

The Columbian  
**Life**

**Section D**

Today's weather picture by **Lauren Birch, 8**, Vancouver, Illahee Elementary School



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**Can't-miss vacation hot spots**

Once again, it's summer vacation time—time to lock up the house, load the kids into the car, fill the tank with gas, then decide which one of the kids you should sell to pay for the gas,

because it's very expensive this year.

Now you're all set! To guarantee that it's the "vacation of a lifetime," I've prepared a special itinerary just for you, featuring a set of unique attractions

**DAVE BARRY**



that I swear I am not making up.

You'll start by driving to: **Marshall County, Ind.** — Here you'll visit the historic town of Bremen. According to the Marshall County Convention and Tourism Commission brochure, sent to me by alert reader Chris Straight, Bremen's claim to fame is that "the world's heaviest man died here." The brochure offers no details, except to say that while in Bremen, you can "ask about the casket preparation for the world's heaviest man." It doesn't say whom, specifically, you should ask. Your best bet is to just drive into Bremen, honk at the first person you see, roll down your window and shout, "WHAT ABOUT THE CASKET PREPARATION FOR THE WORLD'S HEAVIEST MAN?" Then you should drum your fingers impatiently on the steering wheel to indicate you need a quick answer, because you're in a hurry to get to your next vacation destination:

**Macklin, Saskatchewan.**

— This is located in Canada, which is legally a foreign country, but it's well worth the trip, because Macklin is the proud home of the world's largest fiberglass replica of the ankle bone of a horse.

This particular one stands 32 feet high, which makes it taller than any fiberglass horse ankle bone you're going to see in your so-called "sophisticated" cities, such as New York or Paris.

The giant ankle bone, which was brought to my attention by alert reader Marylu Walters, symbolizes a game called "bunnock" ("bones"), in which you try to knock over horse bones by throwing other horse bones at them. According to a brochure put out by the Macklin Bunnock Committee, the game was invented by Russian soldiers in Siberia who "discovered that the ankle bones of a horse could be set up on the frozen ground."

The brochure, speculating on what inspired this discovery, suggests "ingenuity," "sheer luck" and "boredom," although I personally think that another strong candidate would be "vodka."

Your family is sure to enjoy viewing the giant plastic Macklin bone, which looks vaguely like an enormous naked woman with no arms or legs or head. If you're lucky enough to be in Macklin in August, you might witness the World Championship Bunnock Tournament. But as much fun as it is to watch Canadians throw horse bones, you need to move on to:

**Easton, Mass.** — This, according to a Boston Globe article alertly sent in by Tom Darisse, is the home of the

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**Falling in love with falls**

**M**ultnomah Falls is magnificent, dropping water more than 600 feet. It's close by and convenient, just across the Columbia River, with its own rest area off a major freeway. But where's the adventure in that?

Take inspiration from the enterprising spirit of Greg Plumb. Plumb, a geographer who has spent the past 20 years exploring and rating tens of thousands of American waterfalls, makes regular expeditions to this region. He recently published the fourth edition of his "Waterfall Lover's Guide" to the Northwest.

Using that book, we took trips to five of his highest-rated sites in Southwest Washington, including Falls Creek Falls, pictured here. We also culled the dozens of other local waterfalls he mentions into a specialized list, and then clustered them into potential day trips for Clark County residents. Our hope is that you can take this package of information — plus water, food, a detailed map, first aid kit and bug repellent — into the forests north of the Columbia and discover how much more there is to waterfalls around here than just Oregon's No. 2 tourist attraction (Multnomah Falls was surpassed recently by Spirit Mountain Casino).

Story by Brett Oppegaard  
◆ The Columbian ◆  
Photos by Troy Wayrynen

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**Young people say e-mail too slow for IM world**

By **MARTHA IRVINE**  
*Associated Press writer*

CHICAGO — E-mail is so last millennium.

Young people see it as a good way to reach an elder — a parent, teacher or a boss — or to receive an attached file. But increasingly, the former darling of high-tech communication is losing favor to instant and text messaging, and to the chatter generated on blogs and social networking sites such as Facebook and MySpace.

The shift is starting to creep into work-

place communication, too.

"In this world of instant gratification, e-mail has become the new snail mail," says 25-year-old Rachel Quizon from Norwalk, Calif. She became addicted to instant messaging in college, where many students are logged on 24/7.

Much like home postal boxes have become receptacles for junk mail, bills and the occasional greeting card, electronic mailboxes have become cluttered with spam. That makes them a pain to weed through, and the problem is only expected to worsen as some e-mail providers

allow online marketers to bypass spam filters for a fee.

Beyond that, e-mail has become most associated with school and work.

