

The Power — of — Rural



A Celebration of
National Rural Health Day
in Washington State

About Rural Health Day

Over the past four years the Washington State Department of Health's Office of Rural Health has sponsored an art contest for students ages 6-18 years old. We asked students to put into hand-drawn pictures what makes their rural area healthy and a great place to live. We presented these wonderful and bright pieces of art as a calendar. For 2021, we expanded the art contest by asking for a favorite, healthy, family recipe and a "kid quote". It was already a big idea and the pandemic made it even more complicated than we anticipated. However, just like National Rural Health Day, this art will endure.



This book is more than a coffee-table book or a representation of family and community pride — it is a tool for helping our neighbors, businesses, and partners in rural health have a better understanding of the communities of the State of Washington. Of course, it couldn't have been possible without the joyful art provided by all the students.

This book was also made possible by the members of:

- Western Washington University, Area Health Education Center
- Eastern Washington University, Area Health Education Center
- Washington State Department of Health's Center for Public Affairs
- Washington State Department of Health's Office of Rural Health

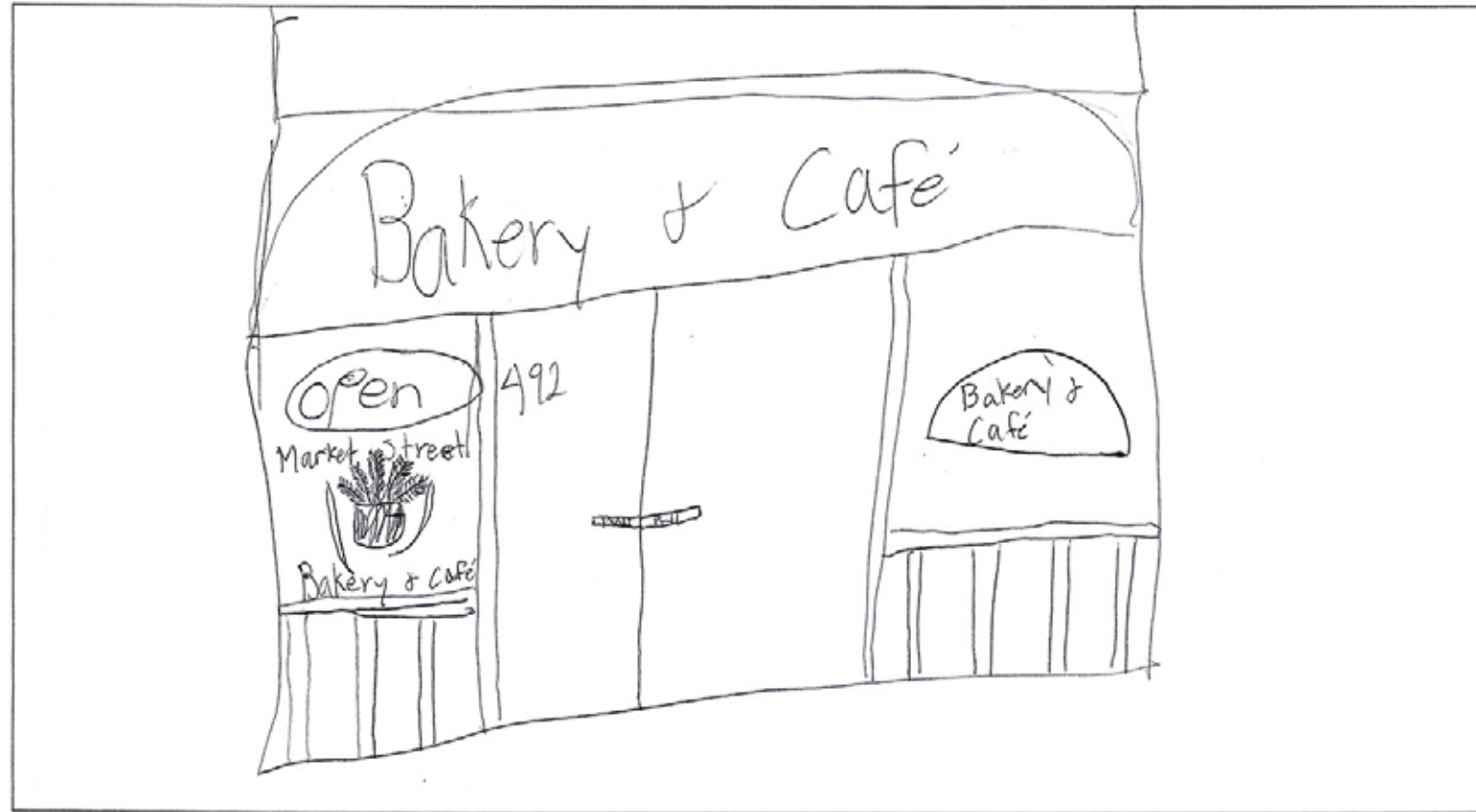
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Chehalis

Artist: Eloise, 10 years old



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Chehalis, Washington

County: Lewis

Population: 7,439

Tribal Nations in Area: Confederated Tribes Of The Chehalis Reservation, Cowlitz Tribe, Coast Salish Tribes

Primary Industries: Health Care, Social Assistance, Retail, Accommodation and Food Services, Farming, Fishing, Forestry

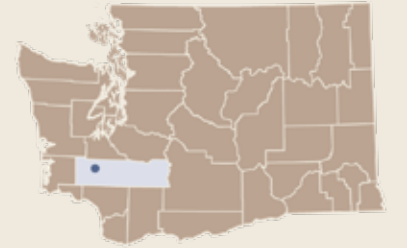
Nearest Hospital: Providence Centralia Hospital
912 S. Scheuber Road, Centralia, WA 98531
(360) 736-2803

The Chehalis Western Trail is a 22-mile, family-friendly, multi-use trail. This paved trail is very accessible and can be used by strollers, wheelchairs, and bicycles. You can start just about anywhere along the trail and connect to other trails along the way. The trail winds through different ecosystems: wetlands, prairies, lakes, urban forests, farmland and along rivers. It offers something for everyone!

