 2018

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



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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

SUMMERTIME IS FAMILY TIME,



But Plan Ahead For These Events!

I know as well as anyone that in the Northwest we all look forward to the sunshine this time of year to do all the things we can't do when it is raining (or worse). Whatever you have planned or that you do spontaneously with you and yours, please do remember to mark these August and September events on your calendar because these events were planned by other residents and just might become Felida's two annual events!

artists who are interested, please let **resident Leslie Hansen** know: (360) 607-5019 or

felidabusinessservices@gmail.com.



The First Annual Felida Open (FelidaGolf.com) will happen the following month on **September 8, with two start times at 1 p.m. and 4 p.m.** This event has been organized primarily by **resident**

Joe Bjorklund, and he has and will put in countless hours getting this set up, but once it is organized, he would love to do this every year. It will be held at our own **Pine Crest Golf Course**. And the after-party will be held at **Farrar's Bistro**, our favorite neighborhood place to gather. Hole sponsorships are filling fast, and if you want to be involved, sponsor a hole, play in the tournament, or help Joe—his email is felidagolf@gmail.com. The proceeds from this event will be donated to **Dawn Strong—Shine A Light On Lung Cancer**. We at *Felida Fine Living* are very proud of these residents and proud to be a part of these events.



Laura Miller
laura.miller@n2pub.com



Felida Art Night now has nine top-notch artists signed up to sell their art at **The Backstairs** on **August 9 from 5-7:30 p.m.** The following artists will be there, and a portion of their

proceeds will go to **Vancouver Public Schools Foundation**: Cynthia Mosser: mixed media, drawing, painting and printmaking; Muffy Alongi: jeweler and mixed media; Deb Spofford: printed textiles; Ale Krogh-Winkler: mixed media and painting; Kim Murton: ceramics; Julie Koch: recycled arts and glass; Leslie McMillan: jewelry and up-cycled clothing; Betsy Soifer: upcycled metal art, and Helen Brock: jewelry. Bill Leigh, who does metal arts and furniture, can't make it but will bring two benches that he has built—each with a \$1000 price tag—and if they sell, he will donate 30 percent to the **Vancouver Public Schools Foundation**. If you know of one or two additional high caliber

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Meet Your Neighbors



VAQAS MALIK -
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HAILEY PARKISON -
Kids to Kids/Teens to Teens



JOSH BRETZING -
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ERICHA ANDERSON -
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JUDE HELMES -
Making A Difference



JEWELL STRAIGHT -
Artful Living

Want to Join the Fun?

We couldn't do it without each one of these wonderful residents. Thanks to all of our writers for writing an article that tells the story of our neighborhood! We are currently looking for a young or mature writer for the Making a Difference article, as our excellent writer Jude Helmes is taking on some extra big challenges next year and needs to focus on those pertaining to his studies. He will be writing for us through August, but if you are interested in taking this one on in September, then let's get together for coffee to discuss. Laura Miller, 360-606-6168 or laura.miller@n2pub.com. Thanks!

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PS. I too am a Felida Resident



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Mrs. Oppel with newspapers from 1972, featuring the tornado she and her kindergarten class survived.

meet your neighbors

By resident writer **Marta Gray**;
Photos by **Vaqaq Malik Photography**

Mrs. Connie Oppel



Marta Gray and Mrs. Oppel

A former classmate posted our kindergarten class photo on FB, and I found it heartwarming that after 46 years, people still remembered and spoke adoringly of our teacher, Mrs. Oppel, a member of the Greatest Generation. During WWII, twenty-year-old Connie moved from Williams, Minnesota, a small town bordering Canada, after earning her child welfare degree. Excited about the prospect of seeing the ocean and mountains for the first time, she came to teach in the Kaiser Shipyard School, which ran twenty-four hours a day to keep pace with the non-stop shifts necessary to build the mighty warships of this era.

At war's end, she returned home, earned her master's degree, and met the handsome Rollie Oppel. Soon, this young war hero proposed, eager to forget the battles of the Italy campaign and North Africa as an Army infantryman. They wed and began raising their four children: Debby, Jim, Marcie, and Tim. Rollie's position with the Coast to Coast retail chain afforded a promotion and a move back

to Washington. Connie, missing Vancouver terribly, exclaimed, "I'm going with or without you, Rollie, so start packing!"

Mrs. Oppel embraces life fully because she has experienced some of its darkest moments. On one Flag Day, her 14-year-old son, Jim, was lost in a freak accident during an antique air show, when he was involved in a mid-air plane crash unlike any before. The stress caused her to lose hearing in her right ear. She reminded me that she started wearing a pin (from her accumulated collection of 700 pins) on her left shirt or dress collar and told her students to talk into the ear by the pin, so she could hear them. Becoming tearful, I felt myself right back in that kindergarten classroom and mentioned that I was sorry to have been such a willful child. She replied, "Those are the best children of all!"

