

THE KEY TO ALL THE WORLD'S BIGGEST ISSUES!

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February 2014



Betsy Ross Koller 2014

BETSY ROSS KOLLER ~ COVER ARTIST
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Art's Impact on Society

By: Grant Eckert

Art is an extremely private experience, yet, it is meant to be shared with the public. Society, as a whole, examines the art produced and has the right to approve, disapprove, acknowledge, ignore, praise and abuse it. The public or society has not remained constant over the years. In the time of the Renaissance, for example, only a select few were "society." They commissioned art, were patrons of the arts and their artists. Today,

almost anyone can share in the experience of art. They can attempt to create, view and act as a critic.

Does art make the world a better place, or is it quite useless? This is a very ancient riddle, and no one has solved it yet. A similar question - has art truly had any impact upon society? Has it fashioned or molded minds? Has it shaped opinions and altered how people

feel or think? Is it practicable in or relevant to society and its individuals' daily lives?

Art reflects life. It is a portrait of history, whether it is history of the current moment or an event in the past or something of the imagination.

Art has captured an event, clarifying its existence and representation to society. The portraits of

» continued, PG. 12



Red Velvet Sweet Heart Pancakes

By: Debbie Hegwood

There is nothing more delightful than sharing a family meal together, especially when it's a special Valentine breakfast. Share the love with your family as you prepare them this special treat. Sweet-heart shaped pan-

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Foster Self-Esteem in Your Child

By: Aaron Aberson

As parents, you should learn how to detect low self-esteem in your child or children. Early detection is important and parent's observation is the best way to determine if your child suffers from low self-esteem. From then onward, parents should take every measure they could to increase their child self-esteem.

Here are other methods to help foster self-esteem and confidence in children both at home and outside.

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Life Long Health from A to Z
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Featured Columnists

Aaron Aberson
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Grant Eckert
Harvey McEwan
The City of Vancouver

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Builds Bone and Prevents Falls
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Men's Winter Wardrobe Must-
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Betsy Ross Kollar

Betsy is a professional painter who has earned her own royal status. She is a direct descendant of our nation's historical figure, her namesake, Betsy Ross of our American flag. She studied painting in the 1970's in Switzerland, where she resided with her husband and son. Her first award winning show was in 1985 which launched a series of successful exhibits in the United States and Europe. She is well known for her contemporary American style and native style painting portraying the Swiss Alpine and American Mid-western rural scenes. She has painted for the Sauder Living Museum and Longaberger Company of Ohio. Her works have been displayed on UNICEF Greeting cards and UNICEF 50th Anniversary catalogue, as well as the Nestlé Corporation holiday packaging. Betsy has permanent art displays with the art galleries in Hermance (Geneva), and ADLER in Gstaad Switzerland. Betsy has also written and illustrated a trilogy of children's books. Betsy has donated her paintings in support of multiple scholarship programs. She currently has her studio and home in Naples, Florida. To learn more about Betsy Ross and to purchase her Lithographs, Greeting Cards, Books and Original paintings, please visit her at www.betsyrosskollar.com.



Grant Mott

Senior Staff photographer, Grant Mott, has established a higher quality of photography by visualizing each of his images prior to taking the actual shot. Grant incorporates his emotion and setting into his technically, excellent images. Grant also owns his own studio-Grant Photography, LLC downtown Vancouver.

Simplicity

Dollar Wise

Check with your bank about fees and interest rates. Fees and interest rates may have changed since you first opened your account. If there are fees that you are not aware of or your money is not earning a good interest, check with other banks on what interest may be available to you, if you change to the new bank. You shouldn't be spending your hard-earned money on maintenance fees – you also should be earning some serious interest on your checking and savings accounts. Credit unions often pay higher rates and are open to the public.

Social Graces

Tipping is a confusing aspect of etiquette today. Leaving a large tip does not make up for being rude. Treat service people with kindness and respect. In some situations leaving a tip can be demeaning. Take time to find out what's expected as this can spare you an embarrassing moment. Tipping is for a job well done. Customarily it is 15% of the total bill for services rendered. If you are in a large party who has services, such as a restraint, it is customary to tip 18%-20% or for fine dining, even with less people.

Go Green

According to the Resource Conservation Alliance, each American uses approximately 800 pounds of paper per year. By using paper products made from 100% recycled material you not only help protect forests by lowering the demand for trees, but you also help lower the formation of toxic dioxins and furans in the environment by avoiding products bleached with chlorine.

Time Saver

Here is a two for one deal. There's no question, paying bills can be a pain. To avoid wasting time or getting last minute fees, try creating a bill-paying folder. Compile stamps, bills, envelopes and your checkbook into a pocketbook or day planner compartment, then whip it out the next time you are waiting for the doctor, the dentist, or even getting your morning latte while waiting in line.

Just Like Grandma Use to Make

Citrus Antiseptic Mouthwash

Use this refreshing homemade mouthwash to help fight bacteria. Dilute it and rinse your mouth or gargle after brushing your teeth. Do not swallow.

$\frac{3}{4}$ cup vodka
30 drops lemon essential oil
25 drops bergamot essential oil
1 $\frac{1}{4}$ cups distilled water

You will need a sterilized 16-ounce glass bottle with a tight-fitting lid. 1. Place the vodka and the lemon and bergamot essential oils in the bottle and shake vigorously to combine. 2. Add the distilled water and shake until well mixed. Leave for 1-week to mature, shaking from time to time. To use, shake the bottle and mix 1 part of the mixture with 3 parts lukewarm distilled water in a small tumbler. Makes about 1 pint or 16 ounces.

Home Remedy

According to Dr. Robert Kunkel, MD sudden muscle pain, strain or soreness can be helped by the acronym R.I.C.E. or R=Rest, I=Ice, C=Compression and E=Elevation in this order. Do not apply ice directly on the skin. Wrap the injured area with an ACE bandage. Elevate the injured body part. If pain does not stop within 1-2 days call your doctor.

Fudge Yummy Brownies



Ingredients:

$\frac{1}{2}$ cup sifted all-purpose flour
 $\frac{1}{8}$ teaspoon baking powder
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{2}$ cup butter or regular margarine, softened
1 cup sugar
2 eggs
2 squares of unsweetened chocolate, melted
 $\frac{1}{2}$ teaspoon vanilla extract
1 cup coarsely chopped walnuts

Directions:

- 1) Preheat oven to 325F. Lightly grease 8 X 8 X 2 in baking pan.
- 2) Sift flour, baking powder, and salt. In small bowl of an electric mixer, at medium speed, beat butter, sugar, and eggs until mixture is light and fluffy.
- 3) Beat in melted chocolate and vanilla. At low speed, blend in flour mixture. Fold in chopped walnuts.
- 4) Spread evenly in prepared pan. Bake 30 minutes.
- 5) Cool 10 minutes. With sharp knife, cut into squares. Let cool completely in pan.

Makes 16.

Gourmet Hazelnut Brittle



Ingredients:

2 cups sugar
 $\frac{3}{4}$ cup light corn syrup
1 tablespoon butter or margarine
2 cups coarsely chopped hazelnuts
2 teaspoons baking soda
1 tablespoon vanilla extract

Directions:

- 1) Grease 2 (15 $\frac{1}{2}$ X 10 $\frac{1}{2}$ X 1 inch) jelly-roll pans.
- 2) In large, heavy saucepan, combine sugar, corn syrup, $\frac{3}{4}$ cup water, butter, and nuts. Stir over medium heat, just until sugar is dissolved.
- 3) Continue cooking, without stirring, until mixture becomes amber colored. Cook, stirring, to 290F on candy thermometer, or until a little dropped in cold water separates into threads, which are hard but not brittle-about 20 minutes.
- 4) Remove from heat. Add soda and vanilla, stirring slightly.
- 5) Pour into prepared pans, forming large square of brittle in each pan. Cool, then break into pieces.

Makes about 2 pounds

Exercising with Weights in the Elderly Promotes Strength, Builds Bone and Prevents Falls

By: David A. Lipschitz, MD, Ph.D

Named one of the "Best Doctors in America."

Growing older is always accompanied by gradual loss of muscle mass that is replaced by fat. Despite gaining weight from about age 25 onward, we also lose muscle, so that at 50, our total muscle mass is about 70 percent of that at age 30, and by 80, half of our peak muscle mass has been lost. Total body weight remains constant as loss of muscle is replaced by even more fat. Thus, even if your weight has remained totally constant for decades, you will have proportionally more fat at age 60 than you did at 25.