"It used to be just fun," says Danah Boyd, a doctoral candidate who studies social media at the University of California, Berkeley. "Now it's about parents and authority."

It means that many people often don't respond to e-mails unless they have to.

Boyd's own Web page carries this note:

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**Did you know?**

When immediacy is a factor, most young people prefer the telephone or instant messaging for everything from casual to heart-to-heart conversations, according to research from the Pew Internet & American Life Project.

**your Guide:**



**Travel:** Experiencing Maine through the local food /D4

**Books:** Latest mysteries are worth boning up on /D11



**Coming Monday:** Washington farmer makes fresher fruit, vegetables available year-round /D1



Photos by TROY WAYRYNEN/The Columbian

Lower Lewis River Falls offers an amazing sight as well as opportunities to swim and wade around a major waterfall.

## More big water

### Chelatchie Prairie

Near the symmetrical cinder cone of Tumtum Mountain, in north Clark County, a series of waterfalls can be found along Siouxon Creek. The best of those, Wildcat Falls, also takes the most effort to reach.

**Wildcat Falls \*\*\*\*** A serene setting and a 100- to 120-foot plunging waterfall caps a trip that also can include stops at nearby Chinook Falls, Siouxon Falls and Horseshoe Creek Falls. Difficult 4.7-mile hike, compounded by lack of signage, makes this an adventure. To begin, take state Highway 503 north to Chelatchie, turn east on Northeast Healy Road. Follow for 9.2 miles to Forest Road No. 57, turn left and follow 1.2 miles to Forest Road No. 5701. Left again and follow for 3.8 miles.

### Lacamas Creek

Lacamas Creek in Camas creates a couple of modest waterfalls.

**The Potholes \*\*** Lacamas Creek pours 15 to 20 feet over a wide expanse of bedrock into a popular swimming hole. Access through the marked Round Lake trail, 1.4 miles north of downtown Camas, off state Highway 500.

**Lower Falls \*\*** About a half-mile downstream from The Potholes, the creek then plummets another 25 to 35 feet. A footbridge goes over the top of the falls.

### Lewis River

Even though the waterfalls get less spectacular upstream from the Lower Lewis River Falls, this string of sites along the Lewis River presents a variety of options.

**Taitnapum Falls \*\*\*** An airy vista looking into an 80- to 100-foot wide block waterfall that drops 20 to 25 feet. From Woodland, follow Lewis River Road No. 90 east to the parking area for Quartz Creek Trailhead No. 6 (16.8 miles northeast of Eagle Cliff Bridge). Walk down to the river and follow it downstream for a third of a mile.

**Upper Lewis River Falls \*\*\*** A block waterfall that pours across a massive slab of bedrock and down 35 feet. Just less than a mile southwest of the Quartz Creek Trailhead is the entry to the Lewis River Trail system, which provides access to the upper falls and several others, including Copper Creek Falls, Middle Lewis River Falls and Lower Copper Creek Falls.

### Lewis River, East Fork

Another string of small waterfalls can be found in north Clark County, along the East Fork of the Lewis River.

**Sunset Falls \*\*** With the private property issues complicating stops at nearby Lucia Falls and Horseshoe Falls, Moulton Falls and Sunset Falls serve as adequate alternatives. Both have public access points and offer pleasant settings. Follow the marked path through Battle Ground to Battle Ground Lake State Park. Go past the park 2.8 miles north to Lucia Falls Road, and then head east to the end of that road. Turn right, or southeast, onto Country Road No. 12 and follow 7.6 miles to the Sunset Picnic Area. The falls are a short distance upstream.

**Big Tree Creek Falls \*\*\*** A unique horsetail waterfall that so forcefully strikes rock at one spot that it plunges the rest of the way down. From Yacolt, go east on Yacolt Road until it becomes Falls Road. Follow 1.6 miles and park at an unsigned turnout (but don't block the gate). Walk down the gravel road a tenth of a mile to an unmarked path, just before the bridge crossing over the falls.

### St. Helens South

The eruption of Mount St. Helens in 1980 had some beneficial effects on this area, too, including uncovering Lava Canyon and its series of waterfalls.

**June Lake Falls \*\*\*** A 60- to 80-foot plunging waterfall, emptying into an idyllic lake. From Woodland, follow Lewis River Road No. 90 through Cougar to the intersection, 6.5 miles east of the town, of Forest Road No. 83. Turn north on the forest road and follow for 6.9 miles to the turnout marked for June Lake. Hike is 1.3 miles. A raft is needed for close-up views.

