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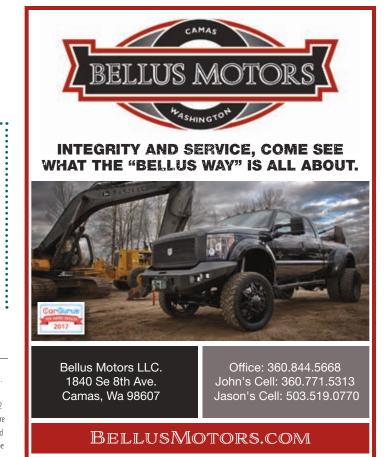
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We are always looking for residents who receive the magazine to follow up on leads, find great stories, and send us ideas, or you may be interested in becoming a regular resident writer. Let's celebrate the great things happening in our community! 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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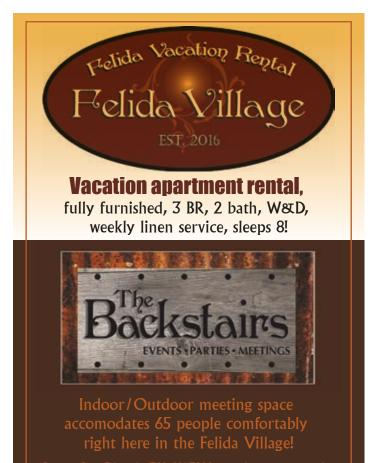
Who would have guessed that this coronavirus would stop us so dramatically from so many things that we thought were routines that would continue for at least the foreseeable future? Most of us are making a very big effort to stay home and self-isolate in an effort not to catch this deadly disease, and if we have become exposed, not to spread it to others, unknowingly. Mary Ace wrote a very good article last month about this virus, with the help of our doctor resident, Bita Naji.

With most of us in our homes and finding new ways to entertain ourselves, these magazines will be read more fully and it is my hope that we will all try our best to do what we can to use our advertisers more than ever. If you need to purchase something, please check our Sponsor Index first to see if there is an advertiser that you could use. I have met with each advertiser, often many times, and I know that they are among the best you can find anywhere. This is the time when we can show them how much we appreciate that they provide this nice, monthly story of our lives here in Felida. Thanks in advance and stay strong, Felida!















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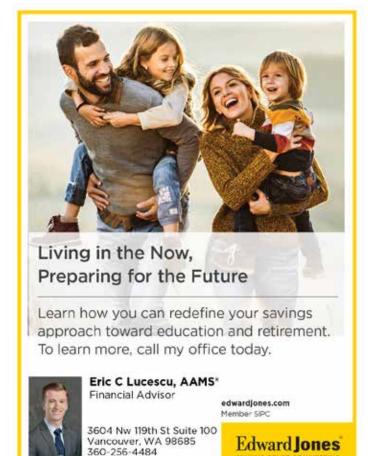
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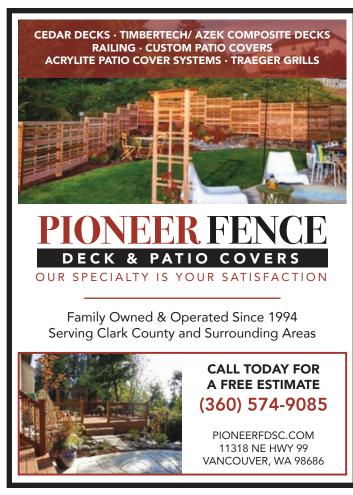
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We couldn't do it without each one of these wonderful residents. Thanks to all of our writers for writing an article that tells the story of our neighborhood. Call or email me if you are interested in contributing when an opening occurs or on a one-time basis: 360-606-6168 or laura.miller@n2pub.com.



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Cassidy Family ONE BIG IRISH FAMILY

meet your neighbors

By resident writer Marta Gray Photos by Vaqas Malik Photography

Mike and Jennifer Cassidy met at Gonzaga University as collegiate athletes, with Mike a rower and Jennifer playing soccer for the Zags. Both wanted a big Irish family and with eight kids, they have made that dream a reality. Mike and Jennifer built a strong bond through their athletic drive and shared values. Jennifer admires Mike's strong resolve

and social, fun nature explaining that he keeps her on her toes with his playful banter. Mike describes being impressed by Jennifer's spiritual side, not to mention that she's a "red-headed beauty!"

The Cassidys have three girls and five boys. Their eldest daughter, Siobhan, 21, is a witty, creative empath who exudes compassion. She is currently majoring in communications at WSU, active in the university's theatre club. Siobhan is also the producer and director for WSU's cable television

channel, but photography is her passion. Kevin, 19, is a loyal, intelligent OSU student who aspires to pursue a graduate degree in a health-related field. He is on the OSU rowing team and most enjoys math and chemistry. He is also an avid hunter, hiker, and outdoorsman. Mara, 17, is an outdoorsy, kind girl who also excels athletically. In 2018, as a high school freshman, Mara's Quad Crew team won 11th in the USA at Nationals, earning her a full-ride offer from the University of Wisconsin. She intends to earn a trauma nursing degree. Liam, 14, is also a gifted athlete who hopes to play football at UW like his grandpa did. Liam is energetic and full of wit! He enjoys studying Ancient History, including Greece, Rome, Egypt, and the Middle East. He



would make a great attorney according to his family, but Liam likes the idea of playing pro football and becoming a physical therapist. Sean, 12, is obsessed with football stats and is especially fond of the Seattle Seahawks. He has binders full of football cards and practices his "sports announcer routine" in the hopes of doing it for real one day. Sean is a great golfer with a fabulous sense of humor. He relishes time hunting, camping, and being outside. Mikey, 10, is a passionate extrovert that is snuggly and ticklish! He is the family "peacekeeper" with a good sense of right and wrong. He would love to become a police officer in the future. Mikey enjoys football, golf, and soccer. He is an avid reader and strongly recommends the Harry Potter series. Colleen, 8, is an independent, creative, social butterfly. She's a coffee lover with artistic talents that also loves math! Colleen is a great friend who loves babies and animals, always taking care of others. The baby of the family, Patrick, 7, is Colleen's bestie. He loves dinosaurs, especially T-Rex, the "king of the dinos." Patrick is a fantastic swimmer and reader. His favorite book series is *How I Became a* Pirate, but he also loves The Hulk and Sam the Minuteman. Patrick enjoys peewee basketball, mayo sammies, and snuggles with Charlie the chocolate rescue lab.