Although muscle-mass loss is in part because of inactivity, a major reason is an alteration in a primitive muscle cell called a myocyte. When muscle fibers are lost or damaged, myocytes proliferate, differentiate and replace them. With age, myocytes lose their ability to repair damaged muscle, which leads to loss of muscle mass.

Muscle loss causes weakness that has profound implications. Weak muscles lead to weak bones and osteoporosis. Weak muscles together with alterations in tendons and ligaments contribute to the joint instability that causes osteoarthritis. Muscle weakness, osteoporosis and osteoarthritis contribute to difficulties with gait and balance, an inability to walk without assistance, and eventually, to a dreaded fall. And remember more older people die of falls and fractures than from prostate, breast and colon cancers combined.

There are other negative consequences of reductions in muscle mass. Muscle is the most metabolically active component of the body. Decreased muscle means profound reductions in energy or calorie needs. So, older persons consume less food, less protein, and less vitamins and minerals each day. And yet, the requirement for protein and most vitamins and minerals actually increases with age. Less food and nutrient intake, and less protein lead to a much higher risk of severe malnutrition, particularly if nutritional needs are increased by the presence of a serious illness.

Another untoward effect of less muscle and more fat is the development of insulin resistance that impairs the ability of the hormone to deliver glucose to the cell, which, in turn, can cause diabetes.

While we cannot stop the muscle loss that accompanies aging or, as yet, return the bones of an 80-year-old woman to those of a teenage athlete, we can make bones stronger and reduce all the negative effects of age-related muscle loss merely by exercising. Research over the past 30 years has shown that even in 90-year-olds, resistance training, or exercising with weights, can increase strength by substantially increasing muscle and bone mass, improving metabolism, increasing food intake and even improving mood. More importantly, gait and balance are dramatically improved, leading to an 80 per-

cent reduction in fall and fracture risk. Something as low-tech as exercising with weights can prevent dependency and most notably, save billions in health care costs while simultaneously improving quality of life.

Weight training has become an integral part of the rehabilitation of older persons who are unable to get around. It is also one of the key ways to prevent frailty and dependency in old age. To be effective, the weight used must be sufficient that the muscle being exercised is virtually exhausted after eight to 10 repetitions. I do not recommend buying weights and exercising at home. In general, most don't exercise adequately, are more prone to injury and do not sustain the effort. Weight training must be done under the supervision of a trainer or a physical therapist, at least until you have learned the ropes. No matter the disability, be it a previous stroke, joint disease or other medical problem, there is a program that can be designed to meet your needs.

I strongly recommend that no matter your age, you join a health club and begin both an aerobic and resistance training program. Not only will the quality of your life improve but also your risk of many illnesses will reduce. And believe it or not, your life will be prolonged.

Dr. David Lipschitz is the author of the book "Breaking the Rules of Aging." To find out more about Dr. David Lipschitz visit DrDavidHealth.com

Young@Heart

Make it Fun!
By Pam Young



All Squares are Created Equal

January has 31 squares on the calendar. All squares are created equal and we're the ones who make some squares more special than others. We tend to make that first square in January special because it can be kind of like the starting gate at a race or the start of a sports game. There's such energy in "the beginning" of just about everything. But now that we're in February, I've taken a new look at these February squares and I've decided I can keep that fresh start feeling going in February and, who knows, throughout 2014.

All it takes is a little focus on the wonder of the ordinary. I remember watching an interview a few years ago on Oprah's channel OWN. She interviewed Mark Nepo who wrote *The Book of Awakening: Having the Life You Want by Being Present to the Life You Have*. One of his quotes was, "The key to knowing joy is being easily pleased." I think that's the key to living each square filled with energy and awe. Have you ever heard the term, easy date? I'm not talking

about those girls who'll "do it" on the first date, I mean a date who doesn't take much to be pleased and appreciative. Let's be easy dates! Let's slow down enough in the course of each square and make sure we get every ounce of love and joy we can sop up before the next square comes.

Mark Nepo reminded us to want less and love more of what we have now. He said, "Light is in both the broken bottle and the diamond." and "God is under the porch and on the mountain top." We are immersed in a miracle called life and as humans we can get buried temporarily in our problems and forget the truth, but if we can pause and breathe we give ourselves a chance to remember we are loved and life is awesome.

Be easily pleased in the squares you have left; easily pleased starting with yourself and then your family, your friends, your country and your world. Start now to see good more quickly than you see wrong, understand more quickly than you judge, relax

more easily than you get upset and laugh more effortlessly than you complain.

Every square can be January first if we practice being thankful for what we have, loving who we're with, adoring who we are and spreading light by being kind to everyone we come in contact with.

Have you ever noticed it's easier to have happy squares when you get enough sleep? Let's be selfish about getting the sleep we need. Let's be firm about a bedtime that gives us the rest we need. We can't start our squares with that fresh start feeling if we didn't go to bed at the right time in the last square. All squares are created equal, but it's totally up to us how we'll get the most out of them.

For more from Pam Young go to www.makeitfunanditwillgetdone.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, ways to lose weight and get your finances in order, all from a reformed SLOB's point of view.

Men's Winter Wardrobe Must-Haves

By: Harvey McEwan

To survive the chilliest time of the year whilst still looking smart and stylish, every male needs to invest in a few men's winter wardrobe must-haves.

Shirts

As a base layer and for extra warmth, always make sure to wear a short-sleeved T-shirt. For work, wear this under a classic button-front shirt in a block color or with a neutral pattern such as checks, polka dots or stripes. Vintage-inspired prints are once again very

modern.

Alternatively, just slip on a jersey shirt with a V-neck or round-neck, depending on what shape best suits you.

Jumpers and Cardigans

No winter wardrobe is complete without a quality woolen jumper. Ideally, this should be a real Nordic or Scandinavian design item, however, these are not so readily available in shops and can cost quite a lot.

Instead, invest in an

Arran knit or faux-Arran design garment, ensuring it's not purely synthetic and will genuinely keep you warm. Fair Isle knit patterns are also bang on trend.

For warmer winter days, a few basic jersey jumpers and thin crew jumpers are extremely versatile and can be worn for both work and leisure.

Fan of the cardigan? These are very much still en vogue and look great paired with most styles of trousers. Choose warm fabrics like cashmere, wool or

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Foster Self-Esteem in Your Child

» continued from, PG. 1

Ask their views and opinions, take their views and opinions seriously, and give them meaningful and realistic feedback. Over praise and or false praises are easily detected by children therefore should be avoided.

Encourage your children to make friends and keep them, of course. Healthy friendships are important, because children are increasingly sensitive about how their friends feel about them. As adults, teach them how to introduce themselves, start conversations, and politely join in play. If something is amiss, encourage your children to talk about their concerns and problems making friends.

Reassure your child that you accept him or her even when others do not. A child's self-esteem wavers from situation to situation and sometimes moment to moment, depending upon the interaction.

Involve your child in chores around the house that stretch his or her abilities. Children gain a sense

of accomplishment when they are offered real challenges rather than those that are merely frivolous or fun. Examples are folding clothes, put dishes in the dishwasher or put toys away.

Involve your child or children in opinion polls. A child's self-esteem grows when he or she is respected by adults who value their opinions. Children should have a vote in matters that concern the entire family. This opens so many doors for them in the future as teens and adults.

Be a role model to your children, if you yourself is negative, unrealistic and pessimistic about your own abilities and self-worth, your child will mirror your behavior. Try to maintain a good open relationship with your spouse. This means no arguing or hitting each other in front of the children.

Support your child during his or her failures. Help your child reflect on what went wrong, and help him or her apply those lessons in the future. A child's sense of self-

worth deepens when adults help him or her understand that life has its ups and downs. Parents are too concerned with sheltering their children from anything negative.

Watch out for sign of abuse and unhappiness outside of home. If your child comes home with a frown, simple questions like 'how is your day?' If negative answer is give, try to ask for more information or explanation. Discuss about school, or the journey home. Be sensitive about bullies in school or trouble with peer.

When you show how much you care or love your children, they grow up with better self-confidence and self-worth. Absent parents and neglected children have the tendency to become the totally opposite. Learn to schedule between work and family time in order to build better characteristics of your children.

Lily writes about self-esteem self-help articles at www.BetterSelfEsteem.info.



Ask Victoria Trabosh

360

THE KEY TO ALL
THE WORLD'S BIGGEST ISSUES!