Reflecting on her 36-year teaching career, which includes PSO and 16 years at Lakeshore, Connie recalls hatching baby chicks, turning cream into butter, and doing the maypole dance with her students, as well as the time the superintendent almost passed out on Science Night when they fed live mice to a borrowed boa constrictor! But nothing





education matters
By resident writer, *Erica Anderson*

Karen Jeffs

Chinook Elementary Kindergarten Teacher



Karen Jeffs with her family

Every morning when Mrs. Karen Jeffs opens her classroom door at Chinook Elementary, she greets her students with a warm smile and a welcome message, “Good morning, who is ready for another day in kindergarten?” With over twenty years of experience in education, Mrs. Jeffs continues to be inspired by the excitement her students possess for school on a daily basis. “Kindergartners have a love of school that is infectious. That’s very exciting! Who wouldn’t want to be around that type of joy?” says Mrs. Jeffs.

In technology and innovative education. Overall scores were excellent, and the graduation rates were equally high. I also discovered that the hiring process was stringent. Now after five years of living in the NW, we could not be any happier with our decision. VPS has been wonderful for my children’s education and my career.” The Felida community and Chinook Elementary could not be happier to have the Jeffs family as a part of our community and our schools, as well.



If you know a standout teacher in our area or a school program that deserves attention, please email us at laura.miller@n2pub.com.

Because kindergarten is at the forefront of our children’s educational journey, many foundational skills are taught at this level. Mrs. Jeffs expresses that her favorite subject to teach is reading. “The most rewarding moment is when a child’s face lights up when they start reading on their own. This time of year, my students are thrilled to grab books and read to their classmates. It is fun to see them show off how well they can read!” Along with reading and academics, Mrs. Jeffs believes that considering students’ emotional and social growth is equally crucial to their success. “My number one priority is to make sure each of my students is emotionally ready to learn. Socially, students need to be in a setting in which they have friends and feel socially accepted. With these two areas established, a student is then ready to learn. And the academics will come.”

Mrs. Jeffs did not just stumble upon Vancouver public schools when her family was relocated from New York to the Pacific Northwest in 2013. “To say I did research is an understatement. I looked at every score, every website, every blog, and asked everyone I knew who had a connection to the NW,” explains Jeffs. When choosing a place to live and work in the this area, it was important for her and her husband to find positive indicators that their three children would thrive in the educational environment provided. They landed right here in our Felida neighborhood. She describes the decision by saying, “I discovered that VPS was known for their leadership

... would challenge her like the 1972 tornado that killed six and injured over 300 souls. Being from MN, Connie knew a tornado was coming by the look of the skies, so she instructed the children to gather near the piano away from the windows. She remembers trying to keep them all quiet and calm ... not an easy task when you have a chinchilla in the room as the class pet! “It was very scary. Trying to keep all those little ones safe. For years, I had nightmares about counting heads, over and over, trying to account for them all.”

Now, Mrs. Oppel lives with her daughter, Marcie Ramberg, who followed Connie into education. Connie’s adventurous spirit has taken her all over the globe: Australia, Antarctica, Switzerland, Denali, and the Panama Canal. She fondly remembers family road trips to the Black Hills and Mt. Rushmore in South Dakota but dreams of visiting the French gardens that inspired Monet’s famous paintings.

At 94, Mrs. Oppel is still a spitfire that believes God has a plan for your life. Through it all, her faith never wavered. She is very active in the First Congregational United Church of Christ where she serves as a deacon. Connie believes in living life to the fullest and doesn’t want to miss a single thing! In fact, when asked how she stays so young at heart, she jokingly says she is “looking for a younger man with a nice motorhome.”



If you would like to see your family on the cover, please contact us at laura.miller@n2pub.com.

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Breann Jones

teens to teens

By resident student writer, Hailey Parkison



Breann Jones

This month's featured teen is Breann Jones, a junior at the Vancouver School of Arts and Academics. Breann came to the arts school for her passion for music and has been in choir for six years. Music has always been a big part of her life, as singing runs in her family. Breann's younger sister is also a vocalist at VSAA, and their dad sings in a barbershop quartet. Maybe it's because it's so rooted in her family, but music feels like home for Breann. She told me, "No matter what's happening in my life, I'll always have music to remind me of who I am." Breann hopes that music will be a part of her life for as long as she lives.

VSAA hasn't just fostered a deeper love for music in Breann; the school has given her a greater sense of purpose in her community. Through being a part of the National Honor Society, Breann has found a love for service and volunteering. She regularly volunteers at the Oregon Food Bank and helps lead service projects at school. Breann also has become a part of leadership recently through student government. This year, she took the leadership class offered at VSAA, and this experience inspired her to run for next year's treasurer. Breann and the other members of her leadership class aren't in it for recognition or thanks; they pour countless hours into bettering their school behind the scene. For Breann, knowing that they made a difference for the student population is reward enough.

Outside of school, Breann loves to read and write and listen to music. She has a particular interest in musicals and has tickets to see her favorite musical, *The Waitress*, in September. After high school, Breann wants to apply her enthusiasm for leadership and become a teacher. She also would like to travel; she's fascinated by the cultures in other parts of the world. Lastly, Breann's favorite part about living in Felida is being in a community that cares about each other and our neighborhood.

If you know of a standout child or teen, please email us at laura.miller@n2pub.com.