Both Northwest locals, Jennifer and Mike give back to our community by volunteering to serve and feed the local homeless population at the Frassati supper offered by St. James Parish. They also volunteer with Friends of Vancouver Lake. The Cassidy family has a warm, fun, happy vibe. They bond over family game nights, epic nerf wars, mammoth water fights, the outdoors, and athletic activities. They are an artistic group that also enjoys chess. Kevin and Mike are the "Chess Masters" to beat!

The Cassidy clan's favorite destination is Cape Disappointment, south of Cannon Beach. They also enjoy Black Butte in Central Oregon. Jennifer and Mike have traveled extensively throughout Europe, taking in Rome, England, Italy, France, and Ireland. They



dream of one day taking the whole crew to Ireland. Sean, Liam, and Kevin agree, but would add a skydiving trip to the itinerary! Regardless of where life takes this crew, it is sure to be an adventure!



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



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Siobhan (who missed the family photo shoot)





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Natasha Flak

Columbia River High School English & History Teacher

Connections to our Felida community are bountiful and cherished for Columbia River High School English and history teacher, Natasha Flak. She is a 20-year veteran teacher at the high school who lives in the Felida area as well. She has three daughters in three different schools: Felida Elementary, Thomas Jefferson Middle School, and Columbia River High School. As you can imagine, she is a busy mom who spends much of her time driving her minivan from one soccer field to the next or fulfilling her job as cookie mom for her youngest daughter's girl scout troop. When she gets some time for herself, you may find her at Pilates Fusion or walking her dog around the TJ track. "I love living in Felida and chose this community to raise my family. I feel lucky to be able to teach and live here. River is a very special place. It's been fun to share it with my daughter this year for her freshman year."

In the classroom, Natasha's goal is to teach her students thinking, analyzing, researching, and writing skills. She believes that it is important to focus on these skills and then use the content to support practicing them. "I've changed my thinking over the years to think of my classes as being more skills-based than content-based. This isn't to say that content isn't important, but we have the answers to knowledge-based questions at the tip of our fingers these days." Natasha loves working with kids because no two days are ever the same. She feels good knowing that she is having an impact on their daily life, and preparing them to become productive members of society. "We teach so much more than just content; we teach life skills, or 'adulting' as the kids say these days!"

Natasha's students love working with her, too. They recently nominated her for K103 Teacher of the Month Award, which she

won. She thanks them, as well as her colleagues, for pushing her and inspiring her to be a better teacher every day!



education matters

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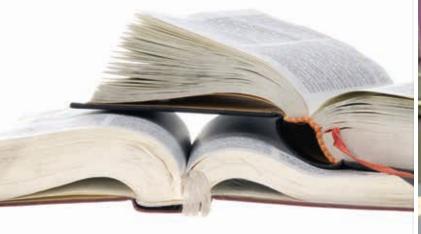
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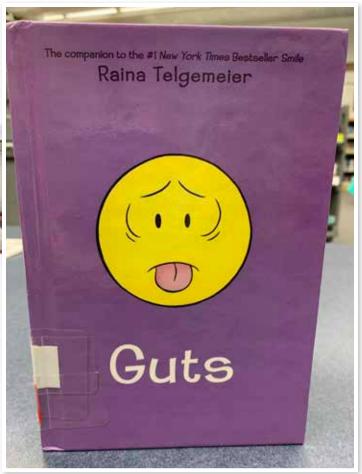
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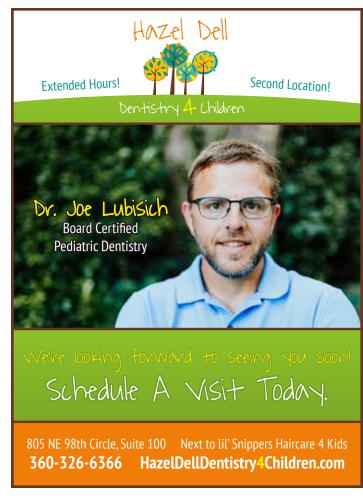
kids' book review

By editor Nikki Schuchart

Graphic novels are all the rage with a certain population of middle readers (kiddos between early chapter books and books aimed at secondary school-aged students). One of the authors who has written several graphic novels beloved by both genders is Raina Telgemeier.

Her latest is *Guts*, a story about Raina as a youth with lots of tummy troubles, on top of the regular friend issues and classmate problems. Her first two graphic novels, *Smile* and *Sisters*, are also true stories about Raina. Her other books, *Drama* and *Ghosts*, however, are not. She has also written and illustrated adaptations of a few books from the *Baby-Sitters Club* series.

Upper-elementary students love Telgemeier's humor and illustrations. Both her true stories and her made-up stories feature kids growing up and facing their fears. All readers can relate to those topics.





tour & trave • By Shauna Osborne

Ah, the American West. Think cowboys on horseback, cacti and tumbleweeds, gushing geysers, and scorching desert sand - there's a romance to it, right? The ambiance of the West, America's "Great Frontier"? When planning your next vacation, consider visiting our **national parks out west**. The western United States has an abundance of national parks, each with its own distinct charm, but all giving you the opportunity to commune with nature, observe stunning wildlife, and take in the pristine night skies.