Victoria is an Executive Coach, author of "Dead Rita's Wisdom: Simple Words to Help you Live an Extraordinary Life", Wisdom Circle Facilitator (<https://www.facebook.com/wisdomcircles>) and radio host of "Smart Women Talk Radio" <https://www.facebook.com/SmartWomenTalkRadio>. Visit her website for upcoming events at <http://www.victoriatrabosh.com>

Do you have a questions and or comments? Contact her at vicky@victoriatrabosh.com

I have a boss who could be great. He just finished getting a 360 appraisal at work. Unfortunately the results leaked out and it wasn't good and everybody is talking about it. I'd love to sit down with him and give him some feedback but don't know if I should. Also, I'm not sure I really trust him given some of the things he's done in the past. He's management and I'm not. But I'd love to see him do better, for himself and all of us. I'm also concerned that I could be labeled by my co-workers as a butt kisser. Should I talk with him about his effect on us as his team or let him fail? Thanks, Branch Bender.

Dear BB, First, kudos to you for wanting to help him, the organization, and ultimately, yourself. But before you go where it appears not too many men have gone before let's analyze the situation, the potential pitfalls and the opportunity.

Many organizations have less than effective leadership. If you're at a point where you're not even sure you trust him, I'm guessing you've been affected by some pretty serious choices he's made. And yet, he's still there! (and if the company is investing in a 360, he's not calculating his retirement benefits and looking online at condos in Boca Ratan). So he's here to stay for the immediate future. While it's difficult to watch people

fail, sometimes that's exactly what it takes for them to succeed. I love the expression "all you have to do to win is rise each time you fall." In this case, let him fall or fail, and with any luck, he'll fail forward.

My concern about you in particular having a talk with him is that you're not in a position of authority that will cause him to listen because he must. You're also not a friend if you can't trust him. Hearing tough messages is difficult enough when they come from a person we respect and trust. Rarely do we hear messages when they're from a source that's unexpected, unappreciated or unwanted. There's also the reality of how you'll be perceived by co-workers. Tush kissing is not only a bad visual, and even if that's not your intention, you'll be seen as someone who's done just that and ultimately you could be disrespected by your co-workers....which won't be good on YOUR 360! I just don't think you have the standing or permission from this guy to give him your best. So, hold your tongue.

Finally, the opportunity is the play. Your company needs to follow through with not only unconditional constructive feedback but a game-plan or process to improve this manager. There's nothing worse in my experience than getting difficult feedback and then not being

given an actionable and measurable plan. Because of your position in the company you're probably not privy (except through gossip) to what's happening. (bad privy juju - steer clear of gossip). I'm hoping (though hope is not a strategy) that's there's more to this than just a leaky 360. Companies are getting clearer and clearer about the need to coach people UP or OUT of an organization. There are not many ways to hide any more. Employees are becoming bolder about their complaints and the cost of NOT having improved communication is costly from both cultural and financial standpoints. If you can, meet with one of the people in the leadership team whom you do like, know and trust (and it's mutual) and talk about your interest in the philosophy about leadership and culture in the company. And don't use the meeting to share your feelings about this manager and the extremely confidential but-not-so-much-at-this-organization, 360 appraisal. You make a difference by taking care of yourself first and then affecting change for those immediately around you. Good luck and stay away from the water cooler!

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A SEASON FOR REASON



Re-Examining the Doctrine of Church and State

By: David Doerr *Artium Baccalaureatus (A.B.) Degree in Sociology-Psychology, Rockhurst University*

The genius inventor, Nikola Tesla's good buddy Mark had published what would be his last completed novel. It was written as a form of historical fiction, and it involved twelve years of research, and two additional years to write. The book tells the story of a pleasant seventeen-year-old peasant girl, who, in seven week's time led a campaign that routed an army that had oppressed her people for ninety-one years. She had the unusual gift of speaking to angels, and foretelling future events! Mark Twain's studied subject was carefully presented in his novel, *Personal Recollections of Joan of Arc*, (1896).

Norman-French forces had conquered England at the Battle of Hastings, in 1066, and the resentment had not dissipated when the Hundred Year's War began between the two cultures, in 1337. When Joan had been born in 1412, there was not much left of France. She lived nineteen years, before she was burned at the stake.

Twain described Joan as "the most noble life that was ever born into this world save only One." The story is supposedly recounted as a memoir by Joan's life-long friend, page, secretary and trusty freedom-fighter, Sieur Louis de Conte. (The actual Louis de Contes.)

Teen-aged Joan of Arc's victories that reversed the fortunes of France (its near annihilation) are described in Newsweek's "Milestones of History - THE EXPANDING WORLD OF MAN - vol. III, (p. 70), as having practically no parallel in human history. In Twain's fictitious "Translator's Preface" to his novel, he wrote: "The work wrought by Joan of Arc may fairly be regarded as ranking any recorded in history, when one considers the conditions under which it was undertaken, the obstacles in the way, and the means at her disposal." This brings us to the question, "How do you separate saint and State, when the saint is responsible for having revived the State from near-

extinction?"

The prophets Moses and Isaiah, in their times, both defied the most powerful army on earth. Moses challenged the almost almighty Egyptian pharaoh and his hosts; Isaiah, the almost unstoppable and boldly aggressive Assyrian multitude. It was the prophets who prevailed in each of these dreaded conflicts.

When Alexander Nevski was the Grand Prince of Russia, he led his gallant men to seemingly miraculous victories, which reportedly involved apparitions of heavenly armies fighting on his side. He salvaged Russia's very existence, (see Newsweek, op. cit., p 23), with his victories over three different invading nations from Europe, and then treated diplomatically with the Tartar's Great Khan, in order to prevent his swarming throng from wiping-out Russian civilization. Eventually, Alexander was proclaimed to be a saint.

Separation of the
» Continued, on PG. 6

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FORECASTING FOREST WEATHER

By: Phil Silver

It was a bright, crisp, February morning in Couver Forest. To be more specific, it was February 2nd. Snow blanketed the forest floor, but Skola Squirrel and Bunko Bunny were out sitting on a log in the meadow talking about what they wanted to do that day. As they were talking, they were startled by a whistling sound. They stopped talking and began looking around for who or what made the noise.

"Did you hear that?" asked Skola.

"Sure did." replied Bunko.

"Well, I didn't whistle," said Skola, "and I didn't see you whistle. So who whistled?"

"That would be me."

"Who said that?" Skola asked.

"I just answered that. That would be me."

"OK, who are you and where are you?" asked Bunko.

"Look out in the meadow and you'll see me. I just came out to check the weather, but you guys surprised me, and when ground-hogs get surprised, we whistle. Sorry, didn't mean to disturb you."

"That's OK. What's your name?" asked Skola.

"Couver Kit, but just call me Kit. I can only stay a minute. What are your names?"

"I'm Skola and this is my friend Bunko. Are you new here?"

"No, I was born here. Right in this very forest." replied Kit. "That's why I'm called Couver Kit. Normally you wouldn't see me, but I came out a little bit late today. It's my job to check the weather. I can tell if spring has arrived, or if we'll have a few more weeks of winter than we had last year."

"I'm curious," said Bunko. "How do you check the weather by coming out of your hole?"

"It's really quite simple," said Kit. "When I come out of my hole and see my shadow, that means about 6 more weeks of winter, but if I don't see my shadow, then spring is right around the corner. Today I saw my shadow, so, winter will continue for 6 more weeks. It's that simple. I have to run. It's cold out here."

"No, wait. We like making new friends",

said Bunko. "We'd like to get to know you better."

"Sorry, Skola and Bunko. It was nice meeting you, but I'll be back in the spring. We'll get to know each other then. See you later."

And Kit darted back into his hole.

"Well, that was an unusual way to start the day," said Skola, "but I guess we have a new friend to get to know in the spring. That's about the same time Boga comes out of hibernation, isn't it?"

Bunko agreed and added, "That should be interesting. If the two of us, little as we are, surprised Kit and made him whistle, I wonder what he'll do when he sees a bear."

"I don't know", chuckled Skola, "but I guess we'll find out in 6 weeks." Then they both started laughing, and scurried away playing tag.

"Tag, you're it."

"No, you're it. I was...."

The author can be reached at: psilver@gmail.com, or please visit his website: www.pbjbooks.com.

The Psychology of Relationships-Quiz

Answer the following questions and review your psychological profile.

1. While walking along a path you notice a rose tree in the distance. There is a single rose, yet it is not like any rose you have ever seen before. It is the most beautiful rose you have ever seen! What do you do?