PHOTO: Getty



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Rural Health Clinics: Steck Medical Group, NW Pediatric Centers (3), Mary's Corner Medical Clinic

Community Health Centers: The Chehalis Tribal Wellness Center, Community Allied Behavioral Health, Cascade Community Healthcare (behavioral health), Valley View Health Center (medical, dental, behavioral health and pharmacy), Lewis County Community Health Services

Chewelah

Artist: Quinn, 6 years old

What makes my community great? "That a lot of people wear masks at some places"



Chewelah

Artist: Teddy, 9 years old



Chewelah, Washington

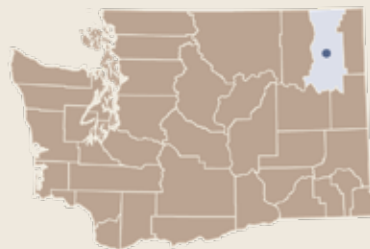
County: Stevens

Population: 2,684

Tribal Nations in Area: Chewelah Band of Indians (part of the Spokane Tribe), Syilx/Oakanogan Nation Alliance, Confederated Tribes of the Colville Reservation, Ktunaxa Nation

Primary Industries: Retail Trade, Educational Services, Manufacturing, Farming, Fishing, Forestry

Nearest Hospital: Providence St. Joseph's Hospital
500 E. Webster Ave., Chewelah, WA 99109
(509) 935-8211



Rural Health Clinic: Chewelah Associated Physicans

Community Health Centers: Chewelah Community Health, Springdale Community Dental Clinic

The Quartzite Trail is a 1.4 mile trail that is short but steep. It is not advisable for young children or those with limited mobility. This invigorating hike offers sweeping views at the top of Quartzite Mountain, that sits above the town of Chewelah.

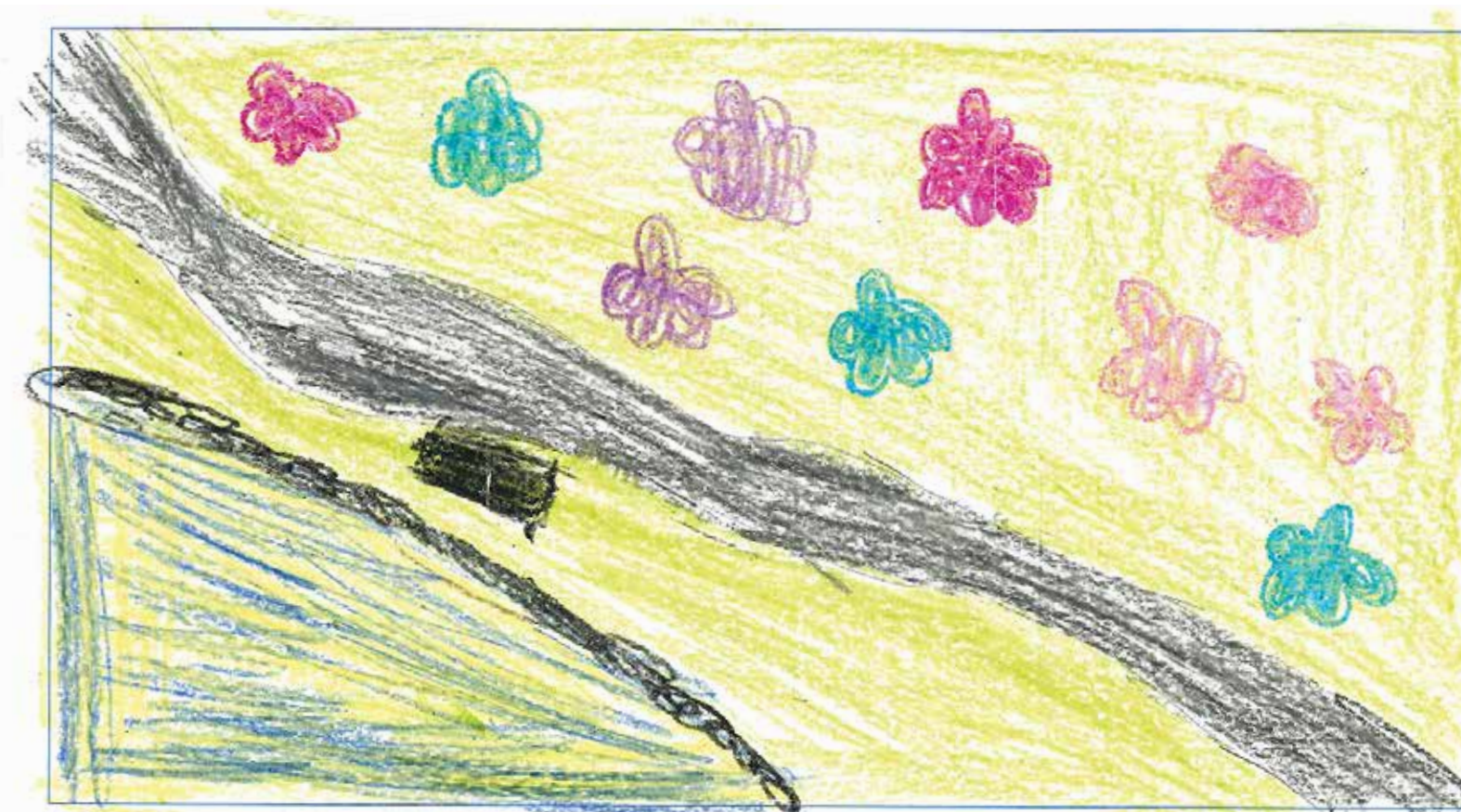


PHOTO: Alltrails.com

Colville

Artist: Riley, 13 years old

What makes my community great? *"The walks in the parks"*



Colville, Washington

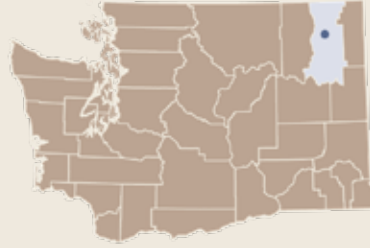
County: Stevens

Population: 4,854

Tribal Nations in Area: Sinixt Nation, Okanagan Nation Alliance, Ktunaxa Nation, Confederated Tribes of the Colville Reservation

Nearest Hospital: Providence Mount Carmel Hospital
982 E. Columbia Ave., Colville, WA 99114
(509) 685-5100

Rural Health Clinic: Providence North East Medical Group



Community Health Centers: Colville Community Health Center, Colville Medical, Colville Tribes Inchelium Community Health Center, Colville Community Dental

The Colville Mountain Loop Trail provides 4 miles of healthy, outdoor recreation for hikers, trail runners, and mountain bikers. This rolling trail provides beautiful viewpoints along the way. If you go in spring, you'll be delighted with wildflowers, and, if you're lucky, you'll see wildlife that live there, such as turkey and deer.