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Yosemite National Park (California). Situated in California's Sierra Nevada Mountains, Yosemite garners more than 4.3 million visitors per year and is 1,200 square miles of pure wilderness. Replete with giant sequoia trees, breathtaking waterfalls, and sheer granite walls, Yosemite is 95% Congressionally designated wilderness; the other 5% comprises both rustic and lux lodging and camping options, grocery stores, and even a Starbucks!

Grand Canyon National Park (Arizona). One of the seven natural wonders of the world, the Grand Canyon was formed over six million years' time by the rushing waters of the Colorado River. The canyon is 277 miles in length, with dramatic, layered walls of yellow, red, brown, and gray rock, a cross-section of the area's geological history. The quieter north and east rims promise a respite from tourist crowds, along with matchless views of the canyon.

Carlsbad Caverns National Park (New Mexico). Carlsbad Caverns is made up of more than 100 caves that were created when sulfuric acid dissolved limestone beneath the ground in the Chihuahuan Desert. The largest cave is known as simply "the Big Room" and is the fifth-largest cave chamber in the U.S. After you've taken in the caverns, don't miss the rocky canyons, flowering cacti, ancient sea ledges, desert wildlife, and scenic drives that make up the rest of the park!

Badlands National Park (South Dakota). This national park lives up to its epic name in every way. With more than 244,000 miles of protected wilderness and prairie grasslands, Badlands National Park is home to bison, bighorn sheep, and prairie dogs (and, prehistorically, saber-toothed cats!), as well as a variety of geologically unique features (the Yellow Mounds, Pierre Shale, and Brule Formation, for example).

Redwood National Park (California). Home to the tallest (and possibly oldest) trees on Earth, Redwood National Park is situated on the California coast and offers endless opportunities for wildlife viewing (whales and sea lions, anyone?), coastal sightseeing, and hiking. Visit Tall Tree Grove for an epic drive through these giant, endangered trees and to see where parts of Star Wars, E.T., and Jurassic Park were filmed. Best of all, admission to Redwood is free!









making a difference

By resident writer Andi Costello

Caring Closet

more information, visit www.acaringcloset.org.

Have you ever needed a pair of crutches or a mobility scooter for a temporary basis after surgery, or had an elderly relative fall, break their hip and need a walker? This equipment is known as durable medical equipment and whether you or a loved one need it for a permanent or temporary basis, there is a free option to borrow, keep (or donate) the equipment in Clark County!

Sara Scheetz and Jodie Zelazny co-founded A Caring Closet as passionate local volunteers and givers in our community. Both Sara and Jodie work in the senior care industry as their full-time jobs, and after seeing a need in the industry with durable medical care (both the excess equipment after it was no longer needed and those that needed it, but couldn't afford it or were denied by their insurance), started A Caring Closet in 2015 out of their garages. After word spread and they experienced rapid growth, they decided to obtain their 501@3 status, becoming a non-profit in 2016 so people could start to write off their donations of equipment. Since the founding of the non-profit, they have grown from garages to a storage facility, and are now located in a warehouse garage in downtown Vancouver. A Caring Closet carries out its mission without any employees. It is operated by a Board of Directors and a team of volunteers who keep the doors open Monday through Friday from 10am to 2pm.

A Caring Closet accepts and has an inventory of hospital beds, wheelchairs, walkers, bath benches, and adult briefs among other items. Because all items are free, they are on a first-come, firstserved basis. While A Caring Closet primarily serves the geriatric population, any community member may use the equipment, donate equipment, or volunteer. Everyone is welcome regardless of age, race, gender, or income and there is no application process. Caring Closet says they keep it simple: "If we have it and you need it then it's yours."

Monetary donations and volunteers are always welcome to help support the 100% volunteer-led and operated organization. For



Do you have a favorite organization, nonprofit, or volunteer you'd like to see applauded here? Please let us know at laura.miller@n2pub.com



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FELIDA OWNED AND OPERATED









athlete of the month

By resident student writer **Annalise Selby**





aying soccer

Cameron is an 11-year-old athlete who currently attends Chinook Elementary. She plays guard in basketball, and soccer, where she plays midfield. She's been playing basketball for five years, and soccer for over a year and a half. Her club basketball team is the NW Stars 6th Grade Navy, and her club soccer team is Salmon Creek Nemesis 08 White. She has traveled to numerous places for her sports, including San Diego and places all over Oregon and Washington, such as Seattle and

Yakima. Cameron has competed in multiple tournaments with both of her teams; she has completed the Surf Cup (San Diego) and Crossfire Challenge (Seattle) for soccer, where she scored a game-winning goal from defense, which helped lead her team to first place in the gold division. For basketball, she has competed in the Cold Turkey Shootout (Seattle), the Best of the West Tournament (Yakima), the Rip City Blazers 3v3 (Portland), as well as many other regional tournaments. Her team won the Rip City 3v3 in 2019.

Cameron's favorite part about soccer is competing in games. She also loves her coach, Tina Ellertson. Her favorite part about basketball is playing defense and shooting three-pointers, as well as her teammates. Her coach, Angie Sun, makes Cameron and her team work hard, while motivating them along the way.

After high school, Cameron plans on playing college basketball. Some of the schools she's interested in include UCONN, University of Washington, University of Oregon, and Kansas University. From playing both soccer and basketball, she's learned that everything doesn't always come easily; putting in hard work is necessary for improvement. She says it's normal to make mistakes and has learned to use her mistakes as a means of improvement.