2. You climb upon a hill and can see a deep green valley below. A

beautiful horse catches your eye. You are awestruck, and for some reason you can't take your attention away from it. Why? Describe the horse.

3. All of a sudden you are in a totally different place, totally different from where you were before. Where are you?

4. As you ponder your new surroundings, someone taps you on the shoulder. You turn around and it's someone

you know. Who is it?

5. You are now walking along a path and you stop when you reach water. Describe the water. For example, is it a large ocean or a small pond? Is it clear or murky? Shallow or deep? Is the water moving?

A. Is the water moving? B. It is moving fast. C. It is moving slowly. D. It is still water.

6. You need to cross » continued, PG. 6

Play to Win!

Look for This ...



Find the Hidden Object Game

Find the hidden object [as seen above; upper right corner] in this month's edition; inside a picture. Game expires on the 25th of this month.

Your Name (Seeker) _____

Address: _____

Telephone: _____ Home Cell (circle one)

E-mail: _____

Where is the object? _____

Page Number _____

Age of Seeker? _____ (Optional)

Signature of Seeker _____

Game Rules: The seeker of the object must correctly identify where the object is located to win. The object can be hidden anywhere within the month's edition. The object may appear larger/smaller in color in black and white. The entry form must be completed, with signature. If a child is playing, the parent should complete with signature on behalf of the minor. No purchase is necessary. One entry per household. All seekers who correctly identify the hidden object will be eligible to be placed in a drawing for a \$25.00 prepaid Visa Gift Card. No information will be sold to third parties. By signing this form you agree to have your name displayed in the following edition of The Variety Post; publicizing your name. The Seeker shall not hold Morris Media Group/The Variety Post responsible for usage of the Visa Gift Card which is not affiliated with Morris Media Group/The Variety Post. Contest expires by the 25th of the month of this edition. Chances of winning 1: 5,000. Prize will be mailed within 30-days of winning.

Send Entry Form to: The Variety Post / Morris Media Group
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» continued, FROM PG. 5

over to the other side. How do you do it? A. Swim across. B. Build a raft. C. Search for a bridge. D. Walk around.

7. Having crossed the water you stumble upon a drinking container. Describe the drinking container. Do you leave it behind or take it with you? If you take it with you do you fill it or leave it empty?

YOUR LOVE ANALYSIS

1. Rose - How you react to temptation. If you picked the rose, then you are apt to give into temptation whenever it arises.

2. Horse - This is how you would describe your perfect partner. Do I really need to elaborate here?

3. New surroundings - This is your favorite place in the world, the place you would most like to be, whether or not it was possible.

4. Tap on the shoulder - This is the person you trust more than anyone else.

5. Water - Water is symbolic of your appetite, and approach towards sex. The size of the body of water is representative of the size of your libido. The clarity of the water reveals opinions about sex. Dark, murky water may reveal issues or prejudices towards sex, while clear water reveals a positive attitude towards sex. The deeper the waters, the

more fulfillment you get from deep and intense lovemaking. Little details such as bubbles in the stream, a mild current or the wind creating small waves, may reveal a playful disposition towards sex. The presence of life in the water (frogs, ducks) may indicate a stronger than average desire for children. The pace at which the water is moving indicates libido. Generally the greater the pace, the more vigorous the sex drive. Your answer reveals the way you search for a partner.

6. Crossing a river is the equivalent of going out and finding that special someone. The ease by which you crossed the water indicates how comfortable or liberal you are likely to be in your approach to sex. Finding a way to cross indicates an interest in new sexual experiences. If you decide to walk around the water then you are not as open to new sexual experiences. How wet you get in crossing the water is another indication of the importance of your sex life. Any interaction you had with the water, for example splashing with your hand, is an indicator of increased libido. If you jumped in and had fun, you are a wildcat.

7. Drinking Container- The description of the container defines how you approach a romantic relationship or attachment. If the container is plain and has a practical use, then you are likely

to take a rational and realistic approach to relationships. Practical containers are made of sturdy materials and do not break or spill their contents easily. Examples include a thermos and a water bottle. If the container is ornamental or is excessively adorned, your relationships are more likely to be idealistic, sentimental and adventurous. Examples of ornamental cups are those which are bejeweled, decorated with ribbons, or cut in various patterns like wine glasses. They are more likely to break and are not efficient during long journeys.

A container that is both useful and attractive means that you are both realistic and dreamy when it comes to romantic relationships. If the container looks dirty and abandoned then you are pessimistic about being in a relationship with your partner for too long. If you take the container, then you feel that you are more likely to find happiness in long term relationships than short-lived romances. Taking the cup and filling it with water reveals that intimacy and sex make up a large part of your relationship. Taking the cup and leaving it empty means that sex does not play a major role in your relationship.



Re-Examining the Doctrine of Church and State

» Continued, from PG. 5

institutionalized Church and State is realistic. Yet, not so, in these instances, could there be a separation of God and State.

The condition of our English-speaking nation today is this: If a meteorologist were to suggest that our weather is a product of our relationship with God - instead of being the whim of "Old Man Winter" or "Mother Nature" - that professional would generate a cascade of objections that could cause him serious trouble. This is a reflection of the current view in the United States, regarding the doctrine of Separation of Church and State.

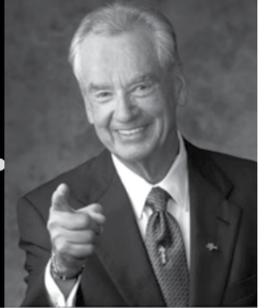
When Thomas Jefferson first drafted The Declaration of Independence, he made reference to "the laws of Nature and Nature's God", and stated that men are "endowed by their Creator with certain unalienable Rights". Newsweek's "Milestones of History" - TWILIGHT OF PRINCES - vol. IV, (p. 141), reveals that members of Congress saw to it that the final document included two additional references to God: "the Supreme Judge of the World", and the suppliant decree, "And for the support of this Declaration, with a firm Reliance on the Protection of divine Providence . . ."

It is a grievous mistake to permit the exclusion of God from the policy formation of the State. In order to secure the blessings of the Deity, the leaders of our people have to strive to return God to his rightful place as the Head of State, while at the same time preventing any particular brand of religion from imposing its peculiar belief system on the public.

(David Doerr could be reached at OneReuel@yahoo.com.)

Classic Zig Ziglar

American author and motivational speaker whose clever way with words inspired millions



Unlearning What We Learned

Good News: Anything we have learned can be unlearned. If we've been taught to lie, cheat and steal, we can unlearn those behaviors, and learn how to be honest and dependable.

That's important because more than a fourth of the students in some of our nation's best colleges admit to having cheated on tests. Research by Professor Don McCabe of Rutgers University involving 4,300 students at 31 highly selective colleges, 14 of which had honor codes, was reported in the March 11, 1996, issue of USA Today. Surprisingly, there was little difference in results between colleges with honor codes and those without.

The study updates one that was conducted in 1990 and reveals that 30 percent of stu-

dents at honor-code schools in 1995 reported cheating on a test (up from 24 percent in 1990). At schools without honor codes, 45 percent in 1995 reported cheating on a test (down from 47 percent in 1990). Professor McCabe calls the results "discouraging."

Here are two steps that will produce results. Step one begins at home because 80 percent of a child's character is formed by age 5. The example parents set in living consistent lives of integrity and playing according to the "rules of the game" is incredibly important. If kids see parents playing it straight and not cheating at home, they are not likely to cheat in school.

Step No. 2 starts in kindergarten, where there should be important lessons

taught about the moral approach to life. The Thomas Jefferson Research Center in Pasadena, Calif., says: "Some things are common in all great civilizations and religions ... wisdom, integrity, love, freedom, justice, courage, humility, patience, industriousness, thriftiness, generosity, objectivity, cooperation, moderation and optimism."

To this I would add honesty and dependability. Teach these lessons in childhood, and when your children get to college and in the business world, they'll be "playing it straight." Take that approach, and more of us can get to the top!