PHOTO: Alltrails.com

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Cosmopolis

Artist: Michael, 7 years old

What makes my community great? "Rain and plants"



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Cosmopolis

Artist: Russell, 8 years old

What makes my community great? "Gardens and trees"



Cosmopolis, Washington

County: Grays Harbor

Population: 1,638

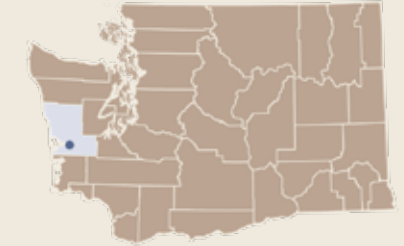
Tribal Nations in Area: Coast Salish Tribes, Confederated Tribes of the Chehalis Reservation

Primary Industries: Manufacturing, Educational Services, Health Care, Social Assistance

Nearest Hospital: Grays Harbor Community Hospital
915 Anderson Dr., Aberdeen WA 98520
(360) 532-8330

Rural Health Clinic: Hoquiam Clinic

Community Health Centers: SEA-MAR CHC - Aberdeen, SEA-MAR CHC - Ocean Shores



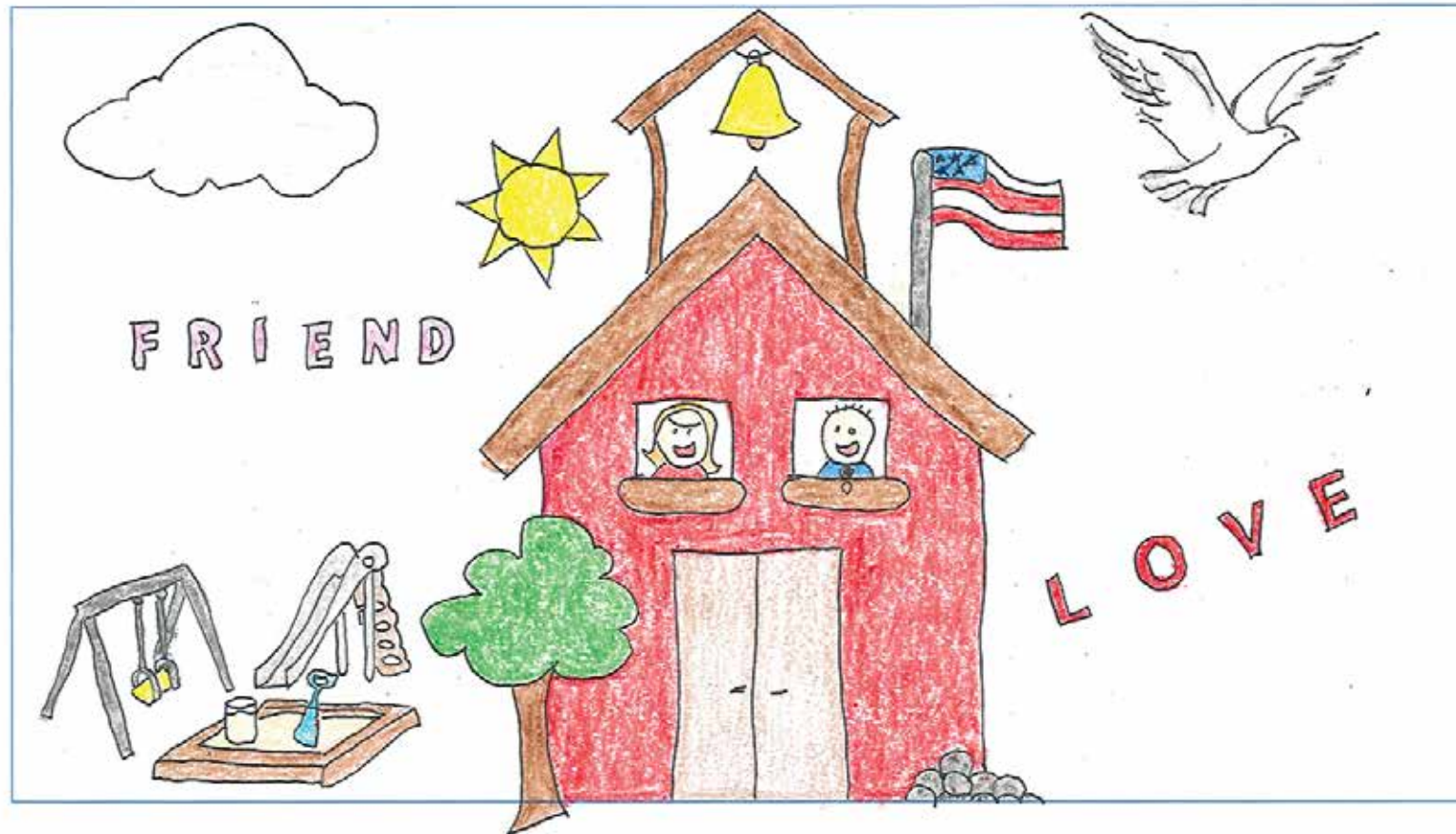
Makarenko Park in Cosmopolis offers a refreshing, dog-friendly, natural setting with over 39 acres of woodland. There are picnic tables, paved trails, and fields for sports. The park is a fabulous place for a stroll in any season. In the summer, be sure to check out the community gardens where locals can grow their own produce.

PHOTO: Getty



Dayton

Artist: Kaylene, 18 years old



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Dayton, Washington

County: Columbia

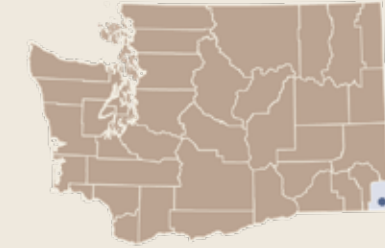
Population: 2,370

Tribal Nations in Area: Cayuse, Umatilla, Walla Walla, Confederated Tribes of the Umatilla Reservation

Nearest Hospital: Dayton General Hospital
1012 S. 3rd Street, Dayton, WA 99328
(509) 382-2531

Rural Health Clinic: Columbia Family Clinic

Community Health Center: Family Medical Center



The Lewis & Clark Trail State Park Nature Loop is a 1.3-mile trail near Dayton that is great for all skill levels and is kid-friendly. Enjoy a walk to the Touchet River, do some bird watching, and be on the lookout for wildlife. Within the state park you will find many other trails and an interpretation center.