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



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A M E R I C A ' S FOURTH OF JULY PARTY!

tour & travel

By N2 Staff Writer, Tracy Lafon



Celebrating Independence In America's Birthplace

The Fourth of July is a time of big celebration and there is no greater way to celebrate America's birthday than in its birthplace – Philadelphia! Grab your patriotic wear, good walking shoes and a spirit of celebration and head to Philly for the Fourth!

After some major renovations last year, the city of Philadelphia and its historic downtown will be dressing up to party! Independence Hall, Penn's Landing and Franklin Square are just a few of the places that have special events scheduled, and many of these offer free admission Fourth of July week.

For over 20 years, Philadelphia has hosted the Wawa Welcome America Festival. This party is a weeklong, multicultural and multigenerational celebration of America's birthday and birthplace. The city is filled with free concerts, fireworks displays, block parties, outdoor movie screenings and more.

With all the celebrations and parties available, it is hard to fit everything in, so do a little planning and try to take in a few of the following, remembering many of these venues open their doors for free admission this one week of the year:

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Philadelphia History Museum

With a collection of over 100,000 pieces of America's historical artifacts, guests can browse the times gone by of the city with several interactive exhibits.

Fourth of July Fireworks Show and Party on Parkway

One of the largest free celebrations in the country, great food, fun, games, crafts and entertainment are available all day and topped off with an explosion of fireworks over the Philadelphia Museum of Art just after dark.

Historic District Block Party

The streets surrounding Independence Hall offer the excitement of live entertainment, food, kids' games and stages showcasing celebrities and historical speeches.

The United States of America's Independence Day Parade
Thousands of participants come together to create this patriotic and colorful parade. Marching bands, floats, military members and more take to the streets to thrill the crowds cheering them on.

The Celebration of Freedom Ceremony

Reminding visitors the reason for the parties and fun, Independence Hall provides an inspiring morning of speeches, music and celebrations to kick off the important day.

In addition to these activities, Philly invites media stars, singers, bands and thousands of exhibitors. When a city throws a party like Philly does for America's birthday, everyone should try to attend at least once in a lifetime!



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Salmon Creek Vision Center has been a part of our community since 1981 and is currently owned by husband and wife team, Dr. Benjamin Waldo, OD, and Dr. Janna Scofield, OD. Dr. Waldo was born and raised in Buckhannon, WV, and attended West Virginia University. Dr. Scofield grew up in Port Orchard, WA, and attended the University of Washington. They met in Memphis, TN, while attending the Southern College of Optometry.

Upon graduation, they moved to the Mid-Ohio Valley where they practiced in different offices. However, their goal was to own a family practice together, so they started their search. In 2008, they discovered Salmon Creek Vision Center, packed all their belongings, and moved cross-country to purchase the practice. Salmon Creek Vision offers the latest in technology to both diagnose and treat ocular disease. They offer pre- and post-op care, contact lens fitting, medical eye care, and much more. Their optical center is ever changing and full of fun, colorful, and distinct frames, offering both fashion and function.

Patient education is one of their strengths. They spend time with each patient to ensure they are communicating in the best way to maintain good ocular health and a balanced visual system. One of the most discussed topics? Computers, tablets, and smartphones. "There is a pretty simple but pretty great rule we like to share. The '20-20-20' rule ... every 20 minutes, take 20 seconds and look 20 feet away. Doing this allows the eyes a break from all the near demands we have throughout the day," says Dr. Scofield.

Thanks to their amazing staff and incredible patients, the office has grown over the last 10 years! So, to allow for this growth, Salmon Creek Vision is relocating to a larger space in August 2018. They will be located right across the street from their current location, next door to Gentech Dental.

Drs. Scofield and Waldo value quality care and quality relationships with their patients and are looking forward to providing exceptional eye care for many more years to come.

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www.salmoncreekvision.com



resident recipe

Submitted by resident **Norma Merritt**
Collected by resident writer **Suzy Luker**



Matcha Smoothie

All this glorious summer weather brings a lighter approach to eating, and nothing is more refreshing than a cold, satisfying smoothie. This is one of my favorite recipes that is chock full of goodness and tastes delicious. This green goddess combines veggies and fruit, providing a powerhouse of nutrition enhanced by the addition of pure Japanese matcha.

Matcha is an incredible superfood full of antioxidants that help stabilize blood sugar levels, boost the metabolism, and strengthen the immune system, to just name a few benefits. For ultimate nutrition and taste, be sure to seek out only pure organic Japanese matcha, as there are many imitations on the market that may contain fillers, harmful chemical additives, and pesticides.

Ingredients

- 1 banana, frozen
- 2 small kiwis or 1 large kiwi
- 1 squeeze of lime or lemon
- 1 handful of mint
- 1 handful of greens (spinach, kale, etc.)
- 1-inch knob of fresh ginger, peeled and chopped
- 1 tsp matcha (Healthy Tokyo No. 2 Energy)
- 1 cup ice
- ½ cup water or coconut water

Blend and enjoy.

To learn more about matcha: <https://healthytokyo.com/matcha/>
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If you have an awesome recipe you'd like to share with readers, please email us at laura.miller@n2pub.com.