Cameron playing basketball





Cameron's soccer team



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









P&W Landscaping TEAM WORK MAKES THE DIFFERENCE!

Chris Peppers and Tim Walker both grew up here and raised their families here in the beautiful Pacific Northwest. Tim is married to Belinda Walker and they enjoy spending time with their adult children and their granddaughter who all reside in Vancouver. Chris is married to Rachel Peppers and they enjoy spending time with their adult children and grandchildren. Where else can you live one and a half hours from either the ocean or a mountain?! It is only natural to take that joy and inspiration from nature's landscapes and install and maintain those features into beautiful landscapes at people's homes. This inspired our Company Vision — We Want You to Love Your Landscape as much as We Love Landscaping.

Tim and Chris enjoyed their first opportunity working together as teenagers for Peppy's Landscaping. Their love for landscaping and the outdoors grew out of that experience. Peppy's Landscaping was owned by Chris' father, James Peppers, who was married to Tim's mother, Paula Peppers. As stepbrothers, Chris and Tim always wanted to work together; however, the opportunity did not present itself until much later in their lives. They started their journey in the green industry together and their career paths forked in separate directions soon after.

Tim's point of entry as a professional in the green industry started when he joined a local tree company, Sunshine Tree Service. He loved climbing and pruning trees. He took great pride in developing expertise in pruning and removing trees for the health and beauty of the surrounding landscape. He studied and earned his International Society or Arboriculture certification as an arborist. At the age of 25, he partnered with his father-inlaw, Chuck Hoard, and they purchased Sunshine Tree Service. After

15 years of business ownership, Tim decided to sell his business. He continued to manage the tree care division under the new ownership.

Chris continued to work part-time in landscaping throughout his twenties. He also worked in other industries. Chris began pursuing his degree and graduated from WSU Vancouver in 2003. Chris "landscaped" his way through college, working full time as a landscape professional and completing evening and online courses at Clark and WSU. Expecting to begin a promising electronic communication career after graduation, Chris was surprised to find he was already working in the field of his passion. Landscaping strongly called to Chris and despite the ambition to become a web designer he continued in his landscape career.

So why do two 49-year-old men decide to start a landscape business? After 30 years on somewhat different, yet similar careers in the green industry, Tim and Chris noticed something missing from the landscape business where they were employed. They also saw a general trend in their service industry. As companies grew and employed more people the need for systematization also grew. As

they witnessed the focus increase on systems and numbers, they also observed the human element of service become blurred. Chris and Tim see the landscape industry clearly as a service industry. They believed then and they believe now that customer service is essential to their success. Chris and Tim formed Peppers & Walker Landscape Professionals, LLC, with that focus on service in their hearts and minds.

Success is Found in Service became the mantra and their Mission Statement. The company Vision Statement, the reason they get out of bed and go to work each day: We Want You to Love Your Landscape as much as We Love Landscaping! Is there really any better reason to go to work?! Chris and Tim believe that this simple return to their roots — so to speak — putting the focus on service is what separates them from other contractors. One of their favorite statements: "We say what we do and we do what we say." Their values: "We value honesty, teamwork, integrity, hard work, and loyalty." Mix in some creativity and innovation, blend with experience and expertise, serve with the customer in mind and you have the ingredients for success.

Tips for potential customers: Ask Peppers & Walker! A lot of folks feel overwhelmed when looking at their yard. A landscape can be simple or complex. It can incorporate a simplistic design of lawn and plants or can include an outdoor kitchen and a water feature. In today's technological society, we have unlimited options for outdoor living. Look at your neighborhood for inspiration. View examples on Google, Pinterest and Instagram. Visit nurseries and landscape supply stores. Create a budget and begin from that perspective. There is no wrong way - Start with one section a time. Then seek a professional to help achieve your vision for your outdoor space. The team P&W Landscape Pros is here to help!

Tim and Chris believe in teamwork. They are integrating a coaching and mentoring system with their teams. Their staff are teammates rather than co-workers; teams play games and games are fun. P&W has found that they can be professional, respectful, challenge each other to be their best, and instill a spirit of friendly competition and a fun atmosphere. Through this process, they continuously serve the customer with quality results and a landscape they love.

P&W Landscape Pros: We work together to be better together. What separates us? Service and a love for making a difference in our community — one landscape at a time.

Chris Peppers,
P&W Landscape Pros, LLC
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FINANCIAL TIPS FOR NEW COLLEGE GRADS



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Jose A Iniguez, Agent 1307 NE 78th Street Suite B1 Vancouver, WA 98665 Bus: 360-574-5222 jose.iniguez.w35i@statefarm.com I'm excited to announce auto insurance rates just went down. I can help you find coverage that works for you.

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A h, spring is here! The birds are singing, the sun is shining, the flowers are blooming... and your whole life is stretching out before you – congratulations! As a new college grad, you're about to launch your career with your first serious job, bringing with it your first real paychecks. While exciting, deciding what to do with your money can be overwhelming. But no worries, you have the greatest financial advantage of all on your side: time. Embrace the following suggestions for new college graduates to get your fledgling fiscal life off on the right foot!

Make a Budget

Establishing a reliable budget is a crucial first step once you've acclimated to your new salary and lifestyle. Once you have determined precisely where your money is going, you can confidently manage your expenditures, knowing what you can afford and when. For new grads, the 50/30/20 rule is appropriate: allocate 50% to needs like rent, utilities, transportation, groceries, and minimum loan payments; 30% to splurges, like trips and concert tickets; and 20% to savings. Overall, always aim to spend less than you make!

Start Saving for Retirement

Contribute as much as you can to your retirement fund now, before significant expenses such as buying a house and raising children come into play. Certainly, make sure you reach your employer match if you have one (typically 3-6%) since it's *free money*.