PHOTO: Alltrails.com



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Ellensburg

Artist: Adam, 6 years old

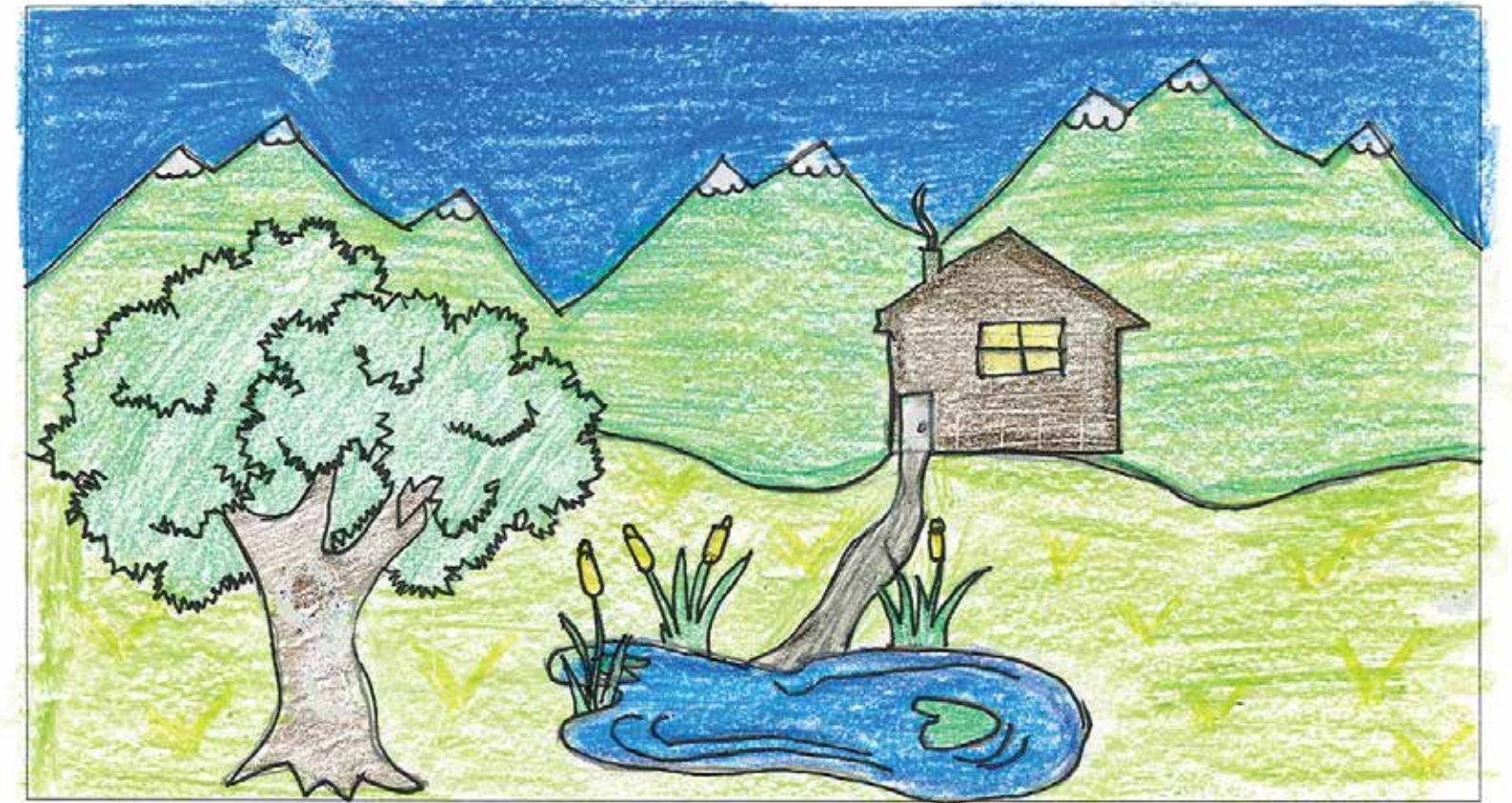
What makes my community great? "I like the sky because it's pretty."



Ellensburg

Artist: Hanna, 12 years old

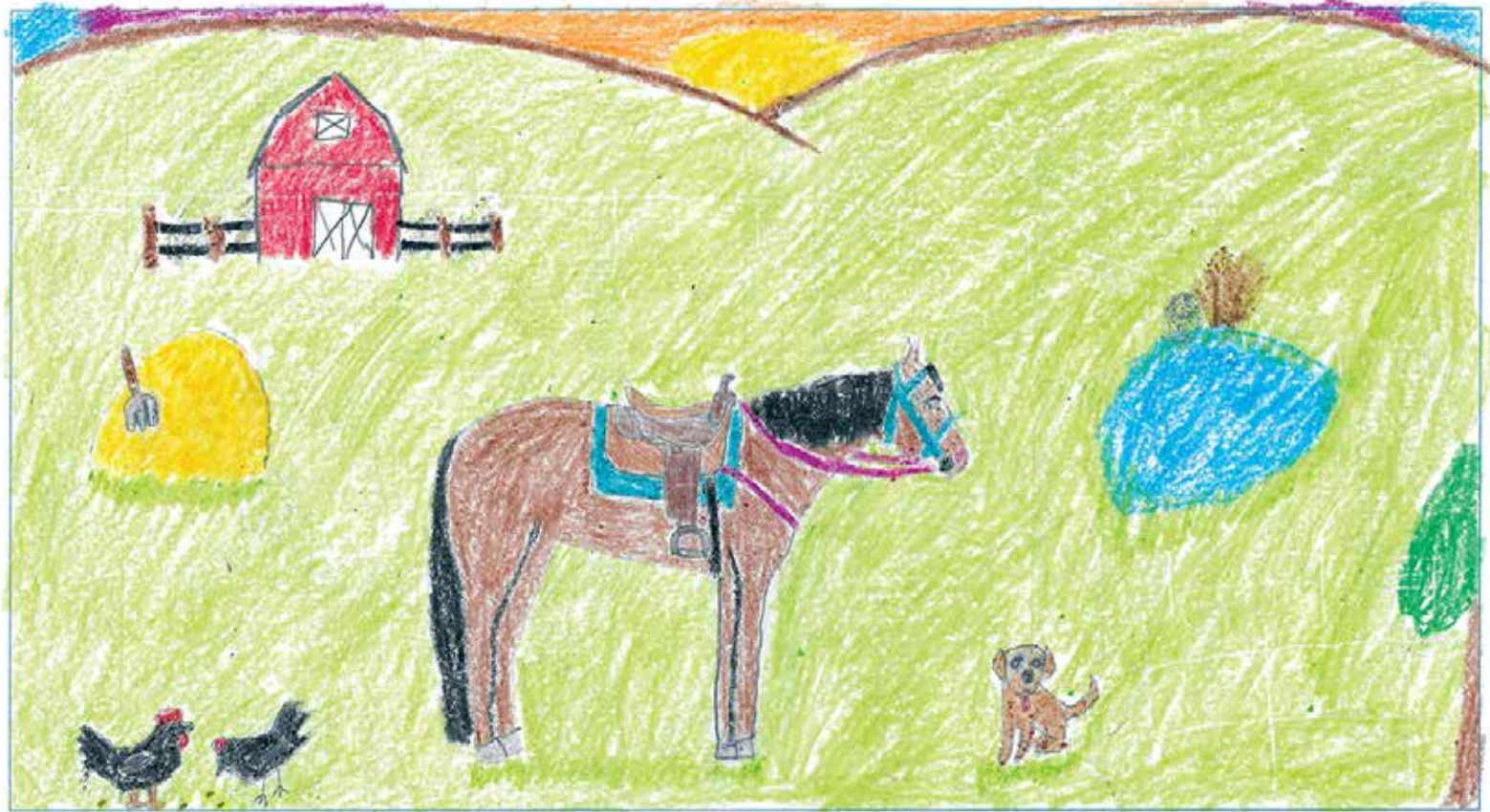
What makes my community great? "The trees and nature make our community great by providing oxygen and great views."