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Jayden Astle

By resident student writer **Olivia Gray**

young achievers



Jayden Astle

Jayden Astle is a TJMS student entering eighth grade this fall who was recently given a Clark County Youth Achievement Award in the "Inspirational Youth" category. Only an elite minority of young adults in SW WA earn this prestigious award. Jayden was nominated because of the leadership role he has taken on at Jefferson as an administrative office staff assistant as well as because of his positive "can do" attitude. He is a person who is willing to do whatever it takes to get the job done.

Not only is Jayden a naturally likable person, he is inspired to excel at everything he does. Jayden is involved in Boy Scouts and currently holds a second-class ranking. He enjoys music and played trumpet last year but has made athletics and leadership a priority this year. Jayden qualified for the district track meet, placing first in the long jump multiple times this season. He is also a 100 m sprinter and runs on a 400 relay team that is a particularly speedy group!

Jayden says that he really enjoys school, especially his computer science class, where he will take Python II next year. His love of computer science has motivated him to attend the Skyview SMT program and then Running Start, like his older sister, Alaina. After high school, Jayden plans to attend Washington State University to earn a degree in computer programming and to pursue this field as his vocation.

Outside of school, Jayden likes to hang out with his friends and to stay in shape by working out and eating healthy foods. Peanut butter, pasta, and ravioli are his most-loved dishes, and the Old Spaghetti Factory is his perfect dining stop! Like most kids, Jayden enjoys playing video games, especially his favorite game, Destiny 2. Family time means a lot to Jayden, and he really looks up to his older brother, Jordon, who he describes as a good person you can be yourself around. But, Jayden says nothing beats downtime with his dogs, Caspian and Izzy, just enjoying summer at its best!



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felida pets
By resident student writer, Sam Thometz

Sadie & Ruby

Labrador Retrievers



Sadie, stopping to smell the flowers



Sadie and Ruby



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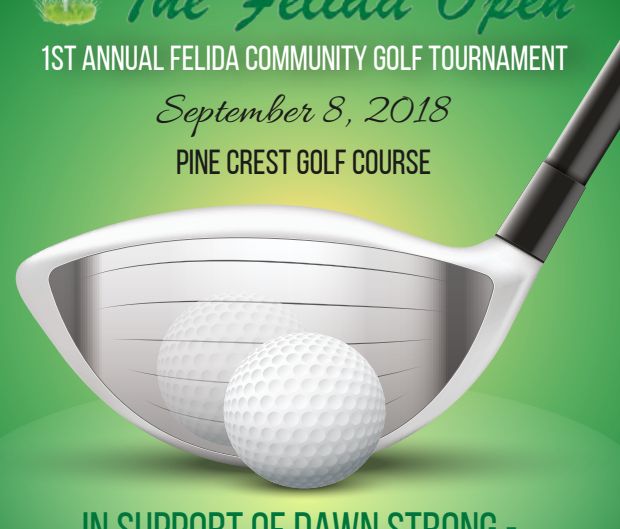
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Today, we will be talking about two Labrador retrievers named Sadie and Ruby. Both are one year old, but they did not join the Houk family at the same time. The family just recently got Sadie in Lake Wood when she was a young puppy. Ruby is from Oregon City and has been with the family much longer. Sadie and Ruby joined a family of four, consisting of parents Karla and Mark and children Marie and Sally. Marie is an eighth-grader at Thomas Jefferson, and Sally is a senior at Skyview. They both play soccer as their favorite sport, so the dogs love to come to the games and support.

Marie shares a funny story: "Every night at like 6:30, they chase each other around the yard for like 20 minutes, almost like a game of tag. Then one night, we had a roast out on the counter for it to defrost and forgot to put Ruby in her kennel. In the morning, the whole roast was just gone. We've always assumed that Ruby ate all of it, but to this day, we still don't know where it went. There wasn't even any of the packaging left." Also, when Sadie is bored, she throws the tennis ball to herself. One kind of unusual tidbit about Sadie is that instead of barking at the doorbell like most dogs, Sadie whimpers and make very weird noises.

The things the Houks enjoy most about their dogs are that they're energetic and always willing to play. Active dogs and an active family are like two peas in a pod!

If you have an adorable or interesting pet you'd like everyone to get to know, please email us at laura.miller@n2pub.com.

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Chanslor Ruth

Rock Climber And Rower



Chanslor docking his double after taking first at regionals.



Chanslor, left, and his double partner

A lot of people play some sort of sport. Not many people play two sports at the same time, but Chanslor Ruth makes it look easy. Chanslor is a 16-year-old sophomore at Skyview High School. He rows at Vancouver Lake Rowing Club, and he rock-climbs at The Source in downtown Vancouver.

He's been rock climbing for about eight months now, and he loves it. He tries to go as much as he can but usually can only make it about once or twice a week. When asked if he considers it a hobby, he denied it immediately: "It's way too rad to be a hobby." Rock climbing requires a lot of muscle, especially in your forearms. Chanslor said that's what is usually the sorest after a climb.

Chanslor rows down at Vancouver Lake five times a week. When asked which sport he preferred, he said rowing because "I like to challenge myself, and rowing makes that easy." Practice lasts for two hours, from 4:30 to 6:30, and each practice is very difficult. Chanslor recently got first place in his heat at the Northwest Junior Nationals regatta. He was racing a third varsity double and beat everyone in his heat by a landslide. He ended up getting third overall, but he was still very excited. His time was 7 minutes, 54 seconds, which is very fast for an on-the-water race.