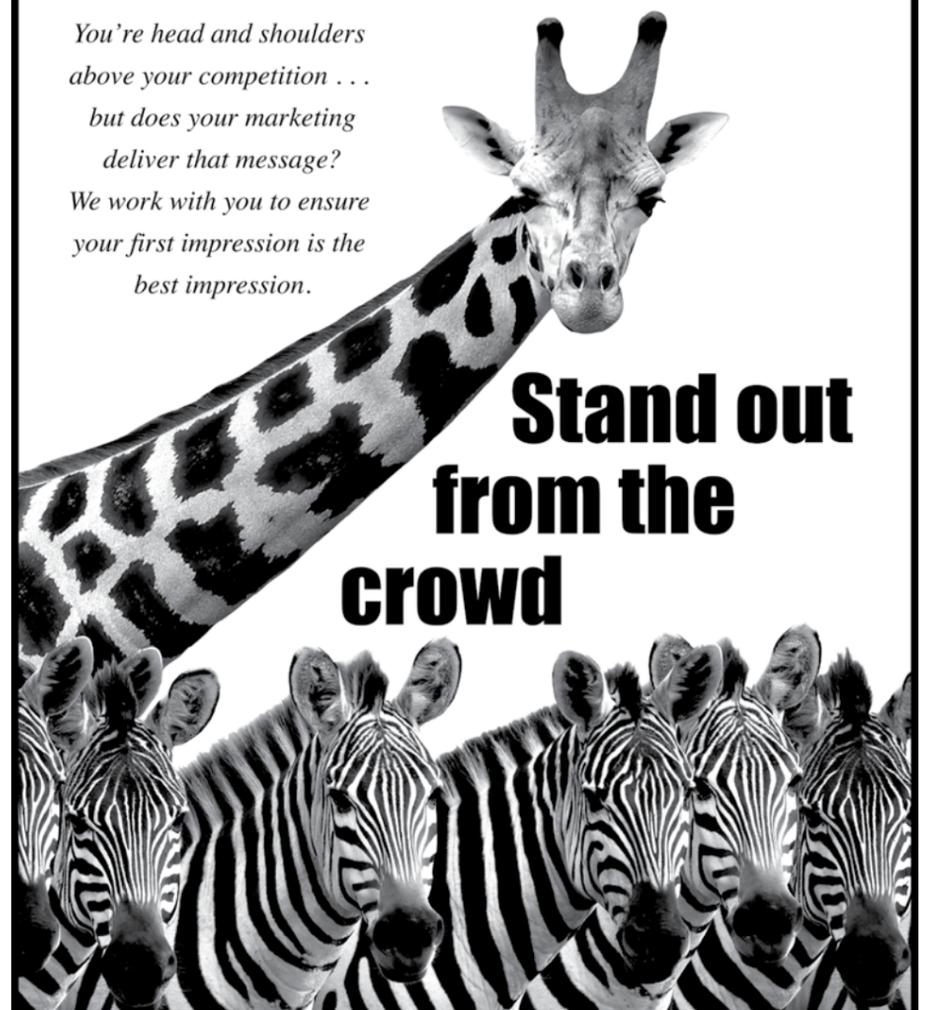
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MARK DANIEL MUZZY

Living History



By: Debbie Hegwood

The Fort Vancouver National Historic Site houses over 2.5 million items with the curator facility. Approximately 90% of these items originated from archeological excavations that have taken place on the site since 1947. The approximate other 10% of the items were generously donated by individuals and groups. These collections represent a wide variety of time periods and various cultures.

Some the most fascinating are objects that were part of the Hudson's Bay Company, the United States Army and Kaiser Shipyards. Several other collections which are related sites are also housed at FVNHS. Some of these collections include: Fort Colville located in Lake Roosevelt National Recreation Area, Fort Nez Perces, located in Whitman Mission National Historic Site, and the Bellevue Farm in San Juan Island National Park. Collections also include those from the Cathlapotle and Meier village sites. The Fort Vancouver National Historic Site accepts various collections and protects them in a climate-controlled facility. Here, the staff works to preserve the objects and interpret information about the objects to catalogue for future generations. Moreover, the National Park Service museums manage millions of objects to preserve the legacy of the American people. Archeological artifacts are linked to humans and

our rich past history. These objects assist with forming a biography to understand more about people and cultures. Some of these objects include white clay pipes which were impressed with intricate designs, photographs, and arrow head projectile points. These examples cannot begin to describe the millions of artifacts, but give a small flavor of a few.

The Fort Vancouver National Historic Site and subsequent U.S. Army post known as Columbia Barracks, Fort Vancouver, or Vancouver Barracks depending on the time period, was home to a number of important United States generals who served at the Fort, which included: Generals Oliver O Howard, George C. Marshal, Ulysses S. Grant, George B. McClellan, Phillip Sheridan, William T. Sherman, Omar Bradley and George Pickette. For more than 150 years the Fort housed and supported thousands of soldiers and their families. The Hudson's Bay Company's Fort Vancouver was the headquarters and primary supply for fur trading operations. Rich in history, this historical site welcomes visitors to make connections to the collections, stories, and people that The Fort Vancouver National Historic Site encompasses.

In 2012, the Organization of American Historians recognized

The Public History Program at Fort Vancouver which is highly regarded by professionals in the national park system and academia. The program gained national recognition as a "Best Practice and Model Field School & Training Program." The program includes curators, museum technicians, archaeologists, park rangers, historic program coordinators, subject matter experts, special events managers, historic preservationists and others.

There are hands-on learning activities provided for children to learn more about life in the 19th century. The Fort Vancouver National Historic Site offers overnight and day camps. Kids are encouraged to participate in the highly popular Junior Ranger kids dig program each year. Kids are also welcome to get involved in Youth Volunteer-In-Parks programs which assisted them in learning new skills, educating, and making new friends through valuable connections.

If you have not been out to see the The Fort Vancouver National Historic Site, plan a visit. This is a great place to bring history alive, make a community connection, and share time with family.

You can find out more about programs and event schedules by contacting the Visitor Center Desk at 360-816-6230.

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The City of Vancouver
50+ Forever Young Hikes

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Front Desk Assistant at Firstenburg

Currently seeking qualified candidates age 19 and older for the volunteer position of Front Desk Assistant and Fitness Attendant. This position serves as one of the first points of contact for customers who visit the Firstenburg Community Center in east Vancouver. Current positions open for Thursday evenings 5:30-7:00 pm.

To learn more visit <http://www.cityofvancouver.us/parksrec/page/front-desk-assistant-firstenburg> or contact Angela Brosius at 487-7003 or email at angela.brosius@cityofvancouver.us

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RUBES™

By Leigh Rubin

Your Monthly Horoscope



January 20 - February 18
The light is on your fame, honors and awards. There is an element of randomness which will be a spark in a new direction. Everyone will want a part of the action.



February 19 - March 20
You won't necessarily have to do a lot to see a beautiful new outcome. A new person may become a mentor or simply someone you go to for advice.



March 21 - April 19
You may be subject to delays. Reflect the state of affairs and think things over. The right answer will appear to you. Don't be in a hurry.



April 20 - May 20
Whatever you do, you will find fun and surprise in all things unexpected. You will feel this month is a new and positive month.



May 21 - June 20
A project you have been working on will provide important and spectacular results. New doors are opening and you have the right stuff right now.



June 21 - July 22
Take advantage of your high intuitive and creative energy now. You may see a break-through, that you can do more than you had done before.



July 23 - August 22
You will have a new opportunity to meet new people, all very encouraging. Your enchanting spell will intensify throughout the month.



August 23 - September 22
You will have to buckle down to work. Do not make any dramatic changes this month. You may need to help out family members.



September 23 - October 22
Opportunity opens its door to you. You have to be determined to succeed as part of this process. You may crave rest and privacy. Take time for yourself.



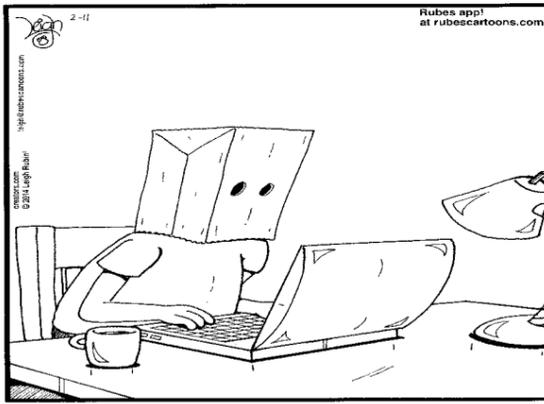
October 23 - November 21
Your focus will powerfully be on your home or a family matter. It is now time to launch new projects. Big news may come by surprise.