Ellensburg

Artist: Megan, 11 years old

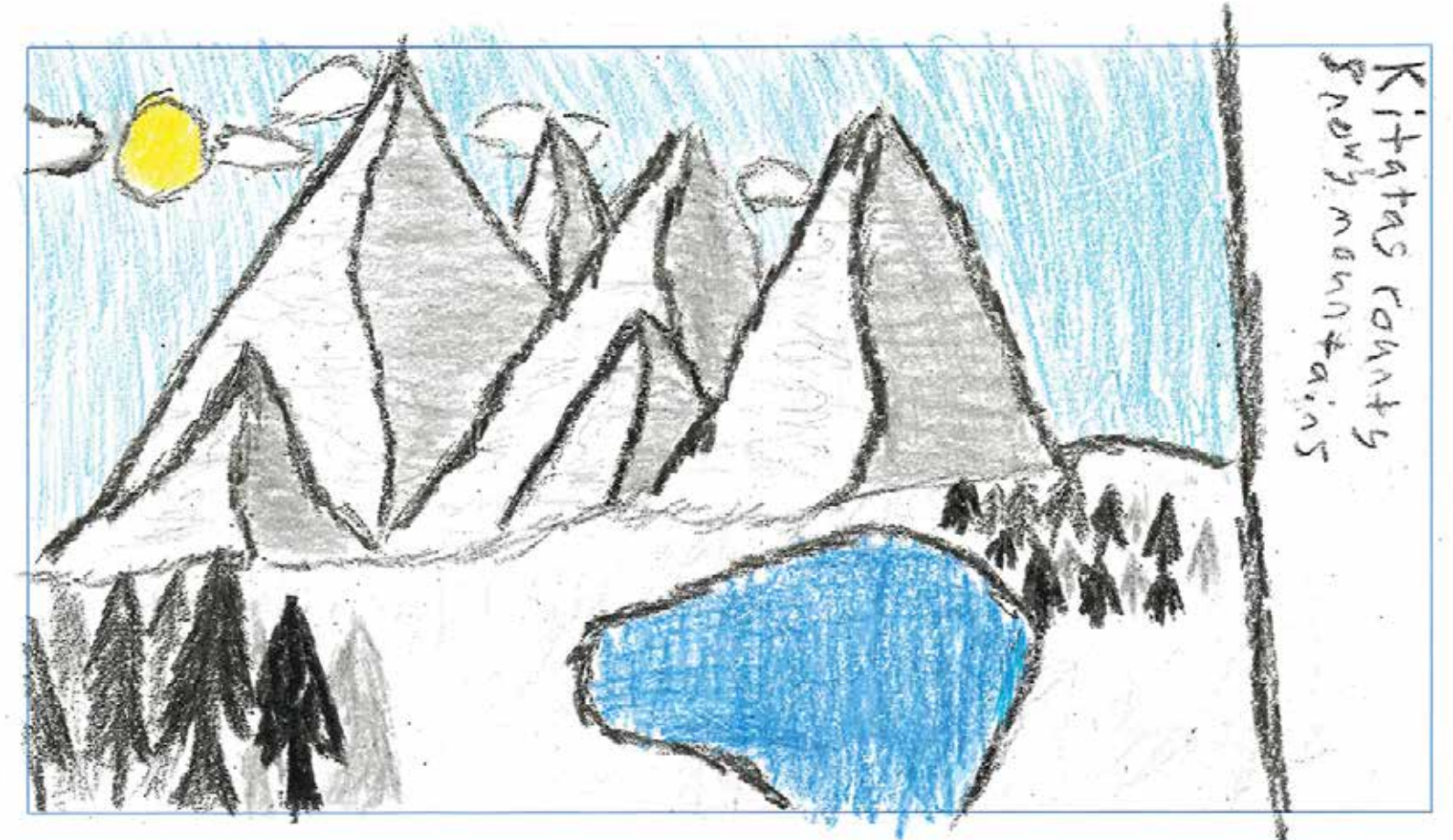
What makes my community great? *"Being outside in nature in the big wide world"*



Ellensburg

Artist: Ayden, 15 years old

What makes my community great? *"We have views of the Stuart Mountain Range."*



Ellensburg

Artist: Beatrix, 11 years old

What makes my community great? *"My family and community"*



Ellensburg

Artist: Sierra, 9 years old

What makes my community great? *"Camping outside and having fun"*



Ellensburg

Artist: Sarah Beth, 9 years old



Ellensburg, Washington

County: Kittitas

Population: 18,666

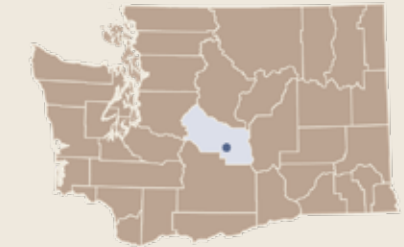
Tribal Nations in Area: Yakima Nation

Primary Industries: Educational Services, Office and Administration, Retail, Accommodation, Food Service

Nearest Hospital: Kittitas Valley Healthcare
603 S. Chestnut Street, Ellensburg, WA 98926
(509) 962-9841

Rural Health Clinics: KVH Family Medicine, CompassDirect Healthcare

Community Health Centers: CHCW - Ellensburg, CHCW - Ellensburg Comprehensive Mental Health