This active young man plans to work hard at both sports at least through high school. He doesn't have a plan for those sports after that, but who knows? One thing is obvious, though: he loves what he does. Chanslor is prepared to work hard at both sports, and he can't wait to get working again.

athlete of the month

By resident student writer Josh Bretzing



If you know a rockstar athlete of any age, please let us know at laura.miller@n2pub.com.

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THE FUTURE OF SAFETY

ADVANCED TECHNOLOGIES IN VEHICLE SAFETY

By Nick Smirnis



The 2018 Volkswagen Atlas earned five stars in the NHTSA rating and a Top Safety Pick IIHS Rating. Its Automatic Post-Collision Braking System, standard on all models, builds on the premise that a collision is rarely a single, instantaneous action, but rather a series of events that follow the initial impact.



An improved front crash prevention system that now comes standard and headlight improvements put the 2018 Toyota Camry among the vehicles that qualify for the IIHS TOP SAFETY PICK+ award.

Vehicles have come a long way with technology designed to prevent and mitigate crashes. Electronic Stability Control, standard on 2012 and later models, is an extension of antilock brake technology that helps drivers maintain control of their vehicles on curves and slippery roads. The Insurance Institute for Highway Safety (IIHS) reports that ESC lowers the risk of a fatal single-vehicle crash by about half and the risk of a fatal rollover by as much as 80 percent. The life-saving benefits from newer technologies are showing some impressive statistics as well.

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As these technologies advance, the bar is also raised by the organizations that rate vehicle safety. In addition to earning a top rating in traditional crash tests, IIHS now requires collision-avoidance technology and well-rated headlights in order for vehicles to earn its "Top Safety Pick Plus" (TSP+) rating. The National Highway Traffic Safety Administration's New Car Assessment Program (NCAP) 5-Star Safety Ratings Program says that its testing, which evaluates how vehicles perform in frontal, side and rollover crash tests, has also become more rigorous. Search test results from these organizations at www.iihs.org and www.nhtsa.gov.

While we await fully automated driving (driverless cars) that could eliminate the vast majority of crashes, we can now enjoy the immediate benefits of adaptive cruise control, front crash prevention, lane departure warning, blind spot detection, park assist and backover prevention, which are some of the first steps in that direction. Advances also are being made in intelligent transportation systems that allow vehicles to communicate with one another or with road infrastructure to help avoid crashes.

So, the technology is here, and it's proving its merit; the next step in truly making the roads safer for everyone will be for manufacturers to tackle road safety from a more inclusive perspective, instead of charging extra for safety upgrades. Toyota took the leadership position on this front last year, by making its Toyota Safety Sense™ suite of safety features standard equipment on every model from the compact Yaris to the Land Cruiser.

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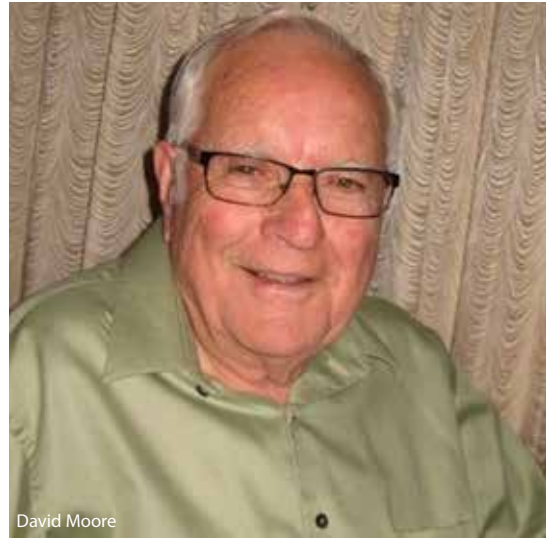
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artful living

By resident writer **Jewell Straight**



David Moore



David Moore
Artist



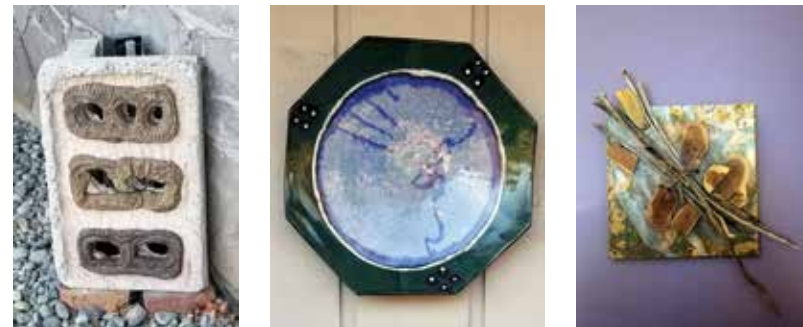
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David Moore grew up entertaining himself as the youngest of five children raised on a dirt farm in Northwest Texas where there was no running water. He attended the University of Oregon, where he received his master's degree in fine arts. David is an abstract multimedia artist who likes to express how the relationship of materials, shapes, and colors blend to create a piece. He feels that this relationship has a real meaning to those observing this art.