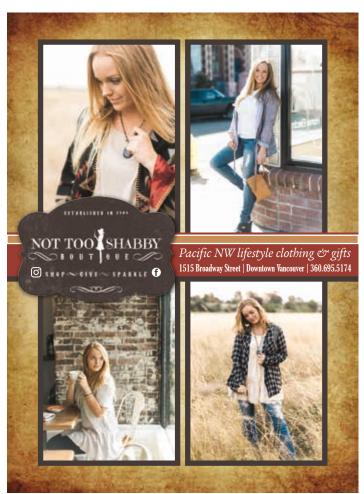
Build Your Credit

Good credit is the key that unlocks many doors to financial success. A high credit score will help you get the best rates on loans, insurance, and a mortgage, and many employers and landlords also check credit scores when making employment/tenancy decisions for due diligence. Now is the time to begin *building your credit*. Start by reviewing your credit report on a free, helpful website such as Credit Karma, both to see where you stand and to access their personalized suggestions for building your credit. In terms of debt, *tackle all high-interest balances first*.

Establish an Emergency Fund

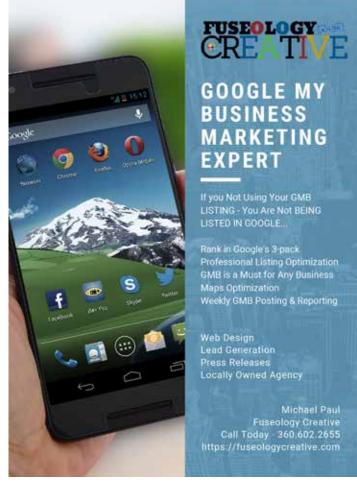
Set aside an emergency fund of three to six months' worth of living expenses. While you may never need it, having this cushion in place just in case you become injured/ill or lose your job is great for peace of mind. Also, putting those funds into a money market mutual fund or a high-yield savings account will make your money work for you.

Some final words of advice: Amid all these responsible behaviors, don't forget to **have fun!** Put aside a portion of your money each month to save/invest (20% or so), and then spend some guilt-free on adventures – eat delicious food, go to that concert, take that trip you've wanted to take. Now's your chance!







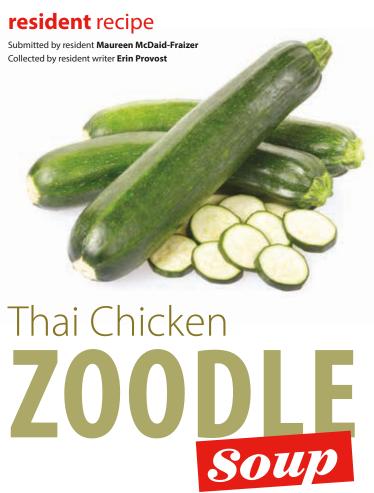






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Ingredients:

 $1\,\mathrm{t}$ avocado or olive oil

1/2 C green onion

4 t fresh ginger

1.5 t fresh garlic, minced

3 C chicken broth (or 3 t chicken bullion and 3 C water)

1 C canned fire-roasted diced tomatoes

4 t red curry paste

1 C yellow bell pepper

1 C orange bell pepper

1/2 C celery or fresh bean sprouts

1.5 lbs chicken, cooked

3/4 C lite coconut milk

1 T lime juice

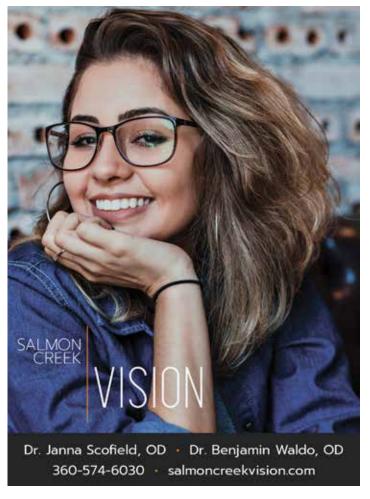
2 C spiralized zucchini

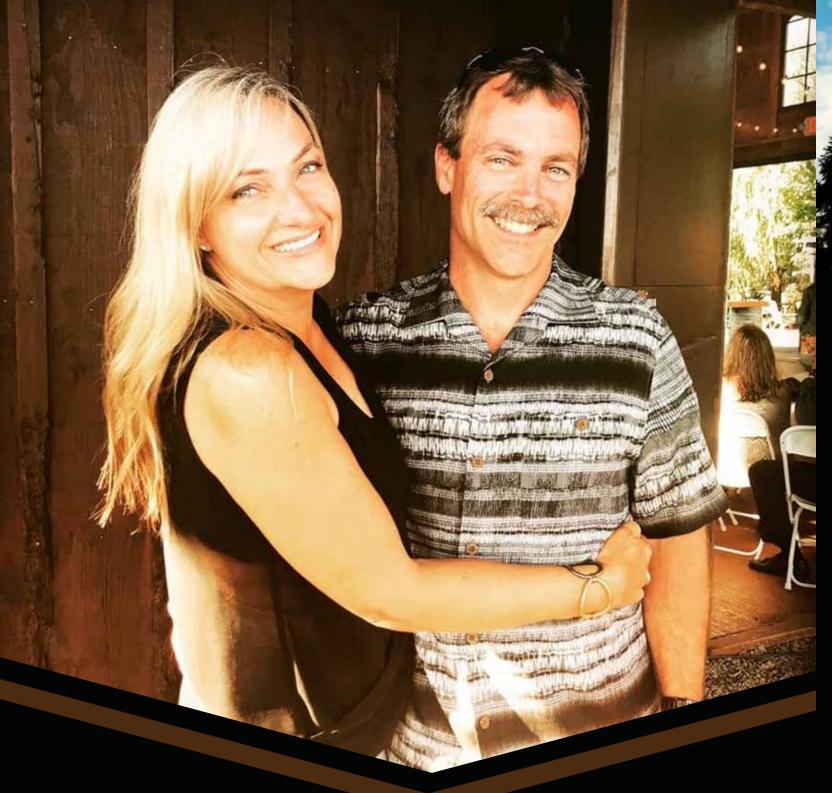
Directions:

In a soup pot, add your oil and onions and sauté for a few minutes; add in ginger and garlic. Cook until fragrant. Add in chicken broth and red curry paste; stir until it's all combined. Add in the veggies and chicken; bring to a boil. Let simmer for 15-20 minutes. Stir in lime juice and coconut milk at the very end. Makes four servings.