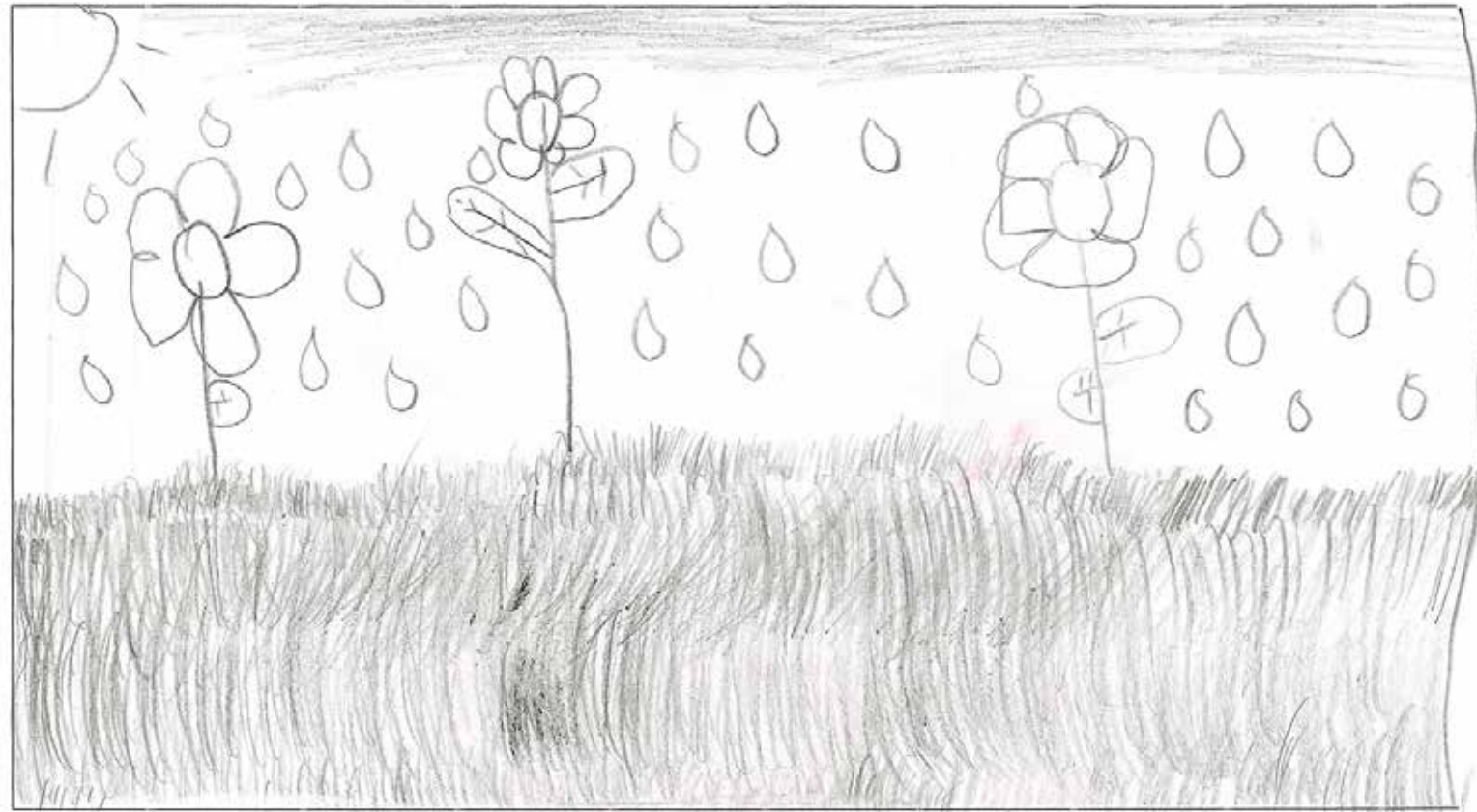
The Umtanum Creek Falls Trail is a 1.9 mile trail that is rated easy to moderate. Meander by a stream through birch, aspen and pine tree groves. The trail leads to a basalt column ring with a beautiful view of a waterfall.

PHOTO: Alltrails.com



Forks

Artist: Sofia, 9 years old



Forks, Washington

County: Clallum

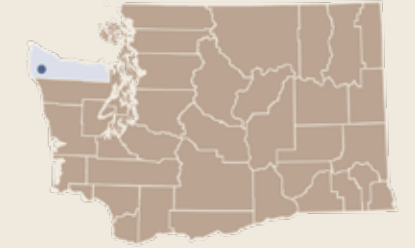
Population: 3,914

Tribal Nations in Area: Quileute Nation

Primary Industries: Retail, Public Administration, Educational Services

Nearest Hospital: Forks Community Hospital
530 Bogachiel Way, Forks, WA 98331
(360) 374-6271

Rural Health Clinics: Bogachiel Medical Clinic, Forks Family Medical Clinic, Clallam Bay Medical Clinic



The Kalaloch 4th Beach Trail is located near Forks. This .8 mile, out-and-back trail is short but steep. Travel through the forest, over a driftwood bridge, and end up at the expanse of the Pacific Ocean. See wildlife, such as seals and birds, and soak up the glorious sea breeze.

PHOTO: Getty



Freeland

Artist: Kinley, 8 years old

What makes my community great? "Deer, snow, trees, ferns, oceans, Orcas and more"



Freeland, Washington

County: Island

Population: 2,154

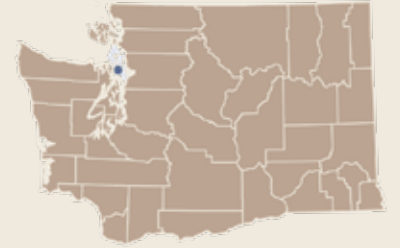
Tribal Nations in Area: Tulalip Tribes, Suquamish Tribe, Stillaguamish Tribe, Hulquamium Treaty Group, Coast Salish Tribes

Primary Industries: Manufacturing, Retail, Health Care, Social Assistance

Nearest Hospital: WhidbeyHealth Medical Center
101 N. Main Street, Coupeville, WA 98239
(360) 678-5151

Trillium Woods from Smugglers Cove Trailhead is a 2.6 mile loop trail near Freeland. This trail is a great way to enjoy the forest and have a simple walk outdoors. During the spring and summer, you can find wildflowers along the path. This loop is kid-friendly and dogs can enjoy it too if they are on a leash.