David spent his working years teaching art at all levels of education. In fact, if you are interested in learning a technique one-on-one, in open studio, you can call and make an appointment for a lesson, free of charge. Any age from four on up is welcome, or if you are interested in seeing his work, you can make an appointment to come by. He may be reached at 360-574-4929.



If you are an artist or if you know of a local artist you'd like to read about, please send us an email to laura.miller@n2pub.com.

GET UP and GO!

healthy living

By N2 Staff Writer, **Elizabeth McCabe**

have been made for all sorts of workouts, designed to get your feet moving and your heart pumping. Music can make exercise feel shorter, especially when you are paying more attention to your favorite song than the time you've been on the treadmill.

Set Goals And Track Your Progress

Don't just exercise aimlessly. Exercise with a purpose and with a set goal in mind. Start with a tape measure to track your measurements in order to get motivated. Focus on specific workouts with a schedule each day and your goals in mind. Perhaps you want to decrease the size of your waistline. Consider Pilates, yoga or full-body workouts. Or, maybe you simply want to increase your running speed for a 5K. Try incorporating hills in your workout or interval training. Along the way, track your progress and celebrate milestones.

How To Make Exercise *Fun* Again

Are you tired of the tyranny of the treadmill? The pounding of the pavement? Or the boredom of barbells? Don't despair - exercise doesn't have to be a bear. Follow these tips to make exercise fun again:

Don't Go It Alone

Who says that you need to exercise alone? Seek out a workout partner to keep yourself accountable. Chances are you will be less likely to skip a workout if someone is depending on you to show up. Or, find a personal trainer who will help you meet your fitness goals.

Change Up Your Workout

Different can be good. Today, there are many different forms of exercise that can cater to every type of body. If you do barre, try water barre. If you do Pilates, consider Pilates Reformers instead. If you are bored with long, lonely runs, join a runners' group or a treadmill-based workout at a local fitness studio. Or if you are tired of dancing by yourself at your house (using fitness DVDs), try a Zumba class. Another option is HIT (High-Intensity Training) for all those wanting to take their workout to the next level. Considering surfing, rollerblading, nature walks, bat yoga or swimming to change up your workout too.

Crank Up The Music

Music is a motivational tool in and of itself. Playlists

Fitness doesn't have to be a chore, a bore or a dreaded task on your "to-do" list. Make exercise fun again and you'll find yourself working out more regularly, delivering more consistent results.

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kids' book review By Editor, **Nikki Schuchart**

Trent Reedy

Washington YA Author



I've known Trent Reedy since I was in high school back in Iowa. Though he was several years younger than me, we were in the same school district. I first heard about his family when his father was killed in a freak accident at work; a few years later, Trent's mom remarried, and their family began attending the same church my family attended.

Fast forward many years, my family had the pleasure of hearing Trent lead an ecumenical church service in my husband's hometown city park over one Fourth of July weekend. He'd just returned from serving in Afghanistan, and I recall being moved by his stories. He also mentioned that he was teaching language arts, which was the same career path I had chosen. We connected on social media, and a couple years later, I found out about his first book, *Words in the Dust*. This moving book is based on a true story of a young girl Trent met in Afghanistan, and it sits in our home library today.

At some point, Trent moved to Spokane, WA, while my family moved to the Vancouver area. We were pretty excited for Trent when we saw his books recommended in Portland's famous Powell's City of Books (the best bookstore on the planet). My oldest read *Stealing Air* when he was in fifth grade and loved it. The story follows a young boy intent on building his own small aircraft. Trent's more recent books are aimed at an older teen crowd, but I recommend *Words in the Dust* and *Stealing Air* for upper elementary and middle school students. Learn more about his books at www.trentreedy.com.

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the Colluras' Barn

Remodeled With A New Purpose **living spaces**
By resident **Carol Collura**



Although our barn didn't house any horses, it was a home for the tractor, storage for yard equipment, and a batting cage. Our daughter's 2016 wedding planned in the backyard led to the exciting plans for a new entertainment space in the barn, to be redesigned and constructed alongside our kitchen remodel.

A year before the wedding, the barn renovation began. We aimed to reuse materials as much as we could, being guided by expert design and construction advice from our good friend, Mike Lundgren, of RLA Construction. Thanks to Coco's Fine Tile and Marble, we were able to reuse a large portion of the granite and the cabinets that were being removed from the kitchen. The remaining cabinets and appliances were donated to Habitat for Humanity.

We can thank little details, such as the amazing wine barrel by Adirondacks by Tad Thompson, for lending to the finishing touches. Flawless design and construction have led to a new entertaining space with a completely different view of our property. Cheers!



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The wide array of appetizers and lovely wines that Pat served were also welcomed by our residents, as were some nice door prizes supplied by Pat as well as Cooper Chiropractic and The Cleaning Affair. Thanks so much to Pat and WheelKraft for inviting us over!

DISCLAIMER: The business reviewed in this section provided products and/or services free of charge in exchange for this review.