Do you have a favorite family recipe that you'd like to share? Please email it to laura.miller@n2pub.com.





sponsor spotlight

MARIER ROOFING

A Customer Service Business!

Mike Warner started in the construction industry when he was around 13 years old. He would help his dad's longshoreman's friends with various projects and roofs. At that time, he never thought it would be his career. When Mike graduated, he was teaching windsurfing and some roof jobs in-between to make extra money. After working for a roofing company for several years, he decided to make the transition. He went about buying a truck, a roofing gun and other tools to start his own roofing

business back in 1992. That is the beginning of what led to Mike's current business 28 years later.

Mike and his wife have lived in Vancouver nearly their whole lives. They have two boys, one still in high school and one that is living and working in Minnesota. They enjoy camping, spending time at their cabin, wake surfing, and boating in the summer months. They also like to travel to Mexico, Palm Springs, and Arizona, especially in the winter.

The core of Warner Roofing's business now is mainly roofing, tear-offs, new construction, roof repairs, skylight installs, solar tube installs and minor construction, mainly related to roofs or parts of the house that are near the roof (siding, fascia, or structural stuff). Mike started his own business so that he could have a say in what goes on and even though it is still long hours and hard work, Mike has managed his business well.

They pride themselves in being a customer service business; they strive to do the best job they can and earn the trust of their customers and that helps with their referral business. They also have their own employees. Many companies subcontract all their work out, so you don't really know who is doing your project. Another thing their clients like is that Mike personally walks all the tear-off projects after the work is complete to make sure the client is getting the best product they provide.



I (Laura Miller) know from experience that they give a true evaluation of what needs to be done at a competitive price. They usually come in at a bid that is in the middle of four bids. That was true for us. Choosing a low bid is usually not always the best way to go for a roof. We liked Todd so much because he really knew what he was talking about and encouraged us *not* to get the highest priced roof because we are old! He knew that we only needed a roof that

would last 15–20 years because we will probably sell before then. I can't wait to show you our new roof when it is completed!

WarnerRoofingInc.com – 360-694-0249
Mike@warnerroofinginc.com
Erica@warnerroofinginc.com
Todd@warnerroofinginc.com

lawn & garden **COMMON** PESTS (and How to Avoid Them)

ring has officially sprung in all corners of the country! The sun is shining, and our lawns and gardens are coming alive with greenery, birdsong, and, yes, springtime pests. Just as we humans have been eagerly waiting and watching for signs of warm weather, these vermin have been biding their time. Whether they're stealing their way into your home, latching onto you as you hike, or ambushing you as you try to enjoy your outdoor space, learn more about the common springtime pests below and how to combat them proactively... before your warm-weather fun is compromised!

Fire Ants

These reddish-brown insects live in large colonies of up to 250,000 workers and build their nests in the ground, with visible



mounds rising up to 2 feet in height, usually in sunny areas like parks, large lawns, and fields. These aggressive insects are especially hazardous to young children (and those of us Southerners who like to go barefoot when it's warm!), as their painful bites can cause a severe allergic reaction in some and will certainly cause stinging and swelling in all. Limit ants' access to food and harborage by keeping your lawn growth low and removing grass clippings, leaf piles, and ripe fruit promptly. Eliminate any mounds you encounter as soon as possible with ant bait.

Mosquitos

In many areas, the mosquito is public enemy number one during warm weather, with their bites playing host to any number of diseases, including West Nile, dengue, and Zika. Reclaim your outdoor space by removing all sources of standing water, keeping your lawn and other foliage trimmed, and clearing away yard debris promptly. You should also arm yourself with a DEET-based repellent (or natural alternative), stay away from scented lotions and soaps, and avoid outdoor activities during the hottest times of day.

Termites

While these pests won't attack humans, you still don't want to see them swarming your property during springtime. Often called "silent destroyers," these wood-eating insects cause up to \$5 billion in damage to American homes yearly. Be on the lookout for warning signs of infestation, such as hollow-sounding or crumbling wood, sagging floors or ceilings, or mud tubes on exterior walls. To help deter termite houseguests, eliminate any outstanding moisture problems by diverting water from the foundation, keeping gutters and downspouts clean, and sealing entry points, in addition to removing wood/paper termite food sources from around the outside of your home.

These small, blood-sucking parasites are a serious concern for outdoor enthusiasts, as they can carry diseases that are debilitating for both humans and animals, including Lyme disease and ehrlichiosis. Common across the entire U.S., ticks often find their way onto people by jumping onto exposed skin, so the best ways to avoid a tick bite are to wear long pants and sleeves while in grassy and wooded areas and to use a DEET-based repellent. Check over your body, gear, and clothing (and your children's and pets') and shower as soon as possible after coming indoors.