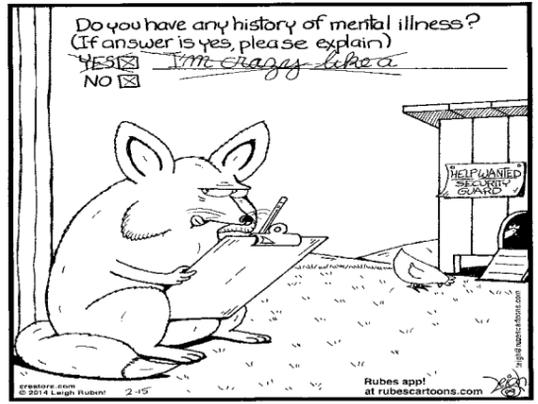
November 22 - December 21
You have an outstanding advantage this month. You have a rare influence over events now. The power you wield to maneuver things is in your favor.



December 22 - January 19
The depth of your passion to achieve something important to you will make all the difference. Think big!



DIY online identity protection for those on a budget



Carl fudges it a bit on the job application.

CROSSWORD PUZZLE

ACROSS

- 1 Congress (abbr.)
- 5 Warp yarn
- 8 Post
- 12 Winglike
- 13 Inlet
- 14 Icelandic tale
- 15 Dodecanese island
- 16 Noun-forming (suf.)
- 17 Conduct
- 18 Slow: music
- 20 Caulk lightly
- 22 Thing (Lat.)
- 23 Yangtze tributary
- 24 Dog
- 28 Brit. trout
- 32 Red horse
- 33 Detective
- 35 Malt liquor
- 36 White poplar
- 39 Yet (2 words)
- 42 Dadaist
- 44 Atl. Coast Conference

(abbr.)

- 45 Inconsiderable
- 48 Of the nostrils
- 52 Oriental nursemaid
- 53 Eur. Economic Community (abbr.)
- 55 Sleeping
- 56 Calcium oxide
- 57 Civil War commander
- 58 SW US cotton
- 59 Volcano crater
- 60 Approves (contr.)
- 61 Cheese

DOWN

- 1 House (Sp.)
- 2 Foul-smelling
- 3 Hottentot
- 4 Fetish
- 5 It. poet
- 6 More!
- 7 Group

ANSWER TO PREVIOUS PUZZLE

H	I	E	C	R	C	O	V	O				
P	U	N	A	H	E	R	R	I	D	D		
E	F	F	U	S	I	V	E	S	T	E	N	
U	F	O		O	C	E	A	N	E	R	A	
			L	O	A		T	O	L	L		
P	A	E	A	N		D	E	V	E	L	O	P
A	N	A	T		F	A	D	A	U	B	E	
H	E	S	H	V	A	N		O	S	S	E	T
			T	E	A	T		R	H	E		
S	S	W		S	E	D	A	N		W	H	O
C	A	I	N		F	I	N	E	S	O	A	P
I	G	N	I		U	L	E		H	O	P	E
A	D	E		L	I	E		E	L	I		

- 8 Yellow
- 9 Arabian Sea gulf
- 10 Killer of Castor
- 11 Load
- 19 Comparative (suf.)
- 21 Laughter sounds

- 24 Camel hair cloth
- 25 Capture
- 26 Stain
- 27 Mesh
- 29 Women in the Air Force (abbr.)
- 30 Guido's note (2 words)
- 31 Grandfather of Saul
- 34 Lots
- 37 Foam
- 38 Transgress
- 40 Fiddler crab genus
- 41 Tight spot
- 43 Pelvis (pref.)
- 45 Tree
- 46 Bowfin
- 47 Buddhist monk
- 49 In the same place (Lat.)
- 50 Eelworm
- 51 Dutch cheese
- 54 Mouse-spotter's cry

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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52					53	54			55			
56					57				58			
59					60				61			

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BRAIN TEASER

Language brain teasers are those that involve the English language. You need to think about and manipulate words and letters.

Take the given words, and by moving a single letter from one word to the other, make a pair of synonyms, or near synonyms. For example, given: Boast - Hip, move the 's' from 'Boast' to 'Hip' creating two synonyms: Boat - Ship.

1. Open - Cop
2. Cave - Curt
3. Cares - Pest
4. Salve - Savage
5. Whiled - Spurn

The Solution: Page 12

JUBILEE

MUSINGS

A young couple who were newly married were at the breakfast table. The young man stood up to be off to work. "Darling," said the young wife to her husband as he was leaving for the office, "won't you bring home something good for dinner this evening?" "Something good?" repeated the bewildered young husband, to whom marketing was a closed book. "Yes," repeated the wife, "something really good, you know." "Oh yes?" he replied as a light seemed to go off in his head. And that evening he brought home the church minister.

PEARLS OF WISDOM

"Life is really simple, but we insist on making it complicated."
~Confucius

"Life is a succession of lessons which must be lived to be understood."
~Helen Keller

"A well-spent day brings happy sleep."
~Leonardo da Vinci

CELEBRATE

We wish all of our February birthday reader,
Happy Birthday!
Your best years are still ahead of you and you will always be forever young. Thanks for brightening our world with your smile!
Let's Celebrate You!

Birthstone: Amethyst
Flower: Iris

Famous people who share your birthday month are:
Rebel Wilson
Donald Driver
Ashton Kutcher
Jane Seymour
Vanna White

IN PURSUIT OF TRIVIA

The States

1. How many US state names start with the letter "S"?
2. What state borders the state of Montana to the west?
3. What state is to the east of New York?
4. What four states border Wisconsin?
5. How many states border California?

Answers on page 12

MARVEL FUN FACTS

Tea Lore

The usual tea sold in the supermarket is a blend of 20-30 different varieties, each shoes for a certain characteristic-color, flavor, bouquet and body. There are three different types of tea: black, green, and oolong. All three types come from the same tea bushes. It's how the leaves are processed after they are picked that makes the teas different. Over 97 percent of all the tea consumed in the United States is black tea. In the processing, the tea is fully fermented. Green tea is light in color when brewed. In its processing, it is not fermented at all. Oolong tea is a compromise between black and green tea. It is semi-fermented, so that the leaves turn greenish brown.

MYSTERY

A servant lived with his master. After service of 30-years, his master became ill and was going to perish. One day, the master called his servant and asked him for a wish. It could be any wish but just one. The master gave him one day to think about it. The servant became very happy and went to his mother for discussion about the wish. His mother was blind and she asked her son to wish for her eye-sight to. Then the servant went to his wife. She became very excited and asked for a son, as they were childless for many years. After that, the servant went to his father who wanted to be rich. The next day he went to his master and made one wish and succeeded at getting everyone's wishes.
How did he do it?.

Answer on page 12

HANDMADE BEST MADE

Lavender Love Hearts

Time Involved: Assembly 30 minutes * Drying time 30-60 minutes

Tools & Materials: 3-inch heart, piece of thin cardboard about 12 inch square, white glue, small dish, 9 inch; 20 or 22-gauge florist's wire, 1 roll ½ inch green or brown florist's tape, ½ cup lavender flowers, small paintbrush, 2-lengths of 1/8" long satin ribbon, quick-drying glue, rose bud, 3-4 boxwood leaves, and sharp scissors.

Instructions

1. Place a piece of cardboard over the work surface. Pour some white glue into a small dish. Bind the florist's wire with the florist's tape and, pulling and stretching the tape so that it covers the wire smoothly.
2. Shape the taped wire into a heart and tightly twist the two ends of the wire together. Cover any sharp ends where they join with another piece of florist's tape.
3. Make a 4-5 inch square bed of lavender on the cardboard. Then, with a paintbrush, coat the wire heart thickly with the glue.
4. Place the heart onto the lavender bed. Using your fingers, cover the heart with the lavender flowers. Allow it to dry in the lavender bed.
5. Shake off any excess flowers and check the heart for any bare spots. If there are any, dab a little glue and fill the area with more lavender flowers and allow to dry again.
5. Tie one piece of ribbon around the center point of the top of the heart to form a loop for hanging.
6. Tie the other piece of ribbon into a simple bow with two loops and two tails. Attach the bow with a few dabs of glue.
7. Place a drop of quick-drying glue on the base of the rosebud and tuck it into the center bow.
8. Glue the box wood leaves, one leaf at a time, around the rose bud to give the appearance of a green halo surrounding the flower.



Art's Impact on Society

» Continued, from PG. 1

the French Revolution by David, Benjamin West's portrayal of the death of General Wolfe and Poussin's recreation of the Rape of the Sabine Women all strive to provide a version of historical events. Society, in turn, can accept or reject these portrayals of true events. Sometimes, as in the case of Goya's depiction of the French behavior during their conquest of Spain, art inspires a deep hatred of a certain nationality.