A volunteer with the FISH food pantry van



Osborne explains, "and his charge is to expand our hours and operations so that we are able to see more people who are food insecure and are able to receive services through expanded hours and more efficient operations and a variety of other increased outreach opportunities." FISH has consistently helped the community and turns their backs on nobody. As Osborne shares, "FISH serves anyone, and the bottom line is we turn nobody away, and so we feed on a daily basis: homeless individuals, individuals who have significant mental challenges, single mothers and children, elderly who cannot afford to buy food and pay for their rent, as well as individuals who are disabled from a variety of tragic events in their lives."

FISH has created a strong and beneficial impact on the Felida community, and it plans to do even more in years to come. It is a fantastic opportunity to get involved and help better the Felida community.



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The FISH Network

making a difference
By resident student writer Jude Helmes

New startups and ideas for helping the less fortunate have always been welcomed and cherished in the Felida community, and the FISH Network is no exception. FISH, which stands for Friends In Service to Humanity, is a group of volunteers that focuses on "feeding families [and] nourishing children." Mark Osborne, who is on the board of directors for FISH, explains some of the impacts FISH has had on the community. He states, "We give out close to 800,000 pounds of food a year to the hungry, the homeless, and what we call 'the food insecure.' We also give out clothing on a limited basis and mostly on an emergency need basis (winter hats and coats). One of our biggest impacts is that we do a lot of partnerships with local elementary schools, helping out with the needy as well as helping out with homes for hungry veterans and the elderly."

While this has had an immensely positive impact on the community, FISH has even bigger goals. "We just hired our first executive director,"

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What: Chelatchie Prairie Railroad: Steam
Mid-Summer Weekend-July 14-15
Where: Chelatchie Prairie Railroad; 207 N
Railroad Avenue, Yacolt
When: Trains depart at noon and 2:30 p.m.

July

What: Salmon Creek Tuesday Market-Tuesdays through September 11
Where: Legacy Salmon Creek Hospital; 2211 NE 139th Street, Vancouver
When: 11 a.m.-3 p.m.
Admission: Free
The Salmon Creek Farmers' Market is a neighborhood, community-based market offering fresh, unique seasonal produce, wholesome food, and handmade or repurposed crafts primarily from neighboring farms, artisans, and small businesses throughout SW Washington.

What: 47th Annual Vancouver Rodeo-July 4-7
Where: Clark County Saddle Club; 10505 NE 117th Avenue, Vancouver
When: Gates open at 5 p.m.; performances at 7 p.m.
Admission: \$8-\$25; parking \$5
Visit the Vancouver Rodeo for four days of rodeo excitement and down-home fun. Events and entertainment include bronco riding, mutton bustin', bull riding, steer wrestling, barrel racing, rodeo clowns, a beer garden, and a children's petting zoo.

What: NW's Largest Garage and Vintage Sale-July 7
Where: Clark County Event Center at the Fairgrounds; 17402 NE Delfel Road, Ridgefield

When: 8 a.m.-5 p.m.
Admission: General admission \$6; military with ID \$4; early birds (doors open an hour early at 7 a.m.) \$20; kids under 12 free
This is a community sale with over 500 indoor booths, each set up and run by its own seller. Shoppers can shop hundreds of sales in one location, including vintage, antiques, new and used items, and everything in between.

What: Chelatchie Prairie Railroad: Steam Mid-Summer Weekend-July 14-15
Where: Chelatchie Prairie Railroad; 207 N Railroad Avenue, Yacolt
When: Trains depart at noon and 2:30 p.m.
Admission: \$13-\$20
The entire family will enjoy the 14-mile, round trip from Yacolt to Basket Flats through the beautiful logging and farm country of North Clark County—stopping at Moulton Station on the return trip to visit Yacolt Falls. Along the way, you will cross the Lewis River, see excellent views of the river from our cliff side vantage point, and experience the thrill of riding through a 330-foot long dark tunnel blasted out of solid rock.

local events



Come to the Annual FELIDA NEIGHBORHOOD ASSOCIATION* CHILDREN'S PARADE & AFTER-PARADE COMMUNITY CELEBRATION

JULY 4, 2018 (Wednesday)

10:45 am -- line up for the 1.2-mile parade by the band stand/picnic shelter in FELIDA COMMUNITY PARK – between NW 122nd & NW 127th Streets, west of NW 36th Avenue
Return to the Felida Park for live music, friends, community booths, free activities and prizes - until 2:00pm.
Wear red, white, and blue; decorate your bike, trike, or wagon and celebrate July 4. Bring kids, blankets, picnic lunch.
Free fresh fruits, cookies, ice cream, orange bowl and bottled water available.
All bike riders MUST wear HELMETS and ride with parents/adult mentors. Be SAFE!
NO MOTORIZED VEHICLES OR SKATE BOARDS IN THE PARADE. NO FIREWORKS IN THE PARK.
NO POLITICAL CAMPAIGNS. NO SELLING OF SERVICES OR GOODS/PERMITS AND INSURANCE TERMS.*

This free community event is possible with participation and support from the Vancouver Community Band; House of the Rising buns – Felida; Hazel Dell-Salmon Creek Business Association; Stanley, Shull, Lillie, Innman, Edward/Felida Village Ice Creams, and Allen families; Chuck's Produce – SC, Kohl's, McDonalds; Clark County/Public Works - Parks, CCSO/Sheriff's Reserves/NOW volunteers/Explorers; SC Flyfishers Club, CPU Stream Team, Felida NA Board, and many others.
Visit Clark County website: <http://www.clark.wa.gov/county-manager/neighborhood-newsletters>. If you would like to sponsor an activity or a park brick in Felida Park, set up a booth on July 4, volunteer, donate prizes, or have questions, please contact: Dr. Milada Allen, Felida Neighborhood Association President; timberline713@gmail.com, P.O. Box 61552, Vancouver, WA.