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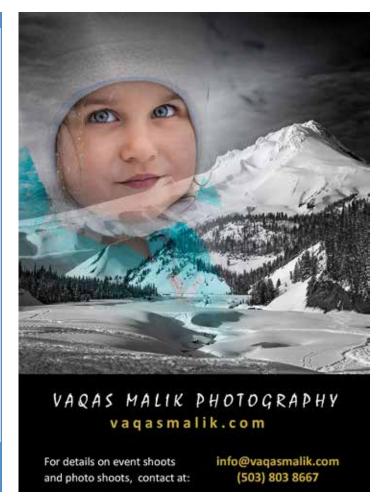
We have added the HydraFacial to our list of treatments here at S&T! With HydraFacial you will uncover a new layer of skin with exfoliation and resurfacing, remove debris from pores with painless suction and hydrate with super serums. HydraFacial super serums are made with nourishing ingredients such as antioxidants, peptides and hyaluronic acid that create an instantly gratifying glow that nourish and quench the skin! We are loving the results alreadyl





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young achievers

By resident student writer Cameryn Rasmussen

Samm Nieda

Co-Founder of Asian Culture Club

Sammy Nieda began her plan to make Skyview High School's During their biweekly meetings, a member picks a country in Asia first Asian Culture Club alongside a few of her friends during that they want members to learn about and prepares a presentation her sophomore year. Their junior year, they successfully got the that can involve teaching the language of the country, facts about club up and running, and now in her senior year, she is co-presithe population, distinct differences from the U.S., or even bringing dent and founder of a club that gives a voice to one of Skyview's in culturally significant food from that nation! The country doesn't underrepresented minorities. have to be from their own culture, just any country they believe is

> Sammy's passion to start the club began because Skyview doesn't have many Asian students and she wanted a place to connect with others who wished to share their cultures. They found Mrs. Puhl to be their teacher advisor, and now the club is successively in its second year of running. Sammy and her co-president, Lucy Liu, hope for the club to stay alive and full of passion after they graduate this year and for many years to come in the Skyview community.

interesting. The club has members from all races and welcomes

anyone who is just curious to learn about Asian heritage.

Sammy and her little brother Zach's mom, Lynne, is Chinese and their dad, Dave, is Japanese. Her split ethnicity furthers her passion for sharing Asian culture as every country on the continent has its own significantly rich and diverse culture, history, art, and food.

Alongside the Asian Culture Club, Sammy is also part of Skyview's Red Cross, ASL Club, National Honor Society, Mr. and Ms. Pageant for the local Make-a-Wish Foundation, and is co-president of the school tennis team. After graduation, she plans to stay in Washington to attend a four-year university and study business, where she hopes she can continue to spread and educate others about various cultures and communities in the world's biggest and most populous continent.

If you are a young achiever or you know one who should be celebrated, please don't hesitate to email us at laura.miller@n2pub.com





artful living By resident writer Jewell Straight

Heidi Jo Curley is a mixed media and abstract artist who draws from her passionate nature to render pieces that evoke your inner feelings. "I love to see the reaction of people that my work connects with," she says.

"Dot. Dot. Line. Line," were the words of her instructor, Father Segatta Bruno, as they were overlooking an Italian Cathedral in Florence on a bright and sunny May day. The trip was an awakening and she returned home with a new-found passion to share.

Freedom is a trait Heidi deeply values as an artist. She doesn't succumb to a particular medium or technique. She takes a unique approach to creating, using her fingers and hands. "It brings a peace and calm, and gives me a real connection to my work," she says. Incredibly versatile, she uses a mix of ephemera, acrylics, oil pastels, watercolors, chalk, graphite, alcohol inks, oils, and marking tools, mostly applied to wood canvases that her father makes. "Looking carefully, many find symbols of inspiration and hope in my pieces," Heidi shares.

She has exhibited at the Attic Gallery in Camas, WA, Clark County Parade of Homes, Street of Dreams in Portland, OR, and currently hangs some of her work at DeWils Design Center in Vancouver, WA. She keeps busy by attending art shows in the Portland Metro area, holding classes, creating art for home staging needs for realtors, and has taken on several commission works. To view Heidi's art, visit her website at www.heidijocurley.com.



Do you have a favorite local artist? We'd love to feature them! Please email us at laura.miller@n2pub.com





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felida pets





GOOSEBERI

Gooseberry enjoying his place at the table.

This month, we get to meet the Schlotfeldt family! Fatima and William own a golden retriever named Gooseberry, or Goose for short. Gooseberry is one year old and was purchased from Heaven Scent Goldens in Molalla, OR.

When they moved into their home in Felida, the Schlotfeldt family fell in love with their neighbors' Golden Retriever. Fatima asked them where they got him and then convinced William to visit Dawn, the owner of Heaven Scent Goldens, a couple days

later. They put a deposit on an upcoming litter the next day. Their dog was the first pick of the litter. In a room of seven of his indistinguishable siblings, they kept picking up whichever puppy came up near them. It always ended up being the same one! Gooseberry chose Fatima and Will in less than five minutes!

They picked the name Gooseberry from a friend who has a black Lab named Maverick. They actually joked that "Eventually we would get a Goose to their Maverick." That joke became serious once they met this goofball. William and Fatima made it Gooseberry to be a little bit unique and allow for more variations of nicknames, which is quite smart!

Two to four times a week, they visit the dog park, no matter the weather. Once there, Gooseberry finds the one puddle in the park and lays in the puddle to coat his belly, as if he's putting on war paint, before chasing other dogs to get them dirty as well. If there's no other mud puddle(s), then there's always the one behind the water spigot. Instead of drinking water like a normal dog, he belly flops and drinks the muddy water!