PHOTO: Alltrails.com



Rural Health Clinics: Primary Care Freeland, Pediatric Associates of Whidbey Island

Community Health Centers: SEA-MAR CHC - Everett, PCHS - Kingston Clinic

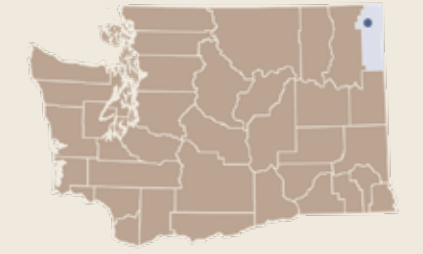
Ione

Artist: Holly, 12 years old



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Ione, Washington



County: Pend Oreille

Population: 484

Tribal Nations in Area: Sinixt Nation, Sylix/Okanagan Nation Alliance, Ktunaxa Nation, Kalispel Tribe of Indians

Primary Industries: Retail, Health Care, Social Assistance, Agriculture, Forestry, Fishing, Hunting, Mining, Quarrying, Oil/Gas Extraction

Rural Health Clinic: Newport Health Center

Nearest Hospital: Newport Hospital and Health Services
714 W. Pine St., Bldg C, Newport, WA 99156
(509) 447-2441

Community Health Center: Selkirk Community Health Center - Ione

The Frater Lake Trail in the Colville National Forest, near Ione, is a 1.8 mile trail that offers year-round recreation. Hike or mountain bike in the warmer seasons and cross-country ski or snow shoe in the winter.

PHOTO: Alltrails.com



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Langley

Artist: Payton, 11 years old



Langley, Washington

County: Island

Population: 1,154

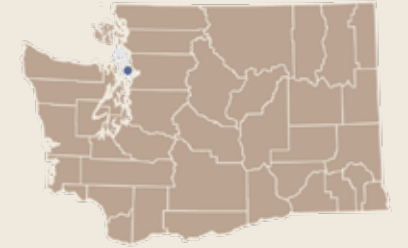
Tribal Nations in Area: Tulalip Tribes, Suquamish Tribe, Stillaguamish Tribe, Hulqumi'num Treaty Group, Coast Salish Tribes

Primary Industries: Accommodation, Food Service, Professional Service, Scientific Service, Technical Service and Educational Service

Rural Health Clinics: Pediatric Associates of Whidbey Island, WhidbeyHealth

Nearest Hospital: WhidbeyHealth Medical Center
101 N. Main Street, Coupeville, WA 98239
(360) 678-5151

Community Health Centers: Everett-North Clinic, SEA-MAR CHC - Everett



The Trustland Trails Multi-use Trail Loop is a 1.7-mile trail that is great for all skill levels. Dogs can join you but must be on a leash. The trail is used for walking, running and horseback riding. Find route options in this delightful, easy trail amongst the trees and ferns.

PHOTO: Alltrails.com



Oroville

Artist: Edgar, 10 years old

What makes my community great? "Agriculture - they help us keep food on tables."



Oroville

Artist: Jaelyn, 8 years old

What makes my community great? "I like all the room in Chesaw."



Oroville, Washington

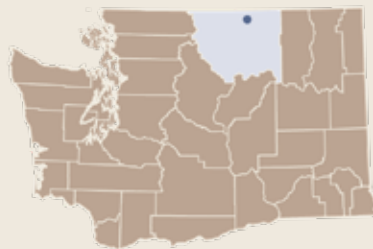
County: Okanogan

Population: 1,663

Tribal Nations in Area: Sylix/Okanagan Nation Alliance, Nlaka'pamux Nation

Primary Industries: Agriculture, Forestry, Fishing, Hunting, Retail, Accommodation, Food Service

Nearest Hospital: North Valley Hospital
203 S. Western Ave., Tonasket, WA 98855
(509) 486-2151



Rural Health Clinic: Confluence Health - Oroville Clinic, Confluence Health - Tonasket Clinic

Community Health Centers: FHC - Oroville Dental Clinic, FHC - Tonasket Medical Clinic

The Similkameen Trail is a 9.7 mile out-and-back trail that can be shortened to suit your fancy. Walk, run or mountain bike on this kid- and dog-friendly (with leash) trail. You can enjoy the Similkameen River and the views year-round.



PHOTO: Getty

Port Ludlow

Artist: Ellie, 6 years old

What makes my community great? *"Bees to make beautiful flowers"*



Port Ludlow, Washington

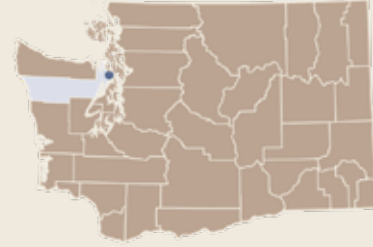
County: Jefferson

Population: 2,828

Tribal Nations in Area: Suquamish Tribe, S'Klallam Tribes, Jamestown S'Klallam, Port Gamble S'Klallam Tribes, Coast Salish Tribes and Chimacum Tribes

Primary Industries: Professional Service, Scientific Service, Technical Service, Health Care, Social Assistance, Public Administration

Nearest Hospital: Jefferson Healthcare
834 Sheridan Ave., Port Townsend, WA 98368
(360) 426-1611



Rural Health Clinic: Jefferson Healthcare Port Ludlow Clinic

Community Health Centers: Peninsula Community Health Services, Poulsbo Dental, PCHS - Kingston Clinic