*Felida NA is a 501(c)(3), tax exempt organization lead a board of volunteers. Felida NA membership and newsletters are free if you live or own property within Felida NA boundaries drawn by the Clark County. Felida NA Board advocates for public health, safety, parks, trails, and open spaces. It serves as a communication link between community groups and government agencies.

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Felida Fine Living

RESIDENT BUSINESS GUIDE

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

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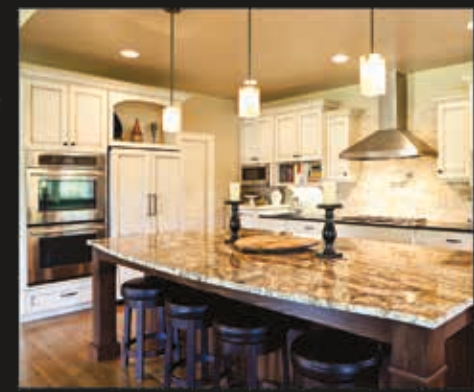
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financial fitness

By N2 Staff Writer, Elizabeth McCabe

FINANCIAL TIPS THAT MAKE SENSE FOR COLLEGE STUDENTS

Do you have a child heading off to college this fall? If so, don't be dismayed. Teach them a few financial tips that simply make sense before they hit the books:

Build Credit Cautiously

When teens go away for the first time, consider adding your college student to your credit card as an authorized user. Generally, college students can begin the process of building credit while being an authorized user. Check with your credit card company to see if this policy holds true for you. If you have a card where your college student is the primary account holder, cultivate good habits such as paying the balance monthly. Technology alerts can even be set as reminders to pay monthly bills. Teaching your son or daughter to keep a watchful eye on their credit score is also a good financial habit to promote.

Break Out The Budget

Spending money on drinks, nights out with friends and expensive college textbooks can add up quickly. Break out a budget to estimate living expenses. Set aside money for the essentials – food, entertainment, personal items, college fees and the like. Another money saving tip is to write down your expenditures. Simply being aware of what you spend can help you make better financial decisions.

Curb Expenses

Learn to live with less. Some college students regret forking over hard-earned cash for textbooks that they seldom use. Do you really need a hard copy of a book or will a digital version suffice? Renting college books is another option. What about eating out? Meal plans can save valuable money when it comes time to eat. Get a plan that meets your needs.

Life is too short to rack up debt. Get your college student started on the right financial foot. You'll be glad that you did!

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Real Estate RESOURCE



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Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Status
3304 NW 116th Way	Westmoor	\$474,000	\$474,000	03/30/18	4	2.5	2,976	SOLD
1215 NW Lakeview Road	Lakeview Estates	\$534,999	\$523,500	04/19/18	4	2.5	2,763	SOLD
8304 NW 17th Ave	Lakeview Estates	\$748,600	\$740,000	04/19/18	3	3.5	3,759	SOLD
2617 NW 129th Circle	Teal Pointe	\$689,900	\$689,900	03/30/18	3	2.5	4,025	SOLD
4909 NW 126th St	West Park	\$749,500	\$760,000	04/13/18	4	3	3,693	SOLD
3113 NW 114th Circle	Westmoor	\$359,900			4	2.5	2,198	PENDING
8005 NW 15th Court	Lakeview Estates	\$589,950			3	2.5	2,500	PENDING
3309 NW 112th Street	Westmoor	\$410,000			3	2	1,766	PENDING
3307 NW 115th Street	Westmoor	\$438,900			4	2.5	2,512	PENDING
4704 NW 139th Street	Ashley Heights	\$479,000			4	2.5	3,078	PENDING
13901 NW 52nd Ave	Ashley Heights	\$625,000			4	3.5	3,482	PENDING
12400 NW 50th Drive	West Park	\$699,000			4	2.5	2,954	PENDING
14600 NW 52nd Court	Ashley Heights	\$999,999			6	3.5	5,096	PENDING
1510 NW 80th Street	Lakeview Estates	\$634,000			4	2.5	5,168	ACTIVE
12909 NW 49th Ave	Bella Ridge	\$750,000			3	3.5	3,487	ACTIVE
5014 NW 141st Street	Ashley Heights	\$784,900			5	3.5	5,052	ACTIVE
13521 NW 49th Avenue	Ashley Heights	\$829,900			5	3.5	5,071	ACTIVE
14512 NW 51st Court	Ashley Heights	\$849,900			4	3.5	4,455	ACTIVE
5109 NW 143rd Street	Ashley Heights	\$1,600,000			4	4.5	5,384	ACTIVE



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