Art encapsulate a country's culture during that time period. Rembrandt, Rousseau, Monet, Hogarth, Whistler, Jan Steen, Frans Hal and Breughel depict for their generation the world as they see it. They affect future society by providing concise, if sometimes imaginative, depictions of daily life. Brughel the Elder paints peasants, Jean Baptiste depicts lower-class life and Daumi-

er's subjects in "The Third Class Carriage" are not the lofty work of Gainsborough. The wit and graphicness of Hogarth in "The Rake's Progress" or the imposing work of Thomas Eakins' "The Gross Clinic" provide historians with clues and pictures to a vastly different way of life. Jan Steen's "The Eve of St. Nicholas" provides a way to uncover how people spent Christmas in the early 17th century in the Netherlands.

Art has encouraged feelings of patriotism and national pride. Goya's, "The Third of May, 1808," the Americans portrayal of their revolution and countless other artists across the centuries have provided an impact extending beyond the work. Depictions of Washington crossing the Delaware, and portraits of battlefields, at home and abroad, are scenes that inspire society. These works

also remind the public of their past, what has been sacrificed or accomplished and what they can aspire to in the present or future.

Artwork has also provided clues to lives long over and species since disappeared. Holstein provides us with portraits of people long dead e.g. Henry VIII, Erasmus of Rotterdam, as Rubens does with his painting of Marie de' Medici. Goya's masterful and psychologically rich work "The Family of Charles IV" lays bare the natures and relationships of this royal family for all of society to view. Art has also provided examples of garden styles, structures to be imitated and fashions to follow.

Artwork has allowed us to glimpse lives and lifestyles. At one time, dressmakers in the colonies used the artwork found in magazines and depicted in reproductions of

paintings to create the latest in fashionable clothing. Art shaped a fashionable society where none had existed before. It allowed the Americans to be as up-to-date as their European counterparts. In the same manner, George Caleb Bingham with his painting "Fur Traders on the Mississippi" allowed Europeans a glimpse of another life. The art works by the Jewish artists trapped in the concentration camps of World War II preserve for all time the horrors of war and the inhumanity inflicted by one race upon another.

Art has also been a medium to help spread a culture. Art of propaganda during war is a classic example. Posters urge people to support their troops. Marketing ploys ask consumers to buy locally or purchase a specific product. Pop art is probably one of the most influential societal tools of the

modern and post-modern age. The best possible example is Any Warhol. His Campbell Soup Cans are now icons.

Art has stirred the imagination of all nations from the earliest time. It has helped roused patriotic fervor, brought new ideas and culture to light, raised questions and rewritten or reinterpreted historical events.

Art has provided clues to the past and advanced questions about the future. Its impact continues to be felt emotionally. For, above all, art touches us beyond the intellect, reaching down into society's emotional core. In the end, the greatest impact of art is its ability to provide us with the truth about the world seen through the eye of an artist.

Grant Eckert is a writer for Maccaca. To learn more visit www.maccaca.com

**ANSWERS TO:
IN PURSUIT OF TRIVIA**

1. TWO; SOUTH CAROLINA AND SOUTH DAKOTA
2. IDAHO
3. VERMONT
4. MINNESOTA, MICHIGAN, IOWA AND ILLINOIS.
5. THREE; OREGON, NEVADA AND ARIZONA

Answers from page 12

MYSTERY

The servant said, "My mother wants to see her grandson swinging on a swing of gold."

Answers from page 12

**ANSWER TO
BRAIN TEASER**

1. PEN - COOP
2. CARVE - CUT
3. CARESS - PET
4. SAVE - SALVAGE
5. WHIRLED - SPUN

Answers from page 12

C	O	N	G		A	B	B		M	A	I	L
A	L	A	R		R	I	A		E	D	D	A
S	I	M	I		I	S	T		L	E	A	D
A	D	A	G	I	O		C	H	I	N	S	E
			R	E	S		H	A	N			
A	N	D	I	R	O	N		S	E	W	E	N
B	A	Y		T	E	C			A	L	E	
A	B	E	L	E		T	H	U	S	F	A	R
			A	R	P		A	C	C			
P	A	L	T	R	Y		N	A	R	I	N	E
A	M	A	H		E	E	C		A	B	E	D
L	I	M	E		L	E	E		P	I	M	A
M	A	A	R		O	K	S		E	D	A	M

Red Velvet Sweet Heart Pancakes

» continued from, PG. 1

cakes with a drizzle of creamy cinnamon marshmallow topping. You will see smiles. Make this Valentine breakfast one to be remembered for a lifetime. Let's get ready and plan a great day for you and your family.

Ingredients:

- Items Needed**
- 3" Heart shaped cookie cutter
 - 7" Heart shaped cookie cutter
 - Red food coloring

Pancake Batter:

- ¾ cup milk
- 2 tablespoons white vinegar
- 1 cup all-purpose flour
- 2 tablespoons white sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda

- ½ teaspoon salt
- 1 egg
- 2 tablespoons butter, melted
- Cooking spray

Pancake Directions:

- 1) Combine milk with vinegar in a medium bowl and set aside for 5 minutes to "sour."
- 2) Combine flour, sugar, baking powder, baking soda, and salt in a large mixing bowl. Whisk egg and butter into "soured" milk. Pour the flour mixture into the wet ingredients and whisk until lumps are gone.
- 3) Pour half of the mixture into a new bowl. Keep half into remaining bowl. Color one half batter mixture with red food coloring. Keep the other half white.
- 4) Heat a large skil-

let over medium heat, and coat with cooking spray. Pour ¼ cups of batter into the skillet, and cook until bubbles appear on the surface. Flip with a spatula and cook until browned on the other side. Cook all the white mixture followed by the red mixture; making some pancakes red and some white [do not mix colors together].

5) When slightly cooled press cookie cutter into the pancake making heart shapes; some small and some large hearts; repeat process to make a stack of heart shaped pancakes. Arrange larger ones on the bottom and smaller hearts on top.

6) Top with desire topping, such as strawberries and syrup.

Makes 4 servings.

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Oregon Way
Safeway 15th Avenue
Safeway Ocean Beach

Additional Location
Montecello Hotel

Vancouver
Commerce Center
Fourth Plain
Heritage Place
Main Street
Mill Plain
Vancouver Mall
Vancouver Park Place

Salmon Creek
20th Avenue
Fred Meyers
Safeway 99

Woodland
Pacific Avenue - Woodland
Safeway - Woodland

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Men's Winter Wardrobe Must-Haves

» Continued, from PG. 3

mohair. Chunky knits look good.

Trousers

Jeans are a must for all seasons, but in the winter it's important to choose a style made in thicker, heavier denim to better withstand the chill.

In general, avoid thin, light and float-like materials as these will make it very unpleasant to spend prolonged periods of time in the outdoors.

A wise idea for kicking about at the weekend is to invest in a trendy

pair of sweatpants. The fabric is often soft, warm and cozy, making it ideal for wearing while out and about in the winter.

For wearing during the week and in the city, chinos in a heavier cotton are a good choice.

Coats

Every fashion-conscious male should have more than one winter coat: one for work, one for play and, ideally, another for evenings out. Most men get away with having just the two,

however, by choosing a versatile key piece that can be worn both to the office and in the evenings.

Men's pea coats are ideal in terms of versatility. They look equally cool paired with tailored trousers as they do a pair of jeans or chinos.

For weekends and more casual occasions, duffle coats are a good choice.

Harvey McEwan writes on topics as broad as men's pea coats and holiday destinations.




Monday – Friday-

First Edition	5am-7am
The Bob Miller show	7am-10am
The Clark Howard Show	10am-12pm
The Michael Medved Show	12pm-3pm
Terry Boyd's World	3pm-6pm
The Dave Ramsey Show	6pm-9pm
The Michael Medved Show	9pm-12am
Hugh Hewitt	12am-3am
Wall Street Journal	3am-5am

Saturday

Hugh Hewitt	12am-3am
WSJ This Morning	3am-5am
Quincy Bio Science	5am-6am
Heath Matters; Paul Rosen	6am-8am
Pet Nutrition; Chip Sammons	8am-9am
Financial Salad	9am-10am
Weekend Warriors	10am-12pm
The Aaron Coker Show	12pm-1pm
Jill on Money	1pm-3pm
Pet World	3pm-4pm
Cigar Dave	4pm-6pm
Auto World	6pm-8pm
Best of Clark Howard	8pm-11pm
Cigar Dave Replay	11pm-12 am

Sunday

Cigar Dave Replay	12am-1am
Hugh Hewitt	1am-4am
Tee it Up	4am-5am
Quincy Bio Science	5am-6am
WSJ This Morning	6am-8am
Health Matters; Paul Rosen	8am-10am
Simple Kitchen; Missy Maki	10am-12pm
Pet Nutrition; Chip Sammons	12pm-1pm
Garden Rebel	1pm-3pm
Ric Edelman	3pm-5pm
Real Estate Radio	5pm-6pm
Peter Schiff	6pm-8pm
Meet the Press	8am-9pm
Imagination Theater	9pm-10pm
Ric Edelman	11pm-12am

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February 14TH - March 1ST THE DIXIE SWIM CLUB

Written by Jessie Jones, Nicholas Hope & Jamie Wooten
Produced by special arrangement with Dramatists Play Service, Inc.