**Triplet Falls \*\*\*** The Muddy River tumbles 50 to 70 feet over three steps of resistant rhyolite. To add to the excitement, there's a swinging footbridge nearby. From the June Lake junction, travel 4.5 miles east along Forest Road No. 83 to a parking area, which has a trail that leads to six significant falls, starting with the Upper Lava Canyon Falls. While the trail starts easy, it becomes treacherous after this.

### Washougal River

Some of the best swimming holes in Clark County can be found along the Washougal River, often accompanied by decent waterfalls.

**Dougan Falls \*\*** A stairstep series of block falls, dropping 30 to 60 feet. The first of a quartet of falls and swimming holes, found about 7.2 miles north of the junction of state Highway 140 and Washougal River Road. About 10 miles east of Washougal, on state Highway 14, take state Highway 140 north. Follow that route for 4 miles, until Washougal River Road; turn right and pass Salmon Falls (another potential stop).

SOURCE: "Waterfall Lover's Guide" by Greg Plumb

## Lower Lewis River Falls

**Why go:** Almost as dynamic as Falls Creek Falls, only with a much shorter hike, swimming and wading areas and public park amenities, such as restrooms.

**"Waterfall Lover's Guide" rating: \*\*\*\***

**From the book:** "Water crashes over a broad expanse of the Lewis River in an especially scenic block form."

**What we think:** Depending on taste, this could be even more beautiful than the ones with the long drops, such as Multnomah Falls and Falls Creek Falls. Several significant waterfalls are around this area, too, including those on Curly Creek and Big Creek (see below), as well as the Upper and Middle Lewis River versions, plus Copper and Lower Copper Creek, Taitnapum, Straight Creek and Twin falls.

**How to get there:** From Woodland, take Lewis River Road No. 90 east, through Cougar, and follow the signs to the Lewis River Campground. People in east Clark County also can go through Carson and connect via Wind River Road No. 30. Curly Creek and Big Creek falls come first, and are quick diversions. Lower Lewis River Falls and the rest are farther down the same road.

## Big Creek Falls

**Why go:** Just off the road on the way to Lower Lewis River Falls. Flat, short and safe trail that could accommodate strollers or wheelchairs. Tall waterfall that plunges into a mossy bowl.

**"Waterfall Lover's Guide" rating: \*\*\*\***

**From the book:** "The view from the rim of this natural gorge is breathtaking as Big Creek plummets 125 feet into an obscured pool."

**What we think:** Several large fallen trees along the trail, as well as a couple of signs offering quotes for reflection, make the short walk (a tenth of a mile) go fast. The observation deck once again isn't as close (or as unobstructed) as one might like, but an intrepid bushwhacker might be able to find even better vantage points.

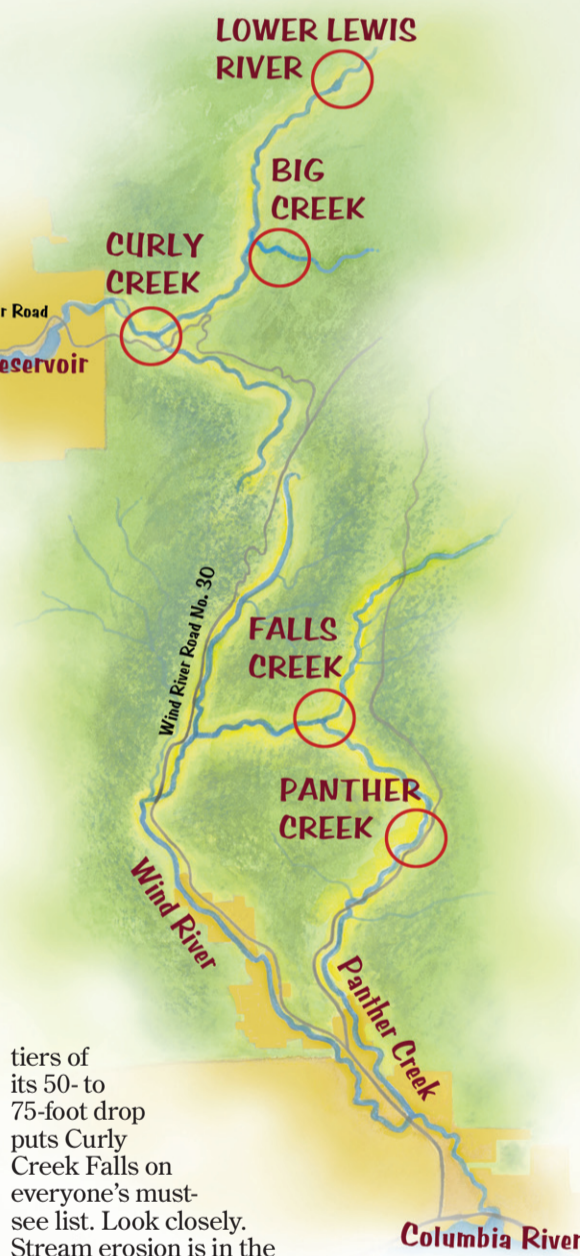
**How to get there:** After Curly Creek Falls, this is the next featured waterfall on Lewis River Road No. 90 (8.8 miles east of the Eagle Cliff Bridge).