The Schlotfeldts' favorite thing about Gooseberry is how he plays to both of their personalities. For example, he is a cuddle bug with Fatima and when William is home he turns into an active puppy! One funny story about Gooseberry is he is completely afraid of Will's childhood cats. He once got stuck on the stairs because there were two cats between the top and bottom. he had to be rescued and carried down the stairs! Gooseberry is quite spoiled because he is their only child right now. He even has his own seat at the dining room table (it's a whole bench). He takes up 2/3 of a cal-king bed, even though he has four different dog beds (and a hope chest at the end of the bed) to choose from. In fact, he even has his own wardrobe closet! Now that is one loved dog.



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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VANCOUVER **SCHOOL CALENDAR**

2019-20 KEY DATES

Last updated: June 14, 2019

NOTE: Every Monday from Sept. 9 to May 18 is a 40-minute early release, when school is in session, excluding holidays.

August 2019

Aug. 27: First day of school

September 2019

Sept. 2: Labor Day, no school

October 2019

Oct. 11: In-service day, no school

Oct. 16: Parent conferences, 2-hour early release—all schools

Oct. 17: Parent conferences, 2-hour early release—MS/HS only

Oct. 17: Parent conferences, no school—ES only

Oct. 18: Parent conference, no school—all schools

November 2019

Nov. 11: Veterans Day, no school

Nov. 27-29: Thanksgiving break, no school

December 2019

Dec. 23-Jan. 3: Winter break, no school

January 2020

Jan. 20: Martin Luther King Jr. Day, no school

Jan. 24: Semester break, no school **

February 2020

Feb. 17: Presidents Day, no school

March 2020

March 30-April 3: Spring break, no school

April 2020

April 16: Parent conferences, 2-hour early release—all schools

April 17: Parent conferences, 2-hour early release—ES only

April 17: Parent conferences, no school—MS/HS only

May 2020

May 25: Memorial Day, no school

June 2020

June 9: 2-hour early release**

June 10: Last day of school, 2-hour early release**

**If schools are closed due to weather, the calendar may change. Snow make-up days in priority order are June 11, 12, 15 and Jan. 24.



help and support from Washington Department of Fish & Wildlife, Clark Public Utilities, US Fish & Wildlife, Fire District 6, local businesses, and sportfishing groups; Klineline Kids Fishing introduces kids to the benefits of fishing as an individual and family activity and is aimed at getting more kids outdoors, involved in fishing, and aware of our natural environment. Over a two-day period, 8,000 to 10,000 people will gather at Salmon Creek Park/Klineline Pond in Vancouver, WA. May 1 is special needs day. 360-818-4897

Vancouver Lake Regional Park; 6801 NW Lower River Rd., Vancouver

USRowing is a nonprofit membership organization recognized by the United States Olympic Committee as the national governing body for the sport of rowing in the United States. USRowing selects, trains and manages the teams that represent the U.S. in international competition including the world championships, Pan American Games and Olympics. More than 75,000 individuals and 1,300 organizations strong, USRowing serves and promotes the sport on all levels of competition. USRowing membership reflects the spectrum of American rowers: juniors, collegians, masters and those who row for recreation, competition or fitness. 800-314-4769

Saturday, May 30

1:00pm-4:00pm

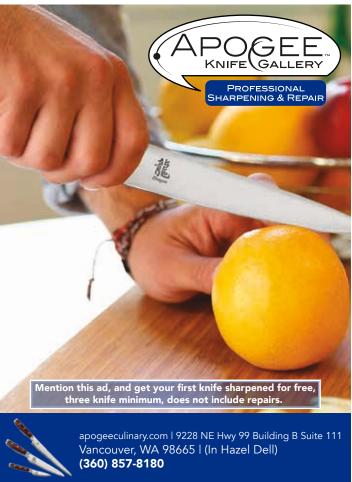
Cedar Creek Grist Mill Bread and Butter Day

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You'll be churning rich fresh cream into butter and spreading it on fresh-made bread. https://www.cedarcreekgristmill.org/index.php/events









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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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Real Estate RESOURCE

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Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Parking	Status
3410 NW 112th St	Westmoor	\$500,000			1	4	2.5	2,586	4	ACTIVE
5011 NW 141ST ST	ASHLEY HEIGHTS	\$579,900			51	4	2.5	2,976	3	ACTIVE
5113 NW 143RD ST	ASHLEY HEIGHTS	\$1,050,000			435	4	4	4,572	3	ACTIVE
8521 NW 19TH AVE	LAKEVIEW ESTATES	\$525,000			65	4	2.5	2,410	3	ACTIVE
14010 NW 44th CT	ASHLEY HEIGHTS	\$910,000			306	4	3.5	4,806	3	ACTIVE
14515 NW 51ST CT	ASHLEY HEIGHTS	\$1,795,000			387	7	6	8,804	4	ACTIVE
4906 NW 126TH ST	WEST PARK	\$730,000			79	4	3.5	3,394	3	Pending
10612 NW 37th Ave	Erickson Farms	\$800,000			31	6	3.5	3,647	4	Pending
4613 NW 135th cir	ASHLEY HEIGHTS	\$574,000			51	5	2.5	3,227	3	Pending
14315 NW 52ND AVE	ASHLEY HEIGHTS	\$725,000	\$700,000	03/11/20	161	4	2.5	3,817	3	Sold
8519 NW 19th ave	LAKEVIEW ESTATES	\$649,900	\$630,000	02/21/20	58	4	3	3,159	3	Sold
4708 NW 139TH LOOP	ASHLEY HEIGHTS	\$670,000	\$660,000	02/25/20	14	4	3	3,372	3	Sold
10606 NW 34TH AVE	Erickson Farms	\$680,000	\$670,000	03/18/20	41	4	3.5	3,321	3	Sold





Uptown Vancouver in Flourish: 300 E 24th Street Vancouver, 98663







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Debbie Clinton

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