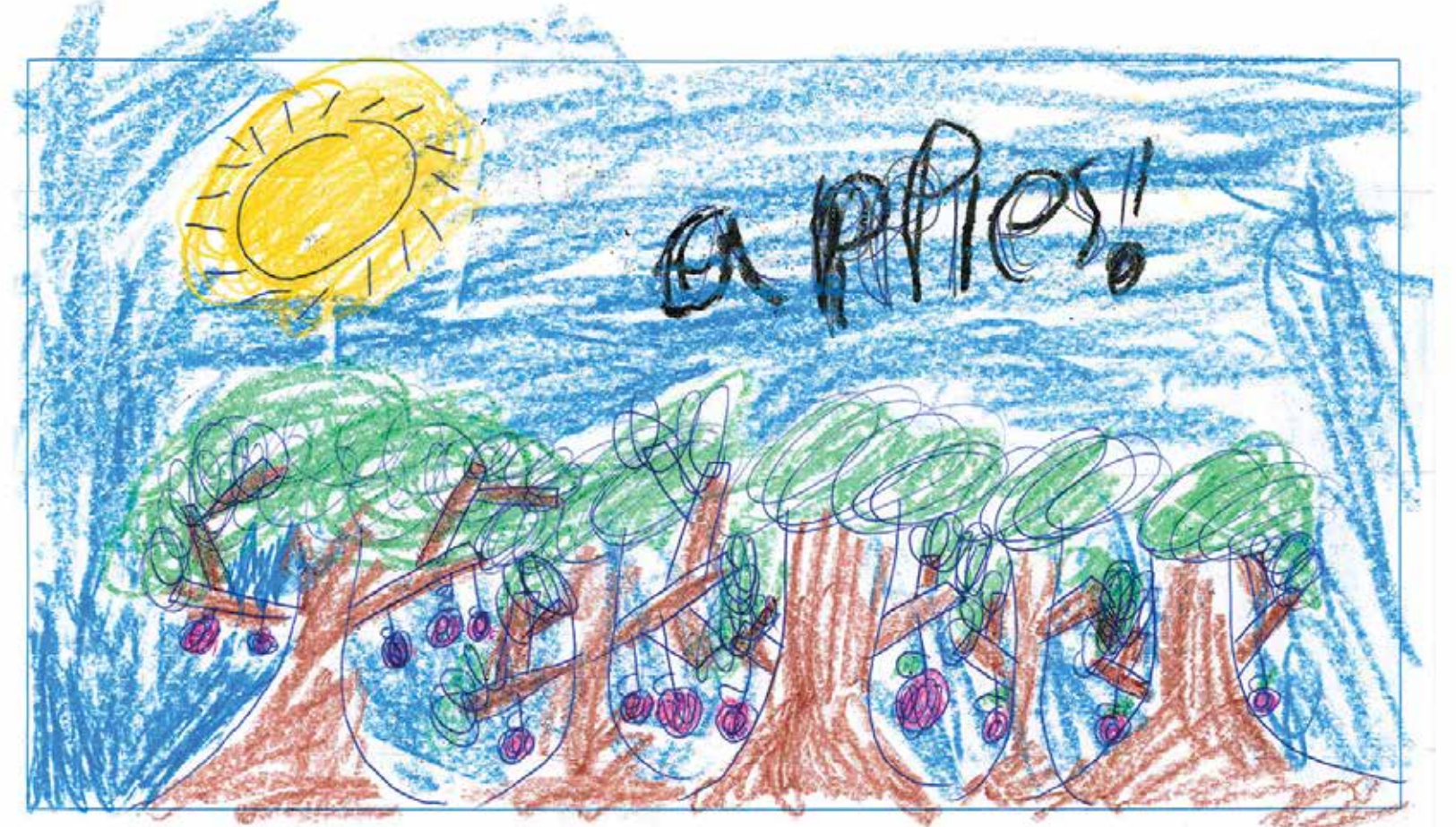
The Ludlow Falls Trail is a .5 mile trail near Port Ludlow that brings you to a lovely waterfall. It is well maintained and there are educational signs along the way.



PHOTO: Alltrails.com

Yakima

Artist: John, 8 years old



Yakima, Washington

County: Yakima

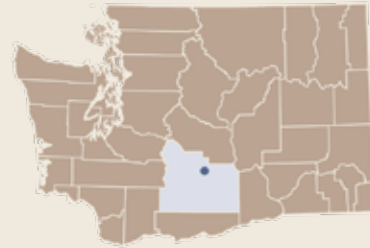
Population: 96,968

Tribal Nations in Area: Confederated Tribes of the Yakima Nation

Primary Industries: Agriculture, Forestry, Fishing, Hunting, Health Care, Social Assistance, Retail

Rural Health Clinics: Astria Health Center - Primary Care with Walk-in Care, Astria Health Center - Family Medicine and Multi-Specialty

Community Health Centers: Yakima Neighborhood Connections, Rhonda D. Hauff Resource Center



Nearest Hospitals: Yakima Regional Medical and Cardiac Center
110 S. Ninth Ave., Yakima, WA 98902
(509) 575-5000

Yakima Valley Memorial Hospital
2811 Tieton Dr., Yakima, WA 98902
(509) 575-8000

Near Yakima, **The Cowiche Canyon Conservancy** consists of 5,000 acres of land with more than 30 miles of trails for outdoor recreation and education. Here you will find an arid landscape of grassland, sagebrush, flower meadows, oak trees and basalt cliffs. This conservation effort is meant to connect people with these natural areas, with walks, talks, and lectures for kids and adults to help them experience the shrub-steppe and understand the importance of protecting wild spaces.

PHOTO: Getty



RECIPES
from
Rural Washington
Communities

Pumpkin Waffles

submitted by Kinley, age 8, Freeland, WA

Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 teaspoon baking soda
- 2 teaspoons salt
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- ⅛ teaspoon ground nutmeg
- ¾ cup brown sugar
- 3 teaspoons molasses
- ¼ canola, avocado, or other cooking oil
- 2 eggs
- 1 cup canned pumpkin
- 1 teaspoon vanilla
- 1 ¼ cup buttermilk (or 1 ¼ cup non-dairy milk and 1 ½ teaspoon cider vinegar)

Directions:

1. Combine first 8 ingredients in a medium bowl, set aside. In a large bowl, whisk together brown sugar,



molasses, oil, and eggs until combined. Whisk in pumpkin and vanilla.

2. Add half of flour mixture, then buttermilk, then remaining flour mixture, stirring after each addition until just combined.
3. Allow batter to rest 10 minutes while preheating waffle iron. Lightly spray hot waffle iron with cooking spray and cook to your desired preference.
4. Serve warm with butter and maple syrup. Sprinkle with chopped pecans, if desired.

Raspberry Mango Smoothie

submitted by Adam, age 6, Ellensburg, WA

Ingredients:

- 1/2 cup raspberries
- 1/2 ripe mango, peeled and cut
- 1 scoop vanilla ice cream
- 2-3 tablespoons milk

Directions:

Put all ingredients into a blender and blend until smooth.



Peach Smoothie

submitted by Hanna, age 12, Ellensburg, WA

Ingredients:

- 3 fresh peaches, halved and peeled
- 2 small bananas, peeled and sliced
- 1/2 cup apple juice

Directions:

Put fruit and juice in blender and blend until smooth.

Açai Breakfast Bowls

submitted by Ellie, age 6, Port Ludlow, WA

Ingredients:

- Açai Puree Pack (3.5 oz)
- Frozen raspberries
- Unsweetened vanilla almond milk (use amount to get desired consistency)
- 1 scoop peanut butter (to taste)

Toppings:

- Chopped fruit of choice (bananas, mango, strawberries, blueberries, etc.)
- Chia seeds
- Shredded coconut
- Granola of choice

Directions:

1. In a blender, combine all ingredients for Açai Bowl and blend. Start with a small amount of almond milk and add more until the desired consistency is reached.
2. Pour into a bowl, add all desired toppings and enjoy!



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Many thanks to Washington's rural libraries and schools
that participated in this work.

To learn more about National Rural Health Day or how you can celebrate,
please visit www.powerofrural.org



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