## Curly Creek Falls

**Why go:** After the long and winding drive to this point, the small sign pointing to Curly Creek Falls feels like a beacon to take a break. But it's better than just a rest stop.

**"Waterfall Lover's Guide" rating: \*\*\*\***

**From the book:** "Despite its modest size, the natural arch that has been formed between the



tiers of its 50- to 75-foot drop puts Curly Creek Falls on everyone's must-see list. Look closely. Stream erosion is in the process of constructing a second arch from the bedrock."

**What we think:** Interesting rock formation. Pleasant setting. Short hike, with regular views of the flowing creek, plus the rumbling of the falls as a prod to keep going.

**How to get there:** On the way to Lower Lewis River Falls, follow the sign (about 4.1 miles east of the Pine Creek Ranger Station) to turn left on Forest Road No. 9039, which turns to gravel. There's a one-lane bridge and a parking area at the bottom of the hill. The unmarked trail head is on the left side of the road, just after crossing the bridge. Or you can keep driving over

the bridge to an even closer trail head, which is right at the observation deck for the falls.

## Falls Creek Falls

**Why go:** A pleasant 1.7 mile hike ends in a classic fantasy setting — a clearing surrounded by trees, dominated by a 250-foot waterfall, with three tiers. Falls Creek Falls is one of the elite natural attractions in the Northwest.

**"Waterfall Lover's Guide" rating: \*\*\*\***

**From the book:** "So outstanding one must wonder how it was given such a generic name. Several vantages ... although the shape of the cataract is such that all three tiers cannot be viewed together."

**What we think:** Astonishing ambiance. It starts with the thundering roar that can be heard several minutes before reaching the waterfall. The temperature starts to dip. The air begins feeling wet, then the falls appear. It's a majestic moment, as thrilling as one might imagine it would be to discover a jungle temple. Trail is flat and safe for small children, under close supervision. Flat rocks and open space make a phenomenal setting for a picnic.

**How to get there:** Take state Highway 14 east to Carson. Go through the town and continue north on Wind River Road No. 30, past Panther Creek, to Forest Road No. 3062-057. Turn right and follow the signs to Lower Falls Creek Trail No. 152A.

## Panther Creek Falls

**Why go:** This hidden spectacle, not far from Falls Creek Falls, is a segmented wonder at the intersection of Panther and Big creeks. Meaning it looks like several distinct waterfalls, 50 to 75 feet in height, all pouring into the same basin.

**"Waterfall Lover's Guide" rating: \*\*\*\***

**From the book:** "Unique because it is actually two waterfalls dropping side by side."

**What we think:** Tricky to find, but definitely worth the trek. The trail is short and easy, leading to a fenced observation deck. Not much room for resting or a picnic, without a bit of bushwhacking. Given the deck's angle somewhat obscures the view, going off-trail could lead to a better experience.

**How to get there:** North of Carson, on Wind River Road No. 30, take a right onto the northernmost (or second) entrance of Old State Road. Almost immediately, take a left (north) onto Panther Creek Road No. 65. At 7.4 miles up, there is an unmarked turnout on the right hand side, at the base of a hill covered with medium-sized rocks. Park there, and then walk back down the hill about 100 yards to an unmarked gravel path on the other side of the road.

## Words for waterfalls

**Block:** Descends from a wide breadth of a river or stream.

**Cascades:** Descends as a series of steps along a dipping bedrock surface.

**Fan:** Breadth of spray widens at the base of the falls.

**Horsetail:** Descends vertically while maintaining substantial contact with the bedrock surface.

**Plunge:** Descends vertically from the stream while losing contact with the bedrock surface.

**Punchbowl:** Descends from a narrow stream into a pool below.

**Segmented:** Descends in multiple threads as the stream diverges, with at least two threads visible from a single vantage point.

**Tiered:** Descends as a distinct series of several falls, with at least two tiers visible from a single vantage point.

SOURCE: "Waterfall Lover's Guide" by Greg Plumb



The beauty of nature and the physical exertion of short hikes complement the prizes at the end of each of these trails, Southwest Washington's best waterfalls.



## Guide to stars

- \*\*\*\* Exceptional, an awe-inspiring sight.
- \*\*\* Very good. Outstanding scenic feature.
- \*\* Good. Scenic feature worth a trip.
- \* Modest. Nice background for a picnic.