Five vivacious women set aside a long weekend every August, free from husbands, kids and jobs, to recharge their friendships.



April 11TH - April 26TH ROMEO & JULIET

Written by William Shakespeare

The classic drama of two feuding families and forbidden love adapted for the rich visual Victorian world of Steampunk.



June 13TH - June 28TH BAREFOOT IN THE PARK

Written by Neil Simon
Produced by special arrangement with Samuel French, Inc.

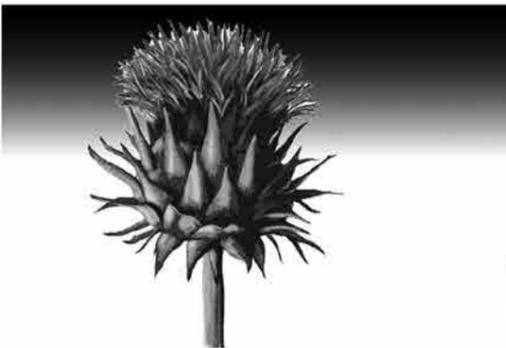
Newlyweds, Paul & Corie Bratter, couldn't be more opposite. But, even with disastrous antics, it's clear that love conquers all in the end.



August 1ST - August 16TH BECKY'S NEW CAR

Written by Steven Dietz
Produced by special arrangement with Dramatists Play Service, Inc.

When a woman says she wants a new car, she wants a new life. A devious and delightful romp down the road not taken.



October 3RD - October 18TH THE WOMEN OF LOCKERBIE

Written by Deborah Brevoort
Produced by special arrangement with Dramatists Play Service, Inc.

One group of women fight political pressure and personal demons to respond to an act of terror with love. Loosely inspired by real events.



December 5TH - December 20TH YES, VIRGINIA, THERE IS A SANTA CLAUS

A radio drama by Andrew J. Fenady, based upon the teleplay by Val DeCrowl & Andrew J. Fenady
Produced by special arrangement with Dramatic Publishing of Woodstock, Illinois

A timeless story about life's struggles and suffering and the miracle of faith that preserves hope and the human spirit.



YOUR PASS PORT TO FUN



JAN 18 – FEB 16, 2014

Oregon Children's Theater Presents *Charlotte's Web*

Date: January 18th - February 16th, 2014

Time: 2:00pm

Venue: Newmark Theatre

Address: 1111 S.W. Broadway

Portland, OR 97201

Description: Directed by Lava Alapai. The word is out, he's "some pig," "radiant," "terrific!" A story of friendship, loss and love, *Charlotte's Web* shines onstage. Intelligent, funny, and heartfelt, the book by E.B. White has captivated young readers for generations. When an affectionate pig named Wilbur is saved from slaughter and sent to live on a nearby farm, he finds a barnyard full of animals who quickly become family. But it's the most unlikely of friends that prove to be his best – a spider named Charlotte who uses her skills to save Wilbur's life once more, even as her own is slipping away. It's the classic tale you know and love!

Cost: From \$18.00 to \$30.00

Contact: 503-228-9571

Camas Independent Film Festival

Dates: January 17, 2014 - February 06, 2014 Location: Granada Studio at the Liberty Theatre

Address: 315 NE 4th St., Camas, WA Description: The first Camas Independent Film Festival will kick off a three week presentation on Friday, Jan. 17, in the Granada Studio at the Liberty Theatre. Thirteen films will be shown through February 6. The 2014 festival program features short film packages from the Sundance Film Festival as well as this year's Oscar Nominated Short films. Documentary films from India, France, US, Canada and Rwanda and independent dramas from the US and UK are all featured in this program.



CLADDAGH

Sunday, February 23rd 3:00 p.m.
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Box Office 360-575-8499

Lantern Tour of Fort Vancouver

Date: February 15, 2014

Location: Fort Vancouver National Site

1001 E. 5th Street Vancouver, WA 98661

Times: From: 7:00 PM to 9:00 PM (arrive no later than 6:30pm)

Description: Experience live theater and take a lantern-lit journey with a Park Ranger. Peek into the past with costumed interpreters performing historical vignettes of a night at Fort Vancouver. Learn about your urban national park then and now while walking through the Fort's buildings. Finish off your evening by sharing a cup of hot cider with the talented costume interpreters and park.

Admission: \$10 Ages 16 & Over; \$7 Ages 15 & Under (Reservations Required)

Phone: 360-816-6230

Hazel Dell Half Marathon & 8k

Date: February 23, 2014

Location: Hazel Dell Town Center 9301 NE 5th Ave #102 Vancouver, WA 98665

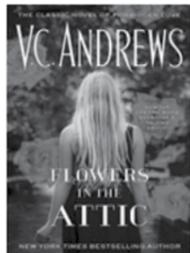
Times: Starting: 8:30 AM

This is the 5th year of this great local race. Run or walk through the neighborhoods of Hazel Dell and Felida and along the Salmon Creek Trail. Proceeds shared with Panda Paws Rescue in Vancouver, WA. Red Velvet cupcakes at the finish line--what more could you ask for? Visit www.marathons2014.com.

Books & Nooks – Premium Reviews by The Variety Post

Flowers in the Attic

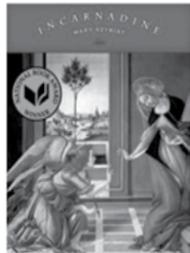
By V. C. Andrews



A major Lifetime movie event—the novel that captured the world's imagination and earned V.C. Andrews a fiercely devoted fanbase. Book One of the Dollanganger Family series. At the top of the stairs there are four secrets hidden. Blond, beautiful, innocent, and struggling to stay alive... They were a perfect family, golden and carefree—until a heartbreaking tragedy shattered their happiness.

Incarnadine

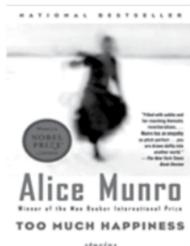
By Mary Szybist



Winner of the 2013 National Book Award for Poetry. In *Incarnadine*, Mary Szybist restlessly seeks out places where meaning might take on new color. One poem is presented as a diagrammed sentence. Another is an abecedarium made of lines of dialogue spoken by girls overheard while assembling a puzzle.

Too Much Happiness

By Alice Munro



Winner of the Nobel Prize® in Literature 2013. Ten superb new stories by one of our most beloved and admired writers—the winner of the 2009 Man Booker International Prize. With clarity and ease, Alice Munro once again renders complex, difficult events and emotions into stories about the unpredictable ways in which men and women accommodate and often transcend what happens in their lives.

The Maze Runner

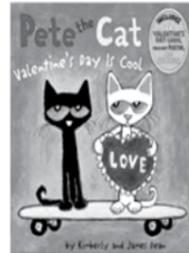
By James Dashner



Read the first book in the New York Times bestselling *Maze Runner* series. You're in a bizarre place devoid of adults called the Glade. The Glade is an enclosed structure with a jail, a graveyard, a slaughterhouse, living quarters, and gardens. And no way out. Outside the Glade is the Maze, and every day some of the kids -- the Runners -- venture into the labyrinth, trying to map the ever-changing pattern of walls in an attempt to find an exit from this hellish place!

Pete the Cat; Valentine's Day Is Cool

By James Dean and Kimberly Dean



Join Pete in New York Times bestselling author James Dean's *Pete the Cat* picture book series, as Pete has a Valentine's Day adventure—complete with poster, punch-out valentine cards, and stickers! Pete the Cat thinks Valentine's Day isn't cool . . . until he realizes how many special cats there are in his life! Pete works hard to make valentines for everyone, and it turns out to be the grooviest Valentine's Day ever.

The Book Thief

By Markus Zusak



It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